



# THE CITIZEN



Vol. 33, No. 11

The 6th Area Support Group Newspaper

June 1, 2004

Stuttgart, Bad Aibling, Oberammergau and Garmisch, Germany

## Team USA shakes off Scorpions, takes Charity Bowl 2004



Stuttgart resident John Caldwell fights off an overzealous defender during the third quarter of Charity Bowl 2004. Caldwell's effort – and the ensuing facemask penalty – resulted in a Team USA first down.

Story & photo by Hugh C. McBride

When the going gets tough, even gladiators know to call on the U.S. military.

Twelve members of the Stuttgart military community joined with an all-star assembly of semipro players from the United States to lead the Team USA Gladiators to a 23-13 triumph over the Stuttgart Scorpions May 15 in Degerloch's Waldau Stadion.

The contest was a refreshing return to Germany for Team USA, which was walloped 62-14 in the inaugural Charity Bowl in 2002. (Proceeds from both the May 15 game and the 2002 face-off were earmarked for charities in the Stuttgart area.)

It was also a historic moment in international gridiron competition, marking the first time that an American squad had defeated a team from the German Football League.

One wonders what the team could have achieved had it had more than four days to practice together.

### Purpose & focus

"I've never been associated with a team that was as cohesive as this group was," said Dan Miles, a retired Soldier who served as the Gladiators' defensive coordinator.

While most coaches and players hope to develop that ever elusive sense of team chemistry over the course of a season or more, the Gladiators were on a slightly more accelerated timetable: one week.

With the majority of Team USA not scheduled to cross the Atlantic until six days before kickoff, Miles (who lives in Hohenfels) held a one-day tryout camp in Stuttgart to augment the squad with local players.

Miles said the dozen who made the cut – four Marines, three Soldiers, one Airman and four civilians – added more than just a hometown flavor to the team.

"The players that we had from Stuttgart really made a difference on both sides of the ball," he said. "Having those extra [local] players was a big reason why we performed as well as we did."

Blending the players into a successful team in four days was a matter of intense focus and excellent support, Miles said.

"The players came here with a purpose," he said, "and the [Stuttgart military] community really embraced the team."

See **Charity Bowl** Page 16

### INSIDE THIS EDITION: SUMMER SAFETY

- Special Section: Vacation Safety
- Suggestions for events & activities
- Tips from your friends & neighbors

## Thorns 'n Roses

From community submissions



### Roses to:

**The staff of the Patch Frame shop**, who always have smiles on their faces no matter how busy they get. Noni, Caroline and Brianna, keep up the great work. Lori and Lynn, you will be missed!

**Cory Doubek**, for being the driving force behind Stuttgart's inaugural "Cobblestone Classic." Cory's effort and enthusiasm resulted in an excellent fitness adventure for more than 250 community members. Well done! (For more about the Cobblestone Classic see page 3.)

**Dawn Gale from the Gussy Goose**. Her energetic personality and warm smile make each visit to the Goose such a delight!

### Thorns to:

**The thoughtless individuals** who, in spite of all the receptacles, continue to leave their dogs' droppings on the sides of the pathways and as unpleasant surprises in the grass. Thanks to you I have one "special" pair of shoes I have to wear when I walk my dog. (For more about pet care see page 12.)

E-mail comments to [citizen@6asg.army.mil](mailto:citizen@6asg.army.mil) or fax them to 421-2570/civ. 0711-729-2570.

## STAY SAFE THIS SUMMER



In addition to our special vacation section (pages 8 and 9), this edition of The Citizen also includes additional safety tips throughout the paper.

Look for "the sun with the sign" for words of wisdom about summer safety.

# THE CITIZEN

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# What does it take to make safety everyone's top priority?

By **Matthew P. Kettell**  
*Commentary*

In April 1989, two of my Soldiers were killed when their car hit an oncoming vehicle. They'd both been drinking and neither was wearing a seatbelt.

They'd been on their way to pick up a fellow Soldier and bring him back to a party. However, they never returned – and what happened changed my life forever. I was their platoon sergeant.

We had just finished several support missions, redeployed to home station, and were transitioning to be the division readiness force for the 82nd Airborne Division.

It was a Thursday. We had completed all of our inspections and were getting ready for a three-day weekend. The commander gave us our safety briefing.

Afterward, I briefed my platoon on the two-hour recall procedures and gave them an additional safety brief.

I covered drinking and driving, speeding and wearing seatbelts.

Also, because of our readiness status, I told them not to drink any alcohol.

I was concerned about a couple of my Soldiers. A day or so earlier, their wives called me out of concern about their husbands' drinking and driving and lack of time at home.

I decided to have a man-to-man talk with these Soldiers about their wives' concerns.

*The Soldiers were 19 and 20 years old – in the prime of their lives. One was going to be a father in three weeks.*

I set it up so I could talk to each individually at my home.

The Soldiers were 19 and 20 years old – in the prime of their lives – and had so much ahead of them. One was going to be a father in three weeks.

We had a recall formation to test the alert roster the following Monday morning. As the squad leaders gave me their accountability reports, they reported two Soldiers missing.

The Soldiers' wives were there, but the Soldiers weren't.

I went to the first sergeant's office to inform him of the report, but he was with the commander, who asked me to come into his office.

He told me the division staff duty officer had informed him that two Soldiers were killed in an accident involving another Soldier's car. The vehicle's owner told me that my Soldiers had borrowed the vehicle.

The victims' bodies were burned beyond recognition. The coroner needed to check their dental records

for proper identification.

I was 99-percent sure they were my two missing Soldiers.

I asked the commander what we were going to do, because the wives were at the staff duty officer's desk wanting to know where their husbands were. As time went by, the wives became increasingly upset.

They had not been told the full situation yet, but in time, the dreadful call came.

I often wonder how you convince Soldiers of the worth of their lives, the importance of family and the happiness a newborn child can bring.

I thought I had gotten through to these Soldiers, yet they died – not in combat, something that might be justified, but in an avoidable accident.

To this day I still ask myself, "What does it take?"

*Kettell is the tactical safety officer for 2nd Brigade, 82nd Airborne Division.*

## ON THE STREET

### What is your best summer safety tip?

– Compiled by Mildred Green



**Kelly Measells**  
(Child & Youth Services)  
Adults should watch the Red Cross water safety video. The film can save lives.



**Cory Doubek**  
(6th ASG Sports & Fitness)  
Drink at least 13 to 20 oz. of cold water 20 minutes prior to exercise to prevent dehydration.



**1st Lt. Sparky Fields**  
(Army National Guard)  
Travel in pairs and make sure someone knows where you are going and how to reach you in case of an emergency.



**Sgt. Crystal Aldridge**  
(Army)  
Drink water so you won't be a heat casualty!



**Kim Stewart**  
(Child & Youth Services)  
Use caution when employing floating devices and supervise children by water at all times.



**Pfc. Bryan Steele**  
(Army)  
Wear loose clothing to keep cool.



**Neania Geymann**  
(Kelley CDC)  
You should purchase sunscreen for your kids and make sure you know what type it is and what's in it.



**Hans Dreizler**  
(Safety Office)  
Children should always be supervised and should wear protective gear when skating, rollerblading or skateboarding.



**Cobblestone Classic competitors set out from Patch Barracks' Washington Square May 15. Two hundred fifty runners and walkers covered more than five miles between Patch and Panzer Kaserne along the historic tank trail that connects the two installations.**

## Cobblestone Classic 2004

# Hundreds of runners, walkers trek historic tank trail

Story & photos by Hugh C. McBride

Consider the cobblestones conquered. Two hundred fifty members of the Stuttgart military community (and at least two of their faithful canine companions) trekked the tank trail between Patch Barracks and Panzer Kaserne May 15, covering more than five miles of rugged terrain in the name of healthy competition.

"This was a great day for health and fitness in Stuttgart," said 6th Area Support Group Fitness Coordinator Cory Doubek. "The 6th ASG sports and fitness staff put a lot of time and effort into making this race a reality, and the overwhelming community response made all that work worthwhile. We were amazed at the turnout."

Doubek challenged participants of the community's inaugural "Cobblestone Classic" with an undulating course that took them from Patch's Washington Square to the perimeter of Panzer.

Most of the run was through the woods between the two installations, with much of the competition taking place on the historic cobblestone trail that was built to transport German tanks during World War II.

"It was a great course," said Capt. Bryan Groves of the Panzer-based 1st Battalion, 10th Special Forces Group (Airborne). "I'm really glad Cory and the others involved had the vision and put in the effort to make this happen."

Groves had perhaps the best view of the course, as he led all runners with a time of 28:28. Leslie Jones was the first female to cross the finish line, completing the course in 35:24.

Though Groves' finish gave him reason to enjoy the event, he wasn't the only one to praise it. Bob Gambert, who took third place in the over-50 category, was equally effusive.

"This was wonderful," Gambert said shortly after crossing the finish line. "Cory really did her homework with this.



**Five miles? No problem. A trio of runners retain their enthusiasm as they approach the final ascent.**

This was an excellent, excellent event."

Doubek said she intends to make the Cobblestone Classic a spring tradition in Stuttgart, and hopes to add a similar event to the area's autumn fitness calendar.

### Cobblestone Classic 2004: Top finishers

30 and under

1. Bryan Groves
2. Ken Edwards
3. Thomas Aragon

**M  
E**

31 to 40

1. Doug Hutcheson
2. Don Goss
3. Michael Kennedy

**N**

41 to 50

1. Rick Mallick
2. Steve Beatty
3. Michael Ross

Over 50

1. Don Corey
2. Don Bell
3. Bob Gambert

30 and under

1. Victoria Persky
2. Filiz Akin Trice
3. Caitlin Gamble

31 to 40

1. Lydia Lein
2. Sarah Kerwin
3. Tracy Heichelbach

**W  
O  
M  
E  
N**

41 to 50

1. Leslie Jones
2. Karen Taylor
3. Catherine Felder

Over 50

1. Ellen Hall
2. Dottie Perrat
3. Anna Ingalls

## News & Notes

### Army Ball tickets still available

Stuttgart's Army Ball is June 19, 6 p.m. Attire for this event is dress blues, dress mess or class-A uniform with white shirt and bow tie or equivalent for other services.

For tickets see your unit representative, call 430-4100/civ. 0711-680-4100 or e-mail mantont@eucom.mil.

### MOH recipients in Stuttgart

In conjunction with the Army Ball, Stuttgart will host a reception for three Medal of Honor recipients June 14, 2:30 to 3:45 p.m., in the Patch Community Club.

All community members are invited to meet Sammy Davis, who earned the MOH while serving in Vietnam, and Rodolfo Hernandez and Ronald Rosser, who were honored for their heroism during the Korean War.

### Events need force protection plan

A force protection assessment plan should be completed for all official and U.S.-sponsored off-post events.

Organizers of unofficial off-post events involving 50 or more participants should also complete an FP plan.

Completed plans should be forwarded to the 6th Area Support Group Force Protection office for review. For more information call 421-2860/civ. 0711-729-2860.

### SNAP training in Stuttgart

Stuttgart's Safe Neighborhood Awareness Program will hold the following training sessions for new volunteers in June:

- June 23 – 10 a.m., Patch Barracks Installation Coordinator's Office (building 2316).
- June 28 – 10 a.m., Kelley Barracks, building 3315.

For more information call Ernest Epps at 421-4615/civ. 0711-729-4615 or e-mail eppse@6asg.army.mil.

### YS holds summer dance, lock-in

Youth Services-registered teens in grades seven to 12 are invited to celebrate summer with a dance and lock-in in the Kelley Barracks YS.

The fun begins June 25, 7 p.m., and ends June 26, 8 a.m. Highlights include a dance contest, games and raffles, midnight movies, dinner and breakfast – all for only \$15.

For details call 421-2548/civ. 0711-729-2548.

### Learn how to manage stress

The Army Family Team Building program holds a Stress Spa June 9, 9 to 11 a.m. in the American Red Cross Community Room. Come out and learn how to manage stress and build a healthy lifestyle. Participants will learn methods to control and eliminate stress as well as relaxation resources.

For details call Lori Everly at 430-5701/civ. 0711-680-5701.

### NCO organization reactivating

Stuttgart's Black Stallion chapter of the Noncommissioned Officers Association is looking for active-duty NCOs from all services to reactivate the organization.

For more information call the Retiree Support Center Tuesdays or Thursdays 10 a.m. to noon or 2 to 4 p.m., at 430-7208/civ. 0711-680-7208.

### PHS picnic honors volunteers

The faculty and staff of Patch High School will host a volunteer appreciation picnic June 10 at 12:30 p.m. directly in front of the school.

All individuals who have volunteered this year are asked to attend. For more information call Ellen Hall at 430-7246/civ. 0711-680-7246.

### German classes begin soon

The Education Center will offer conversational German classes for absolute beginners June 7 to July 12.

For details or to register call the center at 431-2714/civ. 07031-15-714, or e-mail education.admin@6asg.army.mil.

### SAFETY TIPS FOR RUNNERS



- Stay hydrated – drink at least 8 oz. of water before a light workout, and continue to drink while exercising.
- Dress for the weather – and plan ahead for temperature changes.
- Always warm up before hitting the track.
- Make sure your running shoes fit properly.



**Blane Butler of the 6th ASG Directorate of Community Activities helps serve attendees at the ribbon-cutting ceremony for Robinson Barracks' renovated building 151.**

## Community celebrates opening of renovated facility on RB

Story & photos by Hugh C. McBride

**T**hey were literally bouncing off the walls May 19 at the ribbon-cutting ceremony that reopened Robinson Barracks' renovated building 151.

Balloons, games, a cotton-candy machine and the always popular inflatable "bouncy castle" were among the many child-friendly attractions at the afterschool celebration, which marked the dedication of a facility that was redesigned with the community in mind.

"We're really trying to enhance the quality of life and services for our community members at RB," said 6th Area Support Group Chief of Staff Joseph Moscone.

"This newly renovated facility is one example of our ASG trying to achieve its vision of providing residents with First Choice services," Moscone added.

Adjacent to RB Elementary School, building 151 houses a library, fitness center and arts and photo center in addition to the community's School Age Services and Youth Services programs.

6th ASG Director of Community Activities Dennis Maruska said the renovation project's planners incorporated input from community members into the final design. The result, he said, is a facility that the entire community can be proud of.

"If you were designing a [Morale, Welfare and Recreation] facility from the ground up, you'd do something a lot like this," Maruska said.

While the fitness center received a cosmetic upgrade and the library was relocated from the ground floor to the second floor, the most significant changes in building 151 were those that affect RB's child care programs.

Previously required to share facilities, the SAS and YS programs now have separate spaces, complete with their own kitchens and restrooms. In addition to a variety of age-appropriate accoutrements, each program also features a state-of-the-art computer lab.

Cindy Nail, chief of Child and Youth Services, said the improvements will not only enhance existing opportunities for RB youth, but will also expand the types of services available to them in the future.

For example, Nail said, more space means more clubs and activities – including events such as youth dances and lock-ins that, pre-renovation, were impossible for the RB facility to accommodate.

Also, the computer labs and new equipment such as digital cameras will offer new ways for area children's imaginations and educations to run wild.

"The people who live here on RB deserve the same quality of care and services that all other community



**6th ASG Commander Col. Gwendolyn Bonéy-Harris and seven-year-old Joshua Lukins cut the ribbon to officially open the renovated MWR facility on Robinson Barracks.**

members in Stuttgart do," Nail said.

In addition to increased youth opportunities, Nail noted, a large room on the first floor will also be available for cultural celebrations and other communitywide events. "This room is the community's room," she said.

Nail said much of the praise for the facility's improvements should be directed toward the 6th ASG command group and the 6th ASG Directorate of Public Works staff who oversaw all four phases of the renovation project, including Kamel Mourad, the DPW job order contract coordinator.

"They had a vision," Nail said. "They heard what we talked about and they made it happen."

Mourad, who watched with what looked like delight as community members toured the new facility, said he found his satisfaction in their responses. "Look around," he said. "If the customer is happy, then so am I."

## Stuttgart honors area's child care providers

By Hugh C. McBride

**T**he Patch Community Club was filled May 14 for a celebration of what 6th ASG Commander Col. Gwendolyn Bonéy-Harris termed "one of our community's most valuable resources: our child care providers."

More than 100 staff members from all Child and Youth Services programs in Stuttgart were honored in what organizers intend to make an annual gala of appreciation.

"Through unselfish dedication, consistent compassion and the promotion of strong family values, our child care providers plant on a daily basis the seeds that will one day blossom into our children's bright futures," Bonéy-Harris said in her remarks to the assembled crowd.

While those qualities are noteworthy worldwide, she said, they are especially appreciated in a modern military community.

"Our service members have been able to answer the nation's call with the full knowledge that their children were receiving the best care by some of the best people our community has to offer," she said.

In addition to receiving certificates of appreciation and Morale, Welfare and Recreation "goodie bags," the caregivers were treated to a buffet dinner and a prize raffle. In the eyes of 6th ASG Director of Community Activities Dennis Maruska, they were undeniably deserving of the effort.

"There's no group of people who are more dedicated to their jobs than the CYS staff," Maruska said.

## 'First choice in all we do' (Part 2 of 3) 'ICE' invites input into area's customer service effort

Story & photo by  
Hugh C. McBride

Jack Van Den Beldt is from the government, and he's here to help. Really.

An employee of the 6th Area Support Group, Van Den Beldt admisters Stuttgart's Interactive Customer Evaluation program Web site.

His duties include charting community feedback on area programs and services and ensuring that residents receive timely and appropriate responses to their submissions.

But his passion for customer service is limited by an unfortunate inability to read community members' minds. In other words, he can't solve problems or pass on words of praise unless they've been registered via the ICE link on the 6th Area Support Group's Web site ([www.stuttgart.army.mil](http://www.stuttgart.army.mil)).

"ICE is an excellent way for our customers to tell us if we're doing right by them, or if we need to improve," Van Den Beldt said. "The system works – try it and we'll prove it to you."

Developed in Stuttgart, ICE is now employed throughout the Department of Defense to document



**Jack Van Den Beldt encourages community members to use ICE to both praise and critique area programs and services.**

the value community members place upon individual programs and services.

On the local level, officials review ICE feedback to recognize positive service and correct shortcomings within their operations.

"Someone in a position of authority [on the local level] is going to see every ICE message," Van Den Beldt said. "Either an immediate supervisor or one step above."

In addition to providing a forum for feedback, the ICE site also maintains location, hours of operation, contact information and other customer-service data for a myriad of community programs.

And if a desired piece of information isn't represented on the system, e-mail Van Den Beldt and he'll do his best to add it.

"[ICE] has a great deal of support from the 6th ASG command group," Van Den Beldt said. "Effective communication is the keystone of the ASG's 'First Choice' commitment to customer service."

*For more information visit [www.stuttgart.army.mil](http://www.stuttgart.army.mil) and click the ICE link.*

## Red Cross says thanks

By Mildred Green

More than 100 volunteers were honored for their service to the Stuttgart-Area American Red Cross during a recognition luncheon April 8 on Patch Barracks.

The event's featured guest speaker was 6th Area Support Group Commander Col. Gwendolyn Bonéy-Harris, who thanked the Red Cross volunteers for their hard work and dedication and shared a story of a time the Red Cross assisted her during a deployment.

Following the commander's comments, awards were presented in the following categories:

- Exceptional Volunteer Service Award – Debra Ortegon and Helen Stergius
- Station Chairman Special Achievement Award – Paul Sklar, Ursula Hahn and Andy Knef
- Friends of Red Cross Award – Stuttgart Retiree Support Center
- Good Neighbor Award – 6th Area Support Group
- Armed Forces Emergency Services Award – Heather Haiss
- Philos Award – Stuttgart Community Spouses' Club
- Volunteer Fund Raiser of the Year – Colleen Kohler
- Tiffany Award for Employee Excellence – Cindy Reuter-Kiesewetter

The Red Cross also acknowledged assistant station managers Eric Ingram and Chad Magnuson – two members of the organization's paid staff – as local heroes. Both served the Red Cross on deployments to Afghanistan and Iraq last year.

Volunteers put in a lot of hard work and effort into the Stuttgart community, said Carolyn Van Antwerp, Red Cross Stuttgart Station chairman. They teach classes and volunteer at the Red Cross, work in dental, health and veterinary clinics, and serve in schools and libraries, she said.

"[The ceremony] is just a way to say thank you for the small acts of kindness they do everyday," she said.

Magnuson also lauded the volunteers' value to the Red Cross.

"Red Cross is a volunteer organization run by volunteers," he said.

Paid staffers support the volunteers, he added, but "without [the volunteers], we wouldn't have a Stuttgart Red Cross."

## Battle of the Bands 2004

# Patch High School students rock the house



Apathy lead singer Abrahm Howell (left) and drummer Sean Murtha entertain the packed PHS Forum May 16 during the first annual Battle of the Bands.



(Clockwise from top left) Feedback band members Alex Taylor and Derek Gruber focus on perfect chords. Running Chefs lead singer Andy Armstrong belts out a tune. The audience rocks.

Story & photos by Melanie Casey

Ah, teen angst. It breeds broken hearts, John Hughes movies and often a propensity toward raucous and rebellious rock-n-roll.

It was the latter that took center stage May 16 in the Patch High School Forum. The first Battle of the Bands was a decibel-defeating event that was billed as "the most rocking event ever" and which highlighted several PHS students' musical talent.

Featured acts included:

- **The WMD's** – Howard Barker, Ian Scott, and brothers Taylor and Marcus Riccio.

- **The Running Chefs** – Andy Armstrong, Blake Lewis and Sean Murtha.

- **Feedback** – Daniel Gray, Derek Gruber and brothers Alex and Derek Taylor.

- **Apathy** – Abrahm Howell, Alex Pais, Trevor Warren, D.J. Fellows and Sean Murtha (who pulled double duty as the drummer of two bands).

After two hours of ear-splitting rock-n-roll and a mock "mosh pit" set at stage left (replete with enthusiastic crowd surfing fans), The Running Chefs were crowned as the Battle of the Bands winner.

In addition to bragging rights as PHS' most "rocking band," band members Armstrong, Lewis and Murtha also brought home \$100 each in cash and the chance to have band T-shirts made.

"It's awesome," said Running Chefs lead singer Armstrong, an eighth grader, after learning of his

band's win. "We put a lot of work and effort into it. All the other bands did an awesome job, too."

The audience seemed to agree. "It was really cool and the sound effects were awesome. I hope they do another one soon," said Mikel Hansen and Ty Thomas.

### Talented teens

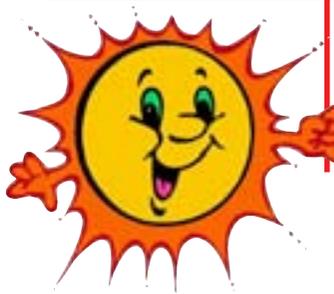
Every year, PHS hosts the Follies, a talent show which features talented teens in a variety of acts. But year after year rock-n-roll bands don't get the recognition they deserve there, said PHS art teacher and drama club sponsor Todd Church.

The Battle of the Bands was put together as a way for those bands to get recognized, Church said. (Three of the acts featured in the Follies also performed at the Battle of the Bands). It's "an opportunity for all those long hours spent in basements and bedrooms, to show people what they can do and the talent they have," he said.

The PHS Parent Teacher Student Association helped Church plan the event as a way to "do something fun for the kids and show their talent," said PTSA President Nancy Moscone. And, with nearly 300 tickets sold, the event was clearly a crowd favorite.

Martin Urquhart, Bruce Morris and Bob Fitzgerald of the local band American Pie were the judges for the inaugural event as well as the between-act entertainment. "The amount of talent in this one small school is incredible," Urquhart said after the show.

## DON'T FORGET SAFETY AT CONCERTS & FESTS



- Maintain a low profile and be alert to your surroundings.
- Dress to blend in. Certain types of clothing (for example, sneakers and baseball caps) may identify you as an American.
- Attend events in small groups – and make sure no one gets separated.
- Be aware of your voice level – especially if your group members are not speaking the local language.
- Carry a cellular phone and store the local emergency contact numbers.
- Limit alcohol intake and plan transportation home in advance.



Make memories, not a tragedy



# Summer 2004: Vacation Safety Scrapbook



For more safety information in Stuttgart call 421-2752/civ. 0711-729-2752 or e-mail dreizlerh@6asg.army.mil.  
In Garmisch call 442-2595/civ. 08821-759-595 or e-mail andreas.tuerk@garmisch.army.mil.

Ma & Pa:  
 Enos sold his motorcycle ('cuz it wasn't safe enough) & bought himself a car.  
 We're gonna take a camping trip.  
 We'll be sure to be safe - and I'll write when I can.  
 Love,  
 Your Son



Ma & Pa:

July 3

Well, the trip didn't get started on the best of notes (see the enclosed photo to see what I'm talking about). Apparently, Enos was up all night packing & wasn't nearly as rested as he shoulda been. Thankfully, the accident looked worse than it actually was, & we were horizontal and on our way again in no time (with ME behind the wheel).  
 The nice feller that helped get us un-stuck gave us a safety brochure he had lyin' in his truck - and believe me, Enos & I studied it pretty hard whenever we weren't drivin'.

Thought the following tips might be of use to the two of you the next time you're on the road:

- You gotta get enough sleep! Driving while you're tired is just as bad as driving drunk (and it makes you a danger to everyone on the road).
- Don't overeat before gettin' drowsy & not as alert as you should be.
- Leave an itinerary (that's a list of where you're going & when you'll be there) with a friend or relative. Make sure someone always knows where you're supposed to be - and can reach you in an emergency.
- Keep a safe distance between you & everyone in front of and behind you - especially trucks. (You shoulda seen the cars swervin' out of the way when we were heading into the field!)
- Swallow your pride (& keep your fingers to yourself). Tryin' to get even with someone who cuts you off on the road is just settin' yourself up for a disaster. Keep smilin' - you're on vacation!

I'll write more whenever I get the chance!

Love,  
 Your Son

Ma & Pa:

July 20

Would you believe ol' Enos' car broke down again? Luckily for us, some nice police officers drove us into town & helped find us a mechanic. When we asked 'em why they picked us up, they said 'cuz it was obvious we weren't from around them parts.  
 Before we got the car back, the police officers gave us the followin' tips about stayin' safe when you're away from home:

- Dress like you belong there. Don't wear clothes that identify you as an outsider (or, if you're out of the country, like an American).
- Keep your voice down. Bein' boisterous just calls unnecessary attention to you - especially if the language you're speaking is different from everyone around you.
- Don't travel alone. Stay with a small group of trusted companions.
- Know how to find the police if you need 'em. 911 doesn't work everywhere - so be sure you can call for help if the situation requires it.
- Don't act like an idiot. If you're not at home, then you're someone's guest. Be a good one.

Love,  
 Your Son



July 28

Ma & Pa:  
 I'm writing this from the hospital. Enos was feelin' a bit under the weather (see the photo) after I cooked up a dinner over our campfire. The doctors say he's gonna live, & while we're waiting they told us we should read about food safety. Here's a bit about what we learned:

- It's best to cook food for the road before you leave, then cool it & transport it in a cooler.
- Always wash your hands when handling food.
- Don't use the same utensils & dishes for both raw & cooked meat & poultry.
- Visit [www.usda.gov](http://www.usda.gov) for more tips!

Love,  
 Your Son



Made some good friends and learned a lot, too! (Can you guess which ones are the out-of-towners?)

You can't imagine what a difference it makes to have your shoes fitted & checked by a professional! I don't think Enos & I would have survived our hike in the woods if our feet hadn't been protected properly!



Ma & Pa:

August

Greetings from the great outdoors - we made it! The folks who work at the camp store near where we're stayin' are really nice. They took one look at me & Enos and told us we were eligible for free classes in hiking and camping safety. They even come out & check on us pretty often. (I guess there are some real goofballs around here, cuz we keep hearing the staff talkin' about two bozos they're afraid will burn the whole forest down!)

Anyway, we've been learning a lot, & I thought I'd share a bit with the both of you, for the next time you decide to venture into the great outdoors:

- **Plan ahead** - You've got to make a list of everything you'll need before you head out into the wilderness. Make sure you have enough food & utensils, appropriate shelter and all your accessories.
- **Find a good campsite** - The best ones are managed areas that offer facilities and assistance. Examine the area before pitchin' your tent, and make sure you're on level, high ground.
- **Be prepared for emergencies** - You've got to pack emergency equipment, like a first-aid kit, snake-bite kit, flashlight (with extra batteries!), compass, insect repellent, and a small

battery-powered radio (for weather reports & so on).

- **Don't drink the water** - If you didn't bring water with you (or can't access a safe, public water supply), don't drink what you find in rivers or streams unless you boil it for half an hour or add water purification tablets.
- **Be careful with fire** - If you're building an "old-fashioned" fire on the ground, find an open location that is sheltered from the wind. Scrape away brush, leaves and grass until you have bare ground, then build a fireplace by making a circle of rocks. When you leave, be \*absolutely\* certain that the fire is completely out. Thoroughly drench it with water, then stir the ashes and cover them with dirt.
- **Be safe on the trails** - Plan your hike, travel with at least one partner, & be sure to let someone else know where you're going. Travel light, but make sure you've got emergency supplies with you. And wear comfortable, rugged shoes. (If you're a runner, you may even wanna find a running shoe clinic.)
- **Get online** - Visit [www.hqusaureur.army.mil](http://www.hqusaureur.army.mil) & click "USAR-EUR Safety Website" for lots more information.

See you when we get back!  
 Love,  
 Your Son





Library of Congress

Ma & Pa:

Greetings from the beach!

Me & Enos were headin' home when we drove past all these friendly folks who looked like they was havin' so much fun, so we decided to stop & stay a while.

Before they'd let us into the conga line, though, they said we hadda take a water safety test (these people take their safety seriously!)

I'm proud to say that I passed (can you find me in the photo I sent?). I think the most important thing I learned was the "**Reach, Throw, Row & Go**" system for saving someone who's havin' trouble in the water.

August 19

The American Red Cross says if you see someone strugglin', you should follow the following steps (in order):

**1) Reach** – Use your hand or anything else that can be held onto, like a jacket, belt, rope, oar or fishing pole to try'n reach the person.

**2) Throw** – Throw the person something that will float, like a plastic bottle, ball, beach toy, spare tire, cooler or piece of wood.

**3) Row** – If the victim is too far out, you got to row to him or her on a log,

air mattress, surfboard, raft or anything else that you can paddle.

**4) Go** – Swim out and tow the victim to shore, but try this only if you are a good swimmer and trained in life saving techniques.

Hope this is useful for you. I gotta go help Enos study. (He failed his test the first time.)

Love, Your Son



www.photos.com

You shoulda seen the trouble these two got in for divin' without permission. Even \*I\* know you should only dive in approved areas (and \*never\* in shallow or unfamiliar water).

August 27

Ma & Pa:  
Enos & me have fallen in love with two lifeguards.

I'm sendin' along a photo of our new girlfriends. We were readin' about how you should \*never\* swim by yourself, so we were looking for partners – and we found some! Our girlfriends' brothers are in the military, & they told us that the following rules applied to everyone stationed in Germany (& these policies are still in effect):

- Natural bodies of water such as lakes, gravel pits and rivers are off-limits because of potential dangers such as sharp drop-offs and swift currents.
- Only natural water bodies which are clearly marked as approved swimming areas by the local authorities and where official lifeguards are present are authorized for use.

Love, Your Son (and future Daughter-in-Law!)



Library of Congress



www.photos.com

Ma & Pa: Our girlfriends said they know some great pools in Stuttgart (see lists below). We're all gonna drive there next! I'll write when we arrive. Love, Your Son

Hallenbads (indoor pools)

- Bad Canstatt
- Boeblingen
- Esslingen a. N.
- Feuerbach
- Heslach
- Kornwestheim
- Plieningen
- Sindelfingen
- Sonnenberg
- Vaihingen
- Zuffenhausen

Freibads (outdoor pools)

- Boeblingen Stadtbad
- Boeblingen Mineralbad
- Esslingen Neckarfreibad
- Killesberg
- Ludwigsberg (Hoheneck)
- Möhringen
- Ost Mineralbad Berg
- Sillenbuch
- Sindelfingen
- Untertuerkheim
- Vaihingen Rosental

# Marshall Center students study antiterrorist tools, tactics with Bavarian unit

Story & photos by C. E. Taylor  
George C. Marshall Center

Senior Executive Seminar students from the George C. Marshall European Center for Security Studies visited the Bavarian Antiterrorist Unit in Munich recently for a brief look at some of the tactics used by the German Special Police.

The 60 SES students received an in-depth briefing on the history of the antiterrorist unit, its structure and its regional responsibilities. Police officials discussed their role in fighting domestic threats, disclosing a variety of tactical procedures.

Students were given a chance to participate in high-speed car chases and view demonstrations of how criminals are apprehended on roads and in buildings. They also had the opportunity to stare into the sights of sniper weapons, handguns, grenade launchers and automatic rifles.

While the demonstrations illustrated the unit's level of sophistication and highlighted a number of techniques unfamiliar to most of the students, they did not disclose the secret procedures used by police to apprehend suspected terrorists.

The tactical presentation was a break from intense classroom work and provided a law enforcement perspective on dealing with threats.

This SES course, which was titled 'The Global War on Terrorism: Assessment and Strategies after Afghanistan and Iraq' was designed to meet the specific needs of senior civilian officials, including parliamentarians and military officers, as they assess and address contem-

*Students were given the chance to participate in car chases and stare into the sights of sniper weapons, grenade launchers and automatic rifles.*

porary security issues.

SES Associate Director Col. Timothy Shea said the course is an excellent forum for exchanging ideas and furthering progress in the security sector.

The two-week seminar covered subjects designed to help leaders increase their knowledge and enhance their democratic leadership, he said.

"Our intent is to bring in high-level speakers with expertise from the military, government and civilian sectors to address various aspects of security. This allows participants to hear a variety of different perspectives and challenge those perspectives," Shea said.

"At the Marshall Center, our goal is to have everyone walk away with information and contacts that will lead to successful approaches in dealing with many of the contemporary security issues the world is facing today," he added.

For more information about the Marshall Center visit [www.marshallcenter.org](http://www.marshallcenter.org).



**German police personnel demonstrate hand-to-hand combat techniques before a crowd of Marshall Center Senior Executive Seminar students and young police officers in Munich.**



## — Ticks — Summer's scourge

By Melanie Casey

It's that time of year: Ticks once again are beginning to invade nearby gardens, grass, shrubs and trees.

It's also time to start thinking about tick bite prevention and tick removal.

Most people know that ticks carry Lyme disease, but ticks also can transmit Rocky Mountain Spotted fever, tularemia, encephalitis, ehrlichiosis and babesiosis.

That's the bad news. The good news is that "successful transmission of pathogens requires a tick to be attached for at least several hours," according to the U.S. Army Center for Health Promotion and Preventative Medicine, Entomological Sciences Program.

Therefore, it's important to remove a tick as soon as it's spotted – both from pets and their human companions.

Use tweezers or forceps (or purchase a *zeckenzunge* from a nearby pet store) to remove a tick. Grasp the tick as close to the skin as possible, gently pulling it slowly straight out.

Never use your fingers to try to twist the tick out, as this could

cause its mouth to break off and stay embedded in the skin.

Once the tick is out, seal it in a plastic bag and put it in the trash. Don't be tempted to crush, prick or burn the tick. This could cause it to regurgitate its infected fluids.

Don't flush the little pest down the toilet, either, because it can survive easily in water.

### **The best medicine**

Of course, prevention is the best medicine, so here are some tips for avoiding ticks altogether:

- Keep ticks at bay around the home by trimming excessive underbrush, getting rid of dead leaves, keeping grass cut short and performing "tick checks" when coming in from outdoors.

- If a trip into a wooded area is unavoidable, the Lyme Disease Foundation recommends using tick repellent, wearing long pants, tucking in shirts and staying in the center of the path.

- To keep pets tick-free, apply a monthly tick-repellent product, such as Frontline.

*For more information about tick prevention, visit [www.uschppm.mil](http://www.uschppm.mil) or [www.Lyme.org](http://www.Lyme.org).*

## Remember pet safety this summer



Summer months can mean long hot days for pets as well as people. Dogs and cats can suffer from the heat just like humans do – overheating, dehydration and even sunburn. Follow these tips to keep your faithful friends safe this summer.

Don't leave me alone in a vehicle. Even with the windows open, a car can quickly overheat.

Bring cold water for me when we go on a walk.

Don't walk me in any areas that have been sprayed with pesticides.

Visit the vet to learn all about flea and tick prevention.

Keep me well-groomed: Shave a heavy-coated dog's hair to a one-inch length and groom cats regularly.



*For more information visit [www.asPCA.org](http://www.asPCA.org)*

# Panzer DFAC takes 2nd in IMA-E competition

By Hugh C. McBride

If, as Napoleon once said, an Army truly travels on its stomach, then service members stationed in Stuttgart should be among the military's best movers.

The 1st Battalion, 10th Special Forces (Airborne) Dining Facility on Panzer Kaserne earned second place in the Installation Management Agency Europe Region's 2004 Philip A. Connelly Awards Program (Small Garrison Category).

And though Connelly awards are presented to food service units, the 6th Area Support Group's food service advisor said placing in the top two was a reflection on the efforts of a number of area individuals and organizations.

"I am very impressed with the performance of the dining facility staff and the teamwork of the entire Stuttgart military community," said Chief Warrant Officer 3 Robert Sparks. "A number of 6th ASG offices and tenant units combined forces to make this happen."

In addition to enhancing the prestige of Stuttgart's food service program, Sparks said competing for – and earning – a Connelly award pays dividends for the entire community.

"We've made a number of improvements to the Panzer facility," Sparks said. "It's amazing to see the progress they've made there. And the result of all this work is that the overall operation improves. In other words, the customer is the ultimate winner."

Co-sponsored by the Department of the Army and the International Food Service Executives Association, the Connelly



Chief Warrant Officer 3 Robert Sparks

**Maintaining high standards in all facets of its operation earned the DFAC on Panzer Kaserne second place in the 2004 IMA-E Connelly competition.**

## Program evaluates Soldiers on the job

Unlike competitions such as the Culinary Olympics and the Culinary World Cup, where competitors form teams and travel to event sites, the Philip A. Connelly Awards program sends evaluators around the world to judge food service specialists at work during dining facility and field kitchen operations.

Connelly awards are given to Army units, rather than to teams or individuals.

The multilevel competition begins at the lowest military echelon. Major commands hold competitions to select finalists to represent their commands.

These finalists are visited by evaluation committees (one civilian from the International Food Service Executives Association and two military representatives) during the course of regular daily operations.

– [www.quartermaster.army.mil](http://www.quartermaster.army.mil)

program has been evaluating and honoring Army food service programs since 1968.

The Panzer facility will be honored during an IMA-E awards ceremony in December.

### PRACTICE SAFETY IN THE KITCHEN (AND AT THE GRILL)



- Always cook food thoroughly. Only thorough cooking will destroy harmful bacteria – freezing or rinsing the food in cold water isn't enough.
- Use a meat thermometer to determine if your meat or poultry or casserole has reached a safe internal temperature.
- Marinate food in the refrigerator, not on the counter.
- Separate raw meat and poultry from cooked/ready-to-eat food to prevent cross-contamination.
- Buy eggs only if sold from a refrigerator or refrigerated case. Store them in their original carton and use them within three weeks.
- Never refrigerate partially cooked products to later finish cooking on the grill or in the oven.
- When microwaving foods, carefully follow manufacturers instructions and use only microwave-safe containers. Cover and rotate the food, and allow for the standing time (which contributes to thorough cooking).
- For more information visit [www.foodsafety.gov](http://www.foodsafety.gov)



**[Main photo] Cerberus consists of a tower-mounted sensor suite with a variety of commercial and military technologies mounted on a lightweight trailer. [Inset] Kyle McNiffe gets a “beyond the perimeter” view of the Pentagon parade field during a demonstration.**

## ‘Cerberus’ ready for guard duty

### *New sensor suite increases visibility, enhances security threat assessment*

Story & photos by Spc. Lorie Jewell  
Army News Service

With a nod to Greek mythology, Army researchers and engineers touted the latest advancement in force protection May 16 with demonstrations on the Pentagon’s parade field.

The Army’s new tower-mounted sensor suite uses several technologies to give guards at installations, secure sites or tactical locations the ability to see and assess potential “beyond the fence” threats.

The system has been christened “Cerberus.” In Greek mythology, Cerberus was a vicious beast with three heads of wild dogs, a serpent for a tail and the heads of snakes all over its back. It guarded the entrance to Hades.

“We didn’t invent anything with this; what we’ve done is integrate several existing commercial and military technologies into one architecture,” said Mike Jennings, the deputy director for special products and prototyping in the Night Vision & Electronic Sensors Directorate of the U.S. Army Research, Development and Engineering Command at Fort Belvoir, Va.

The Cerberus suite consists of the following components:

- A tower that can extend up to 50-feet high ground-surveillance radar
- Day and night cameras
- Video motion detectors
- A video camera with an adjustable zoom setting or a bore-sighted day/thermal camera
- Up to 16 unattended ground sensors

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*In Greek mythology, Cerberus was a vicious beast with three heads of wild dogs, a serpent for a tail and the heads of snakes on its back. It guarded the entrance to Hades.*

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Information is collected and sent to a computer display by a wireless local area network, giving a guard a complete picture of what’s going on beyond the perimeter.

Everything is mounted on a lightweight trailer, allowing for easy mobility. “A commander can stand in one place now and watch the whole perimeter,” Jennings said. “This will really come into play for [combat support service] units having to provide their own force protection.”

With reductions in the number of Army Reserve Soldiers available to provide security on stateside military installations, Jennings and others see Cerberus as a way to boost protection resources.

Officials will start using Cerberus by June, and plan to field it at eight chemical storage facilities in the United States by the end of the year, Jennings said.

Eventually, he said, he anticipates it will be used by Soldiers in field environments.

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*This article and accompanying photographs originally appeared online at [www.army.mil/arnews](http://www.army.mil/arnews).*



**[Main photo] Cerberus consists of a tower-mounted sensor suite with a variety of commercial and military technologies mounted on a lightweight trailer. [Inset] Kyle McNiffe gets a “beyond the perimeter” view of the Pentagon parade field during a demonstration.**

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**Lt. Col. Havard Albright, a dermatologist at Landstuhl Regional Medical Center, treats a patient. Dermatologists throughout the military encourage sun safety to avoid skin cancer.**

## More than a bad burn Skin cancer threat demands attention to sun safety tips

Story & photo by Spc. Todd Goodman  
Landstuhl Regional Medical Center

There is no such thing as a safe tan. "Tan skin means the skin has been damaged," said Maj. Michael Bryan, chief of dermatology at Landstuhl Regional Medical Center. "Get color from a bottle, not the sun."

Bryan said that a tan acts as a shield, laying down more color to protect the skin from the sun's rays. However, over time and without protection that shield will give way to the sun's damaging rays.

Bryan said individuals who will be venturing out into the sun should be thinking about wide-brimmed hats, long sleeved shirts and sunblock.

"I am a big proponent of hats, considering that 90 percent of skin cancers form on the head and neck," he said. Wearing a shirt in conjunction with a wide hat and sunscreen can greatly reduce chances of sunburn, which is important because one major sunburn can increase the risk of skin cancer by as much as 50 percent.

"Sunscreen is a great thing," Bryan said.

"[But] there is no sunscreen in the world that is water- or sweat-proof," said Lt. Col. Havard Albright, LRMC dermatologist. "It all washes off. You should apply it every two hours, and if you have been swimming, apply it every hour."

Albright also recommends regular self exams. "Examine your body once a month," he said. "You should be looking for new moles or moles that have changed either shape or color."

### LEARN NOT TO BURN



- Avoid unnecessary sun exposure (especially between peak hours of 10 a.m. and 4 p.m.)
- Use sunscreens rated SPF 15 or higher, and wear protective clothing (including a hat).
- Stay away from artificial tanning devices.
- Examine your skin head-to-toe every three months.
- For more information visit [www.skincancer.org](http://www.skincancer.org).

Experts advise following the "ABCD's" when examining a mole:

- **A**symmetry – The mole should be symmetrical, meaning that if it were cut in half, both sides would look alike.
- **B**orders – The borders of a mole should be smooth.
- **C**olor – A change in color, either lighter or darker, is a sign to get the mole checked by a doctor.
- **D**iameter – If the mole is bigger than a pencil's eraser, get it looked at.

To examine normal skin, look for sores that won't heal or spots of skin that bleed on their own.

For more information or to schedule an exam contact LRMC's dermatology clinic at 486-8171/civ. 06371-86-817 or call the Stuttgart Army Medical Clinic at 430-8610/civ. 0711-680-8610.

# Team draws strength from military support

## Charity Bowl From Page 1

Team USA wide receiver Robert Smith, a civilian telephone control officer with the 52nd Signal Battalion, said the community's support and the team's rapid cohesiveness were impressive – but not surprising.

"We're Americans," he said. "Take us from anywhere, put us together, and we'll figure out our glitches and make it work."

More than a dream of gridiron glory, Smith said, was this sense of national pride that prompted him to try out for the squad.

Having never played organized football on even the high school level, Smith said the opportunity to represent his country convinced him to contribute his athletic abilities.

"When they said 'USA,' I was in," he said.

For the Stuttgart Dental Clinic's Spc. Dewey Ross, playing receiver for Team USA was "a once-in-a-lifetime chance" to take to the field with fellow Americans.

Like Smith, Ross said the players quickly united to achieve their common goal.

"It's not individuals when you're out there," Ross

said. "You're all a team."

Team USA hopes to return to Germany in 2005, Miles said, and roster spots will again be available for players stationed overseas.

"We know who brought American football to Europe," he said. "It was U.S. service members. And we plan to make them a part of Team USA whenever we play here."

For more information about Team USA visit [www.eteamz.com/TeamUSAFootball](http://www.eteamz.com/TeamUSAFootball) or e-mail [daniel.miles1@us.army.mil](mailto:daniel.miles1@us.army.mil).

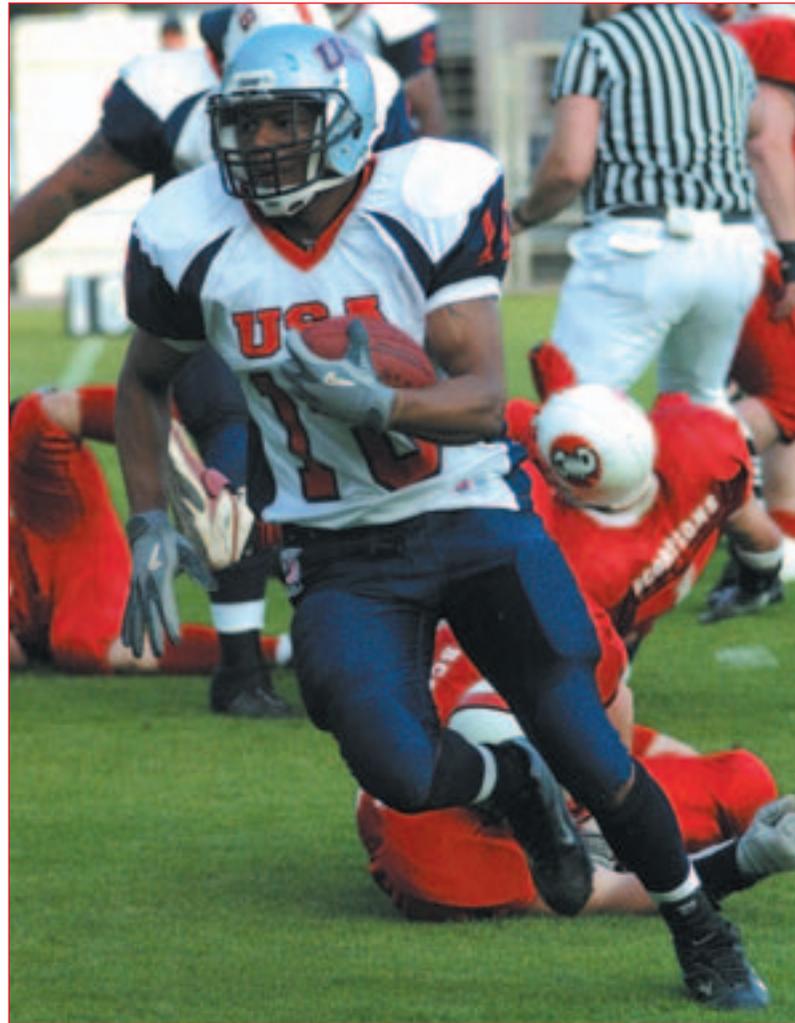
For Scorpions information visit [www.stuttgart-scorpions.de](http://www.stuttgart-scorpions.de).



John Koza thanks Gladiator fans for their support.



Scorpion running back Ahmad Spidel gets thrown for a loss by a swarm of Gladiator defenders.



Team USA's Dewey Ross, a Soldier based in Stuttgart, turns upfield during the May 15 Charity Bowl against the Stuttgart Scorpions.

photos by Hugh C. McBride