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The Citizen

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Thursday, February 11, 2016 Sustaining & Supporting the Stuttgart U.S. Military Community Garrison Website: www.stuttgart.army.mil Facebook: [facebook.com/USAGarrisonStuttgart](https://www.facebook.com/USAGarrisonStuttgart) stuttgartcitizen.com

American Heart Month



February is a time for people to take an assessment of their heart health practices, find out how on Pages 14 & 15.

Photo by Kevin S. Abel

“YOUR SWIPE COUNTS”

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Clinic earns star for safety practices



Col. Patrick Grady, U.S. Army Health Clinic Stuttgart commander, and Sgt. 1st Class Stephen Geiselhofer, the clinic's noncommissioned officer in charge, show off the facility's newest certification, the Voluntary Protection Program Army Safety Excellence Star following a ceremony Jan. 25. Achieving star status requires three stages of assessments focused on management leadership and employee involvement, worksite analysis, hazard prevention and control, and safety and health training. — *Photo by Kevin S. Abel*

By Robyn Mack
USAG Stuttgart Public Affairs

Staff at the U.S. Army Health Clinic Stuttgart were recognized for their commitment to safety during a ceremony Jan. 25 on Patch Barracks.

The clinic was notified in September of the Voluntary Protection Program Army Safety Excellence Star certification, but postponed the Army Star Strong Flag ceremony so it could be held in the newly renovated facility.

Bavaria Health Command commander, Col. David Richardson said, "The flag represents years of hard work, and a legacy to be truly proud of."

The VPP program is designed to

reduce accidents by building a safety-conscious culture in the workplace through the implementation of safety practices and procedures.

"This is about our staff members and their commitment to patient care," said Col. Patrick Grady, Stuttgart clinic commander. "This clinic doesn't settle, ever. It strives for excellence in everything it does."

"Star site ready to go," proclaimed Thomas K. Zirkelbach, safety manager from the clinic's parent BHC. "You are in good company, joining other Star sites like NASA, GE Health, Lockheed Martin, and Pratt and Whitney, to name a few."

Achieving star status requires three stages of assessments focused on

management leadership and employee involvement, worksite analysis, hazard prevention and control, and safety and health training.

"It marks this clinic as an exemplary worksite with a comprehensive, successful safety and health management system that exceeds requirements at all levels," said the clinic's executive officer, Maj. Lisa Dennis, during opening remarks. "Every member of our clinic will be recognized for their dedication and commitment to staff and patient safety."

Stuttgart is the newest clinic in the BHC, joining the group in 2014. The clinic serves more than 10,000 community members.

Regional Director discusses professional development

Installation Management Command - Europe Region Director Michael D. Formica and newly selected IMCOM-E Command Sgt. Maj. Gene E. Canada visited U.S. Army Garrison Stuttgart, Jan. 22, to hold a professional development town hall meeting with garrison employees to discuss current and on-going ways for civilian employees to move up in their careers. — *Photo by Kevin S. Abel*



'Your Swipe Counts' for access, programs at Stuttgart fitness centers

By Robyn Mack
USAG Stuttgart Public Affairs

The "Your Swipe Counts" campaign is growing and adding new features across U.S. Army Garrison Stuttgart Family and Morale, Welfare and Recreation fitness centers.

The campaign, which started in August, is designed to capture statistical data on patrons entering the facilities.

"We've recently added a key fob as an option to help encourage people to swipe in," said Ricky Payton, Family and MWR director of sports and fitness. "The key fob started at the Panzer Fitness Center, but is now available at all centers."

People can get a key fob to swipe on entry at any fitness center customer service desk.

"Your swipe counts toward increasing our efficiency and productivity," said Payton. The data will also be used by managers for reporting usage and services.

Joel Wasko, Family and MWR marketing and advertising specialist, said benchmarking the number of users, hours gyms are most used, and program and equipment access allows Family and MWR to make decisions for long-term needs and hours of operation.

Payton added it also ensures correct staffing levels, better class schedules, and helps ensure equipment replacement fits the needs or the most desired activities.

More than 13,000 Stuttgart community members are already registered in the RecTrac System, according to Wasko.

"The swipe system will continue to expand to other Family and MWR programs," he said. "It's already part of our routine at Outdoor Recreation and the Patch Arts and Crafts Center. Swiping your card helps increase funding which means new programs, better facilities and a stronger military community."

To help aide in the swipe process entry will only be accessed through the main entrance of each community fitness center where patrons will be required to swipe the Common Access Card, Department of Defense ID card, or new key fob, Payton said. "Staff will be on hand to remind gym users and help as necessary."

The Family and MWR fitness program oversees four physical fitness centers that offer equipment, classes and personalized services available seven days a week. With everything from stair climbers, treadmills and ellipticals to strength training equipment, there's something for everyone.

Stuttgart area fitness center hours are as follows:

Panzer Fitness Center

- 5 a.m. to 10 p.m., Monday to Friday
- 8 a.m. to 8 p.m., Saturday and Sunday
- 9 a.m. to 6 p.m., U.S. holidays, except



U.S. Army Brig. Gen. Donald C. Bolduc, Special Operations Command Africa commander, swipes in at Patch Fitness Center, Feb. 2. The swipe is tabulated in the U.S. Army Garrison Stuttgart Family and Morale, Welfare and Recreation system to provide data for future decisions and funding for Stuttgart fitness centers. — Photo by Kevin S. Abel

Christmas and New Year's Day

For more information, visit Bldg. 2337 on Patch Barracks or call DSN: 430-7136/ civ. 0711-680-7136.

Panzer Fitness Center

- 5 a.m. to 10 p.m., Monday to Friday
- 8 a.m. to 8 p.m., Saturday and Sunday
- 9 a.m. to 6 p.m., U.S. holidays, except Christmas and New Year's Day

For more information, visit Bldg. 2990 on Panzer Kaserne or call DSN: 431-2724/ civ. 07031-15-2724.

Kelley Fitness Center

- 5 a.m. to 10 p.m., Monday to Friday

- 8 a.m. to 8 p.m., Saturday and Sunday
- 9 a.m. to 6 p.m., U.S. holidays, except Christmas and New Year's Day

For more information, visit Bldg. 3326 on Kelley Barracks or call DSN: 421-2543/ civ. 0711-7292-543.

Robinson Barracks Fitness Center

- 5 a.m. to 9 p.m., Monday to Friday
- 9 a.m. to 6 p.m., Saturday and Sunday
- 9 a.m. to 6 p.m., U.S. holidays, except Christmas and New Year's Day

For more information, visit Bldg. 151 on Robinson Barracks or call DSN: 420-6317/ civ. 0711-819-6317.

RB students experience health, activity at family fitness day

By Holly DeCarlo-White
USAG Stuttgart Public Affairs

Robinson Barracks Elementary School's PTSA hosted their first Family Fitness Day, Jan. 22 in the RBES gymnasium to share fitness related topics with families.

The event also offered an opportunity to learn about community resources that promote mind, body and health to give the sense of the overall importance of fitness.

The RBES activity day gave families a chance to try several programs and exercise classes offered within the U.S. Army Garrison Stuttgart military community.

"Our goal is to show RBES families the opportunities that are within our military community," RBES PTSA President, and yoga instructor, Dorothy Armstrong said.

Children flowed freely in ten-minute intervals between stations with



Alani Hudson gets a lesson in Taekwondo from Phillip Wellen, an instructor with Family and Morale, Welfare and Recreation, during the Family Fitness Day at Robinson Barracks Jan. 22. The event offered families an opportunity to try classes offered across U.S. Army Garrison Stuttgart.

— Photo by Jeena M. Boals

health professionals, coaches and fitness instructors who offered a taste of Zumba, yoga, Pilates, Taekwondo,

self-defense, Four Square, volleyball and boot camp classes, and how fun fitness can be.

Participants included representatives and volunteers from Child Youth School Services Sports, Child Youth School Services, Army Community Service Family Advocacy Program, Army Substance Abuse Program, and Robinson Barracks Fitness Center. AFN broadcasted live throughout the hour-long event, rolling out tips and information to the entire Stuttgart military community.

Families were also able to learn about nutritious topics, such as healthy food choices. To promote tasty no-natural sugar content beverage ideas, the event featured a unique flavored water bar with low-cost items used to flavor regular tap water, including sliced apples with cinnamon, citrus fruits and cucumbers.

For information on youth and adult fitness programs available in the Stuttgart military community, visit <http://stuttgart.armymwr.com>.

A DUI's legal implications on and off base

Information courtesy of Military One Source

People charged with driving under the influence or driving while intoxicated on or off military installations, may face numerous judicial and nonjudicial punishments.

Civilian penalties

If you are charged with a DUI off the installation, you may be subject to criminal and administrative punishments. The punishments vary by location and are typically harsher for repeat offenders. These punishments may include:

- Criminal law penalties
- Administrative license suspension/revocation
- Mandatory alcohol education and assessment/treatment
- Vehicle confiscation
- Ignition interlock

Military punitive actions

Punitive actions under the Uniformed Code of Military Justice are available to the military if you are not being prosecuted by civilian authorities, which is typically the case if you were stopped for a DUI while on the installation. The military cannot

administer action under the UCMJ for the same offense if you are being charged by civilian authorities. This applies regardless of the outcome of the civilian case. You may still be subject to UCMJ actions for associated misconduct that is not being prosecuted by civilian authorities, such as disorderly conduct or resistance to law enforcement officials.

- Nonjudicial punishment — Commanding officers can levy NJP to their service members for minor disciplinary offenses under Article 15 of the UCMJ. Under NJP, commanding officers can punish you through a variety of mechanisms, usually dependent on the nature of the offense. These can include an official reprimand, extra duty, restriction to limits, forfeiture of pay and reduction of grade.
- Judicial punishment (court-martial) — If you are stopped on the installation, or the civilian authorities are not prosecuting you, you can still receive a court-martial for a DUI under Article 115 of the UCMJ. Article 115 specifically states that any person who operates or physically controls any vehicle, aircraft or ves-

sel in a reckless or wanton manner or while impaired shall be punished as a court-martial may direct. Punishments related to court-martial can include forfeiture of pay, reduction in grade, confinement and dismissal from the military.

Military administrative actions

Regardless of whether you are being charged by civilian authorities or receiving UCMJ action, your commanding officer can take administrative actions against you. These actions may include:

- Letter of reprimand
- Revocation of pass privileges
- Mandatory referral to a substance abuse treatment program
- Corrective training
- Administrative reduction in grade
- Bar to reenlistment

If you have been charged with a DUI or DWI, you should consult your military area defense counsel for further advice. The area defense counsel can provide you confidential advice while allowing you the right to hire a civilian defense attorney.

10 tips from German Polizei

- Plan your trip to the event and back in advance.
- Be responsible; stay sober. Don't think that one more drink is fine.
- If you drank alcohol even though it wasn't in the initial plan, make sure to give your car keys to somebody else.
- Alcohol, drugs and medication influence the way you drive.
- Take responsibility for others and keep them from getting behind the wheel of a car drunk.
- Never enter a car with a drunk driver.
- If you are the party host, tell your guests about possible police checks.
- Avoid costumes impacting elbowroom, visibility and hearing. Never wear a face mask when driving.
- Don't underestimate your blood alcohol level, even if it's the following morning.

Information courtesy of the Kaiserslautern American

Going Green: Composting at home

Courtesy of USAG Stuttgart Public Affairs

Compost is organic material that can be added to soil to help plants grow. Food scraps and yard waste currently make up 20 to 30 percent of what we throw away, and should be composted instead. Making compost keeps these materials out of landfills where they take up space and release methane, a potent greenhouse gas.

All composting requires three basic ingredients:

- Browns - This includes materials such as dead leaves, branches, and twigs.
- Greens - This includes materials such as grass clippings, vegetable waste, fruit scraps, and coffee grounds.
- Water - Having the right amount of water, greens, and browns is important for

compost development. Your compost pile should have an equal amount of browns to greens. You should also alternate layers of organic materials of different-sized particles. The brown materials provide carbon for your compost, the green materials provide nitrogen, and the water provides moisture to help break down the organic matter.

Benefits of composting

- Enriches soil, helping retain moisture and suppress plant diseases and pests.
- Reduces the need for chemical fertilizers.
- Encourages the production of beneficial bacteria and fungi that break down organic matter to create humus, a rich nutrient-filled material.
- Reduces methane emissions from landfills and lowers your carbon footprint.

How to compost at home

There are many different ways to make a compost pile; we have provided the following for general reference. Helpful tools include pitchforks, square-point shovels or machetes, and water hoses with a spray head. Regular mixing or turning of the compost and some water will help maintain the compost.

Backyard composting

- Select a dry, shady spot near a water source for your compost pile or bin.
- Add brown and green materials as they are collected, making sure larger pieces are chopped or shredded.
- Moisten dry materials as they are added.
- Once your compost pile is established, mix grass clippings and green waste into the pile and bury fruit and vegetable

waste under 10 inches of compost material.

- Optional: Cover top of compost with a tarp to keep it moist. When the material at the bottom is dark and rich in color, your compost is ready to use. This usually takes anywhere between two months to two years.

Indoor composting

If you do not have space for an outdoor compost pile, you can compost materials indoors using a special type of bin, which you can buy at a local hardware store, gardening supplies store, or make yourself. Remember to tend your pile and keep track of what you throw in. A properly managed compost bin will not attract pests or rodents and will not smell bad. Your compost should be ready in two to five weeks.



Photo by Evan Larne/Shutterstock.com

Carter announces 12 weeks paid military maternity leave, other benefits



Defense Secretary Ash Carter discusses reforms to his Force of the Future program to improve the quality of life for military personnel during a briefing at the Pentagon, Jan 28. — *Photo by Air Force Senior Master Sgt. Adrian Cadiz*

By Lisa Ferdinando
DoD News, Defense Media Activity

The Defense Department is increasing military maternity leave and instituting other changes in an effort to support military families, improve retention and strengthen the force of the future, Defense Secretary Ash Carter said today.

Women across the joint force can now take 12 weeks of fully paid maternity leave, Carter told reporters at the Pentagon. The 12-week benefit is double the amount of time for paid maternity leave from when he became defense chief nearly a year ago, he noted.

“This puts DoD in the top tier of institutions nationwide and will have significant influence on decision-making for our military family members,” Carter said.

While being an incentive for attracting and retaining talent, the secretary said, the benefit also promotes the health and wellness of mothers through facilitating recovery and promoting feeding and bonding with the infant.

“Our calculation is quite simple — we want our people to be able to balance two of the most solemn commitments they can ever make: a commitment to serve their country and a commitment to start and support a family,” he said.

The announcement builds on previously announced initiatives on strengthening the force of the future, he said. Those previous reforms, he added, included opening all remaining combat occupations to women.

Parental leave, support for new parents

The maternity leave decision applies to all service members in the active duty component and to reserve-component members serving in a full-time status or on definite active duty recall or mobilization orders in excess of 12 months.

The 12 weeks is less than the Navy’s decision last year to institute 18 weeks of fully paid maternity leave, Carter noted. Sailors and Marines who are currently pregnant or who become pregnant within 30 days of the enactment of the policy can still take the full 18 weeks of paid leave, he said.

To better support new mothers when they return to work, Carter said, he is requiring that a mothers’ room be made available in every DoD facility with more than 50 women. In addition, the Defense Department is seeking legislation to expand military paternity leave from the current 10-day leave benefit to a 14-day noncontinuous leave benefit, he said.

Increasing hours of military child care

The Defense Department subsidizes child care on military installations to ensure its affordability, Carter said. However, he added, military families often have to use outside providers because the hours at military child care facilities do not align with the work schedules of service members.

With those challenges in mind, the Defense Department is increasing child care access to 14 hours of the day across the force, he said.

“By providing our troops with child care they can rely on from before reveille until after taps, we provide one more reason for them to stay on board,” he said. “We show them that supporting a family and serving our country are by no means incompatible goals.”

Remain at current location with additional obligation

Carter noted that military members might want to stay at their current location for a variety of family-related reasons, such as wanting to remain near relatives, be close to a medical facility that specializes in care needed for a child with a medical condition, or have a child finish out the same high school.

When the needs of the force permit, the secretary said, commanders will be empowered to make reasonable

accommodations to allow service members to remain, in exchange for an additional service obligation.

Greater flexibility in family planning

The military asks its men and women to make incomparable sacrifices, Carter said, potentially putting them in situations where they could suffer injuries that would prevent them from having children in the future.

Taking into account the tremendous sacrifices military members make, the Defense Department will cover the cost of freezing sperm or eggs through a pilot program for active duty service members, Carter said.

The department also is looking at how it can provide reproductive technologies like IVF to a wider population, he said. Currently, DoD provides reduced-cost treatment at six locations.

These benefits provide the force greater confidence about their future, and they allow greater flexibility for starting a family, Carter said.

They are one more tool, he said, to make the military a family-friendly employer that honors the desires of those who want to commit fully to their careers or serve courageously in combat, while preserving their ability to have children in the future.

REGISTER NOW FOR ABSENTEE VOTING

Through the Federal Voting Assistance Program, service members, their eligible family members and overseas citizens are able to vote from anywhere in the world. Stuttgart community members interested in voting in 2016 elections should submit their requests by following the guidelines for their state at www.fvap.gov.

New voters can also register at through FVAP to vote. All citizens over age 18 are eligible to vote. In 22 states, 17-year-olds can vote in the February primary elections, provided they will be 18 by Election Day, Nov. 8, 2016.

For more information on overseas voting or assistance with absentee ballots, contact the Installation Voting Assistance Officer Building 2913, Panzer Kaserne at DSN: 431-2865/civ. 07031-15-2865.

BLACK HISTORY MONTH EVENTS FEB. 25

From noon to 1:30 p.m. at Kelley Theater, enjoy the Equal Opportunity observance "Hallowed Grounds: Sites of African American Memory." Middle School Jazz Band and High School Drama Club performances, Community Choir, culture displays, food samplers and entertainment.

"A Night w/Nance" at 7 p.m. Watch a portrayal of the true story of the three Supreme Court trials of the first slave freed by a young lawyer, Abraham Lincoln in Illinois in 1841. "Nance" began to actively try to free herself, but needed Lincoln to make it legal. Her struggles began as a teenager and it took 15 years to win her freedom. Location to be announced at www.stuttgartcitizen.com.

Volunteers needed: Join voices with the high school's drama club, community choir, help with food, wear historical uniforms, or contribute photographs of you and your relatives in uniform showcasing a proud family military history. For information or to volunteer, contact DSN: 421-4669/civ. 0151-1427-4669.

CORRECTION:

An Ask a JAG article in the Jan. 28 issue about owning a home based business in Germany incorrectly identified Army Community Service as the contact for applications. The correct point of contact for the home based business application process is DSN: 421-2622/civ. 0711-729-2622.

PANZER GATE HOURS & TRAFFIC

In an effort to alleviate traffic congestion at the Panzer Kaserne Main Access Control Point (ACP), Stuttgart military community members are strongly encouraged to utilize the alternate ACP located at the back of Panzer Kaserne, after the Panzer Commissary, to better facilitate the traffic flow on and off the installation. The current operating hours for the Panzer Alternate ACP (back gate) are as follows: Inbound Traffic (right turn only): Monday – Friday: 6:30-9:30a.m. (on regular school days). Outbound Traffic (right turn only): Monday – Friday: 4-6 p.m. (Every day, regardless of school schedule, subject to change based on coordination with High School Athletics i.e. cross country team requested permission). Panzer Alternate ACP will be closed in the mornings on Federal holidays and school breaks. The Polizei have requested that left turns not be allowed due to the speed limit (70 km/h) and the curve in the road when exiting the back ACP. Additionally, making left turns has the potential to hold up traffic on Panzerstrasse. For safety reasons, drivers are also advised to refrain from making u-turns in the middle of Panzerstrasse near Building 2948/2949 in front of an older, barricaded gate, located just before reaching the Alternate ACP (back gate). Additionally, the access gate leading into the Stuttgart school parking lot is solely in place to facilitate emergency access to the school and is not for public access.

VOLUNTEER FOR ARMY BALL

The Stuttgart Army Birthday Ball Committee is looking for volunteers to help plan the 2016 celebration. Serving in a joint military community like Stuttgart is a great time to show pride in your parent service; what better way to do so than volunteering to help make this year's Army Ball the best this community has ever seen. This year's theme, "Honoring our Army Families" recognizes the strength and sacrifice of our Family Members and how they help make us the strongest Army in the world. Contact the committee to discuss dates and times available by email at 2016StuttgartArmyBirthdayBall@gmail.com.

SPRING SPORTS REGISTRATION

Now – Feb. 26: Child & Youth Services (CYS) Sports, Patch Barracks. Keep your child (ages 3 – 15) active, sign them up for spring sports. Choose between baseball, softball, track, soccer or tennis. Prices vary for sports and age. For more information visit Parent

Central Services. Register at Parent Central Services or via webtrac Season runs from April 15 – May 31. Physical must be valid until May 31. Contact DSN: 430-7480/civ. 0711-680-7480.

CAPITAL CITY VISITATION PROGRAM

Looking to gain a better understanding of Germany and Baden-Württemberg? The first Capital City Visitation Program visit of 2016 is scheduled March 7. Participants will be picked up 8:30 a.m. at the Exchange bus stop on Panzer Kaserne. The tour lasts until 5 p.m. Participants will learn how the German political system works during a visit to the State Parliament building in downtown Stuttgart. Also, visit Stuttgart's Rathaus or city hall and see a few of Stuttgart's downtown landmarks. The event is free and open to all ID card holders, age 15 and older. The first 40 people will be accepted to participate and notified via email.

Sign up by Feb. 22 by sending an email to the U.S. Army Garrison Stuttgart Public Affairs Office, via www.stuttgart.army.mil with the subject line "CCVP Sign Up."

GERMAN MAIL UPDATE

The issue of on-post residents not receiving (German) mail is currently being addressed and worked through Deutsche Post official channels. Residents not receiving (German) mail are encouraged to call the Deutsche Post customer service desk at civ. 0228-4333-112, or visit www.deutschepost.de to also inquire information on their missing mail.

TAX CENTER OPEN

The Stuttgart Law Center opened the Tax Center Feb. 2 offering free tax preparation to service members, retirees, civilian employees, and family members. Tax services are offered from 9 a.m. to 4:30 p.m. Monday to Friday in Building 3312 on Kelley Barracks. Appointments are preferred. Walk-ins are taken from 9 a.m. to noon, space available. Customers should ensure they have all required documents, bring a photo identification, social security cards, birth dates, wage and earning statements, last year's federal and state returns, bank account routing and account numbers, and health care statements.

The Stuttgart Tax Center preparers are Internal Revenue Service Volunteer Assistance certified, and can provide preparation on traditional returns as well as those that include rental income and child care businesses. For more complicated returns, contact the Tax Center by

phone first to get specific. For information on Defense Finance and Accounting Service 2015 tax statement and myPay delivery visit: www.dfas.mil. For questions on Tax Center services, call DSN: 421-4588/civ. 0711-729-4588, for appointments, call 421-4152/civ. 0711-729-4152.

KELLEY CONSTRUCTION THROUGH MARCH 28

Contractors begin the process of laying new communication lines, Jan. 25 on Kelley on Maplestrasse. The construction will take place in phases, and is expected to be completed by March 28.

Phase 1: Jan 25 to Feb. 8 - area in front of Building 3308

Phase 2: Feb. 8 to 22 - area in front of Building 3307

Phase 3: Feb. 22 to March 7 - area in front of Buildings 3305 and 3306

Phase 4: March 7 to 28 - area in front of Buildings 3304 and 3305

During this time, commuters should expect only one lane of traffic to be open in the area where work is occurring. Parking in the affected area will be closed. Construction areas will be marked by barriers at least 24 hours in advance.

RBES SCHOOL GYM CLOSED

Jan. 27 at approximately 2 a.m., part of the ceiling in the school gymnasium separated from its attachment points. No one was in the building at the time, all students and staff are safe. The gym has been blocked off and an alternate physical education location has been designated for gym class in the interim. Engineers have been on the scene and we are working closely with Department of Defense Education Activity (DoDEA) facilities staff to assess the damage and also do what is needed to prevent any future occurrences before the gym can be cleared for use. Information will be shared through the garrison online and social media outlets as necessary updates occur.

WINTER ADVISORY RESOURCES

Facebook: By 5:30 a.m., and when conditions warrant a change, notifications are posted to the garrison Facebook page, at <https://www.facebook.com/USAGarrisonStuttgart>.

AFN Radio: Announcements air on American Forces Network Stuttgart (102.3 FM). Or listen online using AFN 360: http://afn360.afneurope.net/AudioPlayer.html#afne_stu

Telephone Hotline: Call the Weather and Road Condition Hotline at 431-3744 or civ. 07031-15-3744.

EMPLOYMENT TRANSITION WORKSHOP

The USO in collaboration with Hire Heroes USA will host a two-day transition workshop, March 17-18 beginning at 8:30 a.m. that focuses on resume writing, mock interviews, professional work practices and translating prior military experience into a civilian career. The free workshop is offered to active duty troops, spouses, and caregivers at the Stuttgart Marriott Hotel Sindelfingen (Mahdentalstrasse 68 71065 Sindelfingen). For more information, please contact USO Europe Area Operations Manager, at 0631-4148-6314.

EMPLOYMENT READINESS LUNCHTIME SERIES

Army Community Service Building 2915, Panzer Kaserne, 11:30 a.m. – 1 p.m. Looking for a job can be a little intimidating but don't worry, ACS can help. Come learn how to maneuver through the job search with ease.

- Feb. 16 - Resume Writing
- Feb. 23 - Interviewing Strategies/ Dress for Success

DSN: 431-3362/civ. 07031-15-3362.

FINANCIAL READINESS CLASSES

The Stuttgart Army Community Service Financial Readiness Program helps offers training on how to save and invest money, establish savings goals, debt elimination strategies, and saving for emergencies. Classes take place from 2 p.m. to 3:30 p.m. in Building 2915 on Panzer Kaserne. To pre-register or for more information, call DSN: 431-3362/civ. 07031-15-3362.

Regularly scheduled classes through March 2016 are:

- Feb. 17 – All About the Thrift Savings Program (TSP)
- March 9 – Using Credit Wisely
- March 23 – All About TSP

OUTDOOR RECREATION TRIPS

For information, contact Outdoor Recreation (ODR) on Panzer Kaserne Building 2953, DSN: 431-2774/ civ.07031-15-2774.

Feb. 20: Snow Day Express to Oberstdorf, Germany

Price includes transportation only. Lift ticket, meals and other recreational expenses are the responsibly of the patron. ODR Equipment rental is \$20 adult and \$15 youth (get fitted and week prior to trip). Trip departs 6 a.m. returning at 10 p.m. Cost: \$89 adults, \$79 youth 17 and younger, \$45 SWPC/ ASAP.

Feb. 27: Snow Day Express to Ehrwald, Austria

Price includes transportation only.

Lift ticket, meals and other recreational expenses are the responsibly of the patron. ODR Equipment rental is \$20 adult and \$15 youth (get fitted and week prior to trip). Trip departs 5 a.m. and returns 11 p.m. \$89 adults, \$79 youth 17 and younger, \$45 SWPC/ASAP.

VALENTINE'S SCOTCH DOUBLES TOURNAMENT

Feb. 13: Galaxy Bowling and Entertainment Center, 1 – 4 p.m. This is a game for partners. One starts the frame and the other one finishes. The competitions consists of three games. Scores will be added at the end and prizes will be awarded to 1st, 2nd and 3rd place teams.

DSN 431-2575/civ. 07031-15-2575

DOMINOES TOURNAMENT

Feb. 15: In the Irish Pub, Galaxy Bowling Center, Panzer Kaserne, 7 – 10 p.m. Come out and have a great time at the Dominoes Tournament. Cost: \$10 to play. Gift card prizes for top three winners.

DSN: 431-2575/civ. 07031-15-2575.

GET TO KNOW YOUR SCHOOL LIAISON OFFICE

Feb. 16: Panzer Kaserne Main Exchange, 11 a.m. – 1 p.m. The School Liaison Office will be conducting informational meetings to discuss their roles in the community, educational opportunities, and answer questions of in-processing families. Next session is scheduled, Dec. 15.

DSN: 430-7465/civ.0711-680-7465.

TINY TOTS LUNCH & PLAY

Feb. 16: Army Community Service Building 2915, Panzer Kaserne, 10:30 a.m. – 12 p.m. Be a part of our lunch-time playgroup, designed specifically for toddlers and young children ages 1-4 years. We will discuss toddler related topics along with opportunity for your child to learn through play! Lunch is not provided but feel free to bring your own. Registration is not required. DSN: 431-3518/civ. 07031-15-3518.

BECOME A FAMILY CHILD CARE (FCC) PROVIDER

Feb. 16: Stop by the Panzer Kaserne Main Exchange, 11 a.m. – 1 p.m. and learn all the benefits of becoming a FCC provider. Free training, job mobility, continuing education credits and professional resources are available. DSN: 430-4047/4100 or civ. 0711-680-4047/4100.

L.I.N.K.S. SALUTE TO MARINE SPOUSES

Feb. 17: 8 a.m. to noon Stuttgart Marine Spouses will host L.I.N.K.S.

Salute to Marine Spouses at Army Community Center (ACS), Building 2915, classroom 312B, Panzer Kaserne. Lifestyle Insights, Networking, Knowledge, and Skills (L.I.N.K.S.) is a Marine Corps Family Team Building program that enhances the readiness of Marines — single or married — and their families by offering an orientation to the Marine Corps lifestyle.

Spouses are encouraged to attend, learning more about the benefits and resources available here in Stuttgart. Not only will people become familiarized with the new duty station, it's an opportunity to make new friends. RSVP by email: stuttgartlinks@gmail.com

USO TRIPS AND TOURS

Feb. 20: Terezin Concentration Camp and Pilsen, Czech Republic

Visit the Terenia Memorial, commonly known as the Theresienstadt Concentration Camp, then arrive in Pilsen to enjoy a city tour and a tour of the brewery followed by lunch. Tour is not recommended for children under 12. Tour price includes transportation, memorial entrance fee, guided city tour, lunch, brewery tour, and USO Escort. Tourist Passports Required. Departs: 2 a.m., returning 1 a.m. (Sunday), Cost: Adults (12+): \$144.

Feb. 21: Feldberg, Winter in the Black Forest

Spend the day skiing, snowboarding, tobogganing, or learn to snowshoe. Tour price includes transportation, lift ticket or snowshoe tour, shoe rental, and USO Escort. Special cancellation policy applies, no discounts. Depart at 7 a.m., returning 7:30 p.m. Cost: Adult: \$97 Youth (6-17): \$65 Child (0-5): \$58.

Feb. 27: Garmisch-Partenkirchen into the Night

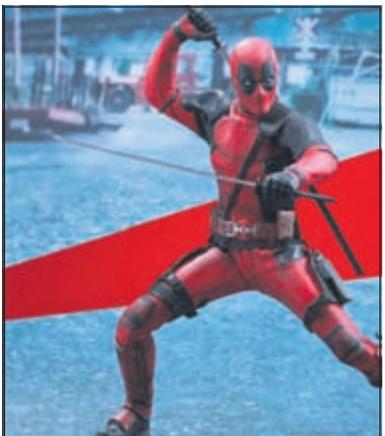
Stop at the majestic Zugspitze to enjoy great heights the area has to offer, to include a combination of transportation options, ascend with cable cars and a cogwheel train. Head into Garmisch for a variety of restaurants, breweries, and shops on your own before heading to a torch-lit tour of the Partnach Gorge. Tour requires mountain walking and may not be ideal for children under 10 or travellers with health concerns. Special cancellation policy applies, no discounts. Depart at 5:30 a.m., returning 11 p.m. Cost: Adult: \$115, Youth (5-14): \$99, Child (0-4): \$89.

For information on all trips and tours, visit the USO Center, Building 2915, Panzer Kaserne, DSN: 431-2394/civ. 0711-93582394.

Do you have something to announce? Contact the USAG Stuttgart Public Affairs Office for assistance.

COMING TO PATCH THEATER

<p>Thursday February 11 The Choice (PG-13) 1900</p> <hr/> <p>Friday February 12 Zoolander 2 (PG-13) 1900 Deadpool (R) 2200</p> <hr/> <p>Saturday February 13 Zoolander 2 (PG-13) 1900 Deadpool (R) 2200</p> <hr/> <p>Sunday February 14 How To Be Single (R) 1600 Deadpool (R) 1900</p> <hr/> <p>Wednesday February 17 How To Be Single (R) 1900</p> <hr/> <p>Thursday February 18 Deadpool (R) 1900</p> <hr/> <p>Friday February 19 Norm of the North (PG) 1900 Risen (PG-13) 2200</p> <hr/> <p>Saturday February 20 Race (PG-13) 1900 Risen (PG-13) 2200</p> <hr/> <p>Sunday February 21 Norm of the North (PG) 1600 Risen (PG-13) 1900</p> <hr/> <p>Wednesday February 24 The Forest (PG-13) 1900</p>	<p><i>Editor's note: The movies listing was the most current at the time of publication. Dates are subject to change. Please check with your local theater online for the most up-to-date schedule:</i> https://www.shopmyexchange.com/reel-time-theatres/Patch-Barracks-(Stuttgart)-1371010</p>
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© 2016 - Foxmovies / Photo courtesy of Movieweb.com

Deadpool – Based upon Marvel Comics' most unconventional anti-hero, DEADPOOL tells the origin story of former Special Forces operative turned mercenary Wade Wilson, who after being subjected to a rogue experiment that leaves him with accelerated healing powers, adopts the alter ego Deadpool. Armed with his new abilities and a dark, twisted sense of humor, Deadpool hunts down the man who nearly destroyed his life.

EUCOM announces updated theater strategy

By U.S. European Command Public Affairs

U.S. European Command leadership recently published an updated theater strategy, formalizing the combatant command's top priorities, mission and vision.

Looking back, 2015 was undoubtedly one of the busiest years for EUCOM since the end of the Cold War. During the past year, a perpetually increased demand was placed upon the EUCOM personnel who help provide stability for the European security environment. "Our command has done an outstanding job balancing its focus between a revanchist Russia, mass migrations from other regions and foreign terrorist fighters transiting through Europe, while maintaining our commitments to our NATO allies and partners," said Gen. Philip Breedlove, Commander of U.S. European Command.

Combatant commanders use theater strategies as a single comprehensive document designed to support U.S.

policy abroad and secure national interest in their area of responsibility. "Our updated strategy was written to be used as a compass for everyone on the EUCOM team, from the service component commanders down to the service members in the field, to align their organizations efforts and accomplish the mission," added Breedlove.

U.S. European Command relies on its dedicated men and women to build and maintain relationships with European allies and partners, interagency partners and other combatant commands, that all work together to fully address new challenges and their long term implications. The strategy contains new command vision and mission statements, as well as six distinct theater priorities with the desired end states projected over the next three to five years. These six priorities include: 1) Deter Russian aggression; 2) Enable the NATO Alliance; 3) Preserve U.S. strategic partnerships; 4) Counter transnational



Gen. Philip Breedlove, U.S. European Command commander, recently unveiled the updated theater strategy for the combatant command. — U.S. European Command photo

threats; 5) Ensure postured and ready forces; and 6) Focus on key relationships.

In order to effectively implement a theater strategy of this magnitude, the command mission requires a whole of government approach supported with ready forces as well as the appropriate resources. "This newly updated Theater Strategy addresses the changes happen-

ing here in Europe and helps our forces adapt to meet emerging challenges and ensure Europe remains whole, free, peaceful and prosperous," said Breedlove.

To read the strategy visit: <http://www.eucom.mil/media-library/document/35147/useucom-theater-strategy>.

NATO Secretary General describes state of the alliance

By Jim Garamone

DoD News, Defense Media Activity

The NATO alliance has been challenged in the past year, but the alliance's 28 member nations are responding, NATO Secretary General Jens Stoltenberg said in Brussels today.

The secretary general briefed the press as part of his annual report on the alliance.

No one can ignore the challenges, he said. "We saw this in the brutal terrorist attacks in our cities and in the biggest refugee crisis in Europe since World War II," he said. "We also saw it in Russia's continued actions in Ukraine and its recent military build-up in Syria and the Eastern Mediterranean."

But, he noted, NATO countries rose to face these challenges together.

"We implemented the greatest strengthening of our collective defense since the end of the Cold War," Stoltenberg said. "And cuts in defense spending among European allies have now practically stopped."

Since the end of the Cold War, NATO allies aimed at 2 percent of gross domestic product being spent on security. Few countries managed that — the United States being one.

Now the defense cuts have stopped and seem to be reversing, Stoltenberg said. "In 2015, defense cuts were close to zero," the secretary general said. "Five allies now meet our guideline on spending 2 percent of GDP or more on defense. Sixteen allies spent more on defense in real terms in 2015, and

23 allies increased the amount they are spending on new equipment."

More to do

But more needs to be done, Stoltenberg said, "because, to the east and to the south, we face the biggest security challenges in a generation."

NATO has responded. The NATO Response Force has more than 40,000 troops, and its core — the very high readiness Spearhead Force — is now operational. "I was really impressed when I saw it in action at its first deployment exercise in Poland," the secretary general said.

The alliance is also establishing eight force integration units or small headquarters in the eastern countries, Stoltenberg said. "They support planning, training and reinforcements, if needed," he said. "To combat hybrid warfare, we are improving our intelligence and early warning."

NATO is also streamlining the decision-making apparatus, and enhancing its cyber defenses, the secretary general said.

"Last year, we conducted around 300 allied exercises, including the largest and most complex one in over a decade, with over 36,000 troops, 140 aircraft, and 60 ships from over 30 different nations," he said.

In 2016, the alliance will increase the number and scope of exercises, Stoltenberg said.

Russian aggression in Ukraine continues and the Eastern allies are particularly worried. "We have visibly

increased NATO's presence in the eastern part of our alliance," he said. "Over the last two years, Russian air activity close to NATO's European airspace has increased by around 70 percent. In response, allied aircraft scrambled over 400 times to intercept Russian aircraft."

In the south, the alliance increased the presence of airborne warning and control system aircraft over Turkey, and the alliance has made substantial progress with our new alliance ground surveillance system, "including the first test flight of one of our new Global Hawk drones," the secretary general said. "This system will provide real-time intelligence to our commanders in theater."

Stoltenberg praised the arrival in Spain of two more U.S. ships carrying the Aegis ballistic missile defense system, and touted progress on the Aegis Ashore facility in Romania. "This spring, we will break ground for a new site in Poland," he said.

Counterterrorism efforts

NATO is supporting the Resolute Support mission and the alliance effort is to deny safe haven to international terrorists. "We continue to train, advise and assist the Afghan army and police," Stoltenberg said.

The Afghans face significant challenges, he said, but they are holding their ground. "We decided in 2015 to maintain our current level of troops this year," the secretary general said. "We are looking at how we can contribute to the funding of the Afghan

security forces until 2020."

Stoltenberg also addressed the global coalition to counter the Islamic State of Iraq and the Levant. "The coalition's high degree of interoperability is a key asset," he said. "To address the root causes of instability, NATO is working even closer with our partners in the region. We are building the defense capacity of Jordan. We will soon start training Iraqi officers, and we are working with Tunisia on special operations forces and intelligence to help them be stronger in defending themselves."

NATO continues its mission in Kosovo, which continues to bring much needed security and stability to a region that has been highly volatile, the secretary general said.

Last year, Stoltenberg noted, "we [made] another important decision, which will advance stability in the Western Balkans: We formally invited Montenegro to begin talks to become the 29th member of NATO." Accession negotiations will begin in mid-February, he said.

"In less than six months from now, allied leaders will meet at our summit in Warsaw," the secretary general said. "We will take the next steps to strengthen our defense and deterrence. We will decide on the right balance between a forward presence in the east and our ability to reinforce."

In the years ahead, Stoltenberg said, NATO will remain an anchor of stability; staying strong, open for dialogue, and working with partners around the world.

Cutlass Express 2016: 5 things you need to know

By Naval Forces Europe and Africa

Taking place in the western Indian Ocean from Jan. 30 to Feb. 6, Cutlass Express is a maritime exercise that focuses on cooperation and teamwork.

It's centered around our Western Indian Ocean and East Africa partner nations working together in concert, and doing more together than they ever could on their own. Its principle goal is to build and help to maintain the capability to protect the free flow of trade by countering maritime illicit activity.

Cutlass Express puts maritime security in the hands of nations to whom it matters most. Here are five things you need to know:

1. What is Cutlass Express?

In five words: Maritime Security Through Regional Cooperation. In more words: Cutlass Express is essentially about cooperation and teamwork. It's about partner nations working together in concert, and doing more together than they ever could



Ensign James Leach, from Phoenix, Arizona, conducts training during Cutlass Express 2016 Jan. 30. Cutlass Express is a U.S. Africa Command-sponsored multinational maritime exercise designed to increase maritime safety and security in the waters off East Africa, western Indian Ocean, and in the Gulf of Aden. — *Photo by Mass Communication Specialist 2nd Class Mat Murch*

on their own. Vessel queries and ship boardings, airborne maritime patrol operations, and search and rescue drills are just a few things on the agenda for this year.

2. Who is Cutlass Express?

Participating nations include Australia, Canada, Comoros, Djibouti, France, Kenya, Madagascar, Mauritius, Rwanda, Seychelles, Somalia, South

Africa, Sudan, Tanzania, Turkey, Uganda, United Kingdom, and the United States, as well as representatives from the Eastern Africa Standby Force, EU Naval Force, International Maritime Organization (IMO), and Combined Task Force 150.

3. Where is Cutlass Express?

Scenarios took place in the vicinity of two operational hubs: Djibouti, Djibouti and Port Victoria, Seychelles.

4. When is Cutlass Express?

The exercise lasted eight days beginning Jan. 30, 2016, and included an in-port preparatory phase and three days of at-sea scenarios meant to test and provide feedback.

5. Why is Cutlass Express?

Currently in its 5th iteration, Cutlass Express puts maritime security in the hands of nations to whom it matters most. It takes the lessons learned from past exercises and expands on it, making this year the best ever.

Task Force maintains quick response capabilities during alert force drill

By Sgt. Tia Nagle
U.S. Marine Corps

Marines with Special-Purpose Marine Air-Ground Task Force Crisis Response-Africa conducted quick-response training to test the unit's capabilities at Naval Station Rota, Spain, Jan. 23, 2016.

"The mission today was to conduct [rapid-response support] for a task-force element with simulated casualties from a car accident during their missions down on the continent [of Africa]," said 1st Lt. Joseph Jansen, platoon commander for 4th Platoon, Bravo Company, SPMAGTF-CR-AF. "This drill was in preparation for us to assume command of the [crisis response mission]. It allows us to respond to contingency operations within [the region] as directed by [U.S. Africa Command] and the SPMAGTF here in Morón, Spain."

SPMAGTF-CR-AF is entering its next rotation as 8th Marine Regiment with supporting units from Marine Medium Tiltrotor Squadron 263, and 1st Battalion, 8th Marines transition to Europe to assume the ongoing mission.

During an alert drill, the Marines have six hours to respond to a variety of different missions, whether an embassy reinforcement, a quick-response force or a tactical recovery of aircraft and personnel, explained Sgt. Richard Saucedo Jr., a squad leader with Bravo



U.S. Marines with the Ground Combat Element, Special-Purpose Marine Air-Ground Task Force Crisis Response-Africa conduct an alert-force drill aboard Naval Station Rota, Spain. SPMAGTF-CR-AF is a self-sustaining crisis-response force prepared for the protection of American personnel and facilities on the African continent when directed by U.S. Africa Command. — *Photo by Sgt. Tia Nagle*

Company, SPMAGTF-CR-AF.

"As a squad leader, my responsibility is to make sure each one of my Marines are well trained and physically fit," said Saucedo. "I come up with training plans for them to better themselves as Marines and be ready for any type of mission that we have pertaining to this deployment."

Bravo Company's duties will rotate between the alert force, duty and training. The company will also conduct bilateral exercises with European and African forces throughout the area of operations.

"Overall, I was happy with [the exercise]," said Jansen. "This was our second [Mission Rehearsal Exercise] since we

arrived here. Our first exercise was only internal to the company. This time it was with the entirety of the MAGTF, with all of the warfighting functions. With the added friction of condensed timelines, extra expectations from the MAGTF, and the rehearsals we had done earlier in the week, I think it was a great improvement from our first exercise."

Safety Corner: Control your wheels in any weather!

By USAG Stuttgart Safety Office

Winter is upon us and it's time to re-look at safe driving under hazardous road conditions. Bad weather doesn't cause accidents. Weather conditions create driving hazards. It is up to you, the driver, to know how you deal with them. You are responsible for keeping your vehicle under control no matter what the road or weather.

Here are some reminders of how to drive safely in winter conditions:

1. Plan ahead and allow plenty of time to travel. Plan on slowing down and adjusting your speed to road conditions. Check weather and road conditions before they head out.
2. Before you start out, clear the entire windshield and all windows and mirrors. You need to be able to see as much as possible around you to avoid collisions. Keep brake and signal lights clear of ice and snow.
3. Keep your eyes moving to be aware of the traffic situation all around you. Don't just concentrate on what is right in front of you. Scan the distance and glance frequently at your mirrors. If you receive information too late you will have to make a sudden move; watch and anticipate hazards.
4. Double the following distance at least between you and the vehicle ahead of you. Maintain as much free space around your vehicle as possible. Keep the sides and rear of your vehicle as clear of other vehicles as possible.
5. Maintain communication with other drivers to make sure they see you and you understand one another's intentions. Use your lights, horn, and even eye contact to communicate.
6. Pay attention constantly to the road conditions, which can vary even from one lane to the next. Be extra careful when driving on bridge decks and overpasses. Elevated roadways are the first roadways to freeze in winter conditions.
7. Build up your speed gradually before traveling uphill. As you reach the top, be ready for unseen hazards such as a sudden downhill grade or a stalled vehicle. Use lower gears instead of brakes to travel down a steep hill.
8. Make sure you have the right tires for the road conditions. Even all season tires may not be enough for road conditions in your area.
9. Avoid sudden steering movements. Be ready to steer smoothly as you approach a curve. Plan any lane changes well ahead of time.
10. On icy roads, any driving maneuver can set off a skid. Braking, steering, accelerating and taking your foot off the accelerator can all result in a loss of control. Carry out these moves with a light touch, being continually aware of the vehicle's response.
11. Avoid locking the brakes. If you go into a skid, take your foot off the gas, steer into the skid and regain control. If you have to stop right away, pump your brakes — don't slam on them.
12. Carry a winter survival kit, especially on long trips or in isolated areas. Include matches and a candle, a parka and sleeping bag or emergency blanket, food, first aid kit, jumper cables with safety goggles, gasoline antifreeze, fuel conditioner for diesel fuel, wrenches for minor repairs, a spare fan belt and radiator hose, spare spark plugs and spark plug wire.



When driving in the snow, slow down and be careful! Give yourself some extra time to get to your destination.

Photo by PEPPERMINT / Shutterstock.com

Health Beat: Wondering about weight-loss supplements?

By Human Performance Resource Center Staff

Trying to lose weight as your New Year's resolution, meet body composition standards, or just be healthier? Weight-loss supplements might be a tempting solution, but before you take one, ask yourself these questions:

Is it safe?

Having a faster heart rate isn't "normal" or a "good sign" that the supplement is working! Many weight-loss supplements contain plant-based ingredients and other stimulants that can have serious side effects such as chest pain, high blood pressure, and even heart attack. If you want to know about the safety of a specific product or ingredient, you can look it up in the Natural Medicines Comprehensive Database.

Does it work?

Unfortunately, just because a prod-

uct seemed to work for your friend doesn't mean it'll work for you. There's limited scientific evidence that weight-loss supplements alone help people lose a significant amount of weight and keep it off. Question the claims on the label, and remember, if it sounds too good to be true, it probably is.

Do you know what's in it?

Many dietary supplement products marketed for weight loss have been found to contain hidden prescription drugs or compounds that haven't been adequately studied in humans. Be sure to check the label to see if the product has been evaluated by an independent third-party organization.

If your goal is to lose weight this year, challenge yourself to do it the old-fashioned way with a healthy eating plan and regular physical activity. And be patient: Making changes to your lifestyle and body takes time, but you will see results.



Photo by Anetlanda / Shutterstock.com

Scholarships available for Stuttgart students

By Megan Brown
Special to the Citizen

Editor's Note: Megan Brown is a Stuttgart High School career practicum intern for the USAG Stuttgart Public Affairs Office.

In a survey conducted for the top seven reasons why students don't attend college after graduation, 23 percent of students claim they do not have the finances to go, making this the number one reason according to HUFFPOST College. With the rising price of tuition, room and board, and book fees, college can seem unreachable to many students, but it doesn't have to be. There are many scholarships out there especially for military children, which don't require 4.0 Grade Point Averages or extreme athletic ability.

Stuttgart Community Spouses Club Scholarship

Eligibility: Anyone who is a dependent of a sponsor working in the Stuttgart Community

GPA: 3.0

ACT/SAT Scores: Required

Essay: "Who in your life has been your greatest influence and why?"

Deadline: Postmarked by Mar. 4

For more information visit: <http://stuttgartspousesclub.org/scholarships.html>

DECA Commissary Scholarship

GPA: 3.0

Eligibility: Dependent, unmarried children

Essay: "Obesity is among the leading causes for military ineligibility among people 17 to 24, affecting nearly 30 percent of men and women in this age group. Specifically, how would you address this problem and what are your proposed solutions. What would be the challenged with implementing you new plan"

Deadline: Feb. 12

Where to apply: <http://militaryscholar.org/sfmc/application.html>

Delta Sigma Theta Sorority

Eligibility: Graduating seniors of a Department of Defense Dependents Schools in Germany

Essay: What stimulated your interest in your chosen major and what attributes do you possess that you feel would enhance your career?

Other requirements: Two letters of recommendation

Deadline: Feb. 17

For more information visit: <http://www.dstger.org/images/Delta2016-Application.pdf>

Alpha Kappa Alpha Sorority Mu Psi Omega Chapter Scholarship

Eligibility: DoDDS seniors

Other requirements: Letter of recommendation

Deadline: Feb. 29

For more information, email: mupsiomeag@gmail.com

Dolphin Scholarship Foundation

Eligibility: High School seniors or

current college student who are children or stepchildren of the U.S. Navy Submarine Force

Other requirements: Supporting documents

Deadline: Mar. 15

For more information visit:

<http://www.dolphinscholarship.org/index.cfm/scholarships/how-to-apply/>

Colonel Aaron Burgstein Memorial Scholarship

Eligibility: Dependents of active duty or retired Air Force

Essay: Describe your academic and personal achievements and goals, how will this scholarship help achieve your goals?

Other requirements: Letter of recommendation and transcripts

Opens: Feb. 1

For more information on how to apply visit:

<http://www.afa.org/informationfor/teachers/scholarshipsteachers/burgstein>

Army Scholarship Foundation

Eligibility: Sons or daughters of regular active duty, active duty reserve, or active duty National Guard Army

Essay: 300 words from one of the six topics

GPA: 2.0

Other requirements: High school transcripts

Deadline: Apr. 15

For more information visit: <http://armyscholarshipfoundation.org/index.html>

Marine Corps Scholarship Foundation

Eligibility: Child of active duty or reserve U.S. Marine

GPA: 2.0

Deadline: Mar. 1

For more information visit:

<https://www.mcsf.org/apply/eligibility/>
Students may also find opportunities shared through the U.S. Army Garrison Stuttgart Army Community Service Facebook page, <https://www.facebook.com/USAGStuttgartACS>

16 scholarship application tips:

- Apply for smaller scholarships – the money adds up
- Make sure you are eligible for the scholarship
- Follow the application directions
- Neatness counts – don't make silly mistakes
- Keep track of deadlines
- Try to find unique scholarships – they don't all have to be based on grades
- Make copies of everything you submit
- Use a professional email, jondoe@gmail.com
- Research free scholarship search services
- Start searching now
- Be passionate and creative when writing essays
- Apply to as many scholarships as possible
- Have someone proofread your essay before submitting it
- Include letters of recommendation
- Apply for a wide variety of scholarships – don't stick to one category
- Don't get discouraged if you don't win, keep applying

Family's love of music helps local student earn shot on 'The Voice Kids'

By Robyn Mack
USAG Stuttgart Public Affairs Office

Leilani Howland can't remember not singing. The 11-year-old says she's been doing it "forever." A timeline that's accurate – or maybe just feels that way – for someone whose family instills song in their daily routine.

"When our neighbors walk by they ask if we're having a concert in the house," her mother, Natascia Howland, said. Leilani and her sister, Bella, 16, have always been fans of a good sing-along, catching on quickly to the songs played in their favorite television shows and movies, and now regularly singing karaoke with the family.

The passion for music and natural ability to repeat songs is a family trait, which Leilani's father, Ron Howland,

remembers fondly. "I played a lot of instruments growing up," the U.S. Africa Command contractor said. "And my grandfather could easily hear a chord and play it back."

"Leilani shares that talent," he added. So, when the opportunity to submit audition tapes for "The Voice Kids" was announced on YouTube, the family rallied together to support Leilani.

After making a video at home and submitting it to the singing competition, the Patch Elementary School student soon found out she was selected as a competitor for the program.

Since then, the Justin Bieber fan has participated in a variety of screening processes which have ultimately landed her an opportunity to share her talent on stage.

"It's been stressful," Leilani said. "There's a lot of steps to the process. But when I get on stage I just have fun."

As "the talent" for the show, Leilani has had the opportunity to work with vocal coaches, receive hair and make-up styling, and create memories and experiences her mom hopes

she'll carry with her.

"It's exciting," the family said. "Leilani has beat out 10s of 1,000s of applicants to be where she is. We hope people watch the show and share in our excitement," Ron Howland said.

Just how many judges' chairs will turn for Leilani Howland? Stuttgart community members can watch to find out on "The Voice Kids" which airs Fridays, beginning Feb. 5 on the German television channel SAT.1.

People can also show their support by visiting www.sat1.de/tv/the-voice-kids or voting at www.facebook.com/thevoicekidssat1.

Leilani Howland, a Patch Elementary School student, is a contestant on "The Voice Kids," which began Feb. 5. Community members can support Howland by tuning in to German television channel SAT.1. — Photo © SAT.1/André Kowalski



Aiming high: Stuttgart's TV tower reopens



By Carola Meusel
USAG Stuttgart Public Affairs

For those not afraid of heights, or who desire a bird's-eye view of the greater Stuttgart area, the "Fernsehturm," or TV tower, reopened its doors to the public Jan. 30 following a three-year renovation period for work on fire prevention measures.

The TV tower, considered one of Stuttgart's most significant landmarks, closed to visitors March 27, 2013. Since then, €1.8 million was invested to improve the fire safety and prevention system just in time to reopen for the TV tower's 60th anniversary. The 217-meter tower originally opened its doors to the public Feb. 5, 1956, and was one of the world's first TV towers.

Back then, the "Süddeutsche Rundfunk," broadcast station for the northern Baden-Württemberg district, planned to install antennas 200 meters above ground for

better radio and television reception. Originally, the plan called for antennas to be positioned on an iron-grid pole and secured with wired cable. That's when the Stuttgart construction engineer Fritz Leonhardt had the idea to build a TV tower. According to the Fernsehturm's website, Leonhardt was the creator, designer and constructing engineer of Stuttgart's TV tower.

Leonhardt aimed to highlight the structure's aesthetics by combining technical innovations with opportunities for Stuttgart residents and visitors to also benefit from the tower. His plan not only accommodated better radio and TV transmissions, but included a visitor's platform and a restaurant atop the Fernsehturm.

Leonhardt, who specialized in bridge design, suggested the use of pre-stressed concrete, a material mainly used for constructing bridges, as a method to overcome

concrete's natural weakness in tension. Because it was not common to build a tower from pre-stressed concrete, the Fernsehturm was a risky and revolutionary endeavor because the structure had to resist winds, thunderstorms and possible earthquakes, according to the Fernsehturm website.

Following a 20-month construction period, the tower was officially opened Feb. 5, 1956.

"To me, the Stuttgart Fernsehturm symbolizes home. When I see the tower I know that I am in my city," said Martin Kilgus, a radio journalist for Südwestrundfunk, Southwest German Broadcasting Station, International in Stuttgart.

From the Fernsehturm's visitor platform at 150 meters, patrons can see it all: Stuttgart's downtown area, wine hills spanning along the Neckar River Valley, the "Schwäbische Alb," or Swabian Mountains, and the Black Forest

and Odenwald areas. Not only was the Fernsehturm the first of its kind worldwide, but also set the example for many other TV towers, such as the Sentech Tower in Johannesburg, South Africa, or the Space Needle Tower in Seattle, Wash.

The "Panorama Café" atop the TV tower offers coffee, cake, and snacks and a bird's-eye view of Stuttgart. The restaurant "Leonhardts," named after the TV tower's constructing engineer Fritz Leonhardt, offers fine regional foods and Sunday brunch. The Fernsehturm is open Monday through Thursday from 10 a.m. to 11 p.m. and Friday through Sunday from 9 a.m. to 11 p.m. Tickets cost €7. Tickets for children between ages 6 and 15 cost €4. Admission for children 5 years old or younger is free. Fernsehturm is located at Jahnstrasse 120, 70597 Stuttgart. For more information, visit: <http://www.fernsehturm-stuttgart.de/>.

Wellness Center adds Bod Pod to available resources

By Robyn Mack
USAG Stuttgart Public Affairs

The Stuttgart Army Health Clinic's Wellness Center has a new piece of equipment to help people on their journey to health.

The center made the Bod Pod operational on Feb. 2.

"The Bod Pod helps track trends in body fat percentage and lean muscle over time," TJ Hamilton, the center's director, said. By taking a measurement of the individual's mass and volume, their body density can be determined. From there, body fat and lean muscle mass is calculated.

"Accurate body composition and metabolic assessments help our health educators understand the unique requirements of each of our clients," Hamilton said.

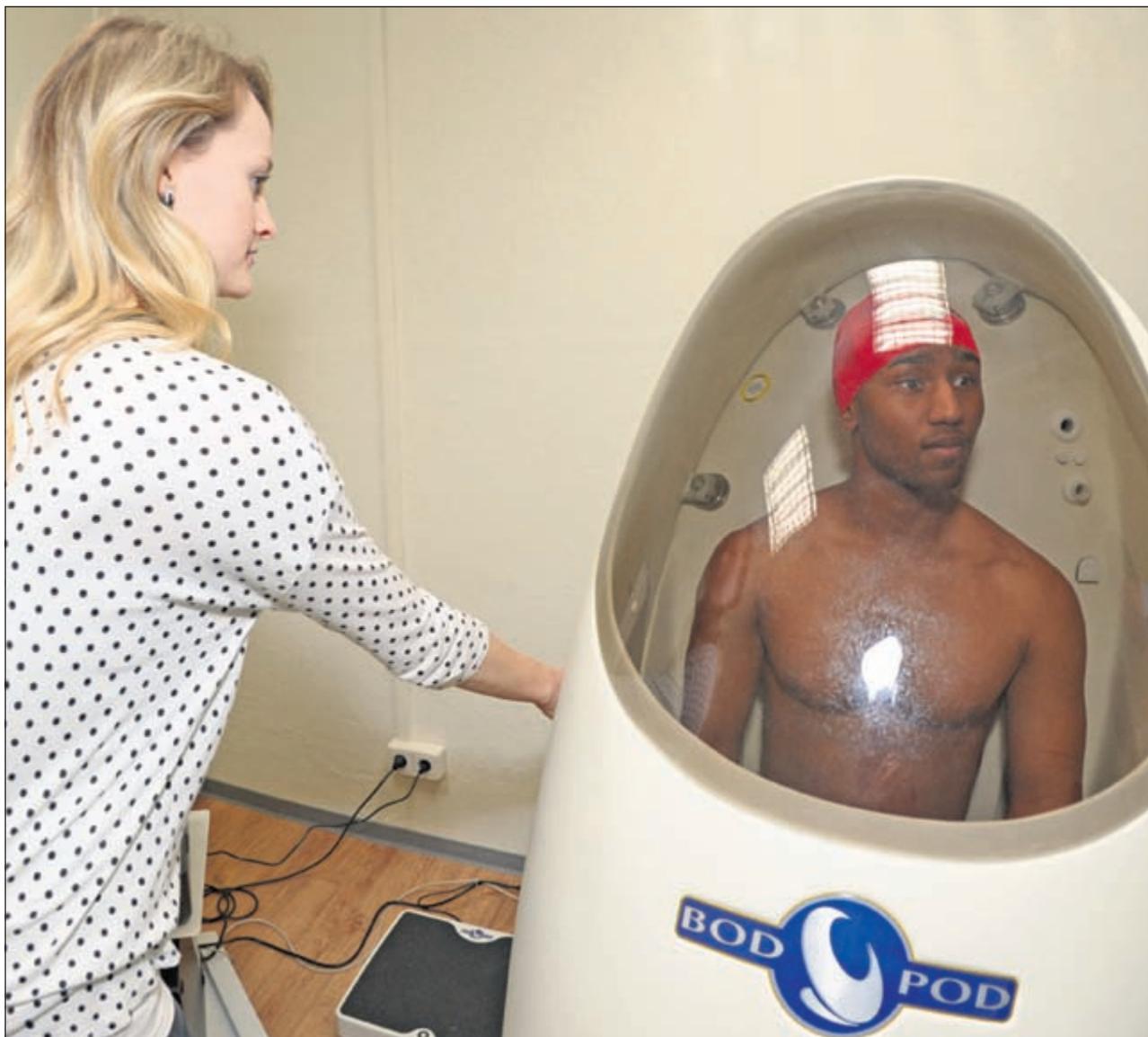
"Every person has a different range for their healthy body, said Sarah Montano, a health technician at the Wellness Center.

Excess fat can have a negative impact on health, performance and productivity, the staff noted. High percentages of body fat can put people at risk for hypertension, high cholesterol, Type 2 diabetes, and heart disease.

"Just because you are at a healthy weight doesn't mean you have a healthy body fat percentage," said Valerie Greene, a health educator at the center. "The Bod Pod allows us to see what lean muscle there is to take into account."

Bod Pod tests take about five minutes, with individuals staying inside the vessel for two minutes while the body composition is assessed through air displacement plethysmography.

The assessment is open to all ID



Valerie Greene, a health educator at Stuttgart Army Health Clinic's Wellness Center, conducts a Bod Pod body composition test on Spc. Shawn Murphy from the Physical Therapy Department at Stuttgart, Feb. 2. The Bod Pod is the latest addition to the Wellness Center's array of tools used to enhance healthy living in the community. — Photo by Kevin S. Abel

card holders registered to Tricare over the age of 15. The pod is limited to people 6-foot-5-inches and shorter, weighing less than 530 pounds.

Interested participants should not have food, drink, tobacco products, or participate in physical activity for

two hours prior to the test. Specific attire guidelines are available for men and women through the Stuttgart Wellness Center.

Testing is available by appointment or by walk-in from 11 a.m. to 1 p.m., Monday through Thursday.

The Stuttgart Wellness Center is located in Building 2337 on Patch Barracks.

For more information on Bod Pod call the Wellness Center at DSN: 590-1601/civ. 0637194641601.

Stuttgart Wellness Center Services

Sleep education

Sleep education services include general information about healthy sleep habits, impact of sleep on health and well-being, tools, tips and positive actions steps to improve sleep. The two part Sleep Education class covers the basics of healthy sleep hygiene and walks clients through a self-assessment process to increase awareness of their own sleep habits.

Exercise testing and exercise prescription

Exercise testing is an assessment of biometrics and the four components

of health related physical fitness: aerobic fitness, body composition, muscular fitness, and flexibility. Health educators use exercise test results as a planning tool for exercise prescription and motivation to assist clients in establishing and meeting reasonable physical activity, fitness and health goals.

Weight management and metabolic testing

Metabolism is the medical term for the rate at which the body burns calories. Weight management involves a delicate balance between calories

burned and calories consumed. Metabolic testing results provide the exact number of calories required for weight loss, gain or maintenance. The "Upping Your Metabolism" class will teach clients how to use their metabolic test results to reach their health goals.

Body composition analysis

Wellness centers use various methods to determine body composition including the Bod Pod, ultrasound, bioelectrical impedance, or skinfold calipers. Body composition goes beyond the number seen on a scale and determines if weight comes

from fat or fat free mass. Health educators use exercise test results as a planning tool for exercise prescription and motivation to assist clients in establishing and meeting reasonable physical fitness and health goals.

Stress management education and biofeedback

Stress and strong emotions can cause or worsen health problems like heart disease, hypertension, headaches, stroke, depression, and sleep disorders. Wellness center services include biofeedback and education in stress relief techniques, and coping skills.



Sarah Montano, a health technician at the Stuttgart Wellness Center, performs a V02 (Fitness) Assessment on Amy Wilber Feb. 3. V02 measures expired oxygen during a progressive workload to determine the cardio-respiratory fitness of the patient. The V02 test is part of the comprehensive fitness assessment performed at the Wellness Center to help community members achieve their fitness goals. — Photo by Kevin S. Abel

American Heart Month: Preventing heart disease

By Robyn Mack
USAG Stuttgart Public Affairs

February is American Heart Month. The annual observance is a time for people to take an assessment of their heart health practices, and reconfirm or make changes to their routines.

According to the Centers for Disease Control and Prevention, “cardiovascular disease is the leading cause of death in the United States; one in every three deaths is from heart disease and stroke, equal to 2,200 deaths per day.”

“Health, and more specifically heart health, is affected by our lifestyle choices,” said Lt. Col. (Dr.) Patrick Contino, U.S. Army Health Clinic Stuttgart medical director. “When we look at heart

disease, we want to address the risk factors that are modifiable and within our control.”

Those modifiable risk factors include: exercise, diet, smoking, blood pressure, alcohol use, and weight.

“You might be doing well in one of these areas, but the error is when you ignore other modifiable risk factors,” the doctor explained. “If you’re hitting the gym every day, but not addressing the other modifiable risk factors, you can be interfering with the balance your body needs.”

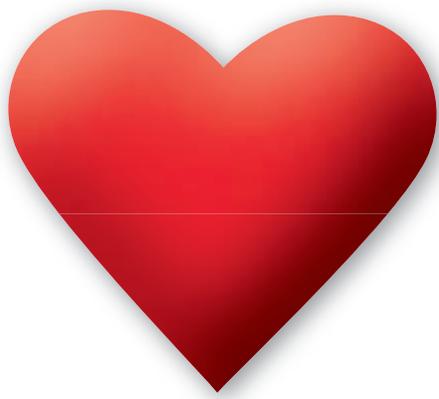
Contino recommends taking a look at your lifestyle and addressing the “low-hanging fruit” risk factors for heart disease that are easily addressed.

Exercise

“Activity should be regular and start from early school age and continue throughout life,” Contino said.



Capt. Katherine Converse, a nurse at the Stuttgart Health Clinic, checks the weight of Brenna Abel during American Heart Health Month which is celebrated each February. Weight is a modifiable risk factor people can address in their quest to stay heart healthy. — Photo by Kevin S. Abel



The recommended amount of activity is 150 minutes per week, with at least 75 minutes being vigorous. “Vigorous exercise is reached when you are at 85 to 95 percent of your maximum heart rate. There are charts online to help you determine your heart rate to achieve the vigorous range.”

“I like to advise 30 minutes of exercise most, if not all, days of the week.”

Diet

Many health practitioners recommend the “Mediterranean diet” for heart health. This diet is high in veggies, nuts, legumes, olive oil, fruits, and fish low in mercury content, said Contino, who also serves as a host to the Armed Forces Network “Ask the Doctor” segment on 102.3FM.

Smoking

“Smoking is the leading cause of premature death,” Contino said. “Quitting has benefits as quickly as within days of stopping use. The Stuttgart Army Health Clinic, in concert with the Panzer Dental Clinic, Army Public Health Nurse, and the Army Wellness Center have started a pilot program to assist you in helping to stop using tobacco products.”

Blood pressure

“There are a lot of factors that contribute to hypertension,” Contino said. “Gender, genetics, excess weight, stress, and even some medication.” High blood pressure is when the top number in your blood pressure screening is 140 or greater, and/or the lower number is greater than 90. “People also need to be mindful of pre-hypertension — watching closely if those numbers get near the area of concern.”

Contino also said table salt should be used in moderation when considering healthy blood pressure levels.

Alcohol use

“If you don’t drink, we’re not going to recommend you start,” joked Contino, “but, for those that do, it’s a recommendation of one serving of alcohol per day for women and two for men.”

Serving sizes are:

- 12 fluid ounces of regular beer
- 5 fluid ounces of table wine
- 1.5 fluid ounces of spirits

“However, you don’t get to average that out,” the Army doctor said. “If you go out drinking one night with



Spc. Elliott Hall receives a blood pressure screening from Spc. Paul Mazako at the U.S. Army Health Clinic Stuttgart, Feb. 2. Keeping blood pressure in check can help reduce the risk of heart disease. — Photo by Kevin S. Abel

friends and have 6 to 7 drinks – that’s considered a binge. A single binge of six drinks per week carries a higher risk of sudden death. Decreasing alcohol consumption to a light or moderate level, as recommend, has been shown to decrease the risks of heart disease by up to 70 percent.”

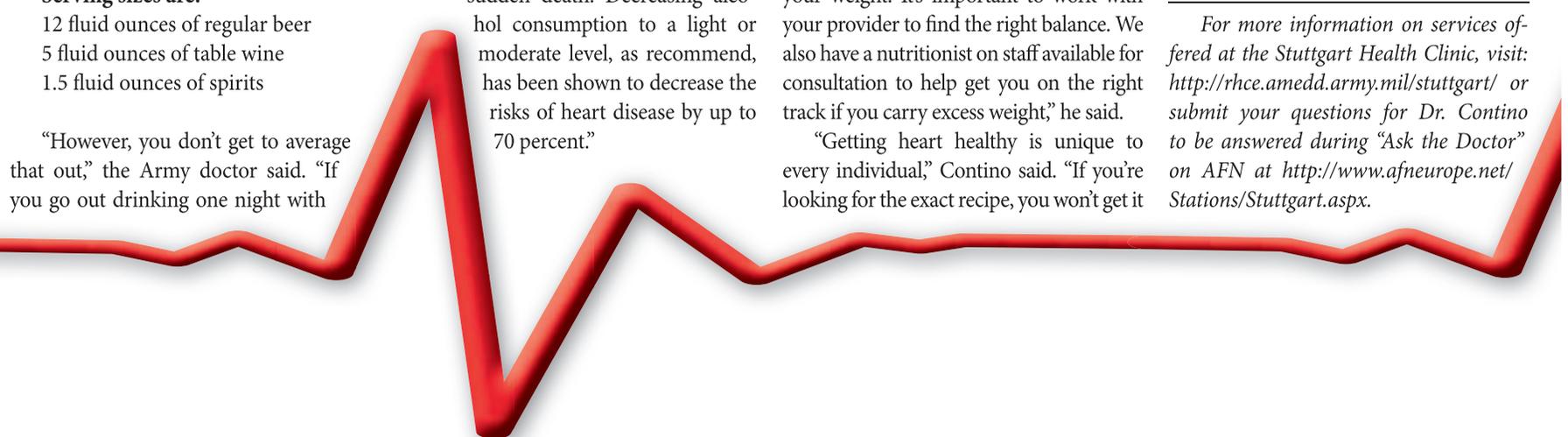
Weight

“Obesity increases all of your risks; and the risks, if not kept in check, can affect your weight. It’s important to work with your provider to find the right balance. We also have a nutritionist on staff available for consultation to help get you on the right track if you carry excess weight,” he said.

“Getting heart healthy is unique to every individual,” Contino said. “If you’re looking for the exact recipe, you won’t get it

here. But taking action to reduce risks, and seeking help when needed, will put you on a path toward positive overall health.”

For more information on services offered at the Stuttgart Health Clinic, visit: <http://rhce.amedd.army.mil/stuttgart/> or submit your questions for Dr. Contino to be answered during “Ask the Doctor” on AFN at <http://www.afneurope.net/Stations/Stuttgart.aspx>.



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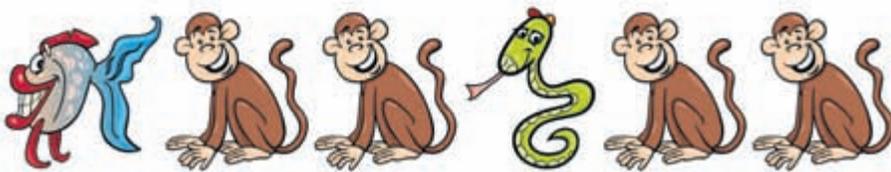
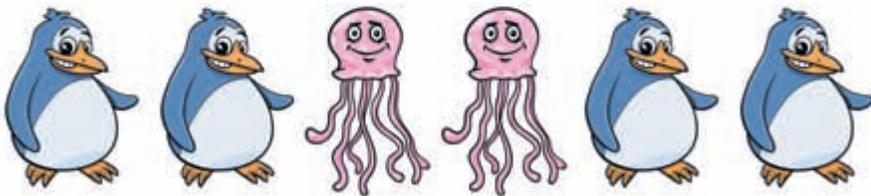


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Have fun with the locals

Ludwigsburg castle tour Sat, Feb 13

Ludwigsburg, Residenzschloss

Experience the Residenzschloss (residential castle) Ludwigsburg (just north of Stuttgart) during an English tour every day at 1:30 p.m. Ludwigsburg's castle is one of the biggest baroque castles in Germany, which is still preserved in its original form. The magnificently decorated rooms can only be visited with a tour guide who will inform you about all important facts about the castle. The castle doesn't have to be boring for the little visitors at all. With costumes and antique games, children can experience the daily life of princes in the 18th century. For more info see www.schloss-ludwigsburg.de



Photo by clearlens / Shutterstock.com

EVENTS

Pool party for kids

Thu, Feb 11

Filderstadt, Fildorado

Why not have a day with the kids at the pool on February 11 at Fildorado from 2 p.m - 5 p.m. Enjoy the waterslides or try to balance on the bouncy climbing course in the middle of the pool. Kids can join the exciting races or just have a day of fun at the pool. For more information visit www.Fildorado.de

Adventures in nature

Sun, Feb 14

Stuttgart, Jugendfarm Freiberg

Experience nature and life on the farm on February 14 at the Jugend farm Freiberg/Rot, which specializes in little visitors. Children of all ages can get to know the animals by helping to feed them and learning about their natural habitats. Families are invited to sit around the fireplace, grill bread and exchange stories or go inside for waffles, coffee, cake and hot drinks. Snacks are complimentary but donations are welcome. Admission is free. For more information go to www.jugendfarmfreiberg.de

Finissimo

Mon, Feb 15

Stuttgart, Weingärtner Uhlbach

Wine is a great topic to get familiar with. Come to Finissimo in Stuttgart on February 15 and try various wines as well as discuss everything there is to know about wine. The event starts at 7 p.m. and costs €15 per person. For more information visit www.collegium-wirtemberg.de

Book week

Wed, Feb 17 – Sun, Feb 28

Stuttgart, Treffpunkt Rotbühlplatz

Stuttgart invites you to their annual book week for children and adolescents at Treffpunkt Rotbühlplatz between February 17 and 28. More than 70 books will be on display, famous authors will read from their masterpieces and an enthusiastic staff can't wait to inform you on newcomers and their favorite reads of the year. Admission is free. For more info, go to www.stuttgart.de

Disney's Musical Tarzan

Fri, Feb 19 – Sun, Aug 28

Stuttgart, Apollo Theater

Join Tarzan on his great adventure on stage at the Stage Apollo Theater in Stuttgart, through August 28. Enjoy this dynamic and exciting show with breathtaking aerial acrobatics, fascinating lights, sound effects and costumes. This is not just a musical; it's an adventure! For more information and tickets see www.eventim.de

Saturday night sauna

Sat, Feb 20

Filderstadt, Fildorado

Enjoy a special Saturday night on February 20 you can experience a live band playing unplugged, drink tasty cocktails and indulge in culinary delights. You can have massages and so much more. Come from 7 p.m. to get the full effect. For more info, go to www.fildorado.de

International Easter egg market

Sat, Feb 20 – Sun, Feb 21

Maulbronn, Kloster Maulbronn

Visit the international Easter egg market in Maulbronn on February 20 to 21. Whatever you can possibly imagine to do with decorated eggs, you will find it all here. Works by 50 of the

finest German and international egg artists will be presented in one of the first egg shows of the season. The egg market takes place in the "Frucht-kasten" hall of Maulbronn monastery (the former harvest storage barn). For more information on the market visit www.ostereiermaerkte.de

Yoga and Tai Chi

Sun, Feb 21

Stuttgart, SKG Botnang

All fitness enthusiasts are welcome to stay fit and warm during the winter months and join the Sports at the Park group indoors every Sunday for a mindful Yoga and Tai Chi session with certified instructors who have organized this event at the SKG Botnang: Gymnastikhalle for everyone that would like to work out outdoors but is secretly looking for an excuse to go inside. Well, here it is: Join the fun from 11 a.m. to 12 p.m. for only €3 per person and for more information go to www.stuttgart.de

Bon Bon Museum

Thu, Feb 25

Vaihingen, Bonbon Museum

Let your senses go wild as you come to the Bon Bon Museum in Vaihingen. See all the different kinds of candy and chocolate, and try some. The museum's exhibition covers the history and evolution of candy making from its conception in the 8th century to the fully automated factory production of the 20th century. Actual candy production machines are on display as well as vintage advertising materials and candy packaging. Open Mondays – Fridays, 9 a.m. – 6:30 p.m. and Saturdays, 9 a.m. – 1:30 p.m. For more information visit www.bonbon-museum.de

CONCERTS

Mariah Carey

Thu, Apr 14

München, Olympiahalle

Mariah Carey is back and with full force. This diva is going on her Sweet Sweet Fantasy tour this year. See her live on April 14 of Olympiahalle. Ticket prices start at €62.15. The show starts at 7:30 p.m. For more information go to www.eventim.de

Ty Dolla Sign

Fri, Apr 22

München, Theaterfabrik

Tyrone William Griffin better known by his stage name Ty Dolla Sign is performing live in München on April 22. This R&B rapper is dropping the LA beats for all those R&B lovers. Ticket price is €29.45. His show starts at 8 p.m. For more information and tickets go to www.eventim.de

SPORTS

Soccer

Sat, Feb 13

Stuttgart, Mercedes Benz Arena

VfB Stuttgart Bundesliga team is playing against Hertha BSC on February 13. The game starts at 3:30 p.m. For tickets go to www.vfb.de

Basketball

Sun, Feb 14

Ludwigsburg, Arena

Neckar Riesen are playing against Frankfurt Skyliners on February 14 from 5 p.m. Tickets start at €14, visit www.mhp-riesen-ludwigsburg.de to get more info and reserve your spot or seat at their home stadium, the Arena Ludwigsburg, for an action-packed basketball game.

More events on: www.MilitaryInGermany.com

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2014 Ford Mustang 5.0 GT/CS Coupe, \$28,895, US Spec, Manual, Leather, Power Seats, Alloy Wheels, California Special Pack, Perfect Condition, Call: 0176 22730967, Email: info@europeanmotors.org, Web: <http://www.europeanmotors.org>

2014 MINI Countryman JCW ALL4, Blue, \$34900, 12821 miles, Manufacturer Warranty, Automatic, Panoramic Sunroof, Leather, Navigation, Auto Climate, Xenon Lights, Heated Seats, Rain Sense Wipers, Upgraded Sound System. Call or text 017680420465

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BMW 525i Model 2000, new German inspection, power steering, power locks, air cond, leather interior, seat heating, power windows, alloy rims w/ new summer tires, new battery and brakes. €1800. 0152-06467728

BMW 525i, 24VAL, silver, automatic, power steering, ABS, electric windows, electric mirrors, my phone is 0175-3213199, \$2100, ddundkk@hotmail.de

BMW R1150 RT, 2001 Silver (German spec) 38000 KM; Excellent condition/garage kept/no accidents/falls; hard side cases and top case; heated grips, Throttlemeister (cruise control) \$5500/OBO; email for pics/thomas621@comcast.net; Stuttgart area

Camper For Sale, \$29000, ed_thornburg@yahoo.com, Mercedes-Benz Marco Polo with Activity Package - loaded. Auto, diesel, AC, stove, frig, awning, sleeps 4.

Camper For Sale, €39,000, ed_thornburg@yahoo.com, 2013 Bürstner IXEO TIME 670G, Fiat Ducato 2.3 MJET 35 148 PS diesel, 6 speed automatic: 23,000 km. Camper is loaded with options and under warranty.

Chrysler PT Cruiser, diesel, 2.2l, standard, AC, no rust, no accident, 190000k, winter+summer tires, leather seats w/heat, pet+smoke free, 5l on 100km, €2500, stefandsanya@gmail.com or 0151-45261009

Daihatsu silver met, 4-door, 5-speed, 1.0 ltr, year 2002, air cond, summer tires and winter tires, CD player, ABS, air bags, \$1200, and we deliver anywhere with cash in hand, ddundkk@hotmail.de

Ford Escort SE, 1998 blue, automatic, US mod, all season tires, \$1900, and we deliver anywhere, my phone is 0175-3213199 call or e-mail, ddundkk@hotmail.de

Ford Focus 1999, 4-door, 5-speed, all-weather tires, ABS, power steering, German TÜV till Jan 2017, my phone 0175-3213199, \$1390, ddundkk@hotmail.de

Ford Ka - Model 2004, €1380, stefandsanya@gmail.com, Ford 140.000km, silver, 5speed, very clean. Great car for the winter, new winter tires, front-wheel drive, phone calls 0152-06786080

Ford Kuga, 2015, \$28,500, German Specs. Titanium (Escape) 1.5l Eco-Boost. 150hp. 6 speed manual. Polar Silver Metallic. Leather Heated seats. Keyless entry, push button start. 4 winter and summer tires, auto headlights, and much more. eapropin@outlook.com

Fuel Efficient 2003 VW Polo, \$2000, 0151-6629-4636, 5spd Manual, 3 door hatch, 183,000 km, Best Offer!!! Will Pass USA-REUR!!!

Honda Accord, 2-door, burgundy, leather, air cond, ABS, 2.2 LTR, 16 VAL, Automatic, new TÜV, power steering, air bags, summer/winter tires on rims, we deliver anywher with cash, \$1675, ddundkk@hotmail.de

Intake manifold, never used, for a civic type R or a Acura Acura RSX type S PRC \$120, isabell_1_98@yahoo.com or 017622987498

Mazda 323F, Mod.1999, green, 4-door, 5-speed, ABS, 1.5 LTR, air conditioning, power steering, electric windows FT, KMS 74,000, my phone is 0175-3213199, \$1700, ddundkk@hotmail.de

Mitsubishi Cosama, 1.6ltr, green, 4-door, 5-speed, ABS, power steering, German TÜV till Jan 2017, my phone is 0175-3213199, \$1700, ddundkk@hotmail.de

Mitsubishi Eclipse GL, New New, German TÜV, no US inspection needed, Red, 2.0 LTR, 16 VAL, air cond, 2-door, 5-speed, electr windows, KMS 163,000, \$1695, ddundkk@hotmail.de

Nissan Almera TINodi, 2002, German specs, pw.windows, 2nd owner, no accidents, TÜV summer/2016, AC, 5seat, standard, great travel car, no rust, POV inspection guaranteed, €2400, full tank goes 1100km, call 0151-45261009 or stefandsanya@gmail.com

Nissan, 2.0 LTR, Leather, 4-door, 5-speed, ABS, power steering, electric windows, my phone is 0175-3213199, \$1900, ddundkk@hotmail.de

Opel Astra, burgundy, 2-door, 5-speed, ABS, air cond., radio, TÜV till 2016, and we deliver anywhere with cash in hand, my phone is 0175-3213199, \$1200, ddundkk@hotmail.de



Seat Leon ST III 1.6 TDI 105chFAP Style Business Start&Stop. 6990km, Diesel, 5 doors, put incirculation April 2015. Under warranty. All options ABS, soundsystem, airbag, bluetooth, sunroof. Stuttgart late February. 17390E (25555E new)

VW Passat Wagon 1999, 1.6 liter, Silver, 5-speed, ABS, power steering, air cond, winter tires, German TÜV, lots of new parts and dealer maintenance, elect.windows front, keyless entry, \$2250, ddundkk@hotmail.de

MOTORCYCLES

All ads and pics on class-world.com

BMW R1100S - Stock Muffler, €200, Excellent Ccondition - hp2ronin@gmail.com

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AFN Decoder. Dual Voltage. Remote Control. Incl. Cables. User Guide. Orig.Box. \$250. chefsteven2015@gmail.com



Canon BJC 7000 Color Bubble Set Printer. Incl. Cartridge and USB Cable. CD Booklet. \$30. chefsteven2015@gmail.com

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Honda Cassette Radio. CD Changer has issues, needs probably a clean up. Radio and Cassette works great. \$35. chefsteven2015@gmail.com

LCD TV 24" HDMI/DVI/VGA/PC/DVI/USB Remote Control User Guide Orig. Box \$150. chefsteven2015@gmail.com

Premium Aluminium. Dolby Digital/EX Decoder. Pro Logic II. 100 Watts x 10. AF/FM Tuner. 40 Station Random + Direct Tuning. Remote Control. User Guide. Dual Voltage. Excellent Working. \$395. chefsteven2015@gmail.com



Printer, Scanner Lexmark S605, \$70, Like new condition. Ink cartridges low. jcambr@yahoo.com



Router, Belkin N150, \$10, jcambr@yahoo.com

Sony Cassette Car Stereo. Protection Case. Cables and User Guide. \$45. chefsteven2015@gmail.com

Tablet, Samsung 7inch with case. \$80 da1af@hotmail.com

Transformer. USA Voltage Converter. Great for small radios, shavers and other appliances up to 75 Watt. \$20. chefsteven2015@gmail.com

Transformer. USA Voltage Converter. 2 Outlets. Max. 1200 Watt. 125V/15A. On/Off Switch. Heavy Duty. \$80. chefsteven2015@gmail.com

Treadmill - Proform 635 CW, \$349, timboney_52@hotmail.com, well maintained/functioning treadmill. Adjusts for speed & slope. Cross fit ski poles adjustable for tension. Emergency situation stop.

Two (2) AFN Decoders For Sale, \$250 a piece or best offer, bubbajoe20@hotmail.com, 0176-536-67-833

Yamaha AV Receiver/Amplifier Premium Aluminium. Dolby Digital/EX Decoder. Pro Logic II. 100 Watts x 10. AF/FM Tuner. 40 Station Random + Direct Tuning. Remote Control. User Guide. Dual Voltage. Excellent Working. \$395. chefsteven2015@gmail.com

2 each 120V Cisco Wireless-G Internet Home Monitoring Cameras Model WV54GCA, with manual and CD. \$40, spvendedor@gmail.com

220V Heaters, excellent condition., \$18, I have 5, laauministry@hotmail.com

3 Drawer Wide Cart White. With 4 Rollers. Compl. Size: 25"H x 22"W x 15"D. Each Drawer: 7"H x 19.5"W x 13.5"D. Lots Of Storage Space. Very Sturdy. Made in USA. \$25. chefsteven2015@gmail.com

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Aeropostale long sleeve. Pink. On the front are pictures of peaces signs and the label name is shown. Size M. Barely worn. Good condition. For pics see www.class-world.com. €9. jani.na.wuttke@gmx.de

African Indonesian & Turkish items for sale, call: 06374-991073 pls. leave message

Beautiful hand-made purple/pink felt flower brooch, perfect gift, can be pinned on jackets, scarves, bags and more! €12, for pics see class-world.com jenniferwilking@hotmail.com

Bicycle Trailer, for 2 kids, rarely used, excellent condition, suitable for all bikes, €50, for pics go to class-world.com, jenniferwilking@hotmail.com,

Dallas Cowboy Hat. NEW. \$15. chefsteven2015@gmail.com

Black knitted pullover. Size XS but fits also for size M. €5. See www.class-world.com for pictures. Janina.Wuttke@gmx.de

Blanket Horse. 72" x 52". Reversible. Heavy Quality. Machine Washable. Machine Dry At Low Heat. Great Condition. \$25. chefsteven2015@gmail.com

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Canon Camera w/Case. Canon Camera Sure Shot 85 Zoom. User Guide. Orig.Box. Case Logic Camera Case 3 Pockets (2 Zipper Pockets. Belt Loop. Very Sturdy. \$50. chefsteven2015@gmail.com

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Covered Bowl Korea. Porcelain. 24 Carat Gold Trim. 3.5" Diameter. Handpainted. \$35. chefsteven2015@gmail.com

Crystal Heart Rosenthal, Germany. Heart Shaped Crystal. Clear Crystal. 3". Orig. Box. \$20 chefsteven2015@gmail.com

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Electric Kettle 1.7ltr. 1500 Watts On/Off Light Automatic Shut-off Dual Water Windows Cordless (Lifts off Base for cordless pouring) User Guide Orig.Box \$25. chefsteven2015@gmail.com

Felt bag, gorgeous hand-made felt bag with blue design, medium size, €30, jenniferwilking@hotmail.com

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German Beer Stein Wildlife. Fox Design. Decorative Pewter Lid (Fox). Heavy Quality. 10"High. \$105. chefsteven2015@gmail.com

Gilde Clown. Gilde, Germany. 3.5" High. Handpainted. \$15. chefsteven2015@gmail.com

German Beer Stein. Famous German Attraction Theme. Pewter Lid 9.5"HIGH. \$95. chefsteven2015@gmail.com

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German Pewter Plate. Engraved with all 16 German Regional District Logos. 9"Diameter. \$45. chefsteven2015@gmail.com

Griddler Cuisinart, Dual Temperature Controls for Grill/Panini and Griddle, Reversible Nonstick Plates Switch from Grill to Griddle, Integrated Drip Tray for Easy Storage, User Guide, Orig.Box, NEW, \$75, chefsteven2015@gmail.com

Guitars, Accessories, Pedals, Electronic Drum Kit, and more, \$1, gitarreman@gmail.com

Hollister strapless top. White color, size M. With ribbons to tie a bow on the back. €15. For pics see www.class-world.com. Contact janina.wuttke@gmx.de

Intake manifold, never used, for a civic type R or a Acura Acura RSX type S PRC \$120, isabell_1_98@yahoo.com or 017622987498

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Org. Thomas Sabo Charm, price new was 49€, never used, was a bday present, selling price €20, for pics please see class-world.com, s.vogl75@web.de

Oversized Cardigan from Review. Black and white stripes. For pictures visit www.class-world.com. €10. janina.wuttke@gmx.de

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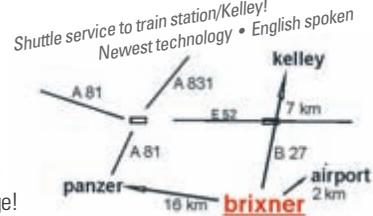
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Striped hand-made felt shoulder bag, large, trend colors, perfect gift, €30, jenniferwilking@hotmail.com

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Super Mario Kart Wii Reversible throw. Fitted sheet pillow case and lining. Never used. Paid over \$100, asking \$65,017622987498.

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Swarovski Crystal Mouse. Collectible Edition. Made in Austria. Orig.Box. Great Condition. \$50 chefsteven2015@gmail.com

Swarovski lion inspiration of africa, collectible including box and sign, no damages €350, billy.smith@gmx.de

Swarovski Pegasus - From the 1998 "Fabulous Creatures" Series. Retired in 1998, Asking \$500.Ph. 06374/944828

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Various music CDs for sale, all from the 2000er years. Single CDs from Nelly Furtado, Christina Aguilera etc. for €3, music samplers like Bravo Hits and The Dome €4. For a picture of the selection see www.class-world.com. Contact janina.wuttke@gmx.de



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WMF Drinking Cup Stainless Steel. 350ml. Dishwasher Safe WMF Germany. \$20. chefsteven2015@gmail.com

WMF Knife Set with Storage Block (Wood). 9 Pieces. Blades made from Forged Special Blade Steel. Made in Germany. Orig. Box. \$350



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Sheep Pendulum Clock, Makes Sheep Sound and Sheep Appears every Hour (Noise can be muted). Orig. Box. NEW. \$50. chefsteven2015@gmail.com

Wristwatch Zodiac Sign. Gemini Design. Black Leather Band. Orig. Box. NEW. \$25. chefsteven2015@gmail.com

Washer & Dryer, \$360, 2in1 LG combo, laauministry@hotmail.com

Small grey felt shoulder bag with mushroom design, perfect gift, €20 jenniferwilking@hotmail.com

FURNITURE
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2013 pair of lazy chairs, leather white. €230 for both chairs. Like new condition. Please contact Nathalie at macarthurnathalie@gmail.com

3 & 2 Seat Couches, €500.00, parwk@superkabel.de



8 Drawer Dresser. Lots of storage space. 45"H. x 29"W x 14"D. \$75. Picture shows 2 Dressers. bethmary100@gmail.com

American Bedroom Set, €190, (or make offer), consisting of dresser with 3part mirror, and 2 night tables, solid oak with brass handles, very beautiful 06302-5554 fran.cuml@yahoo.com

Antique 100 yr.old German china cabinet, matching dining table with 4 chairs. See photo on KA classifieds web page. Contact Eric and Mia at 063759949674, €950, eyates9761@aol.com

Clock, \$150.00, spvendor@gmail.com

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Antique Bench, with cushion seat, storage space and wheels. See photo on KA classifieds web page. Contact Eric and Mia at 063759949674, €600, eyates9761@aol.com

Antique Brittany French Bench for 300\$, antique French Louis XIV Schrank 650\$, antique Brittany French table 600\$ and 8 antique French Brittany leather seat+leather back chairs 600\$, antique German dark oak buffet 500\$+matching side board 250\$, or both 700\$! Call 06374-991073 pls leave message

Antique corner desk. See photo on KA classifieds web page. Contact Eric and Mia at 063759949674., €150, eyates9761@aol.com

Antique reproduction secretary desk. See photos on KA classifieds web page. Contact Eric and Mia at 063759949674., €120, eyates9761@aol.com

Bed, Single w/mattress. Solid wood frame. Mattress like new condition. €75, jcambr@yahoo.com

CD/DVD Storage with 12 adjustable shelves. 45"H. x 26"W. x 10"DEEP. \$45. chefsteven2015@gmail.com

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For Sale: Hudson Leather Sofa & Love Seat (Like New), \$1,700 OBO, Cell: 0176-31634600

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Dining Table Set. Dining table w/ 4 design chairs. Dining table 61.5" x 44". Without extension 44" in diameter. Includes 4 design chairs. Great Condition. \$450. bethmary100@gmail.com



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Serta Perfect Sleeper / Quilt Top - full size & storage bed, solid wood, very sturdy, buyer coordinates delivery. Can be transported in mini van or SUV. I can help assemble the bed. (Dimensions in inches: 87 x 57 x 51) motivated to sell! 300€, hp2ronin@gmail.com

Solid Oak table with 4 matching chairs for sale. Table can be extended with an extra leaf. To pick up in Rodenbach. Call 0171-1805105

Waterbed for sale, €500, jpbertz@yahoo.com, Ssolid cheery wood water bed 2m wide/2.2m long.

Wooden bookshelf. See photo on KA classifieds web page. Contact Eric and Mia at 063759949674, \$150, eyates9761@aol.com

Zither, €950 (or make offer), francuml@yahoo.com, 06302-5554 near Sembach

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Donations for Romanian Charity wanted for 10 March in Ramstein - all in excellent condition please: 220V electrical household, tablet, laptop, printer. Other items welcome. Thank you! pachete_SUA_Romania@carepackagesforromania.org

Free car for Romanian Charity. Will fly into Ramstein at the beginning of March and would like to drive a car to our charity partners in Romania. Can you help? Danke! pachete_SUA_Romania@carepackagesforromania.org

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February 19, 20, 26 & 27 and March 4 & 5, 7:30 p.m. / February 28 & March 6, 3 p.m.

Stage Door Performances, Stuttgart Theatre Center, Kelley Barracks. Get your tickets for this acerbic and loving look at the intoxicating, backstabbing, heart-breaking, and arduous life of a group of young girls who have come to New York to study acting and find jobs. Tickets \$15 for adults, \$13 for children. Minimum age to attend any performance is 5 years. You can reserve your tickets by visiting Stuttgart.armymwr.com or call DSN 421-3055/CIV 0711-729-3055.

Inspired by Ferber's visit to the boarding house in New York where her niece lived. The scene is The Footlights Club, a boarding house, where the hopes and ambitions of sixteen young women are revealed in scenes of entertaining comedy and tragic pathos. The show explores success, failure, love, comradeship and perseverance. Emerging in the midst of The Great Depression, this show serves as a love letter to the American Dream and the persistence of all starving artists.

Feb. 22 – 26: USAG Stuttgart Military Saves Week, ACS, Panzer Kaserne. Now is the time to learn how to be financially strong and prepare for the future. Take the savers pledge at the Panzer Main Exchange Monday, Wednesday or Friday, 11 a.m. – 1 p.m. **View some of the classes offered during Military Saves Week.**

Feb. 22: Principles of Personal Finance: Budgeting, ACS, 10 – 11 a.m. and 6 – 7 p.m. Learn to plan for your financial success. Come to the principles of personal finance class and take a closer look at your finances, from debt to self-worth, provide resources for better recordkeeping, planning for the unexpected and knowing one's credit worthiness. DSN 431-3362/CIV 07031-15-3362.

Feb. 22: All About the Thrift Savings Program (TSP), ACS, 2 – 3 p.m. Learn all about the Thrift Savings Program (TSP) for military and civilian personnel, the different funds available, making withdrawals and maximizing options. DSN 431-3362 CIV 07031-15-3362.

Feb. 23: Using Credit Wisely, ACS, 10 – 11 a.m. and 6 – 7 p.m. Come out to the Using Credit Wisely class and learn the advantages and disadvantages of using credit, how to responsibly manage your accounts and so much more. DSN 431-3362/CIV 07031-15-3362.

Feb. 23: Smart Money Tips for Teens, ACS, 3 – 4 p.m. The Hub. Teens will define the difference between financial wants and needs and learn financial tips for saving money. Topics include: identifying components of a budget, identifying reasons to begin a saving and investment plan, and simulating financial decisions for college-age teens. Youth must be registered with CYSS to participate. DSN 431-3362 CIV 07031-15-3362.

Feb. 25: Home Buying in the USA, Family & MWR Conference Room, Bldg.3307 Kelley Barracks, 6 - 7 p.m. Is it your dream to buy a house? Learn all about the home buying process in this class. Learn step-by-step how to make your home buying dreams a reality. DSN 431-3362/CIV 07031-15-3362.

Feb. 25: Great Dates on a Budget, RB Library, 10 – 11 a.m. Learn how to have a great time on a budget with the assistance of financial readiness counselors. Discuss and share great date ideas and how to save money. DSN 431-3362 CIV 07031-15-3362.

Feb. 26: Taking Control of Your Finances, ACS, 10 – 11 a.m. and 6 – 7 p.m. Explore the importance of a budget and learn to recognize the signs of financial trouble based on examples of successful and unsuccessful money management techniques and strategies. Learn to successfully manage your personal finances and gain insight into the military pay system. DSN 431-3362/CIV 07031-15-3362.

Feb. 16: Employment Readiness Lunchtime Series – Resume Writing, ACS, Panzer Kaserne, 11:30 a.m. – 1 p.m. Whether your resume needs an update or you are starting from scratch, come to the Resume Writing class and let ACS help you get your resume ready for potential employers. DSN 431-3362/CIV 07031-15-3362.

Feb. 18: BOSS Golf Clinic, BOSS, 9 a.m. Come join BOSS for a fun filled day at the Golf Course. Instruction will be provided by Stuttgart's own PGA Pro Marco Spellacy. Free transportation to and from the golf course. Registration deadline is Feb.16. DSN 430-7135/CIV 0711-680-7135.

Feb. 22: Pre-Audition Workshop for The School for Scandal, Stuttgart Theatre Center, Kelley Barracks, 6 p.m. Come out to the Pre-Audition Workshop to prepare for The School for Scandal Audition. DSN 421-3055/CIV 0711-729-3055.

Feb. 23 – 24: School for Scandal Audition, 7 p.m. This is a restoration comedy re-set in the 1920's that focuses on the intrigues and scandals of the British upper class. Casting 5-10 men (16+) and 5-10 women (16+). DSN 421-3258/CIV 0711-729-3258.

Feb. 26: Barracks Cooking Class, BOSS, 7 p.m. Love the taste of Breakfast Burritos? Now is your opportunity to learn how to make it yourself in the comfort of your barracks. Also learn tips and instructions on cooking other meals in your room. Price is \$10. DSN 430-7135 CIV 0711-680-7135.

Save The Date!

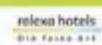
Spring BAZAAR



Save the date for the 2016 Spring Bazaar, March 18 – 20, Patch Fitness Center.

Now is your chance to shop from over 60 vendors offering unique treasures from Europe! Indulge in the finest wines and cheeses, artwork, antiques, home décor, ceramics and much more!

Walk down to the Patch Community Club (PCC) for the Family and MWR Stay-N-Play promotion! Win up to \$10,000 in prizes! Pick up a Stay-n-Play stamp card at the MWR Marketing table. Take the card and visit with sponsors at the PCC for a stamp. Return your completed card to the marketing table where it will be entered in the drawing held every hour, on the hour, starting at 12 p.m., every day. One entry per day. Must be 18 or older and a US ID cardholder. Do not need to be present to win.



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Feb. 15: Dominoes Tournament in the Irish Pub,

Galaxy Bowling Center, Panzer Kaserne, 7 – 10 p.m. Come out and have a great time at the Dominoes Tournament. Only \$10 to play. Gift card prizes for top 3 winners. DSN 431-2575/CIV 07031-15-2575.

Feb. 16: Family Child Care, Panzer Main Exchange, 11 a.m. – 1 p.m. Are you interested in becoming your own boss, working from home and making money? Look into becoming a Family Child Care (FCC) provider. Free training, job mobility, continuing education credits and professional resources are available. Stop by the Panzer Main Exchange and learn all the benefits of becoming an FCC provider. DSN 430-4047/4100/CIV 0711-680-4047/4100.

Feb. 18: BOSS Bowling Night

BOSS, 6 p.m. Roll on down to the Galaxy Bowling and Entertainment Center for great bowling action with BOSS. Food and beverages available for purchase at the Strike Zone Snack Bar. DSN 430-7135/CIV 0711-680-7135.

Feb. 27: Stuttgart vs Hannover Soccer Game Field trip,

Patch Youth Center, \$40. Calling all middle and high school soccer fans. Now is your chance to watch a live European soccer game. Come out and cheer on VFB Stuttgart as they battle Hannover at the Mercedes Benz Arena. Register with Parent Central Services. Price includes transportation and admission into stadium. DSN 430-7480/CIV 0711-680-7480.

Feb. 27: Snow Day Express to Ehrwald, Austria, Outdoor Recreation, Panzer Kaserne. Ride the slopes on an express trip to Ehrwald, Austria with ODR. \$89 adults, \$79 youth (17 and younger). \$45 SWPC/ASAP. Price includes transportation only. Lift ticket, meals and other recreational expenses are the responsibility of the patron. ODR Equipment rental is \$20 per adult and \$15 per youth (get fitted a week prior to trip). Register by Feb. 19. Trip departs 5 a.m. and returns 11 p.m. DSN 431-2774/CIV 07031-15-2774.



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Parking is included in the price

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No Federal endorsement implied.

Stuttgart Marriott Hotel Sindelfingen
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FOREIGN SERVICE BENEFIT PLAN

Caring for Your Health Worldwide®



FOREIGN SERVICE BENEFIT PLAN
Caring for Your Health Worldwide®

The Plan that Serves you Overseas and at Home

- Wellness program with gift card rewards
- Generous massage therapy, acupuncture, & chiropractic benefits
- Secure online claim submission & electronic claim payment
- Low calendar year deductible for in-network & overseas providers
- 24-hour Nurse Advice & Translation Line
- Nutritional counseling & Weight Management Program

This is a brief description of the features of the Foreign Service Benefit Plan. Before making a final decision, please read the Plan's Federal brochure (HS 72-003). All benefits are subject to the definitions, limitations and exclusions set forth in the Federal brochure. Proud FMWR Sponsor-Sponsorship does not imply endorsement by USAG Stuttgart, Department of the Army, or Department of Defense.

Learn more at www.AFSPA.org/FSBP

STUTTGART FAMILY and MWR PROGRAMS, EVENTS, CLASSES and ACTIVITIES

Patch Library Programs,

Preschool Story-time every Wednesday 10:30 a.m. and 11 a.m. at the Patch Library and Thursday 11 a.m. at the RB Library. Ages 0-4, older siblings welcome. Wiggles and giggles welcome to enjoy books, puppets, songs and activities. Develop early reading skills in a fun, energy-filled environment.

Lego Club every first Wednesday, 4 - 5 p.m. Ages 6-12. Younger children welcome, but must be accompanied by an adult. Bring your imagination, the library provides the Legos. A fun, low-stakes, relaxed environment to develop STEM skills such as problem-solving, design, and spatial reasoning. Meet other people who love Legos. Each session will have a different theme. The majority of the time will be spent "free building". Creations will be shared and discussed at the end of the meeting and put on display in the library. DSN 430-5232/CIV 0711-680-5232.

German Hunting Course,

Outdoor Recreation. Interested in doing a little hunting while in Germany? Sign-up for the German Hunting Course with Outdoor Recreation. This 2 month course consists of classroom sessions held twice a week in the evenings, range shooting that is conducted once a week in the evenings and two Saturdays are devoted to the hunting rever. The German Hunting Courses are offered twice a year based on demand and SOFA Agreement policies. Examination will consist of four parts: Safety Brief, Written Test, Oral Test, and 3 Part Shooting Test. Course is open to US ID card holders 18 or older. Class fees are subject to change. Passing the German Hunting Course provides a certificate and allows you to purchase a hunting license. Register with ODR. DSN 431-2774/CIV 07031-15-2774.

Kelley CDC Annex Programs,

Kelley Barracks. Programs offered include: Part-Time Programs with classes encouraging social interaction and learning, Part-Time German Enrichment Program to explore the German culture and language, Part-Day Afternoon Classes, Toddler Class for all 2 year olds, as well as, Before & After School Kindergarten Care and Hourly Care. Available days, times, and age ranges vary, please call for more information DSN 430-7204/CIV 0711-680-7204.

JAVA Weekly Specials,

JAVA Café, Patch Barracks. Monday Smoothie Special, 3 - 6 p.m. Buy any Venti "Blended Smoothie" and get \$2 off a second Venti "Blended Smoothie" of your choice. Wednesday Pastry Special, 3 - 6 p.m. Buy any Venti drink (Hot or Cold) and receive a free pastry of your choice. Friday "After School" Special, 3 - 6 p.m. All Kids can enjoy 12oz. drinks for only \$2. Saturday "Buy One, Get One 50% off" Special, 9 a.m. - 1 p.m. Purchase any menu item and receive your second menu item at 50% off. Second menu item must be of equal or lesser value. Any additional syrups or espresso is extra *don't forget to pick up your Loyalty Card. DSN 430-8365 CIV 0711-680-8365.

Tummy Time

Playgroup, ACS, Panzer Kaserne, 10:30 a.m. - 12 p.m. Join the ACS Tummy Time Playgroup and let your new baby interact and bond with others while you socialize and share experiences with other new parents on Mar. 8. For parents with babies ages newborn to 1 year. Registration is not required. DSN 431-3518/CIV 07031-15-3518.

Lunchtime Special,

Galaxy Bowling and Entertainment Center, Mon. - Fri., 11 a.m. - 1 p.m. For only \$5 take your pick from our delicious lunchtime special menu.

- 1 slice of cheese or pepperoni pizza, small drink and fries
 - 1 hamburger, small drink and fries
 - 1 hot dog, small drink and fries
 - 11 oz. grilled chicken salad and small drink
 - 11 oz. house salad and small drink
- And for only 50 cents extra get sliced cheese, cheese sauce or chili. DSN 431-2575/CIV 07031-15-2575.

Parent Education

Program, Parent Central Services, Share your talents, gifts and abilities while volunteering in your child's CYS Services program. It's a win-win for everyone. You volunteer your time and talents, and you can earn parent participation points which can be used toward discounts on child care. Contact the center or program your child attends. DSN 430-7480 CIV 0711-680-7480.

Get Hooked on Golf! Free Lesson Program for Beginners,

Stuttgart Golf Course, 10 - 11:30 a.m. Come out to the Stuttgart Golf Course the 1st three Saturdays of March and April and get hooked on golf with free lessons for beginners. Program includes facility orientation, question and answer session, instructions by PGA professional, balls and clubs are included. Wear loose fitted clothing and tennis shoes. Attend multiple sessions to improve the learning process and get hooked on golf. CIV 07141-879-150.

RB Club and Bar is open Thursday - Saturday,

6 p.m. - 1:30 a.m. and every 2nd and 4th Wednesday, 6 - 11 p.m. Come out and have a great time. Watch sport channels, enjoy free wifi, billiards, darts and free movies every Friday (double feature 7 p.m. and 9 p.m.). DSN 420-6129/CIV 0711-819-6129.

Friday Night Movies,

RB Community Center Theater, Every Friday, 7 p.m. and 9 p.m. Watch free movies every Friday at the RB Community Center Theater. Enjoy a double showing at 7 p.m. and 9 p.m. of new releases. Go to Stuttgart.armymwr.com to see what's playing next. DSN 420-6129/CIV 0711-819-6129.

No more Euros

at the Stuttgart Golf Course. The Stuttgart Golf Course will no longer accept Euros as a form of payment. Credit cards and US dollars are the only forms of payment that will be accepted. CIV 07141-879-151.

For more Family & MWR information visit:



FamilyandMWR



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Coming Soon!

Mar. 1 - 31: Patch Arts and Crafts Contest, Patch Barracks

Mar. 3: Comedy Force Five, Patch Community Club

Mar. 12 - 13: Garmisch Getaway, Outdoor Recreation

Mar. 26: 14th Annual Spring Fling, Patch Fitness Center

