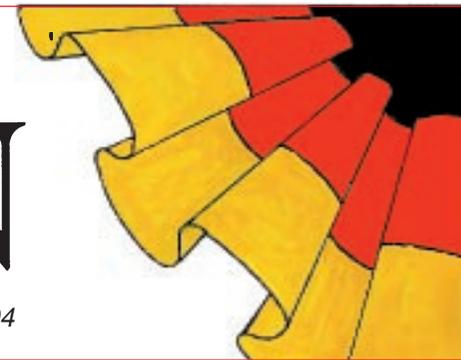




THE CITIZEN



Vol. 33, No. 4

The 6th Area Support Group Newspaper

February 24, 2004

Stuttgart, Bad Aibling, Oberammergau and Garmisch, Germany

Serving where the need is *Stuttgart-Area Red Cross staffers deploy in support of troops downrange*

By Melanie Casey

Most of us know the American Red Cross as an agency to turn to in times of disaster.

But for the military, the Red Cross serves an additional purpose: It provides the conduit for emergency communication between deployed military members and their families.

As thousands of U.S. service members have been sent to war-torn countries such as Iraq, Afghanistan and Kosovo, a number of Stuttgart-Area Red Cross civilians have deployed alongside them to continue this valuable service.

Local connection

Stuttgart-Area Red Cross employee Chad Magnuson, along with three other members of his team, has been living and working with troops in Baghdad, Iraq, since last August. He expects to return this spring.

The team works 14 to 15 hours a day, 7 days a week.

"We really have no social life to speak of," he said, but "Red Cross messages are often the only communication that soldiers may have with their families, so we need to take them seriously."

Along with the primary mission of delivering and attempting to confirm about 750 messages per week to 70,000 service members in an 800 square mile region, Magnuson's team helps with casualty assistance and provides notifications to next of kin stationed in the area.

He and other Red Cross employees also provide disaster assistance and distribute quality-of-life items to Soldiers.

Magnuson said one of the most difficult things to get used to while deployed is life in a combat zone.

"The sounds of war are all around you," he said. "After each attack, you look at yourself and your teammates and make sure you are all still in one piece and continue working."



courtesy American Red Cross

(Clockwise from left) Lt. Col. Vladimir Hrominkov, Stuttgart Area Red Cross Station Manager Kathleen Butler, Ramstein Assistant Station Manager Joshua Karnes and Station Manager Sally Delaney visit the Russian sector of Kosovo.

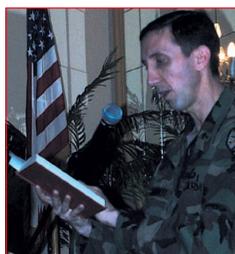
See Red Cross on page 4

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Community comes together in prayer

The Stuttgart area's 16th annual prayer breakfast draws an early-morning crowd to Patch Barracks for faith and fellowship.



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PHS students hit the gym – for credit

Patch High School partners with a variety of area agencies and organizations to promote student fitness.



Thorns 'n Roses

From community submissions



Roses to:

Margarit from the Outbound Transportation office: Besides doing a very informative briefing at the monthly PCS briefing, she was extremely helpful with our impending PCS.

She even provided me with paperwork that will assist us if our orders are delayed – all without me even asking the question.

Thanks for your effort, Margarit!

The German Bundeswehr troops who have been working on Stuttgart-area installations: Day after day, in the worst of weather, these young Soldiers perform their duties with the utmost respect and courtesy. Though the news still contains stories about international tensions, these troops are doing more than their part to further the historic friendship between Germany and the United States.

Adam from Charley's Restaurant on Kelley Barracks, for his customer-service skills, which are truly exceptional. Even at his relatively young age, Adam is a shining example of what all who work with the public should aspire to be.

Thorns to:

Residents of on-post housing who show no respect for their surroundings and their neighbors. Good taste prevents me from listing some of the more repugnant behaviors I have witnessed, but suffice it to say that some of our community members have a lot to learn about common courtesy.

E-mail comments to citizen@6asg.army.mil or fax them to 421-2570/civ. 0711-729-2570.

Personal vigilance can keep 'equal-opportunity killer' at bay

By Bob Van Elsberg
Commentary

Life may be unfair but death isn't – a fatal accident is an "equal-opportunity" killer. It doesn't care whether you're behind the wheel of a Humvee or a Honda: It will take you wherever it can.

I know. I have seen death many times during my 33 years in and around the military.

Back in 1974 I waved goodbye on a Friday afternoon to a couple of friends as they left to go canoeing in Washington state. Within 24 hours they were both dead – victims of alcohol and the "I-am-bulletproof" syndrome that led both of them to shun life jackets.

The year before, I saw a pretty young woman dying on the road next to her car. There was nothing I could do to help her.

There's an old saying that goes, "Die young and leave a handsome corpse." But believe me, there is nothing attractive in watching someone die.

Early in 2002, I interviewed the widow of an Air Force sergeant who'd gotten on the road drunk and hit a concrete barrier at 79 miles per hour.

Unbelted, he'd gone into the windshield and was declared brain dead the following day. He had a lot of bravado in his attitude about life.

As I interviewed his widow, I sat there helplessly as she broke down in tears. They'd gotten married and bought a house barely two months before he died.

When he ignored years of warnings against drinking and driving, he never thought about what it would do to the person who loved him most.

The problem with accidental death is that there's no 20-

It hurts just as much to bury a loved one who died in an accident as one who died on the battlefield. Maybe, in reality, it hurts more.

20 hindsight for those involved. There's no going back and doing things differently because of lessons learned. There is only one destination – and death gives no paroles.

That's why declaring war on accidents is important, even as we fight this war on terrorism. It hurts just as much to bury a loved one who died in an accident as one who died on the battlefield. Maybe, in reality, it hurts more.

Death in combat is at least for a purpose. Death from an accident does little except to provide a sad example.

Boston, Baltimore, Baghdad – it doesn't matter where you are, you're on the front lines of this war. Your best piece of protective "armor" is risk management.

Taking the time to identify risks, assess their severity, develop a plan to protect yourself, and then follow that plan can make you a victor in this war.

Ignoring the risks and relying on luck to get you through can quickly make you a victim.

Victor or victim – it's your choice.

Van Elsberg is managing editor of Countermeasure magazine. This commentary originally appeared online at www.army.mil/arnews.

THE CITIZEN

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www.stuttgart.army.mil

My 'flash' course in fire safety

By Chief Warrant Officer 4
Michael Licholat
Commentary

There I was, five minutes from delivering a briefing for an air assault mission in support of Operation Enduring Freedom.

I had only one chance to make a good first impression in front of our coalition brethren, so I was determined to put my best foot forward.

The projector had been warming up for a few minutes when I noticed there was some dust on the lens.

I wasn't going to stand for having a few specks casting shadows on my briefing, so I went to the supply locker to get a can of compressed air to shoo away the offending motes.

Not being multilingual, I wasn't able to read the label on the can, but I wasn't going to be bothered by that.

Those were my last pleasant thoughts

I was thinking pleasant thoughts about how clear my presentation was going to be as I pointed the tube at the projector's lens. Those were my last pleasant thoughts.

I pushed down on the spray nozzle when suddenly there was a low-pitched boom. I was instantly engulfed in a ball of flame that one eyewitness conservatively estimated to be 6 feet in diameter.

All the hair on my right arm was burned off, and the hair on my face was singed.

Stunned, I dropped the can. The

I was instantly engulfed in a ball of flame that one eyewitness conservatively estimated to be 6 feet in diameter. All the hair on my right arm was burned off, and the hair on my face was singed.

valve popped shut and the fire went out.

After performing a quick assessment of my injuries, I left the briefing area so I could look for any additional damage. As I made my way out of the briefing tent amid the arriving briefing attendants, the prominent comment was, "What is that smell?"

At my tent, my worst fears were confirmed: My moustache was now much shorter (but in direct compliance with AR 670-1), my eyelashes were almost gone, and my eyebrow hairs were all curled up.

Luckily, I'm what you'd call "follically challenged," so I didn't have anything to worry about there.

I quickly washed up, used a pair of scissors to trim the burnt ends off my moustache and eyebrows, and then returned to the podium with a couple of minutes to spare.

Note to self: Read the label!

So, how can you avoid having this happen to you? Most, if not all, of the canned air sold in America is non-flammable and has warning labels to keep you from misusing the product.

However, since we'd used up the "good stuff" we'd brought with us, the S-4 replaced it with whatever was closest at hand.

Unfortunately, our S-4 couldn't read the label either. That's something to bear in mind if you're buying commercial off-the-shelf items in countries that lack the consumer protection guidelines we have in America.

The fault lay squarely on my shoulders

In the end, the fault lay squarely on my shoulders. I took an aerosol can of unknown origin and sprayed it onto a projector containing a hot light bulb.

Furthermore, despite the fact that the can had a picture of a cat and a dog on it (I still don't know what that's all about), the back of the label had the word "Peligroso!" printed on it. I'm pretty sure that means "danger."

In the end, I got lucky and avoided a serious burn. And in the spirit of brotherhood, my comrades later hung a sign over my desk extolling my new nickname: "Flash! Do you mind if I smoke?"
courtesy: www.army.mil/arnews.



photos by Mildred Green

Shirley Strong, wife of Installation Management Agency, Europe Region, Chaplain (Col.) Ronald Strong, sings a gospel song during the Stuttgart area's 16th annual Prayer Breakfast Feb. 18.

Praise, faith & friendship Stuttgart's 16th annual Prayer Breakfast celebrates community, supports charity

By Mildred Green & Melanie Casey

More than 100 Stuttgart community members gathered together for a morning of faith and friendship at the Stuttgart area's 16th annual Prayer Breakfast Feb. 18 in the Swabian Special Events Center on Patch Barracks.

The early-morning event was "a celebration of one community, one team," said 6th Area Support Group Chief of Staff Joseph Moscone, who welcomed attendees.

After a hearty breakfast, 6th ASG Roman Catholic Chaplain (Capt.) Paul Passamonti read to the audience from the books of Luke and Daniel.

The featured guest speaker was Installation Management Agency, Europe Region, Chaplain (Col.) Ronald Strong, who addressed the power of persistent prayer.

"We are living in a prayerless society," he said. "When prayer fails, evil prevails."

Strong said that too often people don't know how to be patient. "Sometimes we have to wait for God," he said, adding, "When they throw you a rope tie a knot in it and hang in there, because help is on the way."

Strong was preceded at the podium by his wife, Shirley, who sang a gospel song.

The event ended with music as well, as attendees stood and joined in a rendition of "America," accompanied by the U.S. Air Forces in Europe Band, Brass Quintet.

A history of prayer, community

According to information provided by the 6th ASG Chaplain's Office, prayer breakfast groups were first established in the U.S. Senate and House of Representatives in 1942.

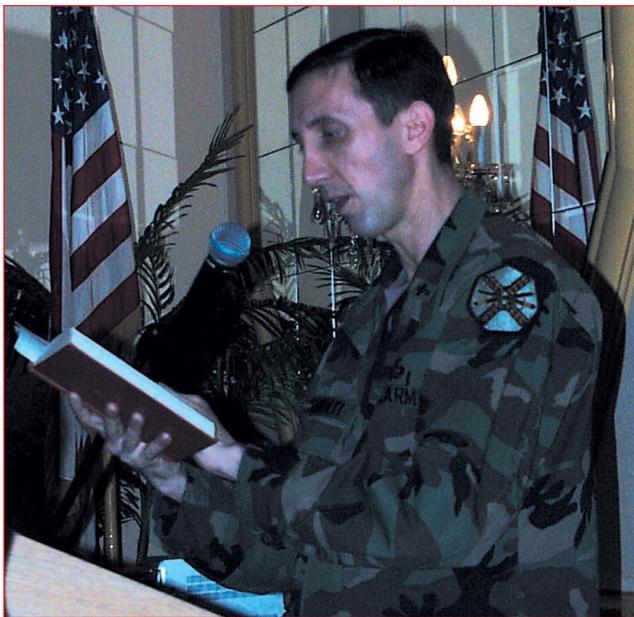
The groups met weekly to discuss individual spiritual needs and the role of God in the development of the United States.

In 1953, President Dwight Eisenhower established the first presidential prayer breakfast by joining with members of the Senate and House prayer groups.

Since then, similar groups have expanded throughout the nation.

Lending a 'Helping Hand'

The 6th ASG Chaplain's office, which sponsored the breakfast, also took donations for its Helping Hands fund,



6th ASG Roman Catholic Chaplain (Capt.) Paul Passamonti reads from the Bible during Stuttgart's annual prayer breakfast Feb. 18 on Patch Barracks.

which was started last year by 6th ASG Chaplain (Col.) Sherrill Munn.

Since the fund's inception, Munn said, the account has grown to nearly \$12,000 thanks to designated offerings from congregation members, Stuttgart's Veterans of Foreign Wars and other groups and individuals.

"Word of mouth has gotten out, and we've even received checks from people in the States," Munn said.

Proceeds are distributed primarily to injured service members in Landstuhl Regional Medical Center, but are also earmarked for lower enlisted military members experiencing financial hardships.

The Prayer Breakfast raised nearly \$850 for the fund, Munn said.

For more information or to donate to the Helping Hand Fund, call 430-5000/civ. 0711-680-5000 or visit the 6th ASG Chaplain's Office, building 2307 on Patch Barracks.

News & Notes

Townhall scheduled on Kelley

The 6th Area Support Group is holding a Townhall Forum Feb. 25, 7 p.m., in the Kelley Community Club. All community members are invited to attend.

ACS hosts Job Fair Feb. 26

The Army Community Service Employment Readiness office is hosting a job fair Feb. 26, 9 a.m. to 5 p.m., in the Patch Barracks Fitness Center gymnasium.

Job-seekers can find out more about job opportunities with Appropriated and Nonappropriated Fund positions, contractors, military recruiters and more. Attendees are encouraged to bring copies of their resume.

For more information call Martha Povich at 430-7270/civ. 0711-680-7270.

SNAP training planned

The Safe Neighborhood Awareness Program is conducting training the last Thursday of each month. Training locations will rotate among area installations.

The next training session is Feb. 26, 1:30 p.m., in Patch Barracks building 2316 (behind the housing office).

For details call 421-4615/civ. 0711-729-4615.

Patch hosts Gospel Jubilee

The Stuttgart area's fourth annual Gospel Jubilee is Feb. 28, 1 to 3 p.m., in the Patch Community Club.

For more information call Staff Sgt. Frank Hawkins at 430-8423/civ. 0711-680-8423.

Patch skate park takes break

The Patch Skateboard Park will be closed Mar. 8 to 22 due to the SCSC Spring Bazaar.

Mandatory coordinator training

A mandatory training session will be held for all area, building and stairwell coordinators Feb. 27, 4:30 p.m., in the Swabian Special Events Center.

Quarterly training meetings will be held to inform coordinators of new standards to create a cleaner, safer and more harmonious community.

For more information call Nathan Thomas at 430-4399/civ. 0711-6804399.

Mystery, comedy in Stuttgart

- The **Patch High School Drama Club** presents "The Cat and the Canary," a 1920s mystery drama, in the PHS Forum March 5 and 12 at 7 p.m. and March 6 and 13 at 2 p.m. Admission is free.

- The **Kelley Barracks Theatre** presents "Come Blow Your Horn," the 1960s New York comedy that introduced Neil Simon to the world.

Performances are March 5, 6, 7, 12, 13, 14, 19, 20 and 21 at 7:30 p.m. Tickets are \$12 or 13 euro for adults and \$10 or 11 euro for students.

For more information or ticket reservations call 421-2825/civ. 0711-729-2825 or visit www.kelleytheatre.de

YS Sports needs volunteer coaches

The Youth Services Sports Office is looking for volunteer coaches for the upcoming baseball and softball seasons. Coaches receive registration discounts for their children. For details call 431-2616/civ. 07032-15-616.

Women hold World Day Of Prayer

The Military Council of Catholic Women and the Protestant Women of the Chapel host "World Day of Prayer, An Ecumenical Prayer Service from the Women of Panama," March 5, 9:30 a.m., in the Panzer Chapel.

This year's theme is "In Faith, Women Shape the Future." A potluck brunch will follow the program, and child care will be available by reservation 24 hours in advance.

For more information call 0711-658-6143 or e-mail cafamily@t-online.de.

Scholarship applications available

The Stuttgart Community Spouses Club offers scholarships for graduating seniors of Patch High School, the Stuttgart International School and accredited homeschool programs. Applications are available in the PHS guidance office. Submission deadline is March 3.

For more information call Joni at 0711-489-4810 or e-mail jbjen110@aol.com.

Deployed staffers' service gives 'satisfaction of making a difference'

Red Cross from page 1

The sweat of fear

Stuttgart Area Red Cross Station Manager Kathleen Butler, who has been with the Red Cross for over 22 years, first deployed during Operation Desert Storm.

During her first deployment, Butler heard a chemical siren alarm, which signified an imminent chemical attack.

As she fumbled to put on her chemical suit and gas mask, the mask began to slide slightly down her face.

"I now know what the sweat of fear is," Butler said, recalling the incident. "As I was changing, something inside of me changed. It was a fear most Americans will never have to feel."

I take pride in the fact that I'm part of something ... I can't save the world, but I can do something. I'm living my life knowing that I have satisfaction in what I do, and I am making a difference, and that is cool," she said.

Since Desert Storm, Butler has been deployed to Bosnia, Hungary and Kosovo, and may deploy to Iraq later this year.

Her daughter Samantha Wudel, Red Cross assistant station manager from Fort Hood, Texas, is currently on her first deployment—in Tikrit, Iraq.

"Most Red Cross people are nurturers," Butler said. "It'll be interesting to see how hooked [Wudel] gets. It's contagious."

Why the Red Cross?

The Red Cross "sends messages quickly, anywhere in the world, including ships at sea, embassies and isolated military units," according to information on the agency's Web site (www.redcross.org).

Although it may seem as if the military should be able to do this job itself, "the majority of family members needing assistance live in civilian communities far removed from military installations and many do not know how to reach a family member stationed in the military," according to the Red Cross.

Furthermore, military leaders do not have the capacity to "verify and validate" family emergencies. Thus, they turn to the Red Cross.

According to the Web site, 95 percent of all family emergencies involve the death or severe illness of a service member's close relative.

A history of deployments

Since Clara Barton founded the Red Cross in 1881, employees of the organization have been present in all wars and conflicts in which there was U.S. involvement, including the Spanish-American War, World Wars I and II, Vietnam, Operations Desert Shield and Storm and Operation Iraqi Freedom.

In addition, Red Cross employees over the years have served in Rwanda, Haiti, Croatia, Hungary and Bosnia.

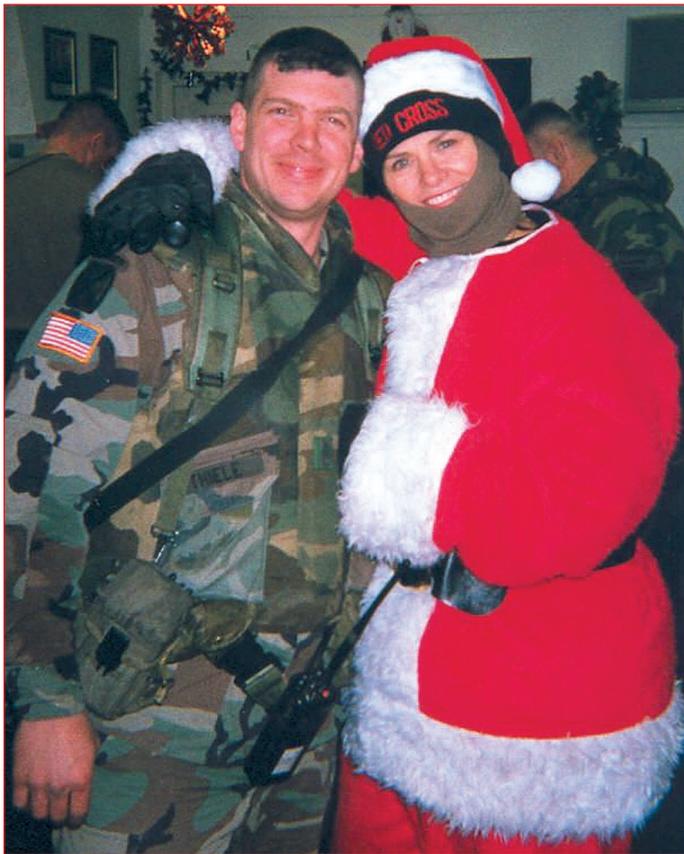
More than 100 Red Cross employees continue to serve in Kuwait, Saudi Arabia, Albania, Macedonia, Kosovo, Uzbekistan, Afghanistan and Iraq.

Mobile Permanent Staff employees, like Butler and Magnuson, are assigned to – and deploy alongside – military units.

"[The military] sees us as a vital part of their deployment team," Butler said, "They make sure we're as safe as we can be."

Most overseas Red Cross deployments last about four months, and the number of troops determines how many Red Cross personnel are deployed, she said.

As the troops reduce in size, so does the Red Cross presence. "Once it starts to get comfortable," Butler said, "it's time for us to go."



courtesy Red Cross

It's not always work, work, work: The Red Cross' Kathleen Butler brings a bit of the Christmas spirit to a deployed service member.

*I can't save the world, but
I can do something.
I'm living my life knowing
I am making a difference.*

Kathleen Butler

Stuttgart Area Red Cross

How the system works

When the Red Cross receives a message, servicing starts within the hour, Butler said.

Once the message has been "verified and validated," she said, transmitting it could take anywhere from a few hours to a few days, depending on where the service member is at the time.

Once the message has been relayed successfully (either to the service member or his or her commander), the Red Cross's involvement is complete.

"The Red Cross is the messenger," Butler said, "Leave depends on the command."

Emergency leave is not granted to a service member automatically; it is the decision of the commander and may depend on the mission, Butler said.

For more information visit www.redcross.org or call the Stuttgart Area Red Cross at 431-2818/civ. 07031-15-818.

German state provides travel and tourism vouchers to returning service members

Installation Management Agency,
Europe Region,
Public Affairs Office Release

Service members who are returning to home stations in Baden-Württemberg on "R&R" – or who are redeploying from Iraq – can benefit from a gift from German state officials

The Baden-Württemberg Finance Ministry has provided 150 free passes for U.S. service members to one of the state-owned cultural monuments in the following areas:

- Bad Urach – Castle
- Bruchsal – Castle
- Dilsberg – Castle Ruin and Tunnel
- Heidelberg – Castle
- Kirchheim/Teck – Castle
- Lauchheim – Kapfenburg
- Ludwigsburg – Castle
- Ludwigsburg – Castle "Favorite"
- Mannheim – Castle
- Maulbronn – Monastery
- Ochsenhausen – Monastery
- Rastatt – Castle
- Rastatt-Förch – Castle "Favorite"
- Schwetzingen – Castle and Garden
- Stuttgart – Castle "Solitude"
- Stuttgart-Rotenberg – Burial Vault Chapel
- Singen – Hohentwiel Ruin
- Tettngang – New Castle
- Tübingen-Bebenhausen – Castle
- Tübingen-Bebenhausen – Monastery
- Weikersheim – Castle

Service members need only present the voucher at the ticket offices of the sites listed.

In addition to the travel vouchers, the state is also providing vouchers for one day of free travel on public transportation within Baden-Württemberg.

The free passes have been distributed to rear detachment commanders in the 6th Area Support Group, the 26th ASG in Heidelberg and the 293rd Base Support Battalion in Mannheim.

Service members who use the free passes are encouraged to provide feedback by e-mailing comments to webimaeur@ima-e.army.mil.

Upcoming Stuttgart-Area American Red Cross classes

Volunteer Orientation: March 2, 1 to 3 p.m., and March 16, 10 a.m. to noon. Cost: free.

Adult CPR/AED with First Aid: March 22 and 24, 6 to 9:30 p.m. Cost: \$30.

Super Babysitting training: March 15, 17, 22 and 24, 3:30 to 6:30 p.m. Cost: \$35.

Infant and Child CPR: March 15 and 17, 6 to 9:30 p.m. Cost: \$30.

To sign up for a class, call the Red Cross at 431-2818/civ. 07031-15-818.



Proper equipment, constant awareness keys to defeating swift and silent killer

By Douglas Garretson

6th ASG Directorate of Public Works

I was stationed in Seoul, South Korea, in the 1970s and worked in the Joint Service Command Post on Yongson Compound.

Every year I read the reports on how the U.S. military had lost people to carbon monoxide poisoning.

Most frequently the deaths occurred because the small concrete-block houses outside the post often burned large charcoal bricks in a brazier to heat rooms during the cold winters.

All too frequently, someone would discover in the morning that a family had died of carbon monoxide poisoning during the night. Also, too frequently, there was a young U.S. Soldier among the dead.

We don't use charcoal bricks to heat our quarters, but carbon monoxide is produced whenever any fuel – such as gas, oil, kerosene, wood or charcoal – is burned.

A swift and silent killer

Carbon monoxide is an odorless, colorless gas that can kill a full-grown, healthy adult in minutes.

If appliances that burn fuel are maintained and used properly, the amount of carbon monoxide produced is usually not hazardous. However, if they are not working properly or are used incorrectly, dangerous levels of carbon monoxide can result.

Hundreds of people die accidentally every year from carbon monoxide poisoning caused by malfunctioning or improperly used fuel-burning appliances. Even more die from

Carbon monoxide information online

American Lung Association
www.lungusa.org

Centers for Disease Control
www.cdc.gov

Consumer Product Safety Commission
www.cpsc.gov

Environmental Protection Agency
www.epa.gov

National Library of Medicine
www.nlm.nih.gov

U.S. Fire Administration
www.usfa.fema.gov

To place a service order with the 6th ASG Directorate of Public Works call 421-6200/civ. 0711-729-6200.

carbon monoxide produced by idling cars.

Camp stoves and heaters can also produce deadly levels of carbon monoxide.

Fetuses, infants, elderly people, and individuals with anemia or with a history of heart or respiratory disease are especially susceptible to the effects of carbon monoxide poisoning.

Carbon monoxide detectors and alarms have been placed in all Army family housing units equipped with gas stoves. Detectors have also been installed in the heating rooms in all single-family quarters with gas-burning furnaces.

These devices emit an audible alarm when they detect build-ups of harmful carbon monoxide gas resulting from the improper ventilation of burning fuels.

Symptoms

- Low levels can cause shortness of breath, mild nausea and mild headaches, and may have longer-term effects.

- At moderate levels, symptoms include severe headaches, dizziness, mental confusion, nausea or loss of consciousness. Individuals can die if these levels persist.

- Since many of these symptoms are similar to those of the flu, food poisoning or other illnesses, the victim may not realize that carbon monoxide poisoning is the cause.

Staying safe

- Keep fuel-burning appliances properly adjusted.

- Use the exhaust fan over the gas stove. This vents fumes outside.

If the carbon monoxide detector alarm goes off:

- Make sure it is the carbon monoxide detector, not the smoke detector.

- Check to see if any member of the household is experiencing symptoms of poisoning.

- If so, get the victim(s) out of the house immediately and seek medical attention. Tell the doctor that you suspect carbon monoxide poisoning.

- If no one has symptoms, turn off all potential sources of carbon monoxide and ventilate the home with fresh air.

- Remember: Call the DPW service order desk and submit a service order whenever the detector goes off – even if no one is experiencing symptoms. The detector needs to be checked for proper operation.

- Fuel-burning appliances and vents must also be checked to ensure they are operating correctly and that nothing is blocking ventilation.

NEWS & NOTES

Tax assistance office now open

A free income tax preparation assistance service is now available for all U.S. identification cardholders in Garmisch. Services include preparing and electronically filing federal income tax returns and preparing paper returns for state taxes.

For more information or to make an appointment call 442-2516/civ. 08821-759-516 or e-mail bruce.gittinger@garmisch.army.mil.

Burke Center hosts evening of Python

The Pete Burke Center on Artillery Kaserne is sponsoring an evening of Monty Python March 2, beginning at 7 p.m. Highlights include classic videos, drinks and snacks, and a Python trivia contest.

For more information – or to request a favorite episode – e-mail jessica.roberson@garmisch.army.mil.

Morning yoga moves to Mondays

The Burke Center's morning yoga class has moved to Mondays, 9 to 10:30 a.m. The afternoon class is Wednesdays, 5:45 to 7:15 p.m.

For more information or to register for a class e-mail jessica.roberson@garmisch.army.mil.

ACS needs volunteer service reports

With the Garrison's annual volunteer luncheon on the horizon, it is essential that all volunteers report their hours. Call 442-2777/civ. 08821-759-777 or via e-mail at patricia.howe@garmisch.army.mil.



Michael Meyer

Students from the Garmisch-Partenkirchen Volkshochschule visit the George C. Marshall European Center for Security Studies Jan. 22. For the past three years the Marshall Center has hosted adult education students for tours of the facility and a review of the center's mission.

Marshall Center hosts students from area Volkshochschule

By Kim Walz

Marshall Center Public Affairs Office

Thirty members of a German adult education class in Garmisch-Partenkirchen visited the George C. Marshall European Center for Security Studies Jan. 22 to learn about the center's mission and its impact throughout the region.

The tour, which has been a regular part of the Volkshochschule for almost three years, began as a one-time visit. However, the first group of students was so impressed with the visit that the school added an orientation tour to its regular curriculum.

On a quarterly basis, 30 members of the local community sign up to learn what goes on behind the walls of the Marshall Center.

"Most members of the local community know who we are, but not what we do," said German Air Force Master Sgt. Michael Meyer of the Marshall Center Public Affairs Office.

"We wanted to open our doors to them, explain our mission and why it's important, and let them know how much we appreciate their support," Meyer said. "They have welcomed us into their community for 10 years, and we want to open our doors to them as well."

The adult education tour began at the front gate of

"We wanted to open our doors, explain our mission, and let them know how much we appreciate their support"

Master Sgt. Michael Meyer
Marshall Center Public Affairs Office

Sheridan Kaserne at the George C. Marshall statue.

Meyer gave them a history of the statue and the Marshall Plan and a background of the Kaserne.

They then took a tour of the research library and fitness center, and viewed a typical dorm room for one of 600 students from 51 nations who come to the Marshall Center every year.

After the tour, the group viewed a video of the Marshall Center mission.

"Whatever perceptions they had of the Marshall Center before they came, there is no doubt they leave with a better understanding and appreciation for the work we do here," Meyer said. "It is German and American relations at it best."

The class is just one of several community relations initiatives conducted by the Marshall Center.

The Marshall Center also conducts a "Bring Your German Friend to the Marshall Center" program, in which employees bring a German neighbor or friend to an orientation followed by refreshments.

"Most of the local people who attend these events at the Marshall Center are floored to learn that the work we do here influences the entire European and Eurasian region," said Deputy Chief of Public Affairs and project officer Laura DeFrancisco.

"The feedback we get from them is how surprised they are that their town of Garmisch-Partenkirchen plays such a huge role in world affairs," she said.

Marshall Center Director John P. Rose has made outreach to the local German community a priority.

The Marshall Center is a German and American partnership – and it is important for the German people to know that, he said.

Class teaches 'ageless art' of belly dancing

Story & photo by Melanie Casey

Belly dancing instructor Michaela Lee wants to make one thing clear about her class: It has nothing to do with exotic dancing.

"A lot of people have a misconception about what we do. We're not stripping in here; we're belly dancing," she said.

'Unwind and relax'

Lee's class is part cultural lesson, part aerobics, part strength training and part dance class. And participants learn to belly dance, too (with their clothes safely on).

The class, held Wednesdays, 7 to 9 p.m., in the Patch Fitness Center, begins with a glass of tea.

"Everyone comes in stressed from work," Lee said. "[With the tea ritual] they can settle down, unwind and relax."

Afterward, participants – many of whom come to class bedecked with 'hip scarves' and other traditional attire – warm up with a routine similar to those found in most aerobic classes (albeit with colorful lightweight scarves).

The students then do some floor work designed to strengthen their abdominals, hips and arms, and then practice the basic steps of belly dancing.

The class participants and their fitness levels vary.

"We have different ages, sizes and races in here," said Lee. "The dance brings us together."

More than a fitness class

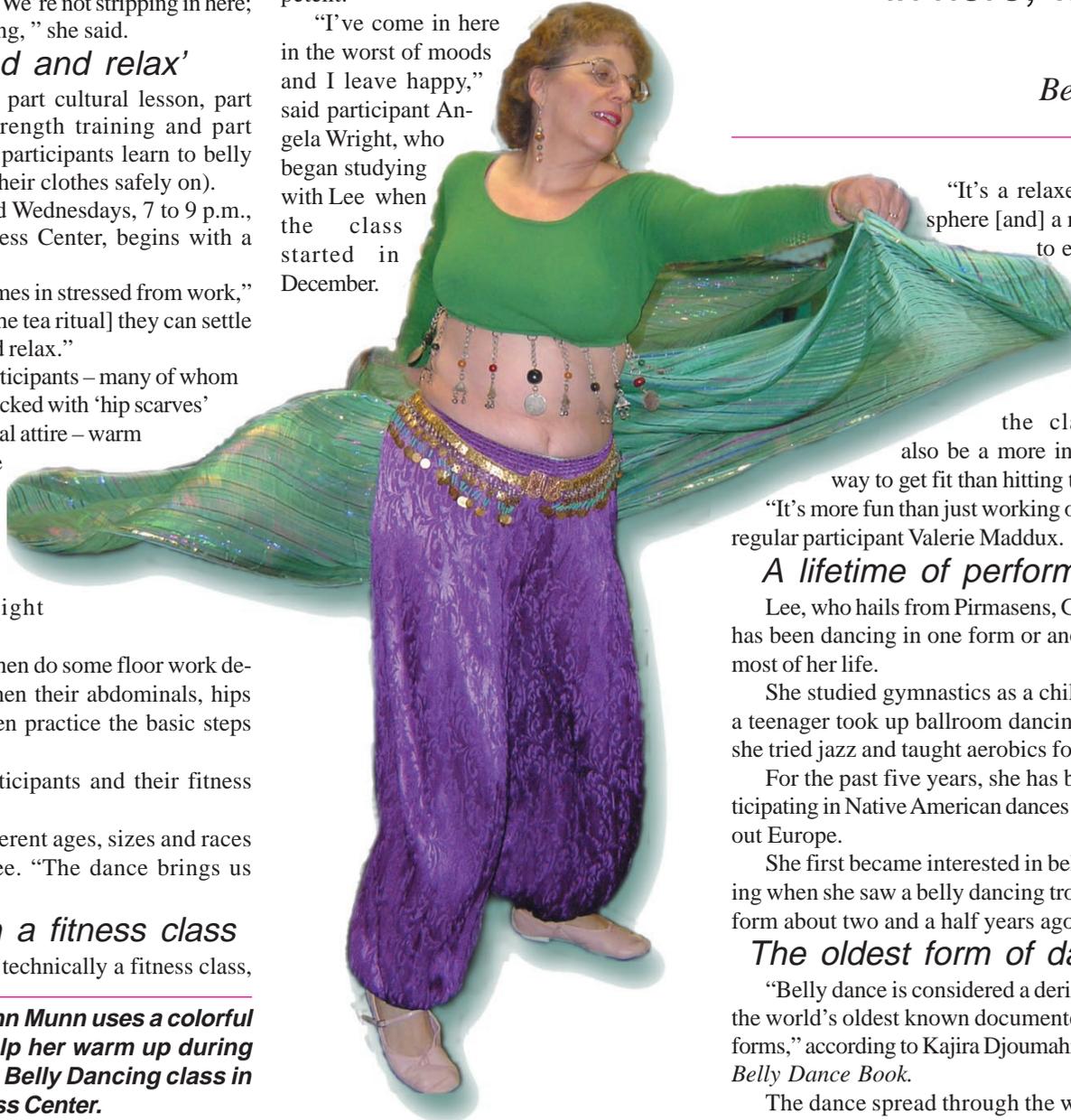
Although it is technically a fitness class,

Student Maryann Munn uses a colorful silk scarf to help her warm up during Michaela Lee's Belly Dancing class in the Patch Fitness Center.

Lee's group seems more like a club, and some of the regular participants have become friends.

"It's a good way to meet people, get exercise and relax," said student Maryann Munn. "[Lee] makes us all feel comfortable and competent."

"I've come in here in the worst of moods and I leave happy," said participant Angela Wright, who began studying with Lee when the class started in December.



A lot of people have a misconception about what we do. We're not stripping in here; we're belly dancing.

Michaela Lee

Belly dance instructor

"It's a relaxed atmosphere [and] a neat way to enjoy everyone else," she said.

Taking the class can also be a more interesting way to get fit than hitting the gym.

"It's more fun than just working out," said regular participant Valerie Maddux.

A lifetime of performing

Lee, who hails from Pirmasens, Germany, has been dancing in one form or another for most of her life.

She studied gymnastics as a child and as a teenager took up ballroom dancing. Later, she tried jazz and taught aerobics for a time.

For the past five years, she has been participating in Native American dances throughout Europe.

She first became interested in belly dancing when she saw a belly dancing troupe perform about two and a half years ago.

The oldest form of dance

"Belly dance is considered a derivative of the world's oldest known documented dance forms," according to Kajira Djoumahna in *The Belly Dance Book*.

The dance spread through the world via

a group of people from northern India called Roma (whom many mistakenly call Gypsies).

The Roma traveled into Pakistan, Afghanistan, the Persian Gulf, Egypt, Africa, Turkey, the Caucasus Mountains, Eastern Europe, Russia, Western Europe and finally Spain.

"Through all of the countries in which the Roma passed, they left some of their music and dance ... the results can be seen in folk and belly dance," Djoumahna said.

Today, she said, the dance form is "alive and well" in a variety of variations throughout the world.

Lee teaches primarily Egyptian-style belly dance, although she incorporates aspects of other belly dance styles, one of which is American Tribal Style, she said.

The class regulars are currently preparing for a performance to be held April 17 in the Patch High School Forum. New students are not obligated to perform, Lee stressed.

"My big vision is to give every woman the feeling that she can be beautiful," Lee said. "[Belly dancing] makes you happy to be a woman." (Lee did note that men are allowed to attend the class as well.)

For more information about belly dancing in Stuttgart call Lee at 0711-365-6928 or stop by the class Wednesdays, 7 to 9 p.m. The first class is free.

Group fitness classes in Stuttgart

Jazzercise

◆ Mondays, Wednesdays, Thursdays and Fridays – 9 to 10 a.m., Patch.

◆ Mondays through Thursdays – 6 to 7 p.m., Kelley.

◆ Tuesdays and Thursdays – noon to 1 p.m., Panzer.

Yoga

◆ Tuesdays and Thursdays – 6 to 7 p.m., Patch.

Belly dancing

◆ Wednesdays – 7 to 9 p.m., Patch.

Step Extreme

◆ Mondays – 6 to 7 a.m., Patch.

Spinning

◆ Tuesdays and Thursdays – 6:45 to 7:30 a.m., Patch.

◆ Wednesdays – 5:15 to 6 p.m., Patch.

Kickboxing

◆ Mondays – 5:30 to 6:30 p.m., Patch.

◆ Wednesdays – 6 to 7 a.m., Patch.

◆ Thursdays – 11:30 a.m. to 12:30 p.m., Patch.

Cardio/Sculpt

◆ Tuesdays – 11:30 a.m. to 12:30 p.m., Patch.

◆ Fridays – 6 to 7 a.m., Patch.

For more information call your local fitness center.



Tech Sgt. Justin D. Pyle

For the second year in a row, U.S. Army, Europe's influenza vaccination effort leads the Army in ensuring that service members and their families are protected against the disease.

USAREUR flu vaccine effort rated Army's best

Europe Army Regional
Medical Command
Public Affairs Office

For the second year in a row, U.S. Army, Europe, leads the Army in ensuring that Soldiers and their families are protected against influenza.

Only ten active-duty Soldiers have been diagnosed with influenza in USAREUR during this flu season.

Senior leaders credit this low number of cases to a comprehensive vaccination campaign plan and commanders' emphasis on the importance of medical readiness for a protected community.

Protection is priority

"Protecting our expeditionary Soldiers, their families and all of our other beneficiaries is my top priority," said Brig. Gen. Elder Granger, commander of the Europe Regional Medical Command and USAREUR's command surgeon.

With a 93-percent immunization rate so far, USAREUR has exceeded the Army surgeon general's goal of vaccinating 90 percent of active-duty Soldiers. The command again has the highest rate of immunized Soldiers of all major commands in the Army.

Influenza vaccinations are continuing among service members and are being recorded in the Army's Medical Protection System, a web-based tracking program that records medical readiness data and allows commanders to view the medical readiness of units or individuals from their desktop computers.

"The leadership of USAREUR clearly recognizes the importance of insuring that each expeditionary Soldier is medically ready to complete 'Any Mission, Anywhere,'" said Col. Allen Kraft, director of force health protection for ERM and USAREUR.

Protecting our expeditionary Soldiers, their families and all of our other beneficiaries is my top priority

Brig. Gen. Elder Granger
Europe Army Regional
Medical Command

"We can be justifiably proud of our successful efforts to stop this disease," said Col. Loren Erickson, commander, U.S. Army Center for Health Promotion and Preventive Medicine, Europe. "Instead of being in bed sick, our people were able to enjoy their families through the holiday season."

Vaccine still necessary

Erickson pointed out that the flu season in Europe routinely runs from December through April – peaking in January – and that individuals not yet immunized would still benefit from a visit to their local medical treatment facility for the shot.

"Though the number of cases being reported in the States and in Europe is starting to drop off, we still have three more months of flu season ahead," Erickson said.

The influenza vaccine is still available in Europe free of charge for all military health care beneficiaries, including active-duty service members, retirees, Defense Department personnel and family members, he said.

"This year we are also making the vaccine available to host nation employees who work for the U.S. military," Erickson added.

For more information about the flu vaccine in Stuttgart call 430-8610/civ. 0711-680-8610.

Stuttgart group focuses on suicide prevention

Times of deployment, high operations tempo stressful for service members, families

By Hugh C. McBride

Soldiers stationed in Germany have what many call a "dream assignment." They also have the second-highest suicide rate in the Army.

Hoping to combat this disturbing statistic, a Stuttgart group is implementing an Armywide program to train service members and civilians in the science of suicide prevention.

Offering an 'ASIST'

Organized under the Stuttgart Wellness Center's umbrella of community health programs, the Stuttgart Suicide Prevention Working Group will offer the Applied Suicide Intervention Skills Training program to community members at regular intervals throughout the year.

"We may not prevent every suicide [in the area], but we can minimize the risk," said Michelle Saylor, 6th Area Support Group health promotion coordinator.

ASIST, Saylor said, is designed to equip members of units and organizations to serve as "first-responders for suicide prevention."

First aid for suicide

Much like emergency medical technicians are trained to assess and stabilize victims of physical trauma, ASIST students will learn to do the following:

- Identify and evaluate suicide signs and risk factors.
- Provide immediate "first-aid" to suicidal individuals.
- Link suicidal individuals with appropriate area resources.

Targeted training

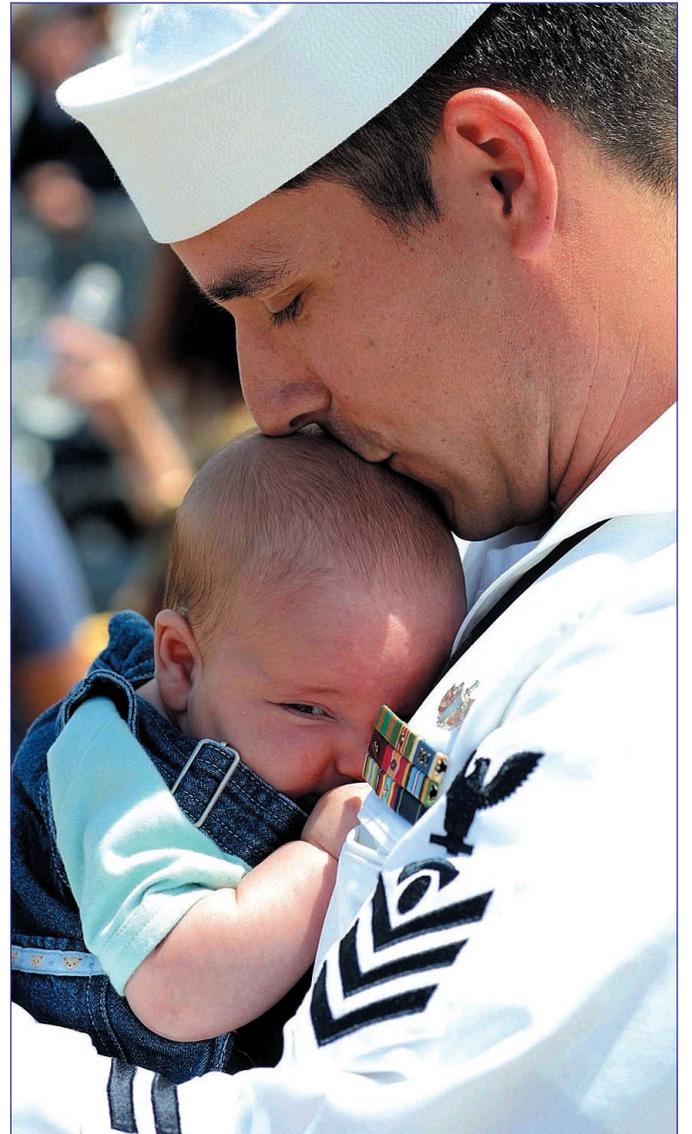
The Army's intention is to provide this training for a minimum of one person in every battalion – as well as for every chaplain and behavioral health provider and their assistants, Saylor said.

The program may also be expanded to drill sergeants, instructors, noncommissioned officers and company-grade officers.

Stuttgart's first ASIST class will be conducted March 9 and 10 in the Wellness Center conference room on Patch Barracks. The course will be taught by James Harris of the Stuttgart Red Cross and Robyn Cryer of Stuttgart's Army Community Services.

In addition to being used by the U.S. Army and Air Force, ASIST is also offered by the Canadian armed forces and many U.S. and Canadian civilian organizations.

For details call 430-4073/civ. 0711-680-4073 or e-mail saylorm@6asg.army.mil.



Photographer's Mate 1st Class William R. Goodwin

Interior Communications Electrician 1st Class Joseph A. Lazzaretti meets his two month-old son for the first time after a six-month deployment aboard the USS Crommelin. A Stuttgart-area suicide prevention group is working to combat potential effects of deployment-related stress among area service members and families.

Official says suicide is concern, not epidemic

By Gerry J. Gilmore
American Forces Press Service

Service members in Iraq are not committing suicide in record numbers, a senior DoD military medical officer said.

"Are Soldiers killing themselves in increased numbers due to deployment? No," said Col. Thomas J. Burke, program director for mental health policy for the assistant secretary of defense for health affairs.

Although 19 confirmed Soldier suicides have occurred during Operation Iraqi Freedom, Burke said the Army's suicide rate "is well within the range of variation" when compared to the suicide rates for the Army over the last decade.

In fact, overall military suicide rates have remained stable for over a decade, Burke said. Press reports alleging that the numbers of military suicides occurring during the war against terrorism are outside the expected range based on historic norms are false, he said.

The good news, Burke said, is that "there is no epidemic of suicides in Iraq." The bad news, he said, is military suicide rates "are not zero, but we never stop trying to bring them down."

Patch High School joins fight against childhood obesity

Story and photo by Mildred Green

Patch High School physical education students are learning about eating healthy and staying fit through a combined effort from PHS, Stuttgart's Wellness Center and the Patch Fitness Center.

This joint venture began to help the local youth fight obesity, said Carol Heffernan, PHS gym teacher.

"Obesity is one battle we will try to win," she added.

PHS students enrolled in this year's physical education classes have learned a variety of topics, such as basic nutrition, how to monitor their heart rate during exercise and how to put together individualized fitness programs, among others.

In addition, PHS has added an elective class, Conditioning, for students who choose to continue with their progress.

A new opportunity

Only after completing the required physical education class (Personal Fitness and Lifetime Sports) can a student take Conditioning.

The conditioning class – which meets at the Patch Fitness Center – gives students the opportunity to work out two to three times a week (depending on the block schedule).

During each class, students are required to perform cardio and strength exercises.

Everyone works at their own pace to complete 30 minutes of cardio exercise. However, athletes in season must complete 20 minutes of cardio.

For the remainder of the class time, students work on improving their strength by using weights, incorporating the proper lifting techniques they are taught in class.

Sophomore Bryan Horsley said he has seen improvements in his strength and also in his energy level. He believes that by having the class in the morning, he has more energy throughout the entire day.

Learning what resources are available to them helps students know how they can continue to stay fit or improve fitness throughout their lives.

Carol Heffernan
Patch High School

"I feel more awake in the mornings after working out," Horsley said. "After PE I am 100 percent ready for school."

The conditioning class offers students the opportunity to set their own goals and design individualized fitness programs to help them reach those goals.

Students are required to record their daily workouts and keep track of their progress in a notebook.

Heffernan, who teaches Conditioning, believes that by keeping a notebook students are prone to be motivated because they are able to actually see their achievements.

This is helping one student in particular see his achievements.

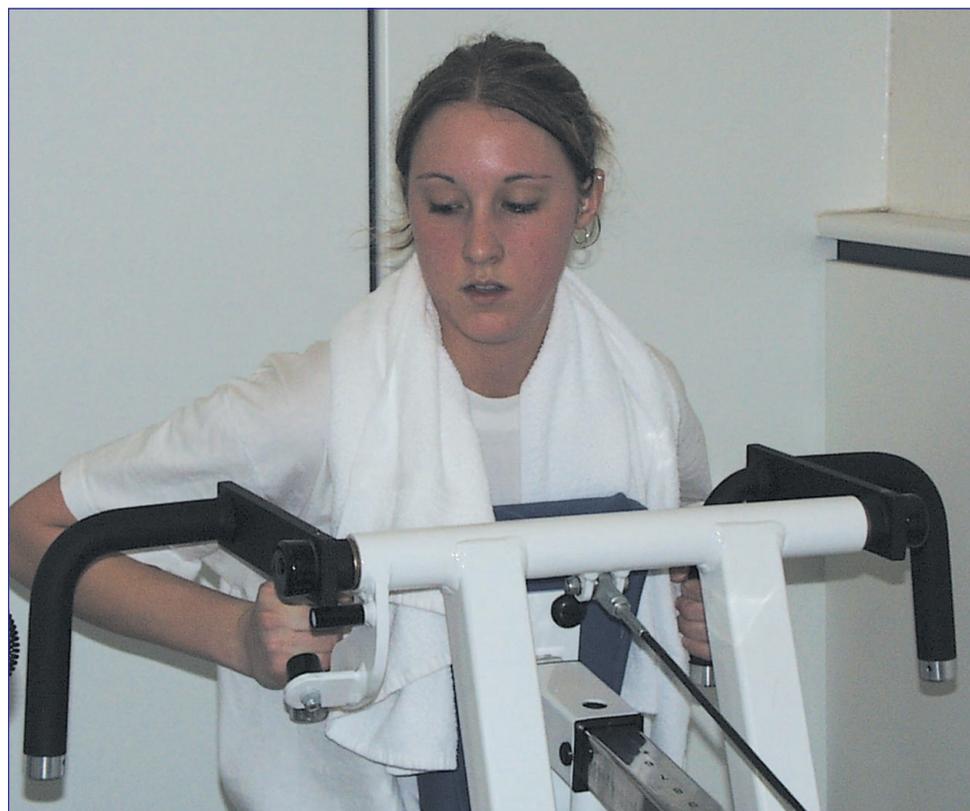
"The changes I've seen in my strength, physical appearance and even my asthma, have made my self-esteem higher," said PHS junior Adam Dickensheet.

Community support

Heffernan said her classes have received considerable support from PHS Principal Steve Provinsal and others in the community.

"The staff at the Patch Fitness Center has been incredible," Heffernan said.

She explained that 6th ASG Fitness Coordinator Corey Doubek has worked with stu-



Patch High School Senior Jennifer Crowley works out during her conditioning class at the Patch Fitness Center. PHS has partnered with the fitness center to offer this new elective class for students who want to continue the progress they began in their traditional physical education class.

dents in the conditioning class on skills such as plyometric drills, which help with agility and power.

Additionally, Michelle Saylor, 6th ASG health promotion coordinator at the Stuttgart Wellness Center, has lectured to both of the physical education courses.

Part of her lecture included giving students fitness assessment tests designed to show them how to calculate their personal fitness levels.

She has also taught students how to measure and test their strength, flexibility, cardio-

vascular endurance and body composition.

In addition, Saylor covered topics like understanding food labels, portion control and the importance of maintaining fitness at any age.

Heffernan believes that the availability of the facilities and personnel is making a significant difference in the attitudes and fitness levels of a group of her students.

"Learning what resources are available to them helps students know how they can continue to stay fit or improve fitness throughout their lives," she added.

Expert advice: Start young to ensure lifelong dental health

By Dr. Harvey Lum
Stuttgart Dental Clinic

The way children care for their bodies today will have an impact on their health far into the new millennium.

The good news for parents is that preventive dental care has dramatically improved the oral health of American children.

It is now possible for many children to reach adulthood without ever experiencing tooth decay.

February is National Children's Dental Health Month and the Stuttgart Dental clinic has these tips for parents and caregivers:

- Take your child to see the dentist regularly.
- Put only water in a child's naptime or bedtime bottle.
- Start brushing as soon as the child's first tooth appears.
- Begin flossing when two teeth begin to touch.
- Brush and floss your child's teeth until they can be taught to do this alone.
- Make certain your child gets the right fluo-

For a wide range of dental health information online, visit the American Dental Association's Web site:

www.ada.org

ride needed for decay resistant teeth.

- Ask your dentist about sealants.
- Good oral health practices should begin in infancy and continue throughout adult life.
- In your child's early years, you must provide this care.
- Later you will need to instruct, monitor and motivate your child to help maintain good oral health habits.

Attitudes and habits established at an early age are critical in maintaining good oral health throughout life.

For more information call the Stuttgart Dental Clinic at 430-8626/civ. 0711-680-8626.



The Stuttgart Dental Clinic's Dr. Harvey Lum speaks to a group of area students about the importance of good dental hygiene.



It's 'elementary,' my dear

Annual Invention Fair highlights ingenuity of area 4th-graders

[Above] Budding inventor Joshua Wood, 10, describes his "Super Mechanical Glow Fingers" invention at the PES Invention Fair.

[Right] Patch fourth grader Malcolm Sago works on his invention, a device that inflates balloons.

Story & photos by Melanie Casey

Shoes that put down salt as you walk so that you don't slip on ice. A baby stroller that doesn't get stuck in the snow. A device for filling humidifiers without spilling water.

These are just some of the inventions created by Patch Elementary School fourth graders for the annual Invention Fair held Feb. 5 in the school's lobby.

Students in the three PES fourth grade classes, about 65 in all, were tasked to "invent, design and build a tool which would make life easier or safer, entertain or solve an everyday problem," said fourth grade teacher Barbara Kloss.

"It's pretty neat," said parent Dale Wood. "The kids came up with some very good inventions. It's good they do this at an early age."

"It was a fun learning experience," said Laura Lewis, whose fourth-grader participated. "They got their creativity going. They all discovered they could invent something."

"What an Idea!"

The invention fair was tied into a "Literacy Place" reading and language program entitled "What an Idea!," Kloss said.

In this unit, students learned about inventors and their inventions and discussed what qualities a good inventor should have. They also saw that even great inventors made mistakes and had failures, she said.

"The kids learned that when you try new things, they don't always succeed," Kloss said. "[They learned] to stick to it and keep trying."

They also garnered "the confidence to present their ideas to other kids and their parents," she said.

Looking at life with scientific inquiry

The invention project also allowed students to apply the scientific inquiry process of identifying a problem, developing a hypothesis, experimenting, observing and drawing a conclusion.

"One of the focuses of our School Improvement Plan is for students to improve their reasoning skills by using this process," Kloss said.

"I'm impressed with the thought processes the kids used to create these inventions," said PES Principal Susan Pleiss.

Making the grade

The students were evaluated on the creativity and functionality of their inventions, their displays, their written reports and their [videotaped] oral presentations.

"I think that it's good," said fourth grade student Tiarah Kay, "We're learning. Who knows – we might grow up to be good inventors."

Patch students to perform with All-Europe Band, Choir

By Hugh C. McBride

Eighteen Patch High School musicians and singers have been selected to perform with the Department of Defense Dependents Schools All-Europe Band and Choir.

For the 20th consecutive year, the honors ensembles will gather in Bad Kissingen for three days of rehearsals followed by a March 17 performance in the Regentenbau Concert Hall, which a DoDDS-Europe media release describes as "one of the world's great concert halls."

'A high achievement'

In an e-mail to the local students who were selected for the festival, Patch Music Director Gary Kelb termed the PHS musicians' selection to the honors program "a high achievement for our school."

Kelb noted that PHS students will make up 12 percent of the performing students – second only to the larger Ramstein High School.

Intense preparation

Students were selected for the All-Europe Honors Band and Choir based upon audition recordings.

Of the 364 students who submitted tapes for evaluation this year, only 140 – including performers and alternates – were selected to participate in the program.

Audition tapes were judged according to the following criteria:

- Excellence of musical interpretation
- Accuracy of articulation
- Musical phrasing
- Timbre and musical technique

The following PHS students have been selected for the 2004 DoDDS All-Europe Honors Band and Choir.

Band

- Meredith Beatty – French horn
 - Diana Drabek – trumpet
 - Clare Gellene – clarinet
 - Tatiana Maldonado – flute
 - Jodi Moscone – French horn
 - Keenan Wolfe – percussion
- Alternates:
- Josh Anderson – trumpet
 - Kyle Wolfe – trombone

Choir

- Melissa Arnold – soprano
 - Christina Banchs – alto
 - David Bracero – bass
 - Aaron Criswell – bass
 - Matt Criswell – bass
 - Sean Dowty – tenor
 - Holly Drabek – tenor
 - Bryan McGill – tenor
 - Kevin McGill – bass
 - Quinton Roberts – bass
 - Jimmy Russell – tenor
- Alternate:
- Ashley Hunt – soprano

For more information about DoDDS-Europe visit www.eu.odedodea.edu.

For more about the Bad Kissingen and the Regentenbau Concert Hall visit www.badkissingen.de.

Tournament of Champions returns to Stuttgart

Stallions men's squad takes third in annual community-level competition

Stuttgart 2004
Tournament of Champions
Feb. 13-14, Patch Fitness Center

Final Standings

Men's Bracket

1st Place: Ramstein

2nd Place: Heidelberg

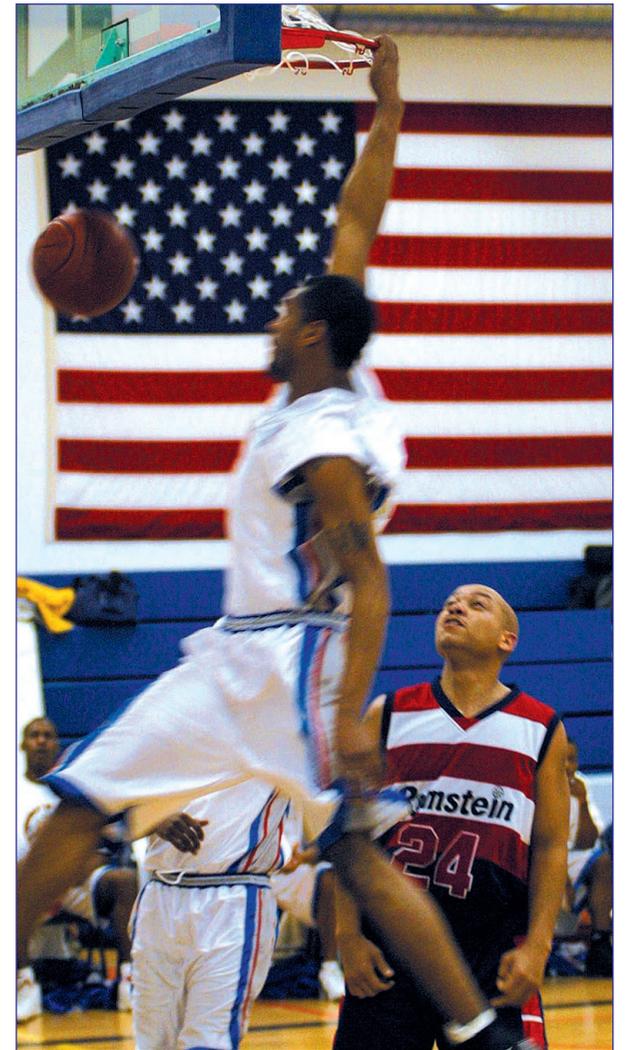
3rd Place: Stuttgart

Women's Bracket

1st Place: Heidelberg

2nd Place: Ramstein

3rd Place: Kitzingen



photos by Hugh C. McBride

As area hoops fans have come to expect, the action was fast and furious during Stuttgart's annual Tournament of Champions, which featured some of the military's premiere community-level players and teams in Europe.