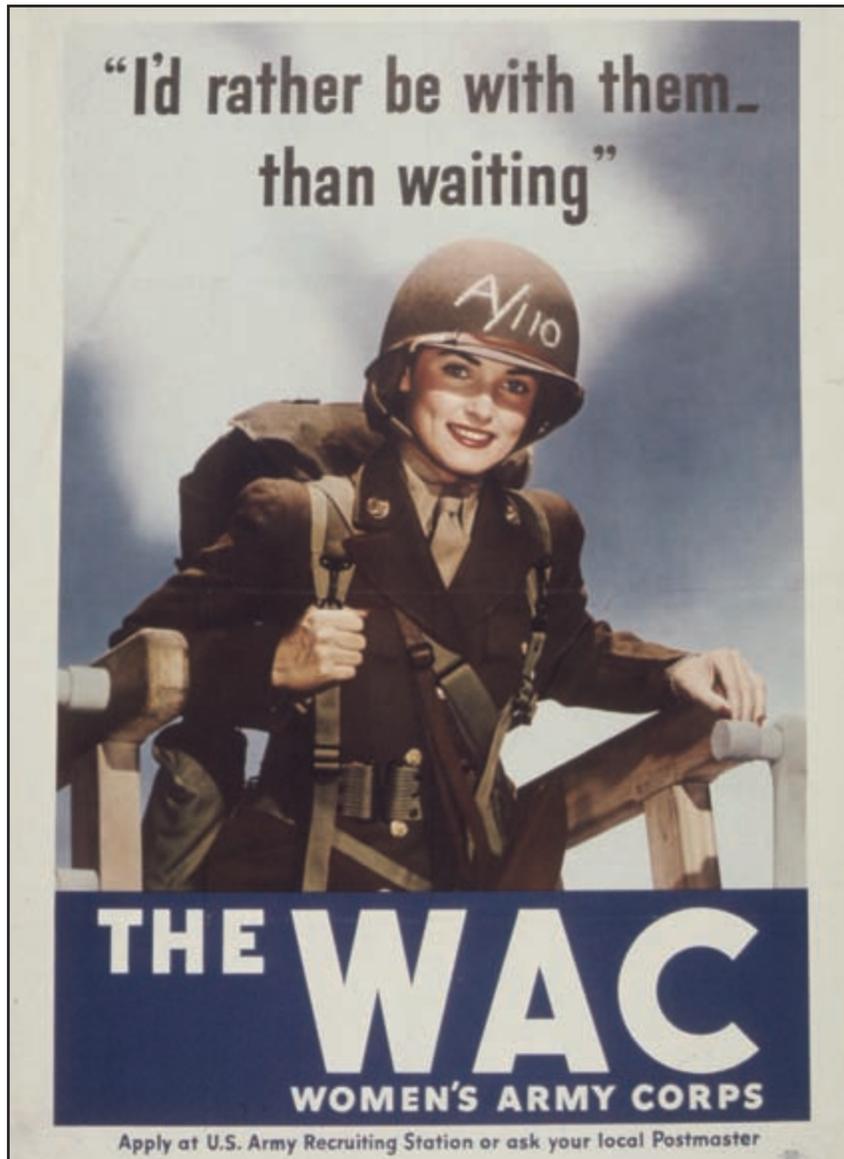




Women's History Month observed in March



Courtesy of National Archives and Records Administration

WWII WAC Recruiting Poster: "I'd Rather Be With Them - Than Waiting"

Story by John Reese
USAG Stuttgart Public Affairs

March is National Women's History Month, and the U.S. Army Garrison-Stuttgart "purple" military community joins the nation in an amplified celebration of women's contributions to this nation and its services.

Women in the military

Women play vital roles in today's armed forces; they are leaders overseas and at home; they are Soldiers, Sailors, Airmen, Marines and Coast Guardsmen, Department of Defense civilians, and family members who are the foundation of support for all service members. The garrison community honors all women for their military and civil service, their support and strength, and their sacrifices.

Army

"Molly Pitcher!" was the cry Soldiers of the Continental Army called out when they needed water during the Revolutionary War, and the legend of Mary "Molly" Ludwig Hays, the wife of an artillery cannoner, tells the story of how she assumed her husband's job of swabbing and loading a cannon after her husband collapsed during the Battle of Monmouth, June 28, 1778. Since then, the Army has set the conditions for all Soldiers to reach their full potential based on ability, not gender. Women Soldiers have recently made further historic strides,

from graduating from Ranger School to the appointment of the first black female Army surgeon general to the Department of Defense opening up all military occupational specialties to women.

In 2016, Pvt. 1st. Class Katherine Beatty became the first female cannon crew member; in 2015, Maj. Gen. Linda Singh, the first woman and the first African-American to serve as adjutant general of the Maryland National Guard and took command of the Maryland National Guard; also in 2015, Brig. Gen. Diana Holland was named the first female commandant of cadets at the U.S. Military Academy at West Point, New York.

Navy

Women Sailors have a rich history of service in the Navy dating back to the 1800's when women served as nurses. Navy nurses briefly saw shipboard service in 1913 aboard a Navy steam yacht and a gunboard; on March 21, 1917, Loretta Perfectus Walsh made history when she became the first female chief petty officer; the "Angels of Bataan", a group of Navy nurses captured in the Philippines by the Japanese in 1942 and held as POWs until rescued in 1945, continued to tend to the sick and injured in the Los Baños internment camp; in 1943, engineer draftsman Thelma Stern was the first woman assigned to serve aboard a ship, the tanker

See Women's History Month, p.5

Panzer to get upgrades on streets, main gate, start of new commissary during 2018/19

Story and photos by Larry Reilly
USAG Stuttgart Public Affairs Office

Construction of a new commissary on Panzer Kaserne seems to get all the attention.

However, there are a half-dozen construction projects scheduled before the commissary's groundbreaking in the fall of 2018. By then, the kaserne will have: a couple of roadway upgrades; a permanent hard-structure canopy over the main gate; completed the family housing heating line project; and traffic will be rerouted behind the Central Processing Facility (Bldg. 2913, in and out processing, driver training and the German Kantine), to name a few of the projects scheduled for Panzer.



Construction workers put the final touches to a repair project that helped secure and level off the cobblestones on the road in front of Bldg. 2915 on Panzer Kaserne, Feb. 19-21.

The construction project impacting the traffic flow, planned for the spring/early summer

main ACP will also have a permanent overhead structure built to replace the current temporary fixture.

"Traffic entering and exiting the main ACP on Panzer will be directed behind Bldg. 2913. The roadway from the ACP leading to the Post Exchange will be closed," said Billy Rossignol, chief, Engineering Division, USAG-Stuttgart Directorate of Public Works. "We are hoping to do some work on the cobblestone street in front of Bldg. 2913 to help level off the street after we close that road down."

A project that has stayed under the radar will soon have a major impact on services at the privately owned vehicle registration and inspection center in Bldg. 2930.

See Panzer Construction, p.4

Army Emergency Relief program steps explained

USAG Stuttgart Army
Emergency Relief
News Release

The Army Emergency Relief Company Commander and First Sergeant Quick Assist Program, formerly known as the AER Commander's Referral Program, serves as an expedient and valuable tool for leaders to help Soldiers resolve short-term cash flow issues.

Company commander's and/ or 1st sergeants can approve an



interest-free loan up to \$2,000.00 for single or married active duty Soldiers. Common categories of assistance include, but aren't limited to, rent or mortgage, utilities deposits, food, emergency travel, vehicle repair, non-receipt of pay or loss of funds, funeral expenses, and repair or replacement of major appliances.

The Soldier completes and submits AER Form 600, the program application. Next, the Soldier will be interviewed

by the company commander or 1st Sgt. for review to verify the financial need. After the form is signed, the Soldier visits the AER Office at Army Community Service with the signed form, ID card and his/her Leave and Earnings Statement. The AER officer will confirm eligibility before issuing the funds.

"The intent of the Quick Assist Program is to allow leaders to directly respond to valid financial needs of their Soldiers. AER wants to deter Soldiers from using payday loans, pawn shops and title loan companies who are not looking out for their best interests," said Merilee Nevins, USAG Stuttgart AER officer. "Use of these type of businesses will only deepen the Soldiers financial struggles. This program reinforces

Who to contact for AER

This year marks the 76th anniversary of the annual AER Campaign, March 1 - May 15. For Soldier's requiring loans of more than \$2000 or who choose not to use the Quick Assist Program, contact the USAG Stuttgart AER Office at 431-3362/3348 or 07031-15-3362/3348, or stop by ACS, Bldg. 2915, 2nd floor, Panzer Kaserne. Visit www.aerhq.org to learn more.

unit leader involvement in the resolution of their Soldiers' financial issues while making the process for the Soldier more convenient."

March is American Red Cross Month since 1943

American Red Cross
Stuttgart Region

Since its founding by Clara Barton on May 21, 1881, the American Red Cross has been dedicated to serving people in need. It received its first congressional charter in 1900, and to this day it is tasked by the federal government with providing services to members of the American armed forces and their families, as well as providing disaster relief in the United States and around the world.

March was first proclaimed as Red Cross Month in 1943 by President Franklin D. Roosevelt as a way to raise awareness of the organization and its humanitarian mission in the midst of war. The ARC is synonymous with helping people, and has been doing so for more than 130 years.

Today, the supporters, volunteers and employees of the American Red Cross provide compassionate care in five critical areas:

- People affected by disasters in America
- Support for members of the military and their families
- Blood collection, processing and



Photo by John Reese, USAG Stuttgart Public Affairs

A member of the ARC labels vials in the Panzer Fitness Center, Nov. 15, 2017, during a very successful two-day blood drive that took in more than twice the usual volume of pints donated in a week.

distribution

- Health and safety education and training
- International relief and development

Even while the ARC adapts to meet the changing needs of the people it serves, it always stays true

to those roots.

Are you familiar with the classic images of ARC nurses helping American service members and civilian war victims during World War I? In fact, as you read this, Red Cross staff and volunteers are still deploying alongside America's military.

Emergency communications is one of the most important services the ARC serve. Last year, 250,000 emergency communications messages were initiated to service members and their commands by the ARC. The Stuttgart military community was the recipient of more than 685 messages.

Maybe you've taken a class through the ARC, such as first aid certification or learning how to swim. Did you know the ARC has been offering similar training since the early 1900s? Last year, the ARC trained more than 400 Stuttgart military community members in lifesaving courses, such as First Aid/CPR/AED, and babysitting courses that are recommended by U.S. Army-Europe.

In the past six months, the ARC has helped people affected by historic hurricanes and earthquakes, as well as thousands of families affected by house fires.

The American Red Cross-Stuttgart Region is proud to serve the Stuttgart military community. If you would like to join the ARC as a volunteer, please call 431-2812 or 07031-15-2812.



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Photo by Larry Reilly, USAG Stuttgart Public Affairs

The Stuttgart Theater Center cast performs “Berlin to Broadway with Kurt Weill” during a dress rehearsal, Feb. 15, 2018. The performance will be judged during the ICMCOM-Europe TOPPER Awards, to be announced in April.

Judging starts for TOPPERS show

Story by ICMCOM-Europe Entertainment Program

Judging for the 23rd annual ICMCOM-Europe Tournament of Plays, or TOPPERS, runs until April 1. The TOPPERS is produced annually to recognize outstanding theatrical achievements and to provide educational opportunities for volunteers and staff of Army Entertainment programs throughout

Germany, Italy, Belgium and the Netherlands. Theater groups at Aviano Air Base, Italy, and Ramstein AB, Germany, also participate. Seventeen plays and musicals from 10 installations are entered in this year’s competition. Outstanding achievement is recognized in both performance and technical theater categories, including “Best Military Performance,” “Best Youth Performance,” “Best Show”

A team of three international judges will be on the road for six weeks attending performances. After each, they will meet with the director, cast and crew to offer insights into the production, note successes and suggest improvements for future performances.

The judges also conduct free workshops in each community for acting, directing, auditioning, improvisation, youth theatre, Shakespeare and play production.

The TOPPERS Workshop will be held in Stuttgart, March 6 at 6:30 p.m. at Stuttgart High School on Panzer Kaserne.

As for the competition, judges select nominees and awards in over 45 categories. The Stuttgart Theater Center on Kelley Barracks has submitted “Berlin to Broadway with Kurt Weill” and “Taming of the Shrew” performances into the running.

“The program has had an enormous impact on my life as a Soldier and actor,” said Lt. Col. Bryan Mitchell, from USAG Stuttgart.

Last year, Stuttgart was among the top winners taking home several awards in multiple categories.

This year’s TOPPERS ceremony will be held April 28 at the U.S. Army Garrison Wiesbaden Fitness Center.

View the schedule and get tickets to see a performance at the Stuttgart Theater Center at stuttgart.armymwr.com or on the USAG Stuttgart mobile app under Things to Do.

(Editor’s note: information for this story was updated by USAG Stuttgart Public Affairs)

Taming of the Shrew

By William Shakespeare

Shakespeare’s classic Battle of the sexes re-set in the feminist 1960s as a romantic comedy a la Doris Day and Rock Hudson.

Before her younger sister can get married, headstrong and fiery-tongued Kate must have a husband. Fortune-seeking Petruchio comes to town and accepts the challenge, but his attempt to “tame” his new bride results in a tumultuously titillating battle of the sexes.

Fierce and funny, The Taming of the Shrew is a rollicking romantic comedy that explores men and women, marriage, and the tempestuous journey of love.

Performances: March 30 & 31 and April 6, 7, 13 & 14, at 7:30 p.m. April 8 & 15, at 3 p.m.

Ticket Prices: Adults: \$15, Students \$13

Season Ticket Reservations begin March 13, 2018, at 12:30 p.m.

Individual Tickets go on sale March 20, 2018, at 12:30 p.m.

To reserve tickets use our ticket reservation Form or call the Box Office at DSN 421-3055 or CIV +49 (0)711-729-3055 Tuesday – Friday from 12:30 – 5:30 p.m.

Religious Special Services Schedule

Catholic Lent and Holy Week Services

March 2 –30 (Every Friday), Stations of the Cross and Soup Supper, 6 p.m., Patch Chapel

March 15 –Penitential Service, 6 p.m., Panzer Chapel

March 24 –Palm Sunday, 5 p.m., Panzer Chapel

March 25 –Palm Sunday, 9 a.m. & 5 p.m., Patch Chapel noon, RB Chapel

March 29 –Holy Thursday Mass of the Lord’s Supper with Washing of the Feet and Adoration, 6 p.m., Patch Chapel

March 30 –Good Friday Stations of the Cross, 4 p.m., Patch Chapel Celebration of the Lord’s Passion, 5:30 p.m., Patch Chapel

March 31 –Easter Vigil, 8 p.m., Panzer Chapel

April 1 –Easter Sunday, 9 a.m., Patch Chapel noon, RB Chapel 5 p.m., Patch Chapel

Jewish Services

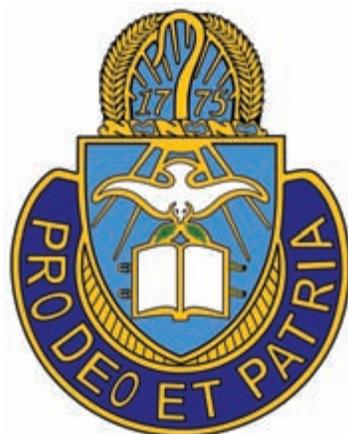
March 4 –Purim Carnival, 2 p.m., Patch Chapel Annex

March 30 –Pesach 1st Evening Seder, 6 p.m., Panzer Chapel Fellowship Hall

March 31 –Pesach 2nd Evening Seder, 6 p.m., Panzer Chapel Fellowship Hall (Tentative)

Protestant Services

March 29 –Passion Service noon, Patch Chapel



March 30 –Good Friday Liturgical Service 5:30 p.m., Panzer Chapel
April 1 –Easter Sunrise Service (Time and Location TBD)

Mustang skates for breakout



Photo courtesy of Frank Rosario, Stuttgart Mustangs

Forward Sean Hayes, Stuttgart Mustangs 3 ice hockey team, skates for a breakout to move the puck out of the Mustang’s defensive zone and on toward the offensive zone against the KMC Eagles. The Mustangs competing in the 26th Armed Forces Alpine Classic 2018 at the Olympic Ice Stadium, Garmisch-Partenkirchen, Feb. 16.

Time to change clocks and smoke alarm batteries



Photo by Kevin S. Abel, USAG Stuttgart Public Affairs

The USAG Stuttgart Fire Department demonstrates fire safety and how quickly a fire spreads. Ensure your family is safe and use Daylight Savings to serve as a reminder to change the batteries in your smoke detectors. Don't wait for a telltale "chirp" warning of a dead battery.

By Assistant Chief Leonard Fagan
USAG Stuttgart Fire Department

Daylight saving time 2018 in Germany will begin at 2 a.m. on Sunday, March 25. Time to change clocks and change smoke alarm batteries, a habit that could save your life.

According to the National Fire Protection Association, approximately three out of five fire deaths occur in homes without (or with non-working) smoke alarms.

Every year, about 400 people in Germany die from fires, most of them in private households. Of those, 95 percent do not fall victim to the flames but to smoke poisoning. Smoke alarms can reduce this danger.

This year marks the third anniversary of the Baden-Württemberg smoke alarm law that

went into effect Jan. 1, 2015. As USAG Stuttgart community members tend to rotate in and out every three years, perhaps it's time to remind people of the requirements under the new law.

For people living off-post, the owner of the residence is responsible for installing smoke alarms.

Homes and apartments are required to have smoke alarms installed in bedrooms. Exit corridors from sleeping rooms must be equipped with at least one smoke detector. Tenants are responsible to keep the smoke alarm in working order by changing the battery and regularly testing it.

Smoke detectors reliably warn of fire smoke, even while asleep, and give people the opportunity to bring themselves and others to safety and to call the fire department.

Panzer Construction continued from p.1

"This project has been ongoing for a while, primarily in the vehicle maintenance side of the building. Once that area is completed, the registration and inspection areas will relocate to the other side of the building so the current customer service and inspection areas can be renovated," Rossignol said.

Additional projects for Panzer scheduled to start in 2018 or early 2019 include renovations or upgrades to Bldgs. 2902, 3163, 3104, 3105 and 2990.

"Although most of these projects include minor improvements such as, kitchen upgrades, installation of solar panels, installing balconies or repairing stairwell lighting, they all represent improvements in the quality of life for our work force and our families who live on our installations," said Michael

Cordova, installation coordinator, DPW Operations. "A couple of projects requiring minor repairs to the roadways include repairing the intersection at Capuzzo Weg and Haarde Street, near the Galaxy Bowling Center, and repairing the road just south of Bldg. 2915 (the building housing Army Community Service, the USO, the passport office, etc.)."

Many construction projects on Panzer will start in 2018 and extend into 2019, and possibly beyond. However, considering how limited parking is in the community, no project (except, perhaps, the construction of the new commissary) will garner the attention the construction of a multi-level parking unit will receive.

"The new parking unit will be built between the new commissary and the Panzer Hotel and will be about the same size as the current

parking area at the hotel," Rossignol said. "The garage will have at least two stories of parking area."

With the commissary and the multi-level parking garage being built in the same place at the same time, the community can expect a lot of construction to be going on in that area. However, they shouldn't see an increase in construction vehicles.

"Once the construction of the commissary and the parking garage gets underway, all the construction vehicles needed to do the two projects will gain access to the location along the backside of the main Exchange," Cordova said. "There will be a number of construction projects around Panzer Kaserne during the next couple of years, but we will try and minimize the effect the projects will have on traffic flow and the everyday operations the best we can."



A construction worker uses a pressure hammer to level off the cobblestone road in front of Bldg. 2915.

(Note: This is the third in a series of stories covering the various construction projects that will occur on the various installation in the greater Stuttgart area.)

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SAT MAR 10	"ROCK HOUSE" LIVE ROCK CLASSICS
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Women's History Month

continued from p.1

USNS Escalante (AO70); in the 1970s, women Sailors began to fill sea duty billets and entered surface warfare and aviation fields, as well as gaining access to officer accession programs previously open only to men.

In 2016, all military occupations and positions were opened to women and they continue to contribute their talents and capabilities to our force by holding nearly every job from naval aviator to deep-sea diver. Today, women serve in every rank from seamen to admiral, representing 19 percent of the entire naval force, 18 percent of all officers, 11 percent of flag officers, 20 percent of the enlisted force, and 8 percent of all senior and master chiefs.



Frances Green, Margaret (Peg) Kirchner, Ann Waldner and Blanche Osborn leaving their plane, a B-17 Flying Fortress named "Pistol Packin' Mama."

Department considered using women pilots. In 1939, famed woman aviator Jacqueline Cochran wrote Eleanor Roosevelt (wife of then-President Franklin Roosevelt) to suggest women pilots could be used in a national emergency. Aviatix Nancy Harkness Love in 1940 made a similar proposal to the Air Corps' Ferry Command.

Nothing was done until after American entry into World War II. Facing the need for male combat pilots, the situation by mid-1943 favored the use of experienced women pilots to fly Army Air Forces aircraft within the United States. Two women's aviator units were formed to ease this need and more than 1,000 women participated in these

Marine Corps

This year's Women's History Month observance is of special importance to women in the Marine Corps. A century ago, Opha Mae Johnson and 304 other women changed the face of the Marine Corps forever in 1918, when they became the first women to enlist in the Corps during World War I; in 1943, when the Women's Armed Services Integration



Cpl. Priscilla Wilson, of Braintree, Massachusetts, checks with Marine 1st Lt. Hugh R. Moore, of Oshkosh, Wisconsin, before he takes off on an operational flight.

Act was passed, women became a permanent part of the Corps.

Since then, women Marines receive the same recruit training standards as men; they're given the same sets of challenges and are required to qualify on the rifle range. Thousands of combat-tested women Marines have been deployed to all corners of the earth. According to Wikipedia, an anonymous woman became the first to complete the Marine Corps' Infantry Officer Course at Marine Corps Base Quantico, Sept. 25, 2017, and become the first female Marine infantry officer.

Coast Guard

Women have protected American mariners and coasts longer than there has been a Coast Guard. Hannah Thomas protected America's waterways before the U.S. was a country by taking over her husband's job as keeper of the Gurnet Point Light, near Plymouth, Mass., when he joined the Continental Army in 1776. Another lighthouse keeper, Maria Mestre de los



Lt. Cmdr. (later CAPT) Dorothy Stratton in service dress whites, 1943. She served as director of the Coast Guard SPARs from 1942 until January 1946.

Dolores, served at the St. Augustine, Fla, lighthouse, 1859 -1862.

Nineteen-year-old twin sisters Genevieve and Lucille Baker were the first Coast Guard women in uniform, in 1915 during World War I; in 1942, Navy Lt. Dorothy Stratton became the director of the Coast Guard Women's Reserve; in 1973, women could join the modern Coast Guard and Reserve, and were admitted to the Coast Guard Officer Candidate School; Eleanor L'Ecuyer became the first woman on active duty promoted to captain since World War II in 1974; in 1976, the Coast Guard Academy began admitting women, and women began serving on cutters in 1977; and in 1978, all personnel restrictions based solely on sex were lifted, opening all officer career fields and enlisted ratings were open to women.

In 1990 Lt. Sandra Stosz took command of the cutter Katmai Bay, a 140-foot icebreaking tug homeported in Sault Ste Marie, Mich., becoming the first female commanding officer of a cutter in the Great Lakes.

Women's History Month

Today, Women's History Month stands as a further reminder of the strength the military has gained and will continue to gain through having a high quality, diverse, all-volunteer force standing ready to answer the nation's call. They serve with distinction and are role models exemplifying the highest values.

(Editor's note: information for this story was compiled from historic and official.mil websites of the services.)



On the USS Bountiful (AH-9), Navy nurse Ensign DeLollis watches a demonstration of how wounded are brought aboard ship.

Air Force

As early as 1930, the War



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Heart Your Heart

Marta Jones, Nurse/Health Educator
Stuttgart Army Wellness Center

In the United States, a person dies every 40 seconds due to heart disease. That equates to approximately 630,000 (one in every four) Americans with heart-related deaths every year. This makes heart disease the leading cause of death affecting all races with a financial cost calculated to be nearly \$200 billion a year (Center for Disease Control and Prevention CDC, 2015).

"It is easy to get caught up with daily tasks and overlook small choices we make for our health. A decision as small as which lanes to walk down in the grocery store or reducing the amount of salt, sugar, and saturated fats and adding some movement to your routine as well as maintaining a healthy body composition can determine where your health will stand in the next five to 10 years," said Catherine Sprucebank, health technician for the Army Wellness Center on Patch Barracks.

According to the CDC and Prevention, many lifestyle choices people make lead to heart disease and related illnesses. Factors

such as being overweight or obese, poor diet, lack of physical activity, smoking and excessive alcohol use are in direct relation to approximately 49 percent of Americans carrying one or more of the most common risk factors such as high blood pressure and high LDL cholesterol. But not everything is at a loss.

"There is still a lot we can do to change this scenario with the key words being prevention and lifestyle changes," Sprucebank said.

"Preventive medicine is a valuable tool anyone can use to decrease or completely avoid certain types of heart disease as well as stroke, secondary types of diabetes, and also metabolic syndrome," said Maj. Cody Mead, medical director, Stuttgart Army Health Clinic.

"There are numerous services that our Army Wellness Center offer that most of our community does not realize," Mead said.

Mead said the free preventive medical services provided to help get a head start on nutritional, physical and mental health include body

composition and metabolic testing to measure total body fat percentage, evaluate metabolism efficiency and measure daily recommended calories

"Additionally, they have the VO2 (volume of oxygen) fitness test which gives you a general idea of your endurance, strength and flexibility fitness, and the biofeedback which helps with sleep and stress management," Mead said.

All of these services are available to all military service members and their family members (18 and older), reservists, retirees and DoD civilians.



Photo by U.S. Army Health Clinic-Stuttgart

The Bod Pod, operational now for two years, helps track trends in body fat percentage and lean muscle over time. It takes a measurement of the individual's mass and volume so that body density can be determined; from there, body fat and lean muscle mass is calculated.



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PES educators, PTA celebrate "Read Across America"

Story by Amy Rush
Physical Education Teacher
Patch Elementary School

To mark the annual celebration of the National Education Association's "Read Across America Day" teachers at Patch Elementary School, Panzer Kaserne, in cooperation with school management and the PES Parents-Teachers Association, held reading events throughout the day.

Read Across America is an annual celebration of reading held on the birthday of Theodor "Dr. Seuss" Geisel, born March 2, 1904. Geisel was the artist and author of more than 60 popular children's books that have since been translated to more than 20 languages with hundreds of millions of copies sold worldwide. This year marks the 21st year since the NEA began the Read Across America program, and it provided a grant check together with the Federal Education Association to help fund the PES/PTA Read Across America celebration. The Patch American Teachers Association, which represents classroom educators at PES, is a local affiliate of the NEA and FEA.

On March 8, National Teacher's Day, the PES Education Association and the PES/PTA will join forces to



Photo by Kevin S. Abel, USAG Stuttgart Public Affairs

Col. Neal A. Corson, commander, USAG Stuttgart, officially kicks off the "Read Across America" program by reading Dr. Seuss' "Wacky Wednesday" to the students at Stuttgart Elementary School, Feb. 26.

have a NEA Read Across America Night in the Patch Middle School Forum, Patch Barracks.* The evening will include events such as:

- Story time booths featuring several diverse characters
- Suessical math activities
- Suessical tales and activities
- Dinner

- Giveaways
- Games
- Photo booths
- Suessical face painting and hair designing

(*Editor's note: PES is temporarily relocated on Panzer Kaserne as a new school is being built on Patch Barracks.)

Young scientists to compete at SES science fair

Stuttgart Elementary School students in grades 3-5 are encouraged to get their creative brains working for the school's annual science fair, March 21.

All projects are to be done at home, then turned in to be graded. All projects are due on March 21. Prizes will be awarded for "Best in Show," "Most Knowledgeable" and "Most Original."

Students may bring in parts of the experiment, or items necessary to replicate the experiment if applicable, but nothing dangerous, breakable, precious or requiring additional power.

Students are encouraged not to wait until the last minute to work on their projects.

Until the fair, teacher Nathaniel Lucas will host weekly tutorials for students needing assistance with their projects (check with him for days and dates). He can provide guidance on how to present projects or explain procedures used.

(Editor's note: information for this story was compiled from Stuttgart Elementary School's Griffin Gazette newsletter.)

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‘Czech-ing’

By Hannah Rhoden & Alisha Pabon
Special to *The Stuttgart Citizen*



Photo by Hannah Rhoden

The St. Vitus Cathedral on a bright morning in Prague. Built over a span of 600 years, the church is a center for religious and cultural life.



Photo by Hannah Rhoden

The Prague Astronomical Clock during mid day. The Astronomical Clock, more than 600-years old, counts time at the heart of Prague's Old Town Square, mounted on the Old Town Hall.



The Czech Republic, in Central Europe, is a country that's known for its ornate castles, native beers and long history. Prague, the capital, is home to grand 9th-century Prague Castle, a preserved medieval old town and statue-lined Charles Bridge.

greed, death and lust. The details on the clock seem never-ending. Near the end of World War II, the clock was seriously damaged in a battle and repairs then were made with modern technology; the modified electric drive is being removed and replaced with a system of stone weights and oak barrels like it had in 1860. Repairs are expected to be done this summer.

Praha (Prague) has a rich history and is a short six-hour drive away from Stuttgart.

The city is bursting with classical architecture, bridges and ancient clocks, and most attractions are free of charge.

Enter the city via the Charles Bridge, the oldest bridge in Prague dating back to 1357. Named after its creator, King Charles I, the bridge is adorned with statues of saints and offers a view of the city on both sides. To view the statues best, walk slowly over the bridge. At first glance, the statues seem dirty and lackluster in detail. However, a closer look reveals their vulnerable, complex details; some statues promise good luck by touching them.

The Old Town Square, the most significant square in Prague, was founded in the 12th century. In addition to the Old Town Hall, and the Church of Our Lady before Týn, the square is dominated by the Baroque church of St. Nicholas, the Rococo Kinsky Palace, the Gothic House at the Stone Bell, and the monument to Jan Hus depicting a victorious battle during the protestant reformation. In the pavement of the square are memorial stones marking the execution of 27 Czech lords in 1621 during the Protestant rebellion. There is also a meridian which was used to tell time via the sun.

The Astronomical Clock, more than 600-years old, counts time at the heart of Prague's Old Town Square, mounted on the Old Town Hall. Its astronomical dial is operated by the zodiacal ring, an outer rotating ring with icons of the sun and moon. Next to the clock, are meticulously detailed figures representing vanity,

The National Memorial to the Heroes of the Heydrich Terror, located beneath the Baroque Church of St. Cyril and Methodius in an underground crypt. It was a secret



Maddie Haggard marks the John Lennon wall in Prague with her initials. The wall

out Prague

World War II hideout for seven Czechoslovakian soldiers after they parachuted in and assassinated Nazi Deputy Reich Protector Reinhard Heydrich, May 27, 1942.

Castles and cathedrals

Perched at the top of a hill overlooking the city and worth the trek is Hradcany Castle, also known as Prague Castle. It houses the office of the president of the Czech Republic, and according to "The Guinness Book of World Records," it's said to be the biggest castle in the world at about 1,870 feet in length and an average of about 430 feet wide. Its history stretches back to the 9th century. The square before the castle is just as intricate as the castle itself.

Nearby is St. Vitus Cathedral, a prominent example of the Gothic architecture of Prague. Built over a span of 600 years, the church is a center for religious and cultural life. Once inside, the stained glass windows are not to be missed as the light floods in. The ceilings are high and the corridor long. Much of the art and stained glass windows were created by prominent Czech artists, adding an extra sense of authenticity.

Art Nouveau, monks and a Beatle

The Municipal House, Prague's foremost Art Nouveau building and grandest concert hall, contains four eateries, including Prague's first American-style bar; the four-star Kavarna Obecní dum restaurant offering elegant dining with floor-to-ceiling windows, chandeliers and artwork; a traditional Czech café; and a Czech beerhall with long tables and cozy booths.

The Strahov Monastery, founded in 1143 after the pilgrimage to the Holy Land in 1138, offers visitors an opportunity to enjoy the views and stroll around. The 800-year old library is located in the theological and philosophical halls. Despite the ransacking by invading armies, it still holds 16,000 books and a noteworthy brewery.

The John Lennon Wall got its name shortly after the former Beatle's death. The wall had been a target for graffiti by rebellious Czech citizens to express themselves. Although Lennon never visited Prague, he was an inspiration to its people. After his death, an unnamed artist painted the eyes of the singer on the wall; today, anyone can paint on the wall to express themselves.



Photo by Hannah Rhoden

had been a target for graffiti by rebellious Czech citizens to express themselves.



Photo by Hannah Rhoden

A band enthusiastically plays traditional Czech music in the Old Town Square. Nearby is a 17th-century baroque monastery building with an impressive central atrium makes a beautiful setting for Prague's Museum of Music.



Photo by Hannah Rhoden

A view of the city of Prague from the Charles Bridge at night. You may enter the city via the Charles Bridge, the oldest bridge in Prague dating back to 1357.

Background photo by Pixabay

Charles Bridge is a historic bridge that crosses the Vltava river in Prague, Czech Republic. Its construction started in 1357 under the auspices of King Charles IV, and finished in the beginning of the 15th century.



Trip to the St. Patrick's Day Parade in Munich

The USO Center in Bldg. 2915 on Panzer Kaserne, will provide free transportation for single and unaccompanied service members in the ranks of E7 and below to Germany's largest St. Patrick's Day parade on Sunday, March 11. There is limited space availability. For more information, e-mail: programs.stuttgart@uso.org.

Visit Dublin for St. Patrick's Day weekend

The MWR Tours Office will conduct a trip to Dublin, Ireland during the St Patrick's Day weekend, March 16-19. The cost will only include roundtrip transportation from Dublin airport to the hotel. The roundtrip flight from Stuttgart to Dublin is not included. See MWR Tours for flight options. The trip will include three overnights of lodging, three breakfast buffets, and an entrance ticket to Guinness Storehouse. The cost is \$459

per person (flight not included). For more information, call; 431-2104 or 07031-15-2104

Shamrock 5k Trail Run/Walk set

FMWR will conduct its Shamrock 5k run on March 17. The run will begin at the Irish Pub on Panzer Kaserne at 9 a.m. The run is pet and stroller friendly. Advance registration at Patch or Panzer Fitness Centers through March 16 is \$15 per individual or \$40 per family. Registration on the day of the event will start at 7:30 a.m. and will cost \$20 per individual or \$50 per family.

Galaxy Bowling Center hosts Saint Patrick's Day event

Celebrate Saint Patrick's Day, March 17, at the Irish Pub on Panzer Kaserne from 4 p.m. until midnight. Partake in some Irish drink specials that will include green colored shamrock beer, Irish mule drink, and shamrock shake. For more information, call 431-2575 or 07031-15-2575.

Volunteers needed for Spring Bazaar

The Stuttgart Community Spouses' Club is gearing up for the 2018 Spring Bazaar, to be held on Patch Barracks, March 16 - 18. Volunteers are needed for set up, the main event and tear down from March 10 -18. To volunteer, log onto: www.stuttgartspringbazaar.org and click

on the sign-up link. For additional information on the bazaar, email stuttgartbazaarvolunteer@gmail.com.

AUSA holds Job Fair

The Association of the United States Army will hold a Job Fair at the Swabian Special Events Center on Patch Barracks from 9 a.m. until 4:30 p.m. on March 27. The Job Fair is open to all DOD ID cardholders.

USO holds its Spring Egg-stravaganza

The Stuttgart USO will conduct its Egg-stravaganza event on the Patch Barracks' Husky Field starting at 2 p.m. The no cost event will include egg hunts, live DJ, arts and crafts tables, children's games, hot dog luncheon and pictures with the Easter Bunny. Children of all ages are welcome to participate in this March 24 event.

RB SAC to conduct egg hunt

The Robinson Barracks School Age Center will conduct an egg hunt at the School Age Center in Bldg. 151 on

Robinson Barracks from 4 - 5 p.m. on March 30. Children in kindergarten to 5th grade must be registered with Parent Central Services to participate. Call and reserve hourly care. For more information, call 420-7017 or 0711-819-7017.

USO to serve up Irish cuisine

The USO Center, in Bldg. 2915 on Panzer Kaserne will served up some Irish dishes on March 21 to include; cottage pie, potato soup, and green salad during an Irish themed quarterly luncheon. No RSVP needed, and free for everyone.

Irish dancers to Perform at The Exchange

The Panzer Main Exchange will play host to a group of Irish Dancers, who will entertain those in the entryway/ food court on Panzer Kaserne starting at 11:30 a.m., March 17.



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Be aware of social media impersonation

Information compiled by Cyber Criminal Intelligence Program

Frequently, U.S. Army Criminal Investigation Command receives notifications from individuals stating they were scammed online by someone claiming to be a U.S. Soldier. Unbeknownst to the Soldier, an online scammer has used the Soldier's name and available social media photos to perpetrate a crime.

While the majority of social media impersonations are of officers, online scammers will impersonate enlisted personnel, Army civilians and contractors. Scammers, using information from profiles, capitalize on the trustworthy reputation of individuals associated with the Army. By monitoring your social media identity, you can protect your Army family and your reputation.

To mitigate fraudulent social media accounts, search for your name on social media sites. Since scammers may use your photo but change the name, you should also conduct a Google image search of your social media profile pictures.

Social networking safety recommendations:

- ✓ Don't post anything you would be embarrassed to see on the evening news.
- ✓ Don't accept friend/follower requests from anyone you do not know; independently verify identities.
- ✓ Avoid using third-party applications; if needed, don't allow them to access your social networking accounts, friends list or address books.
- ✓ Don't post personally identifiable information.
- ✓ Be cautious about the images you post - what's in them may be more revealing than who is in them. Images posted over time may form a complete mosaic of you and your family.
- ✓ Don't allow others to tag you in images they post. Doing so makes you easier to locate and accurately construct your network of friends, relatives and associates.
- ✓ Securely configure your social networking accounts to minimize who can see your information.

If you find yourself or a family member being impersonated online, the links at the Computer Crime Investigative Unit will lead you to step-by-step instructions for reporting false profiles on popular social media sites, such as Facebook, Instagram, Twitter, Google+ and LinkedIn.

Visit www.cid.army.mil

Social Networking Safety Tips

Social networking sites allow people to interact with others and find people with similar interests or backgrounds. These sites enjoy worldwide popularity, underscoring the need to understand potential risks associated with the

use of these sites.

A person's online activities may inadvertently expose excessive information about their identity, location, relationships, and affiliations, creating an increased risk of identity theft, stalking, or targeted violence. A safer social networking experience is available by accepting

some basic assumptions and following a few recommendations.

Once something is posted on a social networking site, it can quickly spread. No amount of effort will erase it. There is a complete record of your online activity - the internet does not forget. Participating in more social networking sites increases your attack surface and overall risk - you aren't anonymous on the internet. Everyone on the internet can see what you post, from where you post it, who your friends and associates are, the comments your friends make and your "witty" replies.

There are people on the internet who are not who they purport to be and will take advantage of you if afforded the opportunity. An embarrassing comment or image may come back to haunt you when you least expect it.

(Editor's note: While this article is Army-centric, the USAG Stuttgart military community encourages service members, DoD civilians, contractors and family members from all branches of service to report cybercrimes.)

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Transition summits to connect Soldiers with U.S. and Europe-based employers

By Anne Fugate
USAG Bavaria

The U.S. Chamber of Commerce Foundation's Hiring Our Heroes program will sponsor two transition summits in Europe during March.

The first will be held at U.S. Army Garrison Bavaria, March 26-27, and the other at USAG Rheinland-Pfalz, March 28-29.

The summits are free and open to active duty service members, Guard and Reserve, veterans, and military spouses.

The Hiring Our Heroes program launched in March 2011 as a nationwide initiative to help veterans, transitioning service members, and military spouses find meaningful employment opportunities, according to their website. The program has held over 1,000 hiring events and helped more than 30,000 veterans and military spouses find jobs.

The summits at Bavaria and Kaiserslautern feature employment workshops, town hall-style panel discussions, networking receptions and career fairs - all aimed at helping transitioning service members, veterans and their spouses find



Photo by Anne Fugate, USAG Bavaria

Get your resumes ready for the transition summits sponsored by the Chamber of Commerce Foundation's Hiring Our Heroes, March 26, 27 and 28 at USAG Bavaria and USAG Rheinland-Pfalz.

meaningful employment.

The transition summit at USAG Bavaria takes place at the Multipurpose Facility, Bldg. 134, on Rose Barracks. The current schedule includes the following:

March 26

- 8:30 - 9 a.m.: Registration
- 9 a.m. - 4 p.m.: Afterburner Military Transition Seminar

- 9 a.m. - 2 p.m.: MOAA Military Spouse Employment Symposium
- 4 - 6 p.m.: Networking reception

March 27

- 8 - 8:30 a.m.: Registration
- 8:30 - 11 a.m.: Workshops and panel discussions for job seekers
- 11 a.m. - 2 p.m.: Industry briefings
- 2 - 5 p.m.: Hiring Fair

The summit at USAG Rheinland-Pfalz takes place at Armstrong's Club, Bldg. 1036, Vogelweh Housing. The current schedule includes the following:

March 28

- 8:30 - 9 a.m.: Registration
- 9 a.m. - 4 p.m.: Afterburner Military Transition Seminar
- 9 a.m. - 2 p.m.: Military Spouse Employment Symposium
- 4 - 6 p.m.: Networking Reception

March 27

- 8 - 8:30 a.m.: Registration
- 8:30 - 11 a.m.: Workshops and panel discussions for job seekers
- 11 a.m. - 2 p.m.: Industry briefings
- 2 - 5 p.m.: Hiring Fair

The two summits are being hosted in partnership with Department of Veterans Affairs, Department of Labor, U.S. Department of Defense, the Army and the Air Force.

Online registration

Summit organizers ask attendees to register online prior to the event at www.uschamberfoundation.org/event/germany-transition-summit.

Volunteer to save the toads on 'Frog Road'

By Holly DeCarlo-White
USAG Stuttgart Public Affairs

Each year, as spring approaches, German and American volunteers from Böblingen and Sindelfingen engage in a campaign to save toads, frogs and salamanders from being run over by cars on the road between Patch Barracks and Panzer Kaserne popularly known to the U.S. military community as "Frog Road."

In addition to the danger of being run over, toads can also be fatally harmed by the fast-paced airflow caused by passing vehicles.

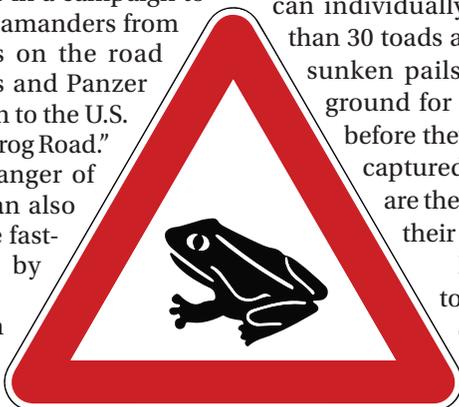
"Speed above 40 km/h or 25 mph will tear its inner organs by the pressure generated by the airflow under a car," said Dieter R. Goettling, volunteer organizer. "So, slow down if toads are around!"

Stuttgart military community members are invited to join dozens of other volunteers to help return the toads to their habitat away from the busy

road. Depending on weather conditions, volunteers take action from early March through mid-May. About 30 volunteers per morning and afternoon shifts spend 1-2 hours catching toads. In that time, volunteers can individually expect to catch more than 30 toads and salamanders. Several sunken pails are also placed in the ground for toads to safely hop into before they make it to the road; the captured toads and salamanders are then returned to the safety of their watery homes.

Newcomers are welcome to participate in this nature conservation activity and annual tradition, and to learn from local German community members about the toads and their habitat; it is also a good way to gain hands-on learning through volunteering.

To volunteer, call Goettling at 07031-80-6525 or email d-gtg@t-online.de by March 5.



Krötenwanderung

Graphic by Kevin S. Abel, USAG Stuttgart Public Affairs
German traffic sign on Frog Road meaning, Kröte = toad, Wanderung = migration.

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RSO multi-faith program begins in March

Ch. (Col.) James R. Boulware
USAG Stuttgart Chaplain

people pray more than 60 seconds, but for everyone, Pray60 is an opportunity to be part of a

families, co-workers and religious groups have joined together in prayer.

the chaplain's office a venue to connect with folks and gives participants a way to connect with the office through their prayer requests. Pray60 bracelets and reminder cards will be available for anyone who participates along with a 60-day community prayer calendar.

What if you could change your world in 60 seconds?

A new prayer campaign is launching, March 5, directed by the USAG-Stuttgart garrison Religious Support Office. Pray60 is a call to people of faith - any faith or denomination - to spend 60 seconds a day in prayer for 60 days. You are invited to sign up and be a part of Pray60.

Because it is an individual commitment, any participant may pray anytime and anywhere throughout the 60 days. Some

community wide prayer team.

Pray60 ends May 3, the National Day of Prayer. In the past,



Graphic by Kevin S. Abel, USAG Stuttgart Public Affairs

Regular words of encouragement from the chaplain's office will be emailed to those who sign up. This provides

Join the Stuttgart military multi-faith community in Pray60. It takes less than 60 seconds to sign up by going to: www.surveymonkey.com/r/TTCSJL2.

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Pray60

Pray60 is designed to build a sense of unity within our community and resiliency within our families.

"If my people who are called by my name will humble themselves, and pray and seek my face, and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and heal their land." 2 Chronicles 7:14

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Parenting in the Digital Age

USAG Stuttgart Army Community Service
Family Advocacy Program

The teenage years were once thought of as a phase that merely had to be endured by parents, caregivers and teens themselves. However, behavioral scientists are increasingly finding adolescence to be a fascinating developmental stage with distinct biological, social and psychological changes taking place as humans transition from childhood toward young adulthood.

The amazing feats happening in the developing teen brain, while it undergoes significant revision, can contribute to behaviors and decision-making that may seem irrational and leave parents frustrated or baffled by the person who, seemingly moments before, was an innocent youngster. Emotionally driven and with a shift towards independence, the teen years can, for some parents, seem as if their child is suddenly a total stranger. Parenting teens and tweens in the digital age where everything is documented on social media and popularity is measured by the number of "likes" presents a whole new set of challenges to navigate through these years that past generations didn't have to contend with.

The online world has for many - adults and teens alike - become an everyday part of life. A 2015 survey by the Pew Research Center found that 92 percent of teens between the ages of 13 and 17 reported going online at least once daily, with more than half of the teens surveyed engaging online multiple times a day.

Teens' online interactions have been greatly propelled by the propensity of smartphones. Reportedly, nearly three-quarters of teens either have, or have access to, a smartphone (Pew Research Center, 2015). While the widespread use of smartphones can be a powerful tool to stay connected, as well as serve as a resource for anything from getting directions to buying train tickets, unchecked use can also present a potential risk to mental

health and/or safety for the adolescent population. The constant availability of online content means a continuous exposure to a plethora of media messages in addition to endless opportunities to interact with friend and foe alike.

Increased online interactions not only provide a context for positive relationship building; they can also potentially facilitate cyberbullying or teens engaging in sexting. Further, teens may fall victim to online predators. In its 2016 National Strategy for Child Exploitation Prevention and Interdiction survey, the U.S. Department of Justice found sextortion - using coercion and blackmailing to obtain sexually explicit materials online - to be the most significantly growing exploitation threat to children. A vast array of social media platforms allow predators to pose as peers and make contact with unsuspecting minors, who may not know they are dealing with an adult until it is too late.

To shed more light on these issues and to assist parents in finding ways of addressing potential online pitfalls, the USAG Stuttgart ACS Family Advocacy Program will host "Parenting in the Digital Age," 6 - 8 p.m., March 8. Girl Scouts of Cadette Troop 514 will join for part of the class to share their perspective on the impact of social media.



Photo by freepik

Like it or not, we are in a different age and our children are growing up in a different world than anyone who has come before them. Register by March 7 for a Parenting in the Digital Age class.

Parenting in the Digital Age

Registration by March 7 is required for this event. All registered participants will receive a free copy of the book "The Teenage Brain: A Neuroscientist's Survival Guide to Raising Adolescents and Young Adults." To register, call 431-3362/3518 or 07031-15-3362/3518.

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Piranhas hold European Forces Swim League title



Photo by Zoe Kalinowski

SHS senior and team captain Maddie Koning swims to take first place in the 100 meter Butterfly, girls 17-19.

By Ami DeBrine
Special to The Stuttgart Citizen

The Stuttgart Piranhas Swim Team successfully defended its European Forces Swim League (EFSL) Rhineland Division Title, capturing to the trophy for the third year.

More than 80 Stuttgart swimmers traveled to Lehrschwimmhalle Schöneberg in Berlin, Feb. 4, to

face their EFSL division rivals: the Berlin Bear-a-Cudas, the Weisbaden Wahoos and their biggest competitor, the Kaiserslautern Kingfish.

Piranhas swimmers, ages 6-18, took an early lead and held strong throughout the day. Maintaining the lead wasn't easy during the seven-hour meet, which included more than 100 races in 38 events, often pitting swimmers against competitors they hadn't seen during the season.

The margin between first and fourth place was often as little as one second.

"I've been on this team for six years," said Stuttgart High School senior Maddie Koning, the team captain. "Divisionals have never been this close. The competition was tough, but in the end, we were better."

"I knew divisional team scores were going to be close, but our swimmers had faith in me to choose their events and I had faith that each swimmer would perform their best for the team," said Piranhas head coach Andrea Symak. "We did it again! Bringing home the Rhineland Division trophy for a third consecutive year is the best reward."

The combination of swimmers and coaches make the Piranhas a winning team, said Nancy Bailey, president, Piranhas Swim Team.

"We have coaches who are

completely dedicated to helping our swimmers reach their goals, parents who volunteer their time to make sure our kids have what they need to be successful, and incredibly hard-working swimmers who put in the effort it takes every day to be their best," Bailey said.

The focus up to now has been team competition, and then the coaches and swimmers shifted to the upcoming individual completion in London.

"Now we are preparing for Individual Championships and we are on track," Symak said. "The outcome will be amazing! We have a dedicated group of swimmers, waking up at 4:30 a.m. each day, while most of their friends are still sleeping, to jump in that cold pool to practice and train."

Swimmer Marc Ploeger, who placed first in the 50M Breast and second in the 50M and 100M Free, boys age 8 and under, used to be one of those friends who slept in.

"When swim started, all I wanted to do was sleep in. I wasn't a swimmer, I was a soccer player," Ploeger said.

Matthias Ploeger, Marc's father, added, "Marc now proudly tells everybody, 'I am a good soccer player and a good swimmer.'"

Since the start of the season in August, all swimmers have worked to reach qualifying times in their respective age brackets, which earn them an invitation to the EFSL Individual Championship.

(Editor's note: The EFSL Individual Championship took place in London, Feb 24-25, and included swimmers from 19 teams from across Europe. Look for the results at www.stuttgartcitizen.com.)

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