

**Clinic celebrates
NCQA recognition**

The Stuttgart Health Clinic is recognized as an Army Patient Centered Medical Home.

**February is
Resiliency Month**

USAG Stuttgart agencies offer 28 days of events and classes to make you more resilient.

**6
10**

New law brings sweeping changes to UCMJ

By David Vergun

Army News Service

The National Defense Authorization Act passed last month requires sweeping changes to the Uniform Code of Military Justice, particularly in cases of rape and sexual assault.

“These are the most changes to the Manual for Courts-Martial that we’ve seen since a full committee studied it decades ago,” said Lt. Col. John L. Kiel Jr., the policy branch chief at the Army’s Criminal Law Division in the Office of the Judge Advocate General.

Key provisions of the UCMJ that were rewritten under the NDAA are Articles 32, 60, 120 and 125.

Article 32

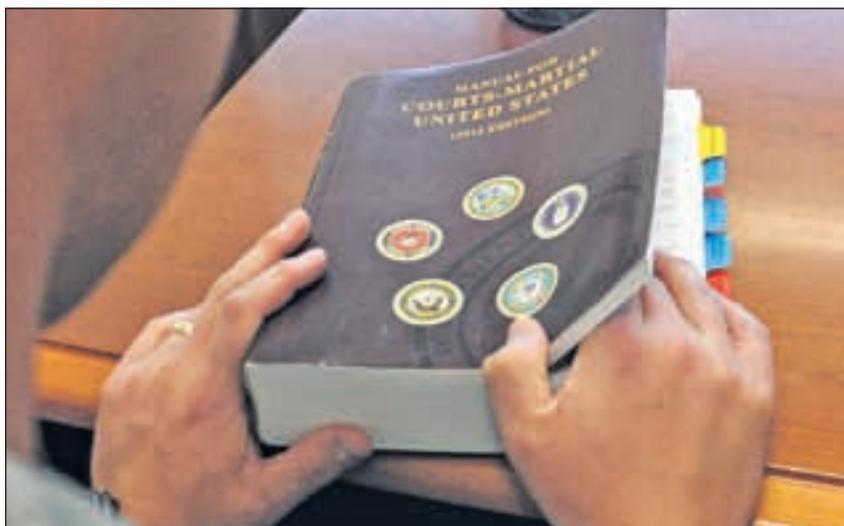
The law now requires the services to have judge advocates serve as Article 32 investigating officers. Previously, the Army was the only service in which judge advocates routinely did not serve as

Article 32 investigating officers.

Article 32 hearings — roughly equivalent to grand jury proceedings in the civilian judicial system — are held to determine if there’s enough evidence to warrant a general court-martial, the most serious type of court-martial used for felony-level offenses such as rape and murder.

Congress decided that the services needed to have trained lawyers — judge advocates — consider the evidence, since in their view, trained lawyers often are in the best position to make determinations to go forward with general courts-martial, Kiel said. Judge advocates didn’t always serve as Article 32 investigating officers in the Army “largely because we try four times the number of cases of any of the other services,” he explained — an issue of not having enough judge advocates for the high volume of cases.

Army officials asked Congress to consider its resourcing issue, he said, so the legislators wrote an exception, stating that “where practicable, you will have a



Air Force Staff Sgt. Nicholas Rau

The National Defense Authorization Act for fiscal year 2014 has brought sweeping changes to the Manual for Courts-Martial.

judge advocate conduct the Article 32 investigation.”

The 2014 NDAA gives the services one year to phase in this change to Article 32. This one-year time period provides needed time for the staff judge advocates to figure out if they

have enough judge advocates to fill the requirement to cover down on all the Article 32 hearings and determine which installations are struggling to meet the requirements, Kiel said.

See UCMJ on page 4



Tony Black

Juandalynn R. Abernathy, daughter of Dr. Ralph D. Abernathy, co-founder of the U.S. civil rights movement and a close friend and associate of Dr. Martin Luther King Jr., spoke about the involvement of her father and King in the 1955 Montgomery bus boycott during a Martin Luther King Jr. observance Jan. 16 in the Patch Theater. The entire program can be viewed at www.dvidshub.net. Enter “USAG Stuttgart Martin Luther King” as the search criteria.

Stuttgart community celebrates Martin Luther King’s life, legacy

By S.J. Grady

USAG Stuttgart Public Affairs Office

Members of the Stuttgart military community honored the legacy of Dr. Martin Luther King Jr. with an observance held Jan. 16 in the Patch Theater.

The event was meant to inform, educate and enlighten those in attendance on the struggles, successes and contributions of the historical civil rights leader.

The celebration began with Deborah Taylor singing the national anthem, followed by Sgt. Eric Wiley, assigned to the Headquarters Support Company, 1st Battalion, 10th Special Forces Group (Airborne), who read King’s iconic “I Have a Dream” speech.

Guest speaker for the observance was Juandalynn R. Abernathy, daughter of Dr. Ralph D. Abernathy, co-founder of the civil rights movement and a close friend and associate of King’s.

Abernathy, a professional soprano and concert singer, lives in Balingen, 45 minutes from Stuttgart.

“My father and Dr. Martin Luther King Jr., of whom I called Uncle Martin, were best friends,” she

said. When they meet, the men found they had a great deal in common, Abernathy explained. They pastored sister churches, had mutual friends in Atlanta; were close in age (King, 26; Abernathy, 29), were married, and each had a young daughter.

“From the beginning to the end, they were together, and we were together as families: the Kings and the Abernathys,” Abernathy said.

She recalled the 1955-56 Montgomery bus boycott that her father and King organized in response to the arrest of Rosa Parks, after Parks refused to give up her bus seat so that a white man could sit.

“Leaders organized and created the Montgomery Improvement Association, elected Uncle Martin as the president, and my father, Dr. Ralph Abernathy, as treasurer, and the rest is history.

“The black people in that community sacrificed for 381 days by collectively carpooling and walking, to reach the goal. They bankrupt the transit system in Montgomery, changed federal laws and changed the world,” Abernathy said.

The singer concluded the observance by singing “Amazing Grace.”

THE CITIZEN

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Redefining self: victim to survivor

Air Force News Service

Trust is a valuable asset in our military. To me it is the cornerstone to our core values.

In the Air Force, throughout our military education, we are taught to trust our fellow Airmen. We build a foundation around that trust.

Several years ago, my trust was taken away when I was sexually assaulted by a fellow Airman.

My friends and I decided to celebrate another successful school year by attending a party with some of our classmates.

When we arrived I saw a few students at the party who were a year ahead of us, but everyone recognized each other. I didn't think much of it.

I didn't realize that night would dramatically change my life. How could I have known that night I would be held against my will and assaulted?

When it was time to leave, I remember hearing my friend call my name as I lay on the cold bathroom floor. The pungent smell of pine-scented cleaner burned my nostrils as I tried to peel myself off the tile.

I had always associated sexual assault with "stranger danger;" never did I think it could happen to me. I never imagined it would be someone I knew, someone I trusted.

Unsure of what had just happened, I refused to let myself believe I had been raped.

Slowly, I pulled away from those I loved. I didn't know who I could trust. Denial became easier than facing the problem.

The next semester, the attacker attended some of the same classes I did. He would often sit close to me and act like we were friends.

My grades began to suffer. I could not concentrate and became angry ... angry at my friends for not knowing what I was going through; angry at myself for what had happened and not knowing what to do. Merely a shell of my former self, I no longer recognized my own reflection in the mirror.

My relationships suffered, grades plummeted and I bled from the unseen wounds as many victims of sexual assault do. At times I felt completely empty and void of any feeling, other times I felt like I would burst with pain. There were moments when I would become overwhelmed with the feeling that there were a thousand tasks for me to do, but I couldn't bring myself to complete a single, simple one.

I did not realize how lost I had become until I overheard someone use the term "damaged." Finally, a word that described the scars and pain I was experiencing.

Damaged ... it was a simple word that described me. At that moment all of my pain, anguish and anger came flooding to the surface. All of those feelings filled my body while also numbing my soul leaving a dark emptiness.

A friend of mine knew something had not been right for many months and kept reaching out to let me know he was there. I kept pushing him away until finally I broke down and told him I needed someone to talk to.

He walked beside me to the Sexual Assault Response Coordinator office and waited outside until I

I had always associated sexual assault with "stranger danger;" never did I think it could happen to me. I never imagined it would be someone I knew, someone I trusted.

was ready to go back home. Although I had pushed my friends away and isolated myself, this person stood by me when I needed someone the most.

The SARC assigned me to a victim advocate to talk about different programs and to just stand by as support, if I needed to talk. During a time when I lost my trust for people, talking to someone I had never met before regarding something so personal felt strange, but refreshing.

I could focus on stepping up to get the help I needed and refocus on the important things in my life. Yoga, life skills and other programs helped me identify who I am and who I had lost. The pain began to ease and the darkness began to fade as I slowly began to find my voice.

The person before the attack was gone; in her place now stood a new, stronger person. I had redefined myself from victim to survivor.

Throughout the journey as a survivor, I face many setbacks from the smell of certain colognes to how someone reaches out to touch my shoulder. No matter how many setbacks I have, each day is a new step forward on that journey.

As an Air Force officer, I've had many opportunities and an incredible career traveling across the world. My wonderful husband and I plan on having a family and lifting up those around us. From the darkest moments of life, I've found a shimmer of hope.

The trust that was once broken has been rebuilt. My relationships are now stronger as I have found solace in forgiving.

I became a victim advocate to help others rediscover their strength, and have been able to share my story with many people. Those who are still lost as sexual assault victims need to know that they are not alone.

We need to help others take that step forward as a survivor. If not for my friend who stepped in to rescue me from desolation and the downward spiral I was caught in, this would be a different story today.

Editor's note: This commentary first appeared online Jan. 14 at www.af.mil. The author of this commentary wished to remain anonymous.

Sexual Assault Hotline

To report a sexual assault, or for victim assistance, please call anytime:
24 hours a day, 7 days a week.
DSN 484-7280; Civ. 0631-413-7280



Photo courtesy of U.S. Drug Enforcement Agency

The Department of Defense now conducts random testing of synthetic cannabinoids, which includes spice and K2. Service members can face disciplinary action if they test positive for synthetic drugs.

Synthetic drugs dangerous, use can end military career

By Lisa A. Ferdinando
Army News Service

Not only are synthetic drugs dangerous, but they can cost a Soldier his or her military career.

The Drug Enforcement Administration, or DEA, said users of synthetic drugs have suffered vomiting, anxiety, seizures, hallucinations, loss of consciousness, organ damage and even death.

Soldiers can face disciplinary action that could include a discharge if they test positive for synthetic drugs, including "spice" and "bath salts," said Dr. Les McFarling, the director the Army Substance Abuse Program.

The Department of Defense expanded its urinalysis drug testing to include synthetic cannabinoids, or synthetic marijuana, said McFarling. The random testing began Dec. 16, he said.

The Army prohibited the use and possession of all synthetic cannabinoids in 2011. Bath salts, which are synthetic cathinones, were banned in 2012, he said.

The Army can do probable cause testing or competence for duty testing for synthetic drugs, he said.

Soldiers who use synthetic drugs are encouraged to self-refer for treatment to the Army Substance Abuse Program or to a military medical facility, McFarling said.

Members who do not self-refer and subsequently test positive can face action deemed appropriate by their commander under the Uniform Code of Military Justice, he said.

"The same rules that apply with any other drug, including THC (the active ingredient in marijuana), cocaine or any other illicit substance, now apply to synthetics," said Buddy Horne, the civilian and

military drug testing manager for the Army.

The use of synthetic drugs in the Army is believed to have decreased, he said, after the DEA began classifying chemicals used to make the drugs as Schedule I substances, prohibited under the Controlled Substances Act, or CSA.

In 2012, Congress permanently placed 26 substances into Schedule I of the CSA.

For example, Horne said, the Army took 10,000 negative drug tests from across the force and then tested them for synthetic cannabinoids, coming up with 250 positives, or a 2.5 percent positive rate, in 2012.

In 2013, the Army tested a brigade combat team, approximately 2,500 Soldiers, and came up with 18 positives for synthetic cannabinoids, he said.

"We feel the impact of the legislation has helped curtail the use of this," said Horne. "It's getting harder and harder to get."

The chemical structure of synthetic cannabinoids is similar to THC and produces a psychoactive response in the brain, according to an Army policy message.

Bath salts are comprised of a class of dangerous substances perceived to mimic drugs such as cocaine, LSD and/or methamphetamine, according to the DEA.

In addition to the possible loss of a military career, the message to Soldiers, especially the younger and more easily influenced members in the 18 to 25-year-old range, is just to stay away from these unregulated substances, said Horne.

Synthetic drugs contain chemicals that were never meant for human consumption and can produce any number of unanticipated, violent reactions that can have permanent consequences, said Horne.

"It's just overall very dangerous," he said.

News & Notes

Volunteers sought for SCSC Spring Bazaar March 9-16

The annual Stuttgart Community Spouses Club Spring Bazaar is set for March 14-16 at Patch Barracks and includes international vendors selling everything from furniture to cheese and wine.

The SCSC is looking for volunteers to assist with the setup of the Spring Bazaar on March 9-13, and during the bazaar, March 14-16.

Volunteering opportunities are available in a number of capacities, such as setting up tents and tables, checking ID cards, assisting in the finance office and selling raffle tickets. Most positions are open to adults over 18, but teens can volunteer by making home-baked goods or assisting volunteers and vendors. All volunteers will be entered in a volunteer-only raffle and will receive early VIP shopping privileges.

To find out more information on how to become a bazaar volunteer, log on to www.stuttgartspouses-club.org and click on the volunteer spot.

For more information, email scsc.bazaarvolunteer@gmail.com.

ACAP to host career fair for service members in Europe

The Army Career and Alumni Program will host the first ever European Virtual Career Fair Feb. 25.

Job seekers can register online or with their local ACAP Center now. Once registered, they can create profiles, upload resumes, browse advertised positions around the U.S. and apply for them.

During the fair Feb. 25 from 4-6 p.m. (Central European Time), job seekers can chat with stateside recruiters and sell themselves for jobs that they've applied for.

The key, according to ACAP Region Europe officials, is to register as soon as possible.

This virtual career fair is for all active duty service members stationed in Europe who are separating from the military and military spouses seeking employment.

Currently more than 40 stateside employers, including XEROX, Aetna, Capital One and the Transportation Security Administration, are scheduled to attend the fair.

To register, visit <http://events.veteranrecruiting.com> and follow the Virtual Career Fairs link.

For more information, contact U.S. Army Garrison Stuttgart's ACAP Center in Room 416, Building 2915, Panzer Kaserne, or call 431-2191/civ. 07031-15-2191.

Applications for AER scholarships due by May 1

Army Emergency Relief has announced the opening of its scholarship application period for the 2014-15 school year. Applications from spouses and dependent children of Soldiers will be accepted from now until May 1.

Scholarships will be awarded based solely on financial need.

More information on the application process and the necessary documentation needed is available at www.aerhq.org.

On the Blotter

Dec. 11

A service member and a civilian employee are under investigation by German police after their vehicle reportedly struck another vehicle in Stuttgart and they fled the scene.

Dec. 12

A service member stopped by German police provided a breath sample that read 0.102 percent.

Dec. 13

- A service member reported that his iPad was stolen at the bowling center on Panzer Kaserne.

- A service member reported that his backpack, containing a computer, camera and other personal property, was stolen in Milan, Italy.

Dec. 18

A service member reportedly committed larceny when he pumped gas at the Patch Shoppette and left without paying for it.

Dec. 19

A family member became overly intoxicated at the Swabian Special Events Center, fell multiple times, sustained minor injuries, and mistakenly tried to take someone else's purse.

Dec. 19

- A service member hit a deer while driving in Böblingen.

- A service member struck another vehicle on Autobahn A5 and then fled the scene of the accident.

Dec. 24

- A service member was stopped on Panzer Kaserne for driving a vehicle with expired U.S. Army Europe license plates. The plates were confiscated.

- A service member reported that someone fraudulently used his debit card to purchase \$900 in merchandise from various websites.

- Customs police investigated a civilian employee who dispensed more gasoline than his U.S. Army Europe-plated vehicle's registered capacity.

Dec. 29

- A service member reported that his backpack containing a smartphone, watch, sunglasses and other personal property was stolen while riding on a train from Rome to Munich.

Dec. 31

- A family member reported that an unknown person used her personal information to enroll in college classes, causing her to receive a collection notice for \$3,500.

Jan. 1

Two service members were involved in a fight in downtown Stuttgart around 3 a.m.

Jan. 3

- Military Police recovered 63 rounds of small arms ammunition from an amnesty box on post.

- A service member reported that his GPS and jacket were stolen on Kelley Barracks.

Jan. 7

A service member was found intoxicated and asleep in his vehicle with the keys in the ignition, with a blood alcohol content of .239 percent.

On the Blotter is compiled by the U.S. Army Garrison Stuttgart Directorate of Emergency Services and Stuttgart Law Center.

UCMJ

Continued from page 1

Another impact to courts-martial practice is the new requirement for a special victims counsel to provide support and advice to the alleged victim, Kiel said. For example, the special victims counsel must inform the victim of any upcoming hearings — pretrial confinement, parole board, clemency and so on — and inform the victim that he or she can choose to attend any of those. The victim also will be notified in advance of trial dates and be informed of any delays.

Furthermore, Kiel said, the special victims counsels may represent the alleged victims during trial, ensuring their rights are not violated, as under the Rape Shield Rule, for example. The Rape Shield Rule, or Military Rule of Evidence 412, prevents admission of evidence concerning sexual predisposition and behavior of an alleged victim of sexual assault.

Kiel provided an aside regarding the Rape Shield Law and how a high-visibility case a few months ago involving football players at the U.S. Naval Academy influenced changes to Article 32 by Congress.

In that case, the defense counsel had the victim on the stand for three days of questioning about the alleged victim's motivations, medical history and dress during the Article 32 hearing, he said. The cross-examination was perceived by the public and Congress to be disgraceful and degrading, and potentially violating the federal Rape Shield Rule. With passage of the fiscal 2014 NDAA, alleged rape and sexual assault victims are no longer subject to that kind of interrogation at the Article 32 hearing, he said.

Before the new law, alleged victims of sexual assault were ordered to show up at Article 32 hearings and frequently were asked to testify during those hearings as well.

"Congress thought that wasn't fair, since civilian victims of sexual assault didn't have to show up or testify," Kiel said.

"Now, any victim of a crime who suffers pecuniary, emotional or physical harm and is named in one of the charges as a victim does not have to testify at the hearing," he added.

Article 60

Article 60 involves pretrial agreements and actions by the convening authority in modifying or setting aside findings of a case or reducing sentencing. A convening authority could do that in the past, and some did, though rarely.

Changes to Article 60 were influenced last year by a case involving Air Force Lt. Col. James Wilkerson, a former inspector general convicted of aggravated sexual assault, Kiel said. The convening authority, Air Force Lt. Gen. Craig Franklin, overturned the findings of guilt.

"That got Congress stirred up," Kiel said.

In the new law, legislators said the convening authority can no longer adjust any findings of guilt for felony offenses where the sentence is longer than six months or contains a discharge. They cannot change findings for any sex crime, irrespective of sentencing time.

Prior to the new law, the convening authority could consider the military character of the accused in considering how to dispose of a case, Kiel said.

Congress decided that should have no bearing on whether or not the accused has committed a sexual assault or other type of felony.

Also, he said, previous to new law, "sometimes the [staff judge advocate] would say, 'Take the case to a general court-martial,' and the convening authority would disagree and say, 'I'm not going forward.'" Now, he said, "if the convening authority disagrees, the case has to go to the secretary of the service concerned, [who] would have to decide whether to go forward or not."

In the case of an alleged rape or sexual assault in which the staff judge advocate and the convening authority decide not to go forward because of a lack of evidence or for any other reason, that case has to go up to the next-highest general court-martial convening authority for an independent review, Kiel said. So if the case occurred at the division level in the Army, for example, and a decision were made at that level not to go forward, then the division would need to take the victim's statements, its own statements for declining the case, and forward them and the entire investigative file to the next level up — in this case, the corps. At the corps level, the staff judge advocate and the corps commander would then review the file, look at the evidence and make a determination whether or not to go forward, Kiel explained.

If it's decided to move forward, the case would be referred at the corps level instead of sending it back down to the division, he added. This, he explained, avoids unlawful command influence on the case's outcome.

Articles 120 and 125

Articles 120 and 125 now have mandatory minimum punishments: dishonorable discharge for enlisted service members and dismissal for officers, Kiel said. Article 120 deals with rape and sexual assault upon adults or children and other sex crimes, and Article 125 deals with forcible sodomy. In addition, the accused now must appear before a general court-martial with no opportunity to be tried at a summary or special court-martial, Kiel said. A summary court-martial is for relatively minor misconduct, and a special court-martial is for an intermediate-level offense.

Furthermore, Congress highly encouraged the services not to dispose of sexual assault cases with adverse administrative action or an Article 15, which involves nonjudicial punishment usually reserved for minor disciplinary offenses, Kiel said.

Kiel said Congress desires those cases to be tried at a general court-martial and has mandated that all sexual assault and rape cases be tried only by general court-martial.

Prior to the fiscal 2014 NDAA, there was a five-year statute of limitations on rape and sexual assault on adults and children under Article 120 cases. Now, there's no statute of limitations, he said.

Congress repealed the offense of consensual sodomy under Article 125 in keeping with previous Supreme Court precedent, Kiel said, and also barred anyone who has been convicted of rape, sexual assault, incest or forcible sodomy under state or federal law from enlisting or being commissioned into military service.

AAFES facilities to close for inventory

The following Army and Air Force Exchange Service facilities will be closed for inventory:

- Jan. 24: Panzer Car Care Center
- Jan. 25: Kelley Shoppette, Panzer Shoppette/Military Clothing Sales Store
- Jan. 27: RB Furniture Store
- Jan. 28: Patch Shoppette (closed from 6 p.m. to 5 a.m. Jan. 29)
- Jan. 30: Panzer Main Exchange

For more information on the Exchange, visit www.aafes.com and follow the Store Locator link.

Stuttgart Tax Center opens Feb. 3

The Stuttgart Tax Center opens Feb. 3 and offers free tax assistance for state and federal tax returns from IRS-certified volunteers for service members, Defense Department civilian employees, military retirees and their family members.

The tax center, located in Room 231, Building 3312, Kelley Barracks, will be open Monday through Friday from 9 a.m. to 3 p.m. and is closed on federal and

training holidays.

Before visiting the tax center, be sure to download and fill out IRS intake sheet 13614-C, available at www.stuttgart.army.mil.

Filers will also need to bring ID cards, all tax forms, copies of social security cards and individual taxpayer identification numbers, last year's return, and a bank card or canceled check with their routing and account numbers for direct deposit.

Tax center officials request that community members make appointments to avoid waiting to be seen.

The tax center will begin taking appointments Jan. 27. Call 421-4588/civ. 0711-729-4588 to make yours.

GEOINT workshop

The National Geospatial-Intelligence Agency Support Team at U.S. European Command will host a GEOINT workshop on Patch Barracks Feb. 11-13.

The training will empower customers to exploit emerging GEOINT capabilities for self-service content, products and services on Unclassified-but-Sensitive Internet Protocol Router Network

and Secret Internet Protocol Router Network. The workshop is open to EUCOM, U.S. Africa Command, and components. Priority will be given to service members.

Two sessions will be offered. Session 1 will be held Feb. 11 from 8 a.m. to 4:30 p.m. and Feb. 12 from 8 a.m. until noon. Session 2 will be held Feb. 12 from 1-4:30 p.m. and Feb. 13 from 8 a.m. to 4:30 p.m.

To register for Session 1, call 430-2712. To register for Session 2, call 430-2714.

Car registration about to expire?

Did you know you can renew your vehicle's registration as soon as you receive notification, usually about 75 days before it expires?

Completing the renewal process early does not shorten the registration time; the renewed registration will commence once the old registration expires, but you may be able to avoid a wait during peak periods.

Should your vehicle fail the inspection, you normally will have time to correct the deficiency and renew within the renewal window.

For more information, visit

the U.S. Army Europe Registry of Motor Vehicles website at www.hqusareur.army.mil/rmv.

HBB guidance

If you are looking to start a home-based business or want to ensure your existing HBB is in compliance with military and German regulations, visit the U.S. Army Garrison Stuttgart Commercial Affairs Office located in Room 105, Building 3307, Kelley Barracks, or call 421-3549/civ. 0711-729-3549.

Support diversity

The U.S. Army Garrison Stuttgart Equal Employment Opportunity Office seeks energetic volunteers to enhance diversity awareness by serving on various Special Emphasis Program committees.

For more information, stop by the USAG Stuttgart EEO Office in Room 205, Building 2307, Patch Barracks, or call 430-5312/civ. 0711-680-5312.

Send your announcements to stuttgart-media@eur.army.mil.

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Don't 'hit' the slopes

Of all the people who ski and snowboard each year, only a few are killed — but thousands are injured, many seriously.

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. If you have children watching these events, make sure they understand the dangers associated with mimicking professional athletes.
- Never participate in extreme sports alone. Have a partner to assist you and a communication device to call for help in case you are injured.
- Wear appropriate protective gear such as goggles, helmets, gloves and padding.
- 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.

USAG STUTTGART
SAFETY
CORNET



S.J. Grady

During a NCQA recognition celebration and open house Jan. 10, the “whole team approach” is used to cut the cake, with Command Sgt. Maj. Bernard Smalls, the USAG Stuttgart senior enlisted advisor; Col. Joanna Reagan, the Stuttgart Army Health Clinic commander; and clinic staffers Sara Ramsey, Pvt. Paul Mazako, Dr. Narinjan Bathija, Kates Cordova, Sgt. 1st Class Marcell Jones and Ophelia Vogt all joining in.

Health clinic earns recognition as Army Patient Centered Medical Home

Europe Region Medical Command Public Affairs Office

After six months of hard work, the Stuttgart Army Health Clinic has been recognized by the National Committee for Quality Assurance as an Army Patient Centered Medical Home or PCMH.

The PCMH is a team-based model built on the premise that the best health care begins with a strong primary care foundation, accompanied by quality and resource efficiency incentives.

“I’m proud to say that the NCQA Patient Centered Medical Home means national recognition for the beneficiaries in the Stuttgart community, and this means that even here, while living overseas, they have access to excellent medical care,” said Col. Joanna Reagan, the Stuttgart Army Health Clinic commander.

As part of the recognition process, the Stuttgart Army Health Clinic staff submitted hundreds of documents covering every facet of the care they deliver to provide fact-based evidence that the clinic was conducting business as a true Medical Home.

“The key component of the PCMH is having a ‘whole’ team approach for medical care with their primary care provider, their nurse, medic, and support team,” Reagan added.

The NCQA is a non-profit organization that measures the ability of medical facilities to provide quality health care through standardized, objective measurement guidelines. NCQA requires recognized facilities to enhance access to care and patients’ continuity with their provider teams, keep track of patient data to help manage patients’ wellbeing, plan and manage care using evidence-based practices, provide self-care support and community resources, as well as track and coordinate tests, referrals and other care for patients. Finally, clinics have to show that they measure their performance and patients’ feedback to continue im-

proving the quality of care.

As an Army Patient Centered Medical Home, here’s what patients can expect from the Stuttgart Army Health Clinic:

- A personal provider: Each patient has an ongoing relationship with a personal physician, physician assistant or nurse practitioner who is trained to provide first contact, continuous and comprehensive care.
- Physician directed medical practice: The personal physician leads a team(s) of individuals at the practice level who collectively take responsibility for ongoing patient care.
- Whole person orientation: The personal provider is responsible for providing all of the patient’s health care needs or for arranging care with other qualified professionals.
- Coordinated and integrated care: Each patient’s care is coordinated and integrated across all elements of the healthcare system and the patient’s community.
- Quality and safety focus: All members of the healthcare team are focused on ensuring high quality care in the medical home.

Improved access: In the PCMH, enhanced access to care options are available through open scheduling, same day appointments, secure messaging, and other innovative options for communication between patients, their personal physician and practice staff.

Stuttgart Army Health Clinic is the eighth PCMH in the Europe Regional Medical Command.

Army Medicine’s goal is to have all of its primary care facilities in the continental United States and overseas achieve NCQA recognition and transform to the Patient Centered Medical Home model of care no later than October of this year. The transition to the PCMH is part of Army Medicine’s overall shift from a health care system to a system for health.

For more information on the Stuttgart Army Health Clinic, visit <https://ermc.amedd.army.mil/stuttgart>.



What to do in case of medical emergencies

A medical emergency is one in which life, limb or eyesight may be in immediate danger.

The Stuttgart clinics are not staffed or equipped to respond to a major medical emergency, nor do they provide ambulance service. Specific medical needs are handled by different hospitals in the Stuttgart area.

If you or a family member is in a true emergency situation, here’s what to do:

Call the Military Police at DSN 114 or 116, or civ. 0711-680-114/116.

The MPs will contact the German ambulance service and a Host Nation Patient Liaison. If your emergency is on an installation, the MPs will also meet the ambulance at the gate and escort it onto the installation.

German first responders will triage and transport patients to the nearest emergency room that can treat the injury or condition.

If you go to a German clinic or hospital without a referral as a Tricare Prime patient, you are required to call the International SOS emergency line at 0800-181-8505 (toll-free from Germany) or their international line at civ. 0044-20-8762-8133.

Time may be a critical factor during a medical emergency. Getting familiar with host nation emergency care options before an emergency is recommended.

Sign up for health clinic’s secure messaging

Clinic beneficiaries may communicate online 24/7 with their healthcare team using the Relay Health Army Medicine Secure Messaging Services.

Relay Health is a completely secure, HIPPA-compliant web system. Patients can use Relay Health to:

- Request prescription refills
- Receive tests and laboratory results
- Request appointments and referrals
- Get guidance from the medical team by secure email
- Consult with the medical team regarding non-urgent health matters
- Avoid unnecessary office visits and telephone calls
- Access valuable health information online.

With Relay Health, encryption technology and a stringent privacy policy protect patient’s personal information more securely than either the phone or regular email. The patient’s information is only accessible by the patient and the healthcare team.

To enroll, sign up at the front desk of either the clinic on Patch or Kelley Barracks.

Editor’s Note: Information for this column was provided by the Stuttgart Army Health Clinic.

MFLCs help weather bad times

Military and Family Life Consultants are licensed clinicians who provide non-medical counseling services to members of the military community. Many consultants are embedded in local schools and commands.

Consultations with MFLCs are both free and anonymous; no records will be kept. However, they do maintain a duty to warn obligation regarding harm to self or others, domestic violence, child abuse, and current or future criminal activity. MFLCs are available Monday through Friday from 8 a.m. to 8 p.m.

To contact a consultant, call the appropriate civilian phone number:

Stuttgart military community: 0160-9574-8279 or 0170-708-0715
AFRICOM: 0152-2248-3789
SOCEUR: 0152-2649-2979

Children and teens: 0152-0265-8259 or 0150-499-5260

RB Elementary/Middle School: 0174-7454-7085 or 0174-454-6790

Böblingen Elementary/Middle School: 0162-751-0714 or 0174-655-1743

Patch Elementary School: 0174-454-6906.

Selling your car?

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-plated vehicle.

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

Due to PCS soon?

For those who plan to relocate to a new duty station in the next several months, permanent change of station/preseparation briefings are scheduled for Feb. 19, March 5 and 19, and April 2 and 16, at 1 p.m. in Building 2913 on Panzer Kaserne.

All service members and civilians departing within the next four to five months should attend. 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. Advance registration is required.

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

Nominate a woman for recognition

The U.S. Army Garrison Stuttgart Special Emphasis Program committee will host the fifth annual Women's Leadership Forum March 27 in the Swabian Special Events Center on Patch Barracks.

Workshops will cover leadership skills, professional and personal development, strategic career planning and more.

During the forum, four local women in federal service who exemplify leadership will be honored.

The committee is seeking nominations of military and civilian women for the two awards that will be presented during the forum: the

Leadership Achievement award and Emerging Leader award.

Nominations can be submitted until Feb. 19. To learn more, visit <http://stuttgartwlf.eventbrite.com> and click on "Submit A Nomination Now."

Registration for the free leadership forum begins Feb. 24.

For more information regarding this event, send an email to Stuttgart_wls@yahoo.com.

Submit volunteer hours online

In order to ensure all community volunteers receive the recognition they deserve, community volunteers should submit their volunteer hours through the Volunteer Management Information System by Jan. 31.

For more information, contact Army Community Service at 431-3362/civ. 07031-15-3362.

Red Cross to offer baby sitter training

The American Red Cross Stuttgart will offer baby sitter training and pediatric first aid/CPR Feb. 17 from 9 a.m. to 1:30 p.m.

For more information, call 431-2812/civ. 07031-15-2812.

Kelley Barracks traffic flow changes

The Spruce Strasse and Oak Strasse barrier on Kelley Barracks will remain in the down position from 6 a.m. to 6 p.m. Monday through Friday, allowing for the inbound and outbound flow of traffic on Oak Strasse from Spruce Strasse. Vehicle traffic will be required to yield for the flow of two-way traffic on Oak Strasse.

The Kelley Barracks main gate

will continue to be closed to out-bound traffic from 6 to 9 a.m. Monday through Friday.

Delivery trucks will not be authorized to enter Oak Strasse from Spruce Strasse.

Vehicle Reg closure

The U.S. Army Garrison Stuttgart Vehicle Registration Office will close at noon Jan. 31 to conduct its monthly inventory.

For more information, call 431-2833/07031-15-2833 or visit www.stuttgart.army.mil and click on "Directorates" then "Emergency Services."

Youth Sports to host baseball, softball clinic

U.S. Army Garrison Stuttgart Child, Youth and School Services will host a baseball and softball officials clinic Jan. 28-30 in the Patch Fitness Center Conference Room.

This free clinic is for those who are interested in becoming a volunteer or contracted official for the spring sports season that runs from April 14 to June 7.

All volunteers and contractors must complete mandatory background checks.

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

Send your community-wide announcements to stuttgartmedia@eur.army.mil.



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Hold the salt, please

Snow and ice are slippery hazards. De-icing salt has long been the most common way to clear snow and ice from sidewalks, roadways and driveways.

While it's convenient, there are drawbacks.

Ecosystems adjacent to salted roads are often damaged by the contact. Plants are damaged or killed, water and soil is contaminated, and in severe cases, wildlife can become ill or die. Salt can also cause serious damage to lawns and gardens.

What you can do:

- Use as little de-icing salt as possible.
- Using a small amount of de-icer before a snowfall helps reduce the amount of product needed.
- On dry days, sweep up loose salt to prevent the excess being washed into the environment.
- Try sand or kitty litter.
- Use elbow grease — shovel quickly, use a broom and something to break any ice.

In Germany, there are several re-usable salt-free abrasives available. For a list of manufacturers, visit www.blauer-engel.de/en/index.php.



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www.bible-church-of-stuttgart.com

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 Sunday Preaching.....11 am
 Sunday Evening.....6 pm
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DOD, Sesame Street collaborate to teach young children resilience

By Terri Moon Cronk
 American Forces Press Service

The Defense Department and Sesame Street have unveiled a book and DVD to develop resilience in young children.

"Little Children, Big Challenges" lets military children know that challenges are a part of life," said Barbara Thompson, the director of the office of family policy/children and youth.

Whether a child struggles with sitting quietly at the dinner table, or faces a bully at school, the beloved Sesame Street characters can help.

After several collaborations that were initiated by Sesame Street on topics such as grief, DOD wanted to "get ahead of the game," Thompson said, and produce something that was preventive in nature.

So "Little Children, Big Challenges" was born.

"We wanted to build resilience and coping skills in young children [for] some of the everyday challenges young children face," she said.

Whether a child's challenge is large or small, the goal was to teach them to cope with and manage their emotions, stay positive and give them tools to overcome adversities in life, Thompson said.

A chapter on bullying, for example, teaches preschool children skills that they can use later in school, Thompson noted.

"We want to make sure they know how to diffuse [a situation], how to respond to it and know they can seek help," she added.

"If we start ingraining those habits into children — that it's not OK for somebody to

be disrespectful to them or hurt their feelings, and they have the skills and the coping mechanisms to react to it, they will know what to do," Thompson said.

The DVD isn't something children can watch alone for entertainment, she said, calling it a "learning experience" that requires an adult to watch and discuss it with them.

While most Sesame Street shows, books and DVDs are geared toward young children, the coping mechanisms taught in "Little Children, Big Challenges" will show parents how to pass those skill sets along to their older children in middle and high school, Thompson added.

"Parents can translate it to an older child at his or her developmental level," she said.

Sesame Street's follow-up research and evaluation on its first military child product showed "very positive feedback" from parents who said it helped them help their children understand the issue.

All materials are in English and Spanish and can be ordered from Military OneSource at www.militaryonesource.mil.

Even though the Iraq war has ended and Afghanistan's war is drawing to a close, The Sesame Street series for military children still will be available in peace time, Thompson said, because other missions will evolve and similar circumstances will arise, such as frequent military moves, sibling rivalries and divorce.

"When they have the skills to label their feelings and to validate it's OK to feel happy or sad ... and when we give kids the skills to verbalize and understand themselves, that self-regulation is probably the greatest gift we can give a child," Thompson said.

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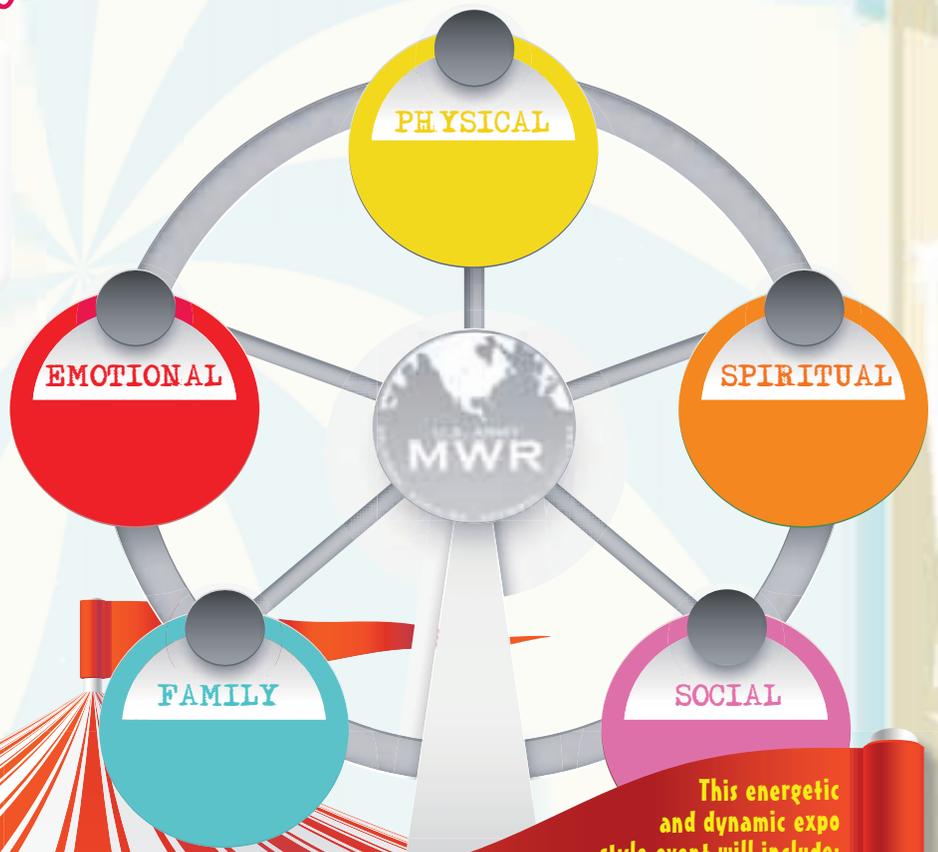
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Sunday

Monday

Tuesday

Wedn



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2

Super Bowl Sale
Up to 75% Off Patch Arts & Crafts Center
12-4 pm

3

10% off at the Patch Car Wash
Patch Barracks
Buy one get one FREE:
Bucket of Balls
Stuttgart Golf Course
Kid's Special: EDGE Program
Clay Handbuilding
Kelley Woodshop, 3:30-5 pm

4

10% off at the Java Café
Patch Barracks
Scream Free Parenting Class
ACS, 11:30 am-1:30 pm
Free Appetizers for Customer
Appreciation Day, Patch Gardens
Swabian Special Event Center
Patch Barracks, 5-7 pm

5

10% off at Bro
Kelley Ba
Baby Bumps Pre
ACS, 11 am-
Free High Inten
Training (Hil
Patch Fitness Cen

9

9-15: Children of Alcoholics
Support Week
ASAP

10% off at the Patch Car Wash
Patch Barracks

10

10% off at the Java Café
Patch Barracks
Women's Self Defense Class
with Linda Vu
Panzer Fitness Center
Kid's Special: EDGE Program
Clay Handbuilding
Kelley Woodshop, 3:30-5 pm

11

10% off at Brewed Awakenings Café
Robinson Barracks
Tummy Time Class
ACS, 10:30 am-12 pm
Scream Free Parenting Class
ACS, 11:30 am-1:30 pm

12

Female 2 Fern
Forum ACS,
Managing Em
ACS, 11 a
Man Up Gro
ACS 5
Sports Nut
Patch Fitness C

16

10% off at the Panzer
Auto Skills Center

(except: motorcycle repair services)

14-17: Tournament of Champions
(Basketball), all Stuttgart
Fitness Centers

17

Kid's Special: EDGE Program
Clay Handbuilding
Kelley Woodshop, 3:30-5 pm
10% off at the Kelley Arts and
Crafts Center (Woodshop)
Kelley Barracks
14-17: Tournament of Champions
(Basketball), all Stuttgart
Fitness Centers

18

18 & 19: Master Resiliency
Training for Civilians and Family
Members ACS, 9 am-2 pm
Moms of Multiples Support Group
ACS, 10:30 am-12 pm
Scream Free Parenting Class
ACS, 11:30 am-1:30 pm

19

Managing Em
ACS, 11 a
Healthy Weight
Patch Fitness C
FREE Appetizers
Appreciation Day
Galaxy Bowling C
Kaserne,

23

Buy one get one FREE:
Bucket of Balls
Stuttgart Golf Course

24

10% off at the Patch Car Wash
Patch Barracks
Kid's EDGE Program
Clay Handbuilding
Kelley Woodshop, 3:30-5 pm
Health Trends and Nutrition Class
ACS, 11:30 am-12:30 pm

25

25-27: Army Family Team
Building Personal Growth Training
ACS, 8:15 am-2:30 pm
10% off at Broadway Café
Kelley Barracks
Scream Free Parenting Class
ACS, 11:30 am-1:30 pm

26

Healthy Diet F
and Nu
Patch Fitness C
Comfort Mea
ACS, 11

BE RESILIENT

Wednesday

Thursday

Friday

Saturday



6 **READY AND RESILIENT CARNAVAL**
Patch Fitness Center
10 am-3 pm



1 1-28: Health Clinic Dietitian available for nutrition education/information
1-28: Resiliency Improvement Class, biofeedback sessions, & metabolic and fitness testing available at the Wellness Clinic
Austria Ski Trip Discounts with Warrior Pride Challenge (ASAP)

Midway Café
Barracks
Pregnancy Group
12:30 pm
Fitness Interval
(Y) Class
Center, 5:15-6:15 am

6-9: 10% off athletic shoes, apparel and sports accessories Exchange, Panzer Kaserne

7 Comprehensive Soldier and Family Fitness Executive Resilience and Performance Course
ACS, 8 am-5 pm
Pre-natal Yoga Class
Patch Fitness Center, 2-2:30 pm
\$5 & sign up in advance
Free Movie Night at the RB Club, Robinson Barracks, 6:30 pm

8 Ski Weekend Trip Discounts with Warrior Pride Challenge (ASAP)
Community Flea Market
Patch Community Club
10 am-2 pm

Female Mentorship
10 am-12 pm
Photography Class
11 am-1 pm
Group (M.U.G.)
11-6 pm
Nutrition Class
Center, 12-1 pm

13 High School Play "don't u luv me"
Patch Barracks HS, 7-9 pm
Strong Bonds Marriage Retreat
RSO, Patch Chapel Annex
9 am-5 pm
Stress Management Class
ACS, 11 am-12 pm

14 10% off at the Pro Shop
Stuttgart Golf Course
Knitting: Beyond the Basics (\$20)
Patch Arts & Crafts, 12-2 pm
14-17: Tournament of Champions (Basketball), all Stuttgart Fitness Centers

15 14-17: Tournament of Champions (Basketball), all Stuttgart Fitness Centers
Snowshoeing Trip Discounts with Warrior Pride Challenge (ASAP)

Photography Class
11 am-1 pm
Nutrition Class
Center, 12-1 pm
Workshop for Customer
Irish Pub in the
Center, Panzer
5-7 pm

20 10% off at Outdoor Recreation
Panzer Kaserne
FREE appetizers for Customer Appreciation Day
Patch Community Club
Patch Barracks, 5-7 pm

21 Buy one get one FREE- Bowling at the Galaxy Bowling and Entertainment Center
FREE Movie Night at the RB Club
Robinson Barracks, 6:30 pm
10% off at the Java Café

22 Weekend Sledding Trip Discounts with Warrior Pride Challenge
Scream Free Marriage Seminar
ACS, 9 am-5 pm
Yoga Sampler Classes
Patch Fitness Center, 9 am-12 pm (\$15 for 3 hrs, no pre-reg)
Community Flea Market
Brewed Awakenings
Robinson Barracks, 10 am-2 pm
Free Charlie's Angels Comedy Tour
Patch Community Club, 7-8 pm

Pre/Probiotics
Nutrition
Center, 12-1 pm
Measures Class
5-4 pm

27 10% off at the Galaxy Bowling Center Pro Shop
Panzer Kaserne
Smart Girls Night Out - Empowering Young Women
ACS, 5-8 pm

28 10% off sports drinks at all Stuttgart Fitness Centers
Seated Volleyball or Wheelchair Basketball Tournament
Patch Fitness Center
9 am-2:30 pm
FREE Appetizers for Customer Appreciation Day
RB Club, Robinson Barracks
5-7 pm



Stuttgart's Markthalle: global cornucopia of delicacies

Story & photos by Carola Meusel
USAG Stuttgart Public Affairs Office

Success in the kitchen is more than just a good recipe. It's having the knowledge of where to acquire the best ingredients. For many cooks in Stuttgart, this means a trip to the Markthalle, or market hall, downtown.

This month, Stuttgart's Markthalle is celebrating its 100th anniversary.

"The Markthalle is considered one of Germany's most beautiful market halls and a Stuttgart landmark. It also counts as one of Germany's finest locations for gourmets," said Axel Heger, the managing director of the Markthalle.

It's not just the fine offerings that attract locals and international visitors, but also the historical building, Heger said.

The Markthalle was built between 1912 and 1914 by German architect Martin Elsaesser in the art nouveau style.

The construction features arcades and small towers as well as an impressive glass roof spanning across the entire building, according to Heger.

The history of markets in Stuttgart dates back to the 13th century when a "forum mercatorium," a merchant's forum or emporium, was mentioned in a historical document for the first time. In 1304, weekly markets became essential locations for farmers and merchants to offer their goods.

Under the reign of counts Ulrich V. and Ludwig I of Württemberg, a half-timbered "Herrenhaus" at the Marktplatz (market square) offered room for vendors to sell meats, cheeses and baked goods to Stuttgart residents in 1450.

In 1820, King Wilhelm I of Württemberg ordered a market hall with a glass roof built for "the wives and daughters of our winegrowers to offer their goods without being exposed to unsteady weather conditions." The "Alte," or old, Markthalle opened its doors to the public in 1864.

During the industrial age, the Markthalle was not large enough to house all the vendors. That's when the decision was made to build a new market hall at the same location, according to the Stuttgarter Markthalle website.

During World War II, the Markthalle was heavily destroyed and had to be rebuilt. Since 1972, the building has been under monument protection.

Today, 40 stands offer exotic and regional fruits and vegetables, fresh fish, venison, cold cuts, cheese, herbs, tea, coffee, wines, chocolates, flowers, baked goods, honey, nuts, dried fruits, organic and gourmet foods.

Products range from regional and international foods to include German, Italian, Indian, Persian, Argentinean, Spanish, Greek, Hungarian, Serbian and Swiss delicacies.

"Gourmets and bon vivants will find everything they desire at Markthalle," Heger said.

Antonio Fattizzo's family has been serving customers at Markthalle for 25 years at Il Buongustaio.

"People mainly shop here for fresh parmesan, smoked mozzarella and Parma ham," Fattizzo said.

The family-owned business still serves some of its regular customers who have shopped there from Day One, and that's what makes working at Markthalle so very special, according to Fattizzo.

For those who can't decide between aged Gouda or a Swiss mountain



Javier Sanz shows a piece of Argentinean beef to Ana Bravo, a tourist from Columbia, at the Markthalle Jan. 16. At his "Feinkost" stand, Sanz offers Argentinean, Italian and Spanish foods to include pasta, coffee, meats, cheese and wine.

cheese, most foods can be sampled. The vendors also take time to assist and individually advise customers on products or share tips on how to prepare, combine, or store specific foods in order to keep them fresh and tasty, according to Heger.

"Taking time for each customer is essential. It's about indulging in quality foods, but also about meeting people," said Khalil Safar of Feinkost Guschee, a vendor that offers French and Persian delicacies.

According to Safar, the caviar, truffles, homemade stuffed dates, hummus, eggplant cream cheese and salami sausage pralines are what his customers enjoy the most.

He's been a vendor at Markthalle for 14 years and said over the years he has developed friendships with many customers.

Hartmut Lehmann of Waiblingen-Beinstein frequently travels to Stuttgart and the Markthalle to buy Italian specialties such as parmesan cheese.

"It's the smells, the variety of foods and the ambiance that make for a first-class shopping experience," Lehmann said.

While shopping, patrons can follow the Markthalle's history throughout the building. Back in 1914, for example, cable cars used to drive through Markthalle so that vendors, especially coming from the Filder region, could easily transport and unload their goods, according to Heger, the managing director. Today, patrons can still see the cable car tracks when

entering Markthalle at the Dorotheenstrasse side entrance.

The "Ceresbrunnen," or fountain, is another highlight at Markthalle. The fountain was built in 1916 in majolica-style art work. The fountain depicts Ceres, the Roman goddess of the fruitful earth and agriculture, with two boys. The fountain is artfully decorated with majolica tiles showcasing geese, hen and fish. The fountain greets visitors when entering Markthalle at the Sporerstrasse entrance.

"It's the symbiosis of the historic art-nouveau building, friendly vendors, and high-quality foods that make for the Markthalle's unique ambiance," Heger said.

Besides market booths that span over 3,500 square meters on the ground floor, the Markthalle also houses Merz & Benzing, a high end shop that offers interior decorations, furniture from all over the world, garden and household utensils, fresh flowers, fabrics, paint, clothing, cosmetics and jewelry.

The Markthalle also houses a Swabian restaurant (Marktsüble), an espresso bar and Italian restaurant (Empore), the restaurant Loge for private events and the Spanish tapas bar Desirée.

The Markthalle is located at Dorotheenstrasse 4, 70173 Stuttgart, and is open Monday to Friday from 7:30 a.m. to 6:30 p.m., Saturday from 7 a.m. to 5 p.m. For more information, visit www.markthalle-stuttgart.de.



Homemade orange and raspberry marmalades and apple sauce, as well as regional and exotic fruit and vegetables, are on display at the Markthalle.

What's happening in FMWR

Arm wrestling contest

Test your strength, technique, and willpower at the U.S. Army Garrison Stuttgart "Pulling Stuttgart" arm wrestling competition Jan. 25 at 9 a.m. in the Patch Fitness Center.

The event is open to men and women 18 years or older. Divisions include left and right handed men's novice, men's open and women's novice. Participants must attend weigh-ins scheduled for Jan. 25 and 25. Awards will be given to the top three in each division.

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

Tour de Stuttgart's free 'Spinathon'

U.S. Army Garrison Stuttgart's Patch Fitness Center kicks off Tour de Stuttgart with a free, three hour Spinathon Jan. 25 at 9 a.m.

The event includes indoor cycling, giveaways and healthy lifestyle tips.

Tour de Stuttgart is a free, incentive program that runs Jan. 25 through Oct. 31. Participants log their cycling miles and earn prizes.

Both the Spinathon and Tour de

Stuttgart are open to ID cardholders, age 18 and older.

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

Super Bowl parties Feb. 2

Galaxy Bowling and Entertainment Center, Panzer Kaserne, from 9 p.m. until game ends. Event includes door prizes and pre-game trivia contest, free popcorn and Super Bowl commercials.

For more information, call 431-2575/civ. 07031-15-2575.

Brewed Awakenings, Robinson Barracks, from 9 p.m. until game ends. Appetizers and beverages will be available for purchase. A "Guess the Score," prize giveaway will be held during half-time and after the game.

For more information, call 420-6037/civ.0711-819-6037.

Galaxy Bowling and Entertainment Center Brewed Awakenings

For more Family and MWR activities, visit their website at www.stuttgart.armymwr.com.



Coming to Patch Theater

Jan. 23 — Free Show (PG) 6 p.m.

Jan. 24 — Jack Ryan: Shadow Recruit (PG-13) 6 p.m., Devil's Due (R) 9 p.m.

Jan. 25 — The Nut Job in 3D (PG) 2 p.m., Ride Along (PG-13) 5 p.m., Devil's Due (R) 8 p.m.

Jan. 26 — The Nut Job (PG) 2 p.m., Ride Along (PG-13) 5 p.m., Jack Ryan: Shadow Recruit (PG-13) 8 p.m.

Jan. 27 — Ride Along (PG-13) 6 p.m.

Jan. 28 — Closed

Jan. 29 — The Nut Job (PG) 6 p.m.

Jan. 30 — Devil's Due (R) 6 p.m.

Jan. 31 — 47 Ronin In 3D (PG-13) 6 p.m., American Hustle (R) 8:30 p.m.

Feb. 1 — The Hobbit: The Desolation of Smaug in 3D (PG-13) 2 p.m., 47 Ronin In 3D (PG-13) 5:30 p.m., Thor: The Dark World (PG-13) 8 p.m.

Feb. 2 — The Nut Job (PG) 2 p.m., 47 Ronin (PG-13) 4 p.m.,

American Hustle (R) 7 p.m.

Feb. 3 — Ione Survivor (R) 6 p.m.

Feb. 4 — Closed

Feb. 5 — 47 Ronin (PG-13) 6 p.m.

Feb. 6 — American Hustle (R) 6 p.m.

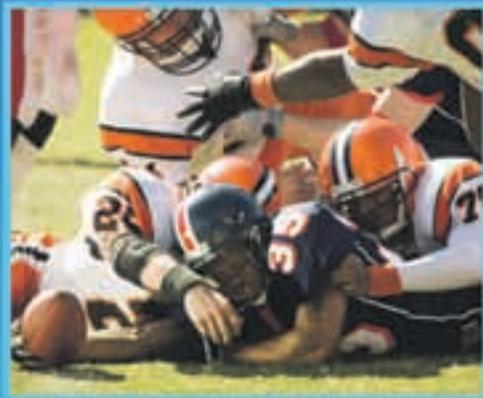


Paramount Pictures

The Nut Job is an action-packed comedy in fictional Oakton that follows the travails of Surly (voiced by Will Arnett), a mischievous squirrel, and his rat friend Buddy, who plan a nut store heist of outrageous proportions and unwittingly find themselves embroiled in a much more complicated and hilarious adventure.

Family and MWR Advertisement

stuttgart.armymwr.com



FOOTBALL FINALE

SUPER BOWL PARTY

Feb. 2 • 9 p.m.

Galaxy Bowling & Entertainment Center

Enjoy the game with prize giveaways including a weekend trip to Edelweiss Lodge and Resort in Garmisch and a \$150 gift certificate to Fanatics.com plus pre-game trivia for prizes. Free popcorn provided by Stuttgart BOSS program and Super Bowl commercials shown, courtesy of the Stuttgart USO.

DSN 431-2575 /CIV 07031-15-2575



BARGAIN SHOPPING

SUPER BOWL SALE

Feb. 2 • 12 - 4 p.m.

Patch Arts & Crafts Center

Annual Super Bowl Sale. All store merchandise 25% - 75% off (excludes consignments, class fees, and framing labor fees).

DSN 430-5270 /CIV 0711-680-5270



SIT BUT DON'T RELAX!

SUPER BOWL PARTY

Feb. 2 • 9 p.m.

Brewed Awakenings, Robinson Barracks

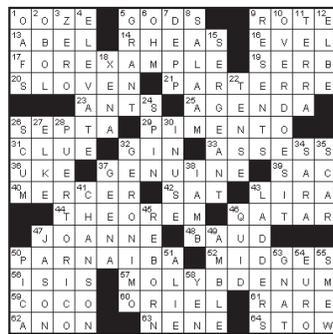
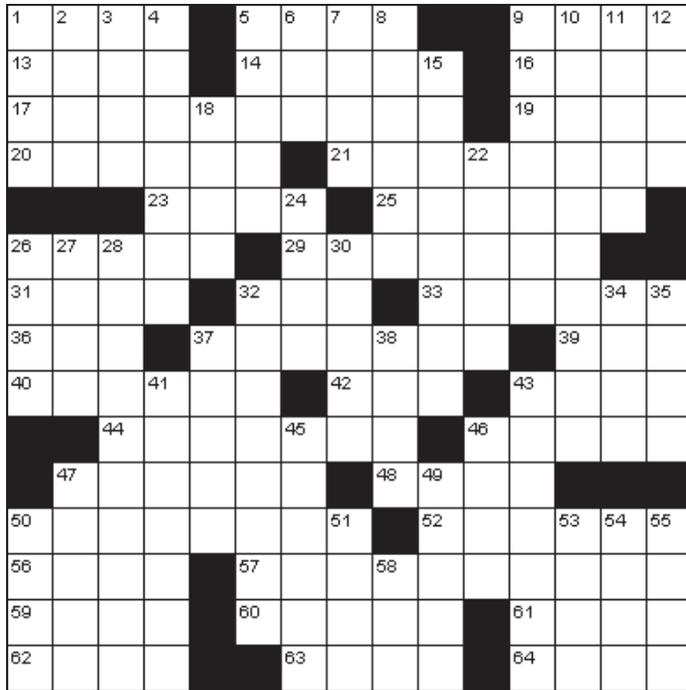
Watch the game in the theater room with comfortable seats and a big screen. Nachos and wings, along with other appetizers are available for purchase. Beverages can be purchased at the bar. "Guess the score" prize giveaway during half-time and after the game.

DSN 420-6037 /CIV 0711-819-6037

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



Crossword Puzzle



This is the solution to the crossword puzzle from January 9, 2014!

Courtesy of thinks.com

ACROSS

- 1 "A Boy Named Sue" singer
- 5 Mideast ruler
- 9 Christian Science founder
- 13 Hybrid fruit
- 14 Jerusalem artichoke, e.g.
- 16 Soggy ground
- 17 Disregard
- 19 "What a rare mood ___"
- 20 Breadwinner
- 21 Ardent fans
- 23 Camera diaphragm
- 25 Busybodies
- 26 Red Sea gulf
- 29 Run through
- 31 Attila's followers
- 32 Pallid
- 33 Pulitzer prizewinner Welty
- 36 Fellow
- 37 Virgin Atlantic, e.g.
- 39 Energy
- 40 Good look
- 42 &
- 43 "Star Wars" knight
- 44 Get entangled in details

46 Skeleton components

- 47 Kitchen gadgets
- 48 Astound
- 50 Corn sugar
- 52 Logging-on requirement
- 56 Westernmost of the Aleutians
- 57 Juxtaposed
- 59 Small bird
- 60 Bald bird
- 61 Freudian interests
- 62 Filly's father
- 63 "The Untouchables" hero
- 64 Polio-vaccine discoverer

12 Urges

- 15 Minister's appellation
- 18 Consort of Zeus
- 22 At the right time
- 24 Practice for a bout
- 26 Woeful words
- 27 Embarkation site
- 28 "All About Eve" actress
- 30 Acquired relative
- 32 Sweetbrier
- 34 Coney Island attraction
- 35 Egyptian sacred bull
- 37 Boring tool
- 38 Hostelries
- 41 Chance
- 43 Folks to keep up with?
- 45 Legendary Irish bard
- 46 Fully employed
- 47 ___ dish (lab item)
- 49 Toothpaste holders
- 50 Chattering birds
- 51 Advance furtively
- 53 Baltic capital
- 54 Adored one
- 55 Schoolroom fixture
- 58 U.S. Open champ Ernie

DOWN

- 1 Third power
- 2 Taj Mahal location
- 3 Aspersion
- 4 Self-important person
- 5 Electronic game pioneer
- 6 Greek consonants
- 7 Footnote abbr.
- 8 Night flight
- 9 Gave forth
- 10 Common
- 11 Helps with the dishes



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World of Dinosaurs

Sun, Mar 16

Ludwigsburg, GETRAG-Areal

Visit the "World of Dinosaurs", one of Europe's most successful exhibitions hosted by the GETRAG-Areal in Ludwigsburg until March 16. On a 6,000 square meter area about 60 life size models will be displayed. During several workshops and movies, kids get an insight of the creatures' living conditions as well as the work of archeologists through excavations. For more info in German see www.agenturwinter.de.

EVENTS

Antique book fair

Thu, Jan 23 – Sat, Jan 25
Ludwigsburg, Musikhalle

The 28th Antiquaria (antique book fair) will be hosted at the Musikhalle Ludwigsburg from January 23 to 25. Almost 60 exhibitors from 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 focus is on the field of "Censorship". For more info in German see www.antiquaria-ludwigsburg.de.

Medieval market

Fri, Jan 24 – Sun, Jan 26
Fellbach, Alte Kelter

A medieval market will take place in the heated hall of the Alte Kelter in Fellbach from January 24 to 26. Jugglers, musicians, traders, show fighters and workshops allow an insight into market life during medieval times. Admission is €9 for adults, kids up to the age of 14 are €4. For more info in German see www.mittelaltermarkt-fellbach.de.

Pool party for kids

Sat, Jan 25
Filderstadt, Fildorado

Enjoy a fun day out with your family at

the pool party for kids at the Fildorado swimming pool in Filderstadt on January 25 from 2 p.m. to 5 p.m. The mascot 'Juch-Hai' and a special action team will entertain the small visitors with a skill course, music and games. For more info in German see www.fildorado.de.

Wine fair

Sat, Feb 1 - Sun, Feb 2
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 1 and 2. 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. For more info in German see www.remstal-route.de.

Mother Africa – acrobatic show

Sun, Jan 12
Reutlingen, Stadthalle
See the acrobatic show "Mother Africa – Umlingo" in the Stadthalle Reutlingen on February 6 at 8 p.m. The show tells the story of a little boy looking for happiness and all the exceptional people he meets during his journey. Part of the acrobatic group is the Kenyan artist Lazarus Gitu also known as the world's supplest man. With his talent he already impressed the jury and the audience of the TV show Germany's

Got Talent. For more info and tickets see www.eventim.de.

CONCERTS

Beatles musical

Tue, Feb 4
Reutlingen, Stadthalle
Travel back in time with the Beatles musical "All you need is Love". On February 4, the band Twist & Shout, which normally performs in Las Vegas, presents the band's history with more than 30 world hits in the Stadthalle Reutlingen. The musical journey starts with the Beatles' first shows at the Hamburg Star Club and ends with their last concert as a group on the roof of a London office building. For more info and tickets from €51.90 see www.eventim.de.

Musical Starnight

Fri, Jan 24
Reutlingen, Stadthalle
Experience the most famous musicals in only one night during the show "Musical Starnight - The Best of Musicals" in the Stadthalle Reutlingen on January 24, starting at 8 p.m. The best actors from London's West End will lead you through 50 years of musical history, from "West Side Story" to "The Lion King". For more info and tickets from €47.60 see www.eventim.de.

SPORTS

Boxing

Sat, Jan 25
Stuttgart, Hanns-Martin-Schleyer-Halle
The World Boxing Organization (WBO), Light Heavyweight Championship presents, Marco Huck and Firat Arslan at the Hanns-Martin-Schleyer-Halle Stuttgart starting at 6 pm on January 25. More info and tickets from €26 are available at www.eventim.de.

Volleyball

Wed, Jan 29
Stuttgart, Scharrena
See a volleyball match between the women's teams Allianz MTV Stuttgart and the USC Münster in the Scharrena Stuttgart at 7 p.m. on January 29. Both teams are ranked in the first national league. For more info in German see www.scharrena.de.

Soccer

Sat, Jan 25
Stuttgart, Mercedes-Benz Arena
The soccer team VfB Stuttgart is playing a home game at the Mercedes-Benz Arena on January 25 at 3.30 p.m. The match will take place against 1. FSV Mainz 05 Soccer. Both teams are ranked in the Erste Bundesliga (first national league). Get tickets and more info in German at www.mercedes-benz-arena.de.



Youth Activities

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



Photo by Doreen Weinberg

Chemical reactions

Robinson Barracks 5th graders Sam Muenchow, Zach Hutchinson, Damian Bradley and Cassandra Waterhouse learn about chemical reactions in Mrs. Weinberg's class.



Photo by Diana VinZant

Donation

In a December 11 ceremony, Robinson Barracks Middle School National Junior Honor Society president Kevin DeBrine (8th grade) presents a check to representatives of the American Red Cross. The school donated \$600 to provide relief to victims of Typhoon Haiyan which struck the Philippines the first week of November.



Photo by Ed Thornburg

Locker problems

Ms. Leilani Piasecki helps Böblingen Elementary Middle School 6th grade student Antonio Yacono to open his locker.



Photo by Stephanie Nelson

Order of operation

Böblingen Elementary Middle School 6th grade student Angelina Locke and Sara Kitchin (left) proved their mastery of the fundamental math concept "Order of Operation" by constructing and then presenting their results.



Photo by Marsha Swanson

Racing time

Patch Elementary School 5th grade students are obviously having lots of fun racing the robots they made in their robotics class.

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2006 Audi A-8 Quattro! Super clean! ! Silver color! Tan Leather! Great Service History! Long wheel base! Loaded! Navigation! Super nice ride! For more information contact Lawrence and Maria at (39) 3466494965 or email mtjfrula na@googlemail.com asking price 17,000 Euro

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2010 BMW X6, Email (federick.douglas@yahoo.com) Price 30,000 euros ABS, 4-Wheel Disc Brakes, 6-Speed A/T, A/C, A/T, Adjustable Steering Wheel, Security System, All Wheel Drive, Aluminum Wheels, AM/FM Stereo, Transmission w/Dual federick.douglas@yahoo.com

AUTOS

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'10 Acura TSX into our inventory that is in incredible condition. The previous nonsmoking owner may have stacked up the miles on this beauty over the past four years, but they showed this Sedan plenty of TLC in the process. kelly7johnson@hotmail.com

13 Jaguar XF 3.0 S/C-Black/Beige Lea-8-sp Auto w/Start-Stop-380w Meridian sound- park camera-PDC F & R-touch screen-Keyless entry-Blind Spot Monitor-Xenon-Climate Pack-Bluetooth@streaming-iPod@ & USB-shift paddles-3000 Miles-only \$49,495 ken@capitolmotors.com

Audi A6, 1998, CD player Boom Box.has under the dashboard blue lights, Power windows, power locks, heated seats, German Spec auto. child lock windows. Email jkpm1@me.com

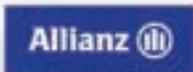


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2011 Race Red Shelby GT 5004800 Miles 550 Horsepower SVT performance package Fully Loaded Navigation Leather seats Only drove in the summer and like brand new shaun.sigmon@yahoo.com

2012 Jeep Sahara, Only 11,000 miles. Please call 017630412221. Remote start, 3 piece hard top, all weather custom fitted mats, looks brand new inside and out. We'll PCS in a few weeks and ship if not sold in 2 weeks! Well below blue book value- our loss is your gain! nicholas.officer@eu.dea.edu

2013 Focus Hatchback, great value!, Ford, Focus se, 2013, Here is a great opportunity for someone considering a new Focus. This car was bought new last april and barely driven since then. It even has the original window sticker! rob marchetti@me.com

2013 Volvo XC60 AWD, Fully loaded with European Nav. maps, Panoramic Glass Sunroof, Climate Pack, Blind-spot Information System + Power Folding Mirrors Electric Silver/Black Leather, 23,000 miles only \$33,495. Contact: info@capitolmotors.com - 0631-351700

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Mercedes E320, '00, Automatic, 144000 km, with alloy wheels, leather interior, DVDs in headrests, extra-fully loaded, & perfect mechanically!!! Super nice car! \$8400 (or 6200 Euros) Wiesbaden, 0176-69350-983.

Must sell, Ford, F-150, 2006, 4x2, insp on 14 Dec 13, tw pkg, step, auto start, 88 k, ... MUST Sell due to retiring. price negotiable within reason. Contact for more info, \$13,000, Johnlowe345@gmail.com, 0176-56534983

Super Reliable 2nd Car!!, 2000 Honda Accord 2-dr coupe, V6 VTEC 3.0 Liter, automatic transmission, A/C, Power windows/doors/seats/steering, side air bags, CD/Stereo, Leather interior, Sun Roof. Runs great. USAREUR inspection passed 10 Jan14.cjlandm@yahoo.com

This Nissan Maxima, is in an excellent condition, has only 97,737 miles and mechanically runs like brand new. It is pearl white with gray leather interior. Glynis86178@hotmail.com

Volkswagen Passat T, 2.0L 4 Cylinder Front wheel drive turbo, clean car fax report, 86701 Miles, Color Gold W/Tan Leather, Automatic, Cruise control, Power windows locks and mirrors, AM FM CD Stereo get back for more info thru my Email... walkergreen55@live.com

MOTORCYCLES

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

Lookin for Sportster parts or a bike which needs some work, basket case or sittin longer time too. BT Ultra Classic perhaps too. Just make me your offer what you have and we will see. 2wheelmechanic@web.de

ELECTRONICS

All ads and pics on class-world.com

007 Legends for the Xbox 360 (American Version, NTSC). Brand new and unopened. Shipping to APO address free. Buyer responsible for all shipping costs. Seller not responsible for non-receipt if insurance is not purchased. Price is \$30.00 or Best Offer. TheRealBlackDragon36@yahoo.com

Gets over 90 UK Channels via your Internet Conection. Still has 12 month Subscription and full warranty.satserv@europe.com

High quality new handmade tube amplifier. Tubes with a direct connection Loftin White, 6EM7. Kenotron 5U4 rectifier. No capacitors in the signal path. Output power 2x2 Wt. Size 310x280x160, weight 12 kg. Input 2 x RCA. Output 0 4 8 Ohm.info@latart.lv

Raven Max / Sirius Retro Synthesizers each 650. The Raven is a master keyboard (with Max extension). Sirius is a techno workstation with vocoder and much more. Both devices are in nearly new condition. Including original instruction and operation manuals. 0157-89138494

FOR SALE

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Four alabaster Christmas plates from Studio Dante di Volterradici. Fine condition/Original boxes & Documents.Silent Night, Holy Night; Joy to the World; Hark the Herald Angels; We 3 Kings \$20ea/ \$75all4.tomcjones@t-online.de or 06209-797276

Hotspring Envoy 5 Person Hot Tub, This spa quality 5 person hot tub is like new, only been in one private home for 2 years and only now being sold due to Landstuhl job cuts and relocation. Paid 10,000 euro new. 6500 euro for you! 01741963712

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Looking for someone as passionate about Metal detecting and history as I am. I am in the Wiesbaden area. Frank Clemons. 06145-5490684.

Necklace, fashion jewelry, black, different pearls & stones, €5, for pics please see class-world.com s.vogl75@web.de

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

FURNITURE

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Antique Armoire, Nice antique Armoire. Bought 2000 for 1585 EUR in a antique shop with certificate. To be picked up in Kaiserslautern. Now only 850 EUR, drdos331@gmail.com

Antique cabinet, restored antique cabinet. 3 doors with mirror. 140cm wide, 2m high. Solid wood. To be picked up in Kaiserslautern. €350, drdos331@gmail.com

Beautiful sideboard, cherrywood veneer The sideboard is in very good condition with normal signs of usage. Very decorative, beautiful eye-catcher for your home. 97cm high, 193cm wide, 37cm deep, €350, drdos331@gmail.com

Sewing machine, Antique sewing machine manufacture is SoWitch, \$70.00, spvendor@gmail.com

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Homepage: www.totally-clean.de

FURNITURE

All ads and pics on class-world.com

Do you love photography as much as we do? Join us on Facebook. Post your best pictures, comment, discuss. Local area photo walks are planned. All are welcome and it's free! Facebook.com/KaiserslauternPhotographyClub

Drawer Unit/ Birch Wood, This is a good item for the kitchen. Has three drawers. and a cutting board on top. mass wood on top. , €250, jkpm1@me.com

Exercise Bike, Hello, This is a Exercise Bike one year old Like New. Great bike to use in front of the TV has many levels A great workout with this machine., €199, jkpm1@me.com

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

Nice vintage kitchenshelf or cupboard. Solid wood with rail to hang towels. 89cm wide, 60cm high, 18cm deep, €120, drdos331@gmail.com

Original oil painting by Paul MorroOil on canvas. The subject is a colourful bouquet of flowers in a gray vase.The picture is framed with a broad, elaborate wooden frame. 85 x 95cm. Purchased 1978 – now only 590€, drdos331@gmail.com

Sleeper Sofa, Queen size sleeper sofa, must pick up at Luxembourg American Cemetery. \$50.00, cahilldd@yahoo.com or (00352)26361883

JOBS

All ads and pics on class-world.com

We're hiring: Dental Hygieist (DH). Requirements: Native speaker or very good English skills, professional experience, friendly attitude. Position open with immediate effect. To get in touch, please call: 07034/20561 or e-mail us: jobs@oxidio.com. Dental Office Dr. Winkelmann has been providing high quality German dental care for 30 years: Specialized in meeting American standards, official MetLife TRICARE Provider, English speaking, professional staff. Visit www.oxidio.com to find out more.

PERSONAL

All ads and pics on class-world.com

Harley friends, Lookin for friends, female/male who likes harleys, works on them, who are into Rock music, good food, havin fun, BBQ, beeing outside and enjoying a good time together. Just email me and we will see when we can meet. 2wheelmechanic@web.de

I dare you, I dare you to go on 5 dates with me – you think you can handle a SWF in her 40's, fun, attractive, spontaneous, romantic...and much more? Then respond if you are a SWM with sincere interest, my age and in the greater Stuttgart area Moonchld99@yahoo.com

I'm looking 4 u, are u a honest man 6,3 or taler, native American, dark Skin?I'm a German woman with 40 years & I wish to have a Baby.I don't need u Money, but u can c u child as often as u want.would you like to help me?Contact with photo & Information chinata1973@yahoo.de

Single German Man 49 yrs. With WArm Hearted, Humor.Seeks to A relationship for Single Women, mil only.r.grube5@gmail.com

PETS

All ads and pics on class-world.com

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.

Beautiful-Sweet-Gentle-Sound-Safe South German Cold Blood (Bavarian Oberlander) Horse Team. Both Horses Drive a carriage & can be ridden. Mare-10 y/o & Gelding-15 y/o. Both come with Pferdepass Horse Pass. Please call Ruth at 01609-559-4445. More Info. & photos at: www.class-world.com

Dog Kennel, Dog kennel made of galvanized metal, comes apart for shipping, upgradable in size with parts from manufacturer, metal gate, includes dog house that fits inside, must pick up at Luxembourg American Cemetery. , \$300.00. Contact cahilldd@yahoo.com or (00352)26361883

Excellent Starter Pet, Reverse Okeetee Albino Corn Snake - 1 y/o. Healthy & Perfect pet! Super Easy to care for! Includes complete tank set. Very Friendly - Does NOT bite! Contact Ruth @ 01609-559-4445. Photos on www.class-world.com

Mother cat and kitten, approx 4 year old female cat with all shots up to date and approx 9 month old kitten with all shots up to date, both are chipped and registered at Pulaski.Pcs'ing soon and need to find a good home., €50, bghnlz@yahoo

Pair of Pretty Budgies (male & female) are rescues & looking for a permanent home. Male is hand tame. Pair comes with XL cage & includes nesting box, bath, toys, food & more. Contact Ruth @ 01609-559-4445 if you would like to make them a part of your family. Photos are on www.class-world.com

Super Cuddly Bunny, Perfect pet, easy care & super friendly male Lion Head Bunny. This 1 y/o was a rescue & is looking for a permanent home. Cage, pet items & food included. He loves to be held and cuddled! Call Ruth: 01609-559-4445 to make him part of your family.

Super Sweet Rescued Great Dane looking for permanent home. Great with kids, cats & dogs (when off lead). Required Home Visit. Must have room to run & play. Neutered Male - UTD Vaccinations & Pet Passport. To meet "Duke," contact Ruth at 01609-559-4445. Photos on www.class-world.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.

Experience as Nanny for Americans in Germany, housekeeping, care of animals. References available please call 017675566832

Need certified translations? E-Mail: certifiedtranslations@arcor.de

WANTED

All ads and pics on class-world.com

Calling All Singers, Dancers, Instrumentalists, Poets, Comedians, Rappers, etc! Apollo Amateur Night will be Feb 22, 2013 at Armstrong's Club. I'm searching for talent for the show. Contact oo7dizzy77@gmail.com, \$500 Prize

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