



“Exercise–exercise–exercise!”



Photos by Carola Meusel, USAG Stuttgart Public Affairs

Stallion Shake 2018 tested garrison and host nation emergency responders' reaction to an accidental release of a toxic gas in the cellar of the Kelley Club, July 21. See p. 12 for more photos and the story. At top, the incident scene in the midst of the rescue operation; left, firefighters in chemical/bio hazard suits undergo decontamination; right, emergency vehicles from the City of Stuttgart and USAG Stuttgart arrive at Kelley Barracks.

CARE Fair, warehouse sale, flea market and more coming Sept. 8

Army Community Service
USAG Stuttgart Family & Morale,
Welfare and Recreation

The annual Community Activities, Registration, & Education “CARE Fair” coming up on Sept. 8, 10 a.m.–2 p.m., in the Panzer Main Exchange mall.

The fair is a much-awaited opportunity for community members to sign up for activities and clubs, connect with the people who run them, and to get resources and

information about garrison services. It's a great way to connect with the many organizations of the USAG Stuttgart community.

The coordination of the 2018 CARE Fair is assigned to USAG Stuttgart Family & Morale, Welfare and Recreation's team is committed to hosting a fantastic event along the lines of what participants have become used to over the years. Of course, the CARE

See CARE, p.5



Photo by Holly DeCarlo-White, USAG Stuttgart Public Affairs

Representatives of numerous garrison organizations prepare to inform and assist Stuttgart military community members before the start of the 2017 CARE Fair. Last year's fair was held in the Patch Fitness Center; this year's will be at the Panzer Kaserne Main Exchange.

Stuttgart sees reduction in post allowance

USAG Stuttgart Public Affairs

The U.S. Department of State recently updated the Department of State Standardized Regulations (DSSR) with the issuance of the Transmittal Letter: Standardized Regulations (TL: SR) - 946 which took effect July 8, 2018.

Stuttgart had a 5 percent reduction in its post allowance. The Dept. of State website has a FAQ page to explain how post allowances are determined worldwide.

For example:

Methodology:

4. Q: How do you determine the post allowance?

A: An index is developed by comparing the cost of goods and services and living pattern information reported by the foreign posts to the cost of goods and services and living patterns in Washington, D.C.

Visit the Dept. of State website's Office of Allowances page to learn more. The Office of Allowances in the Bureau of Administration develops and coordinates policies, regulations, standards, and procedures to administer the government-wide allowances and benefits program abroad under the DSSR.

The office compiles statistics of living costs abroad, quarters allowances, hardship differentials, and danger pay allowances and computes the established allowances to compensate U.S. Government civilian employees for costs and hardships related to assignments abroad. The office is also responsible for establishing maximum per diem rates for foreign areas.

(Editor's note: This information comes from the Dept. of State website at https://aoprals.state.gov/content.asp?content_id=166&menu_id=75.)



Photo by Holly DeCarlo-White, USAG Stuttgart Public Affairs

Stuttgart military community volunteers come in all shapes, sizes, ages and branches of service. A group of volunteers with ACS and FMWR personnel poses for a group photo, April 25.

What is this volunteer stuff?

By Moneé Luckey
Volunteer
USAG Stuttgart

I'm in my 30's. I have worked in my profession for years. I recently married a service member. Within the last year, I've left my job and moved from a major east coast city. Now I'm planted here in Stuttgart.

As you know, finding employment as a military spouse can be a challenge. My biggest fear with this move is losing relevance in my career field. How do I stay proficient in my craft? How do I continue to expand my professional network? How do I eliminate resume gaps? I was told not to expect to find work, especially career relevant work, for at least six months. Panic began to set in. I needed to occupy my free time. I needed to remain professionally connected. Volunteering was recommended, but I was unsure if that would address my concerns. That's handing out hotdogs and flyers, right?

No! I found that the available opportunities are broader than expected.

I saw a lot of opportunities in and around the garrison. Positions such as

teaching English as a Second Language, disaster management, tour coordinators with private organizations, being a part of the backstage crew at the community theatre, and nurse practitioner can be found in the Army Community Service volunteer database.

I was impressed with this database.

It is a valuable resource to help any military spouse stay engaged, build relationships, and enhance skills.

For more information about volunteer opportunities, visit the ACS website at <https://stuttgart.armymwr.com/programs/army-community-service>.



Photo by Holly DeCarlo-White, USAG Stuttgart Public Affairs

Army Community Service hosts an ice cream social to honor volunteer service following a recognition ceremony on Patch Barracks, April 25.

The Citizen

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Independence Day 2018 celebrated in style

Story and photos by John Reese
USAG Stuttgart Public Affairs

Parades, bands, foods and a spectacular fireworks show combined to make the USAG Stuttgart's Independence Day celebration for the 242nd birthday of the United States a generous slice of all things American.

With fun new activities for kids young and old, the day was akin to a small town county fair.

"One of the best days in the calendar year. It's a day to celebrate our independence, our birth as a nation, and how far we've come since we gained our independence with the first Continental Congress in Philadelphia," said Ben Morrill, who works for AFRICOM on Kelley Barracks. Morrill was enjoying a plate of Southern-fried cooking from one of the many vendors along Financial Row, just outside of the fence of Husky Field. "I'm from New England,

and the town I'm from claims to be the birthplace of the American Navy before the Navy was founded in Whitehall, New York, and I've got family member who go that far back—to the American Revolution—so, for me, it's a long history of celebrating the 4th of July.

"It's a great day," Morrill said

While the sky intermittently threatened rain and served up a couple of light showers, Lt. Col. Keith Burnette, commander, Stuttgart Medical Clinic, was completely soaked by being the "dunkee" for the dunk tank. Burnette wasn't the only one who got wet; there were slip 'n slides and other watery fun.

Arm wrestling, carnival games, and more were all available to enjoy. Many of the thousands of community members in attendance brought their own amusements, with footballs and Frisbee's flying, and parents playing

Above, a small square of landlocked Patch Barracks becomes a beach during the annual Independence Day celebration; below, a competitor in the Warrior Challenge flips a heavy tractor tire, one of the many obstacles on a course that ended with a paintball range; a homemade, hometown parade circles Husky Field; FMWR team members lob T-shirts and stress balls with prize numbers to the crowd.



See 4th of July, p.4



“The Uniques,” a talented local band, performs a popular classic rock number at the 2018 4th of July celebration.

4th of July
continued from p. 3

catch with their kids.

One of the popular attractions was demonstrating warrior skills and feats of strength in an timed obstacle course.

“The sports and fitness teams put on the Warrior Challenge Course,” said William Watson, facility manager, Kelley Fitness Center. “It begins with the sled pull, then the tire flip and the log carry, then over to the rope climb and across the obstacle bars, and then the jump box where both feet have to touch the top of the box.”

Points were deducted for mistakes on the course, such as falling off the horizontal ladder or failing to pull the sled across the line. By the time competitors made the leap to the top of the box, they had one more challenge left: marksmanship.

“To finish up, after you’ve worn

out your arms and legs and breathing, you finish by firing a paintball gun at 10 targets,” Watson said. “You fire at six shots, change the magazine, then fire six more.”

A wide variety of different foods were available, some as free samples from event sponsors, some home-made for local charity and some contracted by FMWR ensured no one went hungry. Culinary offerings ranged from burgers to Swabian Maultaschen to deep-fried chocolate sandwich cookies and much more. A few watering holes, including a new and popular tropical-themed “beach” decorated with inflatable palm trees and beach chairs, served adult beverages.

“We’re raising money to give back into the community,” said Nicholas

Williams, a former Army physical therapist and operations Soldier who was busily taking orders for fried catfish and hush puppies. Williams had volunteered his time on the federal holiday between job seeking within the community. “All the money that we raise today will be used for school supplies for our ‘Back-to-School’ fund.”

Armed with two compressed air launchers, stress balls with corresponding prize numbers or T-shirts were very popular. Hundreds of participants gathered together in front of the stage to catch the harmless projectiles. FMWR did this twice over the afternoon.

The afternoon and evening’s entertainments were the outstanding local cover band “The Uniques” and

country singer Rodney Atkins, turning the field into a packed festival concert venue.

“Today is the culmination of a year’s worth of planning by our FMWR team to create a wonderful hometown feel in U.S. Army Garrison-Stuttgart,” said Heidi Malarchik, deputy to the garrison commander. “We started off today with a parade and we have prizes for the best floats, and our friends from the Schönaich town band led the parade, marching along with a wonderful rendition of the military medley, and then the Star Spangled Banner and the German national anthem. It started a whole afternoon of great fun.”

Those who couldn’t attend the celebration in person were able to watch live clips on the garrison’s Facebook page. More photos can be found on the garrison Flickr page.

“It’s more hometown fun than in Hometown, USA,” Malarchik said.

“It’s more
hometown fun
than in
Hometown, USA.”



Fairgoers enjoy a wide selection of games typically found at a county fair.



What would a county fair be without the ubiquitous high striker strength tester?

Don't confuse voting residence with home of record

Federal Voting Assistance Program
News release

FVAP encourages the use of the Federal Post Card Application (FPCA) to start the absentee voting process as it is standardized for use across all states and will extend your eligibility to receive a ballot for all federal elections for at least one calendar year. The FPCA acts as both a registration and absentee ballot request form. We encourage our military voters to submit a new FPCA every year and when they move.

Service voting assistance

Each service provides extensive voting assistance starting at the unit level. Assistance with any portion of the absentee voting process can be obtained by contacting your Installation Voter Assistance Office. Service specific voting information can be found on the websites listed below or by contacting your Service Voting Action Officer.

Service members may only have one voting residence at a time. Their voting residence should be within the state listed on their Leave and Earnings Statement which defines your state for withholding state taxes.

Don't confuse voting residence with home of record. Your home of record is the place you lived when you entered the military. It does not change while you are on active duty. Your voting residence may be the same as your home of record but needs to be updated if and when you decide to establish a new state of legal residence.

Your state of legal residence is not automatically changed when you are assigned to a new duty location.

It may be changed with your approval by submitting the appropriate paperwork to your finance officer. However, you should first consult legal counsel.

You have the option to establish residency or domicile each time you are transferred to a new location. Once

you change your residence or domicile, you may not revert to a previous residence without re-establishing a new physical presence according to residency laws of that State.

You can't vote in person at embassies, consulates or military installations. The online assistant at FVAP.gov or your Voting Assistance Officer can help you complete the necessary absentee voting forms found at FVAP.gov and provide additional information.

Military spouses and eligible family members may be covered under the same law that protects military members' absentee voting rights. This means if a military spouse or family member lives outside his/her voting jurisdiction, he/she can vote absentee in all federal elections. Whether changing states or moving to another country, FVAP.gov provides resources to help you send your vote home.

Please see related graphic on Page 8

60 Day Notice

August 2: Tennessee
August 4: Virgin Islands
August 7: Ohio 12th Congressional District Special General
August 7: Kansas, Michigan, Missouri, Washington
August 11: Hawaii
August 14: Connecticut, Minnesota, Vermont, Wisconsin
August 21: Alaska, Wyoming
August 25: Guam
August 28: Arizona, Florida, Oklahoma

September — 30 Day Notice

September 6: Delaware
September 11: New Hampshire
September 11: New York
September 12: Rhode Island

CARE

continued from p.1

Fair will be done with FMWR and Army Community Service flair. FMWR is thrilled about collaborating with its AAFES friends for the use of the facility and the area outside.

To date, the following groups/organizations received confirmation that they will be in attendance: NAF; CPAC HR; Housing; FMWR's Stuttgart Theatre Center, Outdoor Recreation, Arts & Crafts Center and Sports & Fitness; BOSS; Army Health Clinic, TRICARE and Stuttgart Army Wellness Center; EDIS/Child Safety Seat Program; ACS; Stuttgart Veterinary Clinic; Delta Sigma Theta Sorority; Army Substance Abuse Program; Stuttgart Ski Patrol; Patch Thrift Shop; MARFOREUR/AF Family Readiness Team; Stuttgart Piranhas Swim Team; University of Maryland; Embry Riddle Aeronautical University; Community Bank; VFW Post 10810; U.S. Youth Soccer-Stuttgart; American Red Cross; SHARP; VAT/UTAP; Stuttgart German American Wandering Club; Religious Support Office Jewish, LDS, Protestant and Catholic communities, Women's Ministry, and Mothers of Preschoolers; Knights of Columbus; AFRICOM Family Readiness Group; Safety Office; Patch Elementary School PTA; AAFES School Meal Program; EUCOM Family Readiness Group; Air Force Recruiting; Civil Air Patrol; Cub Scout Packs #44, #324, #113, and #154, and Boy Scout Troops #154, #324, #44, and #113; Stuttgart Girl Scouts; Soldier for Life-Transition Assistance Program; Women of Purpose; Armed Forces Communications &



Photo by John Reese, USAG Stuttgart Public affairs

The Girl Scouts of America Stuttgart troops sign on new members at the 2017 CARE Fair. The Scouts are one of the organizations that will be at this year's fair.

Electronics Association; USO; and Public Affairs.

In conjunction with the CARE Fair, FMWR will host its annual flea market outside of the Panzer Exchange, 10 a.m. to 2 p.m. The on-post flea markets offer a convenient opportunity for community members to sell a few things and make a bit of pocket change or to find items they don't have yet after moving here.

"These flea markets awesome," said Martha Povich, FMWR. "These have

been going on for more than ten years now."

This flea market is the last one

currently scheduled this year. The service fee for table/space (limit one per person) is \$10. Tables sell out fast, so people interested in grabbing a spot are encouraged to sign up early. Visit <https://stuttgart.armymwr.com/europe/stuttgart/programs/flea-markets>. Please, no commercial sale items.

Additionally on Sept. 8, there will be a NAF Warehouse Sale at Panzer Fitness Center, 9 a.m. -

2 p.m. Get amazing deals on a wide range of quality sporting, outdoor, electronic, office and household items. From fitness equipment, snowboards, TVs to alarm clocks, refrigerators, and much more. Make sure to get your deal on items you need or want. Cash, VISA and Mastercard only, please. Items sold as seen. No returns after purchase. Call 421-2603 or 0711-729-2603 for details.

(Editor's note: Jessica LaGassey-Simpson, ACS, and Joel Wasco, FMWR, contributed to this article.)

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DISA director meets with EUCOM, AFRICOM, conducts change of command

By Capt. Carlie Wilson
DISA Europe

The director of Defense Information Systems Agency and commander of the Joint Force Headquarters-Department of Defense Information Network, Vice Admiral Nancy A. Norton, visited Stuttgart, July 11-13, to meet with the forward commands DISA Europe and DISA Africa. She also met with multiple leaders from U.S. European Command and U.S. Africa Command, and presided over a DISA Europe change of command ceremony.

Norton received briefs focused on the efforts of DISA Europe and DISA Africa. The briefings provided the director with insights into where DISA is and how it can support the combatant commands. She met with the corresponding J3, J6 and chiefs of staff to discuss their challenges and unique mission requirements in the theaters, and their accomplishments using DISA support. The ensuing discussions highlighted the vital role DISA plays integrating and supporting the warfighter as a combat support agency. She lauded the relationship and trust between the agency field representatives and their supported combatant commands, and was keen to point out that DISA, as an agency, needs to assist in solving its problems and maintaining this type of support to its customers.

The director conducted a town hall with DISA Europe and DISA Africa, where she promoted information systems technician Jessica Riley to Petty Officer 1st Class. Norton also recognized multiple personnel with commander's coins and commended the field offices' workforce on their commitment and support to DISA and the combatant commands.

As the senior Navy information professional, Norton met with the Navy Information Warfare Community (IWC) personnel during another town hall session. She spoke of the direction of the



Vice Adm. Nancy A. Norton returns a salute as she arrives and passes through a corridor of Sailors ("sideboys" in Navy jargon) on Patch Barracks, July 13.

IWC, career paths and the vision of the community. She also briefed the status and health of the IWC workforce and the new challenges it faces in the Navy as well as the DoD.

On the final day of her visit, Norton presided over a change of command ceremony where Col. Joel S. Lindeman assumed command of DISA Europe from Col. Andrew S. McClelland on Patch Barracks' Washington Square, July 13.



Army Col. Joel S. Lindeman accepts the guidon from Air Force Chief Master Sgt. Anthony Otts, operations superintendent, DISA Europe, as he assumes command of DISA Europe from Col. Andrew S. McClelland, July 13.

Photo by Ron Wallace, DISA Europe



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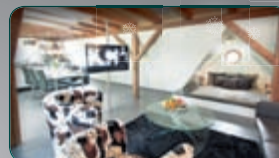
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The solar systems on Robinson Barracks' buildings 301 and 302 are oriented toward the south for ideal solar collection.

Construction and installation of solar panels for electricity generation under way on Robinson Barracks

Story and photos by Corinna Fritz
 Energy Manager
 USAG Stuttgart Directorate of Public Works

Solar panels are a means of cutting the garrisons electricity bills by producing electricity from sunlight.

The project is a collaboration between the USAG Stuttgart Directorate of Public Works-Engineering for photovoltaic, Bauamt, contractors, architects, engineering consultants for electric components, safety and health protection, DPW Housing, Safety Office, Installation Coordinator and the garrison fire department.

Unshaded, tilted surfaces facing south are the best available condition for solar power generation in Germany. Buildings with these characteristics were chosen for the implementation of the solar systems.

In order to harvest the sunlight efficiently, state of the art solar panels were chosen. They increase the amount of electricity that can be generated on the available roof area.

Construction has already started on RB buildings 154 and 155. Once the solar systems on these buildings are installed and connected, the workers will continue with the next two buildings.

A team of representatives from local authorities, construction companies, architects and safety officers meet every week in order to ensure that the project is executed according to plan. During those meetings the construction progress is discussed and upcoming issues are identified and solved. These meetings include discussions and site visits and ensure that the impact of the construction is reduced to a minimum and that the solar system are installed in a safely manner both for construction workers as well as for the residents.

Currently the roofs and attics are being prepared for the projects. This includes implementing new insulation and building new wooden walkways right below the ridge. The walkways will allow the maintenance staff to safely access

the equipment of the solar systems once they are installed. The first solar panels will be installed in early September and will begin reducing the garrison's electricity bill in October.

Solar power generation has a positive impact on the environment, as the electricity is produced without creating harmful emissions. For USAG Stuttgart, it is even more beneficial to install solar systems as it is good for our economy as the garrison does not have to pay taxes on the electricity that is both produced and consumed on base. Taxes are the biggest part of the German electricity price and therefore USAG Stuttgart can save money by reducing its electricity consumption from the utility grid.

Each of the systems in building 154–158 are expected to lower the garrisons' electricity bill by approximately 9000 USD each year.



A wooden walkway inside the attic of Bldg. 154 nears completion for installation and maintenance of electrical parts of the solar panel system.

USDA upholds soil-free standard for US-bound shipments

By Robert Szostek
USACA-E Public Affairs

Europe is home to many agricultural pests that are not found in the United States and soil is a natural hideout for them. Importation of soil into the United States from foreign sources is prohibited.

Personnel assigned to Europe

must ensure they clean anything that collects dirt before they send it stateside, whether as military cargo, mail, household goods or a privately-owned vehicle. The pests soil contains can cause great damage to the U.S. farming economy.

"You can unwittingly introduce invasive pests into the U.S.," said Julie Aliaga-Milos, U.S. Department



Photo by Yuri Hoyda / Shutterstock.com

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WHEN?
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STEP
2

FILL OUT AND SEND IN YOUR BALLOT WHEN IT ARRIVES

WHEN?
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Americans can vote. Wherever they are.

of Agriculture adviser at the U.S. European Command's Customs and Border Clearance Agency. "It only takes one bit of soil on your car, lawn furniture, bicycle, field gear or boot to introduce a serious quarantine pest into the country."

Military vehicles and equipment are especially prone to collecting dirt, mud or soil, she added, which is why they must be thoroughly washed, especially the undercarriage, before they can be shipped stateside. Removing soil could be very expensive at the port of entry, which is why it would be easier, cheaper and more effective to wash items contaminated by soil overseas before shipping.

"Soil is strictly controlled under USDA's quarantine regulations because it can readily provide a pathway for a variety of dangerous organisms that may have a great economic impact for agriculture and the environment in the United States," Aliaga-Milos explained. The Code of Federal Regulations 7 CFR 330.300 lists the federal authority for these conditions and safeguards.

That is why EUCOM has a border clearance program that inspects household goods, privately owned vehicles and military shipments destined for the U.S. to ensure they are free of soil. The Department of Defense works directly with USDA in the EUCOM and AFRICOM areas

to enforce this soil-free standard.

Soil is a mixture of organic and inorganic materials. It is the loose surface material of the earth and the major medium for plant growth. Some examples of soil or soil constituents are topsoil, forest litter, wood or plant compost, humus and earthworm castings.

This mixture can support biological activity and can therefore also contain numerous harmful animal and plant disease agents, plant pests and noxious weed seeds. These pests include bacteria, viruses, fungi, nematodes, and life stages of destructive mollusks and insects.

Materials free of organic matter such as pure sand, clay, talc, rocks, volcanic pumice, chalk, salt, iron ore and gravel, however, can be imported under permit. These materials must be mined or collected so they are free of organic material such as roots, grasses, plant debris or leaf litter.

Likewise, a thin film of road dust, sand or grime on a car is not a threat because it cannot support biological activity. However, dirt that has collected over time and contains organic materials is a threat and must be removed.

Call a military customs office to find out more about agricultural threats to the U.S. or visit www.eur.army.mil/opm/customs/uscustoms.htm.

August is Antiterrorism Awareness Month

USAG Stuttgart Protection Office

The Army conducts an annual Antiterrorism Awareness Month to increase terrorism awareness and vigilance across the Army. The focus areas for this year include; recognize and report suspicious activity, cyber security and awareness, school safety and awareness, tenant and community involvement, and AT risk assessments.

In a joint-service garrison such as Stuttgart, community members have the opportunity to impact the program in a big way. Service members, Department of Defense civilians, contractors, family members and retirees are the strongest advocates when it comes to keeping an eye out for suspicious activities and reporting them to the proper authorities. Vigilance helps ensure people and assets stay safe from terrorist attacks.

The same can also be said for cyber



security and awareness. Whether in the office or at home, ensuring cyber security allows for systems to remain active and available.

Awareness for keeping kids safe and secure in the school environment is another focus area during August. School students and faculty are reminded that it is imperative during any event to be aware of their surrounding area for potential threats that could target them as they enter or exit the school buildings. As witnessed many times, an active shooter

situation can occur without warning; everyone, including school visitors such as parents, should be familiar with the initial response to an active shooter: run, hide and, lastly, fight.

Engaging mission partners and Stuttgart military community members in security and awareness programs at all levels allows for

personnel and assets to be available when needed. It is through active participation in these programs that we become stronger in identifying terrorists threats and taking immediate actions.

A simple observation or report can lead to action that could stop a terrorist act.

Tips for cybersecurity

A few basic tips can make a huge difference:

- Never share your passwords
- Use a secure connection on your mobile phone to significantly enhance the security of your information
- Keep your devices updated with security software
- Don't shop or view sensitive information and financial data while on public Wi-Fi—wait until you're on a private network.

For more information and reference materials regarding Antiterrorism Awareness Month on the risks and prevention measures associated with the use of social media, iWatch suspicious activity reporting pocket guide, indicators to watch for and local reporting procedures, call the USAG Stuttgart Protection Office at 431-2031/2032 or visit the Army Antiterrorism Enterprise Portal at <https://army.deps.mil/ARMY/SITES/PMG/PROG/ATEP/DEFAULT.ASPX/> (CAC only)

Keep cool and protect yourself from heat-related illnesses

By Ashley Patoka

Regional Health Command-Europe

Last year, heat illnesses were responsible for more than 20 thousand lost or limited duty days. Heat-related illnesses, like heat exhaustion or heat stroke, result from the body not being able to properly cool itself.

This year, across the European Region, there have already been a few cases of heat-related injuries. Stay safe this summer with these tips from Public Health Command Europe.

PHCE recommends drinking enough water to replace what was lost through sweat.

"Your body may need water before you feel thirsty so don't wait," Col. Rodney Coldren, PHCE Chief of Preventive Medicine Services said. "Drink water throughout the day. Urine color, or lack of urine, can tell a person a lot about their level of hydration."

Lack of urination or dark-colored urine is an indication to drink more water. A good target is a quart an hour under most conditions.

In addition to drinking water, PHCE also recommends eating meals which will help replace lost salts.

It is also important to try and stay cool. Do this through wearing the appropriate clothing, choose lightweight, light-colored and loose-fitting clothing.

When scheduling outdoor events, try to limit them to when it will be the coolest — either in the morning or afternoon, PHCE recommends.

"If you are going to be outside, make sure to take regular breaks in the shade," Coldren said. "This will help the body recover from the heat."

Additionally, before heading outside,

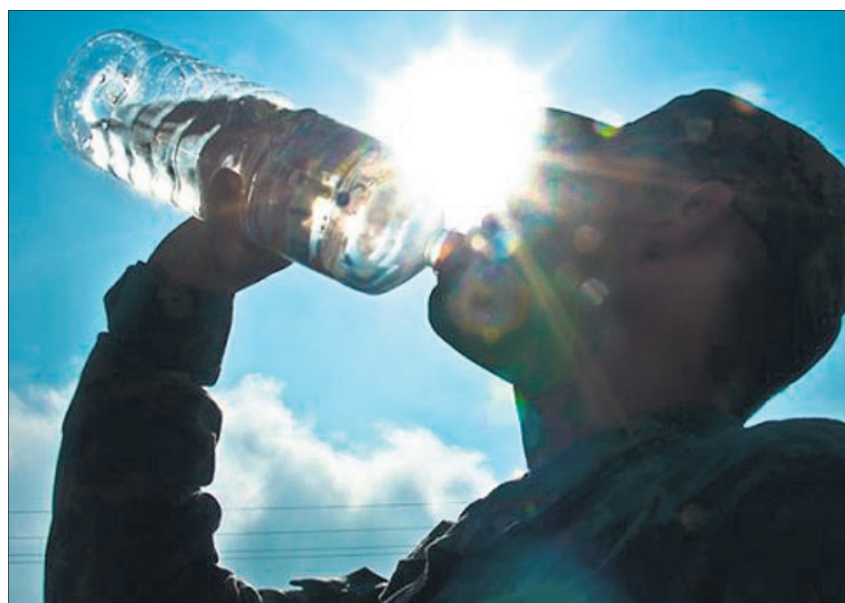


Photo by U.S. Army

Last year, heat illnesses were responsible for more than 20 thousand lost or limited duty days. Heat-related illnesses, like heat exhaustion or heat stroke, result from the body not being able to properly cool itself.

it is important to apply sunscreen.

Lt. Col. Layne Green, LPMC Chief of Dermatology, said that in order to ensure optimal protection, sunscreen should be reapplied, on average, about every 80 minutes and each person should use about a shot-glass worth each application.

Heat-related illnesses are preventable. PHCE recommends learning the signs of a heat-related illness and what to do.

According to the CDC, a person who is suffering from a heat stroke may have hot, red, dry or damp skin; a fast, strong pulse; headache; dizziness; confusion; or they may lose consciousness.

"If you suspect a heat stroke,

call emergency services right away," Coldren said. "While you wait for help, move the person to a cooler place and start trying to lower their body temperature with cool cloths or a cool bath."

Heat exhaustion is less severe, but has many of the same symptoms which can include heavy sweating, muscle cramps and tiredness or weakness. The CDC recommends moving to a cool place, loosening clothes, sipping water and placing cool cloths on your body if you experience these symptoms.

"With heat exhaustion, we recommend getting medical help right away if the person is vomiting, the symptoms are not improving or they last longer than an hour," Coldren said.

Also at risk for heat-related illnesses are pets. Maj. Justin DeVanna, Veterinary Medical Center Europe director, offered the following tips for pets:

1. Never leave a pet in a parked car, even with air conditioning on or windows opened or cracked.
2. If a pet is outside during hours of light, ensure they have shade to be out of direct sun and that they have fresh cool water at all times.
3. Remember, German or other host nation Laws for pets are often different than the typical laws in the U.S. and must be followed even on-post.
4. Any brachycephalic (pug faced animals, i.e.-pugs, French or America bulldogs) are at higher risk for heat related problems because they cannot dissipate heat as easily or efficiently when panting.
5. If you feel hot it's the same for your pet. For example, long walks or runs in the middle, hottest part of the day are the most dangerous times for heat related illness.

"If you think your pet overheated see a vet immediately. Heat illness can be up to fatal for human and pets alike," DeVanna added.

Heat safety

For more up-to-date tips on staying safe during the heat, visit the Regional Health Command-Europe Facebook page at www.facebook.com/RHCEurope/.

Patient safety in action: prescribing high reliability in pharmacies

DoD Patient Safety Program
News Release

One way to identify leading practices is through tracers. The tracer methodology is used to follow the experience of care, treatment or service for patients through an organization's entire health care delivery process. These tracers are the cornerstone for Joint Commission accreditation.

Health care staff from the five clinics that make up the U.S. Army Medical Department Activity Bavaria participate together in quarterly tracers led by the Joint Commission Coordinators team. The tracers almost always reveal a leading practice that can be shared and adopted by other clinics.

Good labeling practices, proper storing of temperature sensitive medication products, maintaining an up-to-date policy binder, and following safety protocols when administering an injection are just a handful of the items being assessed during pharmacy tracers at the clinics in southern Germany.

Capt. William Kirby, chief of pharmacy at the Grafenwoehr Army Health Clinic, was participating in a pharmacy tracer being conducted at the Hohenfels Army Health Clinic when he noticed the

clinic's well-organized immunization storage area. Adult and pediatric immunizations were separated and labels on the shelf identified when a vial had to be used before expiring.

"It's a perfect solution for vaccine storage in a medical area because it provides clear, color-coded details about the vaccine," Kirby said.

During the debrief at the end of the day, Kirby shared how impressed he was with the immunization storage practices. He learned the storage labels came from the Defense Health Agency Immunization Healthcare Branch and decided to adopt this leading practice at his pharmacy.

Other leading practices the immunization clinics in Bavaria have implemented to prevent patient harm include:

- Putting important information such as age indications, uses, and route right on the labels.
- Separating vaccines and medications that look and sound alike such as DTaP and Tdap.
- Placing red alert sticker on high risk medicine bins.

Kirby explains "visual cues make key information obvious to the person stocking the shelves and the person

administering the medicine. It's about making sure we're being safe every step of the way."

Maj. Victoria O'Shea, the pharmacy consultant with MEDDAC Bavaria and a medication management champion, is actively involved in the tracers to not only assess compliance, but keep an eye out for teachable moments.

O'Shea seeks opportunities for clinic staff to demonstrate how they carry out their day-to-day work. Through close observation, she finds teachable moments.

For example, at one clinic, she learned a staff member didn't know that Albuterol inhalers had to be primed. At another location she met a staff member who properly checked the EpiPen's expiration date, but didn't look to make sure the solution was clear and not discolored.

"The tracers are a way to make sure we observe how medication is handled throughout the facility and teach staff on the spot what they can do to improve," O'Shea said.

The sharing of leading practices during tracers is helping to standardize care around the region and help ensure high reliability.

Kirby believes the tracers are sustainable because the leadership

at the five clinics and headquarters at MEDDAC are committed and they've been going strong. It started with a very small team in 2012 and has grown into a robust program today with representatives from all areas and service lines.

"It's on everyone's calendar because everyone is invested to make them happen," Kirby says. "If you're tasked to do a tracer, that is your main duty for the day."



Patch Barracks Pharmacy

Did you know the Army Health Clinic Stuttgart was ranked for patient satisfaction above all other clinics in a Department of Defense Joint Outpatient Experience Survey for 2017? The clinic in Bldg. 2300, Patch Barracks, is home to the Stuttgart military community's pharmacy. The pharmacy is open Monday-Thursday, 7:30 a.m.-5 p.m., and Fridays 7:30 a.m.-noon. Patients may phone in prescription refills at 486-5601 or 06371-86-5601. All refills must be called in at least two business days prior to pick-up. You are allowed and encouraged to call in your refills up to 7-days prior to running out.

Visit <http://rhce.amedd.army.mil/Bavaria/index.cfm>.



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Newcomers to garrison brunch with Red Cross

Story and photos by John Reese
USAG Stuttgart Public Affairs

New members of the Stuttgart military community were invited by the American Red Cross—Stuttgart Station to a meet & greet brunch in the Panzer Chapel annex, July 19.

The homemade brunch menu was the same one would typically find at a restaurant: French toast, make-your-own-waffles, different kinds of quiche, sausages, orange juice, coffee and more. The complimentary spread was a good icebreaker for newcomers to meet garrison representatives.

"This is our community networking brunch. This is something that we do because the Red Cross supports all of the different types of types of folks living in the Stuttgart community," explained Nicola Brady, ARC-Stuttgart communications and public relations. "And not only military; we also support our DoD folks, civilian families and contractors, so we're here for all of them as long as they have post access. If you can get to our office, then we can support you."

Some of the representatives invited were the garrison's School Liaison Office, Education Center, Army Community Service and the Army Substance Abuse Program, Stuttgart Community Spouses' Club, MWR,

"We have a really good population of folks here who can talk about some of the attributes we have for the

Stuttgart community," Brady said.

Texans Spec. Isaac Burge, who recently transferred in from Fort Bragg to join the Special Operations Command-Europe, and his wife, Jamey, used the chance to speak with some of the different garrison agencies' representatives during the brunch.



"We just finished all of our in-processing, so this, technically, is our first spot outside of that," Jamey said.

She said she'd learned much about the garrison and different agencies, such as the Red Cross, from the garrison's new mobile app (available from the Google Play Store or iTunes).

"We have it. I actually downloaded it a month ago," Jamey said. "We used it before coming to Stuttgart."

The event was unrushed and low-key as people filtered in and filled their plates. Watch the garrison's Facebook page and The Stuttgart Citizen online for the next brunch opportunity.

"There's a lot of resources that are in the community that folks from our non-active duty population may not know they have access to," Brady said. "What we like to do is invite representatives from those organizations to give a little talk about what they can provide to both our active duty and DoD civilian population, what they can do for them. It gives them a chance to talk about some of their experiences, challenges and successes since PCSing here."



French toast, waffles, sausage and quiche were the main courses at the ARC's community networking brunch. This is one of two tables the ARC had ready for hungry seekers of knowledge.



Texans Spec. Isaac Burge and his wife, Jamey, sign in for the ARC meet & greet brunch in the Panzer Chapel annex.



Community members and representatives of USAG Stuttgart services mingle over coffee and waffles, July 19.

Garrison, emergency responders



By Bardia Khajenoori

USAG Stuttgart Public Affairs

A simulated release of chemicals on Kelley Barracks led to a major response by real-life emergency responders as U.S. Army Garrison Stuttgart held its annual full scale force protection exercise from June 20-21.

The exercise, known as "Stallion Shake," involved garrison emergency services working in close coordination with the equivalent host nation agencies. The scale of the event and subsequent need to involve non-garrison players is what makes Stallion Shake so unique, according to Robert Daul,

USAG Stuttgart Emergency Manager.

"During our planning process, our garrison works closely with our host nation partners to produce an exercise that is not only productive, but challenging for them as well," said Daul. "This year was more complicated in that we utilized all installations over a longer period of time, focusing not only on the after-effects of a response exercise, but also exercising our plans for recovery."

Volunteers played the roles of victims, receiving makeup to appear wounded and guidance on which symptoms to reflect. After being "exposed" to the chemicals inside the Kelley Club,

victims were rescued by hazardous material response teams from the City of Stuttgart's fire department.

However, instead of then being sent to local hospitals as victims normally would, the volunteers were shuttled to the Emergency Family Assistance Center (EFAC) on Panzer Kaserne for new roles as community members affected by the incident in non-medical ways. The EFAC, housed in Army Community Service, helped address issues such as finding missing family members and arranging emergency childcare.

Finally, after clearing the EFAC, the participants were moved to a makeshift shelter for displaced persons at the Panzer Fitness Center.

"Being able to participate in this exercise really helped my understanding of what would actually happen in an emergency," said Aidan Wright, a senior at Stuttgart High School and president of the American Red Cross Youth Club. "Everyone involved was incredibly patient and understanding, making sure that those affected felt comfortable."



1. Moulage makeup simulating chemical burns is applied to role players
2. Host nation and garrison emergency responders confer in the lobby of the Kelley Club shortly before the beginning of the exercise.
3. Garrison and host nation emergency responders arrive on scene.
4. A German firefighter secures the perimeter of the incident scene.
5. Emergency responders assess the situation and plan their strategy to rescue victims.
6. Clad in self-contained biochemical suits, firefighters enter the Kelley Club.
7. Maj. Gen. John L. Gronski, USAEUR deputy commanding general and senior ranking officer, and Col. Neal A. Corson, commander, USAG Stuttgart, observe the force protection exercise.
8. Simulated victims are recovered from the Kelley Club.
9. The scene: Activities continue outside on the streets of Kelley Barracks as the 554th MP Co. keeps the scene secure.
10. Emergency responders determine their next move: decontaminating the incident site.
11. After the simulated exposure to a chemical agent, firefighters undergo decontamination.
12. Role players acting as displaced persons receive instructions from Kerry Dauphinee, EFAC.

Background photo and photos 3, 6, 7,

8 and 11 by Larry Reilly

Photos 1, 2, 4, 5, 9, 10 by Carola

Meusel

Photo 12 by Bardia Khajenoori

s tested at 'Stallion Shake 2018'



NEWS BRIEFS

**Another frog-less month**

District road K1055, a.k.a. "Frog Road," is still closed for road work and will be until mid-September in both directions between exit Sindelfingen-Ost and the Böblingen district border. According to Landratsamt (County) Böblingen, a special concrete was required due to crossing pipes along the Frog Road. Traffic continues to be rerouted via Autobahn A81. Drivers are advised to give themselves additional time when traveling to and from Panzer Kaserne in Böblingen. Duty bus routes continue to be affected by the road closure. No comment from the frogs.

Join the CAP

Interested in aviation and

service to your country? The Civil Air Patrol-Stuttgart Flight looking for community members aged 12 and up to join them for cadet training, leadership training, learning about aerospace, academic scholarships and summer activities. An open house will be held at 6:30 p.m., Sept. 11, in the lower level of Bldg. 2900, Panzer Kaserne (Marine Forxes Europe building) Watch for additional details in the September Citizen. Call 0170 7027412 or visit www.gocivilairpatrol.com.

Post-movie munchies

You've just left the movie theater and the popcorn didn't fill you up. Solution? The Patch Community Club now offers late afternoon and evening food options such as burgers, chicken, appetizers and more. The days and hours of food service include: Thursdays 4-10 p.m., and Fridays and Saturdays from 4 p.m. to midnight. If you're looking for that midnight snack, head on over to the club.

Get Smart

Are you interested in dedicating your active duty career to conducting specialized intelligence operations? Are you interested in joining an elite program that provides you with the opportunity to

use your specialized skills in some of the most dynamic, challenging and mission-critical environments worldwide? Then attend a Great Skill Program Brief, July 27. The first brief is 11 a.m.-12:30 p.m., in the Normandy Conference Room, Bldg. 2303, Patch Barracks; the second is 2-3 p.m. in conference room 101, AFRICOM Bldg. 3308, Kelley Barracks (visitors require a Level-4 AFRICOM badge and ORB/ERB). Note: You must have proof of a secret clearance to attend (ORB, ERB, or unit letter).

Evacuation training

The Directorate of Emergency Services - Fire Department will hold the next evacuation coordinator training at 1:30 p.m., Aug. 16, in the "Firehouse" (Bldg. # 3180 (Waldburgstraße 104, 71032 Böblingen, near Panzer Kaserne). These classes are mandatory in accordance with AR 420-1. Classes are held the last Thursday of every month. Please pre-register. Call 431-3830 or 431-3857.

Bowl with EFMP

Participants in the garrison's Exceptional Family Member Program can enjoy a special bowling night, 5:30 - 7:30 p.m., at the Galaxy Bowling and Entertainment

Center, Panzer Kaserne, Aug. 16. Call 431-3362 or 07031-15-3362.

Be a BOSS

The Stuttgart military community's Better Opportunities for Single Servicemembers meets at 11:45 a.m. - 12:45 p.m. on the first (Patch Arts & Crafts Center) and third (HHC USAG Stuttgart on Panzer Kaserne, next to the Panzer Commissary) Wednesdays of the month. Check with your unit BOSS representative or call 430-4061 or 431-2083 for details.

Splat!

Bring a team or come alone to play paintball. Participate in 5 vs 5 competition, team deathmatch, capture the flag or other challenging games. First 10 people to sign up 7 days prior get the first bag of paint for free. Cost of \$30 per person includes marker and mask rental, field fee and 500 paintballs (\$15 field fee if you bring your own equipment or \$15 ASAP/SWPC price). The next dates are Aug. 11 and 25, 8:30 a.m. - 4 p.m. Call Outdoor Recreation at 431-2774 or 07031-15-2774.

New to the garrison?

Central Processing now has a new CAC-only link for unit/

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command sponsors to register incoming personnel. To use the system, the sponsor must login through the garrison SharePoint using a CAC. For information on becoming a sponsor or sponsor training for service members or spouses, call 431-3362 or 07031-15-3362.

SCSC open house

Join the Stuttgart Community Spouses' Club for an open house welcome social at the Patch Community Club, Aug. 21, 5:30-8 p.m. Complimentary light hors d'oeuvres and beverages will be served, and raffle tickets will be available for purchase. The SCSC offers friendships, socials, community involvement, special interest groups, traveling and volunteerism.

No need to RSVP. Also, the SCSC 2018-19 membership is open. Become a part of monthly socials, get travel and volunteer opportunities, share camaraderie and get involved in the community, plus members get 20 percent off SCSC Thrift Shop purchases on Thursdays. Visit <https://stuttgartspousesclub.org/>.

Volunteers needed for retirees

Volunteers are needed to run the Retiree Services Office and to be on the retiree council. Call 431-2010 or 07031-15-2010.

Online appointments

Community members can now schedule appointments online for vehicle registration or inspection, the hospital tour and host nation orientation tour, with more services to be added in the near future. A CAC isn't necessary to access it. Users may also access the site through the "Appointments" section

of the USAG Stuttgart mobile app. Once customers have selected their appointments, the scheduling site allows them the option to create an account that will help them track multiple appointments. Customers will receive immediate email notifications to confirm appointments upon booking with additional details about the appointment, as well as the option to cancel or reschedule up to 24 hours in advance. Visit www.stuttgartcitizen.com or use the app.

About that app ...

Get the Garrison Mobile App, an informational mobile app including one-touch emergency contacts, quick appointment links, the bus schedule, things to do and more. Download the app in Google Play or iTunes, search "USAG Stuttgart."

Ride alive

The garrison offers two more Motorcycle Safety Foundation courses this year. The training provides active duty personnel with required motorcycle safety courses. Sept. 6 is an intermediate classroom block of instruction on Panzer Kaserne; Sept. 27 is the Experienced Rider Course at Stuttgart Army Airfield. Soldiers may register online via U.S. Army Traffic Safety Training Program Registration System at: <https://imc.army.mil/airs/Home.aspx> (registration requires a CAC.) All other service members should contact the USAG Stuttgart Safety Office at 430-5472. Civilians wishing training should contact a Rider Mentor Coach at 431-2198 or 07031-15-2198, or 430-2226 or 0711-680-2226. Additional information may be found at www.imcom-europe.

army.mil and on the U.S. Army Garrison Stuttgart SharePoint portal, Installation Safety Office.

"Heigh-ho! Come to the fair"

Mark your calendars and save the dates for two important events in September. FMWR will host the annual C.A.R.E Fair on Sept. This garrison information expo will be held at the Exchange on Panzer Kaserne, 10 a.m.-2 p.m. At the same time, enjoy the community flea market and MWR Excess Property Sale at the Panzer Fitness Center.

Enjoy a cup of GAWC coffee

Sip a welcome coffee with the German-American Women's Club, 10 a.m. to 1 p.m., Sept. 20. The GAWC will celebrate 50 years of Pfennig Bazaar Fashion at the Swabian Special Events Center, Patch Barracks.


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Ask a JAG: Hiring your own attorney

By Capt. Matthew N. Karchaske
Judge Advocate, U.S. Army
Chief of Client Services at the
Stuttgart Legal Center

Q: I went to Legal Assistance last week, and they told me they can't help me! They said my problem is "outside the scope," and told me to hire an attorney on the economy. Can they do that?

A: Yes. Yes we can. For a number of reasons, Army Regulations create limits on the type of representation we can provide - and on the types of cases we can assist with. Usually, this is due to the complexity (and time required) or the need for in-court representation.

But don't worry, we have a few tips to help you make the best of a bad situation.

First, any attorney you hire works for you. Interview the person-interview a few. Make sure both you and the attorney understand what you expect out of the arrangement. Don't feel

pressured into hiring someone you don't trust to do the job. And when you've learned not to trust them the hard way, don't feel as though you need to continue to retain their services.

Speaking of trust, lawyers, like most people (only worse) ... require a degree of supervision. The same cleverness and tenacity that make us such an asset in your conflict can turn around and bite you if you aren't paying attention. Thus, before hiring an attorney, search their name on the internet, and check with their state licensing agency for a history of complaints or disciplinary action.

"Trust but verify?" asks John Matlock, senior U.S. Civilian Legal Assistance Attorney on Kelley Barracks. "More like, verify-a lot-and then maybe think about trusting."

Matlock says that transparency between attorney and client is key to the relationship, even if you have to force a little of that transparency.

If you have additional questions about whether you're hiring the right attorney for your needs, contact the Legal Assistance Office on Kelley Barracks at 421-4152 or 0711-7294152.



Stuttgart Tax Center closes after busy season

By John Reese
USAG Stuttgart Public Affairs

Of the two certainties in life, one of them at Kelley Barracks is done for the year as the Stuttgart Tax Center has closed after helping the military community file its 2017 taxes.

The Tax Center processed 613 federal returns and 259 state returns for a total of 872 returns. Those taxpayers saved \$138,592 in filing fees.

"Tax payers obtained \$1,256,506 in federal return refunds and \$188,168 in state return refunds," said Capt. Victoria J. Bell, trial counsel, Stuttgart Law Center, and officer-in-charge of the 2018 Tax Center.

The tax season wasn't without challenges. Due to construction around the Stuttgart Law Center, where tax filings normally would've been processed, the Tax Center was established in the Kelley Club before the season began. There were occasional internet issues that hit on both filing deadlines (the usual April deadline and the June late deadline for overseas Americans), including a crash of the IRS website in April.

The Tax Center team wasn't finished on the official 2018 tax deadline, which was April 18; a total of 97 filers took advantage of the overseas extension of June 15, with nine of them filing between June 16-29.

The tax center is only successful because of the amazing support of the garrison community, Bell added, noting that without volunteers and borrowed military manpower,

the tax center couldn't function.

"We appreciated everyone's patience," Bell said.

"I could not have run the tax center without my amazing team. They constantly exceeded expectations and went above and beyond to assist taxpayers," Bell said. "They are the reason for the success of the tax center. All of them received numerous positive ICE comments which reflected the professionalism and passion they demonstrated, each and every day."

The \$1.2 million tax team for the 2018 Tax Center

- Capt. Victoria J. Bell, officer-in-charge
- Sgt. Lindsey Gruber, noncommissioned officer in charge
- Spec. Ally Hendley
- Spec. Mark Brown
- Spec. Matthew Nasceif
- Pfc. Olivia Hyles
- Maureen Romero, volunteer
- Mary-Kate Peter, civilian hire

The 2019 Tax Center for the 2018 tax filing season will open in February, 2019, and will be located back at the Stuttgart Legal Center, Bldg. 3312, Kelley Barracks.

For any questions or concerns, please call the Legal Assistance Office at 421-4152.

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Autobahns suffering ‘blow-ups’ in current heat wave

USAG Stuttgart Public Affairs

The autobahns are well-known for sections without a speed limit, leading many drivers to put the pedal to the metal. However, the U.S. Army-Europe Safety Office advises that the current heat wave in most parts of Germany, with temperatures rising to more than 30 degrees Celsius (86 degrees Fahrenheit), has caused some sections of the German autobahns to crack apart. This phenomenon known as “blow-ups.”

Blow-ups are caused when concrete slabs don’t have enough room to expand in the heat. The slabs then push against each other, causing them to crack apart. Concrete motorways are most at risk if there is already some damage. This is especially true for older sections of the highways and roads.

Protecting yourself from blow-ups is difficult. The road bursts very quickly into blow-ups, leaving motorists without warning. The result can be an accident when the vehicle, especially if traveling at high speed, encounters a surprise break in the road.

According to the German Automobile Club ADAC, when motorists do encounter a blow-up, they



Photo by Mike Richter / Shutterstock.com

should drive more slowly on damaged sections of the road, strictly adhere to the speed limits and

increase the distance from vehicles in front of them. ADAC has also warned motorcyclists in particular

to avoid damaged motorways altogether—blow-ups pose the highest risks to motorcyclists.

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How ready and resilient is your teen?

School Liaison Office
Photos by Joe Holder,
School Liaison Officer USAG Stuttgart

Stuttgart military community teens recently had the opportunity to experience real life resilience from three master resilience trainers through the USAG Stuttgart's Child and Youth Services, the Patch Youth Center and the School Liaison Office.

Through a generous Teen Resilience Kickstart grant from Installation Management Command's G9 (financial management), Mike Sampson, director, Youth Center, along with school liaison officers Brian Pappas and Joe Holder, took 19 teens and three staff members to the Fun Forest Ropes Course in Kandel, a town near the French border in the Gemmersheim district of Rhineland-Palatine. The experience taught teens how building confidence in themselves, their connection with others, control over themselves and their way forward can help them to survive and thrive in everyday situations.

"Stuttgart CYS has kick-started its R2 program," Holder said.

Teens learn best through adult modeling, experiential learning opportunities and peer interaction. The ropes course provided the perfect learning environment for them to learn the ready and resilient skills of Real Time Resilience (RTR), energy management and "Hunting the Good Stuff."

Through RTR, they considered possible counterproductive thoughts to the many tasks involved with a ropes course and created new thoughts that would "fight back" during their upcoming tasks-at-hand, such as climbing a ladder, first stepping onto a rope, attaching to a zipline and more. The real benefit came when they had the chance to



Before starting an obstacle, Malae Tia hooks her safety harness to the ropes.



Dora Issad, left, mentally prepares herself to drive off the edge as she steps into a roped pedal car with support from Alexandra Souter.

practice this skill in action, experiencing each task and "fighting back" with thoughts that helped them successfully conquer the course.

Energy management skills, primarily deliberate breathing, allowed teens to slow themselves down, decrease anxiety and gain control as they maneuvered from tree to tree.

After one teen said "I can't do this," she took some deep breaths and was able to slowly and deliberately take her first step before continuing across the rope. This scene was repeated as many youth got stuck and then used deliberate breathing to regain focus and continue.

"Hunting the Good Stuff," or finding the value in the good things that occur throughout the day, helped the students to become aware of the big and small moments every day, as well as the people who matter to them. This focus on the positive helped them notice their own personal accomplishments; it's also how they contributed to the well-being of their peers.

The teens expressed how the resilience skills helped build confidence, connection, and control. They conquered fears and conquered scary obstacles while helping each other, ending up feeling stronger physically and mentally. In the process, they made new friends.

Learning ready and resilient skills in a real-life situation provided teens an understanding of how resilience plays a role in their ability to complete the ropes course. They also learned that these skills can be

applied to everyday situations, such as presenting in front of a class, having a difficult conversation, or playing a sport or instrument.

"CYS will facilitate a ready and resilient family outreach activity in the near future for registered teens and their parents," Pappas said.

"How ready and resilient are you?" Holder asks.

For more information regarding the ready and resilient program and future outreach activities, visit the Patch Youth Center, Bldg. 2337, or call 430-7204 or 0711-680-7204. Alternately, visit the School Liaison Office in Bldg. 2347, Patch Barracks, or call 430-7465 or 0711-680-7465.



Walk the plank! John Dunn cautiously crosses a planked rope bridge.



Like a circus tightrope walker, Robert Ostrander takes his first step onto the rope.



Contact information

Mailing address:

Unit 30401, APO AE 09107

Telephone:

DSN: 430-7191

CIV: 0711-680-7191

Website: www.dodea.edu/PatchMS/

Courtesy Photo

Conquering Patch Middle School

By Anne-Marie Harcrow

USAG Stuttgart Family Advocacy Program

Entering middle school can be a daunting transition for some students. Anxiety about getting lost, bullied by older students, remembering locker combinations, even being able to navigate a combination lock, can create uncertainty among incoming 6th graders.

Middle school is a time of transition; peer groups are changing, a greater need for independence emerges, and biological

and emotional changes are taking place. The adjustment from having one main teacher to multiple teachers can be overwhelming. For some children, the feeling of losing a trusted adult at school can seem unnerving.

To help ease the transition for the 2018-2019 school year's incoming 6th graders at Patch Middle School, the Army Community Service Family Advocacy Program is hosting "Conquering Middle School," at Bowman Field, Patch Barracks, 3-6 p.m. Aug. 24. The event is designed to ease the transition to middle

school through interactive activities and breakout sessions. Incoming 6th graders will have an opportunity to have their burning middle school questions answered by enthusiastic 7th and 8th graders. All grade levels will participate in team building activities such as tug-of-wars, an obstacle course with combination locks, relay races and more. Participants are asked to register for the event by Aug. 17. Enthusiastic 7th and 8th graders are encouraged to volunteer.

For parents of school aged children, the Family Advocacy Program

is also offering a "Parenting for Academic Success" class, 9-11 a.m., Sept. 4. This class offers positive discipline techniques and tips for supporting children through a successful school year, while providing an opportunity to meet and share experiences with other parents. Seats are limited and registration is required by Aug. 31 for this event.

Participants, and to volunteer for additional information and training meetings, can sign up for one or both events by calling ACS at 431-3362/3518 or 07031-15-3362/3518.

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Local DoDEA school educators selected for presidential awards for excellence in math and science teaching

DoDEA Europe Public Affairs
News Release

Two Department of Defense Education Activity teachers in the Stuttgart military community, one at Robinson Barracks Elementary School and the other at Patch Middle School, will be honored with presidential awards for their excellence in teaching or mentoring in science, technology, engineering and mathematics (STEM).



Dr. Angelica Jordan

Dr. Angelica Jordan, RBES, (mathematics) and Lee Dodd, Patch Middle School (science) were among the more than 140 individuals and organizations announced by the

White House Office of Science and Technology Policy (OSTP) with the National Science Foundation (NSF).

Jordan has been a teacher for the DoDEA for 14 of her 23 years in education. Currently, she is an instructional systems specialist for world languages and English as a Second Language for the Europe South District office. Prior to this professional development role, she taught military children for five years as the math specialist at RBES.

Throughout her career, Jordan has taught elementary Spanish immersion, Spanish, and mathematics. In 2011, she was honored as the DoDEA Teacher of the Year.



Lee Dodd

Dodd is going into his third year teaching sixth grade science at Patch MS.

He has 14 years of teaching experience, 10 of them within the DoDEA. He previously taught grades six through eight at Mannheim Middle School and Robinson Barracks Elementary Middle School.

He was recognized as the 2016 Bavaria DoDEA District Teacher of the Year, and was Science Department Chair and Grade Level Chair at his current and previous schools.

"On behalf of the White House I am honored to express the nation's gratitude for the tireless dedication that these men and women bring to educating the next generation of scientists, engineers, and mathematicians," said Michael Kratsios, deputy



Photo by John Reese, USAG Stuttgart Public Affairs.

The "CyberPatriots" of the Patch Middle School Girl's STEM Club practice reverse computer hacking, Dec. 9.

assistant to the President for technology policy, addressing the awardees. "Each day, more and more jobs require a strong foundation in STEM education, so the work that you do as teachers and mentors helps ensure that all students can have access to limitless opportunities and the brightest of futures."

Awardees represent schools in all 50 U.S. states, DoDEA schools, and schools in the U.S. territories American Samoa, Guam, the Commonwealth of the Northern Mariana Islands and the U.S. Virgin Islands.

During a visit to the nation's capital, award recipients will each receive a presidential citation at an awards ceremony and participate in discussions on STEM and STEM education priorities led by OSTP and NSF. Recipients will also receive \$10,000 from NSF, which manages the Presidential Awards for Excellence

in Mathematics and Teaching (PAEMST), and Science, Mathematics and Engineering Mentoring (PAESMEM) programs on behalf of the White House. Established in 1983, PAEMST is the highest award kindergarten through 12th grade mathematics and science (including computer science) teachers can receive from the U.S. government. The award alternates years between kindergarten through sixth grade and seventh-12th grade teachers. This year, on the award's 35th anniversary, kindergarten through sixth grade teachers will be honored. Nominees complete a rigorous application process that requires them to demonstrate their excellence in content knowledge and ability to adapt to a broad range of learners and teaching environments. A panel of distinguished mathematicians, scientists and educators at the state

and national levels assess the applications before recommending nominees to OSTP. Teachers are selected based on their distinction in the classroom and dedication to improving STEM education. For complete information on the program and awardee profiles, visit: <https://www.paemst.org/home/view>.

DoDEA plans, directs, coordinates and manages pre-kindergarten through 12th grade education programs for school-age children of Department of Defense personnel who would otherwise not have access to high-quality public education. DoDEA schools are located in Europe, the Pacific, Western Asia, the Middle East, Cuba, the United States, Guam, and Puerto Rico. DoDEA also provides support and resources to Local Educational Agencies throughout the United States that serve children of military families.

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Sunrise tree backdrop by Larry Reilly, USAG Stuttgart Public Affairs

Chapel community offers ministries to women

By Charlette McInnis, PWOC
and Suzanna Hinzman, CWOC
Boards of Directors

Protestant Women of the Chapel (PWOC) and Catholic Women of the Chapel (CWOC) are organizations where women can seek God and connect with each other through Bible study, prayer, and fellowship.

The PWOC aims are to lead women to Christ, teach God's word, develop women in their spiritual gifts, and involve them in chapel ministries. Both groups seek to encourage spiritual growth and develop friendships that will add to the richness of our military community.

"Small groups are vital in reaching

our community and providing spiritual support to our families. CWOC and PWOC are unique ministries of women helping women" said Ch. (Col.) James Boulware, garrison chaplain. "I encourage the women of our Stuttgart community to try out one of these groups. Whether you're married, single, mother or an empty nester; there's something for everyone."

In addition to Bible studies, faith-based organizations offer women a venue for meeting others. "PWOC was a great way to begin immersing myself in the Stuttgart community," said Susette Dasilva-Mathias. "I've made great connections with other women. It's just a fun time to be had with others and fellowship. I look forward to

our weekly meetings."

This fall, PWOC Bible studies are

being offered on all four Stuttgart residential communities, including a lunchtime study on Kelley Barracks and evening studies on Patch and Robinson Barracks. The community is invited to the fall kickoff in the Panzer Chapel, 9-11:30 a.m., Sept. 4 (childcare provided). For full schedule details and current events, please contact by email at StuttgartPWOC@gmail.com or visit the Facebook page: PWOC Stuttgart.

The CWOC is gearing up for a year of fun-filled Jesus experiences. To kickoff the fall, it will have a welcome tea in the Patch Chapel Annex, 9-11:30 a.m., Sept. 11 (childcare provided). The fall Bible study will be "Courageous Love: A Bible Study on Holiness for Women" by Stacy Mitch. The winter Bible study will focus on the Eucharist by Dr. Brant Petri and the spring Bible study is called "Conversion" by Bishop Robert Barron.

Every first Tuesday of the month, the CWOC will offer a topic-based mini-retreat designed for those who have less flexible schedules.

For more information, or questions, find the CWOC Stuttgart on Facebook or email cwocstuttgart@gmail.com. Even if you cannot attend every Tuesday, you are always welcome. We invite you to join us in learning about holiness, the Eucharist, and other great topics!

(Editor's note: The USAG Stuttgart Religious Services Office includes support for Jewish, Muslim and other faiths, and many other organizations, such as Mothers of Preschoolers. Other faiths and groups can be highlighted in future. Representatives of other faiths and organizations are encouraged to submit articles, including high resolution photos, to the RSO for inclusion in the Citizen.)

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Welcome Mass and picnic

The 2018 Catholic Community Welcome Mass and Picnic takes place Sunday, Aug. 26, in the Patch Barracks Fitness Center. It will begin with a 10:30 a.m. Mass. This is the only Mass for the USAG Stuttgart military community on Aug. 26; there will be no other Mass at 9 a.m., noon or 5 p.m.) The Mass will be followed by the picnic. Hamburgers, hot dogs, chicken, soft drinks and water will be provided. If you would like to bring something to share, please consider a salad, side dish or a dessert.



Runners spring forward at the start of the 11th Run to Remember, July 14.

Fallen honored through annual 'Run to Remember'

Story by Bardia Khajenoori

Photos by Jason Johnston

USAG Stuttgart Public Affairs

Holly Soule never knew Army Staff Sgt. Christopher Cummings, but on a brisk Saturday morning, she put on his dog tags and ran five kilometers to help keep his memory alive.

Soule was a participant in the annual "Run to Remember," held annually by Stuttgart Family and Morale, Welfare and Recreation in conjunction with the 1st Battalion, 10th Special Forces Group (Airborne), July 14.

"It's the first military run I've ever done; I had no idea the opening would be as emotional as it was," Soule said, referring to a ceremony in which Garrison Ch. (Col.) James Boulware read the names of fallen service members submitted by participants, followed by the playing of taps.

This year marked the 11th edition of the event, which is dedicated primarily to fallen service members from the post-9/11 era.

"It's our biggest race of the year, and at 13.1 miles, the half-marathon is our longest," said Felicia Hanes, fitness coordinator, Stuttgart MWR and race director for the Run to Remember.

With more than 350 racers split between the half marathon and a 5K, it is also a large undertaking that manages to provide fun for the entire family without losing focus on its reason for being.

Many runners saluted a battlefield cross, an upright rifle, helmet and combat boots, after making it over the finish line. Some knelt in reverence and quiet contemplation as they placed

the dog tags of a close or distant battle buddy onto the memorial. The gesture was a somber reflection juxtaposed against the festive atmosphere of party music and bells encouraging those reaching the final stretch.

The event's theme was not far from the minds of the participants, whatever their reason for running.

"I just pictured all the people who came through here on duty and had to deploy downrange and train on those same trails," said John Scudder, a Defense Information Systems Agency-Europe contractor who won a closely-fought half-marathon with a time of 1:09:37.5. While the 23-time marathon competitor used the race as a warm-up for the upcoming Berlin Marathon, it was still an emotional occasion. "I



A German shepherd lopes along with his human, one of several dogs making the run.

had a lot more passion today, running with my fellow Americans in honor of our heroes," he said.

Scudder has spent years in the community and previously won the race, but the first-placed female runner in

the 13.1 mile race—who, coincidentally, also has run 23 marathons—was just getting her feet wet locally. "

"I've been here for three weeks," said Erin Almand, a new arrival from the Air Force (1:26:19.1), who unexpectedly heard several familiar names during the memorial section of the opening ceremony.

"I'm always proud to be part of events like this," Almand said. "I'm glad I came out to support."

Mandy Schaeffer, the first-placed female runner in the 5K (21:11:04), is



A bugler sounds taps in dedication to fallen service members from the post-9/11 era.

an even more recent arrival.

"I'm here on a six month temporary duty assignment, and I actually ran the same type of race two weeks ago at my permanent duty station in Indiana," Schaeffer said. "It was a tough course with the hills, but it was great."

Several youth participants performed strongly and offered a glimpse at what might be a promising future for the Stuttgart High School athletic program, with rising freshman Landon McMinimy finishing first overall in the 5K with a time of 18:14:02. McMinimy also placed first overall at the five-mile Cobblestone Classic held in June.

Meanwhile, 15-year-old Hendrix Diaz-Veale (1:31:38.3), running his second half-marathon at the Run to Remember in three years, was one of the first to finish despite being the youngest participant.

"I wanted to improve my time, but also my form, speed and endurance," Diaz-Veale said after the race. "I did that today, and I'm pretty happy."

The next MWR-sponsored run at USAG Stuttgart is the "Dirndl Dash 5K," coming in September.



Participants pay their respects at a "battlefield cross," part of the memorial to remember the fallen.



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