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The Citizen

Thursday, February 25, 2016 Sustaining & Supporting the Stuttgart U.S. Military Community Garrison Website: www.stuttgart.army.mil Facebook: facebook.com/USAGarrisonStuttgart stuttgartcitizen.com

Easter's on its way



Photo by Irina Fischer / Shutterstock.com

Experience the traditions, markets of 'Ostern,' Pages 14 & 15

BUDGET PROPOSAL

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Family & **MWR INSIDER**

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Installations update child supervision policy

By U.S. Army Installation Management Command - Europe

U.S. Army installations across Europe received updated child and youth supervision policy information Jan. 13.

The memorandum, signed by Michael Formica, U.S. Army Installation Command - Europe regional director, establishes the policy under which children and youth, from birth through age 17, may be left alone to care for themselves.

According to the documentation, "This policy is based on a child's age, not its grade in school. Failure to comply with the requirements described in this policy may result in intervention

by military or local national authorities or other community agencies, as well as administrative or judicial action."

"The primary goal of this policy is to promote the safety of children and youth on installations," Formica wrote. "Parents or legally appointed guardians are responsible for the appropriate supervision, health, safety, well-being, and behavior of children in their care, whether physically present or not. Failure to exercise parental responsibilities may constitute neglect."

The guidance indicates the level of adult supervision needed for children based on the age of a child or youth.

The memo cautions that "parents of children with an identified attention deficit disorder (ADD),

attention deficit hyperactivity disorder (ADHD), behavioral problem, developmental delay, impulsivity, psychiatric problem, or other physically or emotionally disabling condition that could inhibit their children's ability to make appropriate choices should not give those children the degree of self-management and responsibility described in [the] policy."

Incidents of unsupervised children should be reported to the military police at DSN: 430-5262/civ. 0711-680-5262, which is the designated Family Advocacy Program report point of contact. For additional information on the policy, contact FAP at DSN: 590-1616/civ. 06371-9464-1616.

Age	Home alone >2hr	Home alone <2hr	Alone overnight	Outside unattended	In vehicle unattended	Babysit siblings	Babysit others
0-4	✘	✘	✘	✘	✘	✘	✘
5-6*	✘	⚠ No, except at age 6 to walk to and from school.	✘	⚠ Yes, in playgrounds or yards with adult supervision - visual or audible.	✘	✘	✘
7-9	✘	⚠ No, except to walk to and from school.	✘	⚠ Yes, in playgrounds or yards with adult supervision - visual or audible.	⚠ Yes, except in hot weather. No more than 10 minutes with adult in sight. Keys removed, hand brake applied.	✘	✘
10-11	⚠ Yes, with ready access (phone number) to adult.	⚠ Yes, with ready access (phone number) to adult. No longer than 6 hours.	✘	✔	⚠ Yes, keys removed, hand brake applied.	⚠ No, for age 10. Yes, for age 11 up to 2 hours.	⚠ No, for age 10. Yes, age 11 may babysit siblings or close family friends for up to 2 hours.
12-14	✔	⚠ Yes, with ready access (phone number) to adult. No longer than 6 hours.	✘	✔	✔	⚠ Yes, 3 hour maximum.	✔**
15-17	✔	✔	⚠*** Yes, for age 15 with access to adult and sponsor in local area. Yes, for ages 16 and 17, not to exceed 5 days.	✔	✔	✔***	✔***

U.S. Army Installation Management Command - Europe Child and Youth Supervision Policy, <http://www.stuttgart.army.mil/pdf/policies/Child-Supervision.pdf>

* Children enrolled in Department of Defense Dependents Schools kindergarten, regardless of their age, must always be accompanied by a parent or designated caregiver when walking to and from school or a bus stop and while waiting at a bus stop.

** Refer to country specific guidance available at the Army Community Service, Family Advocacy Program. It is highly recommended that youth who wish to babysit (siblings or others) complete the Red Cross Babysitters Course.

*** Parents must designate an adult official point of contact that will make daily face-to-face contact.

Living in Stuttgart requires 'big city' vigilance

By USAG Stuttgart Public Affairs Office

Hop on a subway in New York City and be one of 8.5 million people. Catch a train in Stuttgart Metropolitan Region, and you're one of nearly 5.5 million people who call the area home.

Living in a "big city" requires people to heighten their safety awareness because of more people and activities happening around them.

"Large cities or groups are perceived to be a more worthwhile target for attacks based on the value, symbolism or media coverage - the attacks

in Paris are an example," said Michael Pons, an antiterrorism and physical security specialist for U.S. Army Garrison Stuttgart.

Antiterrorism experts note that Americans living overseas present a lucrative target for criminals and terrorists alike. People are out-and-about with opportunities to travel and participate in local host nation events.

"Not saying we need to stop participating in events, we just need to be more situationally aware of our environment," said USAG Stuttgart Commander Col. Glenn K. Dickenson.

"[W]e must understand the culture and what happens at these festivities - take appropriate precautions to keep our family and friends safe."

Parents are encouraged to make extra considerations for children and teens that are taking advantage of cultural festivities.

"We live in a big city and must change our habits like habits we would have in U.S. big cities," Dickenson said.

Participate in OHA utility, move-in expense survey for Germany



Photo by Irina Fischer / Shutterstock.com

By U.S. Army Europe Public Affairs

The annual Overseas Housing Allowance Utility and Move-in Expenses Survey for Germany will be conducted March 1 to 31.

The survey is open to all military personnel, regardless of service affiliation, who reside off-post in privately leased or rental housing, with the exception of homeowners or those sharing

rent with another service member.

Beginning March 1, personnel can take the survey by logging on to <http://www.defensetravel.dod.mil/site/oha-Survey.cfm?ID=mar-utilmiha>.

Why is this survey important?

Every three years the Defense Travel Management Office conducts a survey to identify how much service members spent during the previous year for utilities and for move-in expenses.

The data from this survey is then used to determine how much money should be allotted for Utility Allowances and Move-In Housing Allowances as part of their Overseas Housing Allowance.

Active duty members are authorized OHA based on grade, dependency status, and duty location.

The OHA Utility and Move-in expenses Survey requires service members to submit the actual costs of utility

expenses and move-in costs incurred in Germany. The collection of rental data is not part of this survey since that data is available directly from the pay system.

Maximum participation and good data is the key to success in ensuring that service members are properly compensated.

For questions, contact DSN 537-1073/1071.

Suicide prevention training offered to personnel, FRG leaders

By Robyn Mack
USAG Stuttgart Public Affairs

Stuttgart personnel and Family Readiness Group leaders interested in learning to “ASIST” community members that may be at risk of suicide can do so March 29 to 30 during an Applied Suicide Intervention Skills Training workshop at the Panzer Kaserne Chapel.

The two-day course offers participants specific skills to help identify those at risk and how to better listen to and care for those having thoughts of suicide.

“Participants interact through group discussions and skills practice that are based upon adult learning principles,” said Rhonda Kaalund, U.S. Army Garrison Stuttgart Employee Assistance Program coordinator.

“They will experience powerful videos on suicide intervention and learn suicide first aid.”

“The participants will learn to recognize opportunities for help, reach out and offer support, develop a safety plan that neutralizes risks, apply the ‘Pathway for Assisting Life,’ and link people with community resources,” she explained.

The training is open to all E-4 or GS-05 and above, as well as Family Readiness Group leaders, and occurs four times throughout the year.

The Stuttgart community has seven ASIST trainers and 54 trained community members.

Martha Povich, USAG Stuttgart Family and Morale, Welfare and Recreation event manager, is ASIST trained.

“I took the ASIST training to learn

about what I can say to someone who is under duress and who might in some way indicate they are thinking about suicide,” she said. “I felt I needed to know more about how to help someone reconsider what they are thinking about when they have thoughts about ‘ending it all.’ I know what I would say to anyone who might bring the subject up, but what I know is limited and there are other strategies that are more helpful than me just trying to be a good friend and listener.”

“You never know when you might be in a situation where you can ‘ASIST’ someone at risk for suicide in getting the help they need,” Kaalund said. “Getting involved and developing skills necessary to intervene when someone is at risk is an excellent way to help create a suicide safer community.”

“I never want to be a person that doesn't do enough or has to second guess myself for the rest of my life,” Povich admitted. “I'd rather overdo something and potentially look stupid than know someone is hurting and considering taking steps toward ending their life. It's a very scary, emotional and sometimes time-sensitive situation. Everyone would be better off learning a bit more about Suicide Intervention Skills Training because it's better to be prepared than fall short when the time comes.”

Kaalund hopes that the “ASIST” trained community can expand to one or two qualified people per unit or department.

For more information and to sign up for the course, contact DSN 431-2530/civ: 07031-15-2530.

Going Green: Reusable grocery bags

By **Laura Gieraltowski, PhD, MPH**
Centers for Disease Control and Prevention

Grocery basket filled with food items. The trend of swapping disposable grocery bags for cloth and plastic-lined reusable bags has become an increasingly popular “green” alternative. Reusable bags reduce waste, but how safe are they for our health?

The fabric or materials in reusable grocery bags can get contaminated with germs like Salmonella or E. coli from food or other items. These germs could then cross-contaminate other food or items we carry in the reusable bag and make us sick.

If you use reusable grocery bags, here are some simple steps that you can follow to reduce cross-contamination and keep yourself and your family safe from germs.

Wash reusable grocery bags often.

Cloth reusable bags should be washed in a washing machine using laundry detergent and dried in the dryer or air-dried.

Plastic-lined reusable bags should

be scrubbed using hot water and soap and air-dried.

Check that both cloth and plastic-lined reusable bags are completely dry before storing them.

Always put raw meats into a disposable plastic bag before putting them in a reusable bag.

A disposable plastic bag helps contain any juices that drip off of raw meat packages, which can touch other foods and contaminate them. Disposable plastic bags are usually available in the raw meat or produce areas of your store.

Throw away disposable plastic bags used for raw meat immediately after use. Never reuse bags that contained raw meat or poultry.

Keep meats, fresh produce, and ready-to-eat foods separated.

Use separate bags dedicated for meats, fresh fruits and vegetables, and ready-to-eat foods. It's also a good idea to keep these foods separated in your shopping cart, at the checkout line on the conveyor belt, and at home. This will help

reduce cross-contamination.

Remember that cold food needs to be refrigerated within two hours of leaving the store or market. Cold food should be refrigerated within one hour when temperatures outside are above 90 degrees.

Store reusable bags at home in a cool, dry place, not in the car.

Store reusable bags in a cool, dry place, such as in your home or in the garage. Higher temperatures, like those inside of a car or a car's trunk, can cause germs like Salmonella bacteria to grow faster.

Do not use reusable grocery bags for other purposes.

Bags used for groceries should be used only for food. Don't carry items such as baby bottles, toys, gym clothes, and other items in the same reusable bags that you take to the grocery store.

These simple steps will help you to reduce cross-contamination, and help keep you and your family safe from harmful bacteria.



Photo by www.BillionPhotos.com / Shutterstock.com

Ask a JAG: Must I register at Rathaus?

By **Joerg Moddelmog**
Kaiserslautern Legal Services Center

Q: My landlord told me I have to register at the town hall in my village, but others have told me that is not required if I am here under U.S. government orders. Who is right?

A: “Thou shalt not register with the local town hall” is a commandment derived from Article 6 of the German Supplementary Agreement to the NATO Status of Forces Agreement. Only the U.S. forces have the right to keep records on their personnel with NATO SOFA status or share such information with German authorities.

Adherence to this law needs to be reiterated as it trumps the German Federal Registration Act, “Bundesmeldegesetz” in German or BMG. A change in German law that took effect on Nov. 1, 2015, requires that for any new leases, landlords must issue the tenant a so-called “Move-in/Move-out Confirmation,” or “Einzugs-/Auszugsbestaetigung” in German, for registration purposes or be hit with a fine of up to €1,000. That may be why your landlord told you to go down to the Rathaus to

register. You should disregard such advice, and point out to your landlord that under Article 6 of the Supplementary Agreement you are exempt from such registration requirements.

Registering at the local town hall can have serious repercussions, including but not limited to:

- German registration records are electronically shared with the German institution, formerly called “GEZ,” which is short for “Gebuehreneinzugszentrale,” and rechristened “AZDBS,” which stands for “ARD, ZDF, Deutschlandradio — Beitragsservice,” in 2013, that collects charges for public broadcasting. This triggers a TV and radio tax. If you receive such an assessment from AZDBS, the International Affairs Office staff on Kleber Kaserne can provide you with a letter confirming that you are exempt from having to pay TV and radio taxes under Article 60, paragraph 5(b) of the Supplementary Agreement. They can be reached by calling 483-8854/8859 or 0631-411-8854/8859.

- German registration records are also shared with the Federal Office for Taxation,

which triggers issuance of German tax ID numbers. The local finance office may start wondering about your source of income if they notice that no German tax return was filed for a particular tax ID number. Should you receive a letter from the German Finance Office, make an appointment to see a German legal assistance attorney right away.

- The Alien Registration Office may also probe into your situation to find out why a foreigner is registered at the town hall but does not appear in their legal alien records. This could only be straightened out by invoking the protections of Articles 6 and 7 of the Supplementary Agreement.

- An even more serious problem could arise if you are a General Schedule employee or service member and are thinking about retiring and taking a Nonappropriated Funds job or getting technical expert or analytical support status accreditation, under Articles 73 or 72 of the Supplementary Agreement. These jobs are by definition not available to those who have become ordinary residents of Germany, for which local registration is seen as a strong indicator.

Your local town hall has no incentive to oppose a registration request or turn you away because the state pays each and every county a community fiscal adjustment payment, “kommunaler Finanzausgleich” in German, based on its number of registered inhabitants. However, another contributing factor influencing that payment is the number of NATO SOFA personnel reported to be present by the U.S. forces. Consequently, if you were to register, the county or city might very well receive a double benefit.

So stand your ground and don't give up your treaty-based right not to register. If you registered by mistake and experience any of the problems discussed above, make an appointment to see a German legal assistance attorney by calling the Kaiserslautern Legal Services Center's Legal Assistance Office at 483-8848 or 0631-411-8848 or the Baumholder Law Center's Legal Assistance Office at 485-6506 or 06783-6-6506.

Editor's note: This article is for general information only and does not constitute legal advice or create an attorney-client relationship. You should always consult an attorney for specific legal questions.

FY 2017 budget addresses Russia, China, Iran, North Korea, terrorism

By Jim Garamone

DoD News, Defense Media Activity

WASHINGTON — President Barack Obama's fiscal year 2017 defense budget request highlights defending against challenges posed by Russia, China, Iran, North Korea and terrorist groups, a senior defense official said on background.

Each challenge requires different budgeting, resources, capabilities and capacities, all inside of the two-year budget agreement.

The fiscal 2017 request is pegged at \$582.7 billion, including an overseas contingency operations request of \$58.8 billion.

The request calls for a 1.6 percent pay hike for military personnel and civilians, and puts readiness on the path for recovery by fiscal 2022.

The budget continues the delicate task of balancing the readiness, capabilities and force structure of the U.S. military, the official said.

'Emergent Great Powers'

Countering Russia and China is a return to great-power competition, which entails building a joint force that is ready — and, more importantly, has the capacity — to meet great power requirements today and in the future, the official explained.

In the overseas contingency operations portion of the budget is \$3.4 billion for the European Reassurance Initiative, intended to fund continuous armored brigade rotations in Europe, more — and more involved — exercises, and prepositioning all the vehicles and equipment an armored brigade combat team would need.

Other investments specifically tied to Russia and China are those that enhance cyberspace capabilities, power projection, some space efforts, missile defense, science and technology investments and command and control. These are the “capabilities that would allow us to be able to compete with these emergent great powers in the future,” the official said.

Funding these capabilities also place the U.S. military in a good position in dealing with “the challenges we've got in North Korea, Iran, and then, of course, the efforts against [the Islamic State of Iraq and the Levant] in the Middle East... and in northern Africa,” he said.

Closing the gap

The Budget Agreement Act of 2015 cut funds to DoD by \$18 billion between fiscal 2016 and 2017. The department had to find a way to close that gap from within, the official said. The economic situation made it a bit easier to do this year with lower fuel costs, he said, which saved the department around \$2 billion alone.



Deputy Defense Secretary Bob Work announces details of the Defense Department's fiscal year 2017 budget proposal as Air Force Gen. Paul J. Selva, vice chairman of the Joint Chiefs of Staff, looks on during a press briefing at the Pentagon, Feb. 9. — Photo by Navy Petty Officer 1st Class Tim D. Godbee

Congress placed another \$5 billion in the OCO fund, which also provided some relief, the official added.

To make up the rest, “generally speaking, the services made reductions in [operations and maintenance], and they cut and delayed procurement,” the official said. There were also some efficiencies the department made that are paying off.

The military did not take large reductions in capacity. End strength for the military remains at 1,281,900 active-duty forces and 801,200 reservists. Army end strength is 460,000 and Marine Corps at 182,000.

The Navy will have 322,900 sailors and 11 aircraft carriers included in a total of 287 ships. There will be 96 operational bombers and 54 tactical fighter squadrons. The Air Force end strength is 317,000 airmen.

Challenge of operational demand

All this is a good start for the military, but it is only a start, the official said. “A dollar-for-dollar increase does not equal a linear increase in service readiness — there are other factors at play,” he said. “Operational demand is a key one in the Air Force and the Army in particular. The operational demand for units in some cases precludes regeneration of the readiness that we would need to confront the full range of the challenges that the secretary has talked about.”

The budget does regenerate readiness — if no new missions are added to the U.S. military's existing mission set. The chairman of the Joint Chiefs of Staff “is intensely interested in regenerating readiness of the joint force and generating comprehensive joint readiness, the official said.

But the readiness regeneration is uneven among the services, he said, “And the uncertainty is driven, really, by operational demand in the future.”

Retirement, Tricare savings

From a personnel standpoint, DoD will make a legislative proposal later in the year that's tied to some savings in the program related to blended retirement, the official said.

The department will also work on issues of continuation pay. “The law really says 12 years of service is where we'll pay continuation pay,” the official said. “We're looking to have greater latitude

and flexibility in where it comes and how much the continuation pay occurs for a service member.”

The department also hopes to adjust the thrift savings program matching portions and possible have them occur later, he added.

The official said he believes Congress will make changes to the Tricare program this year. “The joint staff has worked as part of this effort,” he said. Whatever is done, it must “increase access for everyone who utilizes the military health care system — provide more responsive care and finally be sufficient, more sufficient fiscally,” the official said.

European Reassurance Initiative budget request announced

By U.S. European Command Public Affairs

A part of the President's Fiscal Year (FY) 2017 announcement today included a request to substantially increase funding for the European Reassurance Initiative (ERI). This year's ERI request of approximately \$3.42 billion deepens the United States' investment in Europe as the security environment continues to evolve.

“ERI is a reflection of the United States' strong and balanced approach to Russia in the wake of its aggression in Eastern Europe and elsewhere,” said Gen. Phil Breedlove, Commander of U.S. European Command. “The collective sum of all ERI lines of effort is much greater than the five individual parts,” he added. The increased ERI funding would allow for:

- 1) Increased rotational presence
- 2) Additional bilateral and multi-lateral exercises and training with allies and partners
- 3) Enhanced prepositioning of U.S. equipment
- 4) Improved infrastructure to allow for greater responsiveness
- 5) Intensified efforts to build partner capacity with newer NATO members and partners

ERI is a visible demonstration of the United States' resolve to support NATO assurance measures, bolster the security and capacity of our regional partners, deter and respond to aggressive actions from regional actors, and respond to crises in the region.

REGISTER NOW FOR ABSENTEE VOTING

Through the Federal Voting Assistance Program, service members, their eligible family members and overseas citizens are able to vote from anywhere in the world. Stuttgart community members interested in voting in 2016 elections need to register to request an absentee voting ballot. Registration is available for your respective state at: www.fvap.gov.

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

For more information on overseas voting or assistance with absentee ballots, contact the Installation Voting Assistance Officer Building 2913, Rm. 114, Panzer Kaserne at DSN: 431-2865/civ. 07031-15-2865.

FREE TAX CENTER SERVICES

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

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

Service 2015 tax statement and myPay delivery visit: www.dfas.mil. For questions on Tax Center services, call DSN: 421-4588/civ. 0711-729-4588, for appointments, call 421-4152/civ. 0711-729-4152.

HOMETOWN PARADE PARTICIPANTS NEEDED

In celebration of the USO's 75th Birthday a Hometown Parade will take place noon to 1 p.m., May 15 on Patch Barracks. U.S. Army Garrison Stuttgart organizations, clubs, units, bands, sports teams and community members are invited to march in the parade on foot, in a car, or with a float that reflects the essence of the group to honor the great community we live in. There is no fee to enter, interested people should sign up in advance by calling 07031-15-3345 or email programs.stuttgart@uso.org.

AMERICAN RED CROSS BLOOD DRIVE

There will be a blood drive from 9 a.m. to 5 p.m., March 2 at the Panzer Fitness Center as part of the Armed Services Blood Program. Contact stuttgart@redcross.org for details.

ASAP ENVISION TRAINING

Back by popular demand, the Army Substance Abuse Program is hosting a new vision board session, open to all Stuttgart community members, active duty, civilian, family members and Local Nationals from 1:30 to 3:30 p.m., March 3 at Fellowship Hall at Panzer Chapel.

EnVISION sessions focus on training for personal goal setting, making the most of community resources, discussing "stress-less" planning, the importance of proactivity, the law of attraction, and secrets to guide appreciative leadership.

Participants have the opportunity to create their own vision board to illustrate their road map to success. Materials will be provided. Seating is limited,

registration is required, so contact ASAP to save your spot.

For units and leadership: Additional sessions are available that will give two hours of face-to-face Army Substance Abuse Program training credit.

For more information and to register, contact ASAP — Army Substance Abuse Program coordinators at DSN: 431-2530/civ. 07031 15 2530.

KELLEY BARRACKS ROAD CONSTRUCTION

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

Feb. 22 to March 7 — area in front of Buildings 3305 and 3306

March 7 to 28 — area in front of Buildings 3304 and 3305

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

WINTER ADVISORY RESOURCES

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

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

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

SCSC SCHOLARSHIPS DUE MARCH 4

Applications for Stuttgart Community Spouses Club Scholarships

for the 2015-2016 academic year are open for eligible applicants including all high school graduating seniors, continuing education students (not older than age 23), and spouses. Applicants must be ID card holders sponsored by an active duty member, government civilian, or contractor within the Stuttgart military community. See application for complete eligibility requirements on the SCSC website, www.stuttgartspousesclub.org. Applications may also be picked up at the Stuttgart High School counselor's office, Army Community Services, Patch Thrift store, Education Center and on-post library. Submission deadline: March 4. For more information email: scsc.scholarship@gmail.com.

FINANCIAL READINESS CLASSES

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

Regularly scheduled classes through March 2016 are:

March 9 – Using Credit Wisely

March 23 – All About TSP

USO WINTER CARNIVAL

Help recognize 75 years of support, solidarity, and smiles with a Winter Carnival from noon to 5 p.m., Feb. 27 at Patch Elementary School located on Panzer Kaserne, Building 2918. All Stuttgart military community members are welcome to enjoy free food, games, and activities. Enter the Chili Cook-off and/or Dessert Contest by signing up at the USO Center, Building 2915, Panzer Kaserne. DSN: 431-2394/civ. 0711-93582394

LIVING IN STUTTART

Continued from Page 2

"It's not unusual for teenagers to be afforded an increased level of personal freedom here – like traveling alone or with friends," said Pons.

"But people should be aware of defensive measures that can help reduce risk to their personal safety."

Minimize the risk:

- Never travel alone; always travel in groups of two or more.
- Think ahead and choose safe travel modes and routes.
- When departing from home, advise your family members of your destination and anticipated arrival time.
- Whenever possible carry a cellular phone and know the local emergen-

cy phone numbers (such as police and medical).

- Maintain situational awareness of your surroundings at all times. This means to pay attention (see and listen) for things happening around you and to identify anything unusual. If necessary, leave the area and report the suspicious activity to local authorities.
- Take precautions with social media networks (such as Facebook, Twitter, and blogs) and avoid posting or providing personal information.
- Do not reveal details of your personal life (such as where you live, work, family members, your asso-

ciation with the U.S. military, email address or phone numbers) to anyone you don't know and trust.

- Maintain a "low profile." Try to blend in with the local populace through how you dress and your appearance. Avoid wearing U.S. affiliated clothing like fan or spirit wear.
- Understand the culture where you are living. Knowing the culture and customs of the host nation will facilitate better communication and understanding and will reduce the likelihood of terrorist attack from actions that foster hatred toward the United States.
- Developing your basic language

skills will help you gain the respect and trust of local citizens, even if your fluency is minimal. Learning key survival phrases in the local language (such as, "I need a police officer or doctor") will be vital in an emergency situation.

- Police Officer = **Polizist**

- Doctor = **Arzt**

- Help = **Hilfe**

- Stay away from civil disturbances and demonstrations of any form. These venues can turn violent with little to no advanced warning.
- If you think you are being followed, go to a safe location such as the U.S. Embassy, military installation or local police station.

STUTTGART EAGLES BASKETBALL TRYOUTS

This club was established in 2013 by parents and coaches of Department of Defense forces stationed at U.S. Army Garrison Stuttgart, to put together a team of talented youths who can represent the U.S. in competitions across Europe. The club was designed for the purpose of mentoring our youth by developing excellence on the basketball court and in the classroom while also giving an opportunity for travel throughout Europe. In 2015, the Eagles took home gold at the United World Games hosted in Klagenfurt, Austria. Arrive early to fill out the required paperwork. There is a \$10 tryout fee that is credited toward the registration fee if the child makes the given team.

Tryout schedule:

Feb. 28 at Patch Fitness Center Gym
 U12 Boys 1-3pm (Born after Jan. 1, 2004)
 U14 Boys 1-3pm (Born after Jan. 1, 2002)
 U16 Girls 3-5pm (Born after Jan. 1, 2000)
 March 6 at Patch Fitness Center Gym
 U19 Boys 1-3pm (Born after Jan. 1, 1997)
 U16 Boys 3-5pm (Born after Jan. 1, 2000)

ARMY BALL SEEKS VOLUNTEERS

The Stuttgart Army Birthday Ball Committee is looking for volunteers to help plan the 2016 celebration. This year's theme, "Honoring our Army Families" recognizes the strength and sacrifice of our Family Members and how they help make the strongest Army in the world. Contact the committee to discuss dates and times for volunteer availability at 2016StuttgartArmyBirthdayBall@gmail.com.

SOLDIER FOR LIFE SEEKS VOLUNTEERS

The U.S. Army Garrison Soldier for Life Retiree Council in USAG Stuttgart seeks volunteers to fill the rolls of President, Vice President, and council member. Soldiers and their families are the veterans that are our ambassadors within in the community. Soldiers bring with them invaluable skills to include the Warrior Ethos and Army Values. They are Soldiers for Life Veterans that remain strong, strengthen our communities and inspire future generations to serve. For more information on volunteering, contact DSN: 421-5005/civ. 0711-7295005.

SPRING BAZAAR SEEKS VOLUNTEERS

Stuttgart Community Spouses' Club (SCSC) is gearing up for the 2016 Spring Bazaar shopping event held on Patch Barracks, March 18-20. Volunteers are needed for setup,

the main event and tear down, March 13-20. Volunteering opportunities are available in a number of capacities including checking ID cards, helping in the finance office, assisting with hospitality for the vendors and selling raffle tickets. While most positions are only open to those over 18, there are other opportunities to help. Teens can earn volunteer hours by making home baked goods or helping serve the many volunteers and vendors. All volunteers are provided the added benefits of being entered into a "volunteer only" raffle and Early Bird shopping, March 18 from 8-10 a.m. before the Bazaar opens. Hundreds of volunteers are needed. This is an opportunity for units, High School sports teams and clubs to serve the community and receive volunteer hours March 13-20. For information on how you or your organization can help volunteer at the Spring Bazaar, visit www.stuttgartspringbazaar.org, click the Volunteer Spot link or email scsc.bazaarvolunteer@gmail.com.

SCSC WELFARE GRANTS

The Stuttgart Community Spouses' Club is accepting applications for Welfare grants from any organization that would like to apply for project funding. Applications are available through April 2016 and must be received by the 15th of each month for consideration. Applications and submission instructions, can be found at www.stuttgartspousesclub.org under the Welfare tab or by emailing scsc.welfare@gmail.com.

SIGN UP FOR USAG STUTTGART EMAIL

U.S. Army Garrison's community online and print news publication, The Citizen is updated daily with announcements on services, programs, events and information for the Stuttgart military community living both on and off-post. People are encouraged to use a non-mil email to ensure delivery of information on garrison news, announcements, programs, events, and activities. Those who have previously subscribed with an email that ends in mail.mil may no longer received updates due to recent computer and operating system restrictions. Visit www.stuttgartcitizen.com on the homepage right panel to sign up to stay informed.

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

EDUCATION CENTER OPEN HOUSE

Stop by the Stuttgart Education Center from 11 a.m. to 2 p.m., Feb. 29 and find out how you can leap towards your degree. Learn about associate's,

bachelor's and master's degrees. Enjoy a free lunch and a chance to win door prizes. Representatives from each school will be on-site to answer education questions. For more information on Stuttgart Education Center on Panzer Kaserne, Building 2915, DSN: 431-2506/civ. 07031-15-2506.

EMPLOYMENT TRANSITION WORKSHOP

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

SIGNUP, DEREGISTER FOR ATHOC

AtHOC has Self Service sign-up

available with Common Access Cards (CAC) online. Service members may also enter a dependent (one additional account). AtHoc alerts users with emergency notifications multiple ways through computers pop-ups, voice calls to landline and mobile phones, emails and text messages. Follow the step-by-step instructions on stuttgartcitizen.com, search AtHoc. Contact the Emergency Management Protection Branch officer at DSN: 431-2031/civ. 0703-115-2031, or contact your local commands Protection office.

IREPORT EUROPE

Report is a theater-wide reporting system that Soldiers, civilians, contractors and family members in Europe can use to report suspicious behavior to the appropriate authorities. iReport is available online and as a mobile app, visit www.eur.army.mil/iReport.

To report an imminent threat or crime in progress, immediately contact the military police or reach host-nation law enforcement by dialing commercial in Germany: 112.

COMING TO PATCH THEATER

- Thursday February 25**
 Deadpool (R) 1800
- Friday February 26**
 Eddie The Eagle (PG-13) 1800
 Deadpool (R) 2100
- Saturday February 27**
 Eddie The Eagle (PG-13) 1500
 Zoolander 2 (PG-13) 1800
 13 Hours: The Secret Soldiers of Benghazi (R) 2100
- Sunday February 29**
 Eddie The Eagle (PG-13) 1600
 Deadpool (R) 1900
- Wednesday March 2**
 Closed
- Thursday March 3**
 Eddie The Eagle (PG-13) 1800
- Friday March 4**
 Zootopia (PG) 1800
 London Has Fallen (PG-13) 2100
- Saturday March 5**
 Zootopia in 3D (PG) 1500
 London Has Fallen (PG-13) 1800
 Whiskey Tango Foxtrot (R) 2100
- Sunday March 6**
 Zootopia in 3D (PG) 1600
 Whiskey Tango Foxtrot (R) 1900
- Wednesday March 9**
 Zootopia (PG) 1800

Editor's note: The movies listing was the most current at the time of publication. Dates are subject to change. Please check with your local theater online for the most up-to-date schedule: [https://www.shopmyexchange.com/reel-time-theatres/Patch-Barracks-\(Stuttgart\)-1371010](https://www.shopmyexchange.com/reel-time-theatres/Patch-Barracks-(Stuttgart)-1371010)



© 2016 - 20th Century Fox / Photo courtesy of Movieweb.com
 Inspired by true events, "Eddie the Eagle" is a feel-good story about Michael "Eddie" Edwards, an unlikely but courageous British ski-jumper who never stopped believing in himself - even as an entire nation was counting him out. With the help of a rebellious and charismatic coach, Eddie takes on the establishment and wins the hearts of sports fans around the world by making an improbable and historic showing at the 1988 Calgary Winter Olympics.

From secret caves to Norwegian rails

Marines move equipment across Norway for Cold Response

By Cpl. Dalton Precht

HELL, Norway — The Norwegian Home Guard and U.S. Marines moved main battle tanks, amphibious assault vehicles, artillery, and equipment forward to one of the largest live-fire ranges in Norway Feb. 12 in preparation for Exercise Cold Response 2016.

“The rail operations provide a quick and easy mode of transportation to move around for Cold Response 16,” said Gunnery Sgt. Joseph Conradi, logistics operations chief with Marine Forces Europe and Africa.

The equipment from the Marine Corps Prepositioning Program-Norway, which includes M1A1 main battle tanks, light armored vehicles, amphibious assault vehicles, and other combat vehicles, were drawn from stockpiles stored and meticulously maintained in secure caves throughout central Norway. Tons of it was loaded onto railcars on its way to a live-fire exercise in Rena, Norway, in the coming days.

“This lets us work side by side and get expertise from the Norwegians, who operate in this environment full time,” said Conradi.

MCPP-N enables Marines to fall in on battle-ready equipment and quickly move it forward, enhances the Corps’ ability to respond to crises in the region



A Marine with 2nd Marine Expeditionary Brigade shows local children around a light armored vehicle at Hell Station in Hell, Norway, Feb. 12. Tons of combat vehicles and equipment were transported by rail to Rena, Norway, where the 2nd Marine Expeditionary Brigade’s ground combat element will take part in live-fire exercise in the coming days. The rail operations moved vehicles and equipment prepositioned in caves here to the training area in preparation for Exercise Cold Response 16, comprised of 13 allied and partner nations, and over 16,000 troops, starting later this month. — Photo by Cpl. Dalton A. Precht

quickly and effectively. The railhead’s accessibility from the caves makes it that much more effective.

“This is as important as any other training,” said Norwegian Army Capt. Rune Andersen, the company commander for Movement and Transportation Company, Host Nation Support Battalion. “Several aspects of that with integration of nations and

preparing them in this climate all come together and prepare us for Cold Response.”

The Norwegians and Marines of 2nd Marine Expeditionary Brigade show the capability of Marine Corps prepositioning and host-nation support.

“We love to work with the Marines,” he said. “It’s an important thing to do for us to be able to train with them. We are

lucky to have the Marines come over and do all of our training here.”

Exercise Cold Response is a regularly scheduled training event designed to enhance joint crisis response capabilities in cold weather environments.

This year’s exercise will include NATO allies and partners from 13 countries to improve capabilities in cold-weather conditions.

NATO must face varied threats, Secretary General says

By Jim Garamone
DoD News, Defense Media Activity

WASHINGTON — The NATO defense ministers meeting beginning tomorrow will posture the alliance to face threats from any direction, NATO Secretary General Jens Stoltenberg said in Brussels today.

“Over the next two days, NATO defense ministers will make decisions to address the changed security environment we are facing,” Stoltenberg said during a press conference at NATO headquarters.

With Russia posing a threat from the east and the threats from extremism to the south, the meeting will concentrate on adapting the alliance deterrence and defense strategy, the secretary general said.

Bolstering Collective Defense

“I expect ministers to agree to enhance our forward presence in the eastern part of our alliance,” Stoltenberg said. “This will bolster our collective defense, and at

the same time send a powerful signal to deter any aggression or intimidation.”

The U.S. plan to quadruple the funding for the European Reassurance Initiative “is a significant step,” he said. “It will fund a persistent rotational presence of air, land, and maritime forces and more training and exercises.”

The NATO ministers will also look at ways to improve the alliance’s response to hybrid attacks, Stoltenberg said. Russia used this strategy in Ukraine. It combines conventional military force with subversion, cyberattacks and propaganda.

“We will speed up our decision-making, and help ensure that we have all the tools and procedures in place,” the secretary general said. “We will develop ways to boost our resilience, the resilience of our allies.”

Combating Specific Threats

Stoltenberg said NATO will work more closely with the European Union to deal with a range of issues, especially in combating cyber threats.

“This is part of NATO’s long-term adaptation to a new and more challenging security environment, and it will require continued efforts, and continued investment,” he said.

NATO is part of the coalition against the Islamic State of Iraq and the Levant. “All NATO allies are part of the counter-ISIL coalition, and I expect NATO to provide them with support,” Stoltenberg said. “We are actively considering the U.S. request for NATO AWACS surveillance planes to backfill national capabilities.”

Stoltenberg said the alliance is working to end the suffering in Syria, reach a ceasefire and start a political transition. “The intense Russian airstrikes, mainly against opposition forces, are undermining these efforts,” he said.

The Russian strikes are driving thousands of refugees toward NATO ally Turkey, making the already desperate humanitarian crisis even worse. “The increased Russian air activity in Syria is also leading to violations of NATO airspace,” Stoltenberg said.



Official portrait of NATO Secretary General Jens Stoltenberg — Photo by NATO / Defense.gov

“Overall, the substantial Russian military build-up in Syria and the eastern Mediterranean is shifting the strategic balance and raising tensions in the region,” the secretary general said. “So calm, de-escalation and political solutions are more urgent than ever.”

Bataan 2016, who will you march for?

By WSMR Public Affairs

WHITE SANDS MISSILE RANGE, N.M. — The 27th annual Bataan Memorial Death March is gearing up to step into another record-breaking year at White Sands Missile Range, New Mexico, March 20. The event is an active history lesson and a true test of endurance.

Considered one of the hardest marathon-length routes in the United States, participants come from all over the world to honor the Bataan fallen and World War II survivors.

“They stand as a living testament to the memory of Bataan,” said White Sands Missile Range Commander Brig. Gen. Timothy Coffin during the 2015 opening ceremony. “They faced physical and spiritual hardships that for many were too great to bear. The legacy of the march, which has brought us here today, keeps its history alive and ensures the sacrifices made and lessons learned are not forgotten.”

The story of the Bataan Death March began April 9, 1942, when around 75,000 Filipino and U.S. Soldiers were surrendered to Japanese forces. U.S. service members were from the Army, Army Air Corp, Navy and Marines. Among those seized were members of the 200th Coast Artillery, New Mexico National Guard. The prisoners were forced to march

approximately 100 kilometers north to Nueva Ecija to Camp O'Donnell, a prison camp, in the scorching heat through the Philippine jungles.

One of those brave men who survived the march is retired Col. Ben Skardon, a 97-year-old Bataan survivor, who has marched 8.5 miles for the last eight years during the Bataan Memorial Death March.

“Coming to WSMR [White Sands Missile Range] is now my pilgrimage,” Skardon said. “I’m privileged to be able to make my eighth trip to White Sands. I learned how easy it is to die when you lose the will to live.”

Skardon was 24 years old and weighed 90 pounds at the time of rescue. He attributes his survival to two fellow Soldiers and Clemson graduates, Henry Leitner and Otis Morgan, who cared for him when he fell ill during the march. Before they were forced to march, Skardon said he hid away a can of condensed milk and his Clemson ring in a piece of cloth. He would take sips of the condensed milk during the march and traded his ring for a chicken and a can of ham.

In his honor, every year some of the participants carry cans of condensed milk signed by Skardon.

The prisoners of war were randomly beaten and denied food and water for days. Thousands died and those who fell



Bataan survivor retired Col. Ben Skardon crosses his makeshift finish line at the 8.5 mile marker. Skardon, 97, and his “brigade” have made the 8.5 mile journey for the past 8 years.

— Photo by Ms. Adriana Salas

behind were executed. Those who survived the march faced the hardships of a prisoner of war camp. The march became known as the Bataan Death March.

“They disrupted the enemy’s timetable,” said Margaret Garcia, daughter of deceased Bataan Memorial Death March survivor Evans Garcia. “They crippled the Japanese War efforts. They kept the faith.

They held on, dug deep, and found a reservation of strength and courage. If dad was here today he’d say... ‘well it wasn’t all bad. Let me tell you the pros.’”

During the 2015 memorial march, 10 Bataan survivors shook every participants’ hand at the start and finish line. Seven Bataan survivors plan to attend the 2016 Bataan Memorial Death March.

Flintlock 16 kicks off in Senegal



Brig. Gen. Donald C. Bolduc, Special Operations Command Africa commander, inspects troops with his Senegalese counterpart Senegalese Brig. Gen. Amadou Kane in Thies, Senegal, Feb. 8, 2016. More than 1,700 participants from over 30 nations spanning from Africa, Europe and North America took part in the annual Flintlock exercise. — Photo by U.S. Army Spc. Zayid Ballesteros

By Staff Sgt. Kulani J. Lakanaria
Special Operations Command Forward —
North West Africa

THIES, Senegal — The annual Flintlock exercise kicked off Feb. 8 in Thies with an opening ceremony that brought together senior leaders and guests

representing participating countries. This year more than 30 nations are attending Flintlock.

The Flintlock exercise started in 2005 across the Sahel region of Africa. Participating nations are members in the Trans-Sahara Counter-Terrorism Partnership. The exercises are planned

by African partner nation Special Operations Forces and Special Operations Command-Africa to develop the capacity and collaboration among African security forces to protect civilian populations.

U.S. Army Brig. Gen. Donald C. Bolduc, Special Operations Command-Africa commander, joined leadership from last year’s Flintlock exercise, hosted by Chad, and Senegalese leadership in exchanging the Flintlock ceremonial flag, signifying the new host nation accepting the lead role for Flintlock 16. This year’s Senegalese-led exercise spans across several locations within the country as well as outposts in Mauritania.

“Flintlock is more than a military exercise, we are training together to increase our interoperability and collaboration to counter today’s threats,” said Bolduc. “Flintlock contributes to strengthening security ties, promoting shared values and setting conditions for economic growth.”

Flintlock 2016 marks the third time the exercise has been hosted by Senegal.

The Senegalese army chief of staff, Brig. Gen. Amadou Kane, welcomed the guests as brothers-in-arms from

different countries.

“This ceremony that unites us today marks the official launch of this multinational exercise,” said Kane. “Flintlock 2016 will bring together more than 1,700 Soldiers from 33 countries coming from Africa, North America and Europe. Our strategic partner the United States chose us to host this event of great importance.”

“We’re meeting at a particularly crucial moment in the history of our continent and even more important our sub-regions,” said Kane. “Now, even more than the past, the increase of terrorism is a major concern to all of our countries. This moment of apprehension and challenges is also a moment to decide a sole and unique choice for the future, react together to stand in the in the way of violent extremists.”

Flintlock improves interoperability and cooperation among regional and international security forces to combat terrorism across borders. Each participating nation has a stake in the successful outcome of Flintlock 2016, which will strengthen each nation’s security forces.

Safety Corner: Childproofing your home

Each year, children are injured by hazards in and around the home. The good news is that the risk of injury can be reduced or prevented by using child-safety devices and reminding older children in the house to re-secure safety devices after disabling them. Most of these safety devices are easy to find and are relatively inexpensive. You can buy them at hardware stores, baby equipment shops, supermarkets, drug stores, home improvement stores, on the Internet and through mail order catalogs. Safety devices should be sturdy enough to hinder access and yet easy for you to use. To be effective, they must be properly installed. Follow installation instructions carefully. Remember, too, that no device is completely childproof; determined youngsters have been known to overcome or disable them.

Here are some child safety devices that can help reduce injuries to young children. The red numbers correspond to those on the image following the text.

Use Safety Latches and Locks

for cabinets and drawers in kitchens, bathrooms, and other areas to help prevent poisonings and other injuries. Safety latches and locks on cabinets and drawers can help prevent children from gaining access to medicines, household cleaners, matches, or cigarette lighters, as well as knives and other sharp objects. Even products with child-resistant packaging should be locked away and kept out of reach. This packaging is not childproof. Look for safety latches and locks that adults can easily install and use, but are sturdy enough to withstand pulls and tugs from children.

Use Safety Gates

to help prevent falls down stairs and to keep children from entering rooms and other areas with possible dangers. Look for safety

gates that children cannot dislodge easily, but that adults can open and close without difficulty. For the top of stairs, only use gates that screw to the wall. Use safety gates that meet current safety standards. Replace older safety gates that have "V" shapes that are large enough to entrap a child's head and neck.

Use Door Knob Covers and Door Locks

to help prevent children from entering rooms and other areas with possible dangers. Door knob covers and door locks can help keep children away from places with hazards. Be sure the door knob cover is sturdy, and allows a door to be opened quickly by an adult in case of emergency.

Use Anti-Scald Devices

for faucets and shower heads and set your water heater temperature to 120 degrees Fahrenheit to help prevent burns from hot water. Anti-scald devices for regulating water temperature can help reduce the likelihood of burns.

Use Smoke Alarms

on every level of your home, inside each bedroom, and outside sleeping areas to alert you to fires. Smoke alarms are essential safety devices for protection against fire deaths and injuries. Check smoke alarms once a month to make sure they're working. Change batteries at least once a year or consider using 10-year batteries for alarms.

Use Window Guards and Safety Netting

to help prevent falls from windows, balconies, decks, and landings. Check these safety devices frequently to make sure they are secure and properly installed and maintained. Limit window openings to four inches or less, including the space between the win-

dow guard bars. If you have window guards, be sure at least one window in each room can be easily used for escape in a fire. Window screens are not effective for preventing children from falling out of windows.

Use Corner and Edge Bumpers

to help prevent injuries from falls against sharp edges of furniture and fireplaces. Be sure to look for bumpers that stay securely on furniture or hearth edges.

Use Outlet Covers and Outlet Plates

to help prevent electrocution. Outlet covers and outlet plates can help protect children from electrical shock and possible electrocution. Be sure outlet protectors cannot be easily removed by children and are large enough so that children cannot choke on them. If you are replacing receptacles, use a tamper-resistant type.

Use a Carbon Monoxide (CO) Alarm

to help prevent CO poisoning. All consumers should install CO alarms near sleeping areas in their homes. Change batteries at least once a year.

CPSC recommends using Cordless Window Coverings

in homes with young children, in order to help prevent strangulation. Children can wrap window covering cords around their necks or can pull cords that are not clearly visible but are accessible and become entangled in the loops. If you have window blinds from 2000 or earlier and you cannot afford new, cordless window coverings, call the Window Covering Safety Council at 800-506-4636 or visit WindowCoverings.org for a free repair kit. Window blinds that have an inner cord (for raising the

slats of the blinds) can be pulled by a child and form a potentially deadly loop. Consumers should immediately repair these types of blinds. Consumers should know that WCSC's retrofit kits do not address the dangling pull cord hazard associated with many common window blinds.

Use Anchors to Avoid Furniture and Appliance Tip-Overs

Furniture, TVs and ranges can tip over and crush young children. Deaths and injuries occur when children climb onto, fall against or pull themselves up on television stands, shelves, bookcases, dressers, desks, chests and ranges. For added security, anchor these products to the floor or attach them to a wall. Free standing ranges and stoves should be installed with anti-tip brackets.

Use Layers of Protection with Pools and Spas

A barrier completely surrounding the pool or spa including a 4-foot tall fence with self-closing, self-latching gates is essential. If the house serves as a side of the barrier, doors heading to the pool should have an alarm or the pool should have a power safety cover. Pool alarms can serve as an additional layer of protection. Sliding glass doors, with locks that must be re-secured after each use, are not an effective barrier to pools.

Photo by Daria Fillimonova / Shutterstock.com

Health Beat: Sleep is a performance asset

The Stuttgart Wellness Center can assist with sleep education. For more information on services to improve sleep habits, call DSN: 590-1601/civ. 0637194641601.

By Human Performance Resource Center Staff

Sleep is vital. Think about it: sleep loss causes performance to suffer, but getting plenty of sleep results in better performance. Most people wouldn't consider going without food or water, and sleep is no different — it's a necessity. Lack of sleep is equivalent to being drunk. In fact, after being awake for 18-20 hours, you'd function as if you had a blood-alcohol content of .1%, or about four drinks for a 150-pound man. Little or no sleep affects your eye-hand coordination, reaction time, and multitasking abilities — and how you remember important sequences, remain attentive, and stay organized. If you're

tired, you may be able to learn skills and work well enough, but training while fatigued might impact your ability to do your best.

Many people believe that they can overcome being tired or "get used to it." But evidence suggests sleeping only 6 hours can jeopardize your resilience, health, and well-being. As people become more sleep-deprived, they become less aware that they're impaired. When someone says, "I'm used to being tired," they're simply used to having impaired awareness and judgment. When possible, sleep more to help boost your energy level, thinking ability, and readiness.



Photo by Kevin S. Abel

Former CYS athletes among NCAA National Signing Day elite

By Robyn Mack
USAG Stuttgart Public Affairs

National Signing Day happens every February. Like the NFL draft, it's a day anticipated by families, fans and sport media. It's the first day high school seniors can sign a binding Letter of Intent to play football at the NCAA school of their choice.

This year, former U.S. Army Garrison Stuttgart athlete, Kingston Davis, committed to the University of Michigan in Ann Arbor where he is enrolled and expected to play running back this season.

Last year, his best friend and former teammate, Jeff Kaczmarek, signed to Taylor University in Upland, Ind. Following a red-shirt season, Jeff will take the field as a defensive back.

Getting to their collegiate careers is a long way from where they first bonded – the Child, Youth and School Services fields – yet, the duo credits their CYS play for skills development and learning opportunities.

“My favorite memory from playing in Stuttgart has to be winning the CYS football championship in 2010 with Leroy Davis, Kenneth McDaniel, and my dad, Gary Kaczmarek, coaching me,” Jeff said. “Stuttgart had never had a tackle football team below the high school level and it took a lot of work by some great adults to establish one.”

“Our parents fought hard for us to even have a team,” recalled Kingston. “Prior to the commander's approval, we had to travel to Heidelberg four times a week for practice in order to qualify to play. After [we got] approval we were able to form a team representing Stuttgart. We only had 21 kids on our team, but went on to

win the [Installation Management Command] title by beating Bamberg which was a much bigger team in the championship game.”

“We went 10-0 and had a great experience of triumph and overcoming adversity,” Jeff added.

CYS does a lot of great things for athletes here,” said Gary Kaczmarek, a current U.S. Africa Command contractor and former football coach during the 2008 to 2012 seasons at Stuttgart CYS and Patch High School. “I believe many students who play over here may never consider playing back in the states which is a great opportunity for them to continue to play, compete, learn the sport and learn teamwork.”

“Playing CYS sports allowed me to develop the necessary fundamentals of the game. It taught me life lessons about healthy competition and how to work as a team with others,” Kingston said.

Current CYS athletes are on the right track in skills development, according to Kingston and Jeff. However, the teammates have some other tips for current youth athletes that aspire to collegiate fields.

“Concentrate on being coachable, being a good listener and learning from good coaches,” Kingston said. “Take your game to another level by coming up with a plan and sticking to it to develop your skills. Eat, drink and sleep your sport to learn the fundamentals of your position and the positions of everybody on your side of the football.”

“Don't be complacent with where you are,” Jeff added. “Remember that even if you're the best player on your team, there are hundreds of athletes



Former U.S. Army Garrison Stuttgart Child, Youth and School Services athletes, Jeff Kaczmarek and Kingston Davis, participated in their respective NCAA National Signing Days. Kaczmarek will attend Taylor University in Indiana and Davis will play at the University of Michigan in Ann Arbor. — Photo courtesy of Gary Kaczmarek.

waiting for the same opportunities you are, it takes a lot of dedication and hard work to separate yourself. With that said, when you talk about playing in college or even professional

a lot of people, and even coaches, will look at you like you're crazy. You have to protect your dream and realize that with hard work and faith anything can happen.”

Coach's Report

By Gary Kaczmarek
Former Youth Football Coach

Kingston Davis

Kingston is a special talent, who has been given some Godly physical gifts that was noticeable at an early age. His father, Leroy, and mother, Angela did an amazing job of raising him into the respectful, hard-working and dedicated young man he is today. He reminded me of a Bo Jackson or LeBron James like talent, where he is so physically talented, with the mental and emotional attributes that make him special. When he played here as a youth, as he was like a man-child, and from what I've heard so far at Michigan they are also impressed with his talent. I'm excited to continue to watch his journey at this and the next level.

Jeff Kaczmarek

Of course I'm biased, but I'm so proud of Jeff for overcoming so many adversities – three knee surgeries and a shoulder surgery during his high school career – that would have been enough for many athletes to give up on playing sports. However, his passion, confidence in his abilities and motivation has been so amazing and inspiring. He's always had a very high sports IQ and understanding of the game. Playing with Davis and others here, and having that success led him to want to play at one of the largest and most competitive high schools in Centerville, Ohio, and now in college. I'm excited to watch him continue to play the game he loves, while he continue to grow academically, physically and spiritually.



Gary Kaczmarek, a current U.S. Africa Command contractor and former Child, Youth and School Services coach, rallies his basketball team which included recent NCAA National Signing Day participants, Jeff Kaczmarek and Kingston Davis. — Photo courtesy of Gary Kaczmarek.

From World War II to Afghanistan: USO marks 75th anniversary



U.S. Army Garrison Stuttgart Commander Col. Glenn K. Dickenson, along with United Service Organizations Stuttgart volunteers and community members celebrate the USO's 75th Anniversary Feb. 4. — *Photo courtesy of USO Stuttgart*

By Jim Garamone
DoD News, Defense Media Activity

WASHINGTON — Talk about the United Service Organizations and people think it is some holding company. But mention USO, and all Americans know it is a way for them to connect with service members.

Retired Army Gen. George W. Casey Jr., the chairman of the USO Board of Governors and former Army chief of staff, estimated that the USO has served more than 35 million Americans over its history.

The USO marked its 75th anniversary yesterday at a gala here. Medal of Honor recipients, USO volunteers, active duty personnel, veterans, members of Congress, and stars of stage, screen and music gathered to mark a milestone for an organization founded as America geared up for World War II.

Dr. Jill Biden, wife of Vice President Joe Biden, called the group a family that stretches around the world. J.D. Crouch, the organization's chief executive officer, thanked the celebrities for joining in the celebration and for entertaining American service members around the world as ambassadors from the American people. "You light up our service members' lives," he said, "and you remind Americans of the debt of gratitude that we all owe to those who serve."

Founded at a dark time in history

The USO came into being during a dark time in history. The United States was not at war, but the rest of the world seemed to be. Hitler's troops stood on the English Channel and launched nightly air raids against London. In the Pacific, Japan eyed the colonial possessions of France and the Netherlands — two of the countries Germany had conquered in its 1940 blitzkrieg.

In face of such threats, the United States instituted a military draft, calling hundreds of thousands of men to the colors, and Americans wanted to reach out to their young men. President Franklin D. Roosevelt asked charitable organizations to band together to provide morale and recreation services to service members.

Six civilian organizations answered the call: the Salvation Army, the Young Men's Christian Association, the Young Women's Christian Association, the National Catholic Community Service, the National Travelers Air Association and the National Jewish Welfare Board. These organizations chartered the USO in New York on Feb. 4, 1941.

Japan attacked the United States on Dec. 7, 1941, and America entered the war. The Army, Navy and Marine Corps grew, with more than 12 million men and women in uniform by 1945. And the USO grew as well; by the war's

end, about 1.5 million Americans had volunteered for the USO.

Actor-comedian Bob Hope — a man who would be virtually synonymous with the organization — held the first camp show in 1941, and for the next five decades, he was the face of the organization.

Changing as America has changed

The organization changed just as the American military changed, and it is continuing to change. And wherever the military went, the USO went, too. There were USO centers in Korea, Vietnam, Bosnia, Somalia, Kuwait, Iraq and Afghanistan.

The USO also has centers at most major airports that provide a place for service members and their families to gather their wits as they travel, and the organization also helps service members as they transition out of the military.

The USO has grown to the extent that today, just a small portion of its budget goes to entertainment. But that aspect is still there.

First-hand look by Joint Chiefs Chairman

Marine Corps Gen. Joseph F. Dunford Jr., the chairman of the Joint Chiefs of Staff, led the annual USO Holiday Trip to Naval Air Station Sigonella, Italy; Camp Lemmonier, Djibouti; Naval Support

Activity Manama, Bahrain; Bagram Airfield, Afghanistan; and Ramstein Air Base, Germany, in December. He told the crowd at the anniversary celebration that the trip opened his eyes on what the organization provides the men and women of the U.S. armed forces.

The general said he would talk to the troops after the show and ask how they liked it. "They'd say, 'You know what, sir, for a few minutes, I forgot I was here. I felt like I was home.'" Dunford said. "That's actually why President Roosevelt started the USO."

But it is even more than that, the general said, and it goes to the heart of why the USO is important to America and its fighting forces. The country has asked a lot from its military since the attacks of 9/11, he noted, and the troops have performed magnificently. "I think it's exceeded any of our expectations, and there's a lot of reasons for that," he said.

One of the reasons the young men and women who have deployed forward have performed so well, the chairman added, is that they "have gone forward knowing that they had the support of the American people.

"And certain organizations deliver that message," he said. "Certain organizations are the physical manifestation of the support of the American people, and I don't know an organization that does it any more than the USO. The USO is actually what delivers that message to them."

Egg-straordinary: Museum dedicated to the Easter egg

By Teri Weiss

Special to the Citizen

Looking for ideas for a family day trip that won't break the bank?

An Easter egg museum in Sonnenbühl may be just the answer.

The Osterei-Museum is open year-round and features an astonishing collection of small but beautiful works of art: More than 1,000 Easter eggs are on exhibit in the renovated old school-house-turned-museum in Sonnenbühl.

It opened in 1993 as the first and only one of its kind in Germany.

This year, newly acquired ornament eggs will be displayed during the "Die reine Schönheit — Russische Ei-Impressionen," or the "Pure Beauty — Russian Egg Impressions" exhibition, in addition to the large permanent basic collection. None are duplicates; all are stunning showpieces of the art and craft of egg decorating. Different materials, such as wood, enamel, glass, precious stones, jewels and others have also been turned into egg-shaped creations. There is also a lot of interesting information about the decorating, painting and engraving of fragile egg shells.

The egg as the world-wide symbol of victory of life over death has a very old tradition and a long history. This museum provides an extensive overview of "all you ever wanted to know" about Easter eggs from many different lands and cultures. Each year, for several weeks around Easter, "egg artists" show off their talents at an international artists' fair and market.

Many lovely oval works of art are on exhibit to be admired, among them fingertip-sized finches' eggs, elaborately painted swans eggs and even some enormous decorated ostrich eggs.

In addition, there are ordinary chicken, duck and goose eggs painted to look like Coca Cola cans, or eggs with modern-day piercings, zippers and safety pins.

A small cafe on site offers coffee and snacks.

The entrance fee is €4.50 for adults; €2.50 for children ages 6-14; free for children 5 years old or younger. A family ticket for four people costs €10. Group rates are also available.

For 2016, the Osterei-Museum opening hours are:

Feb. 27 to May 16

Tuesday to Saturday from 10 a.m. to 5 p.m.; Sunday and German holidays from 11 a.m. to 5 p.m. Closed on Mondays, except on holidays.

May 17 to Nov. 6

Open only on Sunday from 1 to 5 p.m.

How to get there:

The Osterei-Museum is located at Steigstrasse 8, 72820 Sonnenbühl-Erpfingen. Drive southward out of Stuttgart on the B27 highway, past the Stuttgart Airport, in the direction of Reutlingen. Exit onto the B464, follow signs for Sonnenbühl. Take the L382 to and into Sonnenbühl. Turn left on Markstrasse, then left on Steigstrasse.

For more information, call civ. 07128-774 or visit <http://www.sonnenbuehl.de/data/ostereimuseumEn.php> (English).



Photo by Wendy Payne



Photo by Nikodash / Shutterstock.com

Participants needed for USO Stuttgart's hometown parade

By USAG Stuttgart Public Affairs Office

Now that the Fasching parades have packed up for the year, it's time to get ready for a hometown celebration of Stuttgart's own.

In celebration of the USO's 75th Birthday a Hometown Parade will take place May 15 on Patch Barracks.

U.S. Army Garrison Stuttgart organizations are asked to participate by creating a unique way to represent themselves in the parade.

"Every small town needs a parade, so we're bringing one to USAG Stuttgart. All units, clubs, organizations, bands and sports teams are invited to march in the parade on foot, in a car, or with a float that reflects the essence of your group," said Nora Regan, USO Stuttgart's programs and volunteer coordinator. "It's a way to honor the great community we live in."

"One of our favorite aspects about USAG Stuttgart is the diverse

range of opportunities that this community offers," she said. "There is truly something for everyone and we want your passion to be represented."

The USO Stuttgart team knows that organizations are often working with limited resources, so imagination is encouraged.

"A float does not have to be an ornate stage built on a trailer, although that's certainly an option," Regan said. "Groups can decorate a

wagon, the bed of a pick-up truck, or dress in costume with a banner."

Regan also noted people interested in marching without a club or organization can do so. "There is a place for everyone."

There is no fee to enter, but interested people should sign up in advance by calling 07031-15-3345 or email programs.stuttgart@uso.org.

The USO Stuttgart Hometown Parade will take place from noon to 1 p.m., May 15 on Patch Barracks.

'Frohe Ostern!'

Easter traditions in Germany

By Carola Meusel
USAG Stuttgart Public Affairs Office

This year, Easter or as Germans say, "Ostern," is celebrated March 27. During Easter, Christianity celebrates the resurrection of Jesus Christ.

The festivities traditionally start with Good Friday (March 25), one of the most highly observed Christian holidays where people commemorate Jesus' crucifixion.

Good Friday also marks the last day of the holy week and the end of the 40-day fasting period that started on Ash Wednesday.

In Germany, Easter is celebrated for four days: Good Friday; Easter Saturday, when Jesus was entombed; Easter Sunday, when Jesus rose from the dead and Easter Monday, a German federal holiday.

Some believe the word "Easter" refers to the direction of sunrise. Reflecting on the Christian tradition, the rising sun is a symbol for the resurrection and the homecoming of Jesus Christ.

Easter also marks the beginning of spring, a season that cherishes rebirth, renewal and growth. Germans like to ring in spring by filling their homes with fresh flowers and other Easter decorations.

"In spring, people typically prefer tulips, daffodils and buttercups. With the first sun rays and warmer days, most Germans spring clean their homes and feel

like decorating with fresh flowers and plants," said Lena Gschwind, a florist in Esslingen.

Tulips are typically the flower of choice, according to Gschwind. Other Easter decorations include painted eggs, rabbits, hens and chicks as well as wreaths and nests for decorating a homes' front door or the dining table.

People also like to arrange blooming branches along with birch tree and pussy willow branches in a large floor vase and decorate the branches with hand-painted eggs. As for this year's trend, pastel and copper-colored eggs are what people prefer, Gschwind said.

The tradition of artfully painting eggs dates back to the ancient world. Inspirations came from Greece, Italy, Russia and Armenia. During the 13th century, the first painted Easter egg was mentioned in an official document in Germany, where it also became a symbol for fertility.

The colors of the eggs have specific meanings. For example, red symbolizes Jesus' sacrifice, yellow is enlightenment and wisdom, green means youth and innocence, and orange stands for strength, resiliency and ambition.

Painted eggs are also used throughout Germany to add grace to "Easter

fountains," a tradition that originated in Franconia.

To this day, fountains in smaller towns and villages are decorated with eggs, multi-colored ribbons, wreaths, tulips and daffodils. Other decorations include Easter nests that are made out of branches and moss and are typically filled with eggs, wooden bunnies or chickens, Gschwind said.

In Germany, Easter Sunday is traditionally celebrated with close family. Often times, the festive day starts with an Easter brunch and is followed by an Easter egg and nest hunt in the garden or out in the woods.

Much like in the U.S., many European children search for their Easter nests, which are filled with chocolate eggs and bunnies or other smaller presents and candy.

Another tradition during Easter Sunday is to serve baked goods such as a sweet cake shaped in the form of a lamb (a symbol for the resurrection), shortbread cookies, and Easter bread and rings with almonds or sesame seeds, during breakfast or afternoon tea.

Whether you're German or American, Easter is a time for families and friends to celebrate traditions, regional customs, values and the arrival of spring and its new beginnings.

Easter markets

It's time for spring and Easter markets in Germany. The markets typically run from early March until the end of April. Due to an early Easter this year, some of the markets already begin end of February. As almost every town and village offers Easter and spring activities, here's a small selection of markets worth visiting.

Feb. 27-28: Schwetzingen International Easter Market

More than 50 artists from all over the world will present artfully designed Easter eggs during the The Schwetzingen International Easter Market in Schwetzingen. The market will be held at the Schwetzingen Castle (Schloss Schwetzingen, nördlicher Zirkel, 68723 Schwetzingen). The market is open Feb. 27 from 11 a.m. to 6 p.m. and Feb. 28 from 11 a.m. to 5 p.m. Tickets cost €6. For more information, visit www.ostereiermarkt.com.

March 13: Ludwigsburg "Märzklopfen" Spring Event

Ludwigsburg will host the "Märzklopfen" spring event with Sunday shopping, a flea market and fabrics from the Netherlands. The flea market will be held all throughout Ludwigsburg's downtown area while the fabric market will be held at "Rathaushof." The markets will be open from 11 a.m. to 6 p.m. All stores will be open from 1-6 p.m. For more information, visit www.ludwigsburg.de

March 5-6: Fellbach International Easter Egg and Arts and Crafts Market

Fellbach will host its international "Ostereierbörse," or Easter egg market, at the Schwabenlandhalle event center (Tainerstrasse 7, 70734 Fellbach). More than 180 vendors will offer arts and crafts, ceramics, books, interior decorations, jewelry, paintings, baked goods and 12,000 artfully designed Easter eggs. The market includes a petting zoo with rabbits, hens and chickens. Child care and hands on-activities for children are also available. The market is open March 5 from 11 a.m. to 6 p.m. and March 6 from 11 a.m. to 5 p.m. Tickets cost €4. For more information, visit www.freizeit-kunstmaerkte.de.

March 11-28: Nürnberg Easter Market

Nürnberg will host its annual "Häferlesmarkt," or Easter market, at the "Hauptmarkt" market square. About 100 booths will offer arts and crafts, ceramics, books, interior decorations and more. The market is open Monday through Saturday from 9:30 a.m. to 7 p.m., and Sunday and Easter Monday (March 28) from 10:30 a.m. to 7 p.m. The market will be closed Good Friday (March 25). For more information, visit www.nuernberg.de.

April 2-3: Esslingen Spring and Garden Market

Esslingen will celebrate the awakening of spring with the "Esslinger Frühling and Gartentage," or spring and garden market, in the historic downtown area. The market will be open from 11 a.m. to 6 p.m. on both days. More than 100 exhibitors will present interior decorations, flowers, gardening tips, sculptures, art and ceramics as well as antiques during the two-day event. A garden flea market will also be offered at "Blarerplatz." All stores will be open April 3 from 1-6 p.m. For more information, visit www.es-maerkte.de.

April 10: Dettingen Spring Awakening

Dettingen will host its "Frühlings-erwachen," or awakening of spring festival, at the market square and throughout the downtown area. The spring market will feature flowers, plants and gardening utensils. The event will also offer regional food and beverages, music and family entertainment. The market is open from 11 a.m. to 6 p.m. All stores will be open from noon to 5 p.m.

March 20: Waldenbuch Easter Market

Waldenbuch will host its traditional Easter market to ring in spring and Easter festivities. The market is located at the Waldenbuch Castle (Museum der Alltagskultur) and features a variety of Easter and spring-inspired decorations and presents such as hand-painted eggs, herbal lotions and soaps, jewelry and paintings. Booths in the courtyard of the castle and throughout Waldenbuch's downtown area offer food, chocolates and baked goods.

The market is open from 10 a.m. to 6 p.m. All stores in downtown Waldenbuch will be open from 1-6 p.m.

Tickets to the Easter market at the Waldenbuch Castle museum cost €3. The castle is located at Schloss Waldenbuch, 71111 Waldenbuch. For more information, visit www.museum-der-alltagskultur.de.

March 26 to April 3: Burg Hohenzollern Spring Awakening

The Hohenzollern Fortress will transform into a colorful flower garden as it's decorated with Easter wreaths, nests and bouquets during this annual event. The spring event is open daily from 10 a.m. to 5:30 p.m. Tickets cost between €7 and €12. Burg Hohenzollern is located at 72379 Burg Hohenzollern. For more information, visit www.burg-hohenzollern.com. *Note: there is no market or goods for sale at this event, but visitors might enjoy spring flowers while touring the fortress.*



Photo by oliveromg / shutterstock.com



Take a look at what's going on in Stuttgart's schools.

Youth Activities



"Hatchet" is an award-winning contemporary classic novel written by Gary Paulsen. It tells the story of thirteen year old Brian Robeson who is stranded in the Canadian wilderness when the single-engine plane in which he is flying crashes. To extend to the story and continue the learning experience Ms. Patricia McGlown, Patch Middle School 6th grade language arts teacher invited LTC Robert Hanovich, an Air Force pilot assigned to EUCOM, to explain to her students what being a jet pilot is all about. In this photo we see LTC Hanovich introducing himself to the class. Like the students, LTC Hanovich has read "Hatchet" and relates Brian's flying adventure to his own training and experiences. — Photo by Ed Thornburg



LTC Robert Hanovich explaining his helmet's sound system to Aiden Toole. Aiden is a 6th grader at Patch Middle School. — Photo by Ed Thornburg



Ms. McGlown's students were treated to not just seeing and holding LTC Hanovich's flying gear, but to actually trying it on. In this photo we see Cole Baggett wearing the pilot's helmet. Cole thinks it's a perfect fit. — Photo by Ed Thornburg





AVID helps students learn by providing tutors to help students in difficult subjects. AVID tutor Ms. Kate Scrivener helps a student with homework. — Photo by Ed Thornburg

The AVID program is a college prep program that teaches academic skills to motivated students. The focus of the program is to teach skills such as note taking, critical thinking, active reading, questioning strategies and study skills. AVID is considered a course of rigor as it challenges students to take control of their education and apply the skills they learn in the AVID room to their core classes. The program is supported by three AVID tutors who provide group and one on one support for students as they complete their AVID assignments and work from other classes.

Youth Activities



In AVID students are challenged with lots of hands-on activities. In this photo we see students test the laws of physics with a game on Jenga. — Photo by Ed Thornburg



Vocabulary is one of the building blocks of learning. Here we see students practicing vocabulary and spelling with a rousing game of Dabble (it's like Scrabble). — Photo by Ed Thornburg



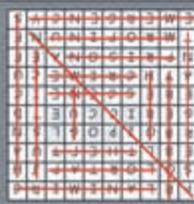
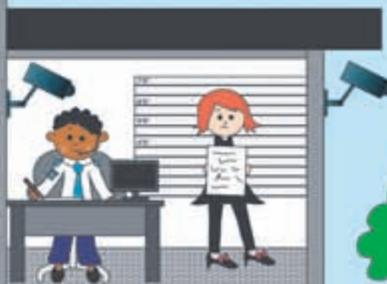


WHAT DOES NOT FIT?



MYSTERIOUS WORD:

CRIME	P	R	L	A	N	I	M	I	R	C
CRIMINAL	S	O	L	O	R	T	A	P	J	H
EMERGENCY	E	B	L	T	H	E	F	T	U	A
GUN	R	B	O	I	P	O	G	L	S	N
HANDCUFFS	G	E	R	I	C	C	U	E	T	D
HERO	E	R	E	S	C	E	N	E	I	C
JUSTICE	A	Y	H	C	R	I	M	E	C	U
PATROL	N	P	R	I	S	O	N	A	E	F
POLICEMAN	T	M	R	O	F	I	N	U	N	F
PRISON	E	M	E	R	G	E	N	C	Y	S
ROBBERY										
SCENE										
SERGEANT										
THEFT										
UNIFORM										



Denmark – Las Vegas of Europe for Quick Marriages



Photo by Milosz_M / Shutterstock.com

Story courtesy of MilitaryInGermany.com

The country of Denmark offers quick, easy and romantic weddings for people of all nationalities. In celebration of Valentine's Day, we explore the option of getting married in the home of Vikings.

You are living the life as an American Soldier, an Airman or a Civilian in Germany and you have found the love of your life! But now you want to get married. What should you do? You have the choice of going back to the United States, getting married in Germany or going to the Las Vegas of Europe (Denmark).

Going to the U.S. to get married

For many it would be nice to head home and have family and friends attend your big day. However this could be very expensive and time consuming just to travel back to the U.S. It also could be very tedious just trying to figure out what paperwork is needed, especially from afar. Marriage license requirements and the wait time are different for each state. Some states even require a medical examination or blood tests in order to obtain a license. If the procedures for marriage are not followed correctly, then expect an even longer time before you can say your I dos. Things get even more complicated and wait

time increases if you are a U.S. citizen marrying a local national (someone from another country).

Getting married in Germany

If you have interacted with the Germans or know anything about the German culture, then you would know that the Germans can be quite systematic, thorough and efficient. It is also worth noting that their laws and policies are just as systematic, just as thorough and just as efficient.

Getting married in Germany requires going to the Standesamt, located at the Rathaus (Town Hall), to give notice of impending marriage. Once all documents have been completed and turned in, it will take between two to six weeks before you can hear wedding bells. The time also lengthens if either one of the happy couple had been married before. And if you and your fiancée/fiance both do not speak German fluently, then you must provide your own translator or interpreter when requesting the notice of impending as well as for the ceremony.

Getting married in the home of the Vikings

In Denmark the documentation required is simple and straightforward, making the whole process quick and easy. It generally takes between four days and two weeks to process your paperwork. Additionally, the marriage

certificate can be given straight away after the ceremony, and it can come translated in English and German.

According to the Danish Marriage Act, the following is required for a foreigner to be married in Denmark:

- Be lawfully admitted and legally present in Denmark
- Valid passport showing proof of entry into Denmark
- If you live outside the U.S., present a valid residence permit from country of residence
- Completed Marriage Form, which can be downloaded from the City of Copenhagen website

U.S. military members will need the following:

- An approved leave form and Commander's memorandum for permission to travel and marry in Denmark
- A birth certificate (copy)
- Identity card (copy)
- A confirmation letter from a supervisor stating that you are single/divorced (original)
- When divorced, the legally binding document of your divorce decree (original)

Read more at <http://militaryingermany.com/denmark-las-vegas-europe-quick-marriages>

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lifestyle

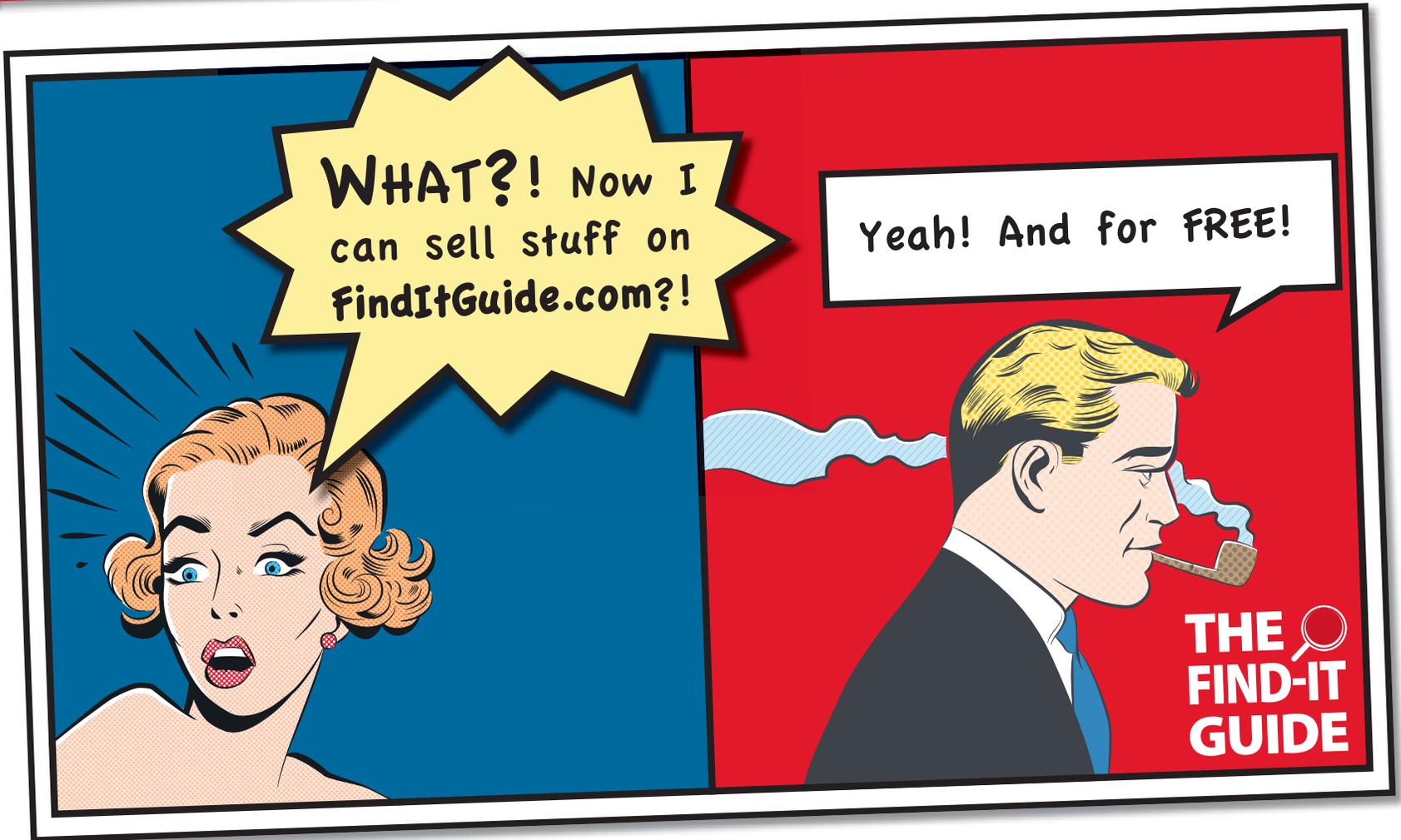
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2009 C4 Picasso, \$7000, ca hilldd@yahoo.com

2002 Toyota Rav4 SUV with AWD, \$8,995, US Spec, Manual, Cruise Control, Power Locks, Alloy Wheels, All Wheel Drive, Power Windows, Perfect Condition, Call: 0176-22730967, Email: info@europeanmotors.org, Web: <http://www.europeanmotors.org>

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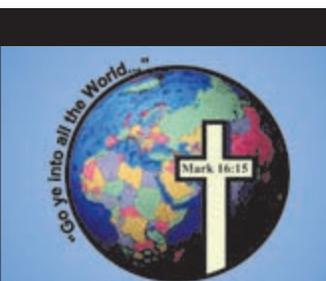
Bible Church of Stuttgart

Holding Forth the Word of Life Phil. 2:16



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

Pastor Bob Matthews | cell: 0176-567-34427 | office: 0711-93388243
Schockenriedstrasse 42 | 70565 Vaihingen
www.bible-church-of-stuttgart.com



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Sunday Evening.....6 pm
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Pastor F. Moser
Pastor's Phone: 0160-9278-8754
Church Phone: 0711-696-0785
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Saturday - 1800
AWANA: Sunday 1700
Pastor's Bible Study/Prayer Meeting:
Wednesday 1900

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Adult Ministries

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Bethany Worship Center



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Micah McCullough
&
Co-Pastor
LaVonda McCullough

SERVICE TIME:
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CONTACT INFO: pastormccullough@outlook.com • 0171-583-1694

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events

Segway City Tour Fri, Feb 26 Stuttgart, city center

Experience the increasingly popular way of sightseeing in Stuttgart. You will be passing the best-known sights of the Swabian metropolis, such as the Stuttgart Town Hall, the Stiftskirche or the castle square, the castle and so much more without having to take one single step. This tour will be in English. The tour is approximately 3 hours long. Tickets are €75. For more dates and times see www.seg-tour-stuttgart.com

Photo by Kzenon / Shutterstock.com

EVENTS

Photo exhibition by Götz Wintterlin

**Sat, Feb 27
Stuttgart, Galerie Pixxl**
Photographer Götz Wintterlin is presenting his best photos from 1989 until today at his exhibition from February 18 until April 2. See abstract yet familiar motives at the Galerie Pixxl Götz Wintterlin (open Thursdays and Fridays from 2 p.m. - 6:30 p.m.) in Stuttgart and relive Wintterlin's adventures and journeys across the globe. For more information go to www.stuttgart.de

Weekly market

**Tue, Mar 1
Stuttgart, Marktplatz**
Why not purchase your fresh produce at one of Stuttgart's weekly markets. Purchase anything from fresh vegetables, meat, cheese, flowers and fruit. If you are looking to see where else to go, why not try the Schillerplatz or Bismarckplatz. All these locations offer what you need to get the week kick started for your meals. For more information and opening times go to www.stuttgarter-wochenmaerkte.de

Apassionata horse show

**Fri, Mar 4
Stuttgart, Schleyer-Halle**
"Under the Mirror's Spell" comes to Stuttgart, which is the theme this year for Apassionata. On March 4, you can experience an emotional rollercoaster with the whole family. You will get a mixture of laughter, excitement and much more. See these horses perform a spectacular show with awesome highlights. The show starts at 8 p.m. Ticket prices start at €34. For more information about Apassionata go to www.apassionata.com

Vernissage Peter Jurewitz

**Fri, Mar 4
Stuttgart, Travertinkeller**
Peter Jurewitz opens his exhibition of colorful oil paintings and aquarelles at the Travertinkeller. Live piano music and selected drinks await you on March 4 from 7 p.m. because let's be honest: wine and art is something every Friday should include. Admission costs €3. To get a sneak peek of Jurewitz's impressions and to gather more information go to visit www.stuttgart.de

Blue Man Group

**Sat, Mar 5
Berlin, Stage Bluemax Theater**
Enjoy a great show on March 5 where you will see a theatrical show with music and other acts from the Blue Man Group. This group has been together for over 10 years. Get ready for a show of a lifetime. Ticket price is €75.89. Show starts at 6 p.m. For more information about the group go to www.stage.entertainment.de

Music Parade

**Sun, Mar 6
Stuttgart, Porsche Arena**
See the spectacular band that has come together from all over the world to perform live music on March 6. This varied program will have music not only from military and brass bands but also songs from the top charts. Anything from Jazz, Swing to modern music. Ticket prices start at €42.95. Show starts at 2:30 p.m. For more information visit www.reservix.de

Underground Tour of the Catacombs

**Thu, Mar 10
Esslingen, city center**
Experience Esslingen's underground

during the tour "Keller, Krypta, Katakomben" (cellars, crypts, catacombs). The tour will start at 5 p.m. from the "Dicker Turm" (big tower) at the castle and will lead to Esslingen's osuary under the city archive, some excavations and many more secret locations. The tour is normally in German but if you inform the Tourist Information at your registration, they do a bilingual tour. Admission is €11. For more info call 0711-39693969 or see www.esslingen-marketing.de

Chamber Ballet

**Thu, Mar 10
Stuttgart, Staatstheater**
Hans von Manen has been working and sharing his extraordinary choreographies with the Staatstheater Stuttgart for twenty years and it's no surprise that he has been asked to create another masterpiece for the new term from March 4 to March 30. This year he is sharing his stage with two equally talented up and coming artists, Glen Tetley and Katarzyna Kozielska, who have complemented his performance with creations of their own. Four dancers will carry you into the world of chamber ballet, tell stories about love, treachery and friendship without using a single word. Order your tickets online from only €9. For more information go to www.stuttgart.de

SPORTS

Basketball

**Fri, Mar 4
Ludwigsburg, Arena**
Neckar Riesen literally translates to Neckar Giants and that's exactly what they are; tall, strong and ready to play

against s.Oliver Baskets on March 4 from 8 p.m. Ticket price starts at €14. For more information and to reserve a spot at their home stadium at the Arena Ludwigsburg, visit www.mhp-riesen-ludwigsburg.de

Soccer

**Sat, Mar 5
Stuttgart, Mercedes-Benz Arena**
Join VfB Stuttgart at their game against TSG 1899 Hoffenheim at the Mercedes-Benz Arena on March 5 from 3:30 p.m. Ticket prices start at €32 for this first league soccer game. For more information go to www.stuttgart.de

CONCERTS

The Australian Pink Floyd Show

**Tue, Mar 29
Stuttgart, Porsche-Arena**
Calling all Pink Floyd fans. Celebrating Pink Floyd worldwide since 1988, this cover band will be performing songs by Pink Floyd. Show starts at 8 p.m. Ticket price starts at €44.70. For more information about the cover band go to www.ausiefloyd.com

Beyoncé: The Formation World Tour

**Fri, Jul 29
Frankfurt, Commerzbank-Arena**
This pop singer with an amazing and powerful voice will rock the stages in Frankfurt on July 29. It is no one else but Beyoncé. Her performances are a highlight in itself with the amazing costumes and stage show. Get your tickets soon as they will sell out fast. The show starts at 6 p.m. Ticket prices start at €80.10. For more information go to www.eventim.de

AUTOS

All ads & pics on www.finditguide.com



BMW 320d touring, HU 04/2017, Automatic transmission, 110 kW (150 PS), Diesel, FR 05/2004, 170,000 km, full leather grey, Accident-free, full service history, full equipment, all comfort, Negotiable €8700, call 0176-62056022

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

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

For Sale 2009 Smart ForTwo Coupe Passion, \$5000, 33,500KM/20,800 Miles, Dealer maint, all records, auto trans, CD/MP3/Bluetooth, ABS, alloy summer + new winter tires, Euro spec, guaranteed to pass insp. gary.baratta@gmail.com

2012 Toyota Rav4 "Limited" V6 SUV with AWD, \$24,695, US spec, Automatic, Cruise Control, Power Seat, Alloy, Navigation, Glass Sunroof, Perfect Condition, Call: 0176-22730967, Email: info@europeanmotors.org, Web: <http://www.europeanmotors.org>

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

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

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

A Grey, 2003, 1.9 TDI VW Touran Van, with 159,000 miles. Runs fantastic...perfect for traveling Europe. Seats five with lots of room for luggage in the back. Gets over 950 km per tank of fuel (diesel). Call 0170-2082928 /emr1115@yahoo.com

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

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

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

Good Year Ultra Grip Winter Tires with steel rims, 175/65 R14. Excellent condition used one winter. Rims 4x100. \$175; Call: 0162-297-2951

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



MINI Cooper Cabrio, green, inside black and part leather, new tires (all year tires) on aluminium rims, lots of extras, all services done, Accident-free, FR 09/2005, 76000km, Petrol, 85 kW (116 PS), replacement engine, Negotiable €8,400. 0176-62056022

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

Motorhome - See Europe in style. Fleetwood Tioga 1996, 31ft x 100 inches. Sleeps 5/6, queen master bed and separate shower and toilet. Beautiful with many luxuries. \$15K OBO. Call Scott for pictures and more info 01622972951

Nissan Almera TIN0di, 2002, German specs, pw.windows, 2nd owner, no accidents, TÜV summer/2016, AC, 5seat, standard, great travel car, no rust, POV inspection guaranteed, €2400, full tank goes 1100km, call 0151-45261009 or stefandsanya@gmail.com

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



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

ELECTRONICS

All ads & pics on www.finditguide.com

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



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

CD Changer for 110 CD's. Remote Control. Dual Voltage. User Guide. Orig.Box. \$225. chefsteven2015@gmail.com

Food Steamer. 3 Tiers of Stackable Baskets. 60 min. Timer with Bell. Up to 8ltr. Capacity and 1.1ltr. Rice Container. 220V. Orig. Box. \$35. chefsteven2015@gmail.com

ANNOUNCEMENTS

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Foot Massage Bath. 5 Massage Settings. With Heating. Massage-ball + Massagebrush. 3.3ltr. 100 Watt.220V. User Guide. Orig. Box. \$15. chefsteven2015@gmail.com

Hair Dryer. 3Heat + 2Speed Settings. Cold Shut Button. Concentrator + Finger Diffusor Attachment. Lightweight. Super Quiet. Removable End Cap. 1875 Watt. User Guide. Orig. Box. \$20. chefsteven2015@gmail.com

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

HP PC XP with Mouse, Keyboard and Remote. Orig.Box. \$150. chefsteven2015@gmail.com

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

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

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



Printer, Scanner Lexmark S605, \$50, Like new condition. Ink cartridges low. jcamb@yahoo.com



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

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

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

Treadmill - Proform 635 CW, \$249, timboney_52@hotmail.com, well maintained/functioning treadmill. Adjusts for speed & slope. Cross fit ski poles adjustable for tension. Emergency situation stop.

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

FOR SALE

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Caution: Some Classified ads have become a target for scams. Please be cautious if potential buyers offer you payment methods other than cash.

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

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

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Aeropostale Hoodie. Turquoise-blue. Lettering "aero" and zipper at the front. Size M. Barley worn. €13. janina.wuttke@gmx.de

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

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

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Candle Holder. Iron Base with Glass Cylinder. 9" High. \$25. chefsteven2015@gmail.com

Canister Vacuum Cleaner, Crevice Tool, Upholstery Tool, Floor Brush, Mattress Brush, Extra Filters, User Guide, great for car cleaning, €50, chefsteven2015@gmail.com

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

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

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

Custom-made children's kindergarten bag with name. Send me a message if you are interested in a unique bag for your child. Perfect present. All bags are made using wet-felting technique with sheep wool, soap and water only! € neg, depending on design, jenniferwilking@hotmail.com

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

Dark green Roxy Jeans. Size 30. Find pictures at www.class-world.com. €10. janina.wuttke@gmx.de

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

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

For Sale, \$100, ysamek@google mail.com, German 220 whirlpool front loader washing machine. Good condition, used very little. Please call 0163-8853574 after 1700hrs.

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FOR SALE

All ads & pics on www.finditguide.com

For Sale, €150, ysamek@google mail.com, German 220, Whirlpool front loader washing machine. Please after 1700 hrs. 0163-8853574

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

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

German Beerstein. Kaiserslautern and famous German Cities Design. Pewter Lid. 9.5"High. Bottom is a little chipped (don't see it if Displayed Only). \$45. chefsteven2015@gmail.com

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Kitchen Aid Hand Blender silver. 2 Speed. Quiet, Powerful Motor. Blend, Puree and Crush. Soft Grip Handle. Blending Arm Dishwasher Safe. 3 Cup Jar with Lid. User Guide. Orig.Box. NEW. chefsteven2015@gmail.com

Marilyn Monroe Box 12" x 8". \$20. chefsteven2015@gmail.com

Marilyn Monroe Glass Coasters Set of 4. \$12. chefsteven2015@gmail.com

Milk Frother for 8 oz. frothed milk and 12 oz. steamed milk. Dishwasher Safe Removable Milk Pitcher with see-through lid. Frothing and Heating Disks. 3 Temperature. User Guide + Orig. Box. \$50. chefsteven2015@gmail.com

Must sell 65 year old flawless solitaire. .45 carat diamond ring set in white gold. Asking best offer \$795. Will accept \$ or €. Call: 06332-41560 from 9 - 18:00.

Nike Sports Bag Large. Black. 3 Compartments. 2ft. Long x 1ft. High x 1ft. Wide. \$45. chefsteven2015@gmail.com

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

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

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

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

Rice Cooker w/Cable. 3 Cup (makes up to 6 Cups of cooked rice). Removable Cooking Pot. Glass Lid. Keep Warm Function (Indicator Light). Cook Indicator Light. Spatula+Measuring Cup. User Guide. Orig.Box. \$10. chefsteven2015@gmail.com

Rosina Wachtmeister Glass Cat Pair. Can be used with Metal Stache (incl.) or without. 32" High. Gobel, Germany. Orig.Box. \$75. chefsteven2015@gmail.com

Samsonite Sports Bag. Heavy Duty Quality. Great as Sports Travel Bag. \$45. chefsteven2015@gmail.com

Set of three pink vases, different shapes but matching in color, perfect for shabby-chic feature or to upcycle. €10, jenniferwilking@hotmail.com

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

Steam Iron. 1700 Watts Power. Stainless Steel Soleplate. Variable Steam Control. Pro Vertical Steam. Spray Button. 3 Way Smart Auto Off. Extra Large Water Tank (8.4oz.). Self Clean. Made in Germany. Excellent Working. User Guide. Orig.Box. \$60. chefsteven2015@gmail.com

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

Super Mario kart lunch cooler, \$8,017622987498

Swiss Cow Bell. \$15. chefsteven2015@gmail.com

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

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

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

Target practice, eco warrior shoulder bag, hand-made felt, environmentally friendly bag made using only wool, water and soap, €25, jenniferwilking@hotmail.com

The Swarovski Pierrot measures 8". This is the first edition of "Masquerade" series. Retired in 1999. isabell_1_98@yahoo.com



Toaster, 4 Slice Long Slot, 7 Adjustable Shade Settings, Bagel + Frozen Buttons, Toast + Cancel Buttons, Removable Crumb Tray, User Guide, Orig.Box, \$25, chefsteven2015@gmail.com

Tray. Plush Cushion Base provides comfort and stability. 17.5" x 13.5". \$20. chefsteven2015@gmail.com

Wall Decor Picture. Hand Crafted. Deer Hide. Made In Siberia. \$85. chefsteven2015@gmail.com



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FOR SALE

All ads & pics on www.finditguide.com

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

WMF Napkin Holder. Stainless Steel. Orig.Box. \$25 chefsteven2015@gmail.com

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

Viking Sword. Handle and Blade Engraved on both Sides. Real Steel. With Black Wall Display Mount. Made in Spain. \$275. chefsteven2015@gmail.com



Various size new gym bags \$10.00 each, spvendor@gmail.com



WMF Cookware 11pc. Covered Low Casserole 16cm+20cm. Covered High Casserole 16cm+20cm+24cm. Saucepan 16cm. Cold Handles of Stainless Steel. Dishwasher and Oven Safe. Orig.Box. \$350. chefsteven2015@gmail.com

V&B Cermaic X-MAS Ornament Set: German Male/Female Gingerbread Ornaments. 4" High, vilberoy & Boch Germany. NEW. Orig.Box. \$20. chefsteven2015@gmail.com

WMF Knife Set with Storage Block (Wood). 9 Pieces. Blades made from Forged Special Blade Steel. Made in Germany. Orig. Box. \$350 chefsteven2015@gmail.com

WMF Silverware 30 Pieces. Stainless Steel. Dishwasher Safe. WMF Germany. Orig. Box. \$75. chefsteven2015@gmail.com

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

Antique Brittany French Bench for 300\$, antique French Louis XIV Schrank \$650, antique German dark oak buffet (top used as bar) 500\$. Call 06374-991073 pls leave a message.

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

Antique English Book Case, \$75, 45 inches high, 11 inches deep, 29 inches wide. Curved Door with Glass Insets. Side Panels with Glass Insets, 2 Glass Shelves. Buyer Must Pick Up. Please Call 0159 0297 6140.

Antique French Louis XIV Schrank \$650. Call 06374-991073 pls leave amessage.

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

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

Brown Corduroy Upholstered Chair, \$25, Buyer Must Pick Up. Please Call 0159 0297 6140,

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

Coffee Table w/Magazine Shelf and Glass Center Piece. 4x2ft. 16"High. \$245. bethmary100@gmail.com

Couch Relax Chair, €199, great furniture use as a relax chair or bed diff moves, cover washable, like new, was new 398 euro at mobel martin, from a smoke and pet free home, cell 0151-45261009 stefandsanya@gmail.com

Couch set, €900, stefandsanya@gmail.com

Couch Table. Glass Table with Magazine Shelf (Wood). 46"L. x 27"W. \$50. chefsteven2015@gmail.com

Desk (with 3 rollout shelves). 30"H. x 35.5"W. x 18"Deep. \$50. chefsteven2015@gmail.com

Leather Wingback Chair, €150, jcambrya@yahoo.com

FURNITURE
All ads & pics on www.finditguide.com

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

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



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

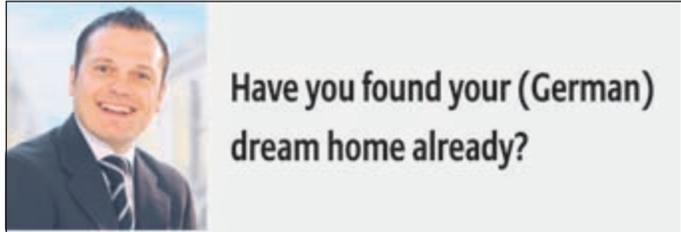
Adjustable Full/Queen Size Bed. Headboard, Footboard and Rails. Cherry Wood. Very Sturdy. Assembly is easy, no tools required. Made in USA. EUR 270. bethmary100@gmail.com

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

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

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

Clock, \$150.00, spvendor@gmail.com



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Dining room table and five wooden chairs. (4 shown) €100, jcambr@yahoo.com



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

Large 4 Section Closet (Schrank), \$250, 7ft 4in by 11ft 5in (3 sections are 3ft 3in wide, 1 section is 1ft 8in wide). Two Clothes Hanging Rails, Many Shelves. We will help take apart. Buyer Must Pick Up. Please Call 0159 0297 6140

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



Mantel Clock from the 60 era. Key wind chimes on the half and full hour, \$70.00, spvondor@gmail.com

Microscope, Lomo MB-10 stereo microscope with various parts and lenses included. Excellent condition. €400, jcambr@yahoo.com

White IKEA Twin Trundle Beds w/ Mattresses, \$175, Buyer Must Pick Up. Please Call 0159 0297 6140.

La-Z-Boy Rocker Recliner, \$75, Dark Green Fabric, Clean and Cozy. Buyer Must Pick Up. Please Call 0159 0297 6140.

Metal Coat Rack with Brass Buttons Very Sturdy 69"H. x 16"W. \$95. chefsteven2015@gmail.com



Metal Headboard+Footboard, Queen Size, Brushed Nickel Finish, Metal Gauge Tubing, Solid Bar Wire, €300, bethmary100@gmail.com

One Each 2&3-Seat Couches, €500.00. Like new from smoke & pet-free home, anthracite-colored cloth front & back. New price 1450€ asking 500€. Pick up in Siegelbach. Call 06301-7988092 after 8PM. parwk@superkabel.de

Love Seat, \$75, Warm Gold Fabric, Clean and Cozy. Buyer Must Pick Up. Please Call 0159-0297 6140.

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

Recliner couch loveseat leather, \$390, stefandsanya@gmail.com, real leather black, works great not often used, very comfy, back pillows come off easy to carry, cell 0152-06786080

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

PROFESSIONAL SERVICES

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Professional Services are offered by registered businesses as well as private people. To ensure a satisfactory service experience, please always ask for credentials and deny payments up front. For cleaning services, arrange for payments after a final walk-through and inspection of the clean house.

Sworn translator for English and German located in Stuttgart offering translation services at affordable and competitive rates. E-mail to: translationservices@arcor.de

WANTED

All ads & pics on www.finditguide.com

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

MRE (Meal Ready to Eat) Wanted!!! Offers to: 0170-1910484

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

Seeking Racquetball partner. Retired guy 63 desires a Racquetball partner, M/F, WI area, couple times a week on base for exercise, fun, NOT competition. Been years since I've played. Ready to play again. agameone@yahoo.com



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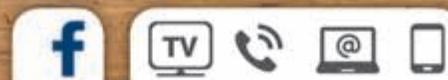
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FEBRUARY 25 - MARCH 9 EDITION



Spring Into Golf!

Mar. 5, 12, & 19: Stuttgart Golf Course Family Golf Special: 1 – 4 p.m.

Enjoy an exciting game of golf with family during the Stuttgart Golf Course Family Golf Special. Improve your golf swing technique, increase your comfort level to play the game on the course and ultimately have fun with your loved ones. Class is 3 hours with 30 minute golf lessons on the driving range. \$60 for 4 people, \$50 for 3 people and \$40 for 2 people (20% discount for E1-E5 and Annual Green fee holder) and includes green fees, golf cart, range balls, instructions, clubs and balls for the course. **Register by close of business Friday Mar. 4.** CIV 07141-879-150.

Mar. 5, 12, & 19: Get Hooked on Golf! Free Lesson Program for Beginners: 10 – 11:30 a.m.

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

Mar. 17: BOSS Golf Clinic, BOSS, Stuttgart Golf Course, 9 a.m.

Join BOSS for a fun-filled day at the Stuttgart Golf Course. Instructions will be provided by Stuttgart's own PGA Pro Marco Spellacy. Free transportation to and from the golf course. **Registration deadline is March 15.** DSN 430-7135 / CIV 0711-680-7135.

Kids & Family Corner

Mar. 2: Baby Bumps (Baby Wearing), 11:30 a.m. – 12:30 p.m. This group is for pregnant women at any stage. It focuses on education and support related to pregnancy and encourages socializing and bonding. Guest speakers and topics vary month to month. **Registration is not required.** DSN 431-3518 / CIV 07031-15-3518.

Mar. 4: March Madness 3v3 Basketball Tournament, Panzer Youth Center, 4 – 7 p.m. Calling all basket-ballers, 6th – 12th grade. Pick your team of three and bring your b-ball skills to the March Madness 3v3 Basketball Tournament. Prizes for the top three teams. Must be registered with Parent Central Services. **Free to enter.** DSN 431-3040 / CIV 07031-15-3040.

Mar. 7, 14, & 21: Infant Massage (Morning Session), ACS, 10 a.m. – 11 p.m. Bonding isn't necessarily an instantaneous reaction to having given birth; it is an ongoing process. Infant massage encourages a good relationship by supporting verbal and non-verbal communication and prolonged eye contact. It gives parent and child time...just to be together. **Registration is not required.** DSN 431-3518 / CIV 07031-15-3518.

Mar. 8: Tummy Time Playgroup, ACS, 10:30 a.m. – 12 p.m. Let new baby interact and bond with others while you socialize and share experiences with other new parents by joining our Tummy Time group! For parents with babies ages newborn to 1 year. Registration is not required. DSN 431-3518 / CIV 07031-15-3518.

Mar. 10: Exceptional Family Member Program (EFMP) Badminton Sport Clinic, Patch Fitness Center, 4:30 – 5:30 p.m. EFMP is partnering with CYSS Sports to provide a free badminton clinic teaching basic skills training to Exceptional Family Member children. Child must be between the ages of 5 – 18 and registered with CYSS. The clinic will be held at the racquetball court at the Patch Fitness Center. **Register by Mar. 4.** DSN 431-3362 / CIV 07031-15-3362.

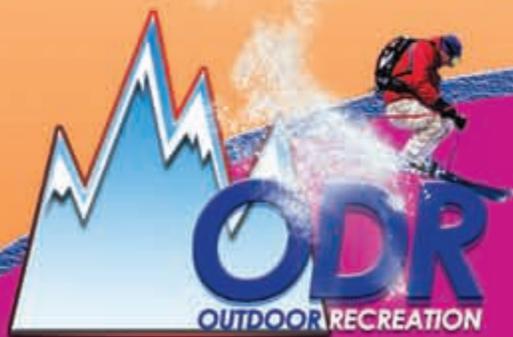
Mar. 11: Parent's Night Out, Kelley CDC/SAC, 6:30 – 11:30 p.m. Do you need some time to relax and enjoy the beautiful city of Stuttgart? CYS Services can help with Parent's Night Out. Drop the kids off (6 weeks – 5th grade) and they will take care of the rest. Child must be registered with Parent Central Services. \$20 per child. DSN 430-4780 / 7488 / CIV 0711-680-7480 / 7488.

Mar. 15: Get To Know Your SLO, Panzer Main Exchange, 11 a.m. – 1 p.m. The School Liaison Office will be conducting informational meetings for families of the Stuttgart Community to discuss their roles in the community, educational opportunities, and answer questions of in-processing families. DSN 430-7465 / CIV 0711-680-7465.

Mar. 15: Family Child Care, Panzer Main Exchange, 11 a.m. – 1 p.m. Are you interested in becoming your own boss, working from home and making money? Look into becoming a Family Child Care (FCC) provider. Free training, job mobility, continuing education credits and professional resources are available. Stop by the Panzer Main Exchange and learn all the benefits of becoming a FCC provider. DSN 430-4047 / 4100 / CIV 0711-680-4047 / 4100.

Mar. 15: Tiny Tots Lunch & Play, ACS, 10:30 a.m. – 12 p.m. Come visit our lunchtime playgroup, designed specifically for toddlers and young children ages 1 to 4. We will discuss toddler related topics along with opportunity for your child to learn through play! Lunch is not provided but feel free to bring your own. **Registration is not required.** DSN 431-3518 / CIV 07031-15-3518.

Mar. 19: Parent's Day Out, Patch CDC/SAC, 10 a.m. – 4 p.m. Sign your child (ren) up for Parent's Day Out so you can enjoy a day of carefree shopping at the 2016 Spring Bazaar. Only \$28 per child and \$25 for additional siblings. Service is open to children ages 6 weeks – 5th grade. **Register at Parent Central Services or via WebTrac by March 16.** DSN 430-7480 / CIV 0711-680-7480.



OUTDOOR RECREATION, Panzer Kaserne Bldg. 2953
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Call ODR for more details. DSN 431-2774 / CIV 07031-15-2774

Mar. 12 - 13: Garmisch Getaway, Outdoor Recreation. Take a much needed getaway to Garmisch with Outdoor Recreation. \$199 adults, \$149 youth 17 and under and \$99 SWPC/ASAP (Limited seats). Price includes transportation, lodging (based on double occupancy) at Edelweiss Lodge and Resort, daily shuttle to and from ski area, and equipment rental from ODR. Participants get fitted the week of trip. **Register by Mar. 2.** Trip departs Saturday at 7 a.m. and returns Sunday at 10 p.m. DSN 431-2774 / CIV 07031-15-2774.

Mar. 19: Snow Day Express to Malbun, Liechtenstein, Outdoor Recreation. You don't need a whole lot of time for a whole lot of adventure. Take the Snow Day Trip to Malbun with Outdoor Recreation. \$89 adults, \$79 youth 17 and under and \$45 SWPC/ASAP (Limited seats). Price includes transportation only. ODR equipment rental is an additional \$20 for adults and \$15 for youth. Lift ticket, meals and other recreational expenses are the responsibility of patrons. **Register by Mar. 11.** Trip departs at 5 a.m. and returns at 11 p.m. DSN 431-2774 / CIV 07031-15-2774.



Spring BAZAAR



Mar. 18 – 20: Spring Bazaar, Patch Barracks. The Spring Bazaar is Friday and Saturday, 10 a.m. to 7 p.m., and Sunday, 10 a.m. to 4 p.m. Come out and enjoy over 60 vendors: antiques, home décor, jewelry, artwork, cheese, wine, ceramics, and more in the Patch Fitness Center and in the surrounding parking lots. For information, contact Family and MWR at DSN 421-3153 / CIV 0711-729-3153 or the Stuttgart Spouses Club at email scsc.bazaarvolunteer@gmail.com

Mar. 18 – 20: Stay-n-Play Sweepstakes, Marketing table at the Patch Community Club (PCC). Don't miss your chance to win up to \$10,000 in prizes. Come to the 2016 Spring Bazaar and pick up a Stay-n-Play stamp card at the Marketing table. Take the card and visit sponsors at the PCC for a stamp. Return completed card to the Marketing table where it will be entered in the drawing held every hour, on the hour, starting at 12 p.m., every day. Enter one time a day. Must be 18 or older and a US ID cardholder. Do not need to be present to win. DSN 421-2809 / CIV 0711-729-2809.



For more Family & MWR information visit:



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stuttgart.armymwr.com

Entertainment

Mar. 3: Comedy Force Five, Special Events, Patch Community Club Ballroom, 6:30 p.m. Take a much needed break from your work week at the free Armed Forces Entertainment's Comedy Force Five comedy show. Doors open an hour prior to show time. The Backlot Bar will be open for purchases. This free show is for an adult audience. DSN 430-2110 / CIV 0711-680-2110.

Mar. 4: Stage Door Performance, Stuttgart Theatre Center, Kelley Barracks, 7:30 p.m. & Mar. 6 at 3 p.m. Get your tickets for this acerbic and loving look at the intoxicating, backstabbing, heart-breaking, and arduous life of a group of young girls who have come to New York to study acting and find jobs. Tickets \$15 for adults, \$13 for children. Minimum age to attend any performance is 5 years. You can reserve your tickets by visiting Stuttgart.armymwr.com or call DSN 421-3055 CIV 0711-729-3055.

Mar. 1: Employment Readiness Lunchtime Series - How to Work a Job Fair, ACS, 11:30 a.m. – 1 p.m. Don't get caught in the crowd. Learn how to stand out at the Job Fair. DSN 431-3362 CIV 07031-15-3362.

Mar. 2, 9, 16 & 23: SOS for Emotions (Formerly Managing Emotions), 11:30 a.m. – 1 p.m. Be well and care for your emotional health! The one thing we all have in common as people is that we are emotional creatures. This is both a gift and sometimes a curse. The good news is that we can be active in maintaining and fostering our emotional health in good times and bad through a variety of practical strategies. It may seem like a lot of work at first, but with time and effort it can be enjoyable and a big confidence booster! Take charge of your emotional health and learn new skills and strategies with this 4-session course. Attend as many as you are able. Classes do not need to be completed in consecutive order. DSN 431-3518 / CIV 07031-15-3518.

Mar. 8: Employment Readiness Lunchtime Series – Navigating USAJOBS (Federal Employment), ACS, 11:30 a.m. – 1 p.m. Looking for a job on USAJOBS can be a little intimidating but don't you worry, ACS can help. Come to the Navigating USAJOB (Federal Employment Class) and learn how to maneuver through the site with ease and get a step closer to the job of your dreams. DSN 431-3362 / CIV 07031-15-3362.

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



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For reservations, please contact us directly at +49 7031-6960 or e-mail your request to: stuttgart.marriott@marriott.com

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