

A letter from the editor

Big news at the Stuttgart Citizen!

On March 1, this magazine you're either holding in your hand with your cup of coffee or reading digitally online won Army Materiel Command's best printed publication in its annual David G. Harris Communication Awards. This magazine not only bested publications from Army garrisons from Europe to South Korea, but those from the other nine major subordinate commands across AMC. It's this publication's first award since 2007, and while there is no longer an Army level award for publications, we're confident the Citizen would still find its way to the top.

It's almost cliché to say that the people behind the Citizen are what make it award, but we truly believe the "who" (using journalism parlance) is what separates this publication from all others. The masthead is filled with some of the Army's best public affairs practitioners, tireless volunteers and crack graphic designers. But the "who" is not only what drives this publication, it's what drives our stories. Instead of talking about the events that happen across USAG Stuttgart, we're proud to write about the colorful cast of characters in our community that drive those events.

And don't worry — we're not letting the award get to our heads. in this edition of the Citizen, we're doubling down with our commitment to focus on the personal...and in the case of our story about finding love in Germany, the very personal.

We bet that when you first got orders to Germany, you thought you might find

your soulmate in Paris, Venice or Prague, but it actually turns out that the evergrey Teutonic skies of Germany is what makes hearts melt — or at least forces them into the beer tent where they have no choice but to meet. Germany does have the largest population in Western Europe...

While you're finding love in Europe, Robinson Barracks are enamored with the return of the sheep. Yes that's right, the return of the sheep. Every year since 1978 a flock of sheep has come to our grassy base to the north of Stuttgart, where they act as eco-friendly groundskeepers. Find out how this all came about, and the lasting impact our fluffy friends have made on the community — German and American.

Also inside you'll find a reenactment of one the Chaplain Corps' most defining moments, the history of Stuttgart Army Airfield, and of course a selection of books at the Patch Library, the Big Question and more.

Unfortunately, we do have bit of bittersweet news, we're losing a member of our command information team that we've privately dubbed the 'dream team.' As our very own Paul Hughes, the former 'voice of Wiesbaden,' current host of the Garrison Takeover at AFN Stuttgart and feature writer extraordinaire, will soon become the 'voice of Europe' as he heads to Sembach this May to revitalize AFN Europe and make it the best radio station on the continent.

Finally one last shout out to all the folks that make this magazine tick. Thank you John, Paul, Bardia, Rachele, Geli, Geoff, Bill, Alex, Marina, Jenny. We're glad we write here!







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U.S. Army Materiel Command 2021 David G. Harris Public Affairs Competition



Stuttgart Military Community youth had their first chance to shine on stage since the start of the COVID-19 pandemic with "Xanadu JR.," performed in February 2022. The show, which featured 25 performers ages 8 to 18, was directed by Sqt. John Strack and choreographed by Autumn Mann. Photo by Marcus Fichtl

Cover photo by Bardia Khajenoori







Citizen



Official website: home.army.mil/stuttgart Official community news: www.StuttgartCitizen.com











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The Big Question: If you could have lunch with someone from history, who would it be?

At the Patch library

By Geoff Morris

Images courtesy of the US Army MWR Libraries Descriptions courtesy of Goodreads and IMDB

With summer approaching fast, it is high time to start planning some trips! And where better to go than your own local library at Patch Barracks? Looking to try out an audiobook with a collection of Magic Tree House books for the kids, or maybe catch blockbusters past and present with Jaws, or maybe planning a trip

soon? There's a book for every major city in Europe! Check out these books, movies, audiobooks, and more all available with up to 10 items at a time per ID holder.

DK Eyewitness Prague Mini Map and Guide

A travel guide, including expert advice and ideas for the best things to see and do in Prague — perfect for a day trip or a short break.

Whether you want wander through medieval lanes, cross bewitching Charles Bridge at dawn, or sam-



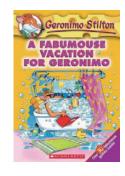
ple superlative beer in one of the city's many characterful pubs — this great-value, concise travel guide will ensure you don't miss a thing.

Inside Mini Map and Guide Prague:

- Colour-coded area guide makes it easy to find information quickly and plan your dayIllustrations show the inside of some of Prague's most iconic buildings
- Colour photographs of Prague's museums, architecture, shops, cathedrals and more
- Essential travel tips including our expert choices of where to eat, drink and shop, plus useful transport, currency and health information and a phrase book
- Chapters covering Staré Mesto; Josefov and Northern Staré Mesto; Prague Castle and Hradcany; Malá Strana; Nové Mesto; Beyond the Centre

A Fabumouse Vacation for Geronimo

Enter the world of Geronimo Stilton, where another funny adventure is always right around the corner. Each book is a fast-paced adventure with lively art and a unique format kids 7-10 will love. Sometimes a busy businessmouse like me needs a nice, relaxing vacation. But of



all the rotten rats' luck - every time I tried to get away, disaster struck. My aunt Dizzy Fur's mouse hole caught on fire, my office was flooded, and our printing press broke down! When I was finally ready to depart, all the good trips were booked up. I was

stuck in a flea-ridden old hotel, sharing a room with a bunch of Gerbil Scouts! I couldn't wait to get back to my comfy home in New Mouse City...

Murder on the Orient Express

Didn't get the chance to catch the show at our very own Stuttgart Theater Center? In 1934, famous Belgian detective Hercule Poirot solves a theft at the Church of the Holy Sepulchre in Jerusalem. The obsessive-compulsive sleuth, who seeks balance in life, and con-



siders his case-solving ability to see a lie amidst truth to be a curse, wants to rest in Istanbul, but must return to London for another case. His friend Bouc, nephew of the director of the Simplon-route Orient Express service, arranges a bunk for him aboard the train. Unscrupulous businessman Edward Ratchett offers to hire Poirot as his bodyguard during the three-day journey, having received threatening letters from an unknown party, but Poirot refuses. That night, Poirot hears strange noises coming from Ratchett's compartment, and later sees someone in a red kimono running down the hallway. An avalanche derails the train's engine, stranding the passengers.

Endless Summer: 52 Sunny Destinations Around the World

illustrated, An month-by-month guide to the most interesting, sun-lit, warm weather, destinations in the world Includes insider local travel tips and recommendations A great gift for wanderlust travelers Summer, sand and



sunshine — walking barefoot, the sound of the sea, a cloudless sky, a happy ambience, and feelgood temperatures. If only it could last forever! Nothing's easier: our planet offers sunny destinations that promise endless summer all year round with enchanting beaches, vibrant cities, and spectacular landscapes. In January, explore temple complexes in Thailand; in March, soak up the sun on a small, palm island in the Maldives; in October, go hiking on Cyprus. This book will take you to the most beautiful warm weather, sun-lit travel destinations month by month, introduce the sights, indicate the best time of year to travel to each location, and recommend hotels and restaurants - carrying you off to the places where the long summer days seem to last forever

It's a hot summer on Amity Island, a small community whose main business is its beaches. When new Sheriff Martin Brody discovers the remains of a shark attack victim, his first inclination is to close the beaches to swimmers. This doesn't sit well with Mayor Larry Vaughn and several of the local businessmen. Brody backs down to his regret as that weekend a young boy is killed by the predator. The dead boy's mother puts out a bounty on the shark and Amity is soon swamped with amateur hunters and fisherman hoping to cash in on the reward. A local fisherman with much experience hunting sharks, Quint, offers to hunt down the creature for a hefty fee. Soon Quint, Brody and Matt Hooper from the Oceanographic Institute are at sea hunting the Great White shark. As Brody succinctly surmises after their first encounter with the creature, they're going to need a bigger boat.

Magic Tree House Books 25-28 Audio Book Set

The show must go on! That's what Jack and Annie learn when the Magic Tree House whisks them back to Elizabethan England. There they meet William

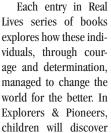


Shakespeare himself — one of the greatest writers of all time! But Mr. Shakespeare's having a hard time with some of the actors in his latest show. Are Jack and Annie ready to make a big entrance? Or will it be curtains for Shakespeare

Catch the wave! That's what Jack and Annie do when the Magic Tree House whisks them back to a Hawaiian island of long ago. They learn how to surf and have a great time — until strange things start happening. Jack and Annie soon discover the cause: A tidal wave is headed their way! Can they help save their new friends in time?

Explorers and Pioneers: Intrepid Adventurers Who Achieved the

Unthinkable





stories about people who traveled across land, over and under the sea, and into space to help us expand our horizons beyond ordinary expectations. Includes Sacagawea, Neil Armstrong, Jacques Cousteau, Charles Darwin, Isabella Bird, Yuri Gagarin, Gertrude Bell, and more. These remarkable people came from all four corners of the globe, from all walks of life, and across many different disciplines. There are men and women, musicians and scientists, activists and leaders, athletes and actors, and more. Bold color schemes and a stylized photograph or illustration of the subject make these books hard to resist. Children will be drawn to these visually appealing books and find the stories inside of them fascinating and thought-provoking.

Chaplain's Corner: Adventures in COVID-Parenting

By SFC Jeremy Levens

Religious Support Office NCOIC at USAG Stuttgart

It is day three of isolation for my 11-year-old after testing positive for COVID; he's living his best life after we moved the TV, PS4, and his iPod into his bedroom to provide him entertainment while isolating. With a guilty heart, I decide I can spend one evening in the room with him for some quality time. We sit together and watch "Home Team," a movie with Kevin James. Laughing hysterically together, my son told me after the movie, "This was way more fun than video games, Dad." I thought, 'Wow!'

There is no rule book on how to parent during COVID, especially while working full-time - and in our case, with two full-time working parents and four children under the age of 12. Every day is literally an adventure, especially when at least one member of the household has been in some form of COVID protocol for more than 60 consecutive days.

I'll share the sitcom version of discovering our oldest was COVID positive. After being quarantined for 23 days, from 5 back-to-back close contact situations, he began displaying some symptoms. We gave him a home test, which read negative, that evening. There was some relief that he was just 'regular' sick. The next morning, our quarantined 4-year-old was playing with a "toy" before we had the chance to realize that the "toy" was, in fact, the home test which was now showing a COVID positive result. It appears we checked too soon the night before. No. Rule. Book.

Do you know about the story of David vs Goliath? The abridged version is that the young David defeated Goliath, the great warrior, with a sling and a stone. It feels to me like we are David and COVID is Goliath. Dare I say we can beat Goliath with a vaccine and a mask?

Reflecting on the past two years and thinking about things I wish we could've known prior to this adventure, I wish we would've watched the news less and instead watched the family headlines more. Could we have paid far less attention to social media and instead 'liked' and 'subscribed' to our tangible social structures? I wish we would've actively sought out more support from outside our

comfortable, well-furnished home, which at times, admittedly, felt more like a prison. I wish we would've spent more time in self-development and prayer.

We've learned that we trust in our family mantra of "Faith, Family, and Everything Else." If one of the many 'everything else's' supports our faith or family, we keep it, and if not, we toss it aside. If one or more "everything else's" are impossible to throw out, we rely on our faith and family to push us through.

Similarly, I reminisce and celebrate the countless occasions during this time when my wife and I earned "Best Parents Ever" status. We learned that a good campfire and some smoked meat is healing. We learned that it never hurts to carry a

few extra rolls of toilet paper, and a few more bottles of wine. We learned that creativity in the house is limitless. It inspired many "forever moments" such as: floor is lava, homemade putt-putt courses, nerf wars, cooking classes, family prayer at the dinner table, and a real life Among Us (you've got to try this mobile game of teamwork and betrayal, it turns into whole family fun that encourages the kids to do their tasks, (i.e., household chores)).

Circle back to the morning after our father and son movie night. As I kiss my children goodbye for the workday, my sick son stops me because he had something to say that couldn't wait until I got home. His words affirmed our shared "forever moment."

He said, "Thank you so much for watching the movie with me last night, Dad. I've been thinking about it all night. I LOVE YOU!" This was immediately followed by a tightly squeezed hug to which he committed all of his might. If it weren't for COVID, I may have never gotten this "forever moment."

For this and the many other "forever moments" my family has made, I am continuously grateful. Even though COVID has caused social separation, it's brought our family much closer together. My hope and prayers are that you can take a moment to pick out your "forever moments," especially as now it feels like we are beginning to overcome two years of adversity and uncertainty.



The Levens Family dressed up as Among Us characters. Courtesy photo

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The spirit of the Four Chaplains

By Marcus Fichtl

USAG Stuttgart Public Affairs

On the night of February 3rd, 1943, the SS Dorchester was ferrying 904 souls including four Chaplains, each of different faiths: Methodist, Catholic, Jewish and Reformed Protestant, when a German submarine torpedoed the troop ship.

With the lights malfunctioning and frigid North Atlantic water quickly rushing into the holds, the Chaplains — Methodist minister Reverend George Fox, Reform Rabbi Alexander Goode, Catholic priest Father John Washington, and Reformed minister Reverend Clark Poling — escorted the survivors through the dark ship toward the lifeboats.

But as more survivors kept coming and lifeboats filled to their brim, the four gave up their seats. When there were no more lifejackets -- they gave up the vests around their neck.

With nothing left to give, the four chaplains linked arms, said prayers and sang hymns, providing hope and one last bit of comfort to those escaping the sinking ship. The four chaplains perished, but together they helped more than 200 survive the sinking of the SS Dorchester.

Now, 79 years to the day, three Army Chaplains and a former Navy Chaplain-turned-Catholic Bishop, each representing the faiths of the clergymen aboard the ill-fated vessel, brought to life the spirit of those four "Immortal Chaplains."

Symbolically during a prayer breakfast at the USAG Stuttgart Firehouse, after this story was told, Chaplain (LTC) Wyne Hutchings, Methodist, Chaplain (COL) Ari Soussan, Jewish, Bishop Bill Muhm, Catholic, and Chaplain (COL) Robert

Allman, Presbyterian (representing Reform) linked arms just as their four predecessors did.

> "The night before, I was thinking about the story of the Four Chaplains, and I asked myself if I would have had the courage they had," said Hutchings. "But when we linked arms, I felt something, and I have to imagine they gave each other the courage they needed that night."

> That act of courage and interfaith action quickly resonated with Americans, civilian and military



Methodist minister Reverend George L. Reform Rabbi Alexander D. Goode, Catholic priest Father John P. Washington, and Reformed Church in America minister the Reverend Clark V. Poling immortalized in stained glass at The Pentagon.



The Four Chaplains immortalized with a commemorative stamp in 1948.





CH (LTC) Wyne Hutchings, Methodist; CH (COL) Ari Soussan, Jewish; Bishop Bill Muhm, Catholic; CH (COL) Robert Allman, Presbyterian (representing Reform) link arms. Photo by Marcus Fichtl



This painting depicts the rescue of Dorchester survivors by the USCGC Escanaba. Image courtesy U.S. Coast Guard

alike. The four were posthumously awarded the Distinguished Service Cross in 1944, and in 1948 a commemorative stamp was issued — the only such stamp until 2011 that was issued to honor a person, other than a president, within ten years of their death. In 1998, the U.S. Senate commemorated the 55th anniversary of the four chaplains' bravery with "Four Chaplains Day."

President Harry Truman said during a dedication of the Chapel of the Four Chaplains in 1951 in Philadelphia, "this interfaith shrine... will stand through long generations to teach Americans that as men can die heroically as brothers so should they live together in mutual faith and goodwill."

Hutchings said he's incredibly proud of the interfaith action exhibited that day and how that tradition is the backbone of the Chaplain Corps and in religious support offices like Stuttgart's to this day.

"Those chaplains came together to serve their fellow man regardless of the faith of the men on that ship or the faith of the chaplain next to them," said Hutchings. "Our charge is to serve all, regardless of their faith or if they have no faith at all."

For more information on the services the USAG Stuttgart RSO provides, go to home.army.mil/stuttgart or download the USAG Stuttgart app.

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Solar panels are found on 20 buildings around the garrison — including these on top of the DPW building on Kelley Barracks.

Garrison shines light on renewable energy

Story & photos by Paul Hughes

USAG Stuttgart Public Affairs

It's not just your own home energy bills that are rising: rising costs are affecting all of society. Have you ever spared a thought for your workplace and its budgets? Probably not, right? But these mega consumers of energy are working on lowering energy costs every day. Perhaps we can all take a leaf out of their book.

Using renewable energy is one way employers like the garrison are reducing not only the financial uncertainty of fluctuating prices, but also their reliance on external energy sources. Renewable energy, though, comes at its own cost.

The next time you are walking around USAG Stuttgart, look up and you will notice black square panels bolted somewhat unceremoniously on top of many buildings. While not in keeping with the 1940's style aesthetics, these photovoltaic panels are the future of energy - solar panels turning light into electricity and helping the garrison generate its own power.

Even though these panels adorn more than 20 USAG Stuttgart buildings, they generate just 0.43 percent of the garrison's total power. The rest comes from a local energy supplier.

Renewable energy makes up 65 percent of all electricity used by the garrison; 21 percent comes from coal, 3.8 percent through natural gas and 8.9 percent through nuclear energy, according to statistics provided by the Directorate of Public Works (DPW).

"Generating more electricity through sustainable means is something that the garrison hopes - and is targeted to continuously improve," said Dominik Lee Barlow, USAG Stuttgart energy manager.

Barlow is responsible for developing projects that save energy, such as the recently approved solar roof panel that is soon to be installed on top of stairwell housing buildings on Kelley Barracks.

"In the Kelley Barracks housing area, we have eight buildings and every building will receive a solar power system on its roof," Barlow said. "It is hoped that these panels could supply up to 30 percent of the electrical energy consumed in these homes." Projects to reduce energy consumption on Kelley Barracks are not limited to electricity, Barlow said, as the heating system will also be replaced with a much more efficient system to reduce heating costs for the building.

As the garrison generates more sustainable energy, some people might wish to use some of that energy to charge their vehicles. Projects to install electric car charging ports are also an Installation Management Command (IMCOM) initiative, with at





Dominik Lee Barlow, USAG Stuttgart energy manager, stands in front of the solar panels on top of the DPW building, building 3318. These panels have generated more than 612 MW of power since their installation.



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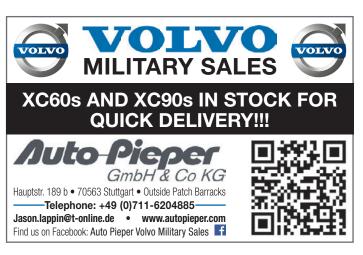


A panel in the DPW building counts how much electricity the panels on the roof of building 3318 are generating.

least four charging spots anticipated for each installation by 2025.

"Sustainable energy projects come at an initial cost to the garrison, but the initial financial outlay for energy initiatives like solar panels must be recovered within seven years through energy savings," said USAG Stuttgart Garrison Commander Col. Matt Ziglar. "While we might not always see all of the benefits immediately, we pursue these projects to ensure that the future of our energy consumption is greener, cheaper and more sustainable for future generations."

While IMCOM invests millions of dollars in large scale projects to reduce costs and emissions, including initiatives such as low energy bulbs in all apartments, lower flow water tanks for toilets and showers, you can also help lower your consumption and reduce energy bills while doing your part for the planet. Simple things like closing doors, turning off lights, turning radiators off when windows are open means you can do your part in saving the environment.







The 'legendary' living lawnmowers of RB

Story & background photo by Bardia Khajenoori

USAG Stuttgart Public Affairs

For all the changes that Robinson Barracks (RB) has seen over the years — going from a bustling service hub of 4,000 workers to a quieter, smaller residential installation — there's at least one constant presence that residents have appreciated for decades: flocks of sheep serving dutifully as four-legged groundskeepers and unofficial mascots.

"I don't love them quite as much as my own children, but it's close," joked Sarah Frazer, who currently calls RB home. "Some communities have community gardens, we have community sheep."

The sight came as a big surprise to Frazer and her children on a morning walk to school during their first year at the grassy Army post on Stuttgart's north side. Her family's enjoyment of the sheep and eager anticipation of their arrival each year comes courtesy of agreements with a local shepherd dating back to 1978.

years old at the time and had taken over the trade from his father.

Fischle offered a fairly straightforward answer when asked what has kept the RB arrangement going for so long: good grass, and an even better relationship with those who live there.

"My phone number is listed on the fence, and people call me almost daily to say how nice it is that the sheep are there," Fischle said, adding that while his English skills are limited, he's happy when people are friendly to him and his sheep.

Dag Kregenow, chief of roads and grounds for the U.S. Army Garrison Stuttgart Directorate of Public Works, oversees the contract which brings Fischle's sheep to RB each year.

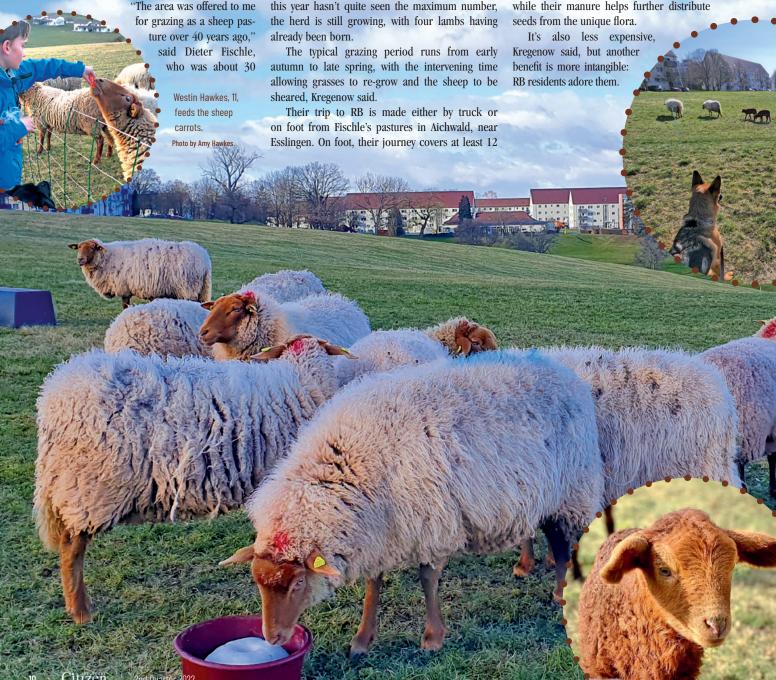
Up to 60 can be onsite at a time, he said. The exact number, however, fluctuates as some are added to and removed from the flock. And thanks to a portable electric fence, their location can be shifted approximately every 10 days to cover a new area so the grass can be munched on evenly. While this year hasn't quite seen the maximum number, the herd is still growing, with four lambs having already been born.

miles, initially through the countryside and vineyards, followed by a trek through the city streets of Bad Cannstatt with a two-car police escort.

The decidedly low-tech approach to maintaining green spaces benefits the garrison for a variety of reasons. First, it's environmentally friendly — but not simply because it avoids the fuel and emissions from motorized lawnmowers.

Areas designated for military use have restrictions on construction and access, which often allows biodiversity to thrive. This is the case in the landscape of RB, which Kregenow said is home to at least 18 different types of plants which don't grow anywhere else in the area.

"When sheep eat grass, they don't pull it out by the roots, which is a better cut and easier for the grass and plants to take," compared to the blades of a lawnmower, he explained. Their hooves aerate the soil and don't compact it like heavy equipment does, improving water drainage and prospects for plant growth. And the animals' urine fertilizes the grass, while their manure helps further distribute seeds from the unique flora.



When Eric Aschendorf, whose request for a U.S. flag flown over Robinson Barracks was reported by the Stuttgart Citizen in 2020, was asked about his fondest memories of serving there in the early 1980s, his love of watching the sheep was at the top of the list.

Heidi Malarchik, then-USAG Stuttgart deputy to the commander and a former RB resident herself, even described them as 'legendary' in 2015.

The pen functions as an informal community meeting spot, and some residents have made habits out of spending time around it, whether stopping by on the way home from school each day or picnicking nearby whenever the weather permits.

"Where they are now on the hillside has such a beautiful view...when you go see them, other residents are usually there, so it's a good place to come and see your neighbors," Frazer said. "It's kind of a community builder to go and hang out with the sheep, and I think most of us out here are really big on our community."

Kregenow explains the enduring popularity, at least in part, through a sense of novelty. With so many people only having ever lived in towns and cities, their up-close experience with farm animals is limited. The sheeps' demeanor also

"Sheep are so friendly," he says. "When you stand still there, they come - of course, they associate people with getting food — but when they're close and you can pet them, it's a nice interaction."

And as good as RB's grass might be, it's certainly not the only thing its wooly guests are eating.

"My family keeps all of our vegetable scraps for the sheep, and we go down every two or three days with a bag to feed them, but some people even buy carrots or cabbage for them specifically." said Frazer. "We [RB residents] take good care of making sure that people aren't feeding

them junk food." Now in his 70s, and spending as much time herding grandchildren as he does sheep, the question everyone asks Fischle can this nearly half century tradition continue? "I think so, and I hope so," he said confidently.

Violet, a four year old German Shepherd, watches carefully

over the grazing sheep. Photo by Michael & Armela Jacobs

At least four baby sheep, including a pair of twins, have been born to the RB flock within th

first three months of 2022. Photo by Jo





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Story & photos by **Marcus Fichtl**

USAG Stuttgart Public Affairs

As the weather warms and fresh sets of military orders are sent to service members across the globe telling them that Stuttgart is their new home, the folks at the garrison Housing Office are hard at work ensuring a smooth transition for the new arrivals.

For most military members coming to Stuttgart, that means living on base.

"There is a mandatory assignment to on-post housing for all accompanied service members and some unac-

companied," said Madeleine Bates, USAG Stuttgart's housing chief. "During the in process appointment for the garrison, you will be given an in-brief on housing and what your next steps will be to follow."

For unaccompanied, that may be the barracks or off-post, but for families, that means deciding upon a stairwell apartment on one of four different installations. Bates said the stairwell apartments are the classic German-style units that share a central

stairwell with six to eight families. But unlike many apartments on the economy that may seem small for the average American family, the apartments on post are large and spacious.

"The units offered range from two bedrooms up to five bedrooms, from 1044 square feet to 2421 square feet, depending on rank and how many dependents you have on your orders," Bates said.

But with hundreds of service members PCSing into and out of Stuttgart, how does the team make sure each apartment is ready to go?

"Depending on the work to be done, renovations



ing the period between service members leaving and coming, or what we call Between Occupancy Maintenance (BOM)."

Bates said that time is used to evaluate what sort of minor touch ups are needed, like floor care or a touch up with paint. They also use this time to install ceiling fans or refresh the appliances.

For major renovations, she added, funding needs to be requested and designs submitted in order to make major structural changes to the building — a process that can take a few years based on mission requirements.

This year, 11 three-bedroom and 8 four-bedroom apartments will be coming off the renovation cycle, and with it larger bedrooms, larger living rooms and better-equipped kitchens.

"We're also installing balconies wherever possible, and German blinds, known as rolladens, that go up and down with a button," said Bates. "These designs for our newly renovated apartments have created a more open space environment to allow families to live together not on top of each other."

Bates said the Housing Office is excited for the PCS season and are especially proud to show off some of their newest apartments.

"We're always working to raise quality of life, be that with day-to-day support, BOM maintenance or complete renovations, and we want to make sure our newest members to the Stuttgart Military Community are glad they live here!"

For more information about what to expect with your new home in Stuttgart, download the USAG Stuttgart Mobile App and tap 'Housing.'

.....





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German friendship, sometimes more than platonic

By Paul Hughes

USAG Stuttgart Public Affairs

For many in Europe, when you think of romance your mind transports you to visions of a fairytale walk through the streets of Prague, a stolen kiss under the Eiffel Tower, or a gentle glide down a Venetian canal cuddled with your mate.

However, closer to home, no one tells you what an aphrodisiac the gray skies of Germany are. How one can easily find love strolling the brutal architecture of the great German cities of Stuttgart and Berlin, catching the eye of that cute girl or boy as you clumsily brush the brezel crumbs off your lips.

As someone with a German partner, I wanted to find out what it's like for others to go head over heels in Germany. We interviewed couples who intertwined under the 'schwarz, rot und gold' flag of our host nation and how they coped with it. So grab a Maß of beer and join us (and them) in toasting 'PROST' to their stories as you learn how to fall in love in Germany.



Tara and Jens outside of Schloss Solitude in Stuttgart. Courtesy photo

Tara and Jens had their own meet-cute right here in Stuttgart, at Charlottenplatz:

here were you both born?

I (Tara) was born in Miami, Florida. My husband, Jens, was born in Stuttgart, Germany.

here did you meet?

At the Charlottenplatz train station on Silvester (New Years Eve) in 2015, after the downtown fireworks. Jens and I were both separated from our friends at the train station and as I was pretty new to the area, I looked totally lost. As I was staring up at the train maps, Jens asked me if I needed help. Jens then "helped me" — out to a drink at a place called Sophie's.

hat and where was your first

We couldn't wait to meet again and on Jan 5th, we went out to a couple of places in Stuttgart Mitte.

▲ hat do you remember most about that date?

We had a great time, but we had to deal with a bit of a language barrier. I did not speak any German, and Jens did not speak much English. Google translate was quite helpful to us at the

beginning of our relationship! After a couple of hours, we ran into some of Jen's friends and all ended up all hanging out together and having a

What are your favorite things to do together?

Everything. We love to travel, bike, cook, and play board and card games

ermany or America, where do Gyou prefer to live?

I prefer to live in Germany and Jens has never actually lived outside of Germany.

hat's one culture clash you noticed and how was dating in **Germany different?**

Dating was very different for us both and one big hurdle was working through the language barrier - it forced us to take our time to properly communicate, to never use sarcasm and to think about how to clearly explain ourselves. It's not a problem now because Jen's has learned more English, and I have learned some German.

Kim and Michael met in Stuttgart, in what is now the "traditional way" – through technology.

where were you both born?

I (Kim) was born in Neckarsulm, Germany, and Michael was born in Jacksonville, North Carolina.

here did you meet?

We met on an online dating app, which is pretty common nowadays!

hat and where was your first date?

We had our first date at a Shisha Bar in Sindelfingen, on a cold December day in 2017. Neither of us were smokers, but as we were not from the area, no one had a good place to meet! Apparently I wasn't very talkative at first, prob-



Kim and Michael outside of the Notre Dame cathedral in Paris. Courtesy photo

ably because I was too amazed by him, but when we started talking, he noticed my British English accent (I taught in London for some time) and he thought I might be British, but Michael also remembers trying to figure out if I maybe was Russian, or Swedish, because I had platinum blonde hair!

hat do you remember most about that date?

I fell for him at first sight, I was impressed by everything he had experienced in the Army. He told me stories of Afghanistan, Iraq and Haiti and he was (and still is) a handsome guy. At that time, I didn't even know there were five bases in Stuttgart, and I had never even been to the US. So dating an American, especially an American soldier, was a whole new world for me. When we left, we had our first kiss with the snow falling around us, it was very romantic and I was completely smitten.

What are your favorite things to do together?

We both like traveling and have been to Paris, Rome, Berlin, Prague, London and more. We like exploring and wherever we go we often try beers at local craft breweries. Obviously, no comparison to German beer, though. Other than that, we enjoy relaxing at home with a glass of red wine, self-cooked Italian food and watching Netflix.

Germany or America, where do you prefer to live?

I think for both of us it is Germany. There is much more history and culture to explore, not only in Germany, but also in the countries surrounding it. I also miss an actual city center where we can just walk around, go shopping, have lunch in a nice restaurant or meet for a coffee. In the US, everything is far away and you have to drive everywhere. Michael thought I was crazy when I told him I wanted to take public transport to town. As a German, it is totally fine to take the bus or the train to get somewhere if you do not have a car.

hat's one culture clash you noticed, and how is dating in Germany different?

In Germany you usually date someone two or three times and then decide if you want to start a relationship. Apparently in the US, you can date for a year or so and even date different people at a time. That seems crazy to me! We talked about this at an early stage and it was important to me that he committed to a relationship. Luckily, he did and we have been together ever since!

There are people even right in our office who have met their partners on the garrison, including Angelika and Juan:



Juan and Geli in New Jersey in 2010. Courtesy photo

here were you both born?

Juan in Paterson, New Jersey and I (Angelika) was born in Stuttgart-Bad Cannstatt.

here did you meet?

At the Kelley Club on Kelley barracks, we were introduced by a mutual friend.

here was your first date?

We went back again to the Kelley Club!

▲ hat do you remember most about that date?

Juan taught me how to dance Salsa, and after a couple of drinks the dancing turned out just fine!

What are your favorite things to do together? ... other than dancing Salsa

Swimming and singing together — we even sang "Up where we belong" at a wedding together.

Germany or America, where did you prefer to live?

We have only ever lived in Germany, we love it here!

As you are from different cultures, what's one culture clash you noticed?

Hahaha I could write a book... Juan can have that Spanish passion in debates and I believe he is more protective than most German men. And, in true German style I can get on his nerves, because I always need my calendar to plan and organize, while he is more spontaneous.

Some Americans have been in Germany so long, that meeting and dating another American is like starting all over again:

where were you both born?

Paul was born in St Paul, Minnesota. I (Liana) was born in Meriden, Connecticut.

here did you meet?

A hockey tournament at Ice World Stuttgart in 2007. Paul was refereeing the tournament and I was actually playing in that tournament. I was here in Stuttgart on six month voluntary orders with the Naval Reserve, whereas Paul came to Germany with the Army in 1984 and stayed here when he left the Army.

▲ hat and where was your first date?

I invited Paul to the Patch Barracks 4th of July celebration in 2007.

▲ hat do you remember most about that date?

What I remember the most was that Paul actually showed up! I was so happy that he had and was watching him integrate with American culture again as he had been in Germany for 24 years by that point. Paul was very happy to be around Americans and to be able to "practice his English" as he had been speaking solely German for almost 20 years.

hat are your favorite things to do together?

We still play Ice Hockey together, we travel, and love to eat awesome food.

Germany or America where do you prefer to live?

Germany, although it's becoming hard to find employment there for both of us now.

■ ow was dating in Germany different?

Paul had to do most of the talking for us on dates, because I didn't speak enough German to do so, including when we got married in Germany!



Liana, Paul and their son Marcel in 2018. Courtesy photo

And sometimes just the chance someone might take you on the Autobahn can be enough to make you fall in love:



Felix and Kelyan in Munich wearing traditional German dress shortly after they met. Courtesy photo

Where were you both born?

My husband Kelyan was born in northern Florida. I (Felix) was born right here in Stuttgart."

Where did you meet?

In Stuttgart where he was stationed this past year, we actually met on Tinder. I remember seeing Kelyan for the very first

time, walking toward me in the lobby of the hotel he was staying at, and my first thought being, "he's handsome."

hat and where was your first date?

We drove his brand new (manual) car onto the US base at the airport, so he could actually learn how to drive it! It was a lot of fun!

▲ hat do you remember most about that date?

Needless to say, it was exciting getting signed on to base for the first time and Kelyan remembers feeling relief about how well I spoke English, since he had just moved to a foreign country.

hat are your favorite things to do together?

We share a love of hiking and being out in nature. I've always been an avid hiker and mountaineer and now Kelyan likes it too. I'm glad I got to introduce him to that.

Germany or America, where did you prefer to live?

I haven't really lived in the states so far, but I'm very excited to move there when I get my green card. I love what I've seen of the US so far though. Kelyan loved all the history and things to see in Germany and Europe. He would definitely live here again, but can't say he likes it better than the U.S.

If you are from different cultures, what's one culture clash you noticed, if you are not, how was dating in Germany different?

As an American, Germans can appear very direct and sometimes a little emotionless, especially when compared to Americans who are very open and bubbly people. It was interesting meeting each other in the middle, without being overbearing to each other. Now that we have been married for a while, I still think that the hardest things for us are the unconscious things that you grow up with in different cultures. But that is what makes this relationship special.

So there you have it, five inspiring stories of love in Deutschland. So, fire up that dating app, now it's your turn!

Panther Junior becomes first female CYS wrestling official

By Tom Hlavecek

CYS Sports

A Stuttgart High School junior is grappling past wrestling's 'glass mat' as she becomes CYS Sports's first female referee.

Evan Katherine Koeppling, who was a member of this year's DoDEA championship-winning Panthers squad, said she was ready to take the next step in her wrestling career and immediately signed up to be a referee for CYS.

"I chose to officiate because I saw it as an opportunity to inspire the next generation of wrestlers while also learning more about the sport from another perspective," the 17-yearold said.

Koepplinger, who stands five feet five inches, wrestled in the weight classes of 144, 138, and 150 pounds this past season, and having now officiated more than 30 CYS matches, she says she's learned how to "take a

hit to the face."

"[Wrestling and officiating] has made me a stronger person both physically and mentally," she laughed.

Koepplinger credits her recently passed mentor and former Stuttgart coach, Army Lt. Col. Ben Fielding, for encouraging her to don the singlet and ear guards.

"He thought I would be really good at wrestling," she said. "So I tried it out, and here I am."

While females in wrestling may seem unique to some, Koepplinger is just one of many girls competing in American high schools across the globe. According to a USA Wrestling press release, interest in high school-level girls wrestling is skyrocketing.

"Wrestling has been one of the fastest growing sports for girls in high school for a number of years," the statement said.

However, even with the general growth in female wrestling, DoDEA does not yet have girls' teams, forcing Koepplinger to wrestle as a member of the boys team this past season. She was winless in her first season but said it did not get her down.

Her record didn't dissuade her younger sister, Riley, from making paper signs saying, "Best Wrestler Ever," and pinning them on her equipment bag — a boost Koepplinger said she truly appreciated.

What's really encouraging her to continue competing is not just the camaraderie from her teammates or support from her family, but from other female wrestlers across Europe. Koepplinger said she always makes an effort to say hi to any girls on the other team.

"Being on a team with mostly boys can feel really alienating sometimes, and I want them to know I support them even if I'm on the other team," she said.

Even though the past season was challenging, she hopes that refereeing, along with some extra training this summer, will push her to the next level, and — maybe one day — a spot at a military academy.

"If it doesn't challenge you, it doesn't change you," Koeppling said.



Evan Katherine Koeppling oversees a CYS Sports wrestling match. Photo by Jay McAdams-Thornton



Stuttgart Piranhas make waves at European Championships

By Kat Galeano, Stuttgart Piranhas

Courtesy to the Citizen

The Stuttgart Piranhas swim team traveled to the Netherlands at the end of February to compete in the European Forces Swim League short-distance championships. During the two-day meet, 40 swimmers ranging from 8 to 17-years old made waves and turned heads. Competing against 15 teams from across Europe in 185 individual events, the young athletes from Stuttgart placed third.

The team has been practicing two times a week since August 2021 due to COVID-19 restrictions. Even though the time spent in the pool was limited, they performed very well at their meets, including the long-distance championships in Belgium in November and the short distance championships in February.

Healthy competition and good sportsmanship were highlighted during the mixed relays at 'Champs.' The swimmers focused on sprints with speed and agility, and were well-prepared. Thirtynine athletes dropped time across the individual events they competed in.

Together, the team earned 89 medals in their individual events and three relay medals, breaking multiple team records in the process. Nine-year-old

Elijah Love smashed the old team record for the 100 meter individual medley and 50 meter fly, and also earned the Individual High Point award along with teammates Vivien O'Hara and Lauren Tierney. Tierney also set a new team record for her age group in the 400 meter freestyle event, as well as tying with teammate Grace Schad in the 100 meter freestyle. Both swimmers set a new team record, finishing the event with 1:00.93. Schad also swam faster than any other teammate in her age group in the 100 meter back, 100 meter butterfly, and 200 meter individual medley events.

The competition that was a true nail-biter, and which made the Dutch National Swimming Center in Eindhoven vibrate with energy and cheer, was the coaches' relay. This event for swimmers aged 20 and up was highly anticipated and allowed young swimmers to cheer on their coaches, who did not disappoint.

This year, only swimmers, their coaches and volunteers were allowed to enter the swimming center due to COVID restrictions. Spectators were able to watch the meet on both days on their electronic devices thanks to a professional livestream. The team has published highlights and full-length livestreams on their YouTube channel at YouTube. com/StuttgartPiranhas.



Lauren Tierney (front lane) competing in the 100 meter breaststroke placing first in her age group and dropping 5.53 seconds off her entry time. Team mate Katrina Chao (third lane) placed third. Photo by EFSL Champs volunteer photographer Alicia Dalloo

Even though the short distance championships marks the official end of the regular season, the majority of the young athletes are still practicing three times a week as part of the team's spring training phase, which focuses on stroke improvement and continued swim fitness. The Piranhas always welcome new swimmers as well as coaches.

To find out more about the Stuttgart Piranhas swim team, visit their website at www.
StuttgartPiranhas.org. You can also find them on Facebook, Twitter and Instagram @ StuttgartPiranhas.





TKS - Connecting Service Members for 30 years

Join the celebration, get connected, and save!

Starting in February, TKS will celebrate 30 years of service to the U.S. military community in Europe for the whole year. Since 1992, TKS has proudly connected service members with custom-tailored telecommunication solutions.

This year also marks TKS's 10th anniversary as an elite USO Worldwide Strategic Partner, donating over \$500,000 annually in support of their cooperative mission in improving the lives of service members and their families while stationed overseas.

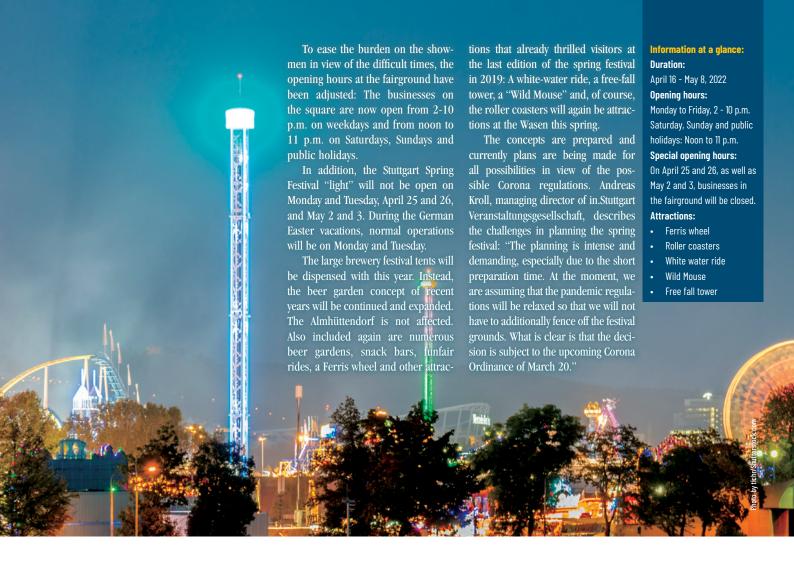
As part of its anniversary celebration, TKS will host a number of free giveaways, sales promotions, and special local events throughout the year. Connect with TKS on Facebook or at a local TKS shop for information on all of their upcoming promotions and special offers. TKS shops are conveniently located throughout Germany in an Exchange facility near you.

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From the historian — A brief history of Stuttgart Army Airfield

By Bill Butler

U.S. EUCOM Command Historian

Aviation came early, unexpectedly, and dramatically to Echterdingen in the form of Count Ferdinand von Zeppelin and his fourth airship, the LZ-4. While cruising over Stuttgart during a 24-hour test trial on August 5, 1908, the airship lost power in one of her engines, and Count von Zeppelin was forced to take immediate action to save the craft. He had never landed one of his dirigibles on solid ground before, as he considered it much safer to use special floating platforms on Lake Constance and other large bodies of water. With some luck, he deftly brought LZ-4 down safely in the flat and open fields just southeast of the town of Echterdingen. A large crowd quickly gathered to wonder at the unexpected visitor. Their excitement soon turned to dismay, however, when a sudden windstorm blew the ship on its side, tore it from its moorings, and carried it into a nearby copse of pear trees. Flames instantly shot out from ruptured hydrogen-filled lifting bags, and within minutes the airship was completely destroyed. The loss threatened to ruin Count von Zeppelin financially, but within less than a week, a spontaneous fundraising effort called the 'Echterdinger Volksspende' raised over six and a half million Deutschmarks. The unsolicited donations allowed him to continue his airship experiments. The site of the destruction of LZ-4 was memorialized by the "Zeppelinstein," a large engraved stone still standing in a grove of trees a few hundred meters northwest of the entrance to the present Stuttgart Army Airfield.

A more fortunate history of aviation at Echterdingen began nearly three decades later. As Stuttgart expanded in the 1930's, the city outgrew its two early airfields, one on the fairgrounds at Bad Cannstatt and the other in Böblingen. When the German Luftwaffe decided to take over the Böblingen flying field, Air Ministry and municipal officials undertook a careful topographical and meteorological study of the surrounding countryside in order to find a new site with room for expansion. They finally chose the present location on the Filder Plateau near Echterdingen and started construction in 1936. Stuttgart's new airport was designed with a grass landing field to handle such aircraft as the fifteen-passenger Junkers Ju-52, and with terminal facilities to service an estimated 150,000 passengers per year. It finally opened to commercial traffic in 1939, only a months before the start of World War II.

During the war, the Luftwaffe based night fighters at Echterdingen, sharing the field with commercial aircraft. The fighters flew interceptions against the many Allied air attacks on Stuttgart and other targets in southern Germany. The Luftwaffe put down a concrete runway of 1,400 meters in 1943, but later American bombing attacks cratered it and eventually put the airfield out of commission.

When the French First Army came through Stuttgart in late-April 1945, it dispatched an engineer detachment to repair the runway at Echterdingen. The first American unit was the 324th Fighter Group, which arrived at the field with its P-47s in early May

1945. The group and its affiliated support personnel put the airfield back into operation. Subsequent Army Air Force units stationed at the field included the 404th and 27th Fighter Groups. When the U.S. Constabulary, the armed force of the U.S. military government in Germany, moved into Kurmärker Kaserne (now Patch Barracks) in 1946, their small flight section operated from Echterdingen with its L-5 liaison planes. In 1950, Seventh Army headquarters activated at Kurmärker, and their flight section replaced the disbanded Constabulary's element at the airfield. The next year the VII Corps headquarters moved into Hellenen Kaserne (now Kelley Barracks), and its corps aviation units joined the Seventh Army section at Echterdingen.

German civil air operations started up again at Echterdingen in the fall of 1948. In the spring of the following year, the civilian corporation that owned and operated the airport, arranged to share the U.S. Army apron and other facilities on the north side of the runway. During the winter of 1953 through 1954, the Army units moved across the runway into buildings on the south side, some of which dated from 1936 while others had been recently built. This left the north side free for German commercial and private flying. It was on the basis of this arrangement that the separation of military and civil aviation at Echterdingen has continued. The U.S. Army and the U.S. High Commissioner, who represented German civil interests under the occupation, signed an agreement in 1954 which formally stated the terms of the arrangement. This document was changed slightly after formal occupation ended and the Federal Republic of Germany was established in May 1955. Since July 1, 1963, the German-American relationship has been governed by the NATO Status of Forces Agreement and later supplementary agreements.

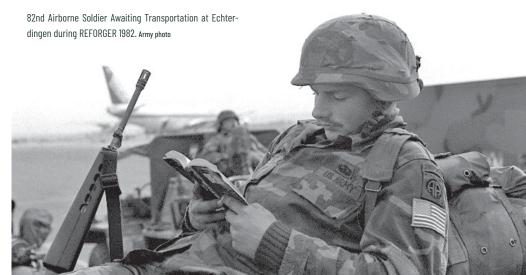
Military flight operations changed markedly in the spring of 1967 when the flight section of U.S. European Command (USEUCOM) moved in following the headquarters' move from Paris, France. It consisted of both U.S. Army and Air Force aircraft, some of which were multi-engine transports and jets. Because of their greater experience with such aircraft, U.S. Air Forces in Europe (USAFE) took over command of the military airfield on July 1, 1967, but continued to receive support from the U.S. Army Europe (USAREUR) for joint usage. USAFE



The "Zeppelinstein," a large engraved stone still standing in a grove of trees a few hundred meters northwest of the entrance to the present Stuttgart Army Airfield. Photo by Bill Butler

activated the 7005th Air Base Squadron to operate the airfield. They also drew up a base development plan for a new apron and taxiway additions on the south side, as well as improvements to air control facilities and a new distinguished visitor lounge.

Although the airfield fell under Air Force for several years, the bulk of military air traffic continued to be for Army missions. For that reason, USAFE eventually returned the airfield to USAREUR control in 1975. Aviation units stationed at the field during this time included 29th Transportation Company, 25th Aviation Company, and the flight sections of Headquarters, VII Corps Artillery; Headquarters, 2nd Support Command; and Headquarters, 34th Signal Battalion. The military facilities were also used by Air Force and Army transient aircraft, particularly those carrying passengers to the major headquarters around Stuttgart. The Military Airlift Command (MAC) also operated at Echterdingen, landing troops and equipment from the continental United States during the annual REFORGER exercises from 1969 to 1992. Following the end of the Cold War, the primary function of the airfield shifted to one of providing support to distinguished visitor (DV) airlift for USEUCOM and other headquarters, as well as other special missions.









Top left & right: Customers check out the artwork on display at the 2021 Spring Bazaar. Photos courtesy of MWR Marketing

By Joel Wasko

USAG Stuttgart Family & MWR

It is that time of year again: the weather is getting warmer, flora is blooming and the Spring Bazaar is back in town. It's when USAG Stuttgart comes together at the largest shopping extravaganza of the year.

"The Spring Bazaar is more than just shopping, it's an experience," said Corrie Schwab, Stuttgart Family & MWR operations officer. "It gives our community a chance to see a wide variety of European culture and merchandise in one location." said Corrie Schwab, Operations Officer, Stuttgart Family & MWR.

Seventy-seven vendors from across Europe have confirmed their attendance at the Spring Bazaar 2022 held May 5-8 at Panzer Parade Field and the Panzer Fitness Center in USAG Stuttgart.

Thursday, May 5, 10 a.m. - 7 p.m. Friday, May 6, 10 a.m. - 7 p.m. Saturday, May 7, 10 a.m. - 7 p.m. Sunday, May 8, 10 a.m. - 3 p.m.

Many popular vendors are returning and bringing with them crowd favorites, as well as many new items, unique to Europe. Additionally, visitors will get to meet new sellers participating at the Spring Bazaar for the first time, like Donna Frida, Luma Top Chocolate in a Bottle, Mr. Wilson's Dog Bakery, PureCashmere, Creative Design Arts by Manuel, and Wooden Corner.

Hungry shoppers will be able to stop at the Spring Bazaar food area next to the Command Building and grab tasty brats, pulled pork, Carolina style smoked brisket, Philly cheesesteak sandwiches, milkshakes, beer, wine, and much more.

A bus shuttle will be available throughout the day and will make frequent rounds, stopping at the Exchange parking lot, Panzer Hotel, Stuttgart Elementary School, Stuttgart High School parking lot, Panzer Fitness Center, and the backside of the bazaar tent. Parking is encouraged at either the Exchange, Galaxy Bowling & Entertainment Center, Stuttgart Elementary & High School parking lots; however, all regular legal parking spaces can be utilized.

Credit cards & cash (only U.S. Dollars) will be accepted at the Spring Bazaar 2022. Credit cards are preferred, and American Express, Mastercard, and VISA can all be used.

In 2021, the Spring Bazaar required individuals to register through an appointment system to attend the event. The Spring Bazaar in 2022 will not require appointments. At this time, only social distancing and masks will be required for anyone who is not immunized. However, the USAG Stuttgart community always needs to be prepared for changes. Stay up to date by checking Stuttgart.armymwr.com or facebook.com/familyandmwr prior to visiting the Spring Bazaar in 2022.





A customer smells an offering from one of the vendors at the 2021 Spring Bazaar.



Customers get a taste of imported wines at the 2021 Spring Bazaar.

22

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What to expect at the Wellness Center

Story & photo by Paul Hughes

USAG Stuttgart Public Affairs

The biggest worry I had prior to visiting the Army Wellness Center was, "how am I going to get through my morning without coffee?"

I wasn't too worried about the results, nor the fact that I am beginning a fitness journey, just that I had to fast the morning of my appointment. Turns out, a morning without coffee wasn't too bad thanks to the team at the AWC.

I attended the AWC to get advice from professionals, and to find out where I am starting from on my journey, I signed up for the "Bod Pod" and metabolic testing. This is essentially the AWC's baseline service, so if you book an appointment at the Army Wellness Center, here's what you can expect:

1. You will be sent a form in advance of your appointment, and it is important to answer it accurately

The form contains questions about your wellness, your stress levels and your levels of activity. Being truthful and accurate here is important, as the data will be used to calculate your calorie intake needed to hit your fitness goals.

2. When you attend your appointment, you will need to fast the morning of your test

No coffee, not really any water even, as it can mess with your results — do what I did and take one of the earliest spots.

3. When you arrive, things move quickly — you will start with a blood pressure test, then step into the bod pod

You will need to strip down to a pair of lycra style sports shorts, for men, or some kind of form fitting lycra-style garment for ladies. Then you don a really nice swim cap-like hat. Next you step into the pod, which kind of feels like you are stepping into Mork's spaceship from ABC 1970s comedy Mork and Mindy, before the machine measures your body composition, i.e, your fat mass and your muscle mass.

4. Now it's time for your Metabolic test

This is a very enlightening exam. You will lay on a bed for around 15 minutes, with a huge space suit sized mask placed over your face. You are instructed to relax and breathe normally while the machine measures how much oxygen is in your expired breath. From this, the machine can calculate how many calories in a day your body burns prior to any exercise. It figures out the calories you need to breathe, blink and pump blood around your body.

Your AWC guide will now go over your results and talk to you about health goals before agreeing a way forward.

This is a vital step — what your body burns per day, energy-wise. Now, when you add your activity to it, you will be able to compare your caloric intake to what your body is burning daily and use that information to work toward your goals. The AWC team will also advise you on how important sleep and reducing stress are to your wellness goals.

While I learned that I am not in great shape, things could definitely be worse. I did, however, end up with one clear goal — to reduce my weight from 185 pounds to 155 pounds. I am currently 23.4 percent body fat (anything over 20 percent fat is considered excess), and the data showed I need to reduce my fat mass from 44 pounds to 35 pounds.

The great thing about this testing is that through my consultation, I know that I need to maintain my current activity levels, but reduce my calorie intake to 2499 calories per day in order to lose 1.5 pounds per week. If I am consistent, and without too many drastic changes, I can get to my desired weight in 5 months. Also, an added bonus is that this program is entirely free to eligible service members and dependents — something that could cost up to \$5000 on the economy!

And that's really it. If you are struggling to make tape, working out but

never losing weight, or concerned that you are gaining weight, this is

the place to start. The AWC is here to help you on your journey. Contact them today to make an appointment.



The Stuttgart Army Wellness Center team.

Stuttgart Elementary unveils **Rodriguez Strasse**



Rodriguez Strasse sits at the corner of the school's lobby. Along with the flag, it now stands as the first thing a student sees as they enter the school.

Story & photos by Geoff Morris

USAG Stuttgart Public Affairs Volunteer

Since its opening seven years ago, Stuttgart Elementary School's hallways have been given simple names designed to guide Stuttgart's youngest learners names like "Upstairs Blue" or "2nd Grade Hallway." But this year, students and staff unveiled a very special hallway name: "Rodriguez Strasse."

Named after Sonja Rodriguez, the school's first principal and now-Alexander M. Patch Elementary School principal, the hallway harkens back to the opening of one of DoDEA's first '21st Century Schools.'

DoDEA officials say these new schools are flexible and adaptable and facilitate multiple modes of learning, but also required skilled educators and administrators like Rodriguez to unleash their full potential. Along with Stuttgart High School, which shares the massive school campus on Panzer Kaserne, SES was the beginning of a massive \$1.6 billion project that will see the construction and revitalization of 28 education facilities across DoDEA Europe.

The unveiling ceremony took place right after school with a lobby filled end-to-end with teachers and staff. Special guests from the other elementary schools as well as DoDEA East Superintendent Joseph Mallloy joined in the celebrations. Current SES Principal Tessa Moss-Beaman thanked Rodriguez for her contributions to the success and start of the school, and wished her success at her upcoming new school. Yes, Rodriguez will be opening another '21st Century

School' next year, when Patch Elementary moves back onto its namesake post from its temporary location on Panzer.

"Who else is insane enough to open one school, and then go and say, 'I'll do it again?" Rodriguez joked during her speech.

Before ending the ceremony, Rodriguez reflected on the first five years of SES's history, as well as bringing up the double significance of the day as she celebrated her 60th birthday.



SES Assistant Principal Dr. Thomas Thomson and PES Principal Sonja Rodriguez at the unveiling ceremony.



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Stuttgart JSHS Symposium

HUMANITIES SYMPOSIUM

Story & photos by Geoff Morris

USAG Stuttgart Public Affairs Volunteer

This past January, students from Stuttgart High School (SHS) presented projects they've been working on for the past year on a variety of subjects ranging from operational security to the role of physi-

cal touch in ballroom dancing. They did so while competing for scholarships and a trip to Albuquerque, New Mexico, to present in person.

"This marks the 7th year in a row of at least one [SHS Student] going to Nationals," said Advanced Placement

(AP) Research teacher Daniel Coapstick. The requirements of the Junior Science and Humanities Symposium, or JSHS, are similar in many respects to a college thesis paper, exhibiting exceptional quality and insight.

Anna Galeano, an SHS 11th grader and first prize winner of a \$2000 scholarship, wrote a paper entitled, "Chasing Breadcrumbs: How Sharing Seemingly Irrelevant Information May Prove to be a Vulnerability" with a mix of data from across the Army, including a large proportion from Stuttgart. For her experiment, she programmed a digital scrubber (a data gathering tool) to process Linkedin accounts for information to evaluate profiles for their value as targets for adversaries. "I'm

looking to develop a bell curve to find the rough ideal," she said, explaining that "roughly 10-15 percent of the sample fell within the category of worst offenders."

Some interesting figures stood out: for instance, if an individual included a photo of themselves, they were more likely to hit other risk markers includ-

ing sharing their high school, first and last name, regularly post, and even have a full timeline of their career, often with geotagged photos and events. While this small top percentile of risky individuals is thankfully small, others have proven unexpected. While

the infamously loose-lipped mothers of soldiers can be expected, the greater surprise may come from the correlation that individuals working with social media, such as in public affairs, were regularly scoring higher risk than any other assignment.

Anna Galeano and the other SHS winners will be heading to Albuquerque to represent DODEA at the national competition. Let's wish our local team luck as they head on down to make us and their nation proud!

The regional presentations, including Galeano's and others, are all publicly available at the JSHS Europe website at jshseurope.org, as well as information on the past events.

Definitions and Problem

- Operations Security (OPSEC)
- Critical information
- Adversary



A presentation screeenshot.



Some of the SHS JSHS presenters including from left to right Anna Galeano (1st place), Katrina Chao, Maria Tortorelli (3rd place).



The Big Question:

If you could have lunch with someone from history, who would it be?



Hedy Lamarr
(Austrian-born American film actress and inventor)

— Frank



Agatha Christie

Jesus Christ

— Arthur and Ruth

"All the people who signed the Declaration of Independence,

all at once."

— Leon

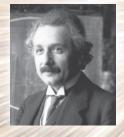
John Candy

"Some of the early humans to see what life was like back then,

because we have so

little knowledge of it."

— Vlora



Albert Einstein

Patrick



Robin Williams



Jane Austen



Abraham Lincoln

Photo by Aleksandr Kukharskiy/8

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