



Photos by Joseph Mancy

A Cirque Dreams aerialist performs in the Patch Fitness Center Feb. 20.



Imagination running wild

Cirque Dreams entertained the community with impressive feats during two standing-room-only performances Feb. 20 in the Patch Fitness Center. See more photos at www.flickr.com/photos/usagstuttgart.

A performer dazzles the audience using multiple hula hoops.



Staff Sgt. Derek Maak, the 1-10th SFG (A) Dining Facility manager, serves entrees to Chief Petty Officer Lonnell Reed and his wife Kimmi, during the DFAC's special Valentine's Day lunch on Feb. 14.

1-10th SFG(A) DFAC cooks up romance

Story & photos by Susan Huseman
 USAG Stuttgart Public Affairs Office

A romantic meal at a restaurant can cost big bucks. The average person was prepared to spend about \$147 for Valentine's Day dinner, according to a recent Zagat survey,

But if you had elected to celebrate at the 1-10th Special Forces Group (Airborne) Dining Facility on Panzer Kaserne, the bill for a restaurant-quality meal for two was under \$10 ... and no tip was required.

The Army's top military DFAC (having won the 2012 Philip A. Connelly Awards Competition in Decem-

ber) invited couples to an intimate Valentine's Day lunch on Feb. 14.

The four-course menu, served in the VIP dining room, included a spring garden salad with raspberry vinaigrette starter, followed by beef and barley, or broccoli and cheese, soup.

The entrées included a choice of horseradish encrusted beef tenderloin accompanied by broiled vegetables and red potatoes, or a spinach-stuffed chicken breast with sautéed asparagus and wild rice pilaf.

Dessert was a cheese flan with a mixed-berry reduction.

See Romance on page 4

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EUCOM lauds service members, civilians

U.S. European Command recognized its top service members and civilian employees of 2011 in front of their peers during a ceremony held Feb. 9 in the Patch Theater.



Pages 10-11

Building strong minds, strong bodies

Comprehensive Soldier Fitness is key to overcoming the adversities faced in and out of a war zone. Read about CSF and the local programs that can help build resiliency.



When it comes to your financial future, there's no excuse

Commentary by Faith Barnes
USAG Stuttgart
Army Community Service

Making excuses is a common way to avoid dealing with a multitude of daily tasks.

We make excuses for not keeping New Year's resolutions, for not calling home or for not walking the dog.

We even make excuses for not saving for our futures. But saving is easy, once you get started.

So, what's your excuse?

"I don't make enough."

In today's economy it's easy to use this excuse. But in all likelihood, you do make enough.

Start by tracking exactly what you spend. This can help you control spending and free up money for savings.

Get out of debt by paying off your credit cards. Then you can pay yourself the interest you were paying a credit card company.

Pay yourself first. The Thrift Savings Plan is a good way to get started. Set a percentage of your pay aside to be deducted each pay period using your MyPay account.

It's that simple, and you won't even miss the money you are investing for the future.

"I can't save regularly because I have to wait for my tax refund."

If you normally receive a large tax refund, this means that you're having too much taken out of your paycheck, and it's time to change your exemptions.

Once your exemptions are rebalanced, put the money you were send-

"I don't make enough money.' In today's economy, it's easy to use this excuse. But in all likelihood, you do make enough."

ing to Uncle Sam into an investment account and let it work for you.

Why let the Internal Revenue Service have all the fun?

"I'm too young to worry about it."

Want to be a millionaire? Start saving early. Did you know that the younger you start saving, the more time your money has to grow?

If you start investing \$4,000 in a retirement account that earns 8 percent interest a year at age 22, you could have \$1 million by the time you are 62.

But it's like the lottery; you've got to play to win.

The Defense Department designated Feb. 19-26 as Military Saves Week, when the entire military community comes together to focus on financial readiness.

You can kick start your savings by joining the more than 100,000 military members and their families who have taken the savings pledge at www.militarysaves.org.

The pledge is a promise you make to yourself to save money, reduce debt and build personal financial security. You'll also receive a monthly newsletter filled with savings and debt reduction advice.

Army Community Service also offers several personal financial management classes such as Financial Readiness for First Term Service Members, Checking Account Basics and Principles of Personal Finance.

For more information, call Faith Barnes, ACS Financial Readiness Program manager, at 431-2085/civ. 07031-15-2085 or visit www.stuttgartmwr.com.

CORRECTION

In the photo accompanying the Fasching story "Parades, parties mark Fasching season in Germany" (page 9 in the Feb. 9 issue), we incorrectly identified the type of witch; it's a "Hetza-Hexa."

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ON THE STREET

How are you improving your financial well-being?



Staff Sgt. Vaimalu Aeton
(U.S. Army)

"I'm investing more in stocks, since I am young. I want to start early."



Traci Johnson
(Spouse)

"We don't use credit cards so that we don't increase our debt."



Lt. Col. Jeff Olson
(U.S. Marine Corps)

"By paying off credit debt and putting money toward it whenever I can."



Staff Sgt. Arthur Curry
(U.S. Army)

"I'm investing in the TSP, which will turn into a IRA after I retire."



Gunnery Sgt. Dan Connaughton
(U.S. Marine Corps)

"By saving, so that we have extra money for expenditures."



Roxan Lapine
(Spouse)

"We don't use credit cards anymore. Instead, we use cash."



Spc. Steven Garrow
(U.S. Army)

"I put an allotment away every month to save money."



Staff Sgt. Anthony Peralta
(U.S. Marine Corps)

"I have paid off all my debt."



Richard Herman

Senior Airman Mark Reddington, Joint Analysis Center, Royal Air Force, Molesworth, UK, the EUCOM Junior Service Member of the Year, poses for a photo with EUCOM's senior enlisted leader, Fleet Master Chief Petty Officer Roy M. Maddocks Jr. (from left); Rear Adm. Charles Martoglio, EUCOM chief of staff; and Civilian Deputy to the Commander and Foreign Policy Advisor, Ambassador Lawrence E. Butler.

European Command honors top service members, civilians

By Gloria Colon-Buzatu
USAG Stuttgart Public Affairs Office

U.S. European Command recognized its military and civilian workforce for going the extra mile and being the force behind its success.

Eight service members and 23 Army civilians were recognized as nominees for the 2011 Service Member and Civilian of the Year awards during a ceremony held Feb. 9 in the Patch Theater.

The challenges in meeting military operations and security activities with fewer resources was tough in 2011, according to Rear Adm. Charles Martoglio, EUCOM chief of staff, in front of a standing room only crowd.

And yet despite the obstacles, the service members and civilian employees of EUCOM remained flexible and professional.

"At a time when we're being challenged ... when national service really counts ... to be a nominee you really have to stand out," he said.

It's critically important to recognize those who are doing what is best for America, Martoglio added.

The nominees were selected for their contributions to their organization, strategies in cost savings and community engagement. Each received a certificate of appreciation signed by Martoglio and Fleet Master Chief Petty Officer Roy M. Maddocks Jr., EUCOM's senior enlisted leader.

The service members were nominated by each directorate in three categories: Junior (E1-4) mid-level (E5-6), and senior (E7 and above), according to Air Force Chief Master Sgt. Mimi Ducane, EUCOM Headquarters Commandant senior enlisted leader.

But ultimately, there were only three winners.

The 2011 EUCOM awards for Service Member of the Year went to:

Junior: Senior Airman Mark Reddington, Joint Analysis Center, Royal Air Force Molesworth, U.K.;

Mid-level: Marine Sgt. Marcus Rice, Logistics Division, Stuttgart;

Senior: Air Force Master Sgt. Matthew Finnell, Security Division, Stuttgart.

The board process tested military knowledge, current events and joint military operations, according to Ducane. "All service members studied and presented themselves well ... [it was a] very stiff competition," she added.

' At a time when we're being challenged...when national service really counts ... to be a nominee, you really have to stand out.

Rear Adm. Charles Martoglio
EUCOM chief of staff

Just ask one of the winners.

"It was a tough competition," said Senior Airman Mark Reddington, the Junior service member winner.

He recalled the most difficult board questions were about operations.

"What the services do and how they do it were questions that made you think what would the Navy, Marines, Army do [in service unique operations]...you have to think quickly and coherently," said Reddington.

The civilian of year awards were also categorized by pay grade and based on employees' contributions to the directorate and the community.

"It's a really nice honor," said Sharie Mihalopoulos, human resources specialist for the Civilian Personnel Programs Division and coordinator for the civilian awards.

The 2011 EUCOM Civilian of the Year was awarded in the following categories:

I (GS 1-8): Tracee M. Finnell, Administrative Support, Plans Division, EUCOM;

II (GS 9-13): Keric N. Randolph, Management Analyst, Special Operations Command Europe;

III (GS 14-15): Michael E. Stuber, Budget Officer, Integration Division, EUCOM.

Each winner received a Joint Service Commendation Medal; coins of excellence from Martoglio, Civilian Deputy to the Commander and Foreign Policy Advisor, Ambassador Lawrence E. Butler, and Maddox; and a bronze eagle trophy.

In addition, service members received a round trip air ticket to the U.S., while civilians received a \$750 award and 24 hours of paid time off.

News & Notes

Miss Universe, Miss USA, Miss Teen USA to visit Stuttgart

Miss Universe, Leila Lopes; Miss USA, Alyssa Campanella; and Miss Teen USA, Danielle Doty; will visit the Stuttgart military community March 12 as part of an United Service Organizations European tour.

The women are scheduled to meet with community members from 4:30-5 p.m. at the Panzer Youth Center (Building 3166, Panzer Housing Area) and from 5:30-6:30 p.m. at the Exchange on Panzer Kaserne.

For more information, call U.S. Army Garrison Stuttgart Family and MWR Special Events Office at 430-2110/0711-680-2110.

Mandatory TARP briefings

U.S. Army Garrison Stuttgart will hold Threat Awareness and Reporting Program briefings for military and civilian personnel. Family members are also encouraged to attend.

The **Panzer Chapel** will host briefings in English on Feb. 24 at 9 and 11 a.m., and 1 p.m.

In the **Kelley Theatre**, English briefings will be held Feb. 27 through March 1 at 9 and 11 a.m., and 1 p.m.; on Feb. 28 and March 1, a 3 p.m. briefing is also scheduled.

Briefings in German will be held Feb. 24 at 3 p.m. in the Panzer Chapel and Feb. 27 and 29 at 3 p.m. in the Kelley Theatre.

All military and civilian personnel, regardless of branch of service, are required to receive a TARP briefing at least once a year.

For more information, contact your unit's security manager.

(This information was provided by the Stuttgart Field Office.)

DOD transformation announced

The Defense Department announced Feb. 16 its plans to adjust the posture of land forces in Europe.

The 170th Brigade Combat Team in Baumholder will inactivate in October 2012 and the 172nd Brigade Combat Team, with units in Grafenwöhr and Schweinfurt, will inactivate by October 2013.

The Army will also reduce the structure associated with the V Corps Headquarters. While V Corps headquarters is scheduled to deploy this year, upon redeployment, the unit itself will not return to Europe.

USAREUR anticipates a reduction of approximately 2,500 Soldiers from smaller support units over the next several years.

These changes will reduce the number of Soldiers assigned to Germany to approximately 30,000 by the year 2017.

Since 2006, USAREUR has closed nearly 100 sites with a replacement value of more than \$9 billion as part of its ongoing consolidation and transformation. USAREUR is also in the process of closing additional \$5 billion worth of infrastructure in the Mannheim and Heidelberg areas, which will result in annual savings of more than \$100 million.

(This information was provided by the U.S. Army Europe Public Affairs Office.)

Sgt. Tederail Walker, left, a cook assigned to the 1-10th SFG(A) Dining Facility, meticulously drizzles a bourguignon sauce — a French sauce with a base of red wine with onions — over a slice of beef tenderloin during the DFAC's Valentine's Day luncheon for couples. The DFAC served a four-course meal for the holiday that everyone, couples and singles, could enjoy.



1-10th SFG(A) cooks, Sgt. Clint Youts (from left) and Staff Sgt. Javier Rodriquez, prep vegetables Feb. 13 for the Valentine's Day special menu.

Photos by Susan Huseman

Romance

Continued from page 1

While the DFAC was prepared to serve up to 50 couples, only 12 took advantage of the “elevated” dining experience: tables for two, candles, stemware and for some, wine.

Capt. Dan Miller, the information operations officer for 1-10th SFG (A), and wife Megan were happy to celebrate the holiday in each other’s company.

After three years of dating and five years of marriage, Megan Miller said they had been together for half of the Valentine’s Days over the eight-year period.

And they are about to be separated again. “It’s our last week together before I go off to attend a three-month course,” Dan Miller said.

But the Millers and the other 11 couples weren’t the only customers to

enjoy the special menu.

Approximately 138 patrons went through the cafeteria-style serving line for the same food, minus the fancy presentation.

The spinach-stuffed chicken was delicious, according to Staff Sgt. David Ray, 554th Military Police Company.

“I finished it all off, he said, as he pointed to an empty plate

His dining companion, Pvt. Jameelah Robinson, another MP, had the beef tenderloin. “It’s the best I’ve ever had,” she said. She also had high praise for the DFAC’s corn bread. “It reminds me of home; it makes me really happy.”

According to Robinson, she usually eats at the Exchange food court on Panzer, but went to the DFAC on Valentine’s Day on the recommendation of a friend.

“One of our privates is a cook here.

He said ‘hey, come try the flan.’ I did, and I am happy that I did. It was awesome,” Robinson said.

The meal was a labor of love for four Soldiers in the kitchen.

Cooks Staff Sgt. Javier Rodriquez, Sgt. Clint Youts and Sgt. Tederail Walker, along with Dining Facility Manager Staff Sgt. Derek Maak, all assigned to Headquarters Support Company, 1-10th SFG, took full control of the event, from menu planning, to table settings, publicity and meal preparation.

Rodriquez, Youts and Walker are graduates of the Joint Culinary Center of Excellence’s Advanced Culinary Skills Training Course.

The five-week course focuses on knife skills, advanced gourmet food preparation and production, menu development, presentation and table

service ... or “five-star quality dining,” according to Youts.

Since graduation last summer, the Soldiers have wanted to flex their advanced culinary muscles to produce special occasion meals above the “typical DFAC experience.”

Valentine’s Day was the first opportunity.

After the service, Sgt. 1st Class Javier Gonzalez, the DFAC’s food operations management noncommissioned officer, heaped praise upon his Soldiers.

Gonzalez said he saw his cooks turn into fine cuisine chefs right in front of his eyes. “The preparation was meticulous and well-balanced — don’t forget we had 138 other customers. On a scale of one to 10 ... my guys got a 10,” he said.

“I can see this happening again for Mother’s Day,” he added.

Families needed to provide emergency placement care

By Birgit Thompson & Susan Huseman
USAG Stuttgart Public Affairs Office

Wanted: safe, stable, loving homes to provide emergency care. Must be able to lift heavy hearts, answer a child’s difficult questions and wipe away tears. Salary includes small stipend, plenty of hugs and kisses. Call 431-3518/civ. 07031-15-3518.

In U.S. Army Garrison Stuttgart, when a child cannot be cared for by his or her family, the Emergency Placement Care program stands ready to assist.

The primary objective of the EPC Program is to provide temporary, 24 hour care for eligible children who have been the victims of a child abuse incident, who have been assessed by Social Work Services as high risk, and cannot be cared for by their natural

family or legal guardian, according to Lorraine Picha, the U.S. Army Garrison Stuttgart Army Community Service Family Advocacy Program manager.

“This program is designed as a last resort. When friends and family are not available to provide for the child, that’s when this short-term program steps in,” Picha said.

EPC is comparable to the civilian foster care and civilian respite care programs in the U.S., according to the Army regulation that governs the Family Advocacy Program.

Currently, ACS has only one family in training, but is looking for more families to care for children and teens of all ages.

“Due to the high turnover here in Stuttgart, it’s difficult to establish a constant register of families ... trained and ready to take in a child. We would like to establish a solid base of two families at any given time,” said Sarah Ratliff, a Master of Social Work candidate who is an intern in the Family Advocacy Program.

The process of qualifying to become a caregiver includes an orientation, background check and training, such as CPR and first aid.

Being an EPC provider can be a very rewarding experience; yet there can be challenges.

“This is a very serious commitment. The whole family needs to be on board and one hundred percent sure that they want to do this,” said Steven Naxer, the emergency placement program coordinator.

While the garrison has not had to place a child into a home in over four years, “That doesn’t mean that we don’t need a good base of families willing to take in children when needed,” he added.

Any Defense Department ID cardholder, 21 years and older, can become a caregiver. To offset the extra cost of diapers, formula, lunch money and other incidentals, providers receive a daily stipend.

For more information on becoming an emergency placement caregiver, contact the Stuttgart Family Advocacy Program at 431-3518/civ. 07031-15-3518.

Earn an MBA

The University of Phoenix offers MBA face-to-face classes at the Stuttgart Education Center in Building 2915 on Panzer Kaserne.

Potential students are invited to meet the faculty and advisors March 19 from 6-7 p.m. at the Panzer Education Center in Building 2915 on Panzer Kaserne.

For more information, e-mail stuttgart@phoenix.edu.

Sign up for Women's Leadership Forum

The fourth annual Women's Leadership Forum is scheduled for March 29 from 8 a.m. to 4 p.m. in the Swabian Special Events Center on Patch Barracks.

Workshops will cover leadership skills, professional development, strategic career planning and more.

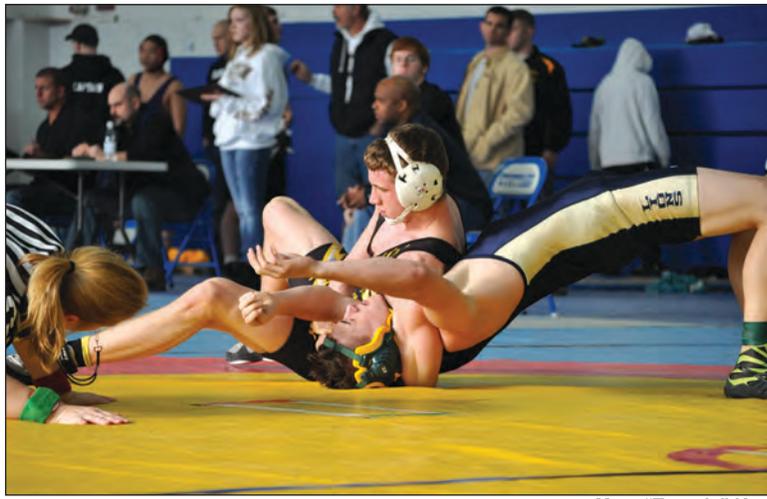
Participants must register by March 23 at http://stuttgart_wlf.eventbrite.com.

American Red Cross offers CPR classes

The American Red Cross Stuttgart will offer free citizen CPR training to teach untrained bystanders how to perform hands-only CPR. This is a non-certified training. Instruction is scheduled for March 2, 7, 14, 21 and 28, from 10 a.m. to 2 p.m.

A first aid adult and pediatric CPR/AED Spanish language class will be offered March 15 from 8:30 a.m. to 3:30 p.m.

Classes will be held at the



Mary "Tweedy" Knef

Calen Fields pins a Heidelberg wrestler during the Eastern sectionals hosted by Patch High School on Feb. 11. Fields went undefeated for his third straight season, winning the 170-pound individual title in the 2012 DoDDS Europe Division I championships in Wiesbaden.

PHS Panthers win fourth straight Division I team title

The Patch Panthers earned their fourth DODDS-Europe Division I wrestling title at the 2012 high school wrestling championships held in Wiesbaden Feb. 17-18. Ross Wilson, 113 pounds; Isaac McIlvene, 120 pounds; Calen Fields, 170 pounds; and Robert Mannier, 182 pounds; each won individual titles in their weight classes.

American Red Cross, Building 2915, Panzer Kaserne.

For more information, call 431-2812/civ. 07031-15-2812.

Join the EEO team

The U.S. Army Garrison Stuttgart Equal Employment Office seeks volunteers to serve as Special Emphasis Program managers and collateral duty EEO counselors, coordinators or committee members. Those interested must be willing to commit to one to two hours per month or as needed.

For more information, contact the USAG Stuttgart Equal Employment Opportunity Office at 430-5312/civ. 0711-680-5312.

Patch Arts, Crafts to close for inventory

The Patch Arts and Crafts

Center will be closed March 1-3 for its semi-annual inventory. However, the shop will be open on Sunday, Feb. 26, from 1-5 p.m.

During February, all regular-priced merchandise (no framing, pottery or photo printing) will be discounted 15 percent off. Clearance items will be marked down up to 50 percent off.

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

Piranhas need coach, swimmers

The Stuttgart Piranhas swim team is looking for a head coach for the 2012/13 swim season. The team's spring training is set to begin March 12. Applicants should send their resume to registrar@stuttgartpiranhas.org by March 1.

Swimmers interested in joining the Piranhas team can get more information at registrar@stuttgartpiranhas.org.

NAF job openings

U.S. Army Garrison Stuttgart's Non-appropriated Fund Human Resources Office is accepting applications for positions within Family and Morale, Welfare and Recreation's Child, Youth and School Services and the Galaxy Bowling Center.

To view online vacancies, visit www.usajobs.gov or stop by the NAF/HRO office, Building 2948, Panzer Kaserne.

For more information, call 431-3119/civ. 07031-15-3119.

Free ice skating

The Stuttgart Military Community Eishockey Club, along with the Stuttgart Community Spouses Club, will host a Family Skate Night on March 10 from 5:15-6:45 p.m. at Eisstadion Wernau, Stadionweg 12, 73249 Wernau.

Admission is free for all military ID cardholders and their families.

For more information, e-mail smchockey@ymail.com or call civ. 0711-680-8304.

Patch outbound traffic lane closed

The outbound vehicle traffic lane at the Patch Barracks Installation Access Control Point will be closed March 16 from 8:30 a.m. to 12:30 p.m. for repair work. All outbound vehicle traffic must exit through the K and K gate.

AER Help

Active duty service members, retirees, reservists on active duty and their eligible family members can receive financial help through Army Emergency Relief for emergencies.

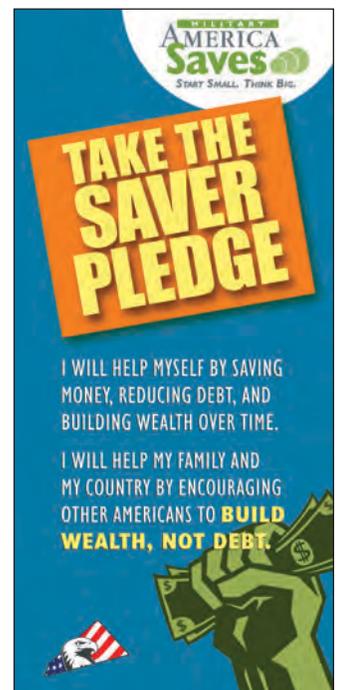
Contact AER at 431-431-2085/civ. 07031-15-2085.

Send community-wide anouncements to stuttgart-media@eur.army.mil.

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Estate claims notice

Anyone having any claims on or obligations to the estate of Army Staff Sgt. Wilfredo J. Egipciano of the Special Operations Europe Signal Detachment, should contact the summary court officer, Lt. Col. Ralph Steen at 430-8250.

Gain 'financial peace' with FPU

The U.S. Army Garrison Stuttgart Religious Support Office will host a Financial Peace University class on Robinson Barracks.

The 13-week class begins April 18 and will be held every Wednesday from 6:30-8:30 p.m. in the RB Chapel Annex in Building 116. Child care will be provided. Seating is limited.

For more information or to register, e-mail FPUstuttgart@yahoo.com.

No ATM on Kelley March 3

A power outage scheduled for Kelley Barracks on March 3 will affect the Community Bank's ATM. The ATM will be out of service during the power outage.

For more information, call 421-2326/civ. 0711-729-2326.

Volunteers needed for Spring Bazaar

The Stuttgart Community Spouses' Club is looking for volunteers to assist with the setup of the Spring Bazaar on March 12-15, and during the bazaar, March 16-18.

For more information, visit www.stuttgartspousesclub.org or e-mail scsclubbazaarvolunteer@yahoo.com.

Resilience training for high schoolers

The U.S. Army Garrison Stuttgart Religious Support Office will sponsor a free resiliency training weekend for military family members in grades nine to 12.

The program is designed to build spiritual strength in the participants.

The training will be held March 2-3 on Patch Barracks.

For more information, call 431-3078/civ. 07031-15-3078, or e-mail james.e.sciegel.civ@mail.mil.

New customer service hours at CPAC

The Stuttgart Civilian Personnel Advisory Center has announced new customer service

hours for 2012.

Walk-in service will be available on Monday and Wednesday from 1-4 p.m., however, customers must sign in by 3:45 p.m. Appointments are available Monday, Tuesday, Thursday and Friday from 8 a.m. to noon and on Tuesday, Thursday and Friday afternoons from 1-4 p.m.

The Stuttgart CPAC office is located on the first floor of Building 2948 on Panzer Kaserne.

To make an appointment, call 431-3488 or civ. 07031-15-3488.

Apply for SCSC Scholarships

The Stuttgart Community Spouses Club awards scholarships to graduating seniors, continuing students and spouses who demonstrate high academic achievement and overall success.

Applications are available at the SCSC thrift shops, Panzer Education Center, Patch High School and on-post libraries.

For more information or to download an application, visit www.stuttgartspousesclub.org.

Applications must be postmarked by March 9.

Panzer DFAC to close for training

The 1st Battalion, 10th Special Forces Group (Airborne), Consolidated Dining Facility will be closed for unit training March 16-19.

For more information, call 431-2734/07031-15-2734.

Manage conflict, stress through ACS

The U.S. Army Garrison Stuttgart's Army Community Service offers free stress management classes on the last Wednesday of each month from 10 a.m. until noon at Brewed Awakenings, Building 168, Robinson Barracks.

ACS also offers a free conflict management class on the second and fourth Wednesday of each month from noon to 2 p.m. at ACS, Building 2915, Panzer Kaserne.

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

RB Commissary has new hours

The Robinson Barracks Commissary is open Tuesday, Wednesday, and Friday through Sunday from noon to 8 p.m. The store will be closed Monday and Thursday.

For more information, call civ. 0711-699-45880.

Changes to airport shuttle service

The U.S. Army Garrison Stuttgart Family and Morale, Welfare and Recreation airport shuttle program will no longer offer pick-up services from the airport.

The service is now limited to transporting registered guests to the airport from the

Kelley and Panzer Hotels.

Reservations can be made with the front desk staff of the hotels.

For more information, call the Kelley Hotel at 421-2815/civ. 0711-729-2815, or the Panzer Hotel at 431-3490/civ. 07031-15-3490.

Free Zumba classes

The United Service Organizations Stuttgart will offer free Zumba classes at the Robinson Barracks Elementary School gym on Thursday at 3:15 p.m. and Sunday at 3 p.m.

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

ASAP training

The U.S. Army Garrison Stuttgart Army Substance Abuse Program will conduct annual civilian training for garrison supervisors March 15 from 10:30-11:30 a.m.

Two training sessions for employees will also be held from 9-10 a.m. and 1-2 p.m. in the basement of Building 2948 on Panzer Kaserne.

For more information, call 431-2743/civ. 07031-15-2743.

USO fun run

The United Service Organizations Stuttgart will host a 5K and 10K fun run April 21 at 8 a.m. on Husky Field,

Patch Barracks.

Registration forms are available at www.uso.org/Stuttgart.

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

ACS has free Find-It Guides

Pick up a free 2012 edition of "The Find-It Guide," a telephone directory for U.S. military installations in central Germany.

The guide is available at U.S. Army Garrison Stuttgart Army Community Service, Building 2915, Panzer Kaserne.

"Twelfth Night" at Kelley Theatre

The Stuttgart Theatre Center presents William Shakespeare's "Twelfth Night."

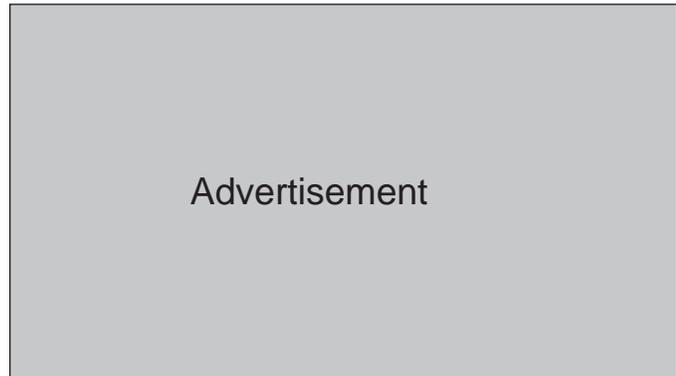
Performances at the Kelley Theatre are set for March 30 and 31, and April 6, 7, 13, and 14 at 7:30 p.m. Matinee performances will be held April 8 and 15 at 3 p.m.

To make a reservation, visit www.stuttgartmwr.com.

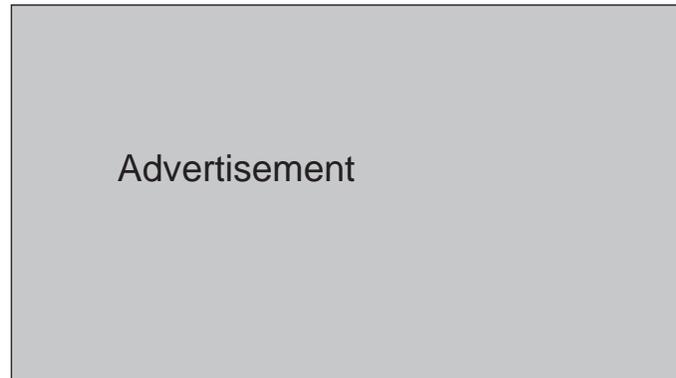
Send community-wide announcements to stuttgartmedia@eur.army.mil.



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Using E10 gas

When buying gasoline in Germany, you have the choice of Super, Super Plus or E10. E10 was introduced in Germany in 2011 and is a biofuel that contains 10 percent ethanol.

What are the advantages for using E10?

It's cheaper: The price per liter is lower compared to Super or Super Plus gasoline.

It's greener: E10 releases less carbon dioxide, benzene, butadiene and sulphur dioxide into the atmosphere. The introduction of E10 is based on the Germany's Federal Pollution Control Act and the country's long-term plan to decrease its greenhouse gas emissions.

It's cleaner: E10 raises the octane level, which results in a higher performance than benzene at the same octane level.

The gas stations on Kelley and Patch Barracks offer Super E10, which is a blend of 90 percent regular gasoline and 10 percent ethanol.

NOTE: Customers are advised to check with their car manual or manufacturer to determine if it is safe to use E10 gasoline for their vehicle.

Source: Bundesministerium für Umwelt, Naturschutz und Reaktorsicherheit and Army and Air Force Exchange Services



USAG Stuttgart Directorate of Public Works Environmental Division

Walking safely on snow, ice

- Be alert and attentive to traffic and never cross the street until it's safe. Remember, a vehicle's stopping distance may be extended because of wintry road conditions.
- Watch where you're walking. Look for slippery conditions caused by snow, ice, wet pavement or any combination of these conditions.
- If walking with a hood over your head, turn your body in each direction to check for traffic. Your vision and hearing may be reduced because of the hood.
- Be responsible and obey Walk/Don't Walk signals. One-third of all fatal collisions result from pedestrians disregarding traffic signals or making dangerous judgments.
- Look left-right-left. If the road is clear, begin crossing. If you're in a country where motorists drive on the left side of the road, reverse the process and look right-left-right. If a vehicle is approaching, be patient and wait until it passes.
- Continue to check for traffic in all directions when crossing the street, especially where vehicles may be making right turns on red.
- If there's traffic at a crosswalk, make eye contact with drivers so they see you, understand your intentions and stop before you start to cross.
- Use sidewalks when they're available, and be sure of your footing when stepping from the curb to the street.

Source: <https://safety.army.mil>.



The Stuttgart Tax Center offers free tax assistance



Monday-Friday
9 a.m. to 4:30 p.m.
Closed federal holidays
Room 231, Building 3312
Kelley Barracks

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

Confidential help for the U.S. Army Europe community

Call 00800 1273 8255
DSN 118



USAG Stuttgart Victim Advocacy Program
24-Hour Emergency Hotline civ. 0176-262-48894

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Are you at risk for gum disease?

By Lisa Young
U.S. Army Public Health Command

Clean, healthy teeth and gums are important for more than just an attractive smile. Gum diseases are serious infections that can lead to tooth loss. Unfortunately, the beginning stages of gum disease are not painful and often go unnoticed.

Many people develop gum disease to a varying degree in early adulthood due to hormonal changes that may persist or recur frequently, depending on the health of one's teeth and gums.

Gum or periodontal disease begins when the bacteria in plaque, the sticky colorless film that is constantly being formed on the teeth, causes the gums to be infected and swollen. If the plaque is not removed, it turns into a hard deposit called tartar that is trapped at the base of the tooth and irritates the gums.

The mildest form of periodontal disease is gingivitis. It often occurs when a person does not brush and floss his or her teeth adequately, or have them cleaned regularly by a dental hygienist. The symptoms of gingivitis are not usually painful. They include:

- Bleeding gums, particularly when teeth are brushed;
- Bright red gums;
- Gums that are tender when touched but otherwise painless;
- Swollen gums;
- Shiny appearance to gums.

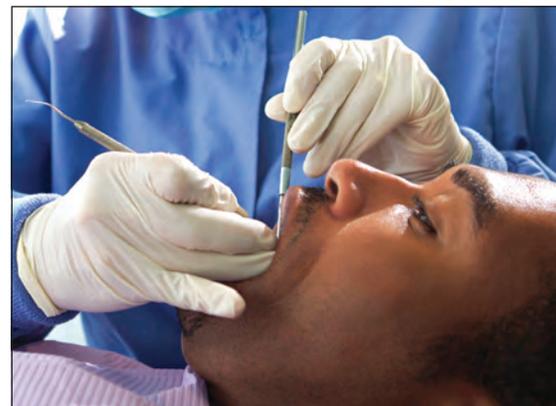
This form of gum disease is reversible with professional treatment and good oral care.

If left untreated, gingivitis can progress to periodontitis, which occurs when the plaque and bacterial infection grows below the gum line.

Over time, the toxins produced by the bacteria stimulate an inflammatory response in the body, so that the tissues and bone that support the teeth are broken down and destroyed.

As the disease progresses, the gums separate from the teeth, the spaces between the teeth and gums deepen and eventually, more gum tissue and bone are destroyed.

- The risk of periodontal disease is increased by:
- General illness;
 - Poor dental hygiene;



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To prevent plaque build up, teeth should be cleaned at least twice a year.

- Pregnancy, due to hormonal changes that increase gum sensitivity;
- Uncontrolled diabetes;
- Misaligned teeth, rough edges of fillings, and ill-fitting braces, dentures, bridges or crowns;
- Certain medications, i.e. phenytoin, birth control pills, heavy metals.

The goal of treatment for periodontal disease is to reduce inflammation. The teeth are cleaned professionally by a dentist or dental hygienist to loosen and remove the plaque and hard tartar from the teeth.

To keep plaque build-up to a minimum, teeth should be cleaned at least twice a year and possibly more often. This is followed by a careful, daily oral hygiene regime.

Antibacterial mouth rinses may be recommended, in addition to frequent tooth brushing and flossing.

Special tools such as certain toothpicks or floss, antiplaque toothbrushes and tooth paste, water irrigation or other devices may also be suggested by the dentist for people who are particularly prone to plaque deposits.

To prevent the reoccurrence of periodontal disease, strict oral hygiene must be maintained for a person's whole life.

For more information about gum disease, visit the American Dental Association website at www.ada.org; or the Centers for Disease Control and Prevention website at www.cdc.gov/OralHealth.



Stuttgart clinic offers breast cancer screenings for women

Women over 40 in the Stuttgart military community can book appointments for mammogram screenings at the Böblingen Hospital via e-mail or phone through the U.S. Army Health Clinic Stuttgart.

Because Tricare must coordinate International SOS authorizations, beneficiaries should book their appointments at least 10 days out. Non-Tricare patients may also book appointments.

In host nation facilities, a mammogram patient also receives an ultrasound. Tricare does not cover this service, and patients can refuse the ultrasound screening. The procedure will only be covered if the provider deems it medically necessary. Check with Tricare or your health insurance provider for any questions about covered benefits.

To book an appointment, call or e-mail the U.S. Army Health Clinic Stuttgart's Population Health Nurse at 430-7069 or 0711-680-7069 or e-mail frances.barlock@amedd.army.mil.

Filling prescriptions at Patch, Kelley pharmacies

The pharmacy at the U.S. Army Health Clinic Stuttgart will fill new prescriptions written by a U.S. licensed primary care provider and may fill prescriptions from host nation providers in the preferred provider network and are written according to U.S. laws and Army regulations.

All Patch clinic refills must be called in at least two business days before pickup. Patients are encouraged to call in refills up to seven days before they run out of medication.

Kelley clinic refills must be called in at least three business before pickup. Controlled drugs, as well as medications requiring refrigeration, cannot be refilled at the Kelley clinic.

For pharmacy hours and instructions on how to call in a refill, visit <http://ermc.amedd.army.mil/stuttgart> and click on the pharmacy link.

Have a comment on garrison services?

Want to thank an organization for a job well done?



Visit the USAG Stuttgart website at www.stuttgart.army.mil and click on the "ICE" tab.

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On-post emergency numbers
Military Police: 114
Fire: 117

What's happening in FMWR

Women's flea market

U.S. Army Garrison Stuttgart Family and Morale, Welfare and Recreation will host "My Girlfriend's Closet," a flea market for women, on March 10 from 10 a.m. to 2 p.m. in Brewed Awakenings, Building 168, Robinson Barracks.

For more information, or to reserve a table call 430-2110/civ. 0711-680-2110.

Warrior Zone to open

The U.S. Army Garrison Stuttgart's Family and Morale, Welfare and Recreation will host the grand opening of the Warrior Zone March 8 at noon at the Swabian Special Events Center, Building 2505, Patch Barracks.

For more information, call 430-7366/civ. 0711-680-7366.

Kelley Club buffet

The Kelley Club, in Building 3300 on Kelley Barracks, offers a pizza and pasta all-you-can-eat buffet every Monday from 11 a.m. to 2 p.m.

For more information, call 421-4660/civ. 0711-729-4660.

Live comedy show

Comedian Bengt Washburn teams up with U.S. Army Garrison Stuttgart's Family and Morale, Welfare and Recreation for two shows on March 9 and 10 at 7:30 p.m. in the Kelley Theatre, Building 3320. The shows are for patrons 18 years or older.

To reserve tickets, call 421-3055/civ. 0711-729-3055.

Karaoke night

The Irish Pub will host Karaoke nights March 1 and 15 from 8-11 p.m. The pub is located in the Galaxy Bowling and Entertainment Center, Building 2998, Panzer Kaserne.

For more information, call 431-2575/civ. 07031-15-2575.

Play Texas Hold 'Em

Play Texas Hold 'Em March 9 at 7 p.m. in the Patch Community Club. Registration opens at 6 p.m. Participants must be 18 or older.

For more information, call 430-5433/civ. 0711-680-5433.

For more activities and events, visit www.stuttgartmwr.com.



Coming to Patch Theater

Feb. 24 — This Means War (PG-13) 6 p.m.; Contraband (R) 9 p.m.

Feb. 25 — Alvin And The Chipmunks: Chipwrecked (PG) 4 p.m.; This Means War (PG-13) 7 p.m.; Red Tails (PG-13) 9 p.m.

Feb. 26 — Up (PG) 2 p.m.; This Means War (PG-13) 4 p.m.; Immortals (R) 7 p.m.

Feb. 27 — This Means War (PG-13) 6 p.m.

Feb. 28 — Contraband (R) 6 p.m.

Feb. 29 — Jack And Jill (PG) 6 p.m.

March 1 — One For The Money (PG-13) 6 p.m.

March 2 — We Bought A Zoo (PG) 6 p.m.; Act Of Valor (R) 9 p.m.

March 3 — We Bought A Zoo (PG) 4 p.m.; Red Tails (PG-13) 7 P.M.; Act Of Valor (R) 9 p.m.

March 4 — We Bought A Zoo (PG) 2 p.m.; Big Miracle (PG) 4 p.m.; Act Of Valor (R) 7 p.m.

March 5 — Act Of Valor (R) 6 p.m.

March 6 — We Bought A Zoo (PG) 6 p.m.



Universal Pictures

Mark Wahlberg leads the cast of the fast-paced action thriller 'Contraband.' Wahlberg plays a man who is trying to stay out of the underground world of smuggling, where loyalty rarely exists and death is only one wrong turn away.

March 7 — Big Miracle (PG) 6 p.m.

March 8 — Red Tails (PG-13) 6 p.m.

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Strong minds ...

By Gloria Colon-Buzatu
USAG Stuttgart Public Affairs Office

The emotional and psychological effects of war have impacted Soldiers and their families for more than a decade.

Before he retired, former Chief of Staff of the Army Gen. George Casey Jr. said he wanted to create an army that is just as psychologically fit as it is physically fit.

"There's stress behind deployments," said Army Maj. Ricardo Wilson, a three-time Iraqi combat veteran assigned to U.S. Army Garrison Stuttgart.

It can be a challenge for a Soldier to transition back into his "old" life, following a deployment.

"You have to reintegrate as part of the family — try to adjust — after kicking down doors, driving aggressively ...," Wilson said.

Post traumatic stress disorder and depression are painful symptoms and can haunt a Soldier coping with life after war.

"You can't just shift gears. It takes time, and you have to adapt," Wilson said.

Psychologists say resilience is the positive approach to healing.

Resilience is a priority

Former Chief of Staff of the Army Gen. George Casey Jr. recognized that repeated deployments were putting a strain on Soldiers and their families.

Under his direction, the Army made resilience a priority when it launched the Comprehensive Soldier Fitness Program, a holistic approach to fitness, in 2009.

CSF is a systematic approach designed to help Soldiers, family members and Army civilians become self aware of how to manage reactions to adversity at home and in the battlefield.

It begins with taking the Global Assessment Tool, a survey that evaluates social, family, physical, emotional and spiritual dimensions of fitness.

The web-based, interactive survey takes about 15 minutes and scores are immediately displayed for each dimension.

A fitness tracker provides a tailored narrative based on how an individual scored on the GAT, with advice on how to sustain and develop strengths while improving weaknesses.

The idea is to build "balanced, healthy, self-confident Soldiers, families and Army civilians."

According to Martin Seligman, the psychologist who created CSF, closing the gap and balanc-

ing all five dimensions reduces the risk of PTSD, depression, anxiety and puts a person on the path to well-being.

Soldiers can retake the GAT every 90 days to assess their progress.

"I was there last week. I took a couple of modules because I have a personal interest in my own fitness," Wilson said. "If a significant event occurs, [a Soldier should] retake the GAT. The GAT provides some guidance."

Army culture is changing

CSF marks a significant growth in Army culture — that Soldiers are more than the physical strength they possess.

Twenty years ago, positive psychology was not part of the Army's training program.

Now, CSF resiliency skills are taught to non-commissioned officers in a Master Resilience Trainer course. The NCOs learn about the skills designed to enhance resilience and how to teach these MRT skills to Soldiers.

Currently there are 7,800 certified MRTs, according to the CSF website.

The Army says the training is working.

In a recent article in "Soldiers Magazine," an Army report released last month concluded that "the Master Resilience Training aspect of Comprehensive Soldier Fitness is working well."

CSF is not the only program out there trying to raise the level of importance of psychological fitness.

In Europe, the "total fitness" of the Army is managed by the Public Health Command Region Europe, headquartered in Landstuhl.

PHCRE oversees each garrison's health promotion council and comprehensive fitness program working group.

Assessing health of the community

The USAG Stuttgart HPC meets quarterly to assess the "health" of the Stuttgart community and discuss current risk trends.

"We're looking at past risk trends and also ad-

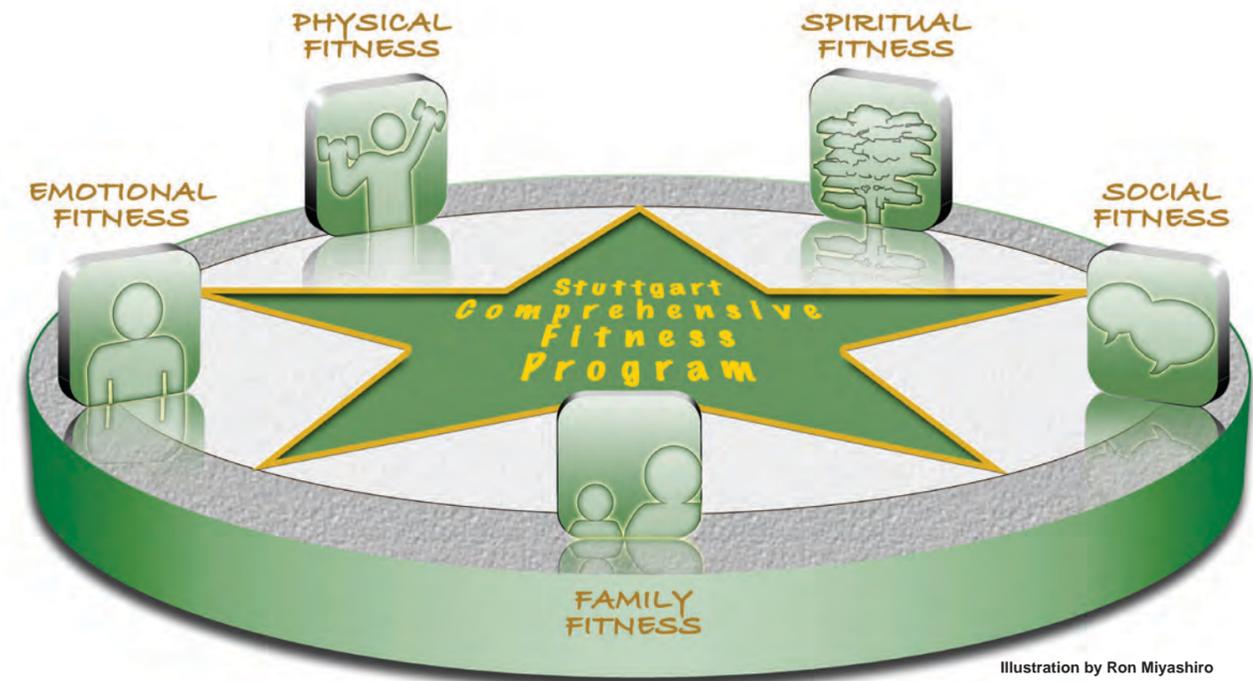


Illustration by Ron Miyashiro

dressing current issues," said Amy Cates, USAG Stuttgart health promotion officer.

As an example, she cited a 2010 increase in child neglect — children left without adult supervision.

Past risk trends indicated the issue was negligible. However, with child neglect reports on the rise, the council made the issue a priority, focusing on getting the child supervision policy out to the community. The following year, child neglect wasn't a risk anymore, said Cates.

The HPC also has a comprehensive fitness working group that was formed in 2010 and consists of five teams, each representing a CSF dimension.

The teams focus on identifying events and activities that tie to resiliency skill-building.

These events, published on the garrison website, are also linked to garrison risk trends.

"All garrisons [in Europe] have a CFP that they're facilitating, but no other garrison is operationalizing the CFP by using the garrison website to inform the community on events that support each of the five dimensions," Cates said.

Connecting with others

Marianne Campano, the USAG Stuttgart Army Substance Abuse Program prevention coordinator, is a team member for the emotional dimension and leads the Stuttgart Warrior Pride Challenge Program.

The SWPC is a new program designed to engage service members in fun, adventurous activities.

"We are providing opportunities for people to meet others with similar interests. This allows for

social ties, friendships and opportunities to connect with social agencies," Campano said.

"Social ties and links to agencies are protective factors in preventing risky behaviors like suicide, according to the Centers for Disease Control and Prevention," she added.

Campano's supervisor, Bala Fischer, the USAG Stuttgart ASAP manager, is the emotional dimension team leader.

Fischer said that while all five dimensions work together, spirituality is the most important.

"Spirituality is key to comprehensive fitness and is not a particular religion or belief in God," Fischer said.

Rather, it is the belief in relationships that people have with other people at work, at home, and in society. These relationships help people cope with problems and help prevent suicidal thoughts, Fischer added.

Training for families, civilians

Resiliency training teaches Soldiers specific techniques to strengthen their relationships. Now, Army Community Service is offering the same type of training to family members and Army civilians.

Lorri Picha, the USAG Stuttgart ACS Family Advocacy Program manager and a Master Resilience Trainer, leads resilience training class every second and fourth Wednesday of the month.

Picha teaches 12 resilience building skills and facilitates scenario-based activities that are interactive," Picha said.

"Hunt the Good Stuff" is one example. It's a "thank you" journal exercise used to enhance positive emotions by keeping track of the good things that happen every day and sharing the good things with the group.

The resiliency training helps people become more self-aware.

"There are things you [already] know about yourself," Picha said. But after the resiliency training, "you will definitely come away with something you didn't realize about yourself," she added.

If you want to know more ...

The scorecard to self-awareness is the Global Assessment Tool. The GAT is confidential and is used to help an individual become aware of where he or she can improve.

The GAT is available to all Soldiers, family members, and Army civilians, as well as Sailors, Marines and Airmen.

After taking the GAT and the resilience modules on the CSF website, community members will find additional resources supporting the five dimensions of strength on the garrison's website at www.stuttgart.army.mil.

To learn more about Comprehensive Soldier Fitness or to take the GAT, go to <http://csf.army.mil>. For more information on resiliency training for families and Army civilians, call Army Community Service at 431-3362/civ. 07031-15-3362.

5 Dimensions of Strength

Physical

Performing and excelling in physical activities that require aerobic fitness, endurance, strength, healthy body composition and flexibility derived through exercise, nutrition and training.

Emotional

Approaching life's challenges in a positive, optimistic way by demonstrating self-control, stamina and good character with your choices and actions.

Social

Developing and maintaining trusted, valued relationships and friendships that are personally fulfilling and foster good communication including a comfortable exchange of ideas, views, and experiences.

Family

Being part of a family unit that is safe, supportive and loving, and provides the resources needed for all members to live in a healthy and secure environment.

Spiritual

Strengthening a set of beliefs, principles or values that sustain a person beyond family, institutional, and societal sources of strength.

Strong bodies

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