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The Citizen



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Thursday, February 5, 2015 Sustaining & Supporting the Stuttgart U.S. Military Community Garrison Website: www.stuttgart.army.mil Facebook: facebook.com/USAGarrisonStuttgart stuttgartcitizen.com

Fasching: mischief and merriment



“Narren,” or Fasching fools, participate in last year’s Fasching parade in Weil der Stadt. This year’s event will be held Feb. 15 at 2 p.m. During the various Fasching parades in Southern Germany, Narren wear wooden masks carved in the images of witches, devils and grotesque animals. Be on the lookout for Narren; they may ruffle your hair, paint your face, steal a hair band or give you a piece of candy. For the full story, see Pages 12-13. — *Photo by R. Slade Walters, USAG Stuttgart Public Affairs Office.*

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KELLEY CLUB



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www.stuttgart.army.mil
www.facebook.com/USAGarrisonStuttgart

Col. John P. Stack
U.S. Army Garrison Stuttgart Commander

R. Slade Walters
Director of Public Affairs

S.J. Grady
Command Information Chief/Managing Editor

Greg Jones **Carola Meusel**
Writer Writer

USAG Stuttgart Public Affairs Office
Building 2949, Panzer Kaserne

Army Post Office Mailing Address:
Unit 30401, APO AE 09107

German Mailing Address:
Panzer Kaserne, Geb. 2949, 3rd Floor, Panzerstrasse,
71032 Böblingen

Telephone: +49 (0)7031-15-3105, DSN 431-3105
Fax: +49 (0)7031-15-3096, DSN 431-3096
Email: editorial@stuttgartcitizen.com

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John Thompson
Managing Director

Newspaper Layout/Designer
Alexander Pütz
Dipl. Designer (FH/University of applied sciences)

Display Advertising Contact
Jaqueline Samad
Telephone: +49 (0) 631-30 3355 37
Email: ads@stuttgartcitizen.com

Classified Advertising Contact
Janina Wuttke
Telephone: +49 (0) 631-30 3355 31
Email: class@class-world.com
Website: www.class-world.com

Mailing Address:
AdvantiPro GmbH
Europaallee 3
67657 Kaiserslautern

The importance of protecting your personal data

Commentary by Victor M. Rivers
U.S. European Command

These days there seems to be a National Day for everything. We have National Cheese Day, National Ice Cream Day, even National Tug-of-War Tournament day. But there is a day that everyone should pay attention to all year long — National Data Privacy Day.

Data Privacy Day began in the United States and Canada in 2008 as an extension of the already established Data Protection Day in Europe, which commemorated the signing of Convention 108, the first legally binding international treaty dealing with privacy and data protection. In 2014, the U.S. Congress adopted a resolution supporting Jan. 28 as National Data Privacy Day.

Jan. 28 has already passed, so why should anyone be interested now? Well, it is because the vulnerabilities to data theft and misuse are ongoing, global issues.

We in the cyber security world want consumers to better understand how their personal information may be collected and the benefits and risks of sharing personal data. We want you to speak up and express your expectations for the use, protection and management of your personal data.

We want to inspire through concrete, simple and actionable tips for actively managing your personal data. We want to encourage and motivate you to consider the privacy implications of your online actions for yourselves and others. We want to encourage businesses to be data stewards by being open and honest about how they collect, use and share personal information and clearly communicate any available privacy and security controls.

It's critical for consumers to understand their rights and the importance of protecting their personnel information.

Have you ever thought about how many times you've given out your Social Security number without thinking about the consequences? Or why so many organizations say they need it?

If you haven't, you're not alone. Social Security numbers are the most important piece of information a cyber-criminal needs to commit identity theft. Yet many consumers don't worry about handing over their most valuable identity asset until it's too late. A stolen Social Security number allows a criminal to use your identity to apply for credit or a mortgage, use your health insurance, and even buy a home or escape arrest, all in your name, using your information.

Even though they were never intended to be used as universal identifiers, Social Security numbers are the

most commonly used record-keeping number in the U.S. They're linked to your bank account, credit score, residence, employment, and much more. To make matters worse, the unsecure ways Security Numbers are stored and transmitted make them the prime target of identity thieves. You should challenge or object when businesses and organizations request your Social Security number. It could save you a lot of grief later.

Are you paying attention yet? Well, maybe you do protect your Social Security number. But what about your social media accounts? Do you know your vulnerability there?

When you download a social media application on Internet-connected devices, you may be allowing the app to collect and use your personal information such as your contacts list, family members' information or your current location and residence. If possible, look at the application permissions before downloading, and make sure you are comfortable with the information it requests and collects.

Facebook alone maintains a plethora of personal information on account users, and the information they collect and sell is growing daily.

Before posting online, think about how it might be perceived now and in

the future, and who might see it. Think about what you are posting and how it can be used by cybercriminals.

Set the application privacy and security settings on web services and Internet-connected devices to your comfort level.

It is a good idea to limit how and with whom you share information. Be aware that when you share a post, picture or video online, you may also be revealing information about others. Be thoughtful when and how you share information about others.

Look at all your devices that connect to the Internet (this includes your smartphone) and ensure they are updated with the latest virus protection software.

Review the settings on all your social media accounts. Ensure these sites are sharing what you want to share with the world based on your own personal risk tolerance.

When sharing critical information across business sites for banking or purchasing, be sure that information is encrypted and the sites are legitimate. wNational Data Privacy Day is for your situational awareness and protection.

For more information on data privacy and resources on how to protect your data, visit www.staysafeonline.org.

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Learning to stamp out sexual assault

Story & photo by Greg Jones
USAG Stuttgart Public Affairs Office

U.S. Army Garrison Stuttgart hosted Sexual Harassment and Assault Response and Prevention trainers Jan. 12-23 to train new victim advocates who will serve in various organizations as Sexual Assault Response Coordinators.

The training, offered by U.S. Army in Europe, consisted of 80 hours of instruction and practical exercises in a variety of subjects from regulatory guidance on reporting sexual harassment or assault, to helping victims find resources and even assisting commanders in developing and implementing a SHARP program.

The training included 15 modules with numerous lessons and four capstone exercises. The subjects covered complaint procedures, both formal and informal, communication and active listening skills, legal issues and options for health care for victims, as well as other related topics.

"The students leave here with a basic skill set to serve as a victim advocate, and to advise the commander," said Master Sgt. Ronald Henry, a SHARP trainer with USAREUR G-1.

"WE do the best we can to set the groundwork for them here, but the real learning starts when they get back to their units and start working as SARCs. The catch-22 is that we hope they never get a victim, but the only way they'll really learn is to help a victim of sexual harassment or

sexual assault," he said.

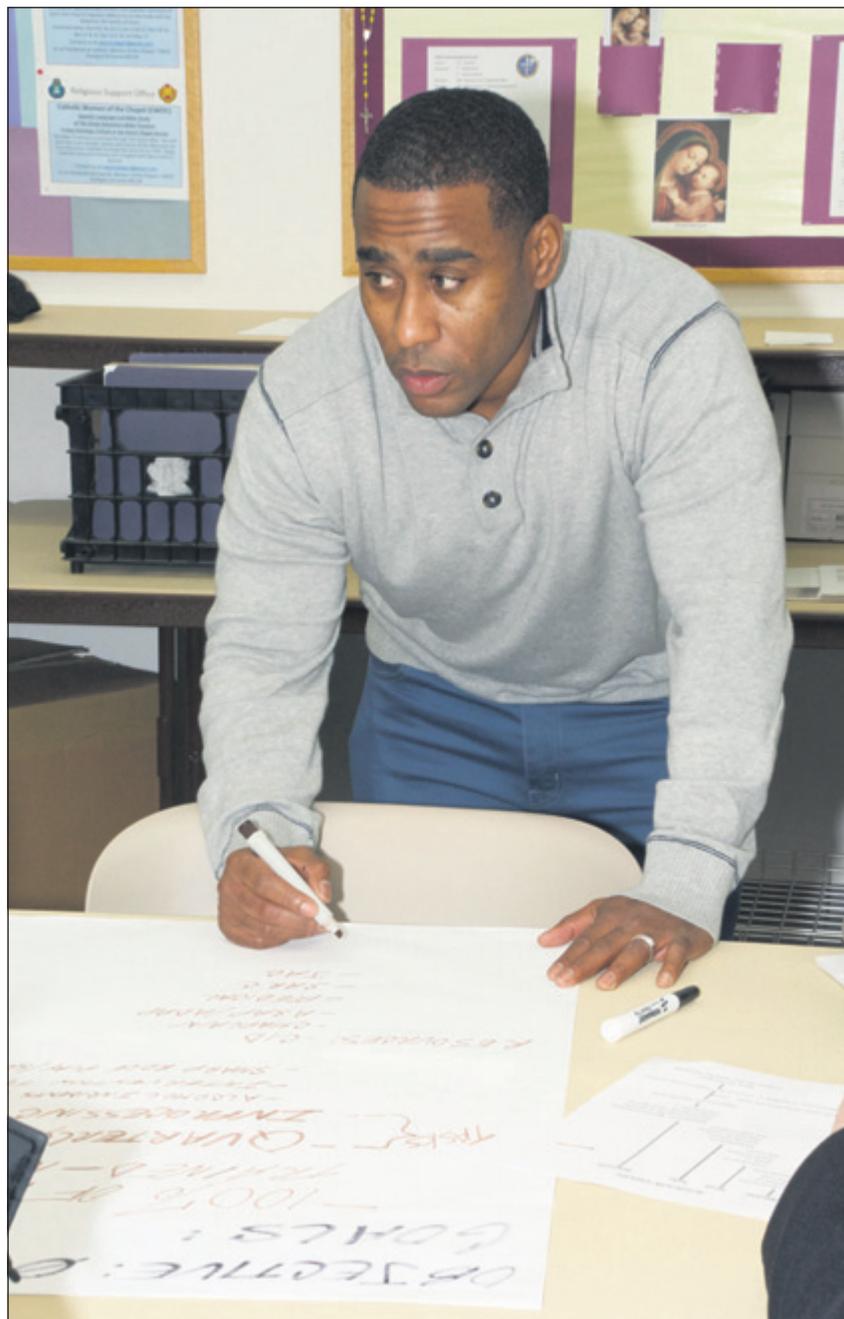
The mobile training team, consisting of two instructors, conducts training at various installations throughout Europe, and according to one student, the course packs a lot of learning into 80 hours.

"It has been by far one of the best training experiences of my career," said Sgt. 1st Class Tamari Lewis with the Joint Multinational Training Command in Grafenwöhr. "In the last two weeks I have learned much more about the SHARP and SARC programs than in the rest my time in the Army, so I feel prepared now going into the role of a SARC."

Lewis went on to explain that the additional training and skill set will of course be a positive factor in her career development, but the real rewards of training to become a SARC and ultimately serving in that role, are the rewards of helping others.

"I'm new to Germany, and I was originally going to go a different assignment, but when this opportunity came to me, I was honored," she said. "It feels good knowing you are able to help people and touch lives. It's a big responsibility and I know that, but I think I'm ready now, and I look forward to putting these skills to use helping people."

To find out more about the USAREUR SHARP program, including the SHARP MTT and other training resources, visit the SHARP section of the USAREUR website at www.eur.army.mil/SHARP.



Air Force Maj. Dennis McCullough, with the U.S. European Command J-4, works with other students on a capstone exercise during the Mobile SHARP/SARC training conducted here Jan. 12-23.

News & Notes

Black History Month celebration planned

The U.S. Army Garrison Stuttgart Equal Opportunity Office, along with EO leaders from across the military community, has several events planned for February's Black History Month observance.

The Stuttgart Theatre Center will present "Her Stories," a collection of African and Caribbean folk tales featuring an African American woman or girl as the main character. Performances will be held on Friday and Saturday evenings, Feb. 6, 7, 13, 14, 20, 21 and 27 at 7:30 p.m. Matinee performances will be held on Sunday, Feb. 15 and 22, at 3 p.m.

Tickets are \$15 for adults, \$13

for students. Reservations can be made by calling the theater box office at 420-3055/civ. 0711-729-3055 (Tuesday through Friday, 12:30-5:30 p.m.) or on the Stuttgart Family and MWR website at www.stuttgart.armymwr.com.

On Feb. 7 from 9 p.m. to 1 a.m., a Spoken Word Night will be held at the Kelley Club on Kelley Barracks. The evening, for those 18 and older, will include spoken word performances and live music.

An official observance will be held Feb. 26 in the Kelley Theatre from 11:30 a.m. to 1 p.m. Entertainment includes performances from the Patch High School choir and Stuttgart Gospel Service Choir, and a cultural

food sampling. Displays will highlight aspects of African American culture, and a short film will look back on 100 years of Black history.

The Patch Movie Theater will also feature a special movie at 5 p.m. each Sunday in February: Feb. 8, "Selma" (PG-13); Feb. 15 "The Help" (PG-13); Feb. 22, "The Butler" (PG-13).

For more information, call the USAG Stuttgart Equal Opportunity Advisor at 430-7945 or civ. 0162-297-5922.

USAG Stuttgart changes command Feb. 27

Col. Glenn K. Dickenson will replace Col. John P. Stack as commanding officer of U.S. Army Garrison

Stuttgart during a change of command ceremony scheduled for Feb. 27.

The ceremony will take place at 10 a.m. in the Patch Fitness Center, Building 2337.

Michael D. Formica, the region director for Installation Management Command Europe, will preside over the ceremony.

Dickenson comes to USAG Stuttgart after serving as the chief of the Current Operations Division, Department of the Army G2.

Dickenson is married and has three teenage children.

Stack will now report to Fort Bragg, N.C., where he will prepare for a yearlong deployment to the U.S. Central Command area of operations.

Don't get caught with an expired stateside license

U.S. Army Europe Public Affairs Office

Host nation police authorities, particularly in the state of Rhineland-Palatinate, recently started to enforce a new policy concerning driver's licenses for personnel of the U.S. Forces and their dependents.

According to this policy, the driver is only in possession of a valid license to operate a privately owned vehicle, or POV, in German public traffic if in possession of a valid U.S. driver's license and a valid U.S. Forces certificate of license, commonly referred to as "USAREUR license."

If the U.S. driver's license has expired, the individual is considered to be operating the vehicle without license, regardless of a valid USAREUR license. In Germany, driving without license is a criminal offense.

This new policy is based on a recent unilateral change in interpretation of the German Supplementary Agreement to the NATO Status of Forces Agreement by host nation authorities. The U.S. Forces dispute this new interpretation, and have raised the matter via the U.S. Embassy in Berlin to the German Federal Government. However, U.S. Forces authorities currently have no control over the application of this policy by the German authorities.

U.S. Forces personnel in Germany should be aware of the present situation. If possible, those who have a U.S. state driver's license should ensure it is valid and renewed in a timely manner.



Some German police are enforcing a new policy that requires U.S. Forces personnel and their dependents to be in possession of both a valid USAREUR driver's license and a valid U.S. driver's license. — Photo by Shutterstock.com.

Some states offer renewal via mail or online. Military and civilian personnel, as well as family members, should check with the issuing state authorities whether being stationed abroad provides for an automatic extension of their state driver's licenses.

If an automatic extension is provided, a hard copy of the rules should be kept available in case of a traffic

control by German police.

If the U.S. state license has expired, and an automatic extension is not available, the safest course of action is not to operate privately owned vehicles in German public traffic until the current dispute regarding the validity of expired U.S. state licenses under the applicable international agreements has been resolved with the

German federal government.

U.S. Forces personnel who have been charged for driving without a license should contact the local legal office for assistance.

For links to each state's Driver License Division, visit the USAREUR Registry of Motor Vehicles webpage at www.eur.army.mil/rmv/default.htm.

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(24/7) USAG Stuttgart: 49 (0)631-413-7280 DSN: 484-7280

How you can help foil terrorists

USAG Stuttgart Public Affairs Office

A vigilant community is one of the best lines of defense against terrorism. It's not a cliché. Force protection is everyone's business.

Agencies within U.S. Army Europe and Installation Management Command Europe continually work together to review force protection measures and ensure they are appropriate for the conditions and threat assessment.

The measures are based on the assessment of the risks the Stuttgart military community faces. As a matter of policy, the specifics of the force protection measures are not publically discussed, but you can be assured the garrison is committed to providing the best security possible, working closely with host nation law enforcement and security partners, based on that assessment.

Regardless of the threat assessment, members of the U.S. military community should take standard precautions, be aware of their surroundings, and know where and how to seek help.

Members of the military community are reminded to stay vigilant and report any suspicious activity to Military Police or to host-nation law enforcement officials by dialing 110.

Personal protective measures:

Stay informed via official channels, news reports, etc., about current potential threats.

Avoid large public gatherings such as demonstrations or rallies. If you encounter such gatherings, leave the area as quickly as possible.

Keep a low profile and try to "blend in" to the local environment. In public, avoid wearing or carrying overtly American or military clothing or other items.

Be unpredictable. Vary routines

such as routes and departure times to and from work.

When traveling, become familiar with local emergency numbers and places that could serve as refuge, such as a military installation, embassy or police station. Learn or carry a few key phrases in the local language, such as "I need a police officer" or "I need a doctor."

Instruct your family and associates not to provide strangers with information about you or your family.

When leaving office or home, be sure to tell someone where you're going and when you expect to get there.

Do not open doors to strangers and refuse to meet with strangers outside your work place.

Be alert for suspicious activity:

- Someone with unusual interest in sensitive information about security measures, personnel, entry points, peak operating times, and access controls such as locks or alarms.

- Someone who engages in overtly suspicious actions (such as triggering false alarms) to provoke and observe responses by public safety personnel.

- Someone observing, photographing, drawing or measuring key buildings in the community.

- Unattended briefcases, suitcases, backpacks or packages.

- A car or truck left in a no-parking zone in front of an important building.

- Intruders in secure areas where they are not supposed to be.

- Chemical smells or fumes.

- Someone with no right or need to know asking questions about sensitive information such as building blueprints, security plans or travel plans.

- Someone purchasing supplies or equipment that can be used to make bombs or weapons.

- Someone purchasing uniforms without proper credentials.



Bumper stickers and decals identify you as an American. Garrison officials remind Department of Defense personnel and their families to use caution and follow antiterrorism personal protective measures already in place. — Photo courtesy U.S. Army.

Reporting suspicious activity:

- If you see something, say something. If you see suspicious activity, report it. If you see something but you're unsure whether it's suspicious, err on the side of caution and report it.

- Report, don't act — let experts deal with the situation.

- Click on the iWatch logo on the home page of every major Army organization in Europe.

- Go to www.eur.army.mil/eureport/default.html.

- Know the emergency contact number for local police for your area (i.e., in Germany, the number is 110) or areas in which you intend to travel.

Social media:

- Assume the whole world will see what you post and take appropriate cautions.

- Apply the same operational

security considerations to social media interaction that you would use elsewhere.

- Limit who can view social media sites, but don't trust settings alone to keep you safe.

- Don't post home or work addresses or phone numbers.

- Be aware that the content of seemingly innocuous posts can be "added up" to give away sensitive information.

- Avoid citing government or military affiliation.

- Be aware that posting detailed information about things such as departure times to or from work or someone's location may place people at risk.

- Don't "geotag" your posts or allow applications to pinpoint your location.

- Don't speculate on the threat and force protection posture in public, you may be feeding the rumor mill.

On the Blotter

Dec. 29

A civilian was apprehended for suspected distribution of a controlled substance.

Jan. 16

Military Police responded to a disturbance in Stuttgart after German police reported that a service member was involved in an altercation with a local national. The service member struck the local national in the stomach and with a blunt object. Alcohol may have been a factor in the incident.

Jan. 18

In the early morning hours, German Polizei detected an odor of alcohol on the driver of a USAREUR-plated vehicle and took the individual into custody.

Jan. 19

• A service member crashed her vehicle into a concrete barrier at the main gate to Kelley Barracks in the early morning hours. MPs administered a breathalyzer and confiscated her driver's license.

• A verbal altercation became physi-

cal when two individuals exchanged blows in family housing.

Jan. 20

A family member was observed placing two makeup items into her stroller and leaving the PX without paying.

Jan. 23

A civilian employee's car was struck near the Panzer Kaserne commissary by an unknown individual who fled the scene.

Jan. 24

A service member was taken into custody on suspicion of driving under the

influence of alcohol during a routine traffic stop in Böblingen.

On the Blotter is compiled by the U.S. Army Garrison Stuttgart Directorate of Emergency Services and the Stuttgart Law Center. Entries may not be completely accurate and are not adjudications of guilt or innocence of any person. If you have information regarding any of the crimes above, please call the USAG Stuttgart Military Police Desk at 430-5262/civ. 0711-680-5262.

Bible Church of Stuttgart

Holding Forth the Word of Life Phil. 2:16



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YouthGroup, 17:00
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To take the GAT, go to <http://csf2.army.mil>.

PLAN FOR FEDERAL HOLIDAY

Most organizations and facilities in U.S. Army Garrison Stuttgart will be closed Feb. 16 in observance of the Presidents Day federal holiday. A few agencies, such as the Stuttgart Army Health Clinic, will also be closed Feb. 13 for the U.S. Army Europe training holiday.

The shuttle buses will run according to the weekend schedule on Feb. 16.

Patrons are advised to call ahead before visiting any facility.

PRAYER BREAKFAST SOLD OUT

The USAG Stuttgart Religious Support Office's prayer breakfast on Feb. 11 is sold out.

For more information, call the USAG Stuttgart RSO at 431-3079/07031-15-3079.

CYS SERVICES ANNUAL SURVEY

Child, Youth and School Services will conduct its annual survey through April. The information gathered will assist CYS Services in meeting the needs of the community. Those who complete the survey will receive \$4 off a future Parents' Night Out or Parents' Day Out.

A link to the CYS Services survey can be found online at www.stuttgartcitizen.com, and hard copies are available at any CYS Services facility.

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

EXPANDED POST OFFICE HOURS

The U.S. Army Garrison Stuttgart Postmaster announced new hours of operation at several Army Post Offices earlier this month.

The APOs on Panzer Kaserne, and Patch and Kelley Barracks are now open from 10 a.m. to 4 p.m. Monday, Tuesday, Wednesday and Friday. On Thursday, these APOs are open from 11 a.m. to 5 p.m.

The APOs are closed on U.S. federal holidays and weekends.

SELF HELP ISSUE POINTS NOW CLOSED

Because of funding cuts

in the Army Family Housing budget, the U.S. Army Garrison Stuttgart Self Help Issue Points on Patch and Robinson Barracks will be closed until further notice.

Items normally available at Self Help, such as light bulbs, hardware and painting supplies, can be purchased at any home improvement store off post or Family Housing residents may elect to wait until these items are again available.

In the meantime, housing officials are working diligently to obtain additional funding to reopen the facilities.

VOLUNTEER FOR SPRING BAZAAR

The Stuttgart Community Spouses' Club will host the 2015 Spring Bazaar March 13-15 on Patch Barracks.

Volunteers are needed March 8-15 to assist vendors, check ID cards and help in the finance office. Teens can volunteer by making home-baked goods or helping the hospitality committee.

All volunteers will have two hours of early VIP shopping privileges March 13 and will be entered into a special raffle reserved for volunteers.

To find out more information on how to become a bazaar volunteer, visit www.stuttgartspringbazaar.org.

PCSING SOON?

For those who plan to relocate to a new duty station this year, the U.S. Army Garrison Stuttgart Central Processing Facility will host permanent change of station/preseparation briefings Feb. 18, March 4 and 18, April 1 and 15.

The briefings will be held at 1 p.m. in Building 2913 on Panzer Kaserne.

Service members and civilians departing should register to attend a briefing as soon as they know they are PCSing. Seats are limited and advance registration is required.

Information will be provided from agencies such as transportation, customs, health and dental clinic, Tricare, vehicle registration,

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housing and Army Community Service. Army personnel will also receive a briefing on finance issues.

All separating Army personnel must attend this briefing to receive pre-separation information.

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

BUY, SELL AT LOCAL FLEA MARKETS

Do you need to lighten the load for a PCS move? Or perhaps you are looking for a god deal on 220-volt kitchen appliances? You can do both at an upcoming community flea market.

Flea markets are scheduled from 10 a.m. to 2 p.m. Feb. 7 at the Patch Community Club, and May 16 and Aug. 22 in front of the Panzer Exchange. A kids-only market will be held April 25 in front on the Patch Fitness Center.

Service fee for a table or space is \$10 and can be paid at any fitness center.

For more information, call 430-2110/civ. 0711-680-2110.

GET FREE HELP WITH FILING TAXES

Service members, retirees Defense Department civilian employees and family members can get free, professional help in filing their tax returns between now and June at the Stuttgart Tax Center.

All filers are required to bring in a filled-out IRS Intake Pub 13614-C, found in the Stuttgart Law Center section of the garrison website at www.stuttgart.army.mil.

Appointments will be made via email through the contact form on the law center webpage at the address above. A drop-off service is also available, with an anticipated turnaround of about two weeks.

Walk-in clients will be accepted from 9 a.m. to noon, but those with appointments will have priority.

The Stuttgart Tax Center is located in Room 215, Building 3312, Kelley Barracks.

COUPLES, LEARN TO RECONNECT

Looking for some new, creative ways to reconnect? Army Community Service's Great Dates series offers three "date" nights (Feb. 11, 18 and 25 from 6:15-8:45 p.m.) where couples will learn how to maximize the quality time they have together.

For more information and to register, call ACS at 431-3518/civ. 7031-15-3518.

SIGN UP FOR ATHOC ALERTS

AtHoc is a telephonic alert system that can send a text message and phone call to large number of Department of Defense personnel in a short period of time. It is used to notify the DOD community assigned to U.S. Army Garrison Stuttgart's area of responsibility of emergency or crisis situations such as an active shooter, bomb threat or hazardous chemical spill.

AtHoc is not intended to be used for notifying the local community of weather alerts or demonstrations. This information is disseminated through the garrison Facebook page, online Citizen and via email to a unit's 24 hour desk Center.

AtHoc is intended to only be used for serious incidents that affect the safety and security of personnel

within the USAG Stuttgart footprint.

Sign up for AtHoc alerts by contacting your unit's Antiterrorism Officer or by contacting the USAG Stuttgart Emergency Manager at 431-203/ 07031-15-2032.

PATCH COMMUNITY CLUB ENTERTAINMENT

The Patch Community Club's Backlot Bar offers a full drink menu and free finger foods every Friday night.

Upcoming entertainment includes after-hours karaoke Feb. 12 from 6-11 p.m. and a Top 40 night Feb. 20 from 6-11:30 p.m.

These events are open to ID cardholders and authorized guests 18 and older.

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

PIZZA DELIVERY

The Exchange has just announced that Pizza Hut in the Panzer Exchange Food Court now offers a delivery service. Customers can also order online at www.myexchangefood.com.

Just pick your area from the drop-down menu, select a pizza, and choose in-store pick up or delivery options. Prices and full information about pick up or delivery can be found on the website.

Send your community-wide announcements to editorial@stuttgartcitizen.com.

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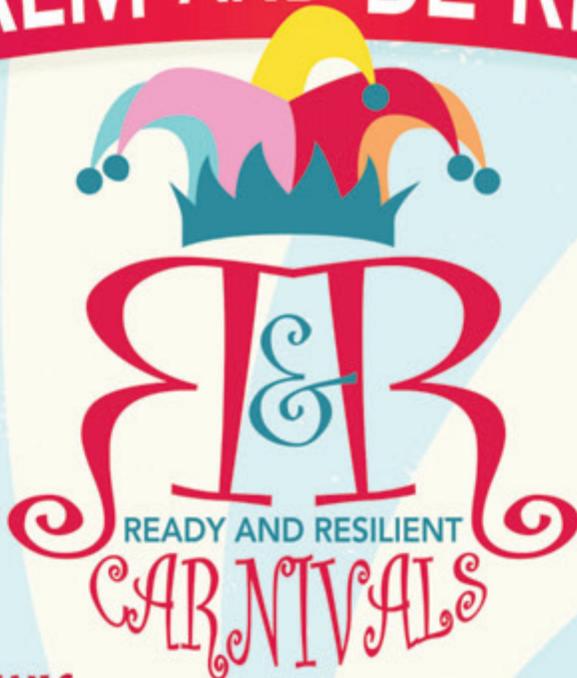
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 This is a full-time, salaried position in AdvantiPro's office in Kaiserslautern. We are looking for someone with a degree in Journalism and a minimum of 2 years experience in the field.

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- Must have a working knowledge of AP style and at least a basic knowledge of Adobe Creative Suite with particular experience in laying out newspaper pages using InDesign. Knowledge of Photoshop would be a plus.
- Must have writing experience and be able to manage a staff of freelance writers for special editions and guide them in the story idea and selection process.
- Must be a native English speaker.
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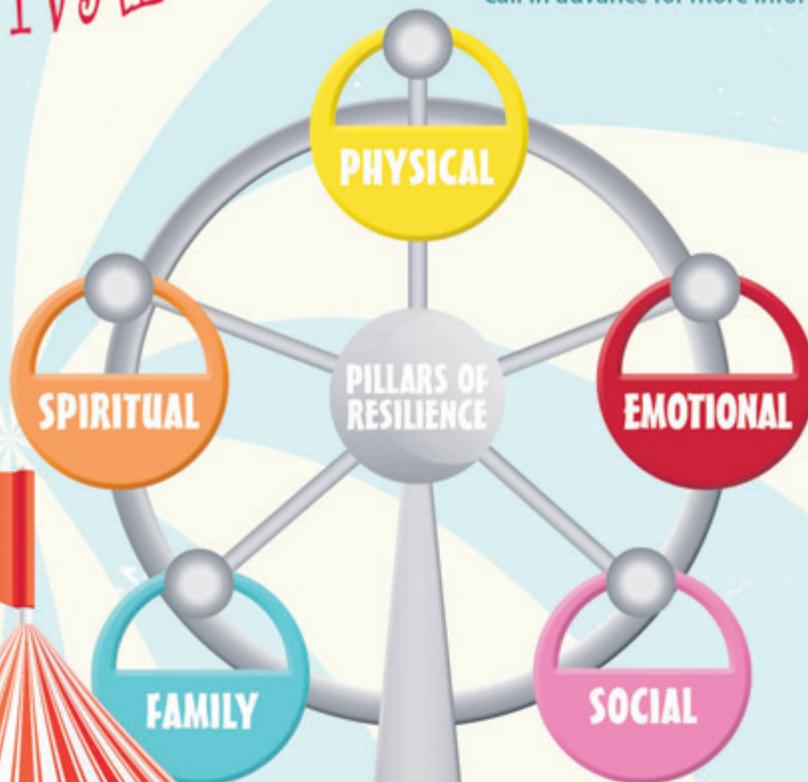


New this year!
HEALTH GAMES

Compete in our Strength contests, Cardio Bike challenge, Blood Pressure contest, play the Calorie game... and much more! Call in advance for more info!

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- ▶ Fun games and activities
- ▶ Prize give-aways
- ▶ Open to everyone



THE 5 PILLARS OF RESILIENCE

By learning valuable skills to improve and maintain these 5 pillars, we are better able to cope with stress, navigate life changes with greater ease, and be proactive in preserving overall resiliency.

JOIN THE FUN!

10 a.m. - 2 p.m.

Feb. 5 Patch Fitness Center

Feb. 12 Panzer Fitness Center

Feb. 19 Kelley Club



STUTTGART.ARMYMWR.COM | DSN 430-2110 | CIV 0711-680-2110



Simple steps to the new you

By Valerie Greene
Stuttgart Army Wellness Center

Every year is the same: you step on the scale or look in the mirror and say to yourself in a determined voice, "This year I am going to lose 15 pounds ... or get that six pack ... or run a marathon ... or do a headstand in yoga ... or dead lift 225 lbs."

You plant your fantastic new goal in cement in your head. After the ball drops on New Year's Eve, you make a promise to yourself to be one of the first people at the gym bright and early. You set the alarm and wake up with a bounce, excited to start the day at the gym. This time of the morning is new and feels refreshing, filling the new you with joy. You actually woke up that day with a bit of pep in your step. "This is easy" you say, "5 a.m. feels like nothing, let's do this."

This feeling tends to last for about a week or so, then the determination and voice of encouragement fades and is replaced by the voice of the couch calling you home. That's when the excuses set in: You don't have time ... the kids have practice ... it's not important. Every excuse you can list floods your mind, keeping you from setting that alarm for the morning or continuously pressing snooze.

Setting goals is easy but achieving them isn't.

That's why setting SMART goals — Specific, Measurable, Attainable, Realistic, and Time-bound — is the first step to making your goal a reality.

What are SMART goals?

Specific: Identify who, what, where, when and how. Be as detailed as possible.

Measurable: Quantify your goal. This allows you to measure your success from where you started.

Attainable: This puts the control back in your hands. Move toward your goal in small steps instead of giant leaps.

Realistic: Is this a realistic or attainable goal? If not,

simply re-adjust.

Time-bound: Establish a set timeline. You will need a start date and end date.

Establish a vision of where you want to be in a year and break it down into three-month increments. From there, create weekly goals.

An example for a three-month goal might be to walk 12,000 steps a day, five times a week. Break this into attainable weekly goals, such as adding 1,000 steps to each walk every week.

Identify why this goal is so important to you. The stronger the reason a goal is important, the easier it is to make the next step.

Physically writing down goals will help you see the goal to completion. Try writing them on a note card or taping them on your bathroom mirror as a reminder to the commitment you have made to yourself. Also, share your goals with others so you have a support system and someone to help hold you accountable.

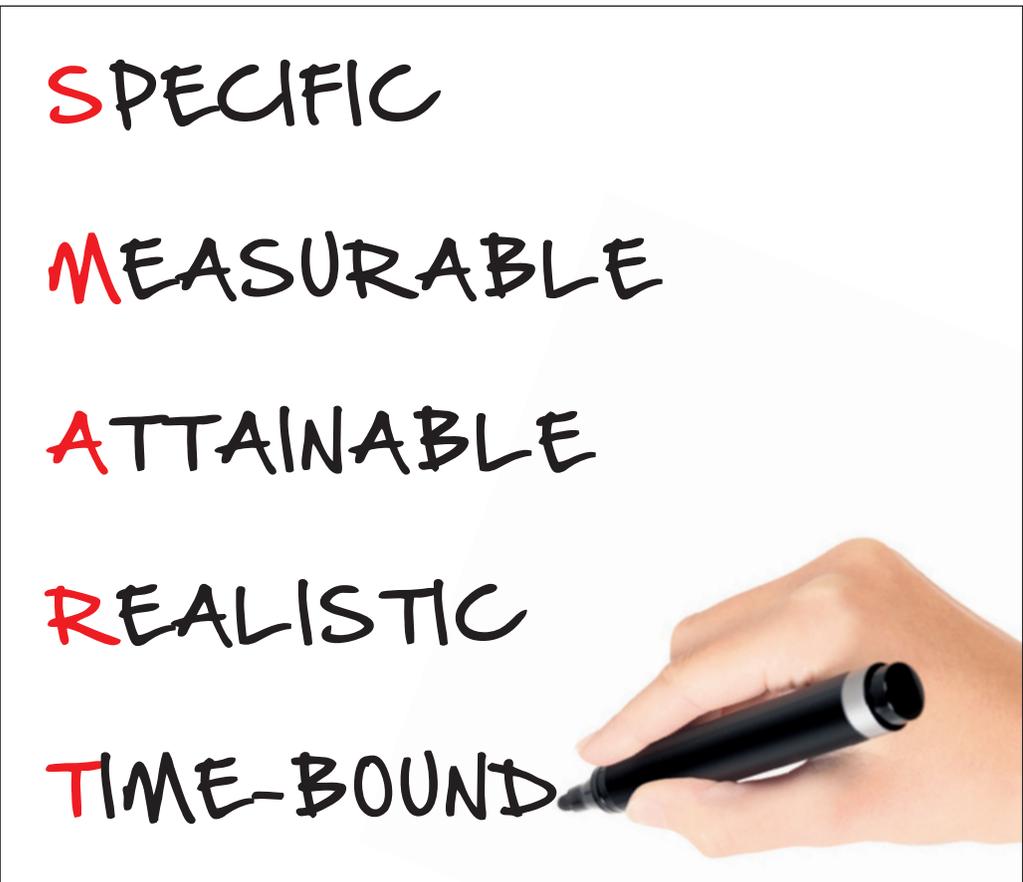
If you need help setting and keeping your goals or even need a place to start, visit the Stuttgart Army Wellness for consultation, assessment and testing.

The wellness center's fitness consultation can help you assess your fitness program and set realistic goals.

With a fitness assessment, oxygen consumption is measured during exercise to assess your degree of cardiovascular fitness. Muscular strength, body composition and flexibility tests complete a comprehensive fitness assessment.

Metabolic testing will measure your resting metabolic rate, which is used to calculate a calorie range for weight loss, weight maintenance, or even weight gain.

For more information or to make an appointment, call the Stuttgart Army Wellness Center at 590-1601/civ. 06371-9464-1601, or stop by Building 2337, Patch Barracks.



To be successful in reaching a health-related goal, it is important to set an appropriate goal and establish a plan or road map on how to get to where you want to be. — Photo by Shutterstock.com.

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SAD: shedding light on seasonal sadness

NIH News in Health

As the days get shorter, many people find themselves feeling sad. Others experience serious mood changes that last throughout the fall and winter when there's less natural sunlight. What is it about the darkening days that can leave us down in the dumps?

National Institute of Health-funded researchers have been studying the "winter blues" and a more severe type of depression called seasonal affective disorder, or SAD, for more than three decades.

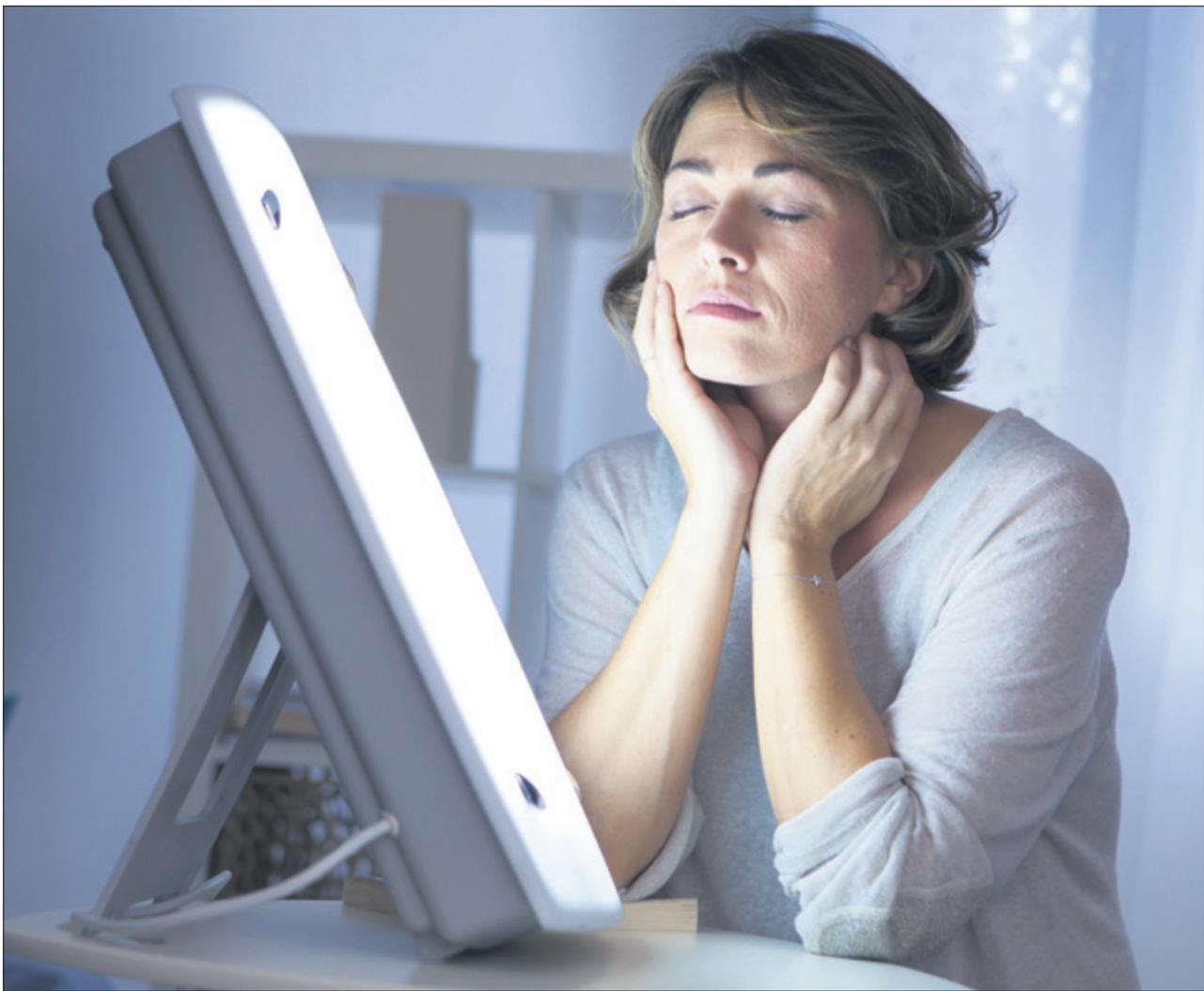
"Winter blues is a general term, not a medical diagnosis. It's fairly common, and it's more mild than serious. It usually clears up on its own in a fairly short amount of time," said Dr. Matthew Rudorfer, a mental health expert at NIH. The so-called winter blues are often linked to something specific, such as stressful holidays or reminders of absent loved ones.

"Seasonal affective disorder, though, is different. It's a well-defined clinical diagnosis that's related to the shortening of daylight hours," Rudorfer said. "It interferes with daily functioning over a significant period of time." A key feature of SAD is that it follows a regular pattern. It appears each year as the seasons change, and it goes away several months later, usually during spring and summer.

As with other forms of depression, SAD can lead to a gloomy outlook and make people feel hopeless, worthless and irritable. They may lose interest in activities they used to enjoy, such as hobbies and spending time with friends.

"Some people say that SAD can look like a kind of hibernation," Rudorfer said. "People with SAD tend to be withdrawn, have low energy, oversleep and put on weight." Without treatment, these symptoms generally last until the days start getting longer.

Shorter days seem to be a main trigger for SAD. Reduced sunlight in fall and winter can disrupt the body's internal



With SAD light therapy, a patient sits in front of a light box for about 30 minutes a day. — Photo by Shutterstock.com.

clock, or circadian rhythm. This 24-hour "master clock" responds to cues in one's surroundings, especially light and darkness. During the day, the brain sends signals to other parts of the body to help keep it awake and ready for action. At night, a tiny gland in the brain produces a chemical called melatonin, which promotes sleep. Shortened daylight hours in winter can alter this natural rhythm and lead to SAD in certain people.

Light therapy is a standard treatment for SAD and replaces the missing daylight hours with an artificial substitute. In light therapy, patients generally sit in front of a light box every morning for 30 minutes or more, depending on the

doctor's recommendation.

Studies have shown that light therapy relieves SAD symptoms for as much as 70 percent of patients after a few weeks of treatment.

Light therapy is usually considered a first line treatment for SAD, but it doesn't work for everyone. Studies show that certain antidepressant drugs can be effective in many cases of SAD.

Growing evidence suggests that cognitive behavioral therapy — a type of talk therapy — can also help patients who have SAD.

"For the cognitive part of CBT, we work with patients to identify negative self-defeating thoughts they have. The

behavioral part of CBT tries to teach people new behaviors to engage in when they're feeling depressed, to help them feel better," said Dr. Kelly Rohan, a SAD specialist at the University of Vermont.

Behavioral changes might include having lunch with friends, going out for a walk or volunteering in the community.

If you're feeling blue this winter, and the feelings last for several weeks, talk to a health care provider.

According to medical professionals, SAD is generally quite treatable, and the treatment options keep increasing and improving.

Work zone safety

USAG Stuttgart Safety Office

Any time work crews are working on a road or highway near traffic, both drivers and workers are at risk. Being able to identify work zones can save lives.

To protect themselves and others, drivers need to slow down whenever they see flashing lights, or move over, if possible, to leave the lane beside the work zone

open. In some construction areas, lowered speed limits are posted and must be obeyed at all times.

Follow these tips for driving in work zones:

- Pay careful attention to orange and digital signs that give warnings and information.
- Turn on headlights to make your vehicle

more visible.

- Respect the posted speed limits and slow below the speed limit if conditions such as traffic or weather warrant it.
- Stay alert and increase your following distance behind other vehicles.
- Turn on emergency flashers if you must come to a full stop.
- Use correct merging techniques when changing lanes, and use your turn signals.
- Respond promptly to flaggers and road



workers.

- Be extra cautious on uneven pavement or near drop offs to avoid losing control of your vehicle.
- Don't distract yourself with cell phones, navigation systems or stereos.
- Expect the unexpected.

What's happening in FMWR

KEEP CALM AND BE RESILIENT THIS MONTH!

Learn how to stay calm and be resilient during the Resiliency Carnivals scheduled for Feb. 5 from 10 a.m. to 2 p.m. at the Patch Fitness Center, Feb. 12 from 10 a.m. to 2 p.m. at the Panzer Fitness Center and Feb. 19, from 10 a.m. to 2 p.m. at the Kelley Club. The carnivals feature games, activities and giveaways.

For more information, call 430-2110/ civ. 0711-680-2110.

HOLIDAY SKI/BOARD EXPRESS TO FELDBERG

Hit the slopes during Outdoor Recreation's Presidents Day ski and snowboard day trip to Feldberg Feb. 16. The registration deadline is Feb. 11.

For more information, call 431-2774/ civ. 07031-15-2774.

REGISTER CHILDREN FOR SPRING SPORTS

Spring sports registration for Child, Youth and School Services runs through Feb. 27. Spring sports include soccer, softball, baseball, track and tennis.

Depending on the sport, the season will start March 30, April 13 or April 20.

Children must have valid physicals on file with Parent Central Services to participate.

Register in person at Parent Central Services, Building 2347, Patch Barracks.

Those interested in coaching must complete a volunteer background check packet and return it to CYS Services in Building 2347, Patch Barracks, or the CYS Services Sports and Fitness office, Building 3162, Panzer Family Housing Area.

For more information, call CYS Services Sports and Fitness at 431-2616/ civ. 07031-15-2616.

REMEMBER VALENTINE'S DAY WITH A PHOTO

Remember Valentine's Day with a professional photo of you and your sweetheart from The Photo Studio on Patch Barracks. You can choose from three digital images or one digital image and one 8 inch by 10 inch print.

Make your appointment by calling 430-2328/ civ. 0711-680-2328.

'WORKING' PRE-AUDITION WORKSHOP FEB. 8

Get ready for the Stuttgart Theatre Center's production of the musical "Working." A pre-audition workshop will be held Feb. 8 at 2:30 p.m. in Building 3320 on Kelley Barracks. Performances are scheduled for April.

For more information call 421-3055/ civ. 0711-729-3055.

For more Family and MWR events, visit www.stuttgart.armymwr.com.

COMING TO PATCH THEATER

- February 5** – Project Almanac (PG-13) 6 p.m. (PG) 3 p.m., Kingsman: The Secret Service (PG-13)
- February 6** – The SpongeBob Movie: Sponge Out of Water in 3D (PG) 6 p.m., Jupiter Ascending in 3D (PG-13) 9 p.m. 6 p.m., Fifty Shades of Grey (R) 9 p.m.
- February 7** – The SpongeBob Movie: Sponge Out of Water in 3D (PG) 3 p.m., Jupiter Ascending in 3D (PG-13) 6 p.m., American Sniper (R) 9 p.m.
- February 8** – The SpongeBob Movie: Sponge Out of Water (PG) 2 p.m., Selma (PG-13) 5 p.m., Jupiter Ascending (PG-13) 8 p.m.
- February 9** – Closed
- February 10** – Closed
- February 11** – Strange Magic (PG) 6 p.m.
- February 12** – American Sniper (R) 6 p.m.
- February 13** – Kingsman: The Secret Service (PG-13) 6 p.m., Fifty Shades of Grey (R) 9 p.m.
- February 14** – The SpongeBob Movie: Sponge Out of Water in 3D
- February 15** – The SpongeBob Movie: Sponge Out of Water (PG) 2 p.m., The Help (PG-13) 5 p.m., Fifty Shades of Grey (R) 8 p.m.
- February 16** – Closed
- February 17** – Closed
- February 18** – Fifty Shades of Grey (R) 6 p.m.



© 2015 - 20th Century Fox Kingsman: The Secret Service – The Secret Service tells the story of a super-secret spy organization that recruits an unrefined but promising street kid into the agency's ultra-competitive training program just as a global threat emerges from a twisted tech genius.

Family and MWR Advertisement

stuttgart.armymwr.com



STRIKING FOLKTALES

HER STORIES

Feb. 6, 7, 13, 14, 20, 21 & 27, 7:30 p.m.
Feb. 15 & 22, 3:30 p.m.
Stuttgart Entertainment Center

In honor of Black History Month enjoy "Her Stories", a striking collection of African and Caribbean Folktales of true stories, ghost stories, folk legends, classic fairy tales and tall tales that indicate the breadth of African American Cultural traditions.

The minimum age to attend any performance is 5 years.
\$13 for adults, \$11 for students.

DSN 421-3258, CIV 0711-729-3258



BEST IN BASKETBALL

TOURNAMENT OF CHAMPIONS

Feb. 13-16
Patch Fitness Center

Come out to Stuttgart's largest basketball event with over 20 teams participating from the IMCOM-E region. Enjoy four days of fast-paced basketball action (men and women) and cheer on your team. Food and beverages available for purchase.

DSN 430-2354, CIV 0711-680-2354



VALENTINE'S DAY DINNER

ROMANTIC EVENING DINNER

Feb. 14, 7-10 p.m.
Swabian Special Events Center

This Valentine's Day, do something special with someone you love. Come out to the Patch Garden and enjoy a romantic Valentine's dinner for two. €33 per couple and €20 for singles. Price includes live music and an Italian four course meal.

DSN 430-8205/ CIV 0711-680-8205

To follow us on Facebook go to www.facebook.com/familyandmwr and



Celebrate Germany's frenzied

By Teri Weiss & Carola Meusel
USAG Stuttgart Public Affairs Office

There are five seasons in Germany: spring, summer, fall, winter and Fasching, the latter is known as the most cheerful time of the year.

In Germany, the terms vary regionally: Fasching,

Fastnacht, Fasnet, or Karneval and are derived from different sources.

The term Fasching dates back to 1200 and originated from the Germanic word "vaschanc" or "vaschang," meaning "Fastenschank," which translates to the last serving of alcoholic beverages before Lent.

Fastnacht translates to "Nacht vor dem Fasten," or the night before fasting. The Swabian word "Fasnet" comes from the Old German word "fasen," meaning to be foolish, silly or wild.

The origin of the word Karneval, or carnival, is uncertain. Some believe that it may have come from ancient Greek Dionysus processions and floats resembling ships, which the Romans later called a "carrus navalis."

Others think it may be based on the Latin term "carneleva-

re," which means away with meat, hence carnival.

No matter what you call it, for most Germans it's a time when citizens "let off steam" and live it up during the week before Ash Wednesday, when the 40-day Lent before Easter begins.

This year, Fasching will be celebrated from Feb. 12-18 with fests, parades, music and many "foolish" events.

The Fasching season officially begins Jan. 7, one day after Epiphany, or Three King's Day. In some areas, however, Fasching guilds commemorate the beginning of Fasching on Nov. 11 at 11:11 a.m. with local and ceremonial events that prepare for the official start of the foolish season in January.

During the middle ages, the number 11 represented the "Narrenzahl," or fool's number. Why 11? The number is sandwiched between the 10 biblical commandments and the 12 apostles of Jesus and, therefore, is not a holy number, according to an official of the "Gräbler" Fasching guild in Neuhausen.

The Swabian way of celebrating the foolish season delves into the local lore of the Alemannic Fasnet, which has its roots in the Black Forest region. Here, the main events and parades peak during the traditional Fasching week, starting on "Schmotziger Donnerstag" (Greasy Thursday) or "Weiberfasching," women's carnival. The Swabian word "schmotzig" means lard or grease and refers to the opulent food eaten during Fasching, such as "Fasnetsküchle" or Krapfen (Fasching doughnuts).

The remainder of the Fasching week is Fasching Saturday and Sunday, Rose Monday and Fat Tuesday.

Fasching

Parades

- **Berkheim:** night parade Feb. 7, 7 p.m.
- **Wernau:** Feb. 14, 2 p.m.
- **Murrhardt:** night parade Feb. 14, 7 p.m.
- **Böblingen:** Feb. 16, 1 p.m.
- **Rottenburg am Neckar:** Feb. 15, 1:30 p.m.
- **Neuhausen:** Feb.15, 1:33 p.m.
- **Weil der Stadt:** Feb. 15, 2 p.m.
- **Rottweil:** "Narrensprung" (fool's jump) Feb. 16 at 8 a.m.; and Feb. 17 at 8 a.m. and 2 p.m. (at Rottweil's historic downtown area, Schwarzes Tor, 78628 Rottweil).
- **Stuttgart:** Feb.17, 2 p.m.
- **Hofen:** Feb. 17, 1 p.m.



During the various Fasching parades and events throughout Southern Germany, be on the lookout for Narren, or Fasching fools, also dressed as witches, who might ruffle your hair, paint your face, take away a hair band, or drop you a piece of candy.
— Photo by Carola Meusel, USAG Stuttgart Public Affairs Office.

ed 'fifth' season: 'Fasching'

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

This year's Greasy Thursday, or "Weiberfastnacht," (Women's Fasching) will be celebrated Feb. 12.

Here in Stuttgart, Bad Cannstatt's "Kübelesmarkt" Fasching guild will kick off the area's first Fasching event by setting up the "Narrenbaum," or fools' pole, at 6:30 p.m. downtown at the Marktplatz, followed by a parade starting at 7 p.m.

Neuhausen, just 15 kilometers outside of Stuttgart, is one of the most popular Fasching metropolises in the area. The town celebrates Greasy Thursday with the "Hexentanz," or witch's dance, Feb. 12 at 7 p.m. at Schlossplatz (Schlossplatz, 73765 Neuhausen auf den Fildern).

During the event, Neuhausen's Fasching fools storm the town hall and force the mayor to hand over the keys to the city. In order to celebrate this symbolic event, a huge fire is lit.

During the various Fasching parades in Southern Germany, "Narren," or Fasching fools, with wooden masks in the images of witches, devils and grotesque animals can be seen in many towns. The costumes are called "Häs."

Be on the lookout for Narren who will walk up to you and either ruffle your hair, paint your face, take away a hair band, or drop you a piece of candy.

This year, most street parades will be held between Feb. 14 and 17.

Sources:

www.alemannische-fasnet.de
www.aboutgerman.net
www.alemannische-fasnet.de
www.scillamaemle.de



Members of the Hofener Scillamännle Fasching guild in Stuttgart-Hofen participate in last year's parade in Hofen. The guild was founded in 1985 and the group is named after the "Blaustern," or scilla flower, which grows in the environmentally-protected "Scillawald" area near Hofen. The mask of the Scillamännle is made of lime-tree wood. The mask and "Häs," or costume, is made based on the blossom and leaf colors of the scilla plant. This year's parade in Hofen will be held Feb. 17 at 1 p.m. — Photo by Carola Meusel, USAG Stuttgart Public Affairs Office.

parades, parties, concerts

Other events

- **Neuhausen:** Restaurant Saalbau, "Schmotziger Donnerstag" with the party band "Talisman," Feb. 12, 8 p.m.
- **Neuhausen:** Restaurant Saalbau, Fasching Party with "Red Chucks" and "Guggenmusik" (carnival music), Feb. 14, 7 p.m.
- **Neuhausen:** Restaurant Saalbau, Rose Monday party "Fasnet X" with DC Chriscoon and DJ Pete del Sol, Feb. 16, 7 p.m. Tickets for the events cost between €5 and €12 and can be purchased by calling civ. 07158-948194. Restaurant Saalbau is located at Kirchstrasse 4, 73765 Neuhausen auf den Fildern.

- **Bad Cannstatt:** "Närrischer Wochenmarkt" (weekly market with Fasching entertainment and music), Feb. 12, 10 a.m. to 1 p.m. at Marktplatz.
- **Bad Cannstatt:** "Rathaussturm," Fasching fools storm the historic town hall, Feb. 12, 6 p.m.
- **Bad Cannstatt:** "Kübelesrennen" (Fasching marathon with "fools" of the "Kübelesmarkt" Fasching guild), Feb. 12, 7:30 p.m. at Marktplatz. On Feb. 12 ("Schmotziger Donnerstag"), various restaurants and bars in downtown Bad Cannstatt offer music and Fasching parties all night long.

- **Stuttgart:** Rose Monday party, Feb. 16, 7 p.m. at "Mash" (restaurant, bar, club) at Bosch Areal (Forststrasse 7, 70174 Stuttgart)
- **Stuttgart:** Rose Monday party, Feb. 16, 3 p.m. at Calwer Eck Restaurant and Brewery (Calwer Str. 31, 70173 Stuttgart)
- **Stuttgart:** "Monster-Guggen-Konzert" (concert), Feb. 16, 6 p.m. at Marktplatz in front of Stuttgart's town hall.
- **Stuttgart:** "Faschingsparty," or fool's party, Feb. 17, 3:30 p.m. at the Dinkelacker Schwabenbräu Brewery, Hohenstaufenstrasse entry, 70178 Stuttgart)

Good to know

Many towns between the Black Forest and the Swabian Alb have celebrated Fasching in their own special way since 1500.

Fools' Jump

In Rottweil, Baden-Württemberg's oldest town, thousands of masked and costumed Narren, or fools, crowd the streets and fill the squares and pubs on Rose Monday and on Fat Tuesday for the famous "Narrensprung," or fools' jump. At the crack of dawn everyone gathers in the main square and marches to drum and pipe music, banging and tooting throughout the town.

'Schuddig'

Some Narren dress in bright red and yellow costumes and wear hats with long feathers. The "Schuddig" is a demon wearing a red-fringed cloth, a wooden mask and a large hat covered with shells. Typically, the Schuddig parades through town frightening onlookers with inflated pigs' bladders and jostling them.

Feather Jack

In some towns throughout Baden-Württemberg, groups of "Wohlauf," or well-being fools, stroll around in long nightgowns and sleeping caps. Near the Bodensee, or Lake Constance, Hänsele figures crack long whips, while "Federhannes," or Feather Jack, and "Biss," or Bite, cavort as two dressed-up giant roosters who frolic about, pecking, crowing and carrying on. Festivities crest with parades, costume balls and the planting of the Narrenbaum, or fools' pole.

Have fun with the locals

EVENTS

Harald Wohlfahrt

**Thu, Feb 5
Stuttgart, Spiegelpalast**
Enjoy first-class entertainment followed by an exquisite culinary delight in the unique setting of the mirror palace. Enjoy hours filled with fun, where the masterful art of cooking meets award-winning acrobatics, where delicacies are served with heart-warming humor. Be ready to be amazed. Ticket prices start at €82. For more information visit www.palazzo.org

Traditional horse market

**Fri, Feb 6 – Tue, Feb 10
Stuttgart, Leonberg city**
Participate in the tradition-steeped Leonberger Pferdemarkt (horse market) from February 6 to 10. Since 1684, the market combines traditional trading, equestrian sports, seminars, parties and shows. A special highlight is the annual "Festumzug," a parade with marching bands, decorated floats pulled by horses and much more entertainment, taking

place on February 10 starting at 2 p.m. from the fire station. For more information see www.leonberg.de

Saturday night sauna

**Sat, Feb 7
Filderstadt, Fildorado**
What better way to spend a Saturday than in a sauna. Come to Fildorado in Filderstadt on February 7 and free your senses. Enjoy the live music and great cocktails at the sauna bar as well as culinary delights. The wellness experience starts at 7 p.m. – 1 a.m. For more information visit www.fildorado.de

Wine fair

**Sat, Feb 7 – Sun, Feb 8
Fellbach, Alte Kelter**
Discover your new favorite wine from the Remstal area at the annual Weintreff (wine meeting) in the Alte Kelter Fellbach on February 7 and 8. About 50 vineries will present their best products from sparkling wine to red wine during wine tastings on both days. Day tickets are €20 at the box office. Opening hours are from 11 a.m. to 6 p.m. on both days. For more information see www.remstal-route.de

Mother Africa – Circus of the Senses

**Tue, Feb 10
Stuttgart, Theaterhaus**
Mother Africa Circus of the Senses is coming to Stuttgart on February 10. Mother Africa will bring you a show that is jaw-dropping where the musicians and artists articulate their passion and love for their homeland, including Ethiopia, South Africa, Kenya, and 5 other countries. This show combines the talents from nine African countries to provide the wonder, suspense and joy of Cirque Mother Africa. Get ready for a mixture of traditional African and modern circus with great acrobatic acts, stomping live sound and a choreography that is based upon African traditional dances. For more information and tickets visit www.eventim.de or www.circus-mother-africa.de

Kinderfasching

**Sun, Feb 15
Backnang, Gemeindehaus Christkönig**
Fasching is the time to get all dressed up and have fun. Kids, why not join the fun on February 15 in Backnang. Come

dressed in your best costume and have fun. Music and a fun filled program for the whole family awaits you. Entry fee is €5 and the party starts at 3 p.m. For more information call 0174 2347997.

SPORTS

Ice hockey

**Fri, Feb 13
Ingolstadt, Saturn-Arena**
ERC Ingolstadt is playing against Adler Mannheim on February 13 in the Saturn-Arena. Let's see who gets the puck to the goal. Ticket prices start at €17. For more information visit www.eventim.de

CONCERTS

Lionel Richie

**Wed, Feb 10
Stuttgart, Hanns-Martin-Schleyer Halle**
Don't miss Lionel Richie live on tour this February 11 in the Hanns-Martin-Schleyer-Halle. For more information visit www.eventim.de

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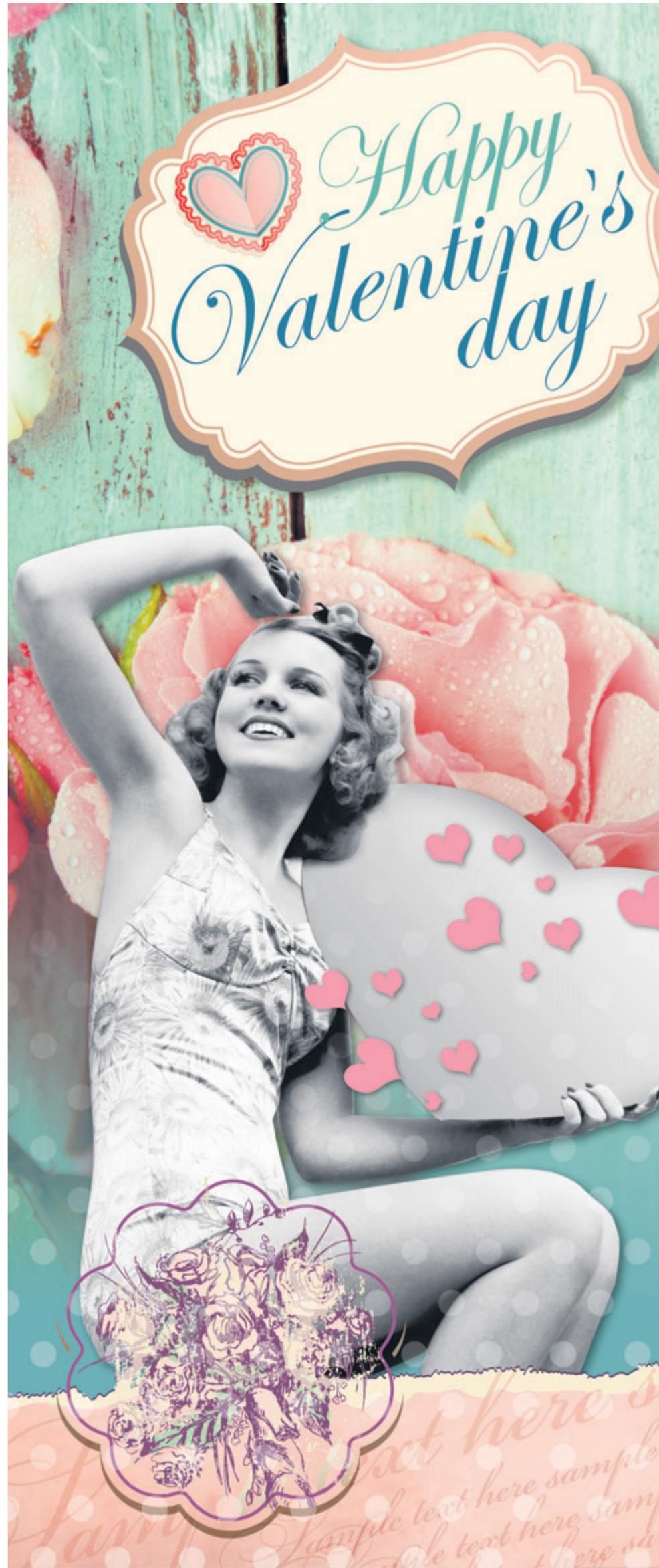
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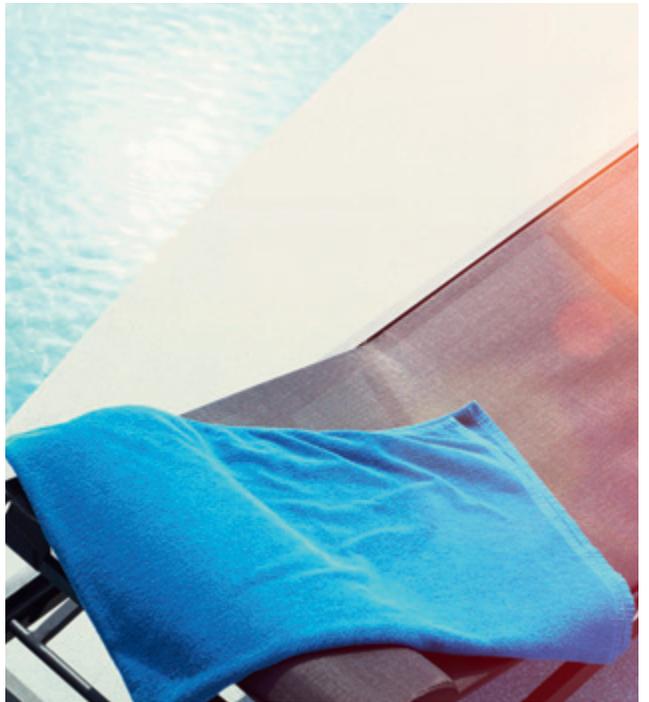
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VW Golf 1111 Year 1998, 5 Speed, \$ 2700, Silver, 4 Door, Sunroof, Ver Clean Car, No Rust, New TUV, ABS, Power Steering, My Ph Is 0175-3213199 ddundkk@hotmail.de

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ANNOUNCEMENTS

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KCON - Kaiserslautern Comicon 28MAR15 @ KMCC. 1st Annual Kaiserslautern Comic convention. 1,000's of comics; original art, costume contests; art contests and more! Check out <https://www.facebook.com/KCON15> for more information!

US Soccer Olympic Development Program open training camp coming to Bitburg 6-8 Mar for U11 players born 2005/2006. High quality coaches. Cost is 220 euro. Deadline for signing up is 2 Feb. Details/contacts - www.usys-europe.org.

ADOPTION

All ads and pics on class-world.com

Adopt while stationed overseas! www.adopt-abroad.com Adoption Intl & foster care, home studies. Hague accredited. Caseworkers in Germany. US 001-888-526-4442

ELECTRONICS

All ads and pics on class-world.com

2 each 120V Cisco Wireless-G Internet Home Monitoring Cameras Model WV54GCA, with manual and CD. \$40.00, spvondor@gmail.com

HP 2544 Smartphone and Tablet Printer, \$25 (obo), digioia2@hotmail.com, 015232718331

FOR SALE

All ads and pics on class-world.com

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

Are you an avid Nutcracker Collector? You're going to love this must have Vintage Volkmar Mattthes Nutcracker, infamous King Ludwig. Perfect condition, ~30" tall. Handmade in West Germany of solid wood. Email tropicalparadise96@gmail.com

220 volt transformer. 1 X 75 watt for \$20. Contact Eric and Mia at 063759949674.

Saturday Sale with house Flea Market Antiques & Flea hall Nufringen

Robert-Bosch-Str. 4

Sat - Feb. 7, 10 a.m. – 3 p.m. „we speak English“

Info Birkenbach OHG: 07034/992089 or 0176 1 99 200 91

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Administered by MetLife




ON SALE

FOR SALE

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Bicycle Trailer, \$40 (obo), simple to connect to an adult bike, our kids loved this thing, digioia2@hotmail.com, 015232718331

Baby Buggy, Baby Buggy in good condition, with additional baby carrier. \$50.00, spvendedor@gmail.com

In new condition frosted glass and black metal frame computer desk with 3 draw file / storage cabinet. Cabinet is on wheels for easy placement. Very clean modern look for any home. 31"W x 82"L x 60"D bwg58@icloud.com

Necklace, fashion jewelry, black, different pearls & stones, \$5, s.vogl75@web.de

Office Furniture, \$350, mitchellasociates@t-online.de,

Antique 100 y.o. 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, 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

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classified world
Your German-American classified ad portal
www.class-world.com

FURNITURE
All ads and pics on class-world.com

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

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

CLUB BEYOND'S ANNUAL
APRIL 6-11



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FURNITURE

All ads and pics on class-world.com

Beautiful China cabinet with two adjustable glass shelves and two draws. bwg58@icloud.com

Clock, \$170.00, spvendor@gmail.com,

Extending Dining Room Table with Glass Top, \$100 (obo), 215cm when extended (165cm normal length), 90cm high, digioia2@hotmail.com, 015232718331

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

TV Stand, \$25 (obo), small chip in back corner but otherwise looks nice, digioia2@hotmail.com, 015232718331

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

JOBS

All ads and pics on class-world.com

Wanted: Telephone Marketer to place calls to prospective clients. Work from home. Competitive wages. Previous telephone marketing experience preferred but not necessary. Email resume to Jules.debenedetto@gmail.com

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PETS

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There have been reports of pets being sold from breeding facilities that are not managed at the highest professional standards. Please choose your pet carefully. Make sure you check the credentials of the people selling the pet, and get proper paperwork showing shots and/or other proof of healthy condition. For further advice, consult your Veterinarian.

Blue Eyes Siberian Husky puppies 12 weeks old, with toys and records ready, €800, nicholinefisher@gmail.com,

French Bulldog puppies, €600, jessicamillar08@gmail.com,

Papillon/Chihuahua Puppy \$450. Small female, very sweet and playful. Gets along great with other small dogs. She will be 5-7 pounds full grown and will have medium-long fur. She is black & white and adorable. moyalynn@yahoo.com

PROFESSIONAL SERVICES

All ads and pics on class-world.com

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.

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WANTED

All ads and pics on class-world.com

Guitar: Looking for a higher-end, six-string acoustic guitar in a "cared for" condition, with case, A stand would be nice too. agameone@yahoo.com

Wanted: Musical Equipment: guitar/bass amplifiers (220v), upright bass (3/4 size), drum kit (jazz/club size). Contact: cxladson@gmail.com



freelance media consultant

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