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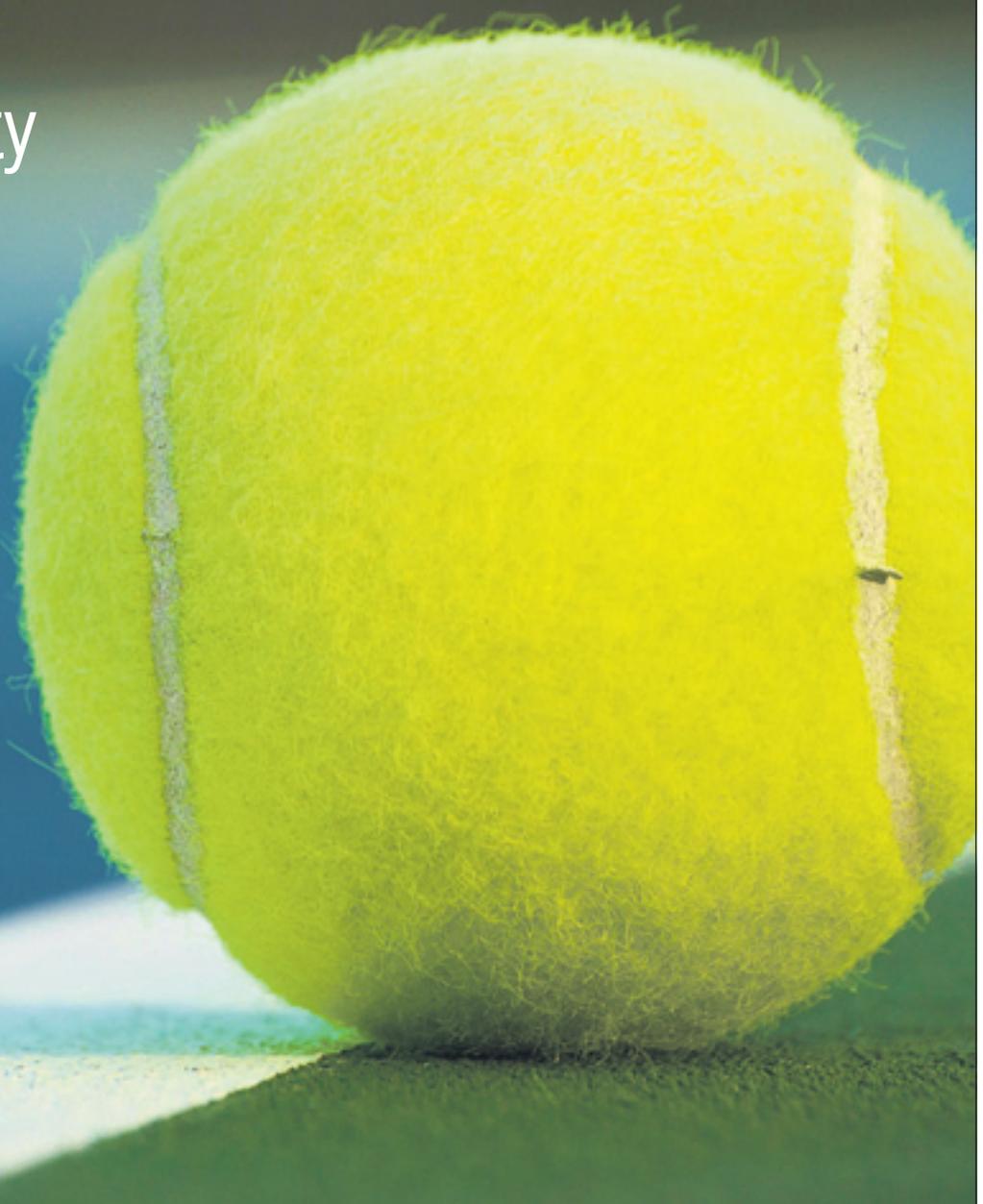


Thursday, January 22, 2015 Sustaining & Supporting the Stuttgart U.S. Military Community Garrison Website: www.stuttgart.army.mil Facebook: facebook.com/USAGarrisonStuttgart

stuttgartcitizen.com

Resiliency Training:

Teaching the entire Stuttgart community how to 'be the ball'
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COMMENTARY: RESILIENCE

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FEB. 5
PATCH FITNESS CENTER

FEB. 12
PANZER FITNESS CENTER

FEB. 19
KELLEY CLUB



stuttgart.armymwr.com

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www.stuttgart.army.mil
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Promoting resilience in the military 'family'

Commentary by Col. John P. Stack
USAG Stuttgart commander

The Department of Defense's greatest asset is its people.

Yet with all the challenges facing service members, civilian employees and family members today — think downsizing, deployments, force shaping boards, doing more with less, dealing with strained or troubled relationships — now, more than ever, to survive and succeed, DOD personnel must cultivate and maximize personal resiliency.

Resiliency has been defined as the mental, physical, emotional and behavioral ability to face and cope with adversity, adapt to change, recover, learn and grow from setbacks all too common in day-to-day life.

In fact, resilience and happiness are closely related. Experts say that people who have close relationships and social supports that help them during times of adversity also experience much joy and satisfaction in these relationships during everyday life.

I have designated February as "Stuttgart Resiliency Month" to help improve the resiliency of service members, civilian employees and family members, and to increase the awareness of resiliency-related programs offered throughout the garrison.

Next month, the garrison will host several Resiliency Carnivals designed to teach attendees about the keys to success for living a healthy lifestyle and familiarize them with the resources available in the community that promote health and resiliency.

The events are 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.

Installation agencies and organizations will set up information and training booths and representatives will be on hand to discuss topics such as parenting, communication, stress reduction, and health and wellness issues. Many of the booths will feature interactive activities.

Our Sports and Fitness team will host a new event called the Health Game. It's open to anyone over the age of 18 and consists of a series of four events designed to measure



Col. JOHN P. STACK
Commander, USAG Stuttgart

a person's fitness and knowledge of fitness. The top scorer at each fair will win a prize. But building resilience is more than fun and games.

The Army's Ready and Resilient Campaign, also known as R2C, is helping us integrate and synchronize key programs aimed at preventing suicide, sexual harassment and sexual assault, bullying and hazing, substance abuse and domestic violence.

The campaign will also help us as we review programs, processes and policies to ensure effectiveness and reduce redundancies, improve methods for commanders to understand high-risk behaviors and intervene early. Finally, through this campaign, we will work to reduce barriers and stigma associated with seeking help and will promote healthy lifestyles based on the performance triad of physical fitness, nutrition, and sleep. The campaign's success requires engaged leadership at all levels, a collaborative and

multidisciplinary approach, and effective prioritization of resources.

If you are a Soldier, an Army spouse or an Army civilian employee, I encourage you to take the Global Assessment tool survey, an online self-assessment tool that measures the user's level of resilience, overall health and well-being.

After completing the GAT 2.0, you will receive an assessment in each of the five dimensions of strength: social, emotional, spiritual, family and physical, and an assessment in the three elements of the Performance Triad — sleep, activity and nutrition.

For those affiliated with other DOD services, several other online assessment tools are beneficial, such as the Harvard Public Health Cardiovascular Health Calculator and the Army Wellness Center Comprehensive Health Assessment.

Both of these assessment tools take about 15 minutes to complete and once completed, you will receive a health summary.

Anyone who has access to a computer can take the Harvard Health Calculator, however the Wellness Center Comprehensive Health Assessment is only available to those who have Social Security numbers.

To take the GAT, go to www.armyfit.army.mil.

The Harvard calculator can be found at www.hsph.harvard.edu. Search on the site for Healthy Heart Score.

The Army Wellness Center Assessment is at <https://armyfit.army.mil/AWC/Secured/Default.aspx>.

Once you have taken one of the assessments, print out proof that you have completed it, and drop it off at the Family and MWR marketing booth at one of the resiliency carnivals. You will be entered into the special GAT/survey drawing for a TV. The winner will be drawn during the last carnival on Feb. 19.

Bottom-line:

Resiliency training is available here in Stuttgart, and February is our focus month. Take advantage of the training to cultivate and maximize your personal resiliency.

Editor's Note: The GAT/survey drawing is open to eligible U.S. ID cardholders, 18 and over.



Community celebrates MLK Jr., civil rights movement

By S.J. Grady
USAG Stuttgart Public Affairs Office

The legacy of Dr. Martin Luther King Jr. was celebrated Jan. 9 in the Patch Chapel during an observance organized by the U.S. Army Garrison Stuttgart Equal Opportunity Office and military equal opportunity leaders.

The Martin Luther King Jr. federal holiday, held on the third Monday in January, is meant to commemorate the civil rights leader's birthday. But according to guest speaker Juandalynn R. Abernathy, the day not only honors King, but all who worked and sacrificed for freedom and equality.

Abernathy is the daughter of Dr. Ralph D. Abernathy, pastor, civil rights leader, partner and close friend of King.

She was practically born into the civil rights movement, just barely a year old when her father and King organized the 1955-56 Montgomery Bus Boycott in response to the arrest of Rosa Parks for her refusal to give up her seat in the front of a city bus.

A professional soprano and concert singer, Abernathy has resided in Germany for 30 years. She lives with her husband and 16-year old son in Balingen, about 45 minutes from Stuttgart.

For the second year in a row, Abernathy spoke to the Stuttgart military community about the civil rights movement and how it brought the Abernathy and King families together.

From the beginning of the bus boycott, the Abernathy and King families became a close-knit group.

"I knew Martin Luther King as Uncle Martin. I knew him as well as I knew my father," she told the audience. Abernathy added she and her four siblings and the four King children grew



Juandalynn R. Abernathy, daughter of Dr. Ralph D. Abernathy, co-founder of the civil rights movement, expresses her delight as she is thanked for her participation in the Martin Luther King Jr. observance Jan. 9.

up together, were best friends, and even participated in the integration of their nursery and elementary schools.

She described aspects of her childhood: When she was 2, at the end of the boycott in 1957, her home and her father's church were bombed. She was a witness to the 1963 civil rights march on Washington, and in



Family member Raquel Sargent sings the national anthem to start the Martin Luther King Jr. observance. The event was sponsored by the USAG Stuttgart Equal Opportunity Office.



Members of the Patch High School choir, led by musical director Alan Landers, sing two musical selections a capella, "Good Night, Dear Heart" and "Ain't Judgin' No Man," during the Martin Luther King Jr. observance held Jan. 9 in the Patch Chapel.

1965, participated in the Selma to Montgomery march.

Abernathy said that she, her siblings and the King children grew up in a wonderful but difficult time.

"We had so much fun together. Yet we grew up in fear, never knowing if our house would be bombed again. We never knew if our fathers were

going to come home. We worried about it, but we kept on ... grounded in our family life and our religion."

At the end of her speech, Abernathy responded to questions from the audience, and spoke candidly on the need for black leadership in the U.S. and on the recently released movie, "Selma."

News & Notes

Understanding the proper way to use an Esso card

The Esso card allows a cardholder to make fuel purchases at prices much lower than what one would pay on the local economy.

An Esso cardholder is responsible for using the fuel ration card properly.

The cardholder must make sure there is enough ration and money on the card to make off-post purchases. This information can usually be found on the last receipt, by

checking the online Esso account, or stopping by the on-post fuel facility and having an associate swipe the card. Customer service departments in all main stores can help find this information.

If a cardholder does not have enough ration or enough money to cover an off-post purchase, he or she will be charged full price at the pump.

To ensure complete understanding of proper fuel card use, all U.S. personnel who are stationed in Germany or otherwise eligible for the

fuel ration card should fully review the published information on fuel ration card implementation and use.

Need to know more about the Esso card? Visit www.aafes.com.

Allotment policy changes

As of Jan. 1, discretionary allotments are prohibited to purchase, lease, or rent personal property. Allotments for savings accounts, support of dependents, insurance premiums, mortgages, to pay rents or fund investments are still permitted.

The policy applies to active duty members only and will not affect military retirees or federal civilian employees.

Current existing discretionary allotments for military members will continue and may be changed in amount, but not the address, unless stopped by the member.

Members should contact their servicing finance office or Personnel Support Detachment for information on how this change will affect them.

KEEP CALM AND BE RESILIENT

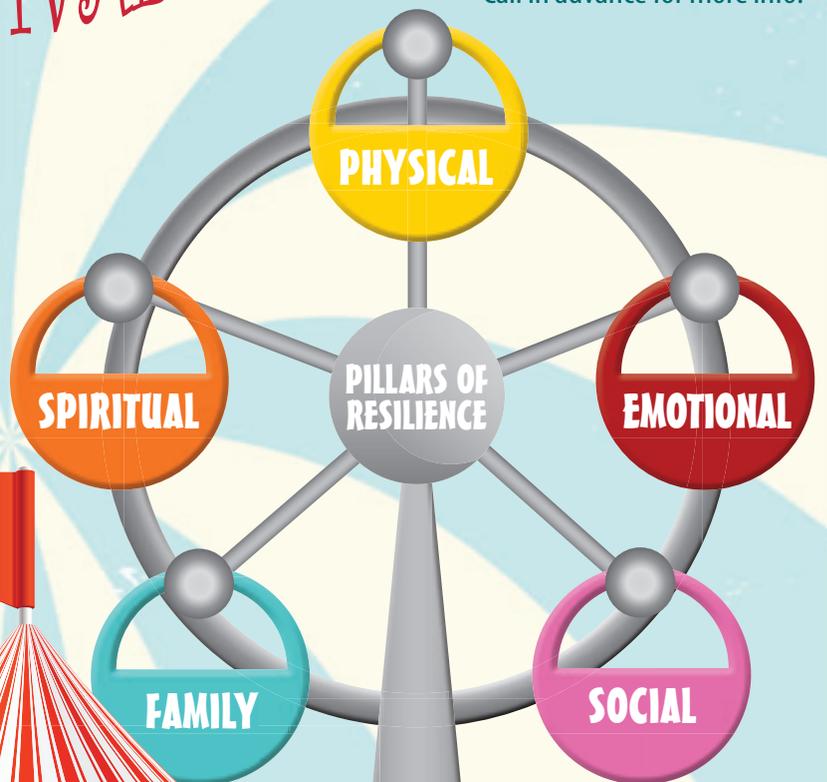


New this year!
HEALTH  GAMES

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

THESE ENERGETIC AND DYNAMIC EXPO-STYLE EVENTS WILL INCLUDE:

- ▶ Resources to strengthen resiliency
- ▶ Free promotional items
- ▶ Food and beverages for sale
- ▶ 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

USAREUR commanding general visits Stuttgart

By S.J. Grady

USAG Stuttgart Public Affairs Office

Lt. Gen. Ben Hodges, the U.S. Army Europe commander, visited the Stuttgart military community Jan. 6 and 7, where he got a firsthand look at the Panzer Local Training Area facilities and the school construction projects currently underway.

It was his first visit to Stuttgart since taking command of USAREUR in early November.

Hodges was accompanied by the Installation Management Command Europe acting regional director, Col. Anthony Haager.

Col. John Stack, the U.S. Army Garrison Stuttgart commander, and Heidi Malarchik, the USAG Stuttgart deputy to the commander, accompanied Hodges and Haager on a windshield tour of Panzer Kaserne, followed by a visit to the construction sites of the new elementary and high schools due to be completed by this fall.

The entourage then visited the Panzer Local Training Area range complex where they received a range capabilities brief from representatives of the Joint Multinational Training Command.

Hodges then headed to Patch Barracks for a tour that included a visit to Patch Elementary School. After a brief meeting with PES student council

“It was energizing to have him here. He was a natural with the students, and they responded to his kindness.”

Beverly Erdmann
Patch Elementary School principal



Lt. Gen. Ben Hodges, the USAREUR commanding general, visits Patch Elementary School Jan. 7 and lets Sany Stellato's class of first-graders select the book he will read to them. The students selected "The Three Little Javelinas." — Photo by Sheree Foster, Patch Elementary School.

leaders Jake Blaser and Jordan Haycock, Hodges visited Sandy Stellato's first-grade classroom where he read "The Three Little Javelinas" to the students.

Beverly Erdmann, the PES principal, said she was honored that the USAREUR commander took time out of his schedule to visit the school. "It was energizing to have him here. He was a natural with the students, and they responded to his kindness," she said.

Hodges also toured the Warrior Zone, Patch Youth Center and the Child Development Center.

During the visit, Hodges met with senior leaders of U.S. Africa Command, U.S. European Command, and Special Operations Command Europe, and met with garrison officials and military seniors leaders from across the community during a working lunch.



Matthew Thomas, the Training Support Center Stuttgart manager, discusses range capabilities with Lt. Gen. Ben Hodges, the USAREUR commander, during a visit to Panzer Range Complex Jan. 7. — Photo by Martin Greeson, Training Support Center Stuttgart.

Ask a JAG: Stuttgart Tax Center

By 1st Lt. Keenan Daniels (U.S. Army)
Stuttgart Law Center

Editor's Note: Do you have a legal question you would like to see answered in a future edition of the "The Citizen?" If so, contact "Ask a JAG" at usarmy.stuttgart.21-tsc.mbx.tax@mail.mil.

Question: When does the Tax Center open and what do I need to get my taxes filed?

Answer: The Stuttgart Tax Center will

officially open Feb. 2 and we look forward to serving you this tax season. This year we are encouraging service members with only a W-2 and no dependents to come in during the first two weeks. This will give us the opportunity to take care of our junior service members and get them back on their mission.

Now, let's talk logistics: In order to get your taxes filed, please bring in your Social Security card, as well as the cards of all dependents. Additionally, please bring in your state issued ID and a CAC/

Deers card, as well as your W-2, 1099s and any other applicable tax forms. If you own property in the States, you will need to bring your mortgage and insurance documents.

All filers are required to bring in a filled-out IRS Intake Pub 13614-C, which you can find on our website by going to the Stuttgart Garrison homepage and clicking on "Garrison Services" and "Legal."

This year we encourage everyone to make appointments through email. You can make your appointment by using the

email contact form on the right side of the Legal Services webpage or by emailing usarmy.stuttgart.21-tsc.mbx.tax@mail.mil.

Additionally, we will provide a drop-off service with an anticipated turnaround of about two weeks. We will also accept walk-ins from 9 a.m. to noon, but as last year, those with appointments will have priority.

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

We look forward to seeing you this tax season!

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

Stuttgart New Beginnings
WWW.STUTTGARTCHURCH.COM
Schwertstraße 1, 71065 Sindelfingen
TEL: 0152-2139-8172

Sundays at 15:00
Wednesday
YouthGroup, 17:00
LifeGroup, 19:00

Don't let time pass by, come and join us this week

Service Times:
Sunday School.....10 am
Sunday Preaching.....11 am
Sunday Evening.....6 pm
Wednesday (Prayer & Bible study)....7 pm

Nursery provided each service
Schulze-Delitzsch-Str. 30
70565 Vaihingen

Pastor F. Moser
Pastor's Phone: 0160-9278-8754
Church Phone: 0711-696-0785
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Sunday - 0930 & 1130
Saturday - 1800
AWANA: Sunday 1700
Pastor's Bible Study/Prayer Meeting:
Wednesday 1900

Other Opportunities:
Small Group & Bible Studies
Men's, Women's & Young
Adult Ministries

Untere Waldplätze 38 • 70569 Stuttgart-Vaihingen
(across the street from Patch)
www.ibcstuttgart.de • 0711 - 687 - 4365

STUTTGART MILITARY COMMUNITY CHURCH

MEETING AT WENDE PUNKT
ROSENSTEINSTRASSE 10
71032 BOBLINGEN

01732 388433
WWW.SMCCCHURCH.DE

JOIN US!
SUNDAY EVENINGS 5:00PM

A PLACE YOU CAN CALL HOME

IMPROVE YOUR LIFE IN ONLY 18 MINUTES

Improve your life by learning how to cope with adversity.

Army family members and Department of the Army civilians can gain the thinking skills and coping strategies needed to take care of themselves, their families and Soldiers with resilience training.

The first step to improving overall fitness and resilience is the Global Assessment Tool 2.0, an on-line survey that combines objective health data with survey-based questions, providing those who take it self-awareness in the five dimensions of strength as defined by the World Health Organization: emotional, social, spiritual, family and physical.

Users receive scores based on their responses, followed by personalized, online self-development recommendations.

The GAT, developed by experts from the U.S. military, civilian universities, hospitals and industry professionals, takes an average of 18 minutes to complete.

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

LOOKING FOR HOUSING?

The Department of Defense has launched a new website, www.homes.mil, dedicated to helping service members, DOD civilians and their families with home finding services.

Service members and DOD civilian employees who are overseas are required to report to the Housing Services Office at their new duty stations before making arrangements to rent, lease,

or purchase off-post housing. They are further advised not to send monetary deposits for housing prior to contacting the HSO.

For additional information about housing at USAG Stuttgart, visit the garrison website or contact the Housing Services Office at 431-2230/civ.07031-15-2230.

DINING FACILITY RATES INCREASE

Due to new policy changes for appropriated funded dining facilities across the entire Department of Defense, the 1st Battalion, 10th Special Forces Group (Airborne) Dining Facility food service rates have increased to the following:

Breakfast: \$3.45; \$2.60 for family members of E-4 and below.

Lunch: \$5.55; \$4.20 for family members of E-4 and below.

Holiday meals: \$9.05; \$6.80 for family members of E-4 and below.

WIC HOSTS KIDS IN THE KITCHEN JAN. 30

Children ages 3 to 5 and their parents are invited to join the Women, Infants and Children program for a morning of storytelling, prizes and "cooking" Jan. 30 from 10-11 a.m.

Kids in the Kitchen will be held in the United Service Organizations' kitchen in Building 2915 on Panzer Kaserne. Participants do not need to be WIC recipients to attend. Space is limited.

For more information and to reserve a spot, call civ. 07031-15-3351.

AAFES SERVICES RELOCATE

AAFES facilities on Patch Barracks have relocated.

The hair care facilities are now located in the former site of the dry cleaners, across from the Patch Food Court, in Building 2939.

The alteration shop and the dry cleaners are now located in the services mall at the opposite end of the Patch Food Court, Building 2330.

The rental car office is now located inside the Patch Express, Building 2349.

JOIN PATCH BOOK CLUB

Join the Patch Library Book Club to discover new books to read and discuss.

The next meeting will be held Feb. 23 from 5:15-6:165 p.m. in the Patch Library, Building 2343.

You're invited to join the meeting, even if you haven't read the month's selection.

For more information, call 430-7138/0711-680-7138.

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.

Register by Jan. 30 to receive free childcare. There is a 10 child minimum; if less than 10 children are registered by this date, child care will be cancelled.

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

SELLING YOUR CAR TO A LOCAL NATIONAL?

U.S. identification cardholders who want to sell their privately owned vehicle to a local national buyer must obtain a Permit to Transfer in order to properly de-register their U.S. Army Europe-registered vehicle.

For details, call the U.S. Customs Office at 431-2731/ civ. 07031-15-2731.

VOLUNTEER FOR SPRING BAZAAR

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

COVENANT FELLOWSHIP CHURCH
Christ Centered | English Speaking | Reformed | International

Sunday School 10:30
Morning Worship 11:30
Evening Worship 18:00

Zionskapelle
Hechingerstr. 51
70567 Stuttgart-Möhringen

A Congregation of the Presbyterian Church in America
www.cfcstuttgart.org
pastor@cfcstuttgart.org (0176) 8418 5896

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.

For questions, email scsc.bazaarvolunteer@gmail.com.

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.

TOO MUCH STUFF?

Looking for a place to store all of your extra belongings?

Starting March 14, the Stuttgart Golf Course will offer storage units of varying sizes for \$35 to \$75 per month.

The minimum rental is for three months.

For more information, call the golf course at civ. 0714-187-9151.

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. 4, Feb. 18 and March 4.

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, 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 preseparation information.

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

EQUAL OPPORTUNITY SEEKS VOLUNTEERS

The U.S. Army Garrison Stuttgart Equal Opportunity Office seeks volunteers to organize upcoming special observances such as Black History Month and Women's History Month.

Interested parties should attend the weekly planning meetings held every Tuesday from 2-3 p.m. in the Patch Chapel.

For more information, call the Equal Opportunity Advisor at 430-7945 or civ. 0711-680-7945, or 0162-297-5922.

MASSAGE HELPS TO BOND WITH BABY

Learn how to give your baby a massage in a free infant massage class Feb. 2 from 10-11 a.m. at Army Community Service, Building 2915, Panzer Kaserne.

Participants should bring a blanket and a non-mineral oil, such as sunflower or grapeseed, to help aid with massage techniques.

The class is open to all ID cardholders. No registration is required.

For more information, call ACS at 431-3518/civ. 07031-15-3518.

REPORT ON-POST DUMPING

Stuttgart military community members living off-post are not allowed to dispose of garbage or recyclables on any U.S. Army Garrison Stuttgart installation.

This applies to all military, civilian, local national

and contractor personnel, as well as family members who live off-post.

For civilians who violate the policy, administrative actions range from a warning letter from the garrison commander to a bar to the installation. Military personnel are subject to the Uniform Code of Military Justice.

Community members are encouraged to report violators by notifying the MP Desk Sergeant with the offender's license plate and the location of the offense.

Call 430-5262/civ. 0711-680-5262 to report.

YOU MAY QUALIFY FOR WIC

Women with a child up to the age of 5 or who are a pregnant, postpartum or breastfeeding may qualify to receive supplemental foods and nutrition education through the Women, Infants, and Children Overseas Program.

For more information, call 431-3351/civ. 07031-15-3351 or stop by the WIC Overseas office in Building 2915, Panzer Kaserne.

EAP IS FOR YOU

The U.S. Army Garrison Stuttgart Employee Assistance Program can assist supervisors, managers and their employees with problems that may affect work performance, conduct, attendance, the work environment and/or quality of life.

The EAP coordinator can provide free and confidential short-term counseling, community referrals, coordination with alcohol/drug treatment, management consultations and training.

For more information, call the EAP Coordinator at 431-2530/07031-15-2530.

APPLY FOR SCSC SCHOLARSHIP

The deadline to apply for a Stuttgart Community Spouses Club scholarship is March 5.

Eligible applicants include all high school graduating seniors, continuing education students and spouses.

Applicants must be ID cardholders sponsored by an active duty service member, government

civilian or contractor within the Stuttgart military community.

For more information or to download an application, visit <http://stuttgartspousesclub.org>.

RUNNERS, WEAR THE RIGHT SHOES

The Physical Therapy Clinic on Patch Barracks

will offer a running shoe clinic Jan. 30 from 9:30-10:30 a.m.

Participants must book an appointment to attend.

To attend, call 590-1603/civ. 06371-9464-1603.

Send your announcements to editorial@stuttgartcitizen.com.



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‘Besenwirtschaften:’ Great way to enjoy Swabian winter way of life



Besenwirtschaften, or broom stick inns, can typically be spotted by a broom (“Besen”) hanging above the entrance door, as depicted here in Stuttgart’s city district Untertürkheim. During the winter months, these small, temporary wine bars operated by vintners offer new wine and various wines from last season’s harvest, as well as a limited menu of cold cuts, sausages, cheeses and bread. Besenwirtschaften can be in a barn, basement, spare room or even a garage. — *Photo courtesy of Neckar Magazin.*

By **Teri Weiss**
Special to The Citizen

It’s time to cheer up and enjoy what the winter months have to offer. There are a number of Swabian customs and traditions, as well as religious holidays and feasts, to warm us up during the colder days.

While stationed here in the greater Stuttgart area, you should get to know an ancient and truly local treat of the area, “Besenwirtschaften,” or broomstick inns. These temporary taverns, or wine bars, have been around since the ninth century. Over the past 1,200 years, regional vintners maintained the practice of serving their own “Most,” or Swabian cider, as well as recently harvested wines, as long as the supply lasts. To this day, it all takes place in their own home, barn or basement, spare room or even garage converted for the occasion into a cosy setting for friendly and rustic get-togethers.

You may have seen the emblem hanging over a garden gate or above an entrance door: It’s called a “Besa,” the Swabian word for “Besen,” or broom.

Typically, it’s a long-handled birch or brush broom with colored ribbons and streamers entwined between the bristles. However, it could also be a wreath or just some shrub twigs or sprigs of pine to indicate that people will find a temporary wine bar there.

It’s mainly during this time of year when broomstick inns are open and the locals, Badenians and Württembergers, like to “go by the broom.” As they say,

it’s during winter when a cup of cheer, simple food and good company help to get through the cold and dark season.

The respective Besenwirtschaft owners are bound by law to follow strict regulations.

They are allowed to operate only four months of the year divided into two phases, typically between November and early March, and may serve up to 40 people at a time. Hygiene inspectors control Besenwirtschaften weekly to ensure health and safety standards are met.

Legalities aside, Besenwirtschaften can be considered as unique, gastronomic rarities, certainly not common places for wining and dining.

Vintners welcome their guests with their “young” or “new” homemade wine called “Most” and various wines from last season’s harvest. Served along with these delightful beverages are solid brown breads, rolls and hearty homemade sausages, smoked hams, cutlets, sauerkraut and potato salad.

The mouth-watering fragrances waft through the Besenwirtschaft as guests indulge in light red Trollinger or Lemberger wines, or clear white Müller-Thurgau or Sylvaner wines, mostly quite dry.

Guests may linger as long as they like at this type of affordable enjoyment and the hearty, but simple food, local wines and good company make for a memorable atmosphere.

Typically, foreign visitors, including Americans, oftentimes refer to the

German “Gemütlichkeit,” or coziness, and that’s what Besenwirtschaften are all about. Visitors may discover that a Besenwirtschaft is a good place to test some German phrases or have their newly found Swabian neighbors practice their English.

In fact, one might be surprised how easy it will be to speak German after a “Viertel,” a quarter-liter of local red or white Württemberger wine, or, if one’s really brave, a glass of Swabian cider.

Give it a try for a really memorable cultural experience. Prost, und zum Wohl!

Editor’s Note: Local wines can also be sampled at various Besenwirtschaften between August and October.



© Stuttgart-Marketing GmbH/Berger

Find out more on Besenwirtschaften open in January, February and March in the greater Stuttgart area :

Stuttgart-Plieningen: www.plieningerberesen.de/
Stuttgart-Hofen: www.weinbau-nerz.de/
Stuttgart-Degerloch: www.beiderelsbeth.de/
Stuttgart-Obertürkheim: www.karl-woehrwag.de/
Stuttgart-Untertürkheim: www.weinhof-zaiss.de/
For a full listing of Besenwirtschaften in and around Stuttgart, visit www.besentermine.de.

More culture outings

Why not start the New Year with visiting one of the area’s many museums?

The Schauwerk in Sindelfingen presents contemporary art from the collection of Peter Schaufler and Christiane Schaufler-Münch. Over the course of 30 years, the couple has established one of the largest private art collections in Germany. Exhibits come from German and international artists from Italy, France, Asia and South America. A “Ladies First!” exhibition with works of more than 30 contemporary female artists runs until Aug. 30. Tickets cost €8. For more information, visit www.schauwerk-sindelfingen.de.

The Stuttgart State Gallery’s art collection spans 700 years and features works dating from 14th century German, Dutch and Italian artists to 21st century contemporary art. The gallery consists of the Old State Gallery, built between 1838 and 1843, and the New State Gallery, designed in 1984 by British architect James Sterling. Currently, the state gallery features an “Oskar Schlemmer Visions of a New World” exhibition until April 6. Tickets to the exhibition are €12. For more information, visit www.staatsgalerie.de.

For more culture and leisure suggestions, visit www.stuttgartcitizen.com.



Tim Kaiser, a USAG Stuttgart Directorate of Public Works local national employee, who is deaf, does not let his disability get in his way. He communicates with his hearing co-workers through lip reading, gestures, written notes and text messages.

Johannes Porsche, a mechanical engineer with DPW's Master Planning Division who is legally blind, updates blueprints and installation maps with screen magnification. Porsche was born with a form of high myopia, also known as extreme shortsightedness.

No such thing as disability for garrison DPW employees

Story & photos by S.J. Grady
USAG Stuttgart Public Affairs Office

If you live or work on Kelley Barracks, you may have seen Tim Kaiser around. He's tall, with closely cropped hair, and almost always has a smile on his face. While his physical appearance hardly sets him apart from the crowd, his penchant for dressing in a mixture of vintage U.S. military issue camouflage uniforms just might. And then there's the other thing about him. He is deaf.

Born without the ability to hear or speak, Kaiser, a native of Stuttgart, works for the U.S. Army Garrison Stuttgart Directorate of Public Works as a gardener and installation worker.

Those old military uniforms he usually wears to work? It's Kaiser's way of putting a lifetime of collecting military gear to practical use, especially for what can be a dirty job.

Kaiser is a proactive employee known for solving problems as soon as he sees them. "He's the good soul of Kelley Barracks, my right-hand man," said Dag Kregenow, chief of the DPW Roads and Grounds branch.

At work, Kaiser typically gets his orders through lip reading, gestures and written notes. And when out in the field, he and Kregenow communicate through text messages.

For Kaiser, it has been easy to work with hearing people. He only needs a couple of days to study a person's gestures and mouth movements in order to understand them, he said through an interpreter.

Off the job, Kaiser's interests are as eclectic as his work uniforms. He is a student of history, especially Roman history, politics and science; a video gamer; world traveler; and tarot card reader.

Last year Kaiser, along with Johannes Porsche, a soft-spoken, bespectacled mechanical engineer, celebrated 25 years of employment with DPW.

"I am really thankful to have a job like this. Normally, companies don't hire people like me," Porsche said.

People "like him" are legally blind.

Porsche was born with a form of high myopia, meaning he can only focus on things inches from his face.

He serves as an architect for the Master Planning Division, maintaining and updating DPW's library of installation blueprints and maps.

The irony is not lost on him. "God has humor. The man who sees the worst deals with the tiny drawings," he said.

"I see 10 percent with glasses and 2.5 percent without glasses, and that's with my good eye," said the father

of three, displaying his own sense of humor.

Porsche, an ethnic German born in Romania who came to Germany in 1984, copes through the use of technology.

For computer work, screen magnification allows him to read emails, work on spreadsheets and modify blueprints.

He also uses adaptive aids such as an electronic magnification device, monocular telescope and a talking watch. But Porsche refuses to use a white

cane as a mobility aid. His poor vision means he cannot drive. He does, however, commute to work by train and bus from Metzingen on his own.

He also acts as navigator on family road trips, using the telescope to help him identify street signs and exits.

On his off time, Porsche participates in monthly bluegrass sessions, playing guitar, banjo and harmonica. He also plays for his church, writes songs, and dabbles in graphic

design. Kaiser and Porsche are examples of what people with disabilities can bring to a workplace, according to Carl Pritchard, the DPW director.

"Tim Kaiser can't be defined by 'deaf,' he is a great worker with a positive outlook on life. Johannes Porsche isn't 'blind,' he is a CAD draftsman. Peoples' disabilities don't define them; how they react and overcome the challenges of life is what defines them," Pritchard said.

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Telehealth brings long distance specialists to you

Landstuhl Regional Medical Center Public Affairs Office

Telehealth is paving the way for the future of military medicine in Europe Regional Medical Command. Telehealth bridges the geographical distances between patients and specialty care providers, increases patient access to care, and supports mission readiness.

This innovative approach to military medicine allows specialty care providers at Landstuhl Regional Medical Center to cross commands, countries, and continents to provide high-quality, patient-centered care to beneficiaries residing in or deployed to Europe.

Telehealth is the use of electronic information and telecommunications technologies to support long-distance clinical health care, patient and professional health-related education, and public health and health administration.

LRMC established its Telehealth Program Office in January 2014 as part the Defense Health Agency's desired end-state to seamlessly integrate Telehealth into routine patient care by the year 2020. Since its inception, LRMC Telehealth has steadily proven its relevancy in today's military health care system in Europe.

Using Telehealth has allowed a variety of LRMC medical specialists to treat patients at outlying Army health clinics in Belgium, Germany and Italy, all the while decreasing the need for patient travel to LRMC and reducing time away from work.

Video-teleconferencing

technology and advanced medical devices such as stethoscopes allow LRMC providers to listen in real-time to patient heart and lung sounds. Other examples, such as otoscopes to perform real-time ear exams, and general exam cameras to provide dermatology quality skin exams, are helping Telehealth providers to successfully transition from the traditional tele-behavioral health era into a tele-comprehensive specialty care era.

Full-time Telehealth nurses have been hired at Vilseck, Wiesbaden, and Stuttgart Army health clinics to support these high-quality, synchronous appointments between patients and their specialty care providers. Telehealth is also available at other Army health clinics in Europe but not currently supported with full-time nurses.

Telehealth nurses are highly trained and qualified to conduct appointments and act as surrogates to assist in the examination for providers and ensure there is no degradation in quality of care when using Telehealth.

"I often find that my patients are initially curious about their Telehealth appointment, but by the end they are surprised and impressed with the quality of their examination and encounter with their provider," said Robin Smith, a Telehealth nurse at Vilseck Army Health Clinic. Smith is well-versed with Telehealth as both a practitioner and a beneficiary.

"I have also experienced Telehealth as a patient and as the mother of two children that received care via Telehealth," said Smith. "Receiving care from specialists at LRMC via



Erica Taylor, nurse director for the Telehealth Program at Landstuhl Regional Medical Center, demonstrates using the Telehealth cart otoscope to conduct a real-time tympanic membrane exam. On screen is Physician Assistant Steven Cain, who from a remote location can see and evaluate the patient and provide an appropriate plan of care. — Photo by Phil Jones.

Telehealth meant my children and I were able to stay in the U.S. healthcare system while living overseas, and it is also minimized the number of trips we needed to make back and forth to LRMC."

What once may have required a patient to travel multiple times to LRMC may now be reduced to just one trip. With the use of Telehealth, patients can complete their pre-operative and post-operative appointments in the comfort of their own clinic, and only need to travel to LRMC for their scheduled procedure. Additionally, Telehealth supports a variety of patient care

needs such as nutritional counseling, sleep study counseling, and educational classes for procedures such as vasectomies.

"Telehealth essentially takes the outlying Army health clinics with otherwise limited access to specialty care providers, and turns them into their own regional medical centers," said Erica Taylor, nurse director of the Telehealth Program.

If you receive a referral for a healthcare specialist, ask your doctor or nurse about Telehealth as an option or call the LRMC Telehealth Program Office at 590-4600/civ. 06371-9464-4600.

Be safe on the slopes

The American Academy of Orthopedic Surgeons offers these tips for staying injury-free while participating in winter sports:

- Before beginning, perform light exercise for three to five minutes and slowly

- stretch muscles.
- Never imitate stunts seen on television. Make sure your children understand the dangers associated with mimicking professional athletes.
- Never participate in extreme sports alone. Have a partner to assist you and

- have a communication device to call for help in case you are injured.
- Wear appropriate protective gear.
- Wear several layers of light, loose, water- and wind-resistant clothing.
- Take frequent breaks to avoid dehydration and overheating. Avoid alcohol



because it can increase your chances of hypothermia.

- Pay attention to weather warnings.

Idling your car is a no-no

USAG Stuttgart Directorate of Public Works Environmental Division

Did you know that idling one's car is illegal? German traffic law prohibits avoidable exhaust emissions. This means if your car is not moving

(exceptions are at traffic lights) you must shut off your engine. This reduces the emission of toxic air pollutants and saves you fuel. Respiratory problems and cardiovascular diseases are associated with car idling due to toxic pollutants.

Reducing exhaust emissions reduces health risks. The Federal Air Emission Ordinance establishes threshold values for air emissions. The daily average value of certain pollutants shall not be exceeded for more than 35 days in any one

year. In 2013, Stuttgart's city center exceeded the limit for 91 days, and in 2014, for 51 days. Do the right thing and turn off your car engine when you are not driving. You can help keep Stuttgart's air clean and breathable, and reduce health risks.



What's happening in FMWR

DAY FOR QUILTERS

Join the Arts and Crafts Center on Patch Barracks for a quilter's open house featuring quilting technique classes and demonstrations Jan. 24 from 10 a.m. to 5 p.m. Quilting supplies will also be on sale.

Students will need to pre-register for classes. The class schedule can be found on the Stuttgart MWR website or stop by the Arts and Crafts center.

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

GET HOOKED ON GOLF

Interested in learning how to golf? Come to the Stuttgart Golf Course for a free golf lesson taught by a professional Jan. 31 from 10-11:30 a.m.

The instruction includes an introduction to the game, a golf course orientation and free range balls.

For more information, call civ. 0151-625-04877.

SUPER BOWL PARTY

Cheer for your team at the Patch Community Club's Super Bowl Party Feb. 1.

Enjoy bar food specials and free hot-dogs during the pre-game show, trivia

during half time and cool giveaways. The party starts at 10 p.m.

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

REMEMBER VALENTINE'S DAY WITH A PHOTO

Take a heartwarming photo with you and your sweetheart during a Valentine's Day mini session Feb. 1-14 at The Photo Studio on Patch Barracks.

Price includes a 20-minute photo session and 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.

TOUR DE STUTTGART

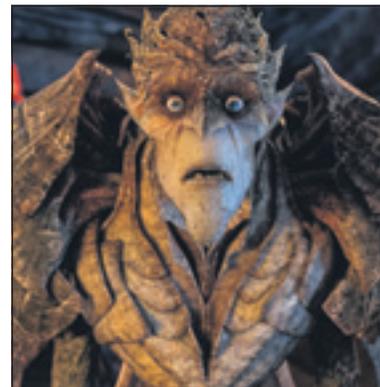
Cyclists, sign up for this free incentive program where your miles (both indoors and on the road) will qualify you for prizes. Tour de Stuttgart runs Jan. 24 to Oct. 31 and is open to ID cardholders ages 18 and older.

Visit a fitness center for more information or call 430-7136/civ. 0711-680-7136.

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

COMING TO PATCH THEATER

- January 22 — American Sniper (R) 6 p.m.
- January 23 — Strange Magic (PG) 6 p.m.,
The Boy Next Door (R) 9 p.m.
- January 24 — Into The Woods (PG) 3 p.m.,
Strange Magic (PG) 6 p.m.,
The Boy Next Door (R) 9 p.m.
- January 25 — Strange Magic (PG) 4 p.m.,
The Boy Next Door (R) 7 p.m.
- January 26 — Closed
- January 27 — Closed
- January 28 — Selma (PG-13) 6 p.m.
- January 29 — Black Hat (R) 6 p.m.
- January 30 — Project Almanac (PG-13)
6 p.m., Black Or White
(PG-13) 9 p.m.
- January 31 — Strange Magic (PG) 3 p.m.,
Black or White (PG-13),
Project Almanac (PG-13)
- February 1 — Strange Magic (PG) 2 p.m.
Black Or White (PG-13)
5 p.m.
Project Almanac (PG-13)
8 p.m.
- February 2 — Closed
- February 1 — Closed
- February 4 — American Sniper (R) 6 p.m.
- February 5 — Project Almanac (PG-13) 6 p.m.



© 2015 - LucasFilm & Walt Disney Pictures

"**Strange Magic**," is a madcap fairy tale musical inspired by "A Midsummer Night's Dream." Popular songs from the past six decades help tell the tale of a colorful cast of goblins, elves, fairies and imps, and their hilarious misadventures sparked by the battle over a powerful potion. Lucasfilm Animation Singapore and Industrial Light & Magic bring to life the fanciful forest turned upside down with world-class animation and visual effects.

Family and MWR Advertisement

stuttgart.armymwr.com



KIDS! GET READY TO PLAY

SPRING SPORTS REGISTRATION
Jan. 27 – Feb. 28
CYS Parent Central Services
Patch Barracks, Bldg. 2347, 2nd Floor

Sign your child (ages 3 - 15) up for Spring Sports. Choose between baseball, soccer, softball, tennis or track. Sports physicals must be valid through Jun. 5. Call or register at Parent Central Services.

DSN 430-7480, CIV 0711-680-7480



READY FOR SOME FOOTBALL?

SUPER BOWL PARTY
Feb. 1, 10 p.m.
Galaxy Bowling Center
Panzer Kaserne, Bldg. 2998

Is your team in the Super Bowl this year? This is the perfect place to let loose, get loud and win prizes! For every \$5 you spend, receive a ticket for your chance to win a cruise valued a \$2500. Winner will be announced at the end of the game. Bowl before the game for only \$1.50 per game and \$1.50 shoe rental.

DSN 431-2575, CIV 07031-15-2575



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Panzer Kaserne, Bldg. 2953

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Try the Interlaken overnight with night sledding. Price includes transportation, lodging, breakfast, shuttle, night sledding package (sled, guide and fondue dinner), equipment rental and ski bus pass. Departs at 6 a.m. All ages: \$199 Non-Sledding or \$249 with sledding. SWPC (ASAP): \$99. Deadlines: Jan. 23, Feb. 6 and Mar. 6.

DSN 431-2774, CIV 07031-15-2774

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USAG Stuttgart trains join

Story & photos by Greg Jones
USAG Stuttgart Public Affairs Office

Since resilience training was incorporated into the U.S. Army Garrison Stuttgart in-processing program, a joint community that may be new to this Army-centric program has found itself 'hunting the good stuff,' 'being the ball,' and definitely 'putting it all in perspective.'

But what does all of this mean, and what's the real value?

Master Resilience Training consists of four modules with a number of resilience skills in each module. The resilience training provided at USAG Stuttgart in-processing, and the annual resilience training required of Soldiers, consists of a selection of these resilience skills. Familiar resilience catch phrases like, "hunt the good stuff," "putting it all in perspective" and "avoiding thinking traps" are all resiliency skills that are part of the required training.

The skills focus on using positive thinking techniques to maximize an individual's ability to bounce back from adversity. From minimizing negative thoughts, to implementing self-improvement techniques and maintaining a positive perspective in all situations, the training is meant to empower individuals to help themselves.

The skills taught in resilience training have real value, according to Master Resilience Trainer Sgt. 1st Class David Miedaner, Headquarters and Headquarters Company, USAG Stuttgart,

who explained that he receives positive feedback on a regular basis from those who have attended resilience training.

"I'll see people all the time, and they stop me and say, 'Hey, you were my resilience instructor,'" he said. "Then, they go

on to tell me how the resilience techniques helped them through their challenging PCS (permanent change of station) or at some other tough time. It's a good feeling hearing that people are actually out there putting this training to use."

After losing a Soldier to an improvised explosive device during a

deployment, Master Resilience Trainer, 1st Sgt. Amador Aguillen, Headquarters and Headquarters Company, USAG Stuttgart, had difficulty accepting the incident. As the Soldier's leader, Aguillen felt responsible and began to feel the

heavy mental effects of the incident.

"I blamed myself for a lot of reasons, almost to the point where I downward-spiraled into thinking negative," he said. "But then I jarred myself loose by putting it into perspective. I wasn't there when it happened, and I had done all I could as a leader. It was still a tragedy, but I was able

to deal with it better.

"Having these skills has made me more resilient, and I'm able to share these skills in the classroom to help make others more resilient," he said.

The history of resilience

The concept of psychological resilience is not new and has been around since the early 1970s, according to an article co-written by Karen Reivich and Martin Seligmann of the University of Pennsylvania, and (then Lt. Col.) Sharon McBride of the Army's Master Resilience Trainer Program, published in American Psychology. However, applying the concepts to a classroom-style training program was developed by the University of Pennsylvania in the 1990s and early 2000s.

The Army's Master Resilience Training program was developed in 2009 from the University of Pennsylvania's internal Penn Resilience Program. In collaboration with the Army, the university refined the program with a military audience in mind, and with a focus on specific adversities faced by the military population, according to the American Psychology article.

Editor's Note: The American Psychology article cited above can be found at www.ppc.sas.upenn.edu.

To help the community learn more about local resources that promote health and resiliency, USAG Stuttgart will host three resiliency carnivals in February. See page 4 for details.



Multimedia Content: MRTs share their preferred resiliency



Goal Setting

Staff Sgt. Jauwana Adams

"I like little victories... goal-setting helps me to achieve those little victories."

Adams finds that setting specific, measurable, action-based, realistic and time-bound goals helps her to achieve more.



<http://youtu.be/Kq0i8GLypvc>



Real-Time Resilience

Staff Sgt. Willis Morris

"It really allows us to bounce back and fight negativity."

Morris employs Real Time Resilience to fight negative thinking and remain focused.



<http://youtu.be/5eYI0wCdLyl>

Building community in resilience



Students take notes during resilience training which is now part of the USAG Stuttgart in-processing program. Resilience training is offered to service members, civilians and family members as well.

Practice techniques and concepts

Use a QR-enabled smart-device with the QR codes below, or simply use the supplied links, to access online videos of these MRTs discussing resilience.

Be the Ball

Staff Sgt. Joshua Manuel

“You throw a tennis ball against a wall, and what is it going to do?”

Manuel explains the resilience analogy of the ball and the egg, highlighting the ball's ability to bounce back when it hits a wall.



http://youtu.be/4_gpkD_4h1U

Maintaining Resiliency

Sgt. 1st Class David Miedaner

“You have to practice it. If you don't you'll lose it. It's a perishable skill.”

Miedaner emphasizes the importance of honing resilience through training.



<http://youtu.be/k7AfWuMfSKQ>

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

Youth Activities



LTG Hodges' visit to Patch Elementary School

LTG Ben Hodges (USAREUR commander) visited Alexander M. Patch Elementary School in Stuttgart. He was greeted by the school's Student Council President, Jake Blaser, and the Vice President, Jordan Haycock. He began his visit by discussing the importance of their work as school leaders. After presenting the Student Council Leaders with his Commander's Coin for their school leadership, he went to Ms. Sandy Stellato's first grade classroom. LTG Hodges read "The Three Little Javelinas," which was the book selected by the students. He captivated the students as he read and discussed the story.

The students had the opportunity to ask LTG Hodges a wide variety of questions. Before leaving the classroom, LTG Hodges recognized the important work of educators by presenting Ms. Stellato with his Commander's Coin.



Photo by AmyRush



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

Youth Activities

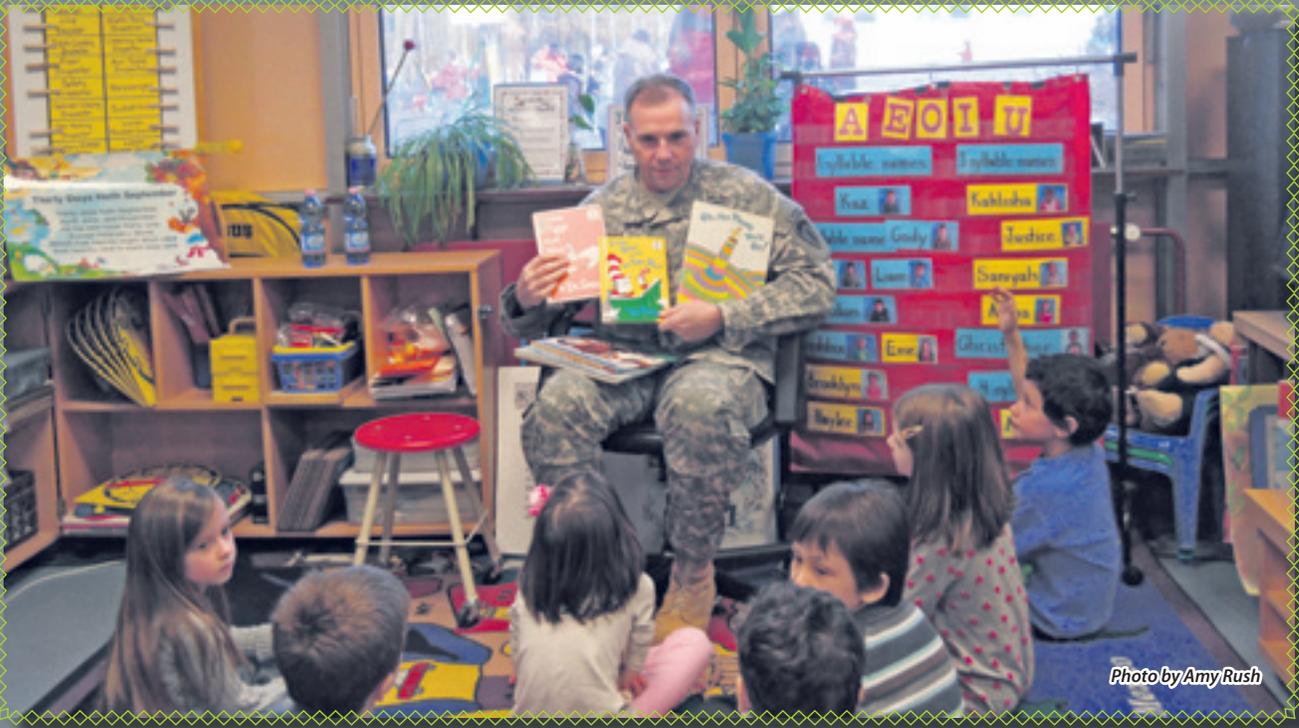
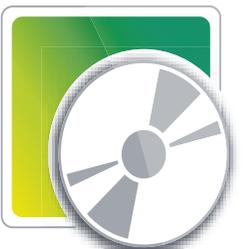


Photo by Amy Rush



Photo by Amy Rush



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You must be able to speak and write in excellent English, and it is most important that you enjoy getting off-base/post and taking lots of photos of your travels. Must be proficient in the use of social media, especially in ways that connect the military dependent community in the KMC.

Send your resume to jobs@advantipro.de

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From our salad bar

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Various Salads from our salad bar, 100g



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1.11

Kerrygold original Irish Butter and also salted, 250g, each pack (100g = € 0.44)



1.29

Ehrmann Almighurt different varieties, 150g per container (100g = € 0.19)



1.66

Original Wagner Stone Oven Pizza different varieties, eg. Salami, 320g (1kg = € 5.19), each pack frozen



1.11

Coppenrath & Wiese our gold pieces different varieties such as 6 multi-grain buns 300g (1kg = € 3.70), each pack frozen



1kg package

2.99

Tress homemade pasta various forms, 1kg pack



6.99

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20.7

Stuttgarter Hofbräu Pilsner 2 cases with 20 x 0.5L bottles plus € 6.20 deposit (1L = € 1.00)



10.99

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****2012 Jeep Grand Cherokee** Overland Summit 4X4, \$35,000, tylito2000@gmail.com, Absolutely loaded to the max. This jeep has everything and more. Top Luxury with Jeep performance. 36,000 miles, V8 5.7L 360HP Hemi, way too much to list....

2002 BMW 525i Sport Sedan, \$9,995-, US Spec, Automatic, Leather, Sunroof, Cruise Control, Power Seats, Alloy, Excellent, New Service, Call: 0176 2273 0967, Email: info@europeanmotors.org, Web: www.europeanmotors.org

2003 BMW 325i Sport Sedan, \$10,495-, US Spec, Automatic, Leather, Sunroof, Cruise Control, Power Seats, Alloy, Excellent, New Service, Call: 0176 2273 0967, Email: sales@europeanmotors.org, Web: www.europeanmotors.org

2003 Nissan 350z Track ed., US Spec, \$11,000, 6-spd, 61K miles, silver, nismo wheels, carbon fiber, body kit, too much to list. Runs perfect. My name is Paul. Email/call for more info: psantos.engineering@gmail.com, phone: 017610537351

2004 Corvette Coupe, CommemorativeEd, 25,500 miles, Exc. Cond., LeMansBlue, New Michelin Tires, 4 sp. Auto, Comfort Access, Leather, Cruise, Power Everything, DualAirbags, Moon Roof/Targa, HUD, Bose CD, ABS, Traction Contrl, ActiveHandling, Dual Climate, Sport Exhaust. New front and rear brakes and rotors. \$25,500 obo. slutz2004@gmail.com or 0711 722 48 680

2004 Volvo XC90, \$6,500, 117K mi., Tel 0174 3619625 (5:30PM-10:00PM), Email: jlab1162@hotmail.com,

2005 BMW X3 2.5i xDrive SUV, \$13,995-, US Spec, Automatic, Leather, Roof Rails, Cruise Control, Power Seats, Alloy, Excellent, New Service, Call: 0176 2273 0967, Email: info@europeanmotors.org, Web: www.europeanmotors.org

2006 GMC Yukon SL 4x4 with 3rd row seats, \$11,999, if you are looking for loads of room and features then this is the vehicle for you! info@usedcarguys.net,

2006 Toyota Matrix XR Sport Wagon 1.8L Auto Trans US specs 110k miles, new front tire, timing belt, and spark plugs, Dark blue exterior, gray/black interior. Everything is in perfect working condition, with valid Dec 2015 fd84770@gmail.com

2006 Volvo C70 T5 Coupe/Convertible, \$103,995-, US Spec, Automatic, Leather, Navigation, Cruise Control, Power Seats, Alloy, Excellent Condition! Call: 0176 2273 0967, Email: info@europeanmotors.org, Web: www.europeanmotors.org

2008 Audi Q7 3.6, \$22000, Clarence.C.Simms@gmail.com, 82000 Miles - Really great condition, Black with Black Leather Seats, includes Premium Package. Send me an email for more information.

2008 Dodge Nitro SXT, \$13800. This mid size SUV comes with, power windows, power locks, cruise control and so much more. info@usedcarguys.net,

2008 Mercedes-Benz Marco Polo Camper with Activity Package: €33,000. 103,846 Km, Warranty, sleeps 4, Dealer Maintained, Garage Kept, Air, Heated Seats, Bike Rack, Awning. ed_thornburg@yahoo.com

2008 Porsche Boxster S, \$34,995-, US Spec, Automatic, Leather, Power Softtop, Cruise Control, Heated Seats, Alloy, Excellent, New Service, Call: 0176 2273 0967, Email: info@europeanmotors.org, Web: www.europeanmotors.org

2009 Ford Escape Ltd Hybrid automatic w/ 52k mi in great cond. A/C, leather, moon roof, navigation w/ single CD, BT SYNC, roof rack, parking sensor system, cruise control, heated front seats, more. Contact Jared: ruknight1@excite.com

2009 VW Eos 3.2 Coupe, \$17,495-, US Spec, Automatic, Leather, Sunroof, Power Hardtop, Cruise Control, Heated Seats, 18 inch Alloy, Excellent Condition, Call: 0176 2273 0967, Email: info@europeanmotors.org, Web: www.europeanmotors.org

AUTOS

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2007 Saab 9-3, 20. Turbo Cabrio, \$12,399, perfectly clean vehicle with loads of features. info@usedcarguys.net,

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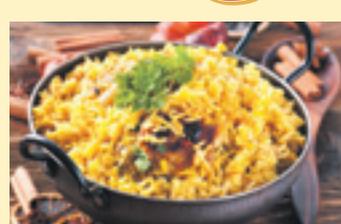


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2010 Lexus GS 350 All Wheel Drive, \$26999, wonderful sporty and loaded vehicle. Its a must see. info@usedcarguys.net,

2011 BMW 135i Coupe, \$28,995-, US Spec, Double Clutch, Leather, Sunroof, Power Seats, Alloy, Sport Package, Excellent Condition! Free Home Shipping! Call: 0176 2273 0967, Email: info@europeanmotors.org, Web: www.europeanmotors.org

2011 BMW 328i Sport Sedan, \$24,495-, US Spec, Automatic, Leather, Cruise Control, Heated Seats, Alloy, Park, Excellent Condition, Free Home Shipping, Call: 0176 22730967, Email: info@europeanmotors.org, Web: www.europeanmotors.org

2011 BMW 328i Sport Sedan, \$25,995-, US Spec, Automatic, Leather, Sunroof, Sport Pack, Cruise Control, Power Seats, Alloy, Excellent, New Service, Call: 0176 2273 0967, Email: info@europeanmotors.org, Web: www.europeanmotors.org

2011 BMW 528i Sedan, \$33,595-, US Spec, Automatic, Leather, Sunroof, PDC, Navigation, Cruise Control, Power Seats, Alloy, Excellent, One Owner Vehicle, Call: 0176 2273 0967, Email: info@europeanmotors.org, Web: www.europeanmotors.org

2011 Ford Focus SE Sedan, \$14,695-, US Spec, Automatic, Cruise Control, Power Windows, Alloy Wheels, Cloth Seats, Excellent Condition, Two Owner Vehicle, Call: 0176 2273 0967, Email: info@europeanmotors.org, Web: www.europeanmotors.org

2013 Jeep Patriot 4X4, \$19799, this is a must see vehicle! With very low mileage. info@usedcarguys.net,

2011 Hyundai i30 Blue, Drive diesel, station waggon, beige, excellent condition, 90HP, 4 door family vehicle, 6speed, 72,000 km, trailer hitch, first owner, summer/winter tires on rims, €9,000.00, jtpferguson@gmail.com/06332-9079756,

2012 Chevrolet Malibu LT Hybrid Loaded, \$21499, this is the perfect vehicle for you if you want to ride in style have comfort, luxury and a great fuel economy.info@usedcarguys.net,

Cadillac El Dorado Convertible, One of the last in Original Condition Worldwide, Collectors Piece, Winter Price: €19,000, Will take Motorcycle as partial payment, Less than 86,000 Kilometer, 8.2 Liter Big Block, White with Maroon Interi rocstar@live.de

2012 Mini Countryman S All4, \$25,995-, US Spec, Manual, Leather, All Wheel Drive, Cruise Control, Cold Weather Pack, Free Home Shipping, Excellent Condition, Call: 0176 2273 0967, Email: info@europeanmotors.org, Web: www.europeanmotors.org

2012 Volvo XC60 RDesign, \$31,700, bultinck@me.com, 32, k miles, Excellent Condition, Black Sapphire Metallic T6, 325 HP, AWD, US Spec, Soft-beige/Off-black Sports Leather, Platinum, Climate, Tech Pkgs, DVD/Nav. Rob 015238729020

2012 VW Jetta TDI Sport Sedan (Diesel), \$21,995-, US Spec, Automatic, Leather, Sunroof, Cruise Control, Alloy, Heated Seats, Perfect, One Owner Vehicle, Call: 0176 2273 0967, Email: info@europeanmotors.org, Web: www.europeanmotors.org

2013 BMW 335i Sport Sedan, \$39,495-, US Spec, Automatic, Leather, Sunroof, Cruise Control, Power Seats, Alloy, Excellent, Remaining BMW Factory Warranty, Call: 0176 2273 0967, Email: info@europeanmotors.org, Web: www.europeanmotors.org

2014 Volvo XC90, \$37k, 15k miles, Caspian Blue Metallic, soft black leather interior, Platinum trim (fully loaded), NAV system, rear seat DVD entertainment, 7-seats, climate pkg, Blis, cargo mats, ex cond, 0171-4740964 or kbraun@uso.org

4 Michelin Winter Tires with Rims, 205/55R16H have been used in 3 winters totaling approximately 6000 miles. Asking €200.00. Contact Larry Johnson at telephone 0711-758-78903 or e-mail larry_johnson12000@yahoo.com,

BMW 316 I, Black, Automatic, Coupe, Power Stering, ABS, Elec Windows, \$ 1700, Elec Locks, Elec Mirrows, Elec Sunroof, Winter Tires, Great Running Car, My Ph Is 0175-3213199 Email -- ddundkk@hotmail.de

2012 Ford Focus Titanium, Fully loaded, excellent condition, 56k miles, great gas mileage, price includes 18" tires on sport rims and 4 nearly new snow tires on rims. alicia.g.yanchisin.civ@mail.mil

Chrysler Sebring Year 2005, \$1800 ddundkk@hotmail.de, 4 Door, Automatic, Gray, Power Steering, ABS, Elec Locks, And Windows, Keyless Entry, Air Bags, Air Cond, And We Deliver Anywhere My Ph Is 0175-3213199

Fiat Punto Year 2000, 4 Door, \$2299, Color Blue 5 Speed, ABS, Elec Window, And Elec Locks, Sunroof, my Phone # 0175-3213199 Call Or Email ddundkk@hotmail.de

Ford Scorpio, 1998, 4 Door Automatic, \$ 1899. ddundkk@hotmail.de, Elec Locks, Windows, Kms 130,000, Power Stering, ABS, Air Bags, Air Cond

Golf IV 1.4, Year 1998, 93 K mils, Power(Steering, Windows, Mirrors), Winter tiers.Inspection guarantee For \$ 1900 phone: 015117610336

Honda Civi 1995, 4 Door, Red, Air Cond, KMS 151,455, ddundkk@hotmail.de, Elec Windows FT, Power Steering, ABS, Air Bag, Sunroof, Price \$ 1450.00 And We Deliver Anywhere, My Ph Is 0175-3213199

Hyundai Santor, 1997, 4 Door, Automatic, \$ 1650, ddundkk@hotmail.de, 3.0 V-6, Clean, Leather, Elec Windows, and Windows, Ali Rims, Kms 107,000 And We Deliver Anywhere, My Ph Is 0175-3213199

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Merc Benz, C-180, White, Automatic, €2500, Car Has German New TUV, No Rust, In Mint Cond, My Ph Is 0175-3213199 Call Or EMAIL ddundkk@hotmail.de,

Mitsubishi Outlander 2003 Just Passed Inspection! Very reliable Car! Price \$4000, For more information contact me at onassisrome ro@yahoo.com

New Set of 4 Tires, \$800, kgspang@hotmail.com, Michelin LTX M/S P255/65R17 108T, Purchased/Shipped the Wrong Size Tires so looking to sell locally vice ship back to the dealer. Valued over \$900 for the set, not counting shipping costs.

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Opel Victor, 2.0 Ltr, 4 Door, Blue, \$1750, ddundkk@hotmail.de, Automatic, Elec Windows, ABS, Air Cond, Air Bags, Kms 199,000, And We Deliver Anywhere My Ph Is 0175-3213199

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

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Vespa vnb5t - year1962, 125 cc, 4 speed, full restored, €3600, edoardo1973@live.it,

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US Fed Nat License "E Course" will be offered 6-7 Feb at Hut-schenhausen and 16-17 May at Stuttgart. Contact Scott at scottjenmcdonald@aol.com for Hut-chenhausen and Mark at marxsoc03@hotmail.com for Stuttgart for details. Cost is \$195.

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.

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events

A Dream of Rome. Roman City Life in Southwest Germany

Fri, Jan 23

Stuttgart, Landesmuseum Württemberg

Check out this special exhibition in Stuttgart on January 23. The topic is A Dream of Rome. Roman City life in Southwest Germany. Learn about Rome's influence on the region's administration, economy and everyday life. You will see murals, mosaics, sculptures and stone monuments. The exhibition starts at 10am and goes until 5pm. For more information, visit www.landmuseum-stuttgart.de

EVENTS

Ghost Walk

Thu, Jan 22

Esslingen am Neckar, City Center

Why not join the scary city tour on the Ghost walk on January 22 as you go through the alley ways of Esslingen. After the 90 minute tour you can enjoy a 3-course-dinner in a historic chamber. The price for this tour is €44. For more information and tickets, call 0711 396 939 69 or visit www.esslingen-marketing.de

Antique book fair

Thu, 22 Jan – Sat, Jan 24

Ludwigsburg, Musikhalle

The 29th Antiquaria (antique book fair) will be hosted at the Musikhalle Ludwigsburg from January 22 to 24. More than 50 exhibitors from different countries like Germany, Austria, France and more will display old books, graphics and autographs from the 15th to the 20th century. This year's fair goes by the theme "Women." For more information, visit www.antiquaria-ludwigsburg.de.

Weekly Market

Sat, Jan 24

Stuttgart, City Center

The weekly market offers fresh food like fruits, vegetables, fish, cheeses, bakery goods, etc., as well as international specialties and takeaways from 7 am to 1:30 pm at the market place in Stuttgart City Center. For more information, visit www.stuttgarter-wochenmaerkte.de

Kinderfasching

Sun, Jan 25

Filderstadt-Bonlanden, Uhlberghalle

The fasching season is upon us. Kids, gather your best fasching outfit, and join the fun on January 25 in Filderstadt. All the fun starts at 2 pm. For more information, visit www.zigeunerinsel.de

CMT Vacation Exhibition

Sun, Jan 25

Stuttgart, Messe Stuttgart

Visit the "CMT Urlaubs-Messe" (holiday fair) the world's biggest fair for tourism and leisure at the Landesmesse Stuttgart from January 17 to 25. More than 2,000 exhibitors from 100 countries will present new trends, hotels and foreign cultures. Discover new travel destinations from city and adventure trips to luxury beach holidays, and experience the culture of this year's partner countries Romania, the Seychelles and the region Kvarner in Croatia. For more information, see www.messe-stuttgart.de.

Pool Party for Kids

Sun, Jan 25

Filderstadt, Fildorado

Why not have a day with the kids at the pool on January 25 in the Fildorado from 2 pm to 5 pm. Enjoy the waterslides or try to balance on the bouncy climbing parkour in the middle of the pool. Kids can join the exciting races or just have a day of fun in the pool. For more information visit www.fildorado.de

Mother Africa

Tue, Jan 27

Reutlingen, Stadthalle

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

Marzipan and Chocolate Tour

Tue, Feb 3

Bad Liebenzell, Liebenzeller Museum

Calling all chocolate and Marzipan lovers! Come to Bad Liebenzell on February 3, and enjoy a tour through the museum, and gather all the information about how marzipan is made. Taste various bits. Price per person is €2.50 and starts at 1:30 pm. The tour is about 30 – 60 min long. For more information, visit www.liebenzeller-msm.de

SPORTS

ERC Ingolstadt

Sun, Jan 25

Ingolstadt, Saturn Arena

See the professional Ice Hockey team play against the EHC Red Bull München

on January 25. The game will start at 5:45 pm. Ticket price starts at €17. For more information, visit www.eventim.de

Soccer

Sat, Feb 7

Stuttgart, Mercedes-Benz Arena

Get your tickets soon to see VfB Stuttgart play against FC Bayern München. The game will start at 3:30 pm. Ticket price starts at €19.50. For more information, visit www.vfb.de

CONCERTS

The Gregorian Voices

Fri, Jan 23

Stuttgart, Markuskirche

The Markuskirche in Stuttgart will host a concert of the group The Gregorian Voices on January 23. With a mix of medieval music and more modern songs like Bob Dylan and ABBA, the group send their audience on a musical time travel. With their Europe tour the monks want to preserve the heritage of the famous Orthodox choir "Gloria Dei." For more information, and tickets visit www.reservix.de.

Queen and Adam Lambert

Fri, Feb 13

Stuttgart, Hanns-Martin-Schleyer Halle

Queen and Adam Lambert join forces. See how Queen and Adam combine the music style of today and add a new twist to the songs from Queen. Ticket price starts at €79.55. Show starts at 8pm. For more information visit www.eventim.de

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Men's Cold Weather Boots - Size 15, Sorel Water Repellent Cold Weather, Advantage Camouflage. New cost was \$125, asking \$80, cleenout@gmail.com, See more at <http://clean-n-out.weebly.com/>

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