

# In financial pinch, AER is there for Soldiers

By Tanya Fogg Young  
 Special to The Citizen

**B**ewildered and struggling to pay down debt, Spc. Lakeshia Dennis fell behind in her rent last fall and wasn't sure where to turn for assistance in regaining her financial footing.

Dennis, assigned to the 554th Military Police Company, found help through Army Emergency Relief. AER provides emergency financial assistance to active duty and retired Soldiers, their family members, surviving spouses and orphans.

"I was very frustrated and stressed, knowing no way out, and then I was told that AER was an option," said Dennis, who received a \$2,200 loan. "AER was very helpful to me in paying my rent at the time...I am very thankful for AER coming to my rescue in my time of need."

Dennis was one of nearly 60 local Soldiers and families who received more than \$85,000 in emergency assistance in 2010, according to Faith Barnes, the U.S. Army Garrison Stuttgart AER officer. Last year, about 62,000 Soldiers received more than \$69.7 million in emergency assistance Army-wide, Barnes said.

AER emergency financial assistance is provided



Brittany Carlson

*Tawanda Williams (left), assistant Army Emergency Relief officer, and Faith Barnes, AER officer for USAG Stuttgart, look over AER paperwork.*

as an interest-free loan, a grant or a combination of the two. "There's no limit on how much can be received. We take it case by case and situation by situation," she said. "We do a budget analysis to determine if a loan, a grant or a combination of the two is best — we don't want to put anyone in a hardship situation."

Barnes said the majority of assistance requested

is for travel for emergency leave, and car repairs. She said she has noticed increases in requests for assistance during the permanent change of station season, roughly May to August or early September, for what she described as "extraordinary PCS expenses."

For example, a specialist, while locating here last year, needed a loan to help with food and lodging because he spent most of his money in car repairs when his vehicle broke down on the highway on the way to having it shipped, Barnes recalled.

The Army conducts the AER annual campaign March 1 through May 15. The campaign's purpose is two-fold: to heighten awareness of the organization's programs and services, and give Soldiers an opportunity to help their fellow Soldiers through voluntary contributions.

The AER program, which does not receive any appropriated or non-appropriated government money, also accepts unsolicited donations from individual donors and corporations.

*For more information about AER, or to make a donation, visit [www.aerhq.org](http://www.aerhq.org). To speak to the USAG Stuttgart AER coordinator, Capt. Timothy Mitchell, call 431-2086/civ. 07031-15-2086.*



Photos by Brittany Carlson

*Contracted employees for a moving company haul new fitness equipment into the Panzer Fitness Center on Feb. 8. The Panzer facility received 21 weight/strength machines. The old equipment will be sent down range.*



*Eric Damm, a contractor for Marine Forces Europe, uses one of the new adaptive motion trainers in the cardio room at the Panzer Fitness Center Feb. 9.*

## Stuttgart fitness centers gain new equipment

*U.S. Army Garrison Stuttgart received 235 new pieces of fitness equipment — mainly strength and cardio machines — during the last three months for use on all four installations. The new equipment cost more than \$551,000 and was funded by the Department of the Army's Family and Morale, Welfare and Recreation Headquarters, according to USAG Stuttgart Sports and Fitness Director Oliver Stith. The old fitness equipment will be sent down range for use by deployed Soldiers, Stith said.*

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### Stuttgart Piranhas swim away with title

*The Stuttgart Piranhas swim team finished their season with the Rhineland Division Championship title and a slew of individual victories at Champs.*



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### PHS wrestlers take Division I crown

*The Patch High School wrestling team wins its third straight Division I European title, breaks the European team point record and brings home three individual championships.*



INSIDE  
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Commander's Column

Change can be good when improving the community

Commentary by Col. Carl D. Bird  
USAG Stuttgart commander

Some say the only constant in today's fast-paced society is change. While not always easy, change can be exhilarating, even inspiring.



Col. Bird

This month, I had the pleasure of hosting two forums focused on influencing change — the garrison's second annual energy symposium and the yearly Army Family Action Plan Conference.

Both were exciting and worthwhile processes to witness: planning how

we can manage our resources more efficiently and providing our military community members a "voice" in shaping their standards of living.

The Army is pursuing a "net zero" energy objective that calls for reducing its demand through culture change and increased efficiency. "Net zero" energy means an installation or building produces as much energy as it consumes, resulting in a net usage of zero.

The U.S. Army Garrison Stuttgart is doing its part not only for energy, but for water and waste.

In fact, we expect to reach net zero waste on Panzer Kaserne in 18 months. Once the installation is connected to the local German district heat system, trash generated on Panzer Kaserne will be either recycled or burned to generate energy.

*It was inspiring to see Soldiers, Sailors, Airmen, Marines, retirees, civilians and family members serve side by side ... tackling 39 issues with passion and professionalism.*

We intend to achieve net zero energy at the Stuttgart Army Airfield by adding solar voltaic panels to building roofs and maximizing the use of natural light.

A net zero water project is planned for the Stuttgart Golf Course through the construction of a rainwater collection pond that will irrigate the entire golf course.

It's an ambitious plan, but by partnering with our host nation assets — who have ongoing initiatives in sustainable energy — it is doable.

Speaking of partnering, it was inspiring to see Soldiers, Sailors, Airmen, Marines, retirees, civilians and family members serving side by side during the AFAP process, tackling 39 issues with passion and professionalism.

AFAP is a proven program that enhances the Army quality of life.

But it also brings about changes that affect our wider military family, such as extending the funding for student travel outside the continental U.S. to age 23 and increasing military annual leave carryover from 60 to 75 days.

And while the AFAP process allows Army leaders at the highest level to hear the voice of people in Army communities, did you know that 90 percent of AFAP issues are retained and worked on at the local level?

Thanks to the real-time quality of life feedback received during this year's AFAP, the garrison has plenty of opportunities for success.

Sure, making changes can be a challenging task, but whether for energy or quality of life, I am ready to embrace and take advantage of change.

CORRECTION

In the story "Save lives: Know what an IED looks like, report suspicious items to the police" in the Feb. 10 issue of *The Citizen* (page 6), the article stated that a person who spots a potential IED should call the police or dial 911. It should have read "dial 116 for the Military Police or 112 for the German police."

THE CITIZEN

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www.stuttgart.army.mil

ON THE STREET

What helps you to be resilient?



Sgt. Robert Ticsay  
(U.S. Marine Corps)

"Prayer. That's probably one of the biggest things."



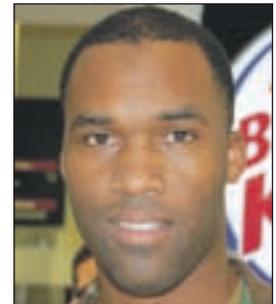
Maj. Howard Murray  
(U.S. Army)

"My church family."



Staff Sgt. December Bails  
(U.S. Army)

"Looking at the bigger picture ... , what goals [I] want to accomplish."



Lt. Mark Greene  
(U.S. Navy)

"All my failures prior to this point. I've learned from taking hits on the chin."



Spc. Thomas Johnson  
(U.S. Army)

"I usually call my mom and talk or [talk to] Chaplain Stanley."



Sgt. Jay Grant  
(U.S. Army)

"Family. You heal yourself and put yourself together for your family."



Barbara Lancaster  
(Spouse)

"Talking to my friends and family."



Staff Sgt. Isaac Montgomery  
(U.S. Army)

"I think faith is a strong part of bouncing back."

# Garrison 'fitness' program promotes total well-being

By Brittany Carlson

USAG Stuttgart Public Affairs Office

Being fit is more than just lifting weights. In fact, a person's total fitness includes their emotions, spirituality, and the ways in which they interact with their family and friends, according to the Department of the Army. That's why the DA designed the Comprehensive Soldier Fitness program: to measure the overall fitness of Soldiers, family members and DA civilians in the areas of physical, social, family, emotional and spiritual fitness.

These "pillars" of fitness are the basis for new Comprehensive Fitness Programs that the Department of Health Promotion and Wellness Public Health Command Region-Europe are rolling out in garrisons throughout Europe.

"We're taking the five pillars of fitness and linking those with existing local programs, based on their definitions," said Amy Cates, PHCR-Europe Health Promotion officer for U.S. Army Garrison Stuttgart and USAG Heidelberg.

The objectives of the CFP are to increase resiliency of military community members; synchronize the medical, community and tactical units and organizations in providing fitness programs and information; increase the community comprehension of fitness opportunities and reduce high-risk behaviors, Cates said.

The CFPs also carry out the strategy of the Installation Management Command Campaign Plan by promoting Soldier, family and civilian well-being.

Col. Carl D. Bird, USAG Stuttgart commander, explained why the CFP is so important to the community. "Comprehensive Fitness is key to the health of our community," he said. "We are already doing a lot of this with the programs we run every day, but we need

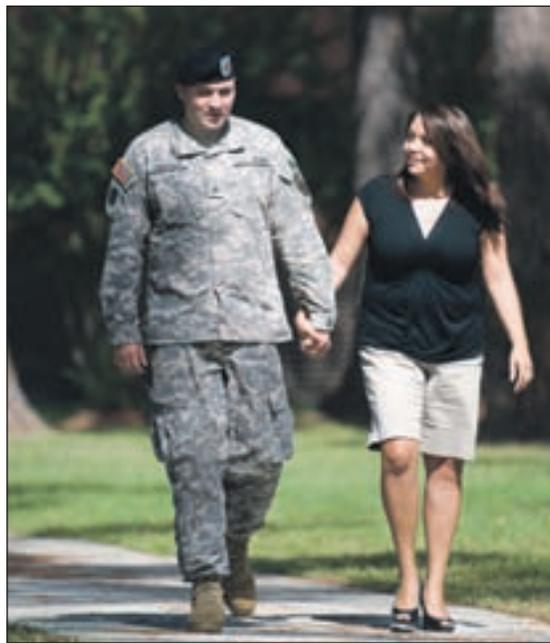


Photo courtesy of mwrbrandcentral.com

**Mention "fitness" and many people think health. But fitness, according to the Army's Comprehensive Soldier Fitness Program, also means being part of a supportive and loving family unit.**

to organize it in a way that makes sense for our service members and families. That is what this program is about: making it easier to identify what daily activities we are conducting and which pillars they support."

On Feb. 16, Cates met with USAG Stuttgart CFP leaders to discuss the way ahead for the USAG Stuttgart CFP, set to begin this spring.

Stuttgart's CFP team leaders include the directors and commanders of the garrison Army Community Service, Child, Youth and School Services, the Army Substance Abuse Program, the Religious Support Office, and the Stuttgart Army Health Clinic.

During the meeting, Cates and the team leaders planned ways to highlight the pillars of fitness, using examples from USAG Wiesbaden and USAG Vicenza. The Wiesbaden Community Comprehensive Fitness Program was nominated for the Secretary of the Army Superior Quality of Life award in January 2011, and the Vicenza CFP was named a Best Practice in June 2010.

"We took the best from Wiesbaden and we took the best from Vicenza — we're applying them to our unique community," Cates said.

Stuttgart's team leaders decided to highlight the five pillars based on two factors: the DA's monthly focuses — such as the Month of the Military Child in April — and the needs of the community, based on data each organization collects.

If the community experiences a peak in domestic abuse, ACS may host classes on how to manage anger and RSO may host a Peaceful Warriors yoga class to help service members better manage stress. These efforts would touch on all five pillars of fitness.

"We will be able to get a good picture of what we need to focus on ... based on our findings," Cates said.

The CFP team helps the garrison provide a holistic fitness program and promotes collaboration, she added.

"We've got mission. We've got medical. We've got garrison," she said of the team. "All three sides are talking about the same shared vision: how to improve the comprehensive health of the community."

For more information about the Comprehensive Soldier Fitness program, visit [www.army.mil/csf](http://www.army.mil/csf).

## News & Notes

### 112 emergency number now applies to all EU countries

In Germany, dialing the phone number "112" is equivalent to calling "911" in the U.S. Until recently, this emergency phone number was only for use within Germany. As of Feb. 11, "112" will be recognized in all European Union countries, to include Turkey and Serbia.

(This information was provided by USAG Stuttgart Emergency Management Office.)

### E10 fuel coming to AAFES

In compliance with German law, the Army and Air Force Exchange Service is now required to offer Super E10, a gasoline containing up to 10 percent ethanol. Some makes and models of gasoline-fueled automobiles cannot use E10 gas. Customers should check their car manual or manufacturer to determine if E10 is safe to use. All AAFES gas stations in Germany will offer Super E10 starting this month.

(This information was provided by AAFES Public Affairs Office)

### Official mail now accepted at all Stuttgart APOs

Starting March 7, official mail will be accepted at all Army Post Offices in the U.S. Army Garrison Stuttgart footprint. Kelley, Panzer, Patch and Robinson Barracks APOs will accept all official mail over the counter.

For more information, call USAG Stuttgart Postmaster, Mark Karraker, at civ. 0160-955-323135.

### Parking impacted by bazaar

In preparation for next month's Stuttgart Community Spouses Club Spring Bazaar to be held March 18-20, some parking on Patch Barracks will be impacted.

The parking lot adjacent to the Hub, Building 2337, will be blocked at 6 p.m. on March 8. A few parking places behind the Patch Fitness Center will also be blocked. Parking will be available by the Wellness Center and behind the Fitness Center.

All parking areas surrounding Building 2337 will be closed as of 6 p.m. on March 16 through March 21.

The Patch Community Club (Building 2345) parking lot will be closed at 6 p.m. on March 8. At 6 p.m. on March 10, parking will be available at the front of the club. All parking at the club will be closed at 6 p.m. on March 16.

All parking areas will be available the evening of March 21.

(This information was provided by FMWR.)

### Stuttgart Kontakt club honored

U.S. Army Europe recently announced the winners of the 2010 USAREUR Outreach-KONTAKT awards competition.

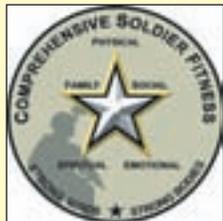
The Outreach-KONTAKT program gives Soldiers, family members and civilians an opportunity to learn about Germany and its culture. The Stuttgart program won the Group High Achievement Award for Community Relations at a Community with Military Presence. Group members Maria Nebenführ and Ulrich Plein also won Individual High Achievement Awards.

## Five pillars of fitness:

- **Physical fitness:** aerobic fitness, endurance, strength, healthy body composition and flexibility derived through exercise, nutrition and training

- **Emotional fitness:** approaching life's challenges in a positive, optimistic way by demonstrating self-control, stamina and good character with your choices and actions

- **Social fitness:** developing and maintaining trusted, valued relationships and friendships that are personally fulfilling and foster good communication, including a comfortable exchange of ideas, views and experiences



- **Family fitness:** being part of a family unit that is safe, supportive and loving, and provides the resources needed for all members to live in a healthy and secure environment

- **Spiritual fitness:** strengthening a set of beliefs, principles or values that sustain a person beyond family, institutional and societal sources of strength.

Note: Definitions were provided by the CSF website, [www.army.mil/csf](http://www.army.mil/csf).

# Family members learn power of positive attitudes

By Tanya Fogg Young  
Special to The Citizen

Marine spouse and community volunteer Carmen Carlisle is on the road to increased resiliency.

Carlisle was among the dozen family members and civilians who gathered Feb. 2 for the first in a series of monthly sessions on resilience training, offered through U.S. Army Garrison Stuttgart Army Community Service.

The interactive first session, "Hunt for the Good Stuff," focused on optimism — noticing and analyzing what is good in life from day to day — as attendees discussed how best to grow and thrive in the face of challenges and bounce back from adversity.

"As military spouses, we have to adjust our dreams every time we move," Carlisle said. "Maybe you had a job at your last installation, but can't find one at the new one. You have to look at your own personal strengths and be optimistic. The connections you build help with resilience."

The resilience training, which is part of the Comprehensive Soldier Fitness program, aims to increase self-awareness, self-regulation, optimism, mental agility, character strengths and connections. The holistic fitness program for Soldiers, family members and civilians focuses on the five dimensions of strength: emotional, social, spiritual, family and physical.

Master Resiliency Trainers Gina Starrett, ACS

Mobilization and Deployment manager, and Monica Sadler, ACS Family Advocacy Program Manager, are heading up the resiliency training sessions, held on the first Wednesday of every month for family members and civilians.

The pair was among those who attended training at the University of Pennsylvania in August 2010 to become Master Resiliency Trainers through an effort between the Army and the institution.

"Key to increasing optimism is learning to counter the human tendency toward negativity," Sadler said.

"Optimism is the engine of resiliency," she added. "That's why we began with teaching 'Hunt for Good Stuff' as a skill that helps you recognize the things that are good in life and reflect on why they are good. People can change and learn — it has to do with your thinking style."

During the next resiliency training session, to be held March 2, attendees will tackle the issue of understanding how they react to situations confronting them, Starrett said.

"The program is meant to build upon itself," Starrett said. "Starting off teaching an 'attitude of gratitude' is fundamental to changing the way you go through your day. It's simple to learn, but not so easy to implement."

Voluntary for family members and civilians is an online, survey-based self assessment — the Global Assessment Tool — that gauges an individual's emotional, spiritual, social and family "fitness."

To access the site, visit [www.army.mil/csf](http://www.army.mil/csf). Login with a CAC or AKO account. Army families can sign up for a CSF login and password and future plans are in the works for expanded access to all services.



Monica Sadler

“Optimism is the engine of resiliency. ‘Hunt for Good Stuff’ ... helps you recognize the things that are good in life and reflect on why they are good.”

Monica Sadler  
ACS Master Resiliency Trainer

The individual GAT results, which are confidential, are linked to some 72 self-development modules tailored to a person's survey responses, Starrett said.

Carlisle, who said she hasn't yet used the GAT, has already done some self-assessment in the area of resiliency and looks forward to more sessions of the 28.5-hour resiliency training program.

"I'm more aware of the tools I have as a spouse to use during the challenging times of military life and how to capitalize on my own individual strengths," Carlisle said.

*The Resilience Training sessions for family members and civilians are held the first Wednesday of every month from 11 a.m. to 1 p.m. in Room 222, Building 2915, Panzer Kaserne. For more information, or to sign up, contact Army Community Service at 431-3362/civ. 07031-15-3362.*

## Stuttgart Boy Scouts host annual skills demo



Quinlan Clark (center) and Hugh Clark (right), both in Cub Scout Pack 44 in Stuttgart, cheer for their favorite wooden car during the annual Pinewood Derby. The cars use gravity to gain speed. The Cub Scouts' Derby was held in conjunction with the annual Stuttgart Boy Scout skills demonstration Feb. 5.



Stuttgart Boy Scouts James Jacobson (from left), Troop 119; Ted Hendrick, Troop 324, and Adam Jacobson, a Cub Scout in Pack 119, lash logs together to build a tripod for a catapult as part of a Scouting skills demonstration held Feb. 5 at the Panzer eXchange. Approximately 200 local Boy Scouts and Cub Scouts participated in the event.



Andrew Munter, a Stuttgart Boy Scout in Troop 154, chops wood during the Stuttgart Scouting skills demonstration held Feb. 5 at the Panzer eXchange. The event was held in honor of the Boy Scouts of America organization's 101st birthday. Aside from camping skills, the Scouts also demonstrated Dutch oven cooking, knot-tying and navigational skills.

Photos by Carola Meusel

# EUCOM HQ honors top service members, civilians

By Brittany Carlson

USAG Stuttgart Public Affairs Office

Headquarters, U.S. European Command, recognized its top service members and civilian employees of 2010 in a ceremony held Feb. 10 on Patch Barracks

Rear Adm. Charles W. Martoglio, EUCOM chief of staff, praised the 15 service member nominees and 22 civilian nominees in front of their co-workers, friends and family inside a packed Patch Community Club.

Martoglio praised the nominees for providing quality support to the Department of Defense during a critical period for the U.S.

"There is something about their service that does set them apart: leadership, motivation, expertise, collegiality and often that quiet confidence that ... goes with knowing you are all doing an exceptionally difficult job very well," Martoglio said.

All of the nominees received a certificate of appreciation signed by Martoglio and a coin from Fleet Master Chief Petty Officer Roy Maddocks, EUCOM's senior enlisted leader.

Before the final winners were announced, Martoglio gave the nominees a final commendation: "You are the best of the best, and you have contributed so immeasurably to our U.S. European Command mission, and you have done so at a time when it has really counted."

Service members were nominated for the EUCOM HQ award in one of three categories based on rank. The winners in each category received a Joint Service Commendation Medal and golden eagle trophy, along with a package of prizes



Martin Greeson

**Rear Adm. Charles W. Martoglio (left), EUCOM chief of staff, greets John MacMurray, Jr., the U.S. European Command Headquarters junior service member of the year, in a receiving line following the EUCOM HQ ceremony honoring its top service members and civilians Feb. 10 on Patch Barracks.**

from sponsors of the event, including the Army and Air Force Exchange Service and Edelweiss Lodge and Resort.

The junior service member/petty officer category winner was Sgt. John MacMurray Jr., an imagery analyst for the EUCOM J2 Joint Analytical Center, based in Molesworth Air Force Base, England.

MacMurray said that his efforts at work are for the benefit of his fellow Soldiers.

"I'm the type of person that leads by example. My primary concern is always for the Soldiers — that they

know what right looks like and strive for the same," he said.

He also acknowledged the support he received at home and at work that made attaining this award possible. "I wouldn't be here if it wasn't for the guys working for me, my friends and my family," he said.

The mid-level noncommissioned/petty officer category winner was Staff Sgt. Christopher Heidger, the noncommissioned officer in charge of the Military Information Support Branch for the EUCOM Plans and Operations Center (J3).

The senior noncommissioned/ chief petty officer category winner was Master Sgt. James Wickersham, superintendent of the EUCOM J4 Directorate of Logistics and Security Assistance.

Wickersham said he was elated to receive the award, especially in response to doing a job he loves. "I love the mission and the people I work for, the camaraderie in the office, the challenges that are provided to us, and just simply doing our best to beat those challenges," he said.

Civilians were nominated in one of three categories based on their General Schedule grade or equivalent. Winners in each category received a Joint Civilian Achievement Medal, golden eagle trophy and a \$750 special service award presented in the form of an oversized check.

The category 1 (GS 1-8) winner was Rose Buckley, administrative support technician for the EUCOM Headquarters Commandant's Office.

Buckley's favorite part of her job is being able "to see customers smile and leave happy."

The category 2 (GS 9-13) winner was Steven Getz, the MIDLEC and operational security program manager.

The category 3 (GS 14-15) winner was James Martin, chief of the Program and Manpower Branch, Office of the Comptroller.

Like many of the other recipients, Martin considered it an honor to work with other EUCOM employees to serve the interests of the U.S.

"The people I work with are great and very supportive," he said. "That's what makes everything work together.

"It's rewarding to do it right."

## Overseas Housing Allowance utilities survey opens March 1

U.S. Army Europe Public Affairs Office

Eligible service members will soon be asked via e-mail to participate in the 2011 Overseas Housing Allowance Utility/Recurring Maintenance Survey, scheduled to begin March 1.

All service members who have lived in a private lease dwelling under the OHA program in Germany for at least the past six months are eligible to take the online survey.

Every year, the Defense Travel Management Office conducts a survey to identify how much service members spent during the previous year for utilities (electricity, heating fuel, water, trash removal, and sewer fees). The data from this survey is used to determine utility allowances, which are part of the Overseas Housing Allowance. Collection of rental data is not part of this survey.

OHA is a cost-reimbursement based allowance. Members on active duty entitled to basic pay are authorized OHA based on the member's grade, dependency status and permanent duty station location, unless otherwise specified. The OHA Utility/Recurring Maintenance Survey offers service members the

opportunity to have their utility expenses considered when the utility allowance is updated.

This year, each service member eligible to take the survey will receive a unique web link to the survey, as well as detailed instructions, at the e-mail address shown for the individual in the military pay system.

Starting March 1, the web address to the online survey will also be available on the U.S. Army Europe home page at [www.hqusaureur.army.mil](http://www.hqusaureur.army.mil) under "Hot Topics."

Service members may take the survey at home with their spouses. Spouses are authorized to take the survey apart from the service member if the service member is deployed or unavailable.

To complete the OHA utilities expense survey, service members should have actual bills or records of their utilities and maintenance expenses. They will be expected to compute a monthly average for each of these expenses.

Participants may stop the survey at any time to research costs or search for receipts, and start again where they left off.

For more information, service members can contact their unit personnel office.



photos.com

**The 2011 Overseas Housing Allowance Utility/Recurring Maintenance Survey will open to Soldiers in Europe March 1. The survey is used to determine utility allowances, which are part of the Overseas Housing Allowance. Soldiers filling out the survey should use receipts and bills to ensure accuracy.**

# SOS program aims to prevent teen suicide

By Brittany Carlson

USAG Stuttgart Public Affairs Office

Depression in children and teens has become a serious concern nationwide.

Since the school shooting at Columbine High School in Colorado in 1999 — a massacre in which two students killed 12 students and a teacher, injured 24 others, then committed suicide — school systems have revamped school psychology programs

to combat teen depression, bullying and suicide.

In military high schools, the Department of Defense Dependents Schools strives for one school psychologist per every 1,000 students, according to Janice Venable, the school psychologist at U.S. Army Garrison Stuttgart's Patch High School.



Janice Venable

DODDS school psychologists are required to provide a suicide prevention program each year, Venable said.

DODDS adopted the SOS Signs of Suicide program, which has been used in thousands of schools in the U.S. since 2000, according to the program website, [www.mentalhealthscreening.org](http://www.mentalhealthscreening.org).

This month, 212 10th-graders in Patch High School are learning about depression, bullying and suicide.

According to Venable, the program has never been as vital as it is now, with suicide rates in teens on the rise.

According to the Centers for Disease Control and Prevention, suicide is the third leading cause of death for youth between the ages of 10 and 24.

Closer to home, teens in the Stuttgart military community have sought out counsel about depression.

"This school year, unlike any other, students and parents have been calling me, concerned about themselves or their children being depressed," she

said. "Knowing there's somebody to come and talk to about this gives them an opportunity to open up a little bit more."

The SOS program was created by Screening for Mental Health, Inc., and includes a video presentation, followed by an anonymous survey students take to determine whether they should talk about their feelings with an adult or health care professional.

The SOS video includes interviews of teenagers who have been affected by depression, including one who survived a suicide attempt, and stresses the importance of talking to a responsible adult about mental health concerns.

The video also shows examples of the incorrect and correct way to respond to a friend showing signs of depression, which is classified as a disease — not just feelings of sadness.

"They can actually see situations they might be involved in," Venable said. "Adolescents know each other better than their parents do. Friends are going to be the first to notice."

After watching the SOS presentation, 16-year-old Joy Armstrong said she was surprised to learn that teens who are depressed will talk about suicide outright, although it is often seen as a joke or an exaggeration by their friends.

"It surprised me that people actually say 'I just want to die' or 'I just want to kill myself,' and actually mean it," Armstrong said.

Before the SOS presentation, Armstrong didn't even know who the school psychologist was. Now, she does, and if she ever has a friend who is acting depressed, she has a plan of action: "I would know now how to talk to them," she said.

Armstrong is just one example of the impact the SOS presentations have made on the student body, Venable said. In the first two sessions, on paper five students expressed the need to talk to someone. Others are stopping by the school counseling office.

"I had a student ... who brought me a letter a friend wrote to him, saying she wanted to kill herself,"



photos.com

*Untreated depression can lead to suicidal thoughts, poor grades and withdrawal from friends and family. The SOS Signs of Suicide Program, now being presented at Patch High School and other schools nationwide, encourages teens to talk about their mental health concerns with a trusted adult.*

Venable said. "He said, 'Here, you need to have this.' "Another said, 'My friend said I need[ed] to come talk to you,'" she added.

The fact that students are taking action — not keeping depression a secret — is a positive sign for Venable that the SOS program is working, to help students address mental health needs and prevent tragedy.

## PES spelling bee tests students' vocab, determination

By Jennifer Veale

Special to The Citizen

The English system of spelling is arguably one of the toughest to learn: It's fraught with ambiguities, irregularities, inconsistencies and exceptions. It is, in a word, perplexing.

But double consonants, the silent "e" and foreign pronunciations didn't deter the student finalists at Patch Elementary School from attempting to spell hard to pronounce, obscure words at the school's annual spelling bee, part of the famed Scripps National Spelling Bee.

Sixteen students in grades three through five demonstrated their spelling prowess, tackling words like "elucidate" (make clear), "lackadaisical" (lacking enthusiasm), and "nebulosity" (in the form of a cloud or haze).

Some 20 minutes into the competition, more than half of the contestants had been felled by words such as "duodenum" and "galvanize." After 40 minutes, only two contestants were left flexing their cerebral

*"I reviewed every word on the list. This was the second time I won."*

**Brennan Schroeder, 8**  
*PES Spelling Bee winner*

cortices — fourth-grader Brennan Schroeder and third-grader Rhoslyn Owens.

A large crowd of parents, teachers and supporters watched as the competitive spellers continued to ace words. The interplay between the two students was as impressive as the words that rolled off their tongues; at each turn, Schroeder and Owens replied with determination and smiled from ear to ear when the other nailed a word.

The bee's official pronouncer, elementary teacher Sarah Leger, cycled through more than 150

words before Schroeder snatched first place with "euphoria," while Owens stumbled on the word "incremental."

"I reviewed every word on the list," said Schroeder, who at the tender age 8 already has four competitions under his belt.

"This was the second time I won," he said, crediting his success to both a good luck charm worn by his mother, Erin, and months of reviewing the bee's spelling word list.

One hundred students at Patch participated in the overall competition, sponsored by the school's parent teacher association. The winner and runner-up walked away with trophies, while the other finalists were awarded medals.

Schroeder will head to Ramstein Elementary School next month to compete in the Germany-wide spelling bee.

*For more information on the PES Parent Teacher Association, e-mail [patchPTA@googlemail.com](mailto:patchPTA@googlemail.com). Upcoming PTA events include its annual sock hop.*

# RBEMS thespians get dramatic



Photos by Corey Knef

Christian Meyer, an eighth-grader at Robinson Barracks Elementary/Middle School, acts in a comical version of "Cinderella" during the RBEMS Drama Club spring show Feb. 16. The show, directed by teacher Steve Lutz, was presented to the student body and parents over several performances.



Elijah Roberts (foreground), an eighth grade student at RBEMS, and fellow classmates laugh aloud during the RBEMS Drama Club show Feb. 16.



Jennifer Heimke, an eighth-grader at RBEMS, performs in "Shimmer-Silly Commercial," part of the RBEMS Drama Club show advertising a special product with dual uses, Feb. 16. The show also included "The Spotlight," a mime, and "Blastercard," a spoof commercial about credit cards.

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# EUCOM co-hosts military religious leaders in Prague

Story & photos by Gloria Colon-Buzatu  
USAG Stuttgart Public Affairs Office

It was a bitter cold evening in Prague, Czech Republic. On the main entrance steps of the Military Church of St. John of Nepomuk, three members of the Czech army guard of honor stood stoically on each side of the door with rifles and fixed bayonets. The Prague Castle Guard regimental band brass sextet — which normally only plays for state ceremonial events — added to the formal ambiance.

Eighty spiritual leaders dressed in military service uniforms or distinguished liturgical garments, and representing 31 NATO member and partner nations, entered the 18th century baroque church for the opening ceremony of the 22nd annual International Military Chief of Chaplains Conference Jan. 31.

The event is designed to strengthen the partnership between U.S. European Command and its partner nations. This year's IMCCC was co-hosted by the Czech Republic and EUCOM.

The four-day conference is a place in which chaplains from different countries and religious backgrounds can share lessons learned and connect through mutual understanding, respect and friendship.

The last day is traditionally a cultural excursion and gala. The gala guest speaker was EUCOM Director of Policy, Strategy, Partnering and Capabilities Air Force Maj. Gen. Paul Shafter.

"It was standing room only," said Senior Chief Petty Officer Bryan Bautista, EUCOM senior enlisted advisor for the command chaplain. "I witnessed the camaraderie and the bonds of old — and the making of new — friendships. In my 20 years as a religious program specialist for the Navy, I've never seen anything like this, and it's a great honor to be here."

At the start of the conference, Archbishop of Prague Dominik Duka welcomed the delegates and acknowledged dignitaries: Minister of Defense of the Czech Republic Alexandr Vondra, and Chief of the General Staff of the Armed Forces of the Czech Republic General Vlastimil Picek.

The first day closed with a prayer for peace, incorporating the prayers of Islamic cleric Imam Ali Eddaoudi of the Netherlands; Chief Rabbi Peter Joel Totha of Hungary; and Chief Chaplain (Col.) Jan Kozler, ACR and IMCCC host coordinator. All three spiritual leaders seemed to give their interpretation of the prayer as a sign of mutual respect for each other.

This year's IMCCC theme was "Challenge: Military Chaplain as Ethical Advisor."

For the next two days, the clergy and a panel of



[Above] French Military Chief Rabbi Moise Lewin (right) addresses a question on ethics during the International Chief of Chaplains Conference panel discussion Feb. 2 in Prague, Czech Republic. The conference theme was "Challenge: Military Chaplain as Ethical Advisor."



[Left] EUCOM Chaplain Brian R. Van Sickle presents a briefing on the NATO-Partnership for Peace Chaplains Operation Course at the IMCCC Conference Feb. 2 in Prague, Czech Republic. The IMCCC, co-hosted by EUCOM and the Czech Republic, is an annual forum for international chiefs of chaplains to discuss the chaplain's role and foster trust between EUCOM and partner nations.

experts engaged in a respectful debate on a chaplain's role as an ethical counselor.

"The study of ethics and the role of chaplains as ethical advisors in the military are critical for us to look at right now," said EUCOM Command Chaplain (Air Force Col.) Brian Van Sickle.

"Whether it is the strategic political decisions made by our governments to engage in conflict or strategic military plans ... or it may be in the counseling of the actual service member in the fighting of that war, ethics is involved at every level," he said.

The clergy was mainly made of up chiefs of chaplains, mostly in the rank of general. The panel, however, included noncommissioned officers this year, a historic break from tradition.

Among the panel members were Command Sgt. Maj. Ludek Kolesa, ACR, NATO Supreme Allied Command Transformation; Command Sgt. Maj. Michael Balch, U.S. Army, NATO-SHAP; Chief Master Sgt. Charles D. Johnson, U.S. Air Force chaplain assistant and AF career field manager; and Sgt. Maj. Tommy Marrero, U.S. Army chaplain assistant, senior enlisted advisor.

The NCOs offered their perspective on ethics and brought the voice of the troops to the top spiritual leaders.

The chiefs of chaplains also talked about the

role of chaplains in today's military. Like their U.S. counterparts, most international military chaplains are noncombatants and provide spiritual advice to their troops at their home base and on the front lines.

Learning about this role was helpful to Military Ordinary of Lithuania Gintaras Grusas, a first-time delegate at the IMCCC, concurrently in the process of selecting a military chief of chaplains for his country.

"I'm finding this conference a very good place to dialogue with other chaplains facing similar challenges," Grusas said. "I'm looking for cooperation between the chaplains and I'm finding that here."

The conference also provided attendees with a forum to develop relationships with other chaplains.

"Continued collaboration with other delegates from all over the world and the exchange of experiences on how to train chaplains for missions in other countries is priceless," said Sten Elmberg, chief chaplain of Sweden's armed forces.

"This is my 13th [IMCCC] and I wouldn't miss a conference," he added.

Next year's IMCCC will be in Sarajevo, Bosnia-Herzegovina.

For more information on the 2011 IMCCC, go to Facebook.com and enter 'Military Chaplains in Europe' in the search field.

*I witnessed the camaraderie and the bonds of old — and the making of new — friendships. In my 20 years as a religious program specialist ... I've never seen anything like this.*

Senior Chief Petty Officer Bryan Bautista  
EUCOM senior enlisted advisor for the  
command chaplain

## Passport Day set

U.S. Army Garrison Stuttgart will host a Passport Day March 22 from 10 a.m. to 2 p.m. in the Swabian Special Events Center on Patch Barracks. Staff members from the U.S. Consulate in Frankfurt will be available to assist community members with a variety of consular services, including initial and renewal passports, reports of births, immigration and visa paperwork, federal benefits, and U.S. citizenship and immigration.

The consulate staff can also answer questions on immigration to the U.S., permanent residence, naturalization processing, Social Security and retirement benefits.

No official passports will be processed on March 22. Department of State regulations prevent the consulate from providing such passports.

For more information and a list of what documents to bring, call Tracee Quinn, Directorate of Human Resources, at 431-2886/civ. 07031-15-2886.

## Tenants meeting

To find out about upcoming community events, construction projects and other items that may affect those living in the Stuttgart military community, attend the next U.S. Army Garrison Stuttgart Tenants Meeting March 2 from 9-10:30 a.m. in the Swabian Special Events Center on Patch Barracks. Tenant meeting slides are also available on the garrison website at [www.stuttgart.army.mil](http://www.stuttgart.army.mil). Click on the "News" tab.

## ACS has free Find-It Guides

Pick up a free 2011 edition of The Find-It Guide, a telephone directory for U.S. military installations in central Germany. The guide is available at U.S. Army Garrison Stuttgart Army Community Service, located on the second floor of Building 2915, on Panzer Kaserne.

## EEO seeks counselor team members

The U.S. Army Garrison Stuttgart Equal Employment Opportunity Office is seeking

men and women to be a part of the collateral duty EEO Counselor Team.

To be eligible, individuals must be an appropriated or non-appropriated fund U.S. Army Garrison Stuttgart employee, be able to dedicate at least 20 percent of their duty time to the team, plan to be in the Stuttgart area for the next two years, and believe and uphold the principles of equal opportunity for all, regardless of age, color, disability, national origin, race, religion, sex, genetic information or reprisal.

For more information, contact the EEO Office at [USAGStuttgartEEO@eur.army.mil](mailto:USAGStuttgartEEO@eur.army.mil).

## Volunteer hours due

Stuttgart military community members who volunteer must log their hours for the 2010 calendar year in the Volunteer Management Information System (VMIS) system online by March 1 to receive credit at the next Volunteer Recognition Ceremony, scheduled for May 12.

To log hours, visit [www.myarmyonesource.com](http://www.myarmyonesource.com) and click on "Volunteer Tools" in the menu in the top right corner.

For more information, contact the Army Community Service Volunteer Coordinator at 431-3330/civ. 07031-15-3330.

## A A F E S / D e C A Quarterly Council

Would you like to see the commissary or eXchange carry a certain product, or voice your opinion on their service or operations? Attend the next Army and Air Force Exchange Service/Defense Commissary Agency Quarterly Council meeting, to be held March 2, following the tenant's meeting, from 10:30-11:30 a.m. in the Crystal Room of the Swabian Special Events Center on Patch Barracks.

## EEO training offered

The U.S. Army Garrison Stuttgart Equal Employment Opportunity Office will offer refresher EEO training on March 9 from 8:30-10 a.m. for employees, and

from 10:30 a.m. to noon for managers and supervisors in the Digital Training Facility, Building 2931, Panzer Kaserne.

Another training will be offered March 16 from 8:30-10 a.m. for employees, and from 10:30 a.m. to noon for managers and supervisors in the Patch Barracks Chapel.

For more information, contact the EEO Office at [USAGStuttgartEEO@eur.army.mil](mailto:USAGStuttgartEEO@eur.army.mil).

## Mandatory ASAP training scheduled

All Department of the Army civilians are required to take two hours of Army Substance Abuse Program training. Local nationals, contractors and family members are encouraged to take the training, as well.

One hour of training will be offered online at [www.usag.stuttgart.army.mil/ol-tng/olhome.html](http://www.usag.stuttgart.army.mil/ol-tng/olhome.html). The second hour of training will be conducted as a classroom presentation in the basement of Building 2948 on Panzer Kaserne on March 17 from 9-10 a.m. for civilians, and 10:30-11:30 a.m. for supervisors.

For more information, e-mail Howard Krout at [howard.krout@eur.army.mil](mailto:howard.krout@eur.army.mil).

## Read Across America event set

On March 2, the National Education Association will sponsor its 13th anniversary of Read Across America, traditionally celebrated on Dr. Seuss' birthday. The purpose of Read Across America is to

motivate children to read.

Patch Elementary School students will celebrate reading through a variety of school activities: book parades, dramas, parent/community readers, dressing up as a favorite Dr. Seuss character.

To join in the event or volunteer to read to Patch Elementary students, call Kim Carlson at 430-8161/civ. 0711-680-8161.

## Get ready for SCSC Spring Bazaar

The annual Stuttgart Community Spouses Club Spring Bazaar is set for March 18-20 at Patch Barracks and includes more than 70 vendors with items from all over Europe and Africa.

Shop to your heart's content on March 18 from 10 a.m. to 8 p.m., 10 a.m. to 7 p.m. on March 19, and 11 a.m. to 4 p.m. on March 20.

For more information, visit the SCSC website at [www.stuttgartspousesclub.org](http://www.stuttgartspousesclub.org).

## FAST class set

The U.S. Army Garrison Stuttgart Directorate of Human Resources Education Services will host a Functional Academic Skills Training class March 1-25 from 8 a.m. to 12:15 p.m. in the Education Center in Building 2915 on Panzer Kaserne.

The FAST class is designed to help service members improve their GT scores or prepare for college. The Armed Forces Classification Test will be administered on March 25 at 8 a.m.

To join the class, com-

mand permission is required, and students must take a Test of Adult Basic Education 9D pre-test. TABE 9D tests are scheduled for every Wednesday at 8 a.m. at the Education Center.

For more information, e-mail [carol.renee.thompson@us.army.mil](mailto:carol.renee.thompson@us.army.mil).

## Give ACS feedback

Provide feedback to Army Community Service by taking the ACS survey, now available online at [www.surveymonkey.com/usagstuttgartcommunityneed](http://www.surveymonkey.com/usagstuttgartcommunityneed).

Every three years, ACS requests that community members fill out an anonymous three-minute survey to find out how ACS can better serve the Stuttgart military community.

For more information, call 431-336/civ.07031-15-3362.

## ACAP events

The U.S. Army Garrison Stuttgart Army Career and Alumni Program will host the following events:

- Apply for a Federal Job seminar March 7 from 9 a.m. to noon.
  - Veterans Affairs Benefits Brief March 17 from 8 a.m. to noon
  - Transition Assistance Program Workshop March 22-24 from 8:30 a.m. to 4:30 p.m. (half-day March 24)
- For more information, call ACAP at 431-2191/civ. 07031-15-2191.

*Send community-wide announcements to [stuttgartmedia@eur.army.mil](mailto:stuttgartmedia@eur.army.mil).*

## Safe lifting

**Save your back from accidental strain and injury by practicing safe lifting habits. Before you lift anything, think about the load. Ask yourself:**

- Can I lift it alone?
- Do I need mechanical help?
- Is it too awkward for one person to handle?

**If the load is manageable, follow these tips for safe lifting:**

- Tuck your pelvis by tightening your stomach muscles. This will help your back stay in balance while you lift.
- Bend your knees (not your waist) to keep your center of balance.
- "Hug" the load. Hold the object you're lifting as close to your body as possible, as you gradually straighten your legs.
- Avoid twisting, which can overload the spine and lead to serious injury.

**USAG STUTTGART**

**S F E T Y CORNER**

**Sign up for news flashes and briefs: send an e-mail to [stuttgartmedia@eur.army.mil](mailto:stuttgartmedia@eur.army.mil), with the subject: "add me to your mailing list."**

# All services work towards improving Army, DC

Story & photos by Susan Huseman  
USAG Stuttgart Public Affairs Office

Former Marine Kurt Garcia is no different than many of his contemporaries. In his almost 28 years of military service, he made 13 permanent change of station moves, served in the U.S., Asia and Europe, endured numerous long separations from his family, and underwent intense, physically challenging training.

But he can't transfer his Post 9/11 GI Bill benefits to his 12-year-old son, Dominic, or his 10-year-old daughter, Gabrielle.

Why? Because Garcia retired from the Marine Corps in 2006.

"The GI Bill transferability option is not available to me, even though I served under the qualified period of service of post 9/11," he said during the U.S. Army Garrison Stuttgart 2011 Army Family Action Plan conference held Feb. 10-11 at the Swabian Special Events Center.

Service members who retired between Dec. 11, 2001, and July 31, 2009, can only use the education benefit for themselves.

But with AFAP, Garcia and other retirees like him may one day find themselves eligible to transfer their benefits to dependents.

Simply put, AFAP is an annual process that lets Soldiers and families say what isn't working — and what they think will fix it. But in Stuttgart, home of two unified combatant commands, AFAP is open to all services, civilian employees, retirees, and their family members.

Garcia, the Marine Forces Africa deputy assistant chief of staff for G-1, was one of 58 delegates working to hammer out quality of life issues.

The delegates were assigned to work groups divided by subject: medical and dental, youth affairs, force support, consumer affairs, and community and infrastructure. Over the course of two days, they reviewed and made recommendations on 39 issues of concern that were submitted by community members



Volunteer Kimberly Frady records an issue for the community/infrastructure work group during the USAG Stuttgart 2011 AFAP conference on Feb. 10.

throughout the year.

The work groups, aided by facilitators, recorders, issue coordinators and subject matter experts, debated the merits of each of the issues in their given subject areas and prioritized them.

Garcia found himself in the force support work group, evaluating 15 issues ranging from reserve and National Guard retirement to a college system for enlisted personnel.

At the end of the first day, Garcia and his fellow delegates agreed to focus on the transferability of Post-9/11 GI Bill benefits to dependents.

While he didn't submit the issue, it hit close to home.

"The issue originally was about transferability after a service member separates. But I said, 'Wait a minute, I never had that option.' Everyone in the room realized it wasn't fair," Garcia said.

His group spent the better part of the second day on the technical intricacies of an AFAP issue — figuring out how to describe the problem, proposing solutions and fine-tuning



Crystal Eaddy (from left), Andrea Colasurdo and Angeline Hoj Consumer Affairs work group, stay focused during the USAG Stuttgart

the language.

"It's tough," Garcia said. "Everyone has an opinion on what they think ought to be said.

"You have to clarify certain words to make sure you get the meaning of the word to drive your point home. You have to be short and concise in your statements that not only clarify, but quantify, your message."

In the end, the Stuttgart delegates presented 11 issues to garrison leadership.

"We will look at these issues at our first AFAP steering committee meeting on March 7," said Lisa Ordukaya, the Army Community Service AFAP manager.

The committee consists of the garrison commander, subject matter experts, ACS personnel and a senior spouse.

Issues that cannot be resolved at the local

level will be pushed

"What we cannot be elevated to the regional Command Europe-level.

There, the issues will be the top issues eventually, she added.

But whether at USAG or Washington D.C., we get these issues to Army attention," Ordukaya said.

You can track the progress of this year's progress on [www.stuttgartmwr.com](http://www.stuttgartmwr.com) under "Community Service," the AFAP Plan." Issue submissions are available on the website.

## Army-level AFAP delegates choose top five issues

By Rob McIlvaine  
Army News Service

After a week of discussion in working groups, Army Family Action Plan, commonly referred to as AFAP, delegates reported to top Army leaders on the five most critical issues to be focused on this summer.

The number one issue, brought up by Family Support II Work Group was AFAP Issue 52-11 — Identification cards for surviving children with an active-duty sponsor.

This issue affects children who have dual military parents and one

military parent dies. It also affects children who have a surviving parent who remarries a service member.

The children's ID in this case only shows the AD status of the remaining active-duty parent, with no "survivor" designation, making their access to survivor benefits more difficult.

The work group recommended that both dependent survivor status and active-duty status on survivor children dependent ID cards be annotated.

AFAP Issue 19-11, announced by Education and Awareness Work Group, was "Formal standardized training for designated caregivers

of wounded warriors."

Designated caregivers frequently suffer from stress, frustration or burn out, which may lead to wounded warrior abuse and neglect.

Formal training on wounded warrior abuse and/or neglect awareness and prevention provided to the designated caregivers at the first continental U.S. medical transition point could reduce this risk and speed the recovery process.

The work group recommended that formal, standardized, face-to-face training for designated caregivers of wounded warriors be implemented. Training would

include self-care, stress reduction, burnout and prevention of abuse and/or neglect.

The third top issue was about medically retired service members' eligibility for concurrent receipt of disability pay.

The work group recommended elimination of the 20-year time-in-service requirement for medically retired service members to be eligible for CRDP.

The next issue involved a fee cap for Military Child-Development Program services.

The work group recommended establishing an MCDP cap of 25 percent of the military family's total family income. This will mini-

mize financial the disparity to child care o

The fifth issue was about local retention restrictions for Soldiers.

The work group recommended extending the time-in-service requirement for National Soldiers from 10 to 15 years of release.

Of the 88 issues, the top five were: the intense AFAP, the five work-group recommendations down from 11 to five. Army senior

D QOL

# USAG Stuttgart AFAP 2011 issues

## Medical/Dental

**Issue:** Defense Department Civilian with Exceptional Family Member

**Scope:** Current Defense Department Policy 1315.19 allows DOD civilians an option to bring their family members outside the continental U.S. regardless of gaining installation's ability to support family member's special needs. Family members needing care bring undue stress and strain to families and community.

**Recommendation:** Revise DOD Policy 1315.19 to implement uniform policy for DOD civilian OCONUS assignments to include the option that accompanied tours may be denied if support services are not available for family members.

## Community/Infrastructure

**Issue:** Department of Defense Dependents Schools Teacher and Administrator Performance

**Scope:** Presently faculty, parents, and students do not have input into the formal evaluation process of teacher and administrator performances thus establishing a higher standard of competency of educators and administrators.

**Recommendation:** Implement 360 degree bi-annual assessment utilizing input from faculty, parents, and students resulting in a more comprehensive performance evaluation.

**Issue:** DODDS Substitute Teacher Qualifications

**Scope:** Currently, DODDS substitute teachers minimum requirement is to have a high school diploma or graduate equivalency diploma. Substitute teachers are not required to

have any teaching experience or knowledge in the subject matter.

**Recommendation:** Raise minimal requirement for all DODDS substitute teachers to an associate degree or five years post high school work experience. • Require a substitute to be qualified to fill a vacant position based upon their background and experience. • Long term substitutes (11 school days and longer) should be evaluated quarterly on the same basis as full-time teachers.

**Issue:** Military Spouse Preference Hiring Policy

**Scope:** The present policy undermines the MSP benefit due to its "one-time use" hindering the ability for a qualified spouse to acquire gainful, specialized employment in all government positions. Current policy dictates MSP may be used for NAF 1-2 and all GS 1-15 positions.

**Recommendation:** • Eliminate the "one-time use" rule of MSP benefit permitting a spouse the choice to apply for a non-specialized position without invoking the MSP. • Standardize the use of MSP for GS and NAF positions. Change policy to include NAF 3 and above.

## Consumer Affairs

**Issue:** DOD Banking Regulations

**Scope:** Current DOD banking regulations are inadequate to support a mobile DOD workforce. With permanent change of stations and temporary duty assignments, service members and civilians are often required to open an additional bank account to gain access to local services. The lack of one DOD affiliated banking system results in wasted time, resources

and imposes undue stress.

**Recommendation:** Revise the DOD banking policy to establish one on-post banking system that supports worldwide banking transactions and unifies capabilities, operations, and fees for eligible DOD ID cardholders.

**Issue:** Fitness Class Funding

**Scope:** Department of the Army does not centrally fund specialized Family and Morale, Welfare and Recreation fitness classes. Frequent participants often incur fees greater than average cost of gym membership. The impact of not funding these programs results in lower participation, morale and overall wellness.

**Recommendation:** Allocate funding for Family and MWR specialized fitness programs to ensure greater participation, higher morale and overall wellness for DA families.

## Force Support

**Issue:** Post 9-11 GI Bill Transferability for Eligible Retirees

**Scope:** Retirees who have the ability to utilize the Post 9-11 GI Bill cannot transfer benefits to their dependents because they retired between Dec. 11, 2001, and July 31, 2009. Denying retirees this right imposes a burden to the retirees and their dependents which may result in a detrimental financial impact.

**Recommendation:** Authorize a time period not to exceed two years for the application of transferability to qualified veterans.

**Issue:** Post 9-11 GI Bill Transfer Limitations Awareness

**Scope:** Service members are only mandated to attend a benefits briefing at the time of retirement/separation. As a result, they could lose the ability to transfer the GI Bill benefits or incur an extended service obligation prior to separation/retirement.

**Recommendation:** Inform service members annually of their Post 9-11 GI Bill benefits and of their service obligation through their annual statement of benefits.

## Youth

**Issue:** Advanced Placement and Honors standards are not accepted by DODDS globally.

**Scope:** AP is not currently available for freshman, put-

ting them at a disadvantage compared to students outside of DODDS. Honors classes are not weighted as they are in non-DODDS schools. Honors Literature and History 9 and 10 are currently integrated.

**Recommendation:** As a freshman, an aptitude test will be provided before acceptance into an AP class, unless all requirements for the class are previously met. • Classes that are currently integrated need to be separated to meet the needs of each student's strengths and weaknesses. • DODDS needs to recognize the practice of weighting honors classes for calculating grade point average, ensuring all DODDS students remain competitive during college admissions.

**Issue:** Quality of Nutritional options in the Community

**Scope:** There are not enough quality and nutritional options available to students during a 40 minute lunch period. Because of limited time, students make quick, unhealthy food choices in order to make it back to school on time. In the school cafeteria, lunches are not appealing enough to wait in a long line to buy. The rushed environment is stressful to students who need time to relax.

**Recommendation:** Put in an extensive salad/soup bar in close proximity to the school. Pre-made sandwiches can also be at this location. • A salad bar cart located at the schools would reduce stress during the lunch period because of the easy access. • At the commissary, open a student-only portable sandwich bar, and a student-only check-out line to reduce time spent getting lunch.

**Issue:** Student Travel for College Youth Attending Universities Outside the Continental U.S.

**Scope:** Each service has its own specific guidance to pay for travel annually for college youth with parents stationed overseas. Some communities interpret the regulation differently.

**Recommendation:** Standardize travel to accredited college and universities. • Provide a list of accredited schools. • Develop a joint regulation to eliminate any interpretations. • Publicize the university travel program to juniors and seniors.



...man, delegates in the 2011 AFAP conference.

higher. ...t solve here will be el- ...Installation Management ...vel," said Ordukaya. ...will be reprioritized, with ...ually rising to the Army ...AG Stuttgart, Heidelberg ..."Ultimately the goal is to ...my leadership for resolu-

...the steering committee's ...'s local AFAP issues at ...m. Click on "Army Com- ...n "Army Family Action ...ion forms are also avail-

...l hardship caused by ...of the gross income ...cost ratio, they said. ...issue involved medi- ...processing time re- ...reserve-component

...group recommended ...MRP2 time restric- ...tional Guard and reserve ...n six months to five ...se from active duty. ...issues that made the ...their local commands ...e, annual week-long ...ve issues chosen by ...delegates were pared ...6 for presentation to ...leaders.



Susan Huseman

Students Bailey Edwards (from left), Christian Meeder, Carter Murray and Kevin Smith discuss school uniforms during the USAG Stuttgart AFAP conference Feb. 11.

## Community town hall set for Feb. 28

The next U.S. Army Garrison Stuttgart Town Hall meeting will be held Feb. 28 from 5-7 p.m. in the Robinson Barracks Chapel.

## Learn about colonoscopy procedure

The Stuttgart Army Health Clinic will host a colonoscopy presentation March 4 from 1:30-2:30 p.m. in the Patch Theater.

Come learn about the colonoscopy procedure and common colon problems.

## Patch Crafts Center closed for inventory

The Patch Arts and Crafts Center will be closed from Feb. 26 to March 2 for annual inventory.

## German-American Peace Project

The annual German-American Peace Project contest is now open for entries from first and second grade students. Submit an art, poetry, or creative writing piece by April 1 on the topic "What does peace mean to you?"

For more information or registration forms, call Army Community Service at 431-3362/civ. 07031-15-3362.

## ESL classes offered

An English as a Second Language beginner's class is offered every Monday from 9-11 a.m. at Army Community Service in Building 2915 on Panzer Kaserne. Registration is not required.

For more information, call ACS at 431-3362/civ. 07031-15-3362.

## Women's leadership forum set

The third annual Women's Leadership Forum is scheduled for March 24 from 8



Brittany Carlson

# Panzer Commissary expands selection

*Simone DeAngelis (left), a customer at the Panzer Commissary, chats with Lilian Grajo, a store associate, Feb. 14. Since April, the store has added more than 500 new items to its shelves, including 20 more varieties of cookies, a larger selection of frozen pizzas and an expanded dairy selection, according to store manager Carl Rawls Jr. The store also offers a lunch menu with new sandwich varieties and grab-and-go products. The Panzer Commissary is located past the Panzer Fitness Center. Hours of operation are Monday through Friday from 11 a.m. to 6 p.m., with early bird shopping from 9:30-11 a.m. For more information, call 431-2503/civ. 07031-15-2503.*

a.m. to 4 p.m. in the Swabian Special Events Center on Patch Barracks.

The forum will provide participants with tools to maximize their skills, knowledge, and abilities, and enhance their career opportunities in the federal government.

Register by March 18 by e-mailing [yasmin.a.rosa@us.army.mil](mailto:yasmin.a.rosa@us.army.mil).

## SCSC Spring Bazaar needs volunteers

Volunteers are needed to assist with the setup of the

Stuttgart Community Spouses Club Spring Bazaar March 14-17, and during the bazaar, March 18-20.

Volunteers are also needed to donate home-baked and store-bought food and beverages for the vendors. Volunteers can earn rewards such as raffle prizes and early shopping.

To volunteer, visit [www.stuttgartspousesclub.org](http://www.stuttgartspousesclub.org) and click on the "Volunteer Spot" link. For more information, e-mail [scscbazaarvolunteer@yahoo.com](mailto:scscbazaarvolunteer@yahoo.com) or [scscbazaarhospitality@yahoo.com](mailto:scscbazaarhospitality@yahoo.com).

## Buy, sell at women's flea market

The "My Girlfriend's Closet," flea market is set for March 12 at the Brewed Awakenings Cafe at Robinson Barracks. The event is designed for women to buy or sell clothing and housewares.

For more information, call 420-6037/civ. 0171-818-6037.

## Thrift shop hours

The Robinson Barracks Thrift Shop is open Wednesday from 10 a.m. to 2 p.m., Thursday from 2-6 p.m., Friday from

10 a.m. to 2 p.m., and the second and fourth Saturday of the month from 10 a.m. to 2 p.m.

The Patch Thrift Shop is open Monday, Wednesday and Friday from 10 a.m. to 2 p.m., Thursday from 3-7 p.m., and the first and third Saturday of the month from 10 a.m. to 2 p.m.

Volunteers are needed at both shops. For more information, visit the thrift shops on Facebook by searching for "Patch Thriftshop."

## 1/10th DFAC training closures

The 1st Battalion, 10th Special Forces Group (Airborne), Dining Facility on Panzer Kaserne will only serve breakfast March 1-8 due to training requirements.

The DFAC will be open for breakfast and lunch on March 9, but will close March 10 through April 1 due to training requirements.

## RSO offers resilience training

The U.S. Army Garrison Stuttgart Religious Support Office will host "Strengthening Resilience in Soldiers and Families," a training seminar for professionals (chaplains, counselors, doctors and garrison leaders) who work with military populations March 4 from 8:30 a.m. to 1 p.m. at the Patch Religious Education Center, Building 2332, Patch Barracks.

Register by March 1 via e-mail to [james.sciegel@eur.army.mil](mailto:james.sciegel@eur.army.mil) or call 431-3078/civ. 07031-15-3078.

*Send community-wide announcements to [stuttgartmedia@eur.army.mil](mailto:stuttgartmedia@eur.army.mil).*

Walk-in hours are  
Monday-Friday 9 a.m. to 3 p.m.  
Closed federal holidays.



## Overwhelmed by doing your own taxes?

### The Stuttgart Tax Center offers free tax assistance to ID cardholders.

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

# Neuhausen Fasching events celebrate life

Story & photo by Carola Meusel  
USAG Stuttgart Public Affairs Office



Women dressed as "Gräbler," or market women known for trading eggs and poultry, walk the streets of Neuhausen during the 2010 Neuhausen Fasching parade. Neuhausen is known for having the largest Fasching parade in the greater Stuttgart area. This year's parade will begin March 6 at 1:33 p.m. downtown.

There are five seasons in Germany: spring, summer, fall, winter and "Fasching," or carnival.

For Germans, the Fasching season represents the most crazy, jolly and wild time of the year. During Fasching, "Narren" (fools) with wooden masks and colorful costumes can be seen in many towns throughout southern Germany.

This year, Fasching will be celebrated March 3-8 with fests, parades, music and many "foolish" events.

Fasching, or Fastnacht, originates in the word "fasting" and marks the week before Ash Wednesday. The main events and parades peak during the traditional Fasching week, starting on "Schmotziger Donnerstag" (Greasy Thursday). The Swabian word "schmotzig" means lard or grease and refers to the opulent food eaten during Fasching, such as "Fasnetsküchle" (Fasching doughnuts).

Greasy Thursday is also known as "Weiberfastnacht" (Women's Fasching). There's also Fasching Saturday and Sunday, Rose Monday and Fat Tuesday.

On the evening of Fat Tuesday, the "Fastnacht" is represented as a witch (in southern Germany) and buried in a casket and the wild days end at midnight.

Neuhausen, 15 kilometers outside of Stuttgart, hosts the most popular Fasching events in the region.

Every year, some 5,000 fools from all over Germany participate in the Neuhausen parade, a centuries-old tradition and the biggest Fasching parade in the greater Stuttgart area. This year's parade will be held March 6 at 1:33 p.m. in downtown Neuhausen.

Throughout Fasching, many restaurants downtown (along Kirchstrasse and Marktstrasse) offer special balls with music, comedy, entertainment, food and clubbing.

A popular event is the "Hexentanz" (Witch's Dance), held in front of Neuhausen's town hall on Greasy Thursday. During the event, Neuhausen's "Narren" storm the town hall and force the mayor to

hand them the keys to the city.

Their "official" reign lasts until Fat Tuesday. In order to celebrate this symbolic event, a huge fire is lit and all of Neuhausen's witches and fools dance around it.

This year's Hexentanz will be held March 3 at 7:33 p.m. at the Schlossplatz.

"Fastnacht is supposed to remind people of our short entity on earth and about the fact that everything is transient," said Gisela Fuchs, a member of the Gräbler Fasching Society in Neuhausen. "Throughout history, the fool also was a symbol of transience. That is why people should celebrate like crazy during Fasching."

Fuchs was born and raised in Neuhausen and was the co-founder of the Gräbler Fasching Society in

1986. In the 18th century, the Gräbler were market women known for trading eggs and poultry. Today, the members of the Gräbler Fasching Society carry baskets filled with eggs and chickens, and wear wooden masks and traditional costumes.

"It's great to be part of this history, and I really enjoyed participating in all Fasching activities throughout my childhood," said Silke Fuchs, Gisela's daughter and member of the Gräbler Fasching Society.

"As soon as Fasching begins, I have to leave the house and walk around town. It's just a special atmosphere and the people are friendly, funny and in such a good mood," said Gisela Fuchs.

For more information, visit [www.narrenbund-neuhausen.de](http://www.narrenbund-neuhausen.de).

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[martin.sattelberger@mlp.de](mailto:martin.sattelberger@mlp.de)  
Tel: 06 21 - 15 03 00 58

**Bible Church of Stuttgart**

*Holding Forth the Word of Life Phil. 2:16*

**Sunday School** . . . . . 9:30 a.m.  
**Fellowship Coffee** . . . . . 10:30 a.m.  
**Sunday Morning Worship** . . 11:00 a.m.  
**Thursday Prayer Meeting** . . 7:00 p.m.

Pastor Ron Benzing  
cell: 0173-415-6886, office: 0711-93388243  
Schockenriedstrasse 42 · 70565 Vaihingen

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**Breitwiesen Str. # 13**  
**70565 Stuttgart-Vaihingen**  
Pastor's Phone: 0177-811-2696  
Church Phone: 0711-489-3548  
E-mail: [baptist@pjsnet.de](mailto:baptist@pjsnet.de)  
<http://baptist-stuttgart.com>

**International Baptist Church of Stuttgart**

Services:  
Sunday 9:30 AM & 11:30 AM • Wednesday 6:30 PM

Untere Waldplätze 38 • 70569 Stuttgart (Vaihingen)

Phone: +49 711 687 43 65  
Fax: +49 711 678 80 26  
E-Mail: [email@ibcestuttgart.de](mailto:email@ibcestuttgart.de)  
Web: [www.ibcestuttgart.de](http://www.ibcestuttgart.de)

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Independent Baptist Church Serving the Stuttgart area

Sunday School 10 a.m.  
Morning Worship 11 a.m.  
Sunday Evening Service 6 p.m.  
Wednesday Evening 7 p.m.  
(Prayer and Bible study)

Children's Programs and Nursery Provided

Meeting at  
Regerstrasse 19  
70195 Stuttgart-Botnang  
Tel: 07032-954314

Missionary Pastor- Dr. Harold Pierce  
(serving our Military and surrounding communities since 1998)

**Find community photos on our flickr site at [www.flickr.com/photos.usagstuttgart](http://www.flickr.com/photos.usagstuttgart).**

## What's happening in FMWR

### You Go Girl! now open

The Child, Youth and School Services "You Go Girl!" program is designed to help girls ages 12-18 build strength inside and out. The program is now open and will run daily through March 31 at the Kelley Fitness Center from 3:30-5 p.m. The program encourages a positive attitude and teaches girls how to lead a healthier lifestyle.

For more information, call 430-7480/7483/civ. 0711-680-7480/7483.

### New Kelley Club hours

The new operating hours of the Kelley Club are Monday-Friday from 11 a.m. to 2:00 p.m. for lunch and from 4:30-7:30 p.m. for dinner. The lounge is open Monday-Thursday from 4:30-10 p.m., Friday from 4:30-11 p.m. and Saturday from 4:30-10 p.m. The club is closed Sunday.

For more information, call 461-4660/civ. 0711-720-70694.

### CYS Services offers parent courses

Child, Youth and School Services will offer several classes for

parents in March:

- "Effective Discipline for Children and Teens," March 4 from 10:30-11:30 a.m.

- "Children and Separation: Issues of Deployment," March 8 from 10:30-11:30 a.m.

- "Deutsch Macht Spass! Introduction to German for Mommy and Me," March 9 from 11 a.m. to noon

- "Songs, Stories and Rhymes" for parents and children, March 9 from 10:30-11:30 a.m.

### Walk across Germany

Children ages 6-18 can "walk across Germany" using a pedometer to track their steps — equivalent to the distance across Germany — using the "Walk Across Germany program" offered by the Stuttgart Child, Youth and School Services. The program meets every Monday at 4:30 p.m. on Husky Field, Patch Barracks. The cost to join is \$5. Participants must be registered with CYS Services.

For more information, call 431-2616/civ. 07031-15-2616.

For MWR updates, e-mail [mwr-marketing@eur.army.mil](mailto:mwr-marketing@eur.army.mil).

photos.com



## Coming to Patch Theater

**Feb. 24** — The Tourist (PG-13) 6 p.m.

**Feb. 25** — Big Mommas: Like Father, Like Son (PG-13) 6 p.m., Little Fockers (PG-13) 9 p.m.

**Feb. 26** — Yogi Bear (PG) 4 p.m., Little Fockers (PG-13) 7 p.m., Big Mommas: Like Father, Like Son (PG-13) 9 p.m.

**Feb. 27** — Yogi Bear (PG) 2 p.m., Little Fockers (PG-13) 4 p.m., Big Mommas: Like Father, Like Son (PG-13) 7 p.m.

**Feb. 28** — Big Mommas: Like Father, Like Son (PG-13) 6 p.m.

**March 1** — Yogi Bear (PG) 6 p.m.

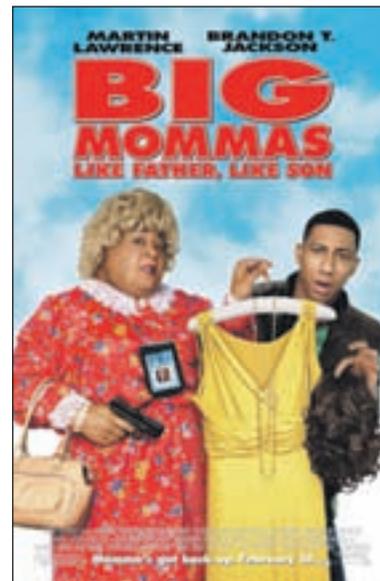
**March 2** — Little Fockers (PG-13) 6 p.m.

**March 3** — Yogi Bear (PG) 6 p.m.

**March 4** — How Do You Know (PG-13) 6 p.m., Hall Pass (TBD), 9 p.m.

**March 5** — The Chronicles of Narnia: The Voyage of the Dawn Treader (PG) 4 p.m., Hall Pass (TBD) 7 p.m., How Do You Know (PG-13) 9 p.m.

**March 6** — The Chronicles of Narnia: The Voyage of the Dawn Treader (PG) 2 p.m., How Do You



Friendly Films Productions

Know (PG-13) 4 p.m., Hall Pass (TBD) 7 p.m.

**March 7** — Hall Pass (TBD) 6 p.m.

**March 8** — The Chronicles of Narnia: The Voyage of the Dawn Treader (PG) 6 p.m.

**March 9** — How Do You Know (PG-13) 6 p.m.

## Family & MWR Featured Events



### HOBBIES & LEISURE

#### CHESS MEET

Come out to Family and MWR's first chess meet ever.

March 9 5:30 p.m. Patch Fitness Center (Lower Level Conference Room)  
DSN 421 3151, CIV 0711 729 3151

#### YOUTH THEATRE AUDITIONS

Come audition for the youth play: "Gary Grinkle's Battles with Wrinkles and Other Troubles in Mudgeville."

March 1 & 2

6 p.m. Stuttgart Theatre Center on Kelley  
We are looking for men, women and youth.

DSN 421 3055, CIV 0711 729 3055



### ARTS & CRAFTS

#### NATIONAL CRAFTS MONTH

Visit Patch Arts & Crafts Center to find out about various exciting activities offered in March.

A sampling of classes include: Intro to Crochet, Watercolor Sketching, Stitching Club, Photoshop Course, Machine Quilting, Sushi Making, Glass Mosaic Tile, Digital Scrapbooking and more!

Join Arts & Crafts for the Quilt Show  
March 15 - 19

DSN 430 5270, CIV 0711 680 5270



### ROBINSON BARRACKS

#### ACTIVITIES AT RB

Brewed Awakenings Cafe is hosting events and activities for March.

Pasta Recipe Exchange  
March 9 11 a.m. - 1 p.m.

My Girlfriend's Closet  
March 12 10 a.m. - 2 p.m.

Self Defense Class  
March 22 10 a.m. - noon

Rock Climbing  
March 23 9 a.m. - 3 p.m.

Learn to Make Sushi  
March 26 10 a.m. - 1 p.m.

DSN 420 6037, CIV 0711 680 6037



# Piranhas devour competition at swim Champs

By AnnMary Driscoll  
Special to The Citizen

The Stuttgart Piranhas swim team ended an impressive season with a long-coveted divisional championship title, along with a weekend of intense finishes at Champs, the individual championships for the European Forces Swim League.

Ninety of the 102 Piranhas converged on the Schwimm-und Sprunghalle at the Europapark in Berlin and brought home the trophy as Rhineland Divisional Champions Jan. 23. The field of competition included the Berlin Bear-a-Cudas and the Heidelberg Sea Lions, but the team to beat was the Kaiserslautern Kingfish. For Piranhas head coach Kara Louk, the come-from-behind win was dramatic.

"All of a sudden, we pulled ahead, and we never looked back," Louk said. "Every heat, every race, our kids' performances just kept getting better and better."

To Louk, one of the delights of the meet was that some of the youngest swimmers performed as consistently as their older teammates.

Like other EFSL teams, youngsters ages 6 to 19 swim together. In Berlin, 10-year-old Evan Heidenreich won golds not only in every individual race, but also in the relays, in which four-person teams compete.

"Some of our younger swimmers really stepped up to the plate," Louk said. "These are kids who only get three mornings of water time. It reminds us [that] it doesn't matter who you are, it's how much you can help the team."

While the focus at divisionals was the performance of the team as a whole, at Champs, held Feb. 12-13, swimmers competed primarily as individuals.

The Piranhas took 62 swimmers to the Nationaal Zwemcentrum de Tongelreep in Eindhoven, the

Netherlands. Of the nineteen teams participating, the Piranhas ranked second in points and fifth in medal count.

Among the female swimmers, sisters Gabriela and Caroline Ousley-Naseman won top honors. Caroline, 11, won four gold medals and four silver medals. Gabriela, 8, earned two gold, four silver, and two bronze medals.

The top boys included Bobby Viana, 17, who won two silver medals and four bronzes, and Benjamin Patterson, 12, who won two silvers and two bronzes.

For Louk, the relays at the end of Sunday were the highlight. The Piranhas won gold medals in three of the 200 freestyle relay races, for age groups 11-12, 13-14, and 15-19. The youngest swimmers, ages 10 and under, won fifth place.

"The poor kids were really fighting for their spots on those relays," Louk said. "And then they really proved themselves at the very end of the meet."

Now that the competitive season has concluded, the team will shift its focus from competition to training.

After a two-week respite, swimmers will head back to the water on February 28. The coach is confident that swimming year-round will help the team be even more successful in the future.

Swimmer Danny Matchette, whose family will likely transfer this summer, said he'll miss the team's rigorous training schedule but, "I'll swim in the U.S., but it may not be as good as here."

*Stuttgart Piranhas Swim Team will hold spring training from Feb. 28 to June 16. The focus of spring training will be on technique and break down the individual strokes in an effort to improve overall efficiency in the water. Training will occur 2-3 times/week. All swimmers are welcome. For more information, e-mail Joyce Levitt at joycelevitt@gmail.com.*



Jane King

Stuttgart Piranha Evan Heidenreich, 10, competes in the 50 butterfly at Champs. He earned a silver medal and 100 points for the team at Champs, held Feb. 12-13 in Eindhoven, the Netherlands.

*Piranhas volunteer Suzanne Zielinski, right, writes on the arms of Katie Viana, 12, center, and Rebecca King, 11, before the races begin at Champs on Feb. 12. Parents and coaches teamed up to record the numbers of swimmers' events, heats, and lanes, to help make race marshaling run as smoothly as possible.*



Patricia Huebschman

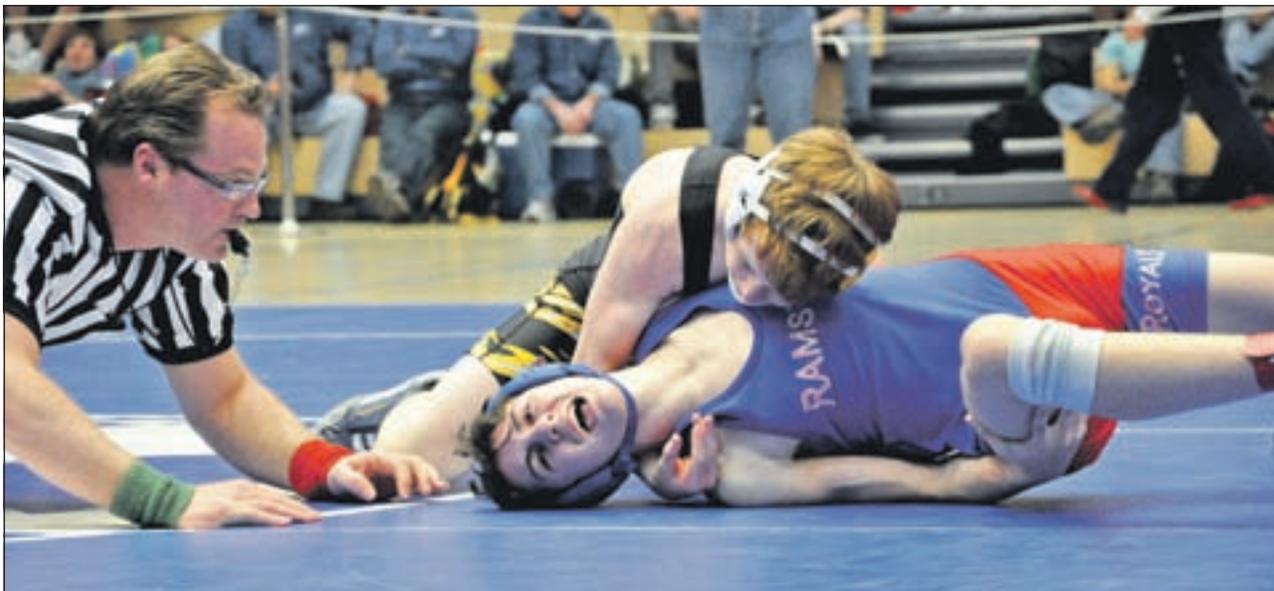


Jane King

Piranha Marina Zielinsky, 14, won a silver in the 100 breast stroke at Champs.

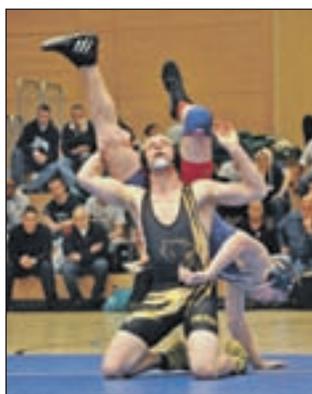
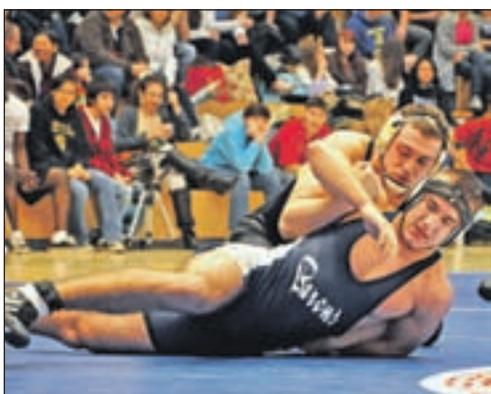
## EFSL Champs Feb. 12-13, 2011 Stuttgart Piranhas Results

- Girls 8 and under 100 Individual Medley** — 2, Gabriela Ousley-Naseman, 1:42.25.
- Girls 11 100 Individual Medley** — 1, Caroline Ousley-Naseman, 1:18.19. 3, Kyra Mena, 1:25.60.
- Boys 12 100 Individual Medley** — 3, Benjamin Patterson, 1:20.19.
- Girls 13-14 100 Freestyle** — 1, Lizzie Hodges, 1:04.55.
- Boys 15-16 100 Freestyle** — 2, Danny Matchette, 58.92.
- Girls 17-19 100 Freestyle** — 2, Amanda Downing, 1:04.80. 3, Suziee Jochmus, 1:05.19.
- Boys 17-19 100 Freestyle** — 2, Bobby Viana, 58.40.
- Girls 8 and under 50 Butterfly** — 1, Gabriela Ousley-Naseman, 47.77.
- Girls 11 50 Butterfly** — 2, Caroline Ousley-Naseman, 36.31.
- Boys 12 50 Butterfly** — 2, Paul Zielinski, 35.88.
- Boys 17-19 100 Butterfly** — 3, Bobby Viana, 1:05.69.
- Girls 8 and Under 50 Breaststroke** — 1, Gabriela Ousley-Naseman, 56.11.
- Girls 11 50 Breaststroke** — 1, Caroline Ousley-Naseman, 41.99. 3, Allisan Sojourner, 44.46.
- Boys 12 50 Breaststroke** — 2, Benjamin Patterson, 41.82.
- Girls 13-14 100 Meter Breaststroke** — 2, Marina Zielinski, 1:28.18.
- Girls 15-16 100 Breaststroke** — 1, Celeste Borrás, 1:25.03.
- Girls 17-19 100 Breaststroke** — 2, Suziee Jochmus, 1:24.97.
- Girls 8 and Under 200 Freestyle** — 2, Gabriela Ousley-Naseman, 3:24.65.
- Girls 11 200 Freestyle** — 2, Caroline Ousley-Naseman, 2:36.26.
- Boys 12 200 Freestyle** — 3, Jun Simmons, 2:35.29.
- Girls 13-14 400 Freestyle** — 3, Austin Sojourner, 5:21.02.
- Boys 15-16 400 Freestyle** — 3, Danny Matchette, 4:42.21.
- Girls 17-19 400 Freestyle** — 1, Suziee Jochmus, 5:03.95.
- Boys 17-19 400 Freestyle** — 3, Bobby Viana, 4:59.58.
- Mixed 11-12 200 Medley Relay** — 1, Stuttgart Piranhas A, 2:30.66.
- Girls 8 and Under 200 Individual Medley** — 2, Gabriela Ousley-Naseman, 3:45.82.
- Girls 11 200 Individual Medley** — 1, Caroline Ousley-Naseman, 2:53.15.
- Boys 12 200 Individual Medley** — 3, Jun Simmons, 3:01.55.
- Girls 17-19 200 Individual Medley** — 1, Suziee Jochmus, 2:44.07.
- Boys 17-19 200 Individual Medley** — 3, Bobby Viana, 2:30.38.
- Girls 8 and Under 50 Freestyle** — 2, Gabriela Ousley-Naseman, 40.88.
- Boys 10 50 Freestyle** — 2, Evan Heidenreich, 35.53.
- Girls 11 50 Freestyle** — 2, Caroline Ousley-Naseman, 31.74.
- Boys 12 50 Freestyle** — 3, Benjamin Patterson, 31.46.
- Girls 13-14 50 Freestyle** — 1, Lizzie Hodges, 29.35. 3, Austin Sojourner, 30.47.
- Boys 15-16 50 Freestyle** — 2, Daniel Gum, 26.83.
- Girls 17-19 50 Freestyle** — 3, Amanda Downing, 30.30.
- Girls 8 and under 50 Backstroke** — 3, Gabriela Ousley-Naseman, 50.04.
- Girls 11 50 Backstroke** — 1, Caroline Ousley-Naseman, 38.83.
- Boys 12 50 Backstroke** — 2, Benjamin Patterson, 37.00.
- Girls 13-14 100 Backstroke** — 3, Austin Sojourner, 1:18.73.
- Girls 17-19 100 Backstroke** — 1, Suziee Jochmus, 1:15.81. 2, Amanda Downing, 1:17.55.
- Boys 17-19 100 Backstroke** — 2, Bobby Viana, 1:10.12.
- Girls 8 and under 100 Freestyle** — 2, Gabriela Ousley-Naseman, 1:34.42.
- Girls 11 100 Freestyle** — 2, Caroline Ousley-Naseman, 1:10.41.
- Girls 13-14 200 Freestyle** — 3, Austin Sojourner, 2:27.29.
- Boys 15-16 200 Freestyle** — 2, Daniel Gum, 2:12.38. 3, Danny Matchette, 2:13.04.
- Girls 17-19 200 Freestyle** — 1, Amanda Downing, 2:22.90. 2, Suziee Jochmus, 2:25.04.
- Boys 17-19 200 Freestyle** — 3, Bobby Viana, 2:12.65.
- Mixed 11-12 200 Freestyle Relay** — 1, Stuttgart Piranhas A, 2:09.56.
- Mixed 13-14 200 Freestyle Relay** — 1, Stuttgart Piranhas A, 2:01.69.
- Mixed 15-19 200 Freestyle Relay** — 1, Stuttgart Piranhas A, 1:52.23.



Photos by Karl Weisel (USAG Wiesbaden Public Affairs Office)

Patch's Ross Wilson puts the pressure on Ramstein's Ryan Goins during their 103-pound final. The Stuttgart wrestler won the championship with a pin in the second round during the DODDS-Europe wrestling championships Feb. 19.



[Photo far left] Patch's Marshall Haas, senior, takes care of Bitburg's Austin Schmidt in the DODDS-Europe 189-pound wrestling final Feb. 19 in Wiesbaden. Haas took the gold with a decisive victory. [Photo left] Jason Pinnow, a senior at Patch High School, upends Ramstein's Ryan Gernert during their 171-pound final. The Ramstein wrestler managed to pin Pinnow for the gold. The match was Pinnow's only loss of the season. PHS won the European Division I title.

# Panthers do it again!

By Susan Huseman

USAG Stuttgart Public Affairs Office

Patch High School won its third straight Department of Defense Dependents Schools Division I European wrestling crown as it rolled over the competition Feb. 18-19 in Wiesbaden.

The Panthers took three individual championships and with 242.5 points, broke the DODDS-Europe team point record that they set last year.

Rival Ramstein came in second, with 219 points.

"They gave us a run for our money," said Panthers head coach Norm Matzke.

"It came down to the wire. I'm proud of the kids and the coaching staff. Everyone worked hard to win the title," he said of his undefeated team.

2011 champions Ross Wilson, 103 pounds; Calen Fields, 160 pounds; and Marshall Haas, 189 pounds, also finished the season undefeated.

For Fields, 16, this is his second individual title, having won last year at 145 pounds.

"It's the best feeling in the world. All those hard days, the blood, sweat and tears — it all came together," said Fields.

The junior attributed his and the team's continued success to hard

work and tenacity.

"We practice five days a week for three hours at a time. Practice is intense. We're constantly pushing ourselves to get to the next level," he said.

When practice is over, he added, most wrestlers head over to the Patch Fitness Center for an additional workout.

Perhaps no one knows more about hard work than Haas.

Last fall, the senior dislocated his kneecap during football season and underwent surgery. "Most people didn't think I'd be able to wrestle this year," he said.

In order to get back on the mat, Haas said he had to strike a fine balance. "I had to work real hard ... taking it easy enough so I wouldn't injure myself, but at the same time pushing to get back as fast as I could."

Haas has been driven ever since his defeat in last year's championship match to Ansbach's Dominic Barralle.

"I had beaten him the weekend before. At the European finals, he had his mind right and I was off my game. Ever since then — every single day — I've been working out to get my European championship this year."

His dogged determination paid off as Haas soundly defeated Bitburg's Austin Schmidt 7-1 to end his Euro-

pean high school wrestling career on a high note.

Yet the road is not over Haas and the other first- and second-place winners.

Next month they hope to participate in the High School Coaches Association National Wrestling Championships in Virginia Beach, Va.

It's a costly endeavor. "Funding is a problem — at least \$2,000 per student," said Matzke.

Donations to assist the wrestlers can be made through the PHS wrestling student activity fund. For more information, contact Matzke at Norman.Matzke@eu.dodea.edu.

## Individual standings

**First Place:** Ross Wilson, 103; Calen Fields, 160; Marshall Haas, 180.

**Second Place:** Isaac McIlvene, 112; Thomas Trevino, 140; Kevin Andrus, 152; Jason Pinnow, 171.

**Third Place:** Jaden Fields, 130.

**Fourth Place:** John Kellett-For-syth, 103.

**Fifth Place:** Jacob Andrus, 125; John McKevitt, 160.

## Division I team scoring

Patch 242.5; Ramstein 219, Lakenhealth 173.5, Heidelberg 167.5, Wiesbaden 103, Kaiserslautern 97.5, Vilseck 75.5, SHAPE 43.5.

## SPORTS SHORTS

### Family and MWR to host indoor triathlon

Challenge your stamina and do something healthy for you heart by participating in the indoor triathlon to be held Feb. 26 in the Patch Fitness Center from 6 a.m. to 6 p.m. The triathlon consists of three events: rowing machine (4,000 meters), stationary bike (9.3 miles) and treadmill (3.1 miles).

For more information, call 430-7136/civ. 0711-680-7136.

### Gear up for CYS Services spring sports

Registration for U.S. Army Garrison Stuttgart Family and Morale, Welfare and Recreation's Child, Youth and School Services spring sports season ends Feb. 28.

Spring sports include soccer, baseball and softball.

Participants must have a physical valid through June 7.

Volunteer coaches and officials are also needed.

To register or to volunteer, visit Parent Central Services in Building 2347 on Patch Barracks. For more information, call 430-7483/civ. 0711-680-7483.

### Join ACS post-natal fitness group

Army Community Service offers a post-natal fitness group every Thursday from 10 a.m. to noon at the Patch Fitness Center.

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

### Soccer officials clinic set for Feb. 25-27

U.S. Army Garrison Stuttgart Child, Youth and School Services will host a soccer officials clinic Feb. 25 from 6-9 p.m., Feb. 26 from 9 a.m. to 6 p.m. and Feb. 27 from noon to 5 p.m. in the Patch Fitness Center Conference Room.

Anyone who would like to become a CYS Services soccer official is welcome to attend.

For more information, call CYS Services Sports and Fitness at 431-2597/civ. 07031 15-2597.



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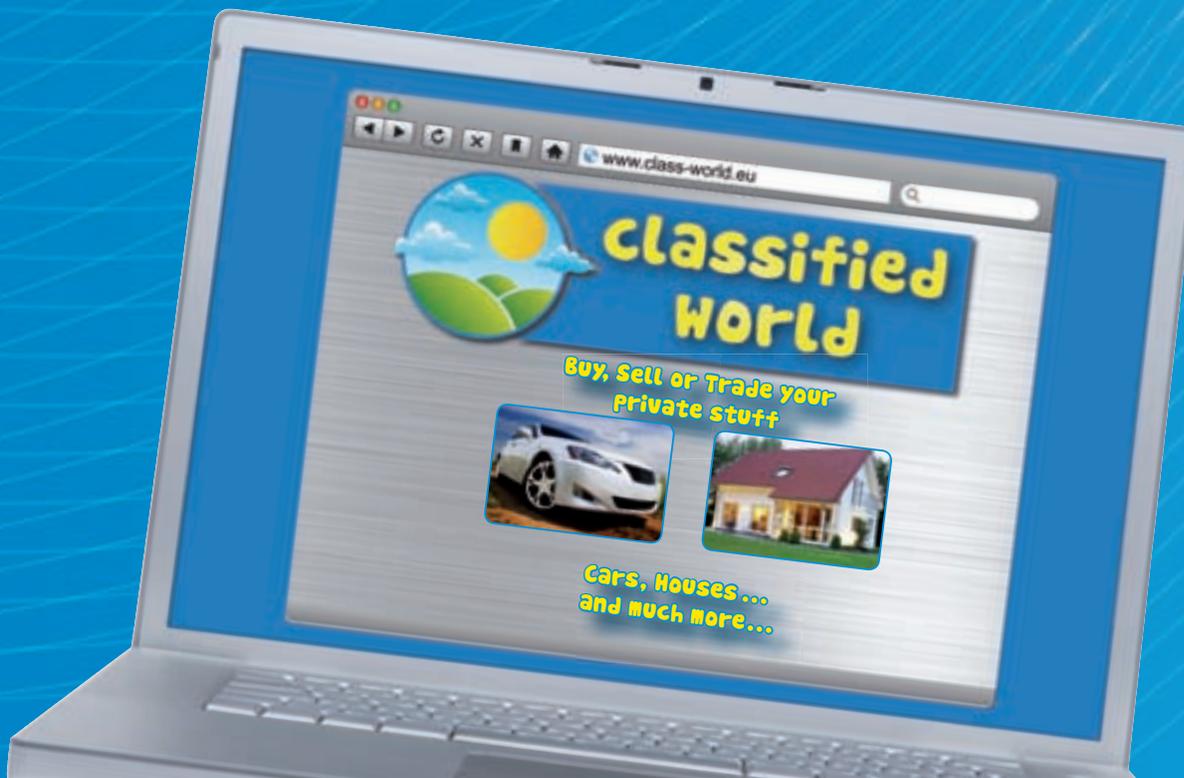
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