

# THE CITIZEN

Vol. 39, No. 7

U.S. Army Garrison Stuttgart

April 8, 2010

Serving the Greater Stuttgart Military Community

## News & Notes

### Sign up for Operation Purple summer camp

Online applications are being accepted through April 16 for the 2010 Operation Purple summer camp, to be held July 11-17 at Camp Lachenwald on Franken Kaserne, near Ansbach.

This free program is for children ages 9-12 parents are deployed or are deploying.

First priority will go to children with parents deployed anytime between December 2009 and December 2010.

To register, or for more information, visit [www.militaryfamily.org](http://www.militaryfamily.org) and click on the Operation Purple link.

### Apply for summer hire jobs by May 7

Unmarried family members of active duty service members or Defense Department civilian employees ages 14-22 can apply through May 7 for summer employment in the 2010 Summer Hire program.

The program, which runs from June 21 through July 30, provides jobs in clerical, labor and child development areas.

Applicants must apply online at the Civilian Human Resources Agency-Europe Web site and submit a hard-copy application packet to the U.S. Army Garrison Stuttgart Civilian Personnel Advisory Center. Complete instructions and forms are available at <http://cpolrhp.belvoir.army.mil/eur>.

For more information, call 431-3139/civ. 07031-15-3139.

## Female leaders teach others to seize the moment at forum

Story & photos by Brittany Carlson  
USAG Stuttgart Public Affairs Office

Close to 100 women — and a few men — attended the second annual Women's Leadership Forum March 25, hosted by the U.S. Army Garrison Stuttgart Equal Employment Opportunity Office, and held at the Swabian Special Event Center on Patch Barracks.

Participation increased from last year by 30 percent, said Yasmin Rosa, EEO Special Emphasis Program manager.

The theme of the 2010 forum, held in conjunction with Women's History Month, was "Cultivating Leaders Through Mentorship."

"Mentorship is something interesting and attractive to a lot of people, especially in junior-level [positions]," Rosa said.

The forum focused on how women can make the most of their career, while balancing family and breaking through societal barriers.

"We have to look out for each other," Rosa said. "If you want to get ahead, you need to seek the opportunities and not wait for them to come to you."

Maj. Gen. Michael A. Snodgrass, U.S. Africa Command chief of staff,

opened the forum.

He encouraged participants to select and mentor others based on their accomplishments, not their appearance.

"People need to be judged based on what they bring to the table," he said.

Keynote speaker Katherine Canavan, U.S. European Command civilian deputy to the commander and foreign policy advisor, added her own recommendation.

"Go up and ask advice of people you admire," she said. "You don't only have to have a woman [as a] mentor; most of my mentors have been male."

The second keynote speaker, Col. Cheryl Harris, AFRICOM assistant chief of staff, provided a military leader's

See Forum on page 4



Canavan

## Swing into spring!



Makyah Fernandes, a third-grade student at Patch Elementary School, soaks in some vitamin D March 25 during recess. In recent weeks, the sun has begun to warm the frozen ground in U.S. Army Garrison Stuttgart, bringing spring flowers to the surface and more residents outside.

Brittany Carlson

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### Patient liaisons bridge culture gap

When military families stationed overseas need care at local hospitals, TRICARE patient liaisons can ease the transition by translating and explaining local customs.



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### Personal fitness trainers turn up heat

If community members want to lose weight and gain muscle in time for swim-suit season, a personal fitness trainer may be just what they need.



INSIDE  
THIS  
EDITION

# DUI: You don't want to tell this story

Commentary by Senior Airman

Cynthia Spalding

3rd Wing Public Affairs Office

Driving under the influence—DUI, DWI, drunk driving, driving drunk, however you decide to say it: the sting of those words hits harder than you know.

When I left my last duty station en route to Elmendorf Air Force Base, I was labeled as "a perfect candidate" for officer training school by my shop commander.

I was doing a do-it-yourself move and decided to stay at a friend's house for a week in South Dakota. The night before I was going to head out, my friend had a party.

My first mistake was allowing someone I did not know to make my drink. My second mistake was not asking someone responsible to take my keys.

As we sat down at the table to play a game, I took my first sip. It was 7 p.m. on Oct. 9, 2008.

Next thing I knew, I was waking up in a cold room with loud noises and in clothes that were not my own. There

were three beds with other girls. When I looked down at my shirt, it read: "Pennington County Jail."

What happened? Who was I with? Was I driving? If I was driving, did I hurt or kill anyone? Where was my phone? Was I driving my new vehicle I just bought? What time is it? Those were just some of the many questions I was asking myself at that moment.

In the next room, there were cops at a desk with a line of females in the same clothes. I was terrified. How did I get into this mess?

The clock on the wall read 7:30 a.m., 12 hours later. A nurse came in to see me. There was a very bad burn across my chest and hips, and on my face from my forehead down to my neck.

When I was able to talk to a cop, they informed me that I would go to court at 10 a.m. What could I argue? I knew that I had chosen the option to drink in an unfamiliar place with unfamiliar people.

According to the report, I "apparently ran a stop sign. At the end of the road there was a steep hill with marks in the grass from a vehicle, indicating that the vehicle had rolled over more

**My first mistake was allowing someone I did not know to make my drink. My second mistake was not asking someone responsible to take my keys.**

than once."

I was lucky that there was a nurse living in a house near where my vehicle had crashed. She was able to immobilize my head to prevent any spinal damages.

My blood alcohol content was 0.136. It didn't matter that I didn't remember ever finishing the first drink. After pleading guilty and letting the judge know my situation, I was released and took a taxi to my friend's house. My previous and future commanders had already been contacted.

God must have had an angel sitting on my shoulder for saving my life during this accident. My vehicle looked like a pancake.

I was also thankful that my previous commander wanted to defend my reputation, and allowed me to continue my PCS

to Alaska. I lost my license for a year, on top of totaling my brand new vehicle. Walking around in Alaska during the winter was not a pleasant experience.

I lost the option of receiving a below-the-zone promotion, my car, my license, half of my belongings in the accident, extra leave time and my reputation.

The next important thing I had to do was start proving myself to my new Air Force family. I volunteered for almost everything. If I was asked to complete a job, I surpassed the expectations.

I am determined to become a story of recovery, not of failure.

I encourage you to make sure you have a plan in advance when you go out. Don't be the next service member that has to share their story. Telling mom and dad was hard enough.

## THE CITIZEN

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## ON THE STREET

*What is the first spring activity you plan to do?*



**Darin Weaver**  
(Civilian)

"I would like to go to the Hockenheim Formula 1 race track."



**Lauren James**  
(Army spouse)

"Go on a picnic."



**Sgt. Gilbert Baca**  
(U.S. Army)

"Vacation in Garmisch with my family."



**Beth Smith**  
(Air Force spouse)

"Take my sons to the park."



**Staff Sgt. Randy Van Zandt**  
(U.S. Army)

"Take the family on walks."



**Sgt. Jene Martinez**  
(U.S. Army)

"I got a brand new smoker I need to break in."



**Angela Dantzer**  
(Army retiree spouse)

"Take my children to the playground and enjoy the weather."



**Master Sgt. Martel Herrera**  
(U.S. Army)

"Play golf."

# Rest, recuperation leave now nonchargeable for some

By Jim Garamone

American Forces Press Service

Some deployed service members will not be charged for rest and recuperation leave under a new Defense Department policy.

The new policy allows service members in designated areas to go on rest and recuperation leave without charge to their leave accounts. "So, in a sense, it is an administrative absence [for] up to 15 days," said Sam Retherford, the Defense Department's director of officer and enlisted personnel management.

In the past, the leave was charged to service members' accounts, though travel time from the theater to the airport closest to their destinations was not charged, Retherford said.

The nonchargeable rest and recuperation leave program will be limited to the "most arduous" areas, and the combatant commander must recommend it through the Joint Staff for approval by the undersecretary of defense for personnel and readiness, Retherford said.

To qualify for the program, members must be serving in a leave-restricted area, where no dependents are allowed. They must be receiving hostile fire pay and be in areas where travel in and out of the country is restricted. "Two additional areas are that the duty has to be extremely arduous and the command has to foresee continuing combat operations," Retherford said.

The benefit will take effect once an area is designated by the undersecretary of defense for personnel and readiness and will not apply retroactively.

The Army identified the need as especially important for junior members, Retherford said, because they typically do not have a large amount of leave accumulated.

"At the end of their deployment, there is very little in their leave accounts for rest, recuperation and reintegration to the family and community," he said. "So, this program means they will not be charged for the R and R leave, and they will have that leave upon redeployment."



Cherie A. Thurlby

**Soldiers returning to the U.S. on rest and recuperation leave are greeted upon arrival at the Dallas/Fort Worth International Airport in Texas.**

Inability to take leave upon returning from a deployment is a problem. The services want their people to take leave so they can decompress and reintegrate with their families and communities. The services have been allowing administrative leave upon redeployment from a combat zone, but generally limit it to local areas around bases.

Service members already in Iraq and Afghanistan who qualify for R and R leave will qualify for the nonchargeable R and R program. The areas that qualify for the program have to be redesignated every two years.

The commander of U.S. Central Command requested that Iraq and Afghanistan be designated as nonchargeable rest and recuperation areas, Retherford said. "We quickly coordinated this request with the military departments to ensure we provided service members with this new benefit as quickly as possible," he added.

About one million service members have participated in CENTCOM's rest and recuperation program.

Due to the requirement for combat operations in a presidentially designated combat zone, the nonchargeable rest and recuperation program should

## Overseas Housing Allowance survey gives service members opportunity to influence entitlements

By Staff Sgt. Patricia Deal

U.S. Army Europe Public Affairs Office

The online Overseas Housing Allowance and Move-In Housing Allowance surveys for Germany run through April 30.

The OHA survey is done annually to identify how much service members spent in the previous year for utilities such as electricity, heating fuel, water, trash removal and sewer fees.

The MIHA survey is done every three years and captures how much service members spent on their off-post quarters when they initially moved in. The MIHA is a one-time payment and covers expenses such as purchasing major appliances or fees charged for turning on utilities.

This year's survey combines the two components and should take about 45 minutes to complete.

When filling out the survey, service members should have their actual bills or records for the

last 12 months to provide accurate and complete information, said Germany Country Allowance Coordinator William Gordon, from the U.S. Army Europe G1, the command's theater-level human resources provider. Having all receipts and paperwork on hand will help speed the process, he said.

"We encourage those eligible service members to take the survey. Full participation in this survey is essential, as allowances will be updated based on the results," he said. "The key to success is good participation and good data."

The average annual OHA payment in 2009 within USAREUR was approximately \$25,000 (impacted by currency fluctuations), Gordon said.

To complete the survey, click the OHA link on the USAREUR home page, [www.hqusareur.army.mil](http://www.hqusareur.army.mil), or the Hot Topics section on the Stuttgart garrison home page, [www.stuttgart.army.mil](http://www.stuttgart.army.mil).

## News & Notes

### TRICARE meets health care bill's standards, Gates says

The TRICARE military health plan meets the standards set by the health care reform bill the House of Representatives passed last month, according to a statement issued by Defense Secretary Robert M. Gates.

Calling their health and well-being his highest priority, Gates reassured service members and their families that the legislation won't have a negative effect on TRICARE, which "already meets the bill's quality and minimum benefit standards."

"This was clarified by a vote in the U.S. House of Representatives [March 20], and is expected to be re-affirmed by the Senate," Gates said in the statement.

"The president and I are committed to seeing that our troops, retirees and their families will continue to receive the best quality health care," Gates said.

### Local Kontakt Club lauded

U.S. Army Europe announced the winners of the 2009 USAREUR Outreach-Kontakt competition last month.

The competition honors Kontakt groups, individual members and supporters throughout Germany for their contributions to the program.

The U.S. Army Garrison Stuttgart Kontakt Club won two awards in the Community with Military Presence category. The club won the Group High Achievement Award for community support, and Jennifer Luley, who volunteered 2,000 hours with the club, won the top volunteer award. Danielle Thompson, 16, also received an Outstanding Civilian Service Award for a non-member.

The Kontakt program gives Soldiers, family members and civilians an opportunity to learn about Germany and its culture together with Germans and citizens of other countries. It serves as a bridge to overcome cultural differences.

For more information, visit [www.kontakt-club-stuttgart.de](http://www.kontakt-club-stuttgart.de).

### Army in Europe census data provided by DOD

Service members, federal civilian employees and dependent family members assigned to Europe will be counted in the upcoming 2010 census — without filling out a census form.

According to the U.S. Census Bureau Web site, federal government departments and agencies, including the Department of Defense, are required to provide a certified count of those stationed or deployed overseas.

The Defense Department's Defense Manpower Data Center will provide the count based on home of record, legal residence or last duty station, in that order. National Guard members serving overseas as of April 1, 2010, are also included in the overseas count. Defense Department contractors are not included.

Service members and family members living in the U.S. during the census are required to fill out a census form. They should not include those serving overseas in their household count.

For more information, visit the Census Bureau's Web site at [www.census.gov](http://www.census.gov).

# ACS program troubleshoots life-related issues

Story & photo by Susan Huseman  
USAG Stuttgart Public Affairs Office

If information is power, Danielle “Danie” Denis must be a superwoman.

As the Information, Referral and Follow-Up program manager for U.S. Army Garrison Stuttgart’s Army Community Service, Denis has reams of information at her fingertips about resources, programs and services, both on and off base.

She and her staff are the link between community members who need assistance and the organizations that provide it.

“When customers walk into ACS, their first contact is with Information and Referral,” Denis said. “We find out what they need and point them in the right direction.”

The program resembles a help desk — only instead of troubleshooting computer systems, life-related issues are handled.

“We solve problems,” Denis said.

It could be as simple as sending a fax to the States or as complicated as helping a spouse through a separation.

If a solution is not within the ACS organization, Denis will refer clients to the proper agency.

“The reality is we don’t know it all — but we know where to go for

information, and we’re willing to go find it for you,” said Denis, a former high school guidance counselor.

Denis’ background complements the skill set needed in her current line of work.

“My natural tendency is to listen to what your needs are, and find the solution or answer to what you are looking for — regardless of the program or service you need,” Denis said.

She maintains this attitude even when the request takes an unusual turn.

Denis, who is originally from Haiti, speaks French. She found herself putting her language skills to work after a Soldier contacted ACS for help.

His car had broken down in France, and he needed to get it fixed. Part of the solution involved new tires that were not readily available. “I had to order tires. It was a very detailed process. But I was happy to do this,” she said.

Many people are surprised at what they find when they visit ACS. “A lot of times they come in for one thing and are happy to find out they have access to more services than they thought,” she said.

Take Nancy Hudson, for example. The Marine spouse arrived in Stuttgart last August.

“The first thing I did when I got here was go to ACS,” she said. “I asked questions about how life is here and



Danielle “Danie” Denis (left), Information and Referral program manager, and Heather Smith, volunteer, ensure an agency contact list is kept up-to-date.

what I need to do to get a job.”

Hudson said Denis directed her to the Army Volunteer Corps, where she signed up to be a volunteer, and provided her with useful information on writing a resume.

“I even got the information about my job through ACS,” said Hudson, who is a contracted social media writer for U.S. Africa Command’s Public Affairs Office.

“[Denis] even guided me in writing the proposal for the job. It was awesome. She knew exactly what I needed to do,” Hudson said.

That kind of sentiment is the payoff

for Denis. “My reward is knowing that a customer leaves ACS ... with what they came in for, and more,” she said.

*The USAG Stuttgart ACS Information, Referral and Follow-Up program provides help or resources for a wide variety of issues, from a request for the phone number of a service, to child and spouse abuse or marital problems. Information and referral specialists are available for individual appointments.*

*For more information, call 431-3362/3344 or civ. 07031-15-3362/3344.*

## Forum . . . . .

Continued from page 1

perspective.

She spoke on the importance of building relationships with leaders and observing them at work.

“Open your aperture,” she said. “Take in everything. Naturally, you will filter out those things that work for you and those that don’t.”

Harris added that women need to help each other achieve their goals. “As we move forward as women, we remember to pass a helping hand to women,” she said.

After the speeches, the attendees rotated through four small-group discussions, led by the panelists.

Col. Elizabeth Bierden, Defense Information Systems Agency Europe commander, led the “Overcoming Barriers” session.

She encouraged women not to let go of their femininity in order to succeed. “You don’t have to be a tough woman [who] looks like you want to be a man,” she said. “I don’t want to be a man. I’d like to do the kinds of things that they do.

“The best strategy for overcoming barriers is women networking together,” she added.

Women at the conference learned how to network during the “Mentoring and Networking: Tools for Career Development” session, led by Janice Downey, USAG Stuttgart Army Community Service deputy director.

Another session included “Balancing Act: Family and Career,” hosted by Master Sgt. Cecilia Brandt, EUCOM Electronic Joint Manpower and Personnel Systems manager.

The subject was a personal one for Brandt, who



Col. Cheryl Harris, AFRICOM assistant chief of staff, addresses approximately 100 people during her keynote speech at the second annual Women’s Leadership Forum March 25 in the Swabian Special Event Center on Patch Barracks. The event’s theme was “Cultivating Leaders Through Mentorship.”

paused her active duty Air Force career when she and her husband began raising a family.

“Life’s a trade-off,” she said. “The decisions we make — at the end of the day, we have to say, ‘I can live with that.’”

Hearing from other women during this session was encouraging for Sandy Leshinsky, military spouse.

“I’m happy with the interaction and with other women and the empathy that’s here,” Leshinsky said. “They support and understand a lot of the same issues I’m going through.”

The fourth session focused on the difficulty women in history faced in joining the work force.

However, during her “Educational Opportunities, Past and Present” session, Susan Page, Patch High School principal, said that today’s students have less prejudice based on sex than ever before.

“Is there really a glass ceiling for our daughters?” Page asked participants. “I don’t think that there is anymore.”

Neither did Danielle Dean, 15, one of several PHS students at the forum.

# Easter Egg-stravaganza



Susan Huseman

The Easter Bunny works the crowd before the 6- to 7-year-old egg hunt during the CYS Services-sponsored Egg-stravaganza April 3 on Patch Barracks.



Susan Huseman

[Above] Debbie Henderson (from left) helps her daughters Lexi, 2, and Alyssa, 6, dye eggs during the CYS Services Egg-stravaganza.



Susan Huseman

[Right] Robbie Call, 12, is quick on his feet in the 14 and above egg hunt.



Brittany Carlson

Emily Gutierrez, 2, carries her loot off the field after the 0- to 2-year-old egg hunt ends, only seconds after it started. The event was hosted by Family and Morale, Welfare and Recreation Child Youth and School Services.



Susan Huseman

[Left] Children get a running start in the 6- to 7-year-old egg hunt. [Below] Alexa Nivens, 3, admires the bunny Cindy Cunningham (right) painted on her face.



Brittany Carlson



**BETHEL BAPTIST CHURCH**  
MAKING MUCH OF JESUS

Independent Baptist Church Serving the Stuttgart area

Sunday School 10 a.m.  
Morning Worship 11 a.m.  
Sunday Evening Service 6 p.m.

Children's Church and Nursery Provided

Meeting at the  
Marriot Hotel Sindelfingen  
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Tel: 07032-954314

Missionary Pastor- Dr. Harold Pierce  
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For more news, visit [www.stuttgart.army.mil](http://www.stuttgart.army.mil)



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See more community photos at  
[www.flickr.com/photos/usagstuttgart/](http://www.flickr.com/photos/usagstuttgart/)

# Do you need to cut down on your drinking?

## To recognize the serious problem of alcohol abuse, April is designated as Alcohol Awareness Month

National Institute on Alcohol Abuse and Alcoholism  
National Institutes of Health

If you are drinking too much, you can improve your life and health by cutting down. How do you know if you drink too much? Read these questions and answer "yes" or "no":

- Do you drink alone when you feel angry or sad?
- Does your drinking ever make you late for work?
- Does your drinking worry your family?
- Do you ever drink after telling yourself you won't?
- Do you ever forget what you did while you were drinking?
- Do you get headaches or have a hangover after you have been drinking?

If you answered "yes" to any of these questions, you may have a drinking problem. Check with your doctor to be sure.

Your doctor will be able to tell you whether you should cut down or abstain. If you are an alcoholic or have other medical problems, you should not just cut down on your drinking — you should stop drinking completely. Your doctor will advise you about what is right for you.

If your doctor tells you to cut down on your drinking, the following steps can help you.

### Write your reasons for cutting down or stopping

Why do you want to drink less? There are many reasons why you may want to cut down on, or stop, drinking. You may want to improve your health, sleep better, or get along

better with your family or friends. Make a list of the reasons you want to drink less.

### Set a drinking goal

Choose a limit for how much you will drink. You may choose to cut down or not to drink at all. If you are cutting down, keep these limits in mind:

- Women should have no more than one drink a day.
- Men should limit themselves to no more than two drinks a day.
- A drink is a 12-ounce bottle of beer, a 5-ounce glass of wine or a 1.5-ounce shot of liquor.

These limits may be too high for some people who have certain medical problems or who are older. Talk with your doctor about the limit that is right for you.

Write your drinking goal on a piece of paper. Put it where you can see it, such as on your refrigerator or bathroom mirror.

### Keep a drinking diary

To help you reach your goal, keep a drinking diary. Write down every time you have a drink for one week. Try to keep your diary for three or four weeks. This will show you how much you drink and when. You may be surprised.

Most people do not cut down or give up drinking all at once. Just like a diet, it is not easy to change.

That is OK. If you do not reach your goal the first time, try again. Remember, get support from people who care about you and want to help.

*The U.S. Army Garrison Stuttgart Alcohol and Substance Abuse Program offers substance abuse prevention education, treatment and rehabilitation, and employee assistance program counseling.*

*For more information, contact the USAG Stuttgart ASAP office at 431-2530/civ. 07031-15-2530/2835.*

## Tips that can help

• **Watch it at home.** Keep a small amount of alcohol, or none at all, at home. Don't keep temptations around.

• **Drink slowly, and with food.** When you drink, sip your drink slowly. Take a break of one hour between drinks. Drink soda, water or juice after a drink with alcohol. Do not drink on an empty stomach. Eat food when you are drinking.

• **Take a break from alcohol.** Pick a day or two each week when you will not drink at all. Then, try to stop drinking for one week. Think about how you feel physically and emotionally on these days. When you succeed and feel better, you may find it easier to cut down for good.

• **Learn how to say no.** You do not have to drink when other people drink. You do not have to take a drink that is given to you. Practice ways to say no politely. For example, you can tell people you feel better when you drink less. Stay away from people who give you a hard time about not drinking.

• **Stay active.** What would you like to do instead of drinking? Use the time and money spent on drinking to do something fun with your family or friends. Go out to eat, see a movie, participate in sports or play a game.

• **Get support.** Cutting down on your drinking may be difficult at times. Ask your family and friends to help you reach your goal. Talk to your doctor if you are having trouble cutting down. Get the support you need.

• **Watch out for temptations.** Stay away from people or places that tempt you to drink, even if you do not want to. This may include people who drink a lot or bars where you used to go. Plan ahead of time what you will do to avoid drinking when you are tempted.

Do not drink when you are angry, upset or having a bad day. These are habits you need to break if you want to drink less.



**Estate claim notification**

Anyone having any claims on or obligations to the estates of:

- Chief Warrant Officer 3 Gary M. Farwell of G Company, 52nd Aviation Regiment,
- Chief Warrant Officer 2 Clayton M. Hickman of G Company, 52nd Aviation Regiment, or
- Spc. Matthew E. Clark of G Company, 52nd Aviation Regiment, should contact the summary court officer, 1st Lt. Albert James, at 421-4268/civ. 0711-729-4268.

**Earn PhD**

The University of Oklahoma is accepting applications for the Doctorate in Organizational Leadership Program until Sept. 1. For more information, visit [www.gou.ou.edu](http://www.gou.ou.edu) or contact Rebecca Hansen at DSN 370-6687 or [apeuadmin@ou.edu](mailto:apeuadmin@ou.edu).

**SSSC closed April 26-27 for inventory**

The USAG Stuttgart Self-Service Supply Center will close for its annual inventory April 26-27.

**Help Soldiers by donating to AER**

Help the Army take care of its own by donating to the Army Emergency Relief campaign.

For more information on the campaign, call Capt. Timothy Mitchell at 431-2086/civ. 07031-15-2086.

For information on AER assistance, call Faith Barnes at 431-2085/civ. 07031-15-2085, or visit the AER Web site at [www.aerhq.org](http://www.aerhq.org).

**RB thrift shop now hiring**

The Stuttgart Community Spouses Club is now accepting applications for manager and cashier positions at the SCSC Thrift Shop on Robinson Barracks.

For more information, or to submit a resume, e-mail [scsc.president@yahoo.com](mailto:scsc.president@yahoo.com).

**Catering jobs open on Kelley, Patch**

The Swabian Special Events Center on Patch Barracks and the Kelley Club on Kelley Barracks are now hiring for catering team positions. Applicants must be 18 years old or older.

E-mail resumes to [info@swabiancenter.net](mailto:info@swabiancenter.net). For more

**Little gardeners 'grow' at PES**



Brittany Carlson

*Patch Elementary School multi-age teacher Sarah Lussier (from left) shows Liam Bayfield, 9, how to carefully remove a plant from a plastic container before planting it in the school's lobby garden. Bayfield is one of several students in the newly-formed PES Garden Club. Club members volunteered to care for plants at PES. This month, all U.S. Army Garrison Stuttgart students have an opportunity to care for the earth with several Earth Day activities and contests. See the Earth Day Contests announcement for details.*

information, call 430-8205/civ. 0711-680-8205.

**Retiree Appreciation Day on April 24**

Military Retiree Appreciation Day is scheduled for April 24 from 8 a.m. to 3 p.m. in the Patch Community Club on Patch Barracks.

The Stuttgart Army Health Clinic will offer vision screenings, preventive health services and wellness exams. The dental clinic will offer cleanings and minor dental procedures for retirees and their spouses on a first come, first serve basis.

A TRICARE briefing will begin at 11 a.m.

Retired Col. Robert Mentell, president of the Army in Europe Retiree Council, will be available to discuss retiree issues.

Representatives from the United Services Organization, Survivor Outreach Services, Red Cross and other organizations will also be available.

For more information, call 431-3442/civ. 07031-15-3442.

**Kelley Commissary to close April 28-29**

The Kelley Commissary will be closed for business April 28-29 for a store reset. The commissary will re-open April 30 at 9:30 a.m. For more information, call 421-2366/civ. 0711-729-2366.

**Attend PCS/pre-separation briefing**

A permanent change of station/pre-separation briefing will take place April 21 at 1 p.m. in Building 2913, Panzer Kaserne. All service members departing within the next four to five months should attend.

Information will be provided from various agencies, including transportation/customs, medical, and Army Community Service.

Army personnel will receive briefings on personnel and

finance issues. All separating Army personnel must attend this briefing to receive pre-separation information. Pre-registration is required.

For more information, or to sign up, call 431-2599/civ. 07031-15-2599.

**Earn MBA degree**

The University of Phoenix Overseas Military Division now offers a Master of Business Administration. Classes start in May in the Education Center, Building 2949, Panzer Kaserne.

For more information, or to register, call 431-3428/civ. 07031-15-3428 or e-mail [Erin.Lipton@phoenix.edu](mailto:Erin.Lipton@phoenix.edu).

**Celebrate Earth Day April 22**

The U.S. Army Garrison Stuttgart Directorate of Public Works Environmental Division will celebrate the 40th anniversary of Earth Day on April 22 from 8:30 a.m. to 12:30 p.m. in Hangar Fest Tent 6 on Stuttgart Army Airfield.

The Earth Day Expo is designed to inspire awareness and appreciation in children for the environment. The event will feature physics experiments, energy booths and other demonstrations for young environmentalists.

For more information, e-mail [kedra.segler@eur.army.mil](mailto:kedra.segler@eur.army.mil).

**Enter Earth Day contests**

The Earth Day Expo 2010 will host three contests for children: a drawing contest for students in first to fifth grade, an essay contest for sixth to eighth grade and a video contest for grades nine through 12. The deadline for all three contests is April 16.

Prizes will be awarded during the Earth Day Expo on April 22.

For contest rules, e-mail [kedra.segler@eur.army.mil](mailto:kedra.segler@eur.army.mil).

**Learn CPR**

The American Red Cross will host the following classes this month in Room 314, Building 2949, Panzer Kaserne:

- First Aid/CPR/AED April 22 from 8 a.m. to 5 p.m. Cost is \$40.
- New Parent Support Child, Infant CPR April 13 and 16 from 8 a.m. to noon.
- Pet First Aid/CPR for cat and dog owners April 17 from 8 a.m. to 12:30 p.m. Cost is \$30 per person/\$50 per couple.

To register, visit the ARC office. For more information,

call 431-2812/civ. 07031-15-2812.

**Banks open late April 21**

Community Banks in U.S. Army Garrison Stuttgart will open late because of mandatory training on April 21.

The Patch branch will open from 1-4 p.m. while the Panzer and Kelley Barracks branches will open from 1:30-4 p.m.

**Casualty Assistance training scheduled**

U.S. Army Garrison Stuttgart will conduct Casualty Assistance Officer and Casualty Notification Officer training May 6-7 from 9 a.m. to 5 p.m. in the Swabian Inn on Patch Barracks.

The training is open to those Army active duty Soldiers in the ranks of sergeant first class and above; chief warrant officer 3 and above, and captain and above.

Army civilians are also welcome to attend.

For more information, call Paul Griffen, at 431-3442/civ. 07031-15-3442 or e-mail [paul.griffen@eur.army.mil](mailto:paul.griffen@eur.army.mil)

**UMUC offers field courses in Italy, Scotland**

The University of Maryland University College Europe will hold two undergraduate field study courses: History and Culture of Naples, held in Italy, and Scotland: Culture, Literature, and History, held in Scotland. Register by April 30.

For more information, contact the UMUC field representative at 431-2303/07031-15-2303.

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Story & photo by Brittany Carlson  
USAG Stuttgart Public Affairs Office

In the U.S., when military community members need to visit the hospital, they simply drive to the closest one — usually, a military hospital on base.

For many overseas military communities, however, there is no military hospital available.

That's where patient liaison coordinators come in. "When people are sick, their tolerance level of things that are different is at rock bottom," said Rosi Siple, a U.S. Army Garrison Stuttgart patient liaison. "Our job is to ease the transition between military hospitals in the U.S. to [hospitals in] Germany."

As part of the TRICARE system, patient liaisons help military community members navigate the host nation medical system.

They speak the host nation language, visit patients in local hospitals and provide information on cultural medical practices and customs.

"The patient liaison role is crucial to the community because they smooth out all the bumps that come from the communication between the host nation and the [Stut-

tgart health] clinic," said Effie Watson, TRICARE supervisor. "They follow up with a patient from the moment they get hospitalized to the moment they get discharged."

#### What liaisons do

There are currently five patient liaison coordinators for the Stuttgart military community, with plans to hire a liaison supervisor by May, according to Col. Kirk Eggleston, U.S. Army Health Clinic Stuttgart commander.

Liaisons take turns being on call around the clock for emergencies.

To reach a liaison, community members must call the Military Police, who give the liaison the caller's information and phone number.

In German hospitals, patient liaisons provide military families with

# A helping hand, far from home

Then, a liaison calls the community member back and helps them determine which hospital to go to — not necessarily the nearest one.

"Stuttgart has 27 different hospitals," Eggleston said. "They don't all have the same capabilities. [Calling a liaison] saves you some running around."

Most patient liaisons are familiar with all the doctors in town, and can match patients up with doctors with whom they think the patient could have good relationship, he added.

The liaisons notify the hospital staff when an American patient will arrive. They are available to help translate during the first meeting and other appointments with a German doctor upon request.

They also help explain cultural differences to American patients.

"Europeans are not modest," Siple said. "You do not get a sheet cover-up when you go to the gynecologist. That's not how things work."

In addition, German doctors do not expect patients to inquire about their medications or treatment process, she added.

"We were hired to help [American patients] understand these differences."

In addition to what liaisons can do, community members should be aware of what they cannot do, Eggleston added.

For example, liaisons cannot diagnose a condition. "The liaisons are here to assist with cultural and language issues," he said. "While they may have some medical knowledge, they're not doctors or nurses."

When not on call, the liaisons in Stuttgart visit an average of 15 patients and eight hospitals each weekday, Siple said.

Liaisons support active duty service members, retirees, reservists, and their family members.

However, the benefits are only available to those who call. Otherwise, the liaisons

may not know that a community member is in the hospital.

"We don't have a system to get that information directly," Eggleston said. "If you get admitted to a hospital, notify the liaisons through the MPs. It's easy."

#### An immense difference in care

Gloria Colon-Buzatu, a military family member in the Exceptional Family Member Program, learned first-hand how important it is to call a patient liaison during hospital stays.

When she first went to a German hospital for bulging discs in her back, she just checked herself in.

She didn't know that she needed to notify a liaison, or that her triple-patient room and "bread-and-cheese meals" were not the kind of treatment TRICARE patients are entitled to, she said.

Everything changed when the patient liaison coordinators came to visit.

Colon-Buzatu was moved to a semi-private room with one other patient, and received higher-quality meals, she said.

"After they came, it resolved a lot of issues," she added. "TRICARE patients are treated as private patients. My care was not with the chief doctors. When they showed up, it was instantly chief doctor-only."

In addition, the liaisons helped her tell the doctor what was wrong.

"They were instrumental in helping me feel that my symptoms were actually being trans-

lated; there was nothing lost in what I had to explain," Colon-Buzatu said.

"It's especially important, if you come over here with EFMP, to really get to know just who these people are before you have a crisis ... whether you're prone to getting sick, or even if you're not," she added. "I just wish more people were aware of what that procedure is."

While Colon-Buzatu's situation was rectified, Siple said that hospital patients should not wait to call the patient liaison office for help until they have concerns about their treatment.

"Don't wait until you're at the frustration point," Siple said. "If there's something you don't understand, that's the time to call."

#### Easing the burden

Patient liaisons are more than just translators; they provide moral support, Siple said.

"Every day is different. We have patients ... with kids that break an arm," Siple said. "We had a patient with a brain aneurism."

The process of helping patients can be emotional, but it's worth the tears, she added. "I find people are thankful that you're helping them."

Chaplain (Maj.) David Santiago Cruz, USAG Stuttgart family life chaplain, is one military member grateful for the extra help when he put his life in someone else's hands — literally.

Santiago underwent quadruple bypass heart surgery at the Robert Bosch hospital last year. The surgery was

fairly sudden. One day, while practicing for a physical training test, Santiago felt "heartburn." A few days later, a doctor discovered that he had four blocked arteries.

"I was very close to having a massive heart attack," he said. "I went to TRICARE and told them I needed open heart surgery."

"That was a very intense process. They made it very easy for me. From the TRICARE people to the staff — they were just nice to me," he said.

In the days leading up to the surgery, a patient liaison also took care of Santiago's paperwork, he said.

"For me, that was a real blessing," he said. "I was pretty stressed out, and physically, I was not in good shape to do much."

"For them to take care of those things for me and to give me direction of what I needed to do ... they freed up some time for me to relax and took the stress of the whole process from me," he added.

Within weeks, Santiago was undergoing surgery. "Someone had my heart in their hands for five hours," he said.

However, both the hospital staff and patient liaisons gave Santiago and his wife confidence during an emotional time, he said. "I know Loida also appreciates everything they did for me."

#### 'They'll make sure I'm OK'

For another community member, the liaisons' support made the difference between what could have been a very trying experience to a pleasant three-month stay in a German hospital.

Amelia Johnson, a family member, had a stressful pregnancy from the start. "Because I had a miscarriage before, I knew it was going to be a high-risk pregnancy," she said.

So, when Johnson started feeling poorly mid-pregnancy, she called the TRICARE office and visited a hospital in Böblingen.

Johnson had pregnancy-induced diabetes, and ended up staying in the hospital for three months. While in the hospital, she also had emergency surgery for appendicitis.

"TRICARE was there every day," she said. "If I didn't understand people in the hospital, they would come and translate. They were a really big help."

"I'm really grateful to everybody from TRICARE and for the hospital people," she added. "I feel that if I'm ever going to be pregnant again, I'll [have my baby] here. They'll make sure I'm OK."

*Patient liaisons also help prepare German birth and death certificates, offer local hospital tours, help plan transfers between host nation and military hospitals and coordinate tests and follow-up care.*

*For more information, call the TRICARE office at 430-4381/4013/civ. 0711-680-4381/4013.*

*Rosi Siple, USAG Stuttgart patient liaison coordinator (left), shares a moment of laughter with Melissa Kerwood, a military family member, as Kerwood holds her newborn baby, Evan Eugene Kerwood, March 26 in a hospital in Böblingen. Patient liaisons conduct visits weekdays to check on military members, retirees and reservists, and their family members, while they are in host nation hospitals.*



Beware of

# Spring hazards

## Poisonous chemicals

Pesticides are poisonous and can have serious effects on people, especially children and pets.

Use proper methods when using, storing and disposing of pesticides and their containers.

Spring cleaning solvents are also poisonous. Do not leave cleaning supplies within reach of children. Only use solvents where there is good ventilation, and make sure to follow instructions on the label.

If you have questions, call the Poison Control Center at Landstuhl Regional Medical Center at 486-7070/civ. 06371-86-7070.

Hydrocarbons, in the form of gaso-

## Hydrocarbons

line and charcoal lighter fluid, are potential hazards. Often, these products are inappropriately stored in glass jars or soda containers, and they may be attractive and pleasant-smelling. Always remember to store hazardous products in their original containers.

## Poisonous plants

There are many poisonous plants, berries and mushrooms. All mushrooms should be considered poisonous, unless positively identified by a trained mycologist. Remember, many plants are harmful to pets.

Floods are the most common and widespread

## Floods

of natural hazards. Some floods develop over a period of days, but flash floods can bring raging waters in a matter of minutes. Many regions in Germany are preparing for floods, as rising temperatures melt accumulated snow. Since 1998, floods in Europe have caused more than 700 deaths and displaced more than half a million people. If you come upon a flooded roadway, "turn around, don't drown."

For more information on Ready Army, disaster preparedness, or USAG Stuttgart emergency contact numbers, call the Installation Emergency Manager at 431-2035/civ. 07031-15-2035 or visit the EM Web page at [www.stuttgart.army.mil](http://www.stuttgart.army.mil).



File photo

Traumatic brain injury is not isolated to combat. TBI can occur when a skateboarder hits the concrete. Protective gear not only reduces the likelihood of injury, but reduces the severity.

## TBI can occur outside of combat

By Bronwyn Pughe

Madigan Healthcare System Traumatic Brain Injury Program

Brain injuries occur outside of combat, as well as within. Service members and their families, children and the elderly are at risk for traumatic brain injury.

"Many brain injuries are preventable if you use proper protection," said Dr. Paul Savage, an internal medicine doctor with the Traumatic Brain Injury Program at Madigan Army Medical Center at Fort Lewis, Wash.

Falls, being hit, acceleration/deceleration and motor vehicle accidents may result in traumatic brain injuries.

Falls and being hit often occur in sports, such as boxing, football, skiing, bicycling, snowboarding, skateboarding, motocross, basketball or soccer.

Falls make children and the elderly susceptible to getting a concussion, or mild TBI, as they strike the ground or furniture. Domestic violence, including child and elder abuse, puts people at risk for brain injury.

Acceleration/deceleration is a common cause of TBI. The brain is moving forward at the same rate of speed as the body and is suddenly forced to stop.

"Whiplash" can occur during motor vehicle accidents, when a baby is shaken, or when a skate-

boarder hits the concrete after missing a 360 on the half-pipe.

Most people recover from a single concussion in days to weeks with no lasting effects. However, multiple concussions can result in ongoing symptoms and long-term cognitive problems.

Dr. Lars Hungerford, neuropsychologist with the Madigan TBI program, and Savage suggest using seat belts, air bags, car seats and helmets.

"[Proper and habitual use of] protective gear not only reduces the likelihood of injury but also reduces the severity," Savage said.

Hungerford recommends buying high-quality helmets.

"A helmet allows the head to decelerate less quickly, reducing the possibility of sustaining an acceleration/deceleration injury," he said.

Hungerford also warned that "[a] helmet is a one-use device."

Replace a helmet after an accident or fall. Have a sports equipment professional check any helmet if it has been dropped from as low as five to six feet, which can damage the helmet.

Education and safety can decrease brain injury. Children and young adults are especially at risk, as their brains are still forming.

Be proactive. Learn about the law, use car seat and helmet programs, and contact your health care provider for more information.

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Fest-goers ride the giant slide during Stuttgart's annual spring festival, Frühlingsfest.



Children take the flying swing ride for a spin during the Cannstatter Frühlingsfest, which will run from April 17 to May 9 this year in the Stuttgart suburb of Bad Cannstatt.

Photos courtesy of [www.stuttgart-eruehlingsfest.de](http://www.stuttgart-eruehlingsfest.de)

# Stuttgart Frühlingsfest opens for 72nd go-round

By Birgit Thompson

USAG Stuttgart Public Affairs Office

One of the largest European spring festivals, the Cannstatter Frühlingsfest, starts on April 17 and will run through May 9. This year marks the festival's 72nd anniversary in the Stuttgart suburb of Bad Cannstatt.

The tapping of the first festival beer keg is scheduled for noon on April 17 in the beer tent Wasenwirt, officially opening the festivities at the Wasen, or fairgrounds, adjacent to the Neckar River.

Crunchy Göckele (roast chicken), sweet almonds and cotton candy are among the snack offerings each year. Three beer tents, sponsored by the local breweries, will feature numerous bands.

The traditional variety market adjacent to the fairgrounds will be open daily from 11 a.m. to 11 p.m.

This year, the festival features a double looping roller coaster, the Star Flyer chain carousel and a free fall tower.

Every Wednesday (April 21, 28 and May 5), the festival features family days with family-friendly admission tickets. Beer tents and other eateries have

children's menus available.

The festival concludes on May 9 with a fireworks display scheduled to start at 9:45 p.m.

### How to get there:

From Stuttgart Hauptbahnhof:

- On the S-Bahn, take the S1, S2 or S3 to Bad Cannstatt Bahnhof, and it's a five-minute walk to the fest grounds from there.

On the U-Bahn, take the U-11 to the Neckarpark stop at the fest grounds. Parking is available for €5 at the fest grounds, or in the neighboring parking lot.

## What's happening in FMWR

### April 13 is RB Fun Day

RB Fun Day is scheduled for April 13 from 3-7 p.m. in the Robinson Barracks Youth Center.

The event includes free pizza and ice cream, a skateboard obstacle course, Wii sports tournament and unicycle course.

For more information, call 430-7480/civ. 0711-680-7480.

### Check out Springfest on Patch April 24

This year's Springfest will take place April 24 from 10 a.m. to 2 p.m. at the Patch Hub on Patch Barracks.

Activities include a "kids' stuff only" flea market, bouncing castles and car seat safety checks. Parents can also sign their children up for summer camp.

For more information, call 430-7480/civ. 0711-680-7480.

### Learn "7 Habits of Highly Effective Families"

A "7 Habits of Highly Effective Families" class will be held April 29 from 9 a.m. to 1 p.m. at Army Community Service, Building 2915, Panzer Kaserne. To register, call 431-3362/civ. 07031-15-3362.

### Watch free children's rock show

See the alternative rock group, Kids in the Way, perform a free show April 12 in the Patch Community Club. The show starts at 6:30 p.m.

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

### Play poker April 16

Try your luck at the Patch Community Club's Texas Hold'em night on April 16. Registration opens at 6 p.m. for a 7 p.m. start. First, second and third place winners will receive AAFES gift certificates of \$150, \$100 and \$50.

Participants must be 18 years old or older to participate. The cost is \$20 per person.

For more information, call the Patch Community Club at 430-5433/7111 or 0711-680-5433/7111.

### Make your own pajama pants in adult class

Adults can learn how to make their own pajama pants April 6, 13 or 27 at the Patch Multi-Crafts Center from 11 a.m. to 3 p.m. The cost is \$40.

For more information, call 430-5270/5435/civ. 0711-680-5270/5435.

## Coming to Patch Theater

**April 8** — The Lovely Bones (PG-13) 6 p.m.

**April 9** — The Original 1981 Clash of the Titans (free show) 4 p.m., Clash of the Titans (PG-13) 6 p.m., Edge of Darkness (R) 9 p.m.

**April 10** — Tooth Fairy (PG) 4 p.m., Clash of the Titans (PG-13) 7 p.m., The Lovely Bones (PG-13) 9 p.m.

**April 11** — Tooth Fairy (PG) 2 p.m., Clash of the Titans (PG-13) 4 p.m., Edge of Darkness (R) 7 p.m.

**April 12** — Clash of the Titans (PG-13) 6 p.m.

**April 13** — The Lovely Bones (PG-13) 6 p.m.

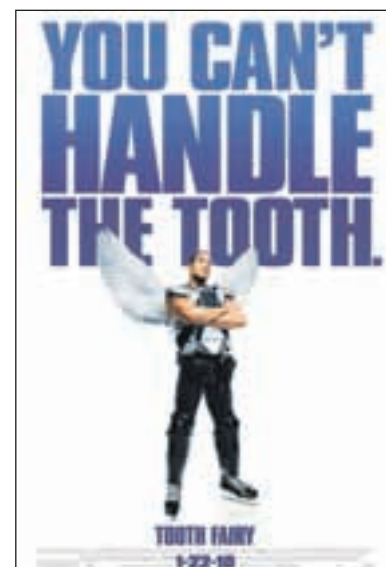
**April 14** — Edge of Darkness (R) 6 p.m.

**April 15** — Tooth Fairy (PG) 6 p.m.

**April 16** — Date Night (PG-13) 6 p.m., The Wolfman (R) 9 p.m.

**April 17** — Tooth Fairy (PG) 4 p.m., Date Night (PG-13) 7 p.m., The Wolfman (R) 9 p.m.

**April 18** — Tooth Fairy (PG) 2 p.m., Date Night (PG-13) 4 p.m.,



Walden Media

From Paris with Love (R) 7 p.m.

**April 19** — Date Night (PG-13) 6 p.m.

**April 20** — The Wolfman (R) 6 p.m.

**April 21** — The Lovely Bones (PG-13) 6 p.m.

For more information, visit [www.stuttgart.army.mil](http://www.stuttgart.army.mil) and click on "Patch Movie Schedule."

## SPORTS SHORTS

### Run in Spring Fling 5K

The annual Spring Fling 5K run, sponsored by Family and Morale, Welfare and Recreation, will begin at 10:30 a.m. April 10 on Husky Field, Patch Barracks.

For more information, call the Patch Fitness Center at 430-7136/civ. 0711-680-7136.

### Take surprise ski trip

Outdoor Recreation will host a ski trip to a surprise destination April 10 from 4 p.m. to late evening. The cost is \$50. Equipment rental is an additional \$10. For more information, call 431-2774/civ. 07031-15-2774.

### Register for Armed Forces Bowling Championship

The U.S. Armed Forces Bowling Championship will be held April 21-23 from 10 a.m. to 5 p.m. in the Galaxy Bowling and Entertainment Center on Panzer Kaserne. The deadline to register is April 19.

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

### Watch G/A baseball game

A German/American baseball game is scheduled for April 21 at 5 p.m. - Husky Field, Patch Barracks. For more information, call 430-7480/civ. 0711-680-7480.

### Get ready for Spring Scramble

The Stuttgart Golf Course will host its annual Spring Scramble tournament May 1 at 1 p.m. Groups paying entry before April 30 will get hole assignment preference.

For more information, call the golf course at civ. 07141-879-151.

### Commander's Cup set

The U.S. Army Garrison Stuttgart Commander's Cup Golf Tournament will take place May 14 at the Stuttgart Golf Course.

The tournament is open to all ID cardholders. Registration costs \$35 for club members and \$45 for non-members.

For more information, call civ. 07141-879-151.

### Garrison Sports and Fitness program now hiring

Stuttgart Sports and Fitness is looking for fitness instructors/trainers and massage therapists. For more information, call 430-5386 or 0711-680-5386.



*Gordon Brenner, a retired chief master sergeant, performs chest flies during a session with his personal fitness trainer, Heather Crawford, March 31.*

## Personal fitness trainers help community members to *Lose weight, shape up*

Story & photo by Brittany Carlson  
USAG Stuttgart Public Affairs Office

Most people can go to the gym, work out on their own, and get reasonable results. But if they want to maximize a physical training score or lose a dress size, they may want to put their fitness routine in the hands of the experts: personal fitness trainers.

"Working with a trainer actually gives you a higher gain in a fitness regimen than what you would gain on your own ... 40 percent more," said Dena Taylor, U.S. Army Garrison Stuttgart fitness coordinator. "A personal fitness trainer will push you harder than you would push yourself."

Gordon Brenner, a retired chief master sergeant, is living proof.

Brenner started working with a PFT in January to lose weight and build strength. Now, he's 15 pounds lighter and able to bench press 85 pounds — 35 pounds more than he could before starting.

"It's having someone coach me — someone looking out for what I'm doing," Brenner said during a training session March 31. "You can always overcome ... if you've got somebody pushing you."

Brenner isn't alone, either.

"I finished training a woman who lost a whole dress size to get into her wedding dress and ended up with six-pack abs," Taylor said. "And, I'm constantly working with people that it's actually saved their military career."

However, successes like these don't happen overnight.

In order to start working with a personal fitness trainer, clients first describe their goals.

Frequent requests are to lose weight, build

strength and improve overall energy levels, said Heather Crawford, a USAG Stuttgart PFT.

Crawford is one of eight PFTs in USAG Stuttgart, all nationally-certified and contracted through Family and Morale, Welfare and Recreation.

While they come up with the exercise routines, the clients must do the physical work, Crawford said.

"I talk to them and ask ... how determined are you? Are you willing to work hard?," she said.

Clients meet with a PFT for one or two sessions per week. Sessions are priced by the hour and can be purchased for individual workouts or partner sessions. Other packages are available.

The workouts are designed to push physical limits.

"I'm constantly trying to shock muscles," Crawford said. "Some [clients] are absolutely hating it when they're in the middle of it, but when it's done, they're like, 'OK, thanks.'"

Each workout is tailored to meet the client's fitness level and accommodate any injuries or conditions.

At the end of each session, clients are assigned workouts for "homework" between sessions, and sometimes keep a food journal.

"My ultimate goal is to get them on their own, to where they're not dependent on me anymore ... [so that] it's become a lifestyle," Crawford said.

While the process may involve a lot of sweat and tears, the end result is worth it all, she added.

"The most rewarding thing is to see them do it," Crawford said. "Seeing them come in each week, saying 'We lost a pound' ... they're very inspiring."

*To train, clients must complete a health history questionnaire and other paperwork.*

*For more information, call Dena Taylor at 430-5386/civ. 0711-680-5386.*

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## HOUSES / APTS FOR SALE

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**Apt. in Schnaich** 128 quad meters, 2 bedrooms, 2 garages, 220.00 euros. 017662904487

## APTS FOR RENT

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**Studio Apt in Luxury High Rise** building SI Center next to Millenium Hotel and Resort Complex, 10min walk from Kelley Barracks. Rent includes all furn & util. Stuttgarter Strassenbahn stop behind the building, 15min ride to downtown Stuttgart, less than 15min drive to the Stuttgart International Airport. All ammenities incl. must be seen. Apt is fully furn to incl. flat screen TV Internet, linen, compl kitchen bathrm w/tub & shower, contemporary furniture and indoor parking in the garage is alvail. Please contact Fatir at 0175-3366063 or 0711-9073068 or email: fateha2002@hotmail.com

## AUTOS

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**\*2008 Smart fortwo coupe\*** Micro Hybrid Drive, 21,000 km (13,000 miles), Automatic, Rear drive, Power windows/ power locks, Blue metallic, Drives great in snow, (seriously!), Moon roof, Single CD changer, radio,

AC/heat. German specs but registered with US. Comes with winter and summer tires. Great car!!! Available mid April. Serious inquires only, please. Email me for pictures-thanks for looking! tickledpinky13@yahoo.com

**1999 BMW 5 Series.** Steptronic Trans, Climate Control, Sunroof, Blue Metallic Full BMW Service History, Low Miles Great Condition \$8,995 - Priced To Sell Quick -Call 0175 1140714

**2001 Nissan Sentra GXE** (previously registered in Arlington, TX) For Sale: 4000 EUR. 93,000 miles, automatic transmission, only one owner, great condition and excellent maintenance records, brand new Pirelli all-weather tires, CD Player / Radio, A/C, 4 Cylinders, great gas mileage, car accessories included for Free. If interested please call: Andrew 0176-6295-2272 cell (Germany) or email: andjacks@hotmail.com

**2001 Rover 75** Passed inspection on 16 March 2010. 167,000 KM, Air, Dual Air Bags, AM/FM Cassette, ABS 2.0 Engine, Automatic, Power Windows and Locks, Front Wheel Drive, \$5,000.00 Contact: 0174-109-0911 or 0711-161-2577 Email: zeikette@hotmail.com

**2005 Mercedes ML350** (US specs). Silver, black leather, fully loaded, 25,000 miles, new tires, 26,000 Euro.0151/21216676 or melzoller@web.de

**2008 BMW 335xi** AWD US Spec, 12,200 miles, manual 6-speed. Sport, premium and cold weather pkgs. White exterior w/black Nevada leather. Ipod/USB outlet. \$36,000 (negotiable) Ramstein Area. Mobile: 015151159798 Please leave a message if no answer.

**Altima 2.5SL Sep2008** (dark grey)

smooth and responsive continuously variable transmission (CVT), quick steering, Leather/heated seats, leather upholstery and a wireless cell-phone link, the Navigation system with a Rearview camera, the Signals on the side mirrors, Acceleration, large trunk, Keyless entry, push button start, Bose stereo, handling, MPG, dual climate zone ,good fuel economy! Cool features like Vehicle Dynamic Control, Traction Control System, Electronic Brake force Distribution. Nissan Advanced Airbags System, Dual exhaust that rumbles!Only 16K Miles and only 22,5K\$, c.01621668167.

**BMW 316i Compact** 1999, Automatic, Excellent condition, Passed inspection, Leather Heated Seats; Double Airbags, BMW Dealership maintained. 181K, German specs. Quick Sale \$6500 OBO, Test Drive Today at 0151-2131-8359! Pics: catherine.dubosc@eur.army.mil

**Mercedes SL 300** 1987. A true classic in mint condition! Automatic transm. 219,000 KM, always garaged, Radio/CD, Power everything, heated seats, alloy wheels, comes with hard top. This car is an absolute classic! Dealer maintained, has never seen a winter. Clean title - no accidents! 0174-637-1267 e-mail jimsgm@europe.com

**Mini Cooper Convertible** ,06, \$17,500, US Specs, 24K easy miles; Excellent Condition; manual trans; English Racing Green, black power top; Harmon Kardon CD-stereo; new front tires; Chrome package & Climate package, heated seats; garage kept on Ramstein - great condition! 06371-8020-103; 0151-2130-9917; cjhebner@yahoo.com

**New from Sweden's** Stock House. 2006 Saab 9-5 2.3T Arc Blue Sedan.

Many features, only 9,000 miles. Leather ventilated seats, auto climate control, 5 speed, cruise control, 6 CD,MPS, Neon lights, parking sensor, VIS, XM, monikamhj@yahoo.com 07156-6021206 Stuttgart This car has only been on the road since June 2009. Immaculate shape for SAAB Lover's. This is a Steal for \$19,900.00

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**2003 Harley Ultra**, Black, High Perf SE103ci, 6-speed, LED, lights, heat grips, Much chrome, must see! \$15K OBO Call Randy 0171-196-7769 or randyandpetra@hotmail.com

**BMW K1200GT purchased** Jan 2007. German specs. Silver Gray. Cruise control, electronic suspension, tall windshield, heated grips/ seat(s). 152HP - great for 2-up cruising. Comes with side and (large) top case. Immaculate. Always garaged. Only 14,000 Km. Euro 10,500 firm. Kaiserslautern, 0631-37100750

## FOR SALE -- MISC

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**14 K White** Gold Diamond Wedding Set, 1.3 Carats total: Engagement Ring: 3 Round Full cut Diamonds surrounded by 4 full cut diamonds on each side. Wedding Band: 16 Channel

set Diamonds. Ring size 4 ¾, Can easily be re-sized. More pictures and appraisal available. Appraised at \$7000, asking \$4500. 0176-622-69204

**Automatic Voltage Regulator**, Seven Star, ATVR 3000V. Heavy duty. Converts 220 to 110 and 110 to 220. One has been used once a week, the other is new (in box). Available in late April or May. Asking \$100 each. mari-ondfw@aol.com

**Electric Scooter. Razor-type** scooter with electric rechargeablemotor by Sharper Image. Goes about 8 MPH on flat surfaces. 110v.\$75.00. Write teilp@yahoo.com or call 0177 297 3654.

**English books (used/new)** on sale! Low price/free! Art books, children books, dictionary, Christian books, literature. Location: Aalen, Phone: 07361-924995

**Hard Top Roof** stand - BMW 3-series convertible. Original BMW stand/ rack to vertically store the hard top for your 3-series BMW convertible for the summer. \$90.00. Write teilp@yahoo.com or call 0177297 3654.

**Hi - I** am looking for a PowerVu receiver with valid subscription. .... if you or someone else can help me then please let me know ptech@gmx.co.uk or icq 430974952

**Microwave oven** for Sale. Caso 231T 900W with grill and water tank for superb cooking for sale. Just bought for 200 euros last week and has 2 yrs warranty. Selling for 155 euros only. Interested person can contact me at 0176 850 87332. I live in Schwieberdingen Stuttgart. See the below link for the pictures. <http://picasaweb.google.com/vkrprabhakaran/ItemsForSale>

**Moving out items** for Sale. Drawing room Shelves with TV Stand for 145Euros OBO and Mirror+Coat Hanger for 70Euros OBO. Interested person can contact me at 0176 850 87332. I live in Schwieberdingen Stuttgart. See the below link for the pictures. <http://picasaweb.google.com/vkrprabhakaran/ItemsForSale>

**PCSing in May** timeframe. Will have many 220V items for sale, such as: floor lamp & fan, large microwave, phone set, transformers various sizes. mari-ondfw@aol.com

**Roof Box** - BMW X5. Original roof box for BMW X5, for luggage, not skis. Barely used, steel gray. \$290.00 or best offer. Write teilp@yahoo.com or call 0177 297 3654.

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**Sale: Trundle bed** \$150, gilded gold mirror \$300, 1920's hanging lamp-\$200, rugs \$50-\$90, marble stand w/wine rack \$135, 2 Murano glass hanging lamps \$170 ea. fireplace tool set \$30, 220 sandwich maker \$10, 220 toaster \$10, end table \$10, bookcase \$50 call 017662904487 or email arp\_2884@yahoo.com

**Sport Tires and Wheels.** 5 Tires (Dunlop 215,40Z, R16) 2 brand new-never used-plus 3 in very good condition. Mounted on 4 BCW-Brock Chrome Sport Wheels. Balanced, polished and ready to mount. 4 hole (with 8 total) lug pattern. An absolute steal at 450 Euro for 9 piece set. Pictures available. Call John at W: 430-7683 or H: 07034-279728

**Used household items** for sale: Black & Decker 3/8" reversible electric drill 110v., \$20; Black & Decker toaster 110v., \$5; Black & Decker Smart Brew 12-cup programable coffee maker 110v. \$17; Braun Aromaster 8-cup coffeemaker 110v., \$10; Rival Freedom 70 Steam Iron 110v., \$5; Kenmore Whispartone power mate vacuum cleaner 12 Amps 110v., \$50; Goldstar microwave 110v., \$40; Toastmaster Platinum electric food slicer 110v., \$35; Brita Aquaview On Tap faucet filtration system, \$15; Labtec Spin-50 PC Stereo Speakers 110v., \$7; Fellowes FS5 paper shredder 110v., \$15; Toshiba FT-8930 Cordless Phone w/ digital answering machine 110v., \$20; Funai 9" TV/VCR Combo NTSC 110v., \$45; T'nB CD-Organizer Trays (x4), \$5 ea.; Vicks humidifier 110v., \$10; 2x Holmes 10" Fans 110v., \$10 ea.; Graco baby Rock ,n Bounce, \$15. Phone: 07031-6816694, email: ellisina@hotmail.com

**JOBS**

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**DRS in Stuttgart** seeks an Associate Program Manager to assist in project operations, finances, reporting, and documentation. 2+ yrs related exp., Assoc. deg., knowledge of TESA and OR, MS Office, and US citizenship. Non-TESA. Email resume to GES-ID@drs-ds.com EOE/M/F/D/V

**Volunteers To Work** In The Stuttgart Military Personnel Division (MPD) On Panzer the MPD is recruiting a volunteer to work in our Stuttgart Passport Office for data entry, preparing mail packages and tracking in-/out-going applications. Our other volunteer positions will work in our Joint Central Processing Facility (the face of Stuttgart) to assist and welcome all in-/out processing personnel to Stuttgart. Our office will provide the training, computer access and work space since you are a member of our team. This is great experience and will contribute to any resume. We are flexible on time and the number of hours available. For additional information contact Ms Quinn, Chief MPD by EMAIL at Teresa.quinn@eur.army.mil or at DSN: 431-2886, Commercial: 07031-15-2886 (No voicemail capability).

**WANTED**

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**Hi - I** am looking for a PowerVu receiver with valid subscription. .... if you or someone else can help me then please let me know ptech@gmx.co.uk or icq 430974952

**Looking for someone** to tutor 20yld in obtaining a GED. 01737946430.

**Nine yr. old** looking for gently used upright piano to buy/adopt. Please contact 01747325388. Will pickup.

**Spring is almost** here, a time when a mans fancy turns to Banjo. Looking for other 5-string banjo players, especially banjo teacher. email 5-stringendingen@live.com

**Volunteers To Work** In The Stuttgart Military Personnel Division (MPD) On Panzer the MPD is recruiting a volunteer to work in our Stuttgart Passport

Office for data entry, preparing mail packages and tracking in-/out-going applications. Our other volunteer positions will work in our Joint Central Processing Facility (the face of Stuttgart) to assist and welcome all in-/out processing personnel to Stuttgart. Our office will provide the training, computer access and work space since you are a member of our team. This is great experience and will contribute to any resume. We are flexible on time and the number of hours available. For additional information contact Ms Quinn, Chief MPD by EMAIL at Teresa.quinn@eur.army.mil or at DSN: 431-2886, Commercial: 07031-15-2886 (No voicemail capability).

**Wanted: I am** having a wedding party (outside) June26,2010 in Ludwigsburg. I am looking for Gospel singer or choir that can sing at this wedding party. Of course I am willing to pay. Please call 01737144267 or email to geemeli@yahoo.de

**ANNOUNCEMENTS**

All ads & pics can be viewed @  
[www.class-world.eu](http://www.class-world.eu)

**Don't Miss this** First-Time-Ever Event! „Earth Day Expo ,10“, scheduled for April 22nd, will be an exhibition and educational event designed to provide our children and the community with informative strategies on earth-saving initiatives. This premiers company's green technology, demonstrations and displays. Stuttgart Army Airfield, HangarFest Tent 6, 8:30-12:30pm. Open to military ID and installation passholders, LN and their guests. It's your world don't miss it!

**New Club Forming** - if you are interested in joining a fun group and meeting interesting people from a variety of backgrounds and interests then LNO (ladies night out) Stuttgart is for you...what we do is meet once a month for dinner and conversation at a different restaurant ...we share interesting stories and laugh...on occasion we will do a tour in conjunction with dinner... if you are interested in joining... please send an e-mail to Isabel at lnostuttgart@yahoo.com, our first outing will be in January.

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**LOST & FOUND**

All ads & pics can be viewed @  
[www.class-world.eu](http://www.class-world.eu)

**Lost my wedding** ring on Panzer Kaserne around 10 March. It is white gold, with five small diamonds across the top. It is a very sentimental ring. If found, please call 0160-94969290 (day), 0711-34218739 (night) or email mrgriff331@yahoo.com. Please help me find my ring. I have pictures for verification

**PETS**

All ads & pics can be viewed @  
[www.class-world.eu](http://www.class-world.eu)

**Cat: short-haired Cornish** Rex for adoption. Six year old, Baby is very loving and affectionate! Born in Manhattan, she has all documentation and veterinary paperwork. Great with cats, dogs & kids. Cost \$2500, asking \$500. Email for more info! kathlyn.padilla@yahoo.com. K-Town.

**PERSONAL**

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[www.class-world.eu](http://www.class-world.eu)

**56 year old** widowed woman (Gemini) seeks American, colo(u)red veteran man (Taurus) for a lasting relationship. If you're interested in getting to know me please call me at 06782-981447

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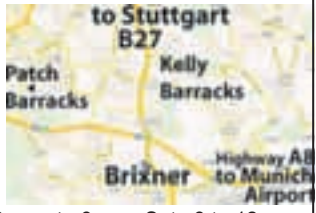
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