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The Citizen

Thursday, July 28, 2016 Sustaining & Supporting the Stuttgart U.S. Military Community Garrison Website: www.stuttgart.army.mil Facebook: facebook.com/USAGarrisonStuttgart

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Special Summer Edition 2016



Photo by Jacob Lund/Shutterstock.com

The second annual edition featuring lifestyle and entertainment articles for the Stuttgart military community. Content provided exclusively by AdvantiPro, your publisher of *The Citizen*.

SCHOOL

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Family & MWR INSIDER

Check out our new programs. (see details inside)

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Give yourself the royal treatment this summer

by Ashley Dobson
Contributing writer

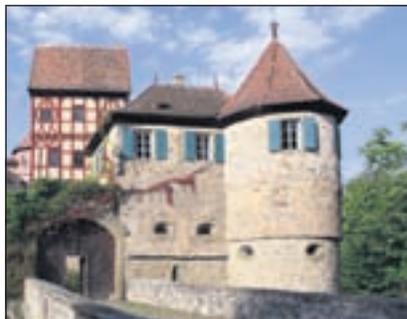
It's no secret the German landscape is covered in castles, but did you know, many of those unique castles are available to rent and stay in for a weekend trip or a weeklong vacation.

Airbnb, a website where people can find, list and rent all types of lodging, features more than 50 castles for rent all over Germany. Rentals start at around €50 per night for a single room.

Whether you are looking for a room in a Victorian-style castle, to rent out an entire castle at the edge of the Franconian Alps or to spend a weekend sharing a castle with a noble family, there's an option for you.

While it is hard to narrow them down, here are my top five based on unique experience offerings and interesting histories.

Schloss Unsleben



Schloss Unsleben — *Photo courtesy of Schloss Unsleben*

When I picture a true fairytale castle in my mind, it always has a moat. If you feel the same way, Schloss Unsleben, located on the edge of the Bavarian mountain region Rhoen, is for you. At this low-key castle, you can rent a room inside the castle or have the entire Falkennest tower, the castle cottage, or the garden house to yourself.

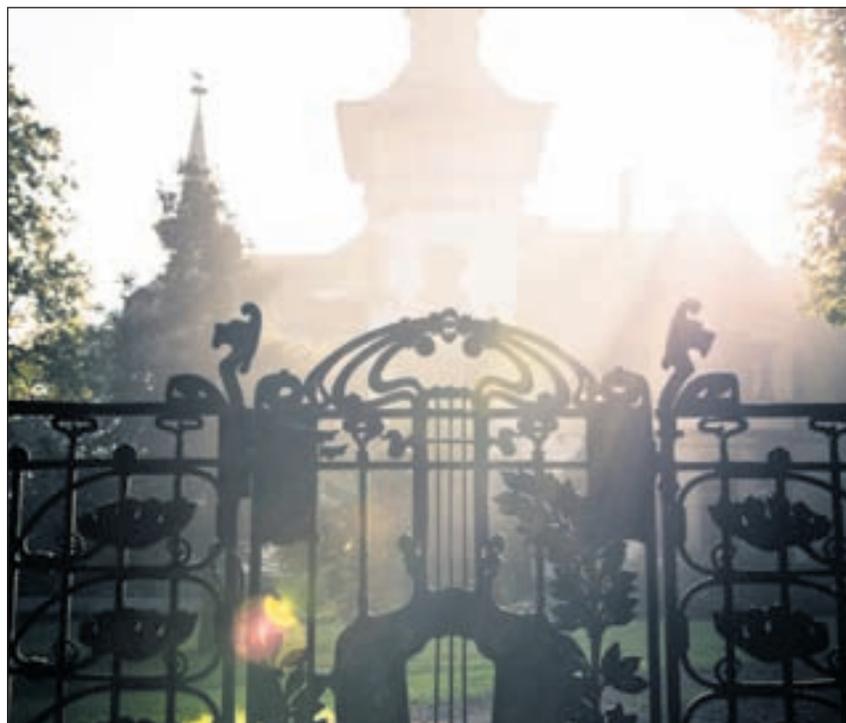
The castle itself is inhabited by the count and countess. According to reviews on Airbnb, they make for lovely hosts and can teach you a bit about what it means to be nobility in Germany.

Schloss Moehren

Located on the Romantic Road in Bavaria, Schloss Moehren's history dates back to the 12th century.

The castle was originally built as a hunting lodge. For the majority of the castle's life it belonged to the Pappenheim family, a prominent German noble family. The symbol of the Pappenheims can still be found on some of the property's windows and the gate.

Now Schloss Moehren is privately



Schloss Heinrichshorst — *Photo by Viona Ielegems*

owned and has been turned into a guesthouse. The current owners live in the castle itself, while the former gatehouse, tower house and Schweizer House are all available for rent.

The castle is located in a beautiful area to explore and is also situated perfectly for day trips to Munich and Nuremberg.



Schloss Moehren — *Photo by Monument Fotograaf*

Schloss Groebitz

The castle lies at the heart of the tiny village of Groebitz. While it doesn't look like the castles you picture in fairytales or Disney movies, this castle has a unique history.

The most identifiable trait is the circular tower from 1512. The rest of the existing property was built in 1721. Since it was built, 13 noble families have lived within its walls.

After World War II, the castle was nationalized, and it was used for a multitude of different purposes. It has held refugees and has served as a town hall, nursery, volunteer fire department, doctor's office and library.

All of these uses have left their mark on this unique building. Now you can leave yours by vacationing in the renovated apartment inside.

Schloss Heinrichshorst

Schloss Heinrichshorst is a Victorian dream in the forest near Magdeburg. It was built in 1899 by famed architect Jacques Gros.

It was intended as a summer residence and hunting mansion for a man named Heinrich, who lost the property after putting it up as collateral during a card game.

From 1949 to 1990, Schloss Heinrichshorst was used as a holiday camp for young children.

After this time, the castle fell into a state of disrepair. The current owners, Dirk and Viona Ielegems, moved to the castle from Belgium "to bring back the glory of former times."

This castle is the perfect spot for a romantic getaway. You can even sign up for a private candlelight dinner when you rent your room.

Burg Hilpoltstein

As the most luxurious option of them all, this medieval castle near Bayreuth will truly let you know what it is like to be king.

There are five terraces in this 900-year-old castle. Renting it out gets you the entrance hall, kitchen, knights' hall, a guest room and bathroom, the master bedroom and bathroom, Hall of Mirrors and the ladies' parlor. You can also add on the cost of a private chef for your stay if you wish.

The castle is one of the oldest in the region. It changed hands many times throughout the centuries before being saved by King Ludwig, according to the Airbnb posting. The current owner bought the castle and renovated the inside in 2013.

Explore Germany's National Parks

by Ashley Dobson
Contributing writer

Germany has a great deal of fascinating cities to explore, but you are missing out on some of the country's most awe-inspiring sights if you don't venture out into the wild.

There are 16 national parks in Germany, each one with its own distinctive identity and each one uniquely beautiful. Whether hiking trails, discovering a new lake or following the path of a historical figure, Germany's national parks offer a fun place to spend your summer weekends.

All 16 parks are worth checking out during your time in Germany, but here's our list of the five you should make a priority during summer 2016.

Eifel National Park

Eifel National Park is the perfect choice for history buffs. The park encompasses a former World War II training ground. Some parts of the park are still not open to the public because of the Glasmine 43 mines that still exist near the dam of the Urft Reservoir. Even if you are feeling super adventurous, the areas of the park that were sown with glass mines are fenced off and entering them is strictly forbidden.

About 150 miles of paths are open to visitors of Eifel National Park. On these paths, you can see the park's native animal and plant species. It is home to more 7,100 of



Berchtesgaden National Park — Photo by Gaspar Janos / Shutterstock.com

them. The park also offers frequent, free guided tours with a trained ranger. Information about these tours, as well as other events, are available at the Eifel National Park Forestry Office.

Eifel National Park is about a four-hour drive from Stuttgart.

Black Forest National Park

The towns in the Black Forest area may be best known for cuckoo clocks and cake, but Black Forest National Park is full of its own treasures. The park stretches between Baden-Baden and Freudenstadt and provides views over the Rhine Valley and France.

There are three suggested

hiking paths inside the park: the Lynx path, the wilderness path and the Lotharpfad. The Lynx path allows you to see the forest from the perspective of the mighty cat. The wilderness path shows off the power of nature, and the Lotharpfad takes you through the path of the 1999 storm "Lothar." This national park is also home to gorgeous waterfalls.

You can take either a day trip or spend a weekend camping inside the park in a permitted area. The Black Forest National Park is about one and a half hours by car from Stuttgart.

Kellerwald-Edersee National Park

Kellerwald-Edersee National Park is for true nature lovers. It is a Luzulo-beech forest. While there is small-animal life in this park, the trees are the highlight. There is even a walkway built up at the top of the trees, called the Baumkronenweg am Edersee, that allows you to experience the park from all angles.

Kellerwald-Edersee National Park is about a four-hour drive from Stuttgart.

Berchtesgaden National Park

Berchtesgaden National Park is the only alpine national park in Germany, and the views are

unbelievably stunning. It is located in the southeast of Bavaria on the border with Austria and is dotted with gorgeous lakes and towering mountains. In the center of the park is the famous Lake Koenigssee, which features St. Bartholomew's Church, a Roman Catholic pilgrimage church, at its shore. Many visitors to the park are completing the pilgrimage of St. Bartholomew.

Berchtesgaden is also home to two of Germany's five glaciers. It is the perfect choice for hikers or photographers looking to capture some of the best views in the country.

Berchtesgaden National Park is about a four-hour drive from Stuttgart.

Jasmund National Park

Jasmund National Park is a nature reserve near the Baltic Sea. It is famous for containing the largest chalk cliffs in Germany, known as the "Koenigsstuhl," meaning "king's chair" in German.

It is the smallest national park in Germany but one of the most unique. It is home to many rare plants and animals. Bird watchers come from all over to try to spot some of the rare birds nesting in the area.

Jasmund is about a nine-hour drive from Stuttgart, but the views and the experience are worth it.



Berchtesgaden National Park — Photo by Canadastock / Shutterstock.com

10 tips for the best school year yet

by Megan Finley
Contributing writer

School is out, and the days are long and warm. Summer vacation is what kids day dream about all year round. It is like a two-month Christmas day! But before we know it, it will once again be time to start waking up early, packing lunches and hitting the books. Here are some tips to ensure your child has the best possible start for a successful school year.

1 Commit to healthy habits

By ensuring children have healthy diets, plenty of sleep, a nutritional breakfast and daily exercise, parents make a strong step in the right direction for a successful school year. Children have the best chance of doing well at school when their bodies and minds are cared for properly.

2 Routine, routine, routine

Most people thrive on structure and routine. Kids are no different. By establishing and committing to a routine, children know what is expected of them, stay organized and are better prepared for the school day. Some days may differ a bit from others in terms of activities and obligations, but keeping to the same overall structure helps both children and parents.

3 Create an organizational space

This space should be designated for shoes, coats, lunch boxes, projects, notes, homework, backpacks and anything else that is going to and from school. This area is the staging zone for every school day. Whatever is needed for school should be neatly organized in this space, all ready to go. This eliminates any last-minute morning panics.

4 Create a work area

Have an area where homework and other school work is completed. This can be a bedroom desk or the dining room table. Make it part of the routine to sit at this place after school each day to review homework, notes and anything else that may need attention.

5 Limit television, video games and computer time

By limiting these activities, students will be less distracted during the school week and more apt to complete homework, attend after-school activities, read or get outside to play. If electronics are an option, try to keep them educational.

6 Encourage reading

Try to have your child read 20 minutes every day. If your child cannot read or has had a particularly hard day, then read to them yourself. Make reading a part of the daily routine.

7 Communicate

Ask your child if they like their classmates, teacher or school. Talk about the good and the bad. Share your previous experiences and explore ways to solve any problems that may present themselves. Share in your child's excitements as well as their disappointments.

8 Get involved

Show your child you have an interest in their success. Communicate on a regular basis with teachers and discuss any concerns that may arise. Volunteer for special class activities or to help out in the classroom.

9 Keep your home a place of peace

All of us, especially kids, need a place of peace to retreat to after a day of work. Children are not only facing academic pressures but also all kinds of social pressures. Children need a place to hang their hat and feel safe and comfortable, a place where they can be their true self. Children need a place where they can receive total acceptance, support and safety and know they are loved. Respond appropriately to problems that arise and try not to overreact. Problems are meant for solving.

10 Expect success

The best way to ensure a successful school year is to expect success. Get enthusiastic and stay motivated together. Set goals and work to achieve them. Make expectations clear, and your student will rise to the occasion.



Relax this summer with a book you won't be able to put down

by Ashley Dobson
Contributing writer

Still searching for that perfect page turner to dive into this summer? Whether you are planning on being a beach bum, sitting poolside or relaxing on a staycation, we have a range of options to help make your next vacation even better.

So before you finalize your packing list, take a look at our top-five summer reads for this year.

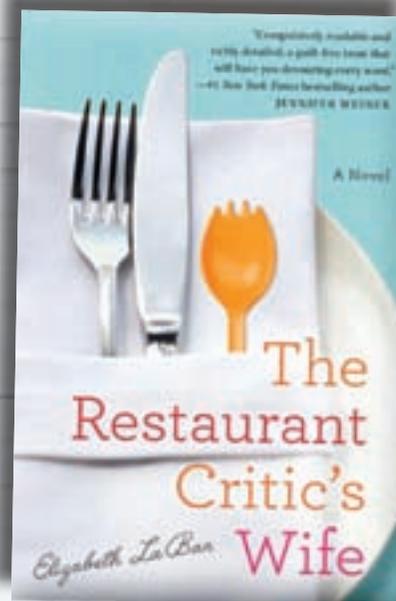
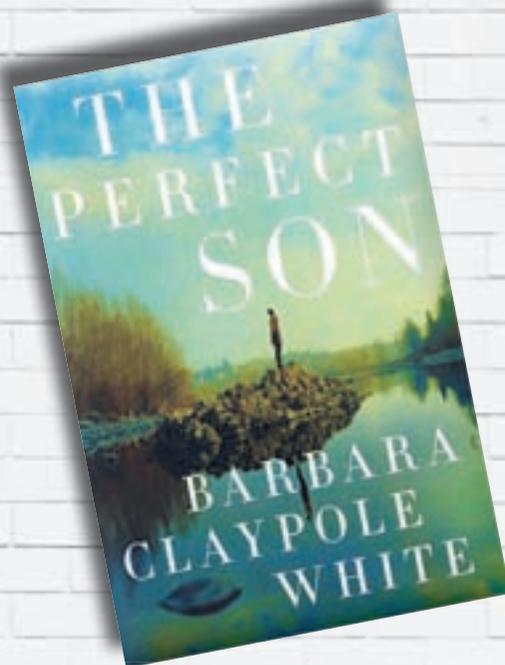
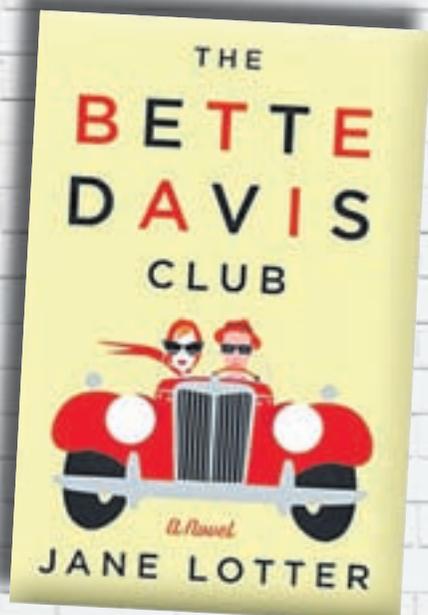


Photo by donatas1205 / Shutterstock.com

“The Bette Davis Club”

by Jane Lotter — Lake Union Publishing

You'll fall in love instantly with the hilarious Margo, the heavy-drinking, old-Hollywood-obsessed, 50-year-old narrator of “The Bette Davis Club.” The past few decades have been rough for Margo, so when her half-sister offers her fifty grand to chase down a family heirloom and her runaway bride of a niece, she jumps at the chance. In what has to be the most unique road trip of all time, she rides with the bride's jilted fiance in a borrowed 1955 red MG and makes more than a few discoveries about her family and herself. Couple this brilliant story with the book's own unique tale to publication — the author self-published it to fulfill a lifelong dream but died before seeing a publishing house buy the rights to it — and you are in for one amazing ride.

“The Perfect Son”

by Barbara Claypole White — Lake Union Publishing

Ella Fitzwilliam and her husband, Felix, have perfectly split their family duties. Ella is in charge of the home and their teenage son, Harry, who struggles with Tourette's Syndrome, attention deficit hyperactivity disorder and anxiety. Felix brings home the bacon. But when Ella is hospitalized after a life-threatening heart attack, the family dynamics must shift.

Told from the perspectives of all three family members, “The Perfect Son” is a heart-warming story about acceptance and love. It elegantly negotiates tough issues as it paints a picture of a not-so-perfect family. You'll fall deeper and deeper in love with these flawed characters with each passing page.

“The Restaurant Critic's Wife”

by Elizabeth LaBar — Lake Union Publishing

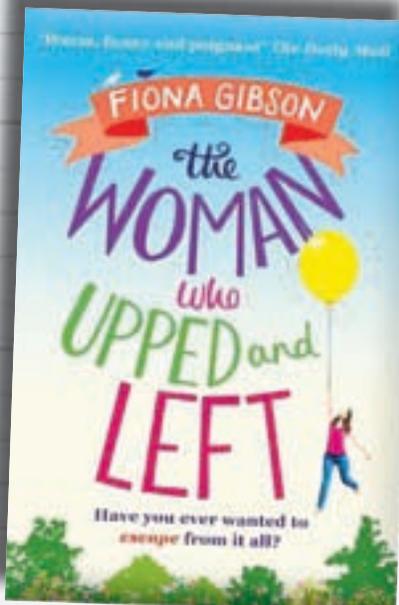
Lila Soto once had it all — a successful career, doting husband and great kids. But now, she has been uprooted to a new city for her husband's dream job as a restaurant critic, a role he might be taking just a little bit too seriously. Her husband's quest for anonymity leads to a lot of hilarious stories and a lot of soul searching for Lila. “The Restaurant Critic's Wife” will delight you at every turn. The many facets of Lila's life offer something relatable for everyone and make you feel like you are taking her journey along with her. Like a delicious four-course meal, this is one book you simply must devour this summer.



“The Unexpected Everything”

by Morgan Matson — Simon & Schuster Books for Young Readers

While not everything about this young adult novel is unexpected, I was surprised at just how quickly I got sucked into the world of Andie Walker and her friends. When Andie's politician father finds himself at the center of a scandal, her entire world changes. But she comes to find out that not having her entire life go to plan might have been what she needed all along. The characters in “The Unexpected Everything” are lovable and engaging. Plus, this easy read has dogs, a first love and a political scandal. What more could you need?



“The Woman Who Upped and Left”

by Fiona Gibson — Avon

Between being a mother and working two dead-end jobs, Audrey Pepper never gets to put herself first. But after her 18-year-old son asks for a list of gifts for himself on her birthday instead of getting her a gift or acknowledging her day, she has absolutely had enough. Audrey knows it is time for a change. Though the change isn't exactly what the title would suggest, “The Woman Who Upped and Left” will have you smiling from beginning to end, and you'll definitely catch yourself laughing out loud more than a time or two.

Experience the beautiful Rhine River

by Megan Finley
Contributing Writer

The Rhine River offers a magical German experience with its breathtaking scenery, half-timbered houses, historic castles, dramatic hillsides and delicious wines. May to mid-October is the perfect time to explore the Rhine, as most places all but shut down during the winter months. Here are three stops along the Rhine River you will not want to miss out on.

Saint Goar

Sightseers can explore Saint Goar, a Rhine River town first settled during Roman times.

The town was named after Goar of Aquitaine, a young monk who came to live on the site around 530. Goar lived as a hermit in a cave on the Rhine, working as a missionary to the local people. Goar was famous for his great hospitality, particularly towards the boatmen on the Rhine. Over the years, many tales have been told about Goar of Aquitaine. After his death in 575, his resting place became a pilgrimage site, and the town

was named after him.

While in Saint Goar, sightseers can visit Rheinfels Castle, which dates back to 1245. In its prime, Rheinfels Castle covered five times its current area. It is the largest castle overlooking the Rhine.

One of the most famous points near the town is the site of the Lorelei rock. The myth tells a story of a beautiful woman named Lore Lay who betrayed her sweetheart. She was accused of bewitching men and causing their death. Rather than sentence her to death, the bishop committed Lore Lay to a nunnery. Three knights accompanied Lore Lay on her journey to the nunnery. When they came to the rock, Lore Lay asked the knight's permission to climb it and view the Rhine one more time. In doing so, she thought she saw her love in the Rhine and fell to her death. According to the legend, the rock echoes the sound of her name. Many believe Lore Lay distracts shipmen with her beauty and her singing, causing them to crash onto the rocks.

Bacharach

Bacharach offers historic streets,

half-timbered houses, historic churches, great wine and Stahleck Castle.

Many cozy street-side cafes offer local wines as well as delicious regional specialties including Rhine goat and local game. After a yummy meal, families can enjoy a scenic hike along one of Bacharach's many routes.

No day excursion is complete in Germany without visiting a castle or two. Standing commandingly on a riverside crag is Stahleck Castle, a 12th-century fortification. During World War II, Stahleck became one of 27 "jugendburgen," or "youth castles," used for the indoctrination of teenagers and young adults. From 1940 to 1943, the castle served as a military hospital. In January 1943, the castle was used as an internment camp for German youth who exhibited disloyalty to the Nazi Party, some of which were taken from Stahleck to concentration camps. From June 1943 until the following summer of 1944, Stahleck was used as a work and military training camp for Germans between the ages of 14 and 18 years.

One of the most photographed historic half-timbered houses in the world is the Alte Haus in Bacharach.

Built in 1368, the home is one of the best-preserved homes of its time in Germany. The house is located at Oberstrasse 61, 55422 Bacharach.

Braubach

On the Rhine River lies the charming village of Braubach. With more than 3,000 inhabitants, the town became especially famous for its location below the Marksburg, the only surviving castle on the Middle Rhine.

Dating back to the 1200s, the Marksburg was used for protection rather than a residence for royalty. In the 19th century after the abolishment of the Holy Roman Empire by French emperor Napoleon, the castle was used as a prison and a home for disabled soldiers.

Braubach is also the home of Saint Barbara Church, built directly on the city walls in the year 1276. The original tower and choir still stand today.

With its half-timbered houses dating back to the 16th century and the majestic Marksburg castle, Braubach makes for the perfect day trip on the Rhine River.



Photo by varandah / Shutterstock.com

COMING TO PATCH THEATER

Editor's note: The movies listing was the most current at the time of publication. Dates are subject to change.

Please check with your local theater online for the most up-to-date schedule: <http://www.aafes.com/exchange-stores/Movie-Guide/showtimes-Patch-Barracks.htm>

Thursday July 28

Lights Out (PG-13) 1800

Friday July 29

Jason Bourne (PG-13) 1800

Bad Moms (R) 2100 .

Saturday July 30

Ice Age: Collision Course (PG) 1500

Jason Bourne (PG-13) 1800

Bad Moms (R) 2100

Sunday July 31

Ice Age: Collision Course (PG) 1600

Jason Bourne (PG-13) 1900

Wednesday August 3

Jason Bourne (PG-13) 1800

Thursday August 4

Ghostbusters (PG-13) 1800

Friday August 5

Suicide Squad (PG-13) 1800

Suicide Squad in 3D (PG-13) 2100

Saturday August 6

Suicide Squad in 3D (PG-13) 1500

Suicide Squad (PG-13) 1800

Jason Bourne (PG-13) 2100

Sunday August 7

The Secret Life of Pets (PG) 1600

Suicide Squad (PG-13) 1900

Wednesday August 10

Suicide Squad (PG-13) 1800



LIGHTS OUT

From producer James Wan ("The Conjuring") comes a tale of an unknown terror that lurks in the dark. When Rebecca left home, she thought she left her childhood fears behind. Growing up, she was never really sure of what was and wasn't real when the lights went out...and now her little brother, Martin, is experiencing the same unexplained and terrifying events that had once tested her sanity and threatened her safety. A frightening entity with a mysterious attachment to their mother, Sophie, has reemerged. But this time, as Rebecca gets closer to unlocking the truth, there is no denying that all their lives are in danger...once the lights go out. — © 2016 Warner Bros./Photo courtesy



BAD MOMS

When three overworked and under-appreciated moms are pushed beyond their limits, they ditch their conventional responsibilities for a jolt of long overdue freedom, fun, and comedic self-indulgence. — ©2016 STX Entertainment/Photo courtesy



JASON BOURNE

Global superstar Matt Damon returns to his most iconic role as Jason Bourne in the fifth installment of Universal Pictures' Bourne franchise. Acclaimed director Paul Greengrass (The Bourne Supremacy, The Bourne Ultimatum, Captain Phillips) also returns for this much-anticipated chapter, and Frank Marshall again produces alongside Jeffrey Weiner for Captivate Entertainment. Greengrass, Damon, Gregory Goodman and Ben Smith also produce. — © 2016 Universal Pictures/Photo courtesy Movieweb.com



ICE AGE: COLLISION COURSE

Scrat's epic pursuit of the elusive acorn catapults him into the universe where he accidentally sets off a series of cosmic events that transform and threaten the Ice Age World. To save themselves, Sid, Manny, Diego, and the rest of the herd must leave their home and embark on a quest full of comedy and adventure, traveling to exotic new lands and encountering a host of colorful new characters. — © 2016 20th Century Fox/Photo courtesy



GHOSTBUSTERS

30 years after Ghostbusters took the world by storm, the beloved franchise makes its long-awaited return. Director Paul Feig brings his fresh take to the supernatural comedy, joined by some of the funniest actors working today. — © 2016 Columbia Pictures/Photo courtesy



THE SECRET LIFE OF PETS

For one bustling Manhattan apartment building, the real day starts after the folks on two legs leave for work and school. That's when the pets of every stripe, fur, and feather begin their own nine-to-five routine: hanging out with each other, trading humiliating stories about their owners or auditioning adorable looks to get better snacks. The buildings top dog, Max (voiced by Louis C.K.) a quick witted terrier rescue who's convinced he sits at the center of his owner's universe, finds his pampered life rocked when she brings home Duke (Eric Stonestreet), a sloppy, massive mess of a mongrel with zero interpersonal skills. When this reluctant canine duo find themselves out on the mean streets of New York, they have to set aside their differences and unite against a fluffy-yet cunning bunny named Snowball (Kevin Hart), who's building an army of ex-pets abandoned by their owners and out to turn the tables on humanity...all before dinner time. — © 2016 Universal Pictures/Photo courtesy



SUICIDE SQUAD

It feels good to be bad... Assemble a team of the world's most dangerous, incarcerated Super Villains, provide them with the most powerful arsenal at the government's disposal, and send them off on a mission to defeat an enigmatic, insuperable entity. U.S. intelligence officer Amanda Waller has determined only a secretly convened group of disparate, despicable individuals with next to nothing to lose will do. However, once they realize they weren't picked to succeed but chosen for their patent culpability when they inevitably fail, will the Suicide Squad resolve to die trying, or decide it's every man for himself? — © 2016 Warner Bros./Photo courtesy Movieweb.com

Summer fun in Germany for the whole family

Photo by Bert123/Shutterstock.com

participate in the balloon race, and the “Roaring River,” where you undertake an adventurous trip in an unsinkable boat. No matter your age, you are guaranteed to have a great time. And the best part is, it's so close to home, so there is no need to travel hours to have a fabulous day out with your family.

During the summer season, the park opens at 10 a.m. daily and generally closes at 6 p.m., however some days the park stays open later.

Daily ticket prices range from free for small children to €29.95 for adults. Express tickets that allow you to skip the line for up to nine rides are offered for €35. Season tickets are also available for purchase.

For more detailed information about Holiday Park rides, opening hours and ticket prices, visit www.holidaypark.de/en.

Europa-Park

If you haven't already been to Europa-Park, what are you waiting for? Located in Rust about two hours from Kaiserslautern by car, Europa-Park is the largest theme park in Germany and the second most popular theme park resort in Europe. This out-of-this-world theme park has over 12 roller coasters, and the newest coaster, “Arthur,” is a suspended indoor-outdoor powered roller coaster. Not only does this park offer roller coaster rides, but it also has a selection of 10 water slides for you to choose from. If you go to Europa-Park looking for fun, excitement and adventure, you won't be disappointed!

Through Nov. 6, the park is open

from 9 a.m. to 6 p.m. daily, with some days having extended hours.

Daily ticket prices cost €44.50 for adults 12 years and older, €38.50 for children ages 4 to 11 years old and free for children under 4 years old. Multiday, group and season passes are also available.

For additional information on Euro-Park rides, hours and prices, visit www.europapark.de/en.

Campgrounds

Maybe you and your family prefer to spend some more time in the outdoors where you can hike, walk, swim, and sit back and relax around a campfire while you enjoy spending some quality time with the family. Here we have some of the best camping sites that are family friendly and a lot of fun!

Camping am Koenigsberg

Set in the beautiful area of Lautertal is the town of Wolfstein where you will find Camping am Koenigsberg, about a 30-minute drive from Kaiserslautern. This campground is warm and comfortable with a great family atmosphere and good facilities, providing the ideal place for rest, relaxation and fun for the whole family. There are 70 campsites that all have electricity, water and sewage connections. There are also two separate tent meadows that you are able to choose from.

The front tent area has a grill and a large tent, which you can use for free. The children's leisure programs are held in this area during the summer months, making it very suitable for families with small children. The second tent area is located right next to the sports ground and can be found on

the rear of the campground. This area is particularly quiet and offers a beautiful view of Wolfstein.

Camping rates vary depending on number of people and their ages, pets, cars, etc.

For more information on Camping am Koenigsberg and for camping rates, visit www.campingwolfstein.de.

Camping Muenstertal

Located in the southern Black Forest, Muenstertal is about a three-hour drive from Kaiserslautern. The campground offers great comfort and a panoramic view of breathtaking surroundings. On each campsite, fresh water and waste disposal are available as well as electricity.

The campground features a heated indoor swimming pool open year-round as well as an outdoor pool for the warmer months. The outdoor pool is complete with a partitioned-off children's swimming pool for the younger generation. Many sports and wellness activities are also offered for both children and adults, including horseback riding, fishing, golf and more. Camping Muenstertal truly offers fun and relaxation for the whole family!

Prices vary based on site type, number of people, additional accommodations, etc.

For more information about all Camping Muenstertal has to offer as well as pricing details, visit www.camping-muenstertal.de.

by Amie LaSalvia
Contributing writer

Summer is such a beautiful time in Germany. The trees and flowers all around us are blooming. The kids are off school, and the smell of summer-time vacation is in the air. Living in Europe around this time of the year is such a wonderful place to be, and there are so many great fun and energetic activities the entire family will enjoy!

Theme Parks

Theme parks are a great form of entertainment for families all around the world. This summer, why not have a family day at your nearest theme park for some of the best fun whilst being outdoors in the sun and fresh air. Here are some of the best theme parks near you!

Holiday Park

Holiday Park is located in Hassloch, which is about an hour's drive from Kaiserslautern. This theme park is one of the very best and has a variety of rides such as the “Balloon Race” ride, where you feel like Auguste Piccard attempting to fly around the world and

Photo by manfredxy/Shutterstock.com

Mom... I'm Bored! Fun at-home activities to keep your kids busy

by Megan Finley
Contributing writer

“Summer - that long anticipated stretch of lazy, lingering days, free of responsibility and rife with possibility. It's a time to hunt for insects, master handstands, practice swim strokes, conquer trees, explore nooks and crannies, and make new friends.” — Darell Hammond

Summer is here, which means the kids are out of school for over two months. Every day cannot include an organized activity or costly outing. Here are three home activities that will keep the kids busy on those quiet summer days at home.

Homemade Sidewalk Chalk

- Disposable cups
- Water
- Tempera paint, any colors
- Plaster of Paris, dry powder
- Silicon molds

For each color, you will need a separate cup.

Fill each cup with 3/4 cup water. Add 1/4 cup of paint. Add 1 cup Plaster of Paris. Mix well.

Pour the mixture into molds, and clean the edges with a paper towel.

Allow the mixture to dry for 24 hours.

Carefully remove the mostly dried mixture from the molds. They will still be soft, so be gentle. Let them finish drying outside the molds for an additional 24 hours.

Send the kids outside to make art with their new chalk.

(Craft from www.WonderfulDIY.com)

Homemade Bubbles

- 6 cups water
- Large container
- 1 cup dish soap
- 1 tablespoon glycerin or 1/4 cup of corn syrup
- Bubble wand or straw

Measure water into large container. Pour dish soap into the water, and slowly stir until the soap is mixed in. Try not to let foam or bubbles form while you stir.

Add glycerin or corn syrup to the mixture. Stir the solution until it is mixed together.

You can use the solution right away, but to make even better bubbles, put the lid on the container and let your super bubble solution sit for 24 hours.

If using Ultra brand dish soap, double

the amount of glycerin or corn syrup.

Dip the bubble wand or straw into the mixture, slowly it pull out, wait a few seconds, then blow. Your own homemade bubbles!

(Craft from www.HomeTrainingTools.com)

Homemade Garden Wind Chime

- Small terracotta pot
- Acrylic paint, any colors
- Assorted beads
- Waterproof string
- 2 washers

Paint your pot and let it dry.

String your beads on however many strands of waterproof string you desire. Use long strands of varying lengths to add dimension to the wind chime. Make sure there is a knot at the bottom and top of each string. Leave some extra cord at the top.

Once the pot is dry, tie your bead strings securely to your first washer, leaving a few inches free at the top. Poke the strings through the top of the garden pot and tie them securely around the second washer.

Tie all the strings into a knot at the ends to form a loop to hang the wind chimes.

(Craft from www.SugarSpiceAndGlitter.com)



Photo by Angela Wayne/shutterstock.com

Cure the travel bug with a cruise

by Megan Finley
Contributing writer

Many of us find ourselves here in Europe with a laundry list of destinations we would like to visit before going back stateside. Determining which cities to hit first and when oftentimes proves to be a daunting task. Questions like where to stay, how to get there, and budgeting for meals and entertainment can leave a person wondering if planning a vacation is more exhausting than just staying at home. All too often, some of us find ourselves overwhelmed with the choices and end up doing nothing at all. Well now it's time to consider cruising.

Cruises offer a great value for your vacation money because, with a little proactive thinking, travelers can easily plan for almost everything needed for an incredible trip, including food, lodging, entertainment and transportation. Europe offers several cruise lines where kids even sail free or travel at cheaper rates when sharing a cabin with two adults.

While discount cruise lines offer an option to purchase drink packages for soft drinks and alcoholic beverages

upfront for a much cheaper rate, more exclusive cruise lines often include such amenities in the upfront rate. Additionally, more often than not, travelers can expect flight expenses to be included in the bundled price.

Cruises allow travelers to hit multiple port cities and leave their bags in one hotel room. No need to worry about where to have breakfast, how to carry your luggage or if your new hotel room will be as comfortable as the last. Cruising takes the guesswork out of travel.

Booking your cruise vacation is made simple by combining transportation, accommodations, itinerary, cabin and meals all in one transaction. No in-between coordination is necessary. Travelers can even enlist the help of a travel agent to arrange the details for minimal fees.

Once travelers decide to cruise, the most difficult task of planning is deciding where to go. Western Mediterranean itineraries typically include port stops in Spain, Monaco and Italy. Eastern Mediterranean cruises hit Italy, Croatia, Greece and sometimes Turkey or Israel. A Baltic cruise excursion visits Scandinavia, Russia and the

Norwegian Fjords. Travelers also have the choice of venturing to the British Isles including England, Scotland and London.

Do not be afraid to venture away from the most popular ports, including Barcelona, Rome and Venice. Although these destinations do not disappoint, oftentimes travelers find great satisfaction venturing off the beaten trail. Destinations such as Villefranch-sur-Mer in the South of France; St. Petersburg, Russia; or Dubrovnik, Croatia, deserve some consideration.

Cruise lines exist for every budget. According to the website Cruise Critic, the price of Eastern Mediterranean cruises are dropping. Many travelers are not making the long trip to the Eastern Mediterranean with the current world events, causing prices to drop dramatically, especially with approaching departure dates. Cruise lines including MSC and Costa Cruises offer a large variety of destinations at a discounted price.

For more information, visit www.cruisecritic.com or contact RTT Travel at www.rtttravel.com or your local travel agent.

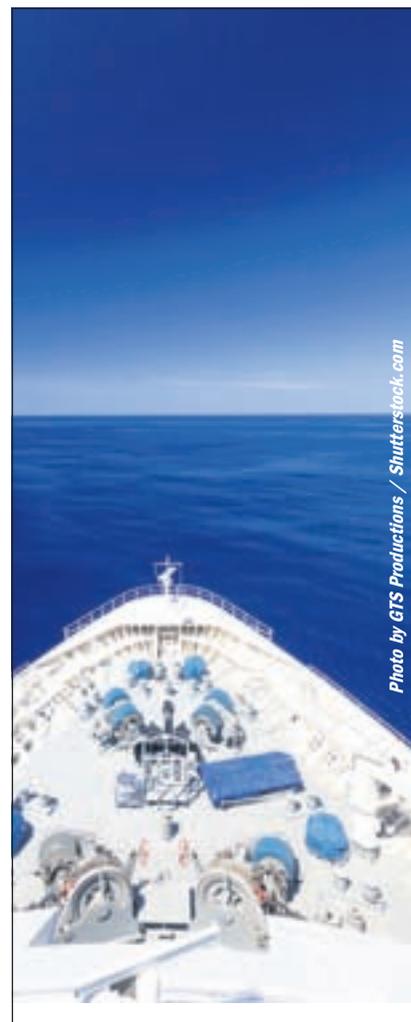


Photo by GTS Productions / Shutterstock.com

Keep yourself and your family safe this summer

by **Katie F. Boltuch**
Contributing writer

Summer is a great time for the outdoors, grilling, picnics and relaxing. But just because we want to have fun doesn't mean we can't stay safe. Here are some tips to help make your summer the best, and healthiest, one yet.



The Sun

Sunshine on my shoulders makes me happy, but sunburn on my shoulders makes me cry. We tend to wear less clothing in the warmer months, which leaves our skin exposed. Kids and adults are at a greater risk for sunburns during the summer months. According to the Centers for Disease Control and Prevention, only 58 percent of adults practice proper sun safety procedures. Put aside your excuses and put on the sunscreen, preferably one with a sun protection factor of at least 15 and both ultraviolet A and ultraviolet B protection. Put it on at least 30 minutes before going out in the sun and apply generously. Be sure to take these additional precautions:

- Seek shade, especially during the midday hours of 10 a.m. to 4 p.m., when UV rays are strongest and do the most damage.
- Cover up with clothing to protect exposed skin. A long-sleeved shirt and long pants with a tight weave are best.
- Wear a hat with a wide brim to shade the face, head, ears and neck.
- Grab shades that wrap around



Photo by Phovoir / Shutterstock.com

and block as close to 100 percent of both UVA and UVB rays as possible.

- Reapply sunscreen throughout the day.

The Heat

Heat-related illnesses claim the lives of hundreds of people each year. These tips will help you prepare for working or playing outside during the hot summer months.

- Stay inside during the hottest hours of the day, which are from 10 a.m. to 4 p.m.
- Drink plenty of water or other nonalcoholic beverages. According to a heat exhaustion study done by Texas A & M AgriLife Extension Service, when temperatures climb above 90 degrees, it's important to drink at least a gallon of liquid per day.
- Wear lightweight, loose-fitting clothing that is light in color.
- Move your exercise routine to early in the morning or late in the evening.
- Never ever leave a person or a pet in the car in hot conditions while you run to do a quick errand. People and animals can succumb to heat exposure and death very quickly in a hot car, as cars can become overheated quickly.

The Water

According to the Consumer Product Safety Commission, drowning is the leading cause of death for children under the age of 4 years old. Additionally, 390 children die each year on average from water-related accidents. Whether you're at the pool, beach, lake or water park this summer, keep these safety tips in mind.

- Avoid swallowing pool water or even getting it in your mouth.
- Even if there is a lifeguard on duty, keep an eye on your children. It only takes a few moments for a drowning to occur.
- Never swim alone or in unsupervised locations. Teach children to always swim with a buddy.
- Don't use swimming aids, such as water wings, for children in the place of life jackets or preservers.
- Shower before swimming and wash your hands after using the restroom or changing diapers.
- Take children on bathroom breaks often.

The Bugs

No discussion of safety topics for summer would be complete without talking about bugs. Stinging insects are busy making the rounds of the flowers, and there are many varieties of bugs, like ticks and mosquitoes, waiting for their next innocent victim. To help make yourself and your child a less-attractive meal, avoid scented perfumes and soaps in the summer as well as pools of stagnant water, open food and gardens heavy with blooms. Also, consider using a bug repellent that contains diethyltoluamide, more commonly known as DEET. Follow these tips for applying bug repellent to make sure you are fully covered.



- Never use bug repellents under clothing, only on exposed skin or clothes.
- Keep repellent away from your nose, mouth and eyes, and be careful with it around your ears.
- Start with a thin film of repellent. If this doesn't keep the bugs away, use more.
- Most repellents should be washed off your skin and clothing every day.
- Don't allow children to handle bug repellent, and don't apply it to their hands.
- Repellents with oil of lemon eucalyptus should not be used on kids under 3 years old.



Make your out-of-town guest feel right at home



Photo by JP WALLET / Shutterstock.com

by Megan Finley
Contributing writer

I have been talking to quite a few friends over the past few weeks that will soon have guests rolling in this summer for a visit. I, too, have my in-laws coming to stay with us. Yes, having houseguests can mean more work, but hosting guests does not need to be stressful. Here are 10 ways you can help your visitors feel more comfortable in your home.

Prepare the sleeping arrangements.

Make sure to prepare your guests' sleeping arrangements well ahead of their arrival. If you have a small home, do not feel obliged to give up your own bed. However, ensure your guests have a clean, comfortable place to sleep, such as a sofa, airbed or mattress on the floor. Ensure you tell them of the sleeping arrangements ahead of time so there are no surprises. Fresh sheets or a new pillow are always a nice touch.

Ensure a place for their belongings.

If your home is small and your guests will not have their own room, ensure they are given a place to unpack and keep their suitcases or bags during their stay. Clearing a dresser drawer, closet space with hangers or a shelf in the bathroom is especially helpful.

Provide extra toiletries.

Although many guests bring their own toiletries, oftentimes traveling with bulky shampoo bottles or

contact solution are not an option. Providing travel size toothpaste, shampoo and conditioner, soap and unopened toothbrushes are an exceptional gesture.

Offer reading material.

Most guests appreciate a reading a book or perusing a magazine in their downtime. Some might even be interested in learning more about the local area. Pick up brochures from local attractions you enjoy or magazines your guests might be interested in. Go ahead and put them on their bedside table or in an area where they can enjoy at their leisure.

Pick your guests up.

Sometimes life happens. However, if at all possible, picking your guests up from the airport or train station is really a great gesture of hospitality. When travelers are exhausted from an overseas flight or have heavy bags to carry, having a little help and a familiar face there waiting can make all the difference in the world.

Provide towels and linens.

Consider how many towels you would appreciate, and provide your guest with a plentiful pile. Ensure the towels are freshly washed and in good shape. No one wants to dry off after a shower with a ratty towel.

Consider technology.

Most people have a phone, tablet or other

devices that require recharging. Make sure your guests can charge their devices and have access to your internet.

Do not forget food and drinks.

Stock your kitchen with a selection of beverages. One great tip is to make simple recipes in advance to save you time in the kitchen that can be spent visiting with your guests. Stocking up on simple breakfast foods such as bagels, pastries, cold cereal and milk are always appreciated. Make sure you offer your guests something to eat or drink, and remind them they are welcome to something any time they are hungry or thirsty.

Make plans.

If you have obligations while your guests are in town, make sure they know ahead of time about your plans. Discuss possible activities you and your guest can do together during their visit to ensure their stay is as enjoyable as possible.

Be yourself.

Many of us feel like we are in an inspection or on an audition when we have guests. Is the house clean enough? Are there any glasses in the sink? It is always nice to have a clean house when guests arrive, but do not forget to be yourself. Most guests know this is where you live and do not expect your place to be perfect. Do not forget to relax and enjoy the time together.



Upcoming beer and wine festivals across Germany

by **Katie F. Boltuch**
Contributing writer

It's sad to think that we are already halfway through the summer. Pretty soon the leaves will change, the temperatures will drop and we'll see the sun less and less. But don't throw the

towel in just yet. There's still plenty of time to enjoy the last few months of summer and plenty to look forward to! Festival season is right around the corner and what better way to get started than to visit some of the best beer and wine festivals Germany has to offer.

Beer festivals

July - September: Bierboerse MULTIPLE CITIES

This moving German beer festival was created more than 30 years ago. Originally established as a local summer festival, it now travels to more than 20 cities that are mainly located in the Rheinland area. For more information and dates for one closest to you, visit www.bierboerse.com/veranstaltungstermine.htm.

July 29 - July 31: Benrather Bierboerse DUESSELDORF-BENRATH

Tens of thousands of visitors will attend this 25-year-old beer festival, the second oldest event of its kind in Germany. With 55 beer and food

stalls, visitors can taste nearly 700 different beers while sitting in the cozy beer gardens. For more information, visit www.bierboerse.com/city/duesseldorf-benrath.htm.

Aug. 5 - Aug. 7: Berlin International Beer Festival BERLIN

Approximately 320 brewers from 86 countries are expected to be present with about 2,000 beer varieties for this festival's 20th anniversary. For more information, visit www.bierfestival-berlin.de.

Sept. 23 - Oct. 9: Cannstatter Volksfest STUTTART

This annual beer festival is the second largest after Oktoberfest, attracting millions of visitors. Lasting for 17 days, large beer tents sponsored

by various breweries offer more than 5,000 seats for patrons. For more information, visit www.cannstatter-volksfest.de.

Sept. 17 - Oct. 3: Oktoberfest MUNICH

It all started with a royal wedding and ended with the most famous beer festival in Europe. If you want to go, plan early and make reservations. It fills up fast! For more information, visit www.oktoberfest.de/en.

Sept. 23 - Oct. 16: Oktoberfest BERLIN

Can't make it to Bavaria? You still have time to go north. This festival is held annually at Zentral Festplatz, just outside the city center. For more information, visit www.berliner-festplatz.de.

Wine festivals

Aug. 17 - Aug. 21: Rothenburg Weindorf — Rothenburg ob der Tauber

This annual festival gives visitors the opportunity to try more than 70 different Franconian wines. Music, food and a variety of vendors will be available for patrons. For more information, visit www.bavaria.by/beer-wine-festivals-events-bavaria.

Aug. 18 - Aug. 22: Rüdesheim Wine Festival — Rüdesheim

Rüdesheim hospitality and wine culture at its best. You'll find fine rieslings and fruity pinot noirs coupled with live music, fine food and high spirits in abundance in Rüdesheim's market square. For more information, visit www.ruedesheim.de/en/events/highlights-20162017.

Aug. 19 - Aug. 21: Weinfest der Mittelmosel — Bernkastel-Kues

Attracting more than 200,000 visitors, this wine festival provides patrons with brilliant fireworks and pageants along with its delicious local Mosel-region wines. For more information, visit www.moselland-touristik.de/en/culture-events/wine-festivals.

Aug. 24 - Sept. 4: Stuttgarter Weindorf — Stuttgart

This unique wine festival has been held for more than 40 years in Stuttgart, attracting millions of people from all over the world. For more information, visit www.stuttgarter-weindorf.de.

Aug. 25 - Aug. 28 and Sept. 1 - Sept. 4: Mainzer Wein Markt — Mainz

This cozy and relaxing wine festival takes place in the Stadtpark of Mainz. The festival offers two weekends of wine tasting with more than 100

stands serving local wines and delicacies. For more information, visit www.mainzer-weinmarkt.de.

Aug. 31 - Sept. 9: Rheingau Wine Festival — Frankfurt

Wine enthusiasts, this one's for you! Rheingau vintners offer several hundred wines and sparkling wines from more than 30 vintner stands. For more information, visit: www.frankfurt-tourismus.de/rhg_weinmarkt.

Sept. 9 - Sept. 13 and Sept. 16 - Sept. 19: Duerkheimer Wurstmarkt — Bad Dürkheim

Dürkheim Wurstmarkt is one of the oldest and largest wine festivals in the world — think Munich Oktoberfest but with wine. Guests can sample more than 150 different wines at more than 50 different venues during the 600th year of this festival. For more information, visit www.duerkheimer-wurstmarkt.de.

Learn about the German spa culture



Photo by Maridav / Shutterstock.com

by **Megan Finley**
Contributing Writer

Germany is the birthplace of homeopathy as well as more than 350 approved health resorts and spas. The word spa is an acronym for the latin phrase “sanus per aquam,” meaning “health by water.” The Germans adopted the spa culture from the Roman empire when bathing was used by soldiers returning from battle as a form of hydrotherapy. Europe’s royalty and leaders would meet at the popular German spa resort towns for a little rest and relaxation.

In modern Germany, most citizens with the support of the German federal health care system can take advantage of one of the most all-inclusive wellness spa cultures in Europe. Every three years, those who enjoy the perks of

the German medical system may be eligible to request a medical cure for ailments, including stress, headaches and exhaustion. If approved, the patient is sent to a health spa, usually for about three weeks, where they receive a customized exercise, relaxation and nutrition regimen. Most patients leave the spa feeling relaxed and refreshed.

These spas are often referred to in German as “Heilbad,” meaning “healing bath,” or “Kurort,” meaning “cure place.” Towns with the word “Bad” before the town name, for example Bad Duerkheim, have met stringent air and water quality standards. These towns are known for providing some of the best medical staff and infrastructures for patients seeking medical treatment.

Outside of the healing facilities, anyone can enjoy the leisure spas.

Thermal baths offer an opportunity to relax in a natural atmosphere, free of noise and overstimulation.

Spa etiquette is quite particular, so if you decide to partake, you should pay careful attention to certain rules. Depending on the spa, swimsuits may be worn in pool areas. However, the saunas, steam baths and massage areas are towel-only. Showering before entering the pools, saunas or baths is always required. Footwear must be left outside the saunas, but feel free to wear shoes into the steam baths. When entering the sauna, shut the door quickly to keep the heat inside. Last but not least, always sit or lie on a towel.

One important thing to keep in mind is the German’s relaxed attitude towards nudity. Therapists will not worry so much about keeping clients covered. Most

areas of the spa are coed and nude. Just stay relaxed and enjoy the experience.

The southwestern state of Baden-Wuerttemberg offers great resort experiences at a variety of locations. Baden-Baden and Bad Duerheim are just two of the many towns in the state offering a variety of spa choices. Baden-Wuerttemberg hugs the border of France, and visitors enjoy not only the spas but fantastic food as well.

Whether you want to escape the hustle and bustle of daily life or simply experience one of Germany’s most enjoyable cultural aspects, the spa experience may be just the right choice.

For more information on Germany’s wellness hotels and spas visit www.wellness-regionen.de/Deutschland.

Easy summer recipes to

by **Katie F. Boltuch**
Contributing writer

One of the last things anyone wants to do in the summer is cook big, heavy and complicated meals. It's hot, it's humid, and what you really want is to relax. If you're tired of the usual barbecue fare and need some lighter menu ideas, look no further.

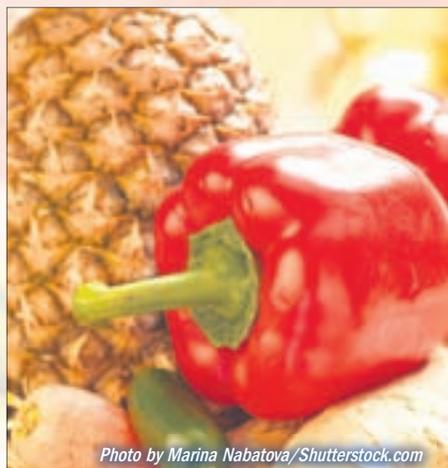


Photo by Marina Nabatova/Shutterstock.com

APPETIZER

Pineapple-Ginger-Habanero Salsa

This refreshing salsa is a nice variation of the traditional version, with a little extra kick!

Start to finish: 10 minutes

Servings: 8

- 2 pineapples
- 4 teaspoons ginger, grated
- 4 green onions, thinly sliced
- Juice of 2 limes
- 2 small red onions, finely diced
- 1/2 to 1 habanero chili, minced (depending on what kind of heat you want)
- Splash canola oil
- Kosher salt
- Black pepper, freshly ground
- Corn tortilla or plantain chips, for serving

Slice the pineapples and grill or roast until just tender. Dice the cooked pineapple.

Toss the pineapple, ginger, green onions, lime juice, red onions, chili and oil in a large bowl.

Season with salt and pepper. Serve with tortilla or plantain chips.

(Recipe from www.FoodNetwork.com)



Photo by Yeko Photo Studio/Shutterstock.com

SALAD

Grilled Watermelon Salad

Grilled Watermelon? In a salad? It's different, but it is worth it. Guaranteed to be one of the most refreshing salads you'll have this summer.

Start to finish: 15 minutes

Servings: 4

- 1/2 seedless watermelon
- 1/4 cup balsamic vinegar
- Extra-virgin olive oil
- Kosher salt
- 2 cups baby arugula, washed and dried
- 1 cup goat cheese, crumbled
- Black pepper, finely cracked

Stand the watermelon half cut side down on a cutting board and slice away the rind, leaving a solid block of melon. Turn the block on its side and cut it into 8 squares, roughly 3 by 3 inches and 1-inch thick.

Pour the vinegar into a small saucepan and bring to a simmer over medium-high heat. Cook until reduced to a thick syrup consistency. Set aside.

Heat a nonstick grill pan over medium-high heat. Drizzle just enough olive oil over watermelon slices to thinly coat and place on hot grill pan. Grill each side for about 2 minutes until grill marks appear. Transfer to a plate and season with salt.

To assemble the individual servings of salad, put about 1/4 cup of baby arugula on a small plate, followed by a grilled slice of watermelon in the center and top with a tablespoon of crumbled cheese and another 1/4 cup arugula. Add another watermelon slice and another tablespoon of cheese. Repeat with remaining ingredients.

Finish each salad with a very light drizzle of olive oil and balsamic syrup. Dust with black pepper and serve immediately.

(Recipe from www.FoodNetwork.com)



Photo by Slavica Stajic/Shutterstock.com

SIDE DISH

Quinoa with Corn, Tomatoes, Avocado and Lime

Quinoa, pronounced keen-wah, is a high-protein seed that has a fluffy, slightly crunchy texture. You can make this salad a day ahead of time, just be sure to add the avocado at the last minute to avoid discoloring.

Start to finish: 45 minutes

Servings: 4

- 2 tablespoons olive oil, divided in half
- 1/2 cup yellow onion from 1 small onion, chopped
- 1 cup pre-washed quinoa
- 1 2/3 cups vegetable broth, low sodium
- 1 teaspoon salt, divided in half
- 1 cup tomatoes from 2 medium tomatoes, chopped
- 1 1/4 cup fresh cut corn from 2 cobs, cooked
- 2 scallions, white and green parts, finely sliced
- 1 small jalapeno pepper, seeded and finely chopped
- 1/3 cup fresh cilantro, chopped
- 2 tablespoons lime juice from 1 large lime
- 1 avocado, cut into bite-sized chunks

Heat 1 tablespoon olive oil in a medium saucepan over medium-low heat. Add onions and cook, stirring frequently, until soft and translucent, about 5 minutes.

Add quinoa to onions and continue cooking, stirring constantly, for 3 to 4 minutes. Add vegetable broth and stir in 1/2 teaspoon salt. Turn heat up to high and bring to a boil.

Cover pan tightly with lid, turn heat down to low and simmer for 17 to 20 minutes, until liquid is absorbed and quinoa is cooked. Transfer cooked quinoa to mixing bowl and chill in refrigerator.

When quinoa is cool, add remaining tablespoon of olive oil, tomatoes, corn, scallions, jalapeno, cilantro, remaining 1/2 teaspoon salt and lime juice. Taste and adjust seasoning if necessary.

Right before serving, scatter avocado chunks over top.

(Recipe from www.SeriousEats.com)

o spice up any cookout



Photo by Visionsi/Shutterstock.com

MAIN COURSE

Grilled Mediterranean Vegetable Sandwiches

Even if you're a skeptic of vegetable sandwiches, you'll love the meatiness of the portobello and the tang from the feta. For a vegan-friendly option, replace feta with cashew cheese and regular mayonnaise with veganaise.

Start to finish: 30 minutes

Servings: 4

- 1/4 cup mayonnaise
- 2 cloves garlic, minced
- 1/2 teaspoon lemon juice
- 2 small zucchini, thinly sliced lengthwise
- 2 portobello mushrooms, sliced 1/4-inch thick
- 1 eggplant, sliced 1/4-inch thick
- 2 tablespoons olive oil
- 1/2 teaspoon kosher salt
- 3/4 of a 1-pound ciabatta loaf, split horizontally
- 2 ounces feta cheese, crumbled (1/2 cup)
- 2 medium tomatoes, sliced
- 2 cups baby arugula

Heat a grill to high, about 450 F to 550 F.

Mix mayonnaise, garlic and lemon juice together. Set aside.

Brush zucchini, mushrooms and eggplant with oil and sprinkle with salt. Grill, turning once, until softened and grill marks appear, about 3 minutes.

Grill bread cut side down just until grill marks start to appear, 2 minutes.

Cut each loaf half into 4 pieces. Spread bottoms with mayo and smear tops with cheese. Make sandwiches with vegetables, tomatoes and arugula.

(Recipe from June 2012 issue of *Sunset*)

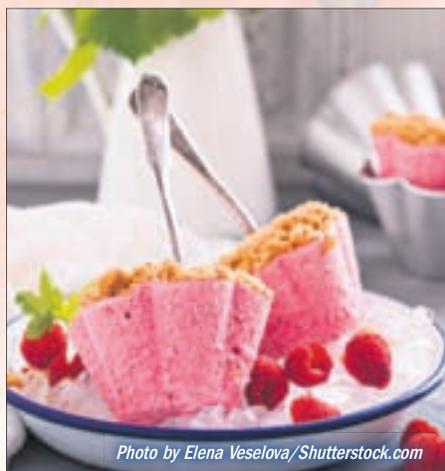


Photo by Elena Veselova/Shutterstock.com

DESSERT

Strawberry Cheesecake Pops

A frosty twist on cheesecake.

Start to finish: 4 hours

Servings: 6

- 5-ounce can evaporated low-fat milk
- 1/4 cup sugar
- 3 ounces 1/3-less-fat cream cheese, softened
- 1/4 cup plain fat-free Greek yogurt
- 1 teaspoon vanilla extract
- 3 tablespoons light-colored corn syrup
- 1 teaspoon lemon juice
- 10 ounces strawberries, hulled
- 1/4 cup graham cracker crumbs

Combine milk and sugar in a saucepan over medium heat and cook for 3 minutes.

Place cream cheese in a medium bowl and gradually add milk mixture, whisking until smooth. Stir in yogurt and vanilla. Cool completely.

Place corn syrup, lemon juice and berries in a blender; process until smooth.

Divide half of the cream cheese mixture among six 4-ounce ice-pop molds. Add strawberry mixture, then top with remaining cream cheese mixture. Stir slightly with a skewer. Freeze 4 hours or until solid.

Remove ice pops from molds and dip tips in graham cracker crumbs before serving.

(Recipe from June 2015 issue of *Cooking Light*)



Photo by Elena Veselova/Shutterstock.com

DRINK

Easy Raspberry Lemonade

A small but spectacular variation on a summer staple.

Start to finish: 5 minutes

Servings: 8

- 12-fluid-ounce can frozen raspberry lemonade concentrate
- 3 cups water
- 3/4 teaspoon lime juice
- 12-fluid-ounce can or bottle lemon-lime carbonated beverage
- 1 cup ice, crushed
- 1 cup fresh raspberries
- 18 mint leaves, optional

In a large punch bowl, combine raspberry lemonade concentrate, water and lime juice.

Stir in lemon-lime soda and crushed ice. Garnish each glass with a fresh raspberry and a mint leaf.

(Recipe from www.AllRecipes.com)

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Looking for Participants, project on Ethnography/Post-Colonialism Linden Museum, 'The People's Collection', which I am developing during my residency at Akademie Schloss Solitude, in Stuttgart. I am especially interested in working with people who are originated from a country colonised or invaded in the past, as I think that their views on this issue are different. Hence, the project is entitled The People's Collection...The visit takes about 45 minutes, in the Linden Museum. Contact me for more details. Tel: 016097067224 E-mail: ana@anamendes.com

Apollo tickets on sale now!, Vogelweh AB Germany, \$20.00, Email: oo7dizzy77@gmail.com or call 01725671080.

Installation Team Needed for Projects on military bases throughout Germany, installation construction electrical carpentry flooring furniture plumbing painting wallpaper CCTV audio visual, Our physical address is in the US but these projects are located at military bases throughout Germany., phone: 763-746-2272, email: steve@killc.com.

Rhine River Tours: Exclusive all-day-tour with a small group including Rhine cruise, Rhinestein Castle, Germania Monument, Ruedesheim and lots more! For more information, please call your tour guide Artur: 0160-3431986, email: rhinerivertours@gmx.de

Which German language school should my son attend? What was your experience learning German? He wants to study 9-12 months from A1 to C1 and would like to choose from your recommendations. reuterj@pacbell.net. Danke!

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2014 VW Tiguan, \$27000, email: kabatekj@msn.com

1997 BMW 523i Sport Sedan, \$6,495, Eur Spec, Automatic, Leather, Heated Seats, Just serviced, 12 months guarantee included in price! Perfect Condition, Call: 0176-22730967, Email: info@europeanmotors.org, Web: <http://www.europeanmotors.org>



1997 BMW 735i great condition, about 170,000 miles, very reliable, clean in and out, new tires and brakes, not trashed out, moving back to states and need quick sale. Call Louis @ 0151 6414 6124

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2002 Toyota Rav 4 SUV with AWD, \$8,995-, US SPEC, Manual, Cruise Control, Power Locks, Alloy Wheels, All Wheel Drive, Power Windows, Perfect Condition, Call:0176 22730967, Email: info@europeanmotors.org, Web:http://www.europeanmotors.org

2003 VW Sharan Diesel Family and Utility Van, Diesel Fuel Turbo diesel engine - German Specifications -TUV Inspection valid to April 2018 - 235 000kms (145 000 miles) Seven (7) passengers/Cargo Driver/Front Passenger seats heated, and adjustable. Child safety seats- two seats convert rapidly to built-in child safety seats. Five seats snap in/ out for cargo space Tires: Two sets-winter and summer (1 set of wheels/rims) Stereo Radio and CD player Air conditioning system (needs compressor) Price: \$5,000, €4,450 OBO Contact: John 0152-0702-7323 (English) Location: Glan-Münchweiler

2005 Audi A3 Sportback 1.9 TDI German Specs \$4800 Contact 0160 968 44778

2005 Mercedes ML 270 CDI 4x4, Turbo Diesel, 2.7L 5 Cyl, Turbo Diesel, Automatic/Tiptronic, 96,900 KM/60,000 Miles, Obsidian Black Metallic Price: \$16,990, 0631-354-9908

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2006 Toyota Corolla (German Specs):- Clean, Non-Smoking, Pet-Free Car in Good Condition-Car was previously registered on Base- Diesel Fuel, very Fuel-Efficient- 5-Speed Manual Transmission- App. 251,000 km- All Maintenance done regularly- German Inspection good thru June 2017- Includes Winter tires, ak_grown@kabelmail.de

2006 Toyota RAV 4 US specifications, suv toyota, stuttgart germany, \$8200, nancyme72@gmail.com

2007 Chevrolet Corvette, 6.0L, V8, 400HP, 71,591 miles, red, black leather interior, \$26,995, contact mark@americanmotors.net, 0176-93136972

2007 Chevy Cobalt, 97000 miles - Red - 4 door - Automatic Transmission - \$ 5000 OBO - Get it while it lasts Contact me at 015138728473

2007 Lexus SC430 Coupe/Convertible, \$25,795, US specs, Automatic, Leather, Cruise Control, Power Seats, Alloy, Power Hard Top, Perfect Condition, Call: 0176-22730967, Email: info@europeanmotors.org, Web: http://www.europeanmotors.org

2007 MINI Cooper "S" Hardtop, \$12,695, US spec, Manual, Leather, Cruise Control, Heated Seats, Alloy Wheels, Power Glass Sunroof, Perfect Condition, Call: 0176-22730967, Email: info@europeanmotors.org, Web: http://www.europeanmotors.org

2007 Mustang GT, 4.8L, V8, 300HP, Coupe, 74,262 miles, manual, gas, Grey Metallic, Black Premium Leather, \$13,995, contact mark@americanmotors.net, 0176-93136972

2008 Corvette Z51, 3LT options package, Z51 handling package, 0-60 in 4.0 seconds, heads-up display, lateral G-force sensors, driver-programmable power leather seating w/ exit assist, touch-screen bluetooth DVD player w/ stealth subwoofer, removable Targa-top, \$26499 email: luftwaffe808@gmail.com

2008 Porsche Cayman S, US Spec. 2nd owner. Maintained by local German Porsche Center. Power windows, seats, mirrors, door locks. Heated seats. 6 CD changer. Extra rims with winter tires. Excellent condition! Wiesbaden \$27000, email: thomasrodehaver@yahoo.com

2008 VW Touran, BEST OFFER, low miles 63000 km, excellent condition, like new, one owner 87 year old, email: KEModest@t-online.de, phone: 06374-5162.

2009 Toyota RAV4 Limited (S1472), Automatic SUV 4X4, Jacob-Pfeiffer-Straße 100 67661 Kaiserslautern Germany, \$16999, phone: 0631 98 741, email: nathan@usedcarguys.net.

2010 Buick Lucerne CXL V6 (S1254), Automatic Sedan V6, Jacob-Pfeiffer-Straße 67661 Kaiserslautern Germany, \$13999, phone: 0631 98 741, email: nathan@usedcarguys.net



2010 Dodge Caliber SE, \$8500 obo. 29K miles! AC/Heated Seats.Inspection completed. Perfect family car. Must sell by 1 Aug 2016. email: sweetautumn915@yahoo.com

2010 Dodge Challenger R/T Coupe, \$25,995, US spec, Automatic, Cruise Control, Power Glass Sunroof, Power Seats, 20 inch Alloy Wheels, Perfect Condition, Call: 0176-22730967, Email: info@europeanmotors.org, Web: http://www.europeanmotors.org

2010 Dodge Challenger R/T, 5.7L, V8 Hemi Coupe, 55,531 miles, manual, gas, Black Crystal, Black premium Leather interior, \$24,495, contact mark@americanmotors.net, 0176-93136972

2010 Honda Element EX 4Door (S1467), Automatic Crossover, Jacob-Pfeiffer-Straße 67661 Kaiserslautern Germany, \$12999, phone: 0631 98 741, email: nathan@usedcarguys.net

2010 MAZDA 3i Sport Sedan, \$10,995-, US SPEC, Automatic Transmission, Cloth Seats, Cruise Control, Front Wheel Drive, Alloy Wheels, Excellent Condition, Call: 0176 2273 0967, Email: info@europeanmotors.org, Web: www.europeanmotors.org

2010 Toyota Corolla "S" Sport Sedan, \$14,695, US spec, Automatic, Cloth Seats, Cruise Control, Power Glas Sunroof, Alloy Wheels, Perfect Condition, Call: 0176-22730967, Email: info@europeanmotors.org, Web: http://www.europeanmotors.org

2010 Volkswagen GTI, 2.0L Turbo 200HP, Sport Hatch, automatic, gas, Dark Grey Metallic, GTI Cloth Interior, \$15.995, contact mark@americanmotors.net, 0176-93136972



2010 Volvo XC90 3rd Row SUV (S1396), Used Car Guys Used Cars Ramstein Kaiserslautern Baumholder, Jacob-Pfeiffer-Straße 100 67661 Kaiserslautern Germany, \$19499, phone: 0631 98 741, email: nathan@usedcar guys.net

2010 Volvo XC90 Safe, clean, reliable, leather, DVD, Navi, Bluetooth, 83k miles dealer maintained new tires clean! 3rd row seating seats 7, SUV 6-speed Automatic trans, all wheel drive, Mainz Germany, \$18500, phone: 01712996657, email: bentley.4579@yahoo.com

2011 Audi A3, Katzweiler Germany, \$16,500.00 OBE, phone: 01714720276, email: garrity@myquix.de.Audi A3 Sportback 1.6TDI Diesel 5-speed, privately owned. German specs. Heated cloth seats, air conditioning, cruise control, Xenon Lights and Bluetooth. Dealer maintained, up-to-date on service (last service was performed 30June 2016). Currently USAREUR licensed. Professionally cleaned (interior shampooed, exterior waxed and wheels cleaned). Winter tires on rims and winter floor mats. 101000 km. Price \$16,500. All reasonable offers will be considered. Nicole: 0171.472.0276

2011 Ford Fusion SEL. NADA lists for \$15,000;selling for \$14,000. 47,000 miles;6-Speed autom;Red candy metallic tinted w/ charcoal black leather upholstery.New all-weather tires and new rear brakes.Contact mjmapes@yahoo.com or 015232717578.

2011 Hyundai Sante Fe GLS V6 (S1431), Automatic Crossover, Jacob-Pfeiffer-Straße 67661 Kaiserslautern Germany, \$15799, phone: 0631 98 741, email: nathan@usedcarguys.net

2011 Jeep Grand Cherokee 4x4 Laredo (S1437), Automatic SUV 4X4, Jacob-Pfeiffer-Straße 67661 Kaiserslautern Germany, \$22999, phone: 0631 98 741, email: nathan@usedcarguys.net

2011 Mercedes ML300 Turbo Diesel, €23,000, Grand Edition model with many extras. Ride in style for 1/4 the price of a new ML. excellent condition, contact: email: papyporsche@aol.com

2011 MINI Countryman "S" ALL4, \$23,795-, US SPEC, Automatic, Leather, Cruise Control, Alloy Wheels, All Wheel Drive, Glass Sunroof, Excellent Condition, Call: 0176 22730967, Email: info@europeanmotors.org, Web:http://www.europeanmotors.org

2011 Volvo C30 T5 Turbo LOADED (S1478), Automatic Turbo Hatchback, Jacob-Pfeiffer-Straße 100 67661 Kaiserslautern Germany, \$19799, phone: 0631 98 741, email: nathan@usedcarguys.net.

2012 BMW 128i, 3.0L, i6, 230HP, 28,470 miles, Blue Metallic, Cream Leather interior, \$25,495, contact mark@americanmotors.net, 0176-93136972

2012 BMW 328i Hardtop Convertible, \$28,995, US Spec, Manual, Leather, Cruise Control, Heated Seats, Alloy Wheels, Navigation System, Perfect Condition, Call: 0176-22730967, Email: info@europeanmotors.org, Web: http://www.europeanmotors.org

2012 Dodge Durango SXT AWD 7 Seats (S1434), Automatic 7 Seater SUV, Jacob-Pfeiffer-Straße 67661 Kaiserslautern Germany, \$21699, phone: 0631 98 741, email: nathan@usedcarguys.net.

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2012 GMV Acadia, 3.6L V6 288HP, 63,764 miles, automatic, Gas, black metallic, grey leather, \$24,995, contact mark@americanmotors.net, 0176-93136972

2012 Honda Pilot EX-L 4WD 8 seater (S1311), Automatic SUV 8 Seater 4 Wheel Drive, Jacob-Pfeiffer-Straße 67661 Kaiserslautern Germany, \$28999, phone: 0631 98 741, email: nathan@usedcarguys.net

2012 Hyundai Elantra, 1.8L, Sedan, 48,050 miles, automatic, gas, Grey Metallic, Grey Leather interior, \$15,995, contact mark@americanmotors.net, 0176-93136972

2012 Jeep Liberty, 3.7L, V6, 210HP, SUV, 23,598 miles, gas, Black Metallic, \$24,995, contact mark@americanmotors.net, 0176-93136972

2012 Jeep Patriot Latitude 4x4 Sunroof (S1436), Automatic SUV, Jacob-Pfeiffer-Straße 67661 Kaiserslautern Germany, \$17499, phone: 0631 98 741, email: nathan@usedcarguys.net

2012 Jeep Patriot, 2.0L, 158HP, SUV, 16,961 miles, automatic, gas, Silver Metallic, Dark Slate Grey interior, \$15,495, contact mark@americanmotors.net, 0176-93136972

2012 Jeep Wrangler Rubicon, 3.6L, V6, 285 HP, 49,209 miles, SUV, manual, gas, Silver Metallic, Dark Slate Grey interior, \$29,995, contact mark@americanmotors.net, 0176-93136972

2012 Nissan Maxima, 3.5L, V6, 290HP, Sedan, 24,250 miles, automatic, gas, Deep Purple, Beige Cloth interior, \$23,495, contact mark@americanmotors.net, 0176-93136972

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

2012 Volvo XC60, 3.2L, V6, SUV, 32,059 miles, automatic, gas, Black Metallic, Black Premium Leather, \$29,495, contact mark@americanmotors.net, 0176-93136972

2012 Volvo XC70 3.2 I6 AWD (S1412), Automatic AWD, Jacob-Pfeiffer-Straße 67661 Kaiserslautern Germany, \$25999, phone: 0631 98 741, email: nathan@usedcarguys.net

2013 Audi A3 Quattro, 2.0L, 220HP, 6,788 miles, automatic, like new, \$34,995, contact mark@americanmotors.net, 0176-93136972



2013 Dodge Dart, 2.0L 160, Sedan, 36,591 miles, automatic, gas, grey metallic, Diesel Grey Cloth interior, \$15,495, contact mark@americanmotors.net, 0176-93136972

2013 Dodge Journey SE FWD (S1463), Automatic SUV, Jacob-Pfeiffer-Straße 67661 Kaiserslautern Germany, \$17999, phone: 0631 98 741, email: nathan@usedcarguys.net

2013 Ford Focus, 2.0L i4, Hatchback, 23,642 miles, automatic, gas, deep cherry red, Dark Slate Grey interior, \$14,995, contact mark@americanmotors.net, 0176-93136972

2013 Honda Odyssey EX-L Minivan (S1312), Automatic Minivan 7 Seater, Jacob-Pfeiffer-Straße 67661 Kaiserslautern Germany, \$28999, phone: 0631 98 741, email: nathan@usedcarguys.net

2013 Nissan Altima, 3.5L V6 240HP, Sedan, 24,300 miles, automatic, gas, storm blue, black premium cloth interior, \$20,995, contact mark@americanmotors.net, 0176-93136972

2013 Toyota Avalon, 3.5L, V6, 268HP, Crimoson metallic, Black leather interior, \$25,995, contact mark@americanmotors.net, 0176-93136972

2013 Toyota Highlander, 2.7L, SUV, 17,109 miles, automatic, gas, Grey Metallic, Grey Cloth interior, \$26,495, contact mark@americanmotors.net, 0176-93136972

2013 Toyota Rav4, 2.5L, SUV, 14,837 miles, automatic, gas, Red Candy Metallic, Grey Cloth interior, \$22,995, contact mark@americanmotors.net, 0176-93136972

2014 Ford Explorer XLT V6 7 Seater (S1486), Automatic Crossover 7 Seater, Jacob-Pfeiffer-Straße 67661 Kaiserslautern Germany, \$31499, phone: 01525-3927310, email: nathan@usedcarguys.net



2014 Ford Fiesta ST (s1118), Used Car Guys Used Cars Ramstein Kaiserslautern Baumholder, \$19499, phone: 0631 98 741, email: nathan@usedcarguys.net

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

2014 Ford Mustang GT, 5.0L, V8, 405HP, Coupe, manual, gas, Gun Metal Grey, Black Premium Leather interior, \$32,495, contact mark@americanmotors.net, 0176-93136972

2014 Honda Pilot EX with Leather (S1305), Automatic SUV 7 Seater, Jacob-Pfeiffer-Straße 67661 Kaiserslautern Germany, \$30999, phone: 0631 98 741, email: nathan@usedcarguys.net

2014 Jeep Cherokee Latitude 4x4 (S1475), Automatic Crossover 4X4, Jacob-Pfeiffer-Straße 67661 Kaiserslautern Germany, \$22999, phone: 0631 98 741, email: nathan@usedcarguys.net

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

2015 Honda Accord EXL 3.5L V6 Sedan (S1405), Automatic Sedan V6, Jacob-Pfeiffer-Straße 67661 Kaiserslautern Germany, \$26999, phone: 0631 98 741, email: nathan@usedcarguys.net

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2015 Honda Pilot EX-L AWD 8-Seater Tow Pack (\$1394), Used Car Guys Used Cars Military Kaiserslautern, Weilerbacher Str. 110 67661 Kaiserslautern Germany, \$36999, phone: 0631 98 741, email: nathan@usedcarguys.net

2015 Hyundai Sonata HYBRID Limited (\$1347), Automatic Hybrid Sedan, Jacob-Pfeiffer-Straße 67661 Kaiserslautern Germany, \$24499, phone: 0631 98 741, email: nathan@usedcarguys.net

2015 Hyundai Sonata Limited Navi Panoramic Sunroof Loaded! 2.4L (\$1407), Automatic Sedan, Jacob-Pfeiffer-Straße 67661 Kaiserslautern Germany, \$24499, phone: 0631 98 741, email: nathan@usedcarguys.net.

2015 Jeep Patriot 4X4, 2.4L, SUV, 2,715 miles, automatic, gas, Deep Blue Metallic, Dark Slate Grey interior, \$21,995, contact mark@americanmotors.net, 0176-93136972

2015.5 Volvo XC60 T5, This beautiful XC60 T5 Premier Drive-E is very well equipped and awaiting your test drive at our Kaiserslautern showroom. Some of the features on this car are: Laminated panoramic roof, Leather seating surfaces, Heated front & rear seats, Rear park assist camera, Park assist front and rear, BLIS, 0631 351700, 0171 7554004, in fo@capitolmotors.com

2nd Owner selling 1995 BMW 320i, solid transportation reliable low mileage, Winnweiler Germany, \$2400, phone:06302-982-5977, email: JFF@use.start mail.com.

Amazing Toyota Minivan (2006 Estima) with tons of features, seats 7, lots of cargo space, in Stuttgart. \$6K, +4915216114223, sladewalters@yahoo.com

Audi A4, 1998, 2.4L V6, Automatic/Tiptronic, 119,600 KMS/74,300 Miles, Santorin Blue Mica Metallic, \$5,030, Euro Spec, 0631-354-9908

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BMW 316 I 4door Automatic, Blue , Elec windows FT All Weather tires, very good and dependable family car \$1799. OBO, 90, GERMANY, \$1799., email: ddundkk@hotmail.de

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

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

BMW730i 2005 automatic , 63000 miles, 258PS, sunroof, wood, accident-free, full service history, garaged, non-smoker, AC, avigation professional, telephone, leather powe seats w/heating, 4winter+5summertires, perfect condition, \$14,900.Call 0151-27104833

Camper For Sale, \$29000, ed_thornburg@yahoo.com, Mercedes-Benz Marco Polo with Activity Package-loaded. Auto, diesel, AC, stove, frig, awning, sleeps 4.

Car for Sale, 2006 VW Touran, low miles 63000 km, excellent condition, like new, one owner 87 year old, best offer, email: KEMo dest@t-online.de, phone: 06374-5162

Chevrolet HHR LT, 2009, Mileage 78000 mi, Options Air Conditioning, All Season Tires, Pwr mirrors, Power locks, Power seat, Power windows, Alloy wheels, Body Sedan Doors 5, Engine 2.2L 4cyl, Auto, Patriot Military Sales Tel: +49 (0) 631 357 8231

Cute Little Car needs a good home, €2500 obo. Mercedes A160,1999, 145,000 KM, Silver.This little car is in perfect condition inside and out with low mileage for its age.Great for scooting around town and parking!It has automatic transmission, air conditioning, power steering, brakes and windows, radio with CD player, European specs.Email: Mercedes-200@t-online.de, Phone:06227-384-9939.

Ford Ka - Model 2004, €1380, stefandsanya@gmail.com, Ford 140.000km, silver, 5speed, very clean. Great car for the winter, new winter tires, front-wheel drive, phone calls 0152-06786080

Daihatsu silver met, 4 door, 5 speed, 1.0 LTR , year 2002 air cond, summer tire and winter tires, CD player, ABS, air bags, \$ 1100, and we deliver, if you have any cars for dispose of, accident, Non operational, we remove it for you, email for info ddundkk@hotmail.de

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

Ford Escort SE, 1998 blue, auto-matic, US mod, all season tires, \$1699, and we deliver anywhere, if you have any cars for dispose of, accident, non operational, we will remove it for you my phone is 0175-3213199 call or e-mail, ddundkk@hotmail.de

Hyundai Accent, GLS, 4, door, automatic, ABS, power stering, 1.4 LTR, \$1550, if you have any car for dispose of, accident, non operational, we remove it for you.Email ddundkk@hotmail.de

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

Bethany Worship Center
Kleintierzuchtverein
(The "Little" Yellow House)
Hauptstraße 191
Stuttgart, Germany

Pastor
Micah McCullough
&
Co-Pastor
LaYonda McCullough

SERVICE TIME:
Sundays at 11 a.m.

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

You are important at:
International Baptist Church of Stuttgart

Worship Services
Sunday - 0930 & 1130

AWANA: Sunday 1630
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

USAG Stuttgart Chapel
Worship Services

PROTESTANT SERVICES
(Sundays)
8:30 a.m. – Panzer Liturgical, Bldg. 2940
10 a.m. – Robinson Barracks, Bldg. 115 and 116
10:30 a.m. – Panzer Contemporary, Bldg. 2940
11 a.m. – Patch Collective Protestant, Bldg. 2304
12:30 p.m. – Panzer Gospel Service, Bldg. 2940

CATHOLIC WEEKLY MASS SCHEDULE
Monday
11 a.m. – Patch, Adoration
11:45 a.m. – Patch
Tuesday
11:45 a.m. – Patch
Wednesday
11:45 a.m. – Kelley
Thursday
11:45 a.m. – Panzer
Saturday
4:15 p.m. – Panzer, Reconciliation
5 p.m. – Panzer
Sunday
9 a.m. – Patch
Noon – Robinson Barracks
5 p.m. – Patch

JEWISH SERVICE
(1st and 3rd Friday of each month)
7 p.m. – Panzer, Bldg. 2940*
*Small side Chapel. Enter from the Galaxy Bowling and Entertainment Center side.

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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Pastor Joseph R. Passaro
Gospel Light Baptist Church
Im Hasenbühl 26, 71101 Schönaich

The Church with a Heart for People

Church Service Times:
Sunday School 3 p.m.
Sunday Worship 4:30 p.m.
Wednesday Bible Study 7 p.m.

Pastor's Cell # 0157 – 741 42 321
Preaching (KJV)
Old Hymns & Fellowship
English Services

Reaching the Stuttgart Community with the Message of Jesus Christ

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www.katzenbacherhof.de

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• **PALM BEACH STUTTGART**
 Mercedes Str. 73b • 70372 Stuttgart
www.palmbeach-stuttgart.com

• **CAFE & RESTAURANT FELSENBURG**
 Tuebingerstr. 24 • 75392 Deckenpfronn
www.felsenburg.net

• **TAVERNA OLYMPOS – THE REAL GREEK**
 Hauptstr. 67 • 70563 Stuttgart
www.taverna-olympos.de

• **SCHWABENGARTEN**
 Stuttgarter Str. 80 • 70771 Leinfelden
www.schwabengarten.com

AUTOS

All ads & pics on www.FindItGuide.com

VW golf cabriolet, This convertible was born in 2013, has 40,000 km, GPS, automatic, air conditioning, black leather interior, dealer maintained, all the bells and whistles one could want. For €15,000 someone is walking away with the fun car of their dreams. francisporter2@yahoo.com

VW Golf IV 1.4 1998 with 150000 km for Sale. Vehicle just past German Inspection without any issues. Inspection will be accepted from US Registration for 30 days. €2490, for more info call: +491708128934, email: stger1976@gmx.de or see online.

VW GTI 2013, \$16999k, The perfect car! 66,000 mi, xtra winter alu rims/tires, roof rack, winter matts, new clutch, bluetooth, heated seats, satelite radio, keyless, power everything, iPod connect, plad interior, airbags. Very good cond brethelenius@google mail.com

VW Passat, Wagon, 99,1.6 LTR, silver, 5 speed, ABS, power steering, air cond, winter tires, German TUV, lots of new parts & dealer maint, elec window, keyless entry, \$2250, ddundkk@hotmail.com

White all black interior BMW 328i, Fully loaded M Sport package BMW with 63000 miles. In good condition! Heated seats, navigation, comfort access package and so much more. Email for more details. The picture of the car is in the profile picture. faithandlive8484@gmail.com

ELECTRONICS

All ads & pics on www.FindItGuide.com

AEG ÖKO-favorite, 220 volt dish washer, ex. condition. More info please call after 1700 hrs. 0163-8853574

Belkin, Surge Master, under monitor power center, 110V, never used, \$15.00. Pic available - cchhriiss99@netscape.net Wiesbaden, 0611 / 5858 9640, call after 19:00 or leave message.

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

Dell Inspiron 23 - All-in-one desktop computer, desktop computer, Brücken (Pfalz) Germany, \$300.00, email: charleshtollejr@outlook.com

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

Garment Press, Kalorik, 110V, Kalorik Garment Press, 110V, new \$ 349.00, asking \$75.00. Wiesbaden, 0611 / 5858 9640, call after 19:00 or leave message.

Great Hyundai Computer screen - 17 inch. comes with stand. Dual voltage. Includes VGA monitor cord. Works great. \$40 brethelenius@googlemail.com

KITCHEN AID MIXER - ab918855@gmail.com

LG Freezer, good condition. For pickup only. Kaiserslautern city. €80. Call Jacky 0179-5352827



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

The perfect system to watch satellite programs in English or German Sony Bravia LCD flat screen color TV and Atempo AM 500 HD Satellite receiver selling as a complete set. \$195. for both, al@merwitz.com

Toshiba 40 inch Regaza HDTV For Sale, Flatscreen HDMI Remote Surround Sound, 67273 Weisenheim am Berg Germany, €125, email: brethelenius@google mail.com, phone: 01623305535

Treadmill - Proform 635 CW, \$249, timbone_52@hotmail.com, well maintained/functioning treadmill. Adjusts for speed & slope. Cross fit ski poles adjustable for tension. Emergency situation stop.

TVs, Voltage Regulators, €250, cbpohlman@aol.com

White leatherette case for IPAD mini W/removable bluetooth keyboard, \$45.00, firm. al@merwitz.com / 06371-60179



White Mini IPAD. Infrequently used. No scratches or blemishes. Latest IOS installed. \$169.00. 06371-60179

FOR SALE

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

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

2012 rear seat cover made for Volvo XC60, designed by Volvo to fit the rear seat like a glove with spaces for the seat belts and zippers to accommodate the 40/60 split design, must have for kids and/or dogs! Kaiserslautern \$100.00 obo, text 0151-706-11124

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

3 sleds, \$12.00 for all, phone: 0151-5321 9555.1 plastic toboggan and 2 saucers

50 Plastic Clothes Hangers. Black. Strong and Durable. chefsteven2015@gmail.com

50 Plastic Clothes Hangers, Strong and Durable, Black, €10, bethmary100@gmail.com



Adidas Traxion Soccer shoes for men size 8.5, soccer soccer shoes adidas adidas traxion used, 75385 Bad Teinach-Zavelstein Germany, €15, phone: +4932212152735, email: asti.wb@gmail.com.

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

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

Decorative Glass Bowl Blue. Square. 10.5". bethmary100@gmail.com

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events

SUMMER FEST Thu, Aug 4 – Sun, Aug 7 Stuttgart, city center

This where the party starts. No being bored at this event. The summer fest in Stuttgart is from August 4 to August 7. You will be offered culinary specialties, cool cocktail drinks along with music. 30 bands will offer you over 120 hours of live music from jazz to swing and dixie. For more information visit www.stuttgarter-sommerfest.de

EVENTS

Christopher Street Day

Now – Sun, Jul 31
Stuttgart, city center

Get ready to dive into a rainbow-colored sea of everything happy and proud. Join this year's Christopher Street Day from July 22 to 31 at several spots all over Stuttgart to fight for LGBT visibility and respect. Admission is free. For more info go to www.stuttgart.de

Vielklang music festival

Thu, Jul – Sun, Aug 14
Tübingen, city center

Between July 28 and August 14, classical concerts will take place at several locations all over Tübingen during its Vielklang festival to make your summer holidays a little more musical. Maybe you'll even meet your future choir or orchestra when the groups introduce their programs. For more info go to www.vielklang.de

Flamenco festival

Fri, Jul 29 – Fri, Aug 5
Stuttgart, Theaterhaus

Stuttgart's 7th annual Flamenco festival will leave you stunned after their powerful yet moving opening performance, including heartfelt Spanish songs and dance moves in modern clothes, proving how easily tradition can be applied to our modern society after all. The festival takes place from July 29 to August 5 at the Theaterhaus in Stuttgart.

Bring your dancing shoes and test your talent at one of the many workshops or simply lay back while watching an action packed movie about Flamenco's history and role in so many people's lives. To get the full program and tickets go to www.theaterhaus.de

Good energy music

Fri, Jul 29
Ludwigsburg, Ratskeller

Take this chance to hit the dance floor every Friday from 6 p.m. with tunes from all over the world of. Admission is 100% free, food and drinks are available for purchase. For more information go to www.ludwigsburg.de

Mallorca party

Fri, Jul 29
Plochingen, Geschwister-Scholl-Strasse
Can't make it to the beach this summer? No worries! The FV Plochingen has you covered and cordially invites you to their annual Mallorca party at the Sportgelände Pfofenberg on July 29 from 9 p.m. Admission is free. For more information go to www.plochingen.de

Summer night serenade

Sat, Jul 30
Leonberg, Kreuzgang Spitalhof

This year's highlights of Leonberg's traditional baroque open air concert are courtesy of Johann Sebastian Bach, A. Vivaldi, and G. Torelli as well as local soloists, choirs and orchestras. They

will present musical gems from all over the world starting at 8 p.m. on July 30. Should the weather be bad it will be held in the nearby theater in Spitalhof. Admission is free. For more information go to www.stuttgart-tourist.de

Extended opening hours

Mon, Aug 1
Metzingen, Outlet City

No more rushing to get your last minute purchases. Shops are open longer, August 1 at the Outlet City in Metzingen. Come between 10 a.m. to 9 p.m. To see what other offers there are, check out www.outletcity.com

Circus Roncalla

Sun, Aug 7
Ludwigsburg, Blühendes Barock Gartenschau

Clowns, horses, creepily flexible artists at frightening heights; all that and much more awaits you at Circus Roncalli's newest show at the Blühendes Barock in Ludwigsburg between July 13 and August 7. Tickets are available online from €47. For more information go to www.blueba.de

SPORTS

Euro Masters Regatta

Fri, Jul 29 – Sun, Jul 31
München, Olympia Regattastreck
The biggest international regatta will take

place in München from July 29 to July 31. Over 2000 oarsmen from Germany and Europe will compete in the rowing competition in Oberschleissheim. Be sure to come down and check it out. For more info go to www.regatta.de

Soccer

Mon, Aug 8
Stuttgart, Mercedes-Benz Arena

Grab your tickets soon to see Stuttgart play against FC St. Pauli on August 8. The game starts at 8:30 p.m. For tickets go to www.vfb.de

CONCERTS

3 Doors Down

Tue, Oct 25
Stuttgart, Porsche-Arena
Check out 3 Doors Down in Stuttgart on October 25 on the Porsche-Arena. Ticket price starts at €47.65. Show starts at 8 p.m. For more information go to www.eventim.de

The Cure

Sun, Nov 11
Stuttgart, Hanns-Martin-Schleyer-Halle
This British pop band The Cure made its big breakthrough with the song 'Friday Im in Love.' Since then, the band tends to pop up at concerts here and there keeping their hits songs alive. Ticket prices start at €58. Show starts at 6:30 p.m. For more information go to www.eventim.de

All events listed on MilitaryInGermany.com and in print are subject to change without notice. Please check directly with event organizer.

More events on: www.MilitaryInGermany.com

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Bed Room suit, Bedroom suit, 65329 Hohenstein Germany, €350.00, phone: 061281371, email: freddie.johnson@gmx.net

Bicycle, Womans Fischer German Bike. Like new. \$50.00. Must be able to pick-up. Please email: tropicalparadise96@gmail.com

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

Blanket Horse. 72"x52". Reversible. Heavy Quality. Machine Washable. Machine Dry At Low Heat. Great Condition. \$25. chefsteven2015@gmail.com

Brambach Baby Grand Piano (manufactured NYC) Built in the early 1920s, this 5' baby grand is in very good condition and plays perfectly. Tuned last on February 19,2016. \$2500 or best offer.marthaoyan@gmail.com

Buffalo leather shoes for men size 10, shoes leather shoes men size 10 used, 75385 Bad Teinach-Zavelstein Germany, €15, phone: +4932212152735, email: asti.wb@gmail.com.

Candle Holder, Has black metal and glass housing. Large, over 3 feet high. Rustic look. Great for Indoors or Outdoors. Holds a very large candle. Helps create a warm, cozy atmosphere. john@advantipro.de

Craftsman Gas Lawn Mower, \$150, 2 years old Please contact goworko_99505@yahoo.com

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

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

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

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

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

For That Special Collector a Beautiful The United States Commemorative Presidential Collection, spvendedor@gmail.com

Foxy lady, small felt shoulder bag with fox design. Discover your wild side! All bags are completely environmentally friendly made with wool, soap and water only!€25, jenniferwilking@hotmail.com

Garmin 360 Navigation, \$50, spvendedor@gmail.com

Garment Bags, 2 garment bags with pockets-for up to 5 garments-durable material-weather resistant-2 pockets for accessories-full length center zipper-great-condition (used the bags twice, ab918855@gmail.com

Griddle Cuisinart, Dual Temperature Controls for Grill/Panini and Griddle, Reversible Nonstick Plates Switch from Grill to Griddle, Integrated Drip Tray for Easy Storage, User Guide, Orig. Box, NEW, €65 chefsteven2015@gmail.com

Hand-carved Indonesian table + 6 chairs + two matching cabinets \$990 Indonesian and Thai dolls - each \$35 Antique French Louis XIV cabinet - \$750Set of 6 Indonesian shadow dolls - \$125, call 06374-991073

Hollister strapless top. White color, size M. With ribbons to tie a bow on the back. €15. For pics see www.finditguide.com. Contact janina.wuttke@gmx.de

Horizon Adventure 6 Treadmill, \$300.00, phone: 015251048003, email: tvaughn31@gmail.com.This treadmill is aimed at the professional runners, with an extra wide running track it is very robust. This treadmill folds for storage and has wheels for moving.

Intake manifold, never used, for a civic type R or a Acura Acura RSX type S PRC \$120, isabell_1_98@yahoo.com or 017622987498

Items for Sale, Crane tabletop leg/arm exerciser, \$25.00, Callaway Clones Golf Clubs, 3-9 Irons, PW, SW, good condition, \$40.00. Contact Tom Rewis, Casa.rewis@t-online.de or 0171-363 0906.

Like New Poker Chips with carrying case, \$20.00, spvendedor@gmail.com

Lot's of things, All Free. A stand for a terrasse Satellite Dish, A Garden Classic Spreader, A 110V Alarm Clock. A Proctor Silex Stream Excel 110V, 2 Line Cordless Phone with headset 110V, A Cuisiant toaster 110V. goworko_99505@yahoo.com

Panasonic bread maker, 20volt, 67688 Rodenbach, \$40, email: isabell_1_98@yahoo.com or 017622987498

Lounge Chair, Hunter Green with nice (neutral) green mat that goes on top. Heavy metal frame -- very durable. Has wheels, easy to move around. Folds together to ease carrying. Get ready for spring! john@advantipro.de

Luxury Makeup Brushes Emerald City, makeup classes, makeup brushes, Leonberg Germany, €72.00, phone: 015128123403, email: tabby6199@gmail.com

Must sell 65 year old flawless solitaire .45 carat diamond ring set in white gold. Asking best offer \$700.Will accept \$ or €. Call: 06332-41560 from 9 - 18:00.

Must Sell, Swarovski crystal at half the value given by the Swarovski company! The last two Retired pieces, whale \$690, turtle \$150. Both for \$755. Will accept best offers \$/€: call 06332-41560 between 9am to 8pm. Can deliver to RAB!

New never worn fitted caps, New York Mets. The price is \$10 ea, caps sizes 7 3/8 and 7 3/4, will mail vial APO brethelenius@googlemail.com

Nike Zoom New for men size 8.5, sneakers nike zoom new shoes, 75385 Bad Teinach-Zavelstein Germany, €80, phone: +4932212152735, email: asti.wb@gmail.com.

Official New York Mets Jerseys and Equipment, Official MLB New York Mets Jerseys from Majestic-Team set of jerseys for sale! Enough to outfit your whole baseball or softball team! These are official jerseys from Majestic. They have been used for a couple seasons, but are still in good shape. The black home jerseys are in good shape. The Orange Spring Training Jerseys have some fading in the ventalated under arm area, but still are good to go. \$300, brethelenius@googlemail.com

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

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

Perfume Mint by Tony Gard (for men), full bottle, €26, email: ace333jenny@yahoo.com

Porcelain dolls, over 100 to choose from, all dressed. Price Obo Call: 0176-90796039

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

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

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

Super Mario kart lunch cooler, \$8,017622987498

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

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

T.U.K. Leather Shoes for Men Size 10, shoes leather shoes men size 10 used clean soles, 75385 Bad Teinach-Zavelstein Germany, €40, phone: +4932212152735, email: asti.wb@gmail.com

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

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

Tricycle: Deluxe Steer & Stroll Trike by Radio Flyer, \$50, phone: 015144955943

Used Taylor Burner WOODS (w/ covers), Flex M. Full set Taylor Made Ultra-lightRT IRONS: 5-9, SW, Lynx Silver Cat L (60°) wedge, and dual flare SR wedge. Golf-bag, \$350 Tel 07152-3329351

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

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

Vintage Classic Video game from Mattel - Classic Baseball. A must have for the collection. Still works great. \$20 brethelenius@googlemail.com

Vintage handheld video game from Coleco. Alien Attack is a classic and a must have for every game collection! in great escape. Runs on 4C batteries. \$20 brethelenius@googlemail.com

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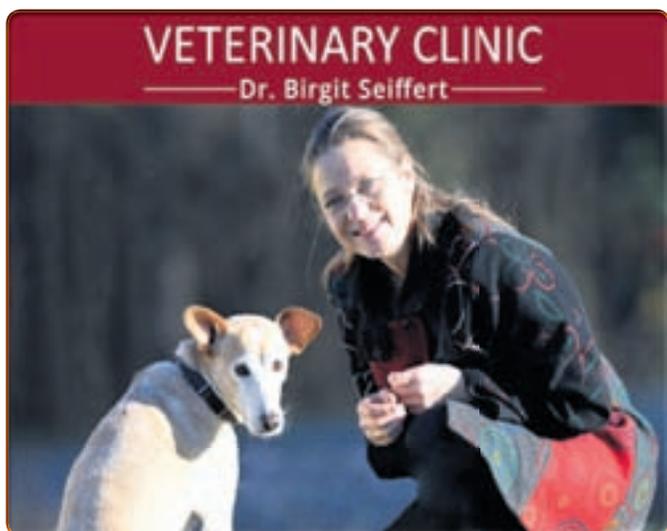
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Grant Training Systems

If you still have not had the chance to achieve your personal fitness goals, perhaps you need a helping hand... One American and one German have partnered together to create one of the best personal training and private rehabilitation centers in Stuttgart. David Grant, the American, is a licensed and certified Athletic Trainer and holds a Master's Degree in Human Performance. He is also a lecturer at the University of Tuebingen Sports Science Department in the field of Movement & Mobility. Simon Beuttler is an A Level licensed personal trainer. He is also certified as an Olympic lifting coach and certified as a nutritional expert. Combined, these two are a double play that hits it out of the park when it comes to knowledge and experience! Their strategy is to meet the customer and get to know problem areas and challenges. Then they will devise a plan of achievement to get you where you want to go! They also offer a monthly membership with a specific program that focuses on group personal training. They also offer an 'all-women' boot camp in the mornings. Enjoy a relaxing massage. You will also appreciate the state of the art fitness and locker rooms. David & Simon look forward to hearing from you!!

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FURNITURE

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

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



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

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

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

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

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

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

Antique Oak Furniture, Dining table w/4 chairs (\$300), sewing machine (Singer) (\$125), hall tree with bench (\$300)-All items available now. Email vmdaniel2@gmail.com or phone 06314114246 (0730-1700).

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

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

CD/DVD Storage with 12 adjustable shelves. 45"H. x 26"W. x 10"DEEP. €25. chefsteven2015@gmail.com

Clock, \$150.00, spvendedor@gmail.com

Couch set, €900, stefandsanya@gmail.com

Complete German Water Bed Luna- 12 Years Old, May need one of two new water mattresses. It's disassembled. Must Pick up. Please contact: goworko_99505@yahoo.com

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



Dining table and 4 chairs, Dark brown dining table and 4 matching chairs, email: gosia19@hotmail.com

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

Large office desk/workspace, office desk workspace, Brücken (Pfalz) Germany, \$150.00, charles htollejr@outlook.com, 015144959369



Full size bed, canopy frame, & canopy fabric. Sculpted rose ornament on headboard and footboard. Black wrought iron with gold highlights. Contact Eric and Mia at 063759949676, \$325, eyates9761@aol.com

Futon German-style, Couch guest bed futon, \$60 70563 Stuttgart Germany, \$60.00, phone: 0152-5276-7136, email: kris.w.morris@msn.com. Good condition. Non-smoking, non-shedding dog home. Comfortable couch and guest bed (for one). Flattens out for sleeping. I have napped on the couch about 10 times and my Mom slept on the bed for a week. Couch configuration measurements: 80" x 31" x 35.5"; deep Bed configuration measurements: 80" x 47.5" x 14"; high Pick-up only. I can suggest a delivery company, if needed

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

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

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

Mattress Set: Stearns and Foster Queen, Spangdahlem Air Base, \$800, phone: 015144955943

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

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

Piano nicely done in good condition recently tuned 590 euro, phone ditthierbach@aol.com, phone: 06731 44782

Race Car Bed, Twin, solid wood, color blue, Length: 234 cm Width: 102 cm Height at highest point: 63 cm fits mattress size 200 x 90 cm (not included), buyer must be able to pick up. \$80 Call/text 015204445052

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

Solid rustic oak dining room, €500, (or make offer) cabinet 3,80m long, table 2m long with 8 chairs. Hel-Sus80@gmx.de

Thomasville bedroom dresser mirror and nightstand, \$80.00, phone: 0151-5321 9555



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FURNITURE

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Round marble table with four chairs, \$250.00, phone: 015208856178, email: speedsew99@yahoo.com

Solid wood child's dresser \$40 Used, signs of wear Non-smoking home Pick-up only (should fit in an SUV)70563 Stuttgart Germany, phone: 0152-5276-7136, email: kris.w.morris@msn.com

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

White luxus designer couch, 37in W X 82in L, asking \$875.00 or BO. Excellent condition. More info, please after 1700 hrs. Cell 01638853574

Wooden bookshelf. Contact Eric and Mia at 063759949674, \$150, eyates9761@aol.com

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

JOBS

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Executive Assistant: RESPONSIBILITIES: Devising and maintaining office systems, incl data management and filing. Coordinate with HR dept, travel agent and Administration for visas, making travel arrangements & follow up on accommodation arrangements. REQUIREMENTS Secretary degree. Minimum 5 years of experience in the same role. German, English bilingual, another language will be a plus. Im.humancapital@lauramerino.com

German Secretary/Translator (English), accounting experience, is looking for a job - part-time or full-time - in an English-speaking office in the Stuttgart area. Email: sylvia.vogt@hotmail.com, cell: 0176-81509389

Goufrais Representative, Freelance, with Angelic Imports. Example opportunity: Chocolate Fest 681 Maryland Ave Burlington WI 53105 USA, email: info@angelicimports.com.

MOTORCYCLES

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Lookin for Sportster parts or a bike (Ironhead too) 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

2001 BMW R1150RT; 38000KM (German spec cycle); Excellent condition; \$4800/OBO (just reduced!); Stuttgart area thomas621@comcast.net



2008 HD FAT BOB - as good as new - less than 4000 miles! US specs. Color Flat Black. Original HD Sissy bar + luggage rack. Windvest 14" windscreen. Living room (forget garage) kept over the winter. Full service completed last summer. Asking \$12000. email: freddyvermeir@hotmail.com, phone: 01709335830

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Get rid of your Mommy tummy with Shape It Up - Personal Training by Stefanie, personal training training workout mom fit fitness sports pronatal postpartum trainer shape, Wiesbaden Germany, €4500, phone: 017683149715, email: stefanie.meinhardt@gmx.de

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Violin Lessons, Bruchstraße 13 67655 Kaiserslautern Germany, phone: 0179 1662 828, email: michelle.livingston1@gmail.com.

Make-Up Artist Services available! I can travel to you or you come to me.For events, lessons, and more! I specialize in contouring! Ramstein-Miesenbach Germany, €30-90, email: sophmua@gmail.com call or text: +49 170 8086212

Prince Of India Mannheim, Indisches restaurant Mannheim Indian restaurant near MANNHEIM train station, Schwetzingen Str. 6 68165 Mannheim Germany, email: indianrestaurantgermany@gmail.com .

Summer Breeze at the Zeppelin Day Spa Enjoy a break from everyday life and gather new energy for the summer season. The Zeppelin Day Spa awaits you with soothing massages and refreshing treatments.spa@stuttgart.steigenberger.de+49 711 2048-380

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

World Wide Pet Transport. Pet Relocation ... Pickup and delivery between residence and airports around the world., pet relocation live animal transport dog cat Frankfurt Airport pets shipping service, 60549 Frankfurt Germany, €on request, email: ivar@care4cargo.com, phone: +49 (0)69 96 86 4091

PROFESSIONAL SERVICES

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

Kinder Art. Creative and classical hands-on art instruction combined w/ exposure to various musical genres. 90 minute classes weekly. Contact Shnhch@hotmail.com



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PROPERTIES

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Real Estate 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.

City apt for rent Stuttgart sud, Tulpen strasse Stuttgart, €1550, phone: 7038435934, email: ameliecarole@hotmail.com.

For Sale: Building site in Kollweiler 1922 sqm, Hofstraße 35 66879 Kollweiler Germany Gosenberger Hof, €82000, phone:+49-6373-893499, email: info@khschoon.de.

Freest.House in Schopp, 4 bd, 3.5 bth, 242 m², 1.790, Telefon: 06375 5013, E-Mail: hk.kesselring38@web.de

TDY IN GRAFENWOEHR? SPACIOUS LONG-/SHORT-TERM APARTMENT! € 75 per night, Phone: 0961 - 38 18 9438 Mobile: 0170 - 93 13 60 9 E-Mail: business-apartment@t-online.de; www.business-apartment-online.de

TLA / TQSA /Short term, 3 bd, 2 bth, 120 sq meters, Ramstein-Miesenbach Germany, phone: 0179 145 6657, email: temp_house@hotmail.com

WANTED

All ads & pics on www.FindItGuide.com

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

Pet sitter (2 cats) wanted, Cat sitter wanted on occasions where family is on leave or on travel. Daily rate negotiable. Administer meds, dry food and water, clean kitty litter. lorileeramirez@gmail.com

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

Wanted: a good quality, fully functional DIRECT DRIVE turntable i.e. Dual, Nakamichi, Denon. Phono cartridge not necessary. Thanksagameone@yahoo.com

YARD SALES

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Various dresses for women, size S and M. They can be bought at our fleamarket stand in Mehlingen. Ask for Marianne. Every Saturday from 7 a.m. to 4 p.m. Abtrasse, 67678 Mehlingen

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JULY 28 - AUGUST 10 EDITION

Commander's Cup Golf Tournament

• Wednesday Night Scramble •

• Stuttgart Golf Course Club Championship •

See details inside.

New Programs

Aug. 1 – Sept. 21: Winter League Sign-ups

Galaxy and Bowling Entertainment Center, Panzer Kaserne
Winter bowling league sign-ups are right around the corner! Leagues include Tuesday Night Mixed League, Wednesday Night Men's League, Thursday Morning Ladies League, Thursday Night "Shut-up and Bowl", Friday Night Mixed League, Saturday Morning Youth League, and Have a Ball League (everyday). Weekly league dues are required. All members must have a current USBC card. Sign up for leagues and USBC card at the Galaxy Bowling and Entertainment Center. Open to all US ID cardholders. DSN 431-2575 / CIV 07031-15-2575

Aug. 6: Customer Appreciation Day, Galaxy Bowling and Entertainment Center, Panzer Kaserne, 12 – 4 p.m.

Come out for National Customer Appreciation Day. The Galaxy Bowling and Entertainment Center is celebrating its wonderful customers with an event to show their appreciation. The day includes free pizza, bowling, and shoe rentals as well as the chance to win great prizes like a Nexus 40" TV, a Kindle Fire, a Go Pro camera, a time lapse and Fitbit watch, portable speakers, and more. Customers receive one raffle ticket for coming to the event and one raffle ticket for signing up for one of our winter bowling leagues. Raffle drawings will be held every 15 minutes. Open to all US ID cardholders. DSN 431-2575 / CIV 07031-15-2575

Aug. 7: Sunday Brunch, Kelley Club, 9 a.m. – 12 p.m.

The Kelley Club invites you to join us for a delicious Sunday brunch. We will be serving an American style breakfast with eggs to order, bacon, beef or chicken sausage, golden brown hash browns, a fresh pancake and French toast station with your choice of fruit toppings, an assortment of cold cuts, cheeses, breads, yogurt, puddings, fruit and a variety of cereals and a choice of beverages. Call DSN 421-4660 / CIV 0711-729-4660 to make a reservation.

Aug. 13: Commander's Cup Golf Tournament, 9 a.m.

Who will take home the coveted Commander's Cup trophy? Build your own team or leave it to us to assign you one and participate in this 4-person scramble. Only \$35 per member or \$50 per non-member. Price includes green fees, golf cart, range balls, lunch and prizes.

Aug. 10 & 17: Wednesday Night Scramble, 6 p.m.

Participate in the 4 person Wednesday Night Scramble "Best Ball". Bring your own team or be placed in a team. Winners are determined by NET score only. On course skill contest include closest to the pin on each par 3. \$13 for annual green fee holders, \$22 for US ID cardholders. Register by 5:45 p.m. day of event.

Aug. 19-21: Stuttgart Golf Course Club Championship, 7:30 – 11 a.m.

Start off with a practice round Friday and play 18 holes of stroke play on both Saturday and Sunday. \$40 for annual fee card holders, \$75 for all other US ID cardholders, and \$60 for reciprocal annuals. Price includes green fees for all three days, lunch on Saturday and Sunday, entry into horse-race competition, range balls and prizes.

Sheila the Science Gal - Get the Iron out of your Breakfast Cereal!

Aug. 16: Patch Library, 4 - 5 p.m.

Aug. 18: Robinson Library, 4 - 5 p.m.

In this exciting experiment, participants will utilize a powerful neodymium magnet to extract iron from three different cereal types, and compare what they find to the nutritional content on the box. This hands-on activity introduces participants to the periodic table of elements, metals, and magnetism. As an extra incentive to join us at the library, participants will be sent home with a small cereal box of their choosing. Register between Aug. 2-15. DSN 430-5232 / CIV 0711-680-5232

Aug. 27: Dirndl Dash and Lederhosen Lauf,

Swabian Special Events Center, Patch Barracks, 9 a.m.

Come out and challenge yourself to a Dirndl Dash and Lederhosen Lauf family 5K fun run or walk. The run has free same day registration and is open to all US ID cardholders. Participants are encouraged to wear their dirndls and lederhosen. The route is pet and stroller friendly. Prizes and giveaways include an iPod and drawstring sports and fitness bags. DSN 421-7136 / CIV 0711-680-7136



Stuttgart Golf Course
975 Aldingerstr., Kornwestheim
07141-879-151



http://gast.armymwr.com



OUTDOOR RECREATION
Panzer Kaserne Bldg. 2953
DSN 431-2774 / CIV 07031-15-2774

Aug. 6: Intro to Scuba, 1 - 8 p.m.



Take the Intro to SCUBA class and give yourself the opportunity to find out what SCUBA is all about. In this safe and secure environment, along with dedicated and knowledgeable instructors, you will learn about the equipment, how to set it up and put it on, and then go for a dive. Price covers transportation, equipment, compressed air and tanks, lake fees, instruction from a certified Master Diver, and guide. Divers must be 10 years or older to dive. Anyone under 18 years of age must have a parent/guardian on site (parent does not have to be in the water). All seats cost \$119 / SWPC \$60 (limited spaces available). Registration deadline is Aug. 3.



Aug. 6: "The Beast" Mountain Bike Race, 11 a.m.



Looking for adventure? Sign up for "The Beast" Mountain Bike Race. Riding categories include Men's Open (18 years and older), Men's Senior (ages 35 - 44), Men's Masters (ages 45 and older), Men's Clydesdale Open (18 years and older, rider weight of 200 pounds or greater. Participants in this category may not participate in any other category), Women's Open (18 years and older). There will be awards for 1st, 2nd, and 3rd place riders in each category and t-shirts for all participants. Registration is open up until the event day and closes one hour before the start of the race. Cost is \$25 for pre-registration and \$35 on the day of the race. Participants must be 18 years and older. This race is part of the IMCOM-E Mountain Bike Series.

Aug. 14: Four Castle Ruins Hike, 9 a.m. - 6 p.m.



Come join Outdoor Recreation for a four castles hike! Cost is \$29 for adults, \$19 for youth (17 years and younger), and \$15 for SWPC/ASAP (limited seats). The price covers transportation and guide. The hike is considered strenuous to challenging. Register by Aug. 5.

Aug. 20-21: Raft and Ride in Bavaria



Come join Outdoor Recreation for a raft and ride adventure through Bavaria. Trip covers transportation, lodging at Edelweiss Lodge and Resort (based on double occupancy), rafting equipment, instruction, rafting guide, transfers, guided Munich city bike tour, and ODR escort. Patrons must be at least 8 years and older to raft. All rafting patrons must be 18 years and older or accompanied by an adult. Trip departs at 6 a.m. Saturday and returns at approximately 10 p.m. Sunday. Registration deadline is Aug. 12.

Aug. 13 & 27: Paintball Program, 9 a.m. - 4 p.m.



Get your paintball on with ODR. \$25 for ID cardholders, \$45 for non-ID cardholders. Price includes marker, mask rental, and bag of paint (500 balls). Reserve your marker a week before or register to play on-site.



Classes and Events

Panzer Kaserne, Bldg. 2915,
DSN 431-3518/3362 / CIV 07031-15-3518/3362

Aug. 1: New Parent Support Program: Toddlers in the Park Playgroup, Robinson playground near the RB Club, 10 a.m. – 12 p.m.
Come and play with the New Parent Support Program. Developmentally age appropriate games and activities will be arranged. Toddlers in the Park gives parents and toddlers of the USAG Stuttgart community an opportunity to meet and interact. Age is recommended from birth to five years. Older siblings are welcome to attend. Registration is not required.

Aug. 2: Employment Readiness Lunchtime Series – Resume Writing, 11:30 a.m. – 1 p.m.
Whether your resume needs an update or you're starting from scratch, come to the free Resume Writing class and let ACS help you get your resume ready for potential employers. Open to all US ID cardholders. No registration required.

Aug. 3: Lactation Room Grand Opening, 12:30 p.m.
Join the Family Advocacy Program for a ribbon cutting and grand opening ceremony for the lactation room now open on Panzer Kaserne. Those able to attend will receive a small gift. The lactation room offers an alternate way for breastfeeding mothers to nurse their infant or pump breast milk in a comfortable and private setting. The lactation room has toys to accommodate older siblings and reading materials and resources for new parents. Lactation rooms are also available for breastfeeding mothers on Kelly Barracks in Bldg 3312 and in the Patch Fitness Center, Bldg 2337.

Aug. 3: New Parent Support Program: Baby Bumps: Breastfeeding Laws, Policies, and Lactation Locations, 11:30 a.m. – 12:30 p.m.
Come join our pregnancy support group at any stage in your pregnancy. It focuses on pregnancy related education and connecting with other pregnant moms in the community. Guest speakers and topics vary month to month. Registration is not required.

Aug 3, 10, 17 & 24: SOS for Emotions (Formerly Managing Emotions), 11:30 a.m. – 1 p.m.
Be well and care for your emotional health! The one thing we all have in common as people is that we are emotional creatures. Take charge of your emotional health and learn new skills and strategies with this 4-session course. Attend as many as you are able to. Classes include Identifying Stress, Identifying Anger, Coping; Communication, and Let It Go: Laughing Yoga and do not need to be completed in consecutive order. Call to register.

Aug. 4: New Parent Support Program: The Milky Way Movie (Breastfeeding Documentary), 9 – 11:30 a.m.
Join us for the Milky Way viewing, which is a documentary exposé about breastfeeding in the United States and for a better acceptance of nursing mothers in American culture. It is a film that inspires women to say, "I can do that! I want to do that!" Gives courage to all mothers toward achieving their goals of breastfeeding.

Aug. 5: New Parent Support Program: Bringing Home Baby Seminar, 12 - 4 p.m.
The joy and excitement of bringing home your new baby can quickly be replaced with fear or anxiety. Let ACS help you make a smooth transition into parenthood. This four hour course combines education and hands on practice. Registration required.

Aug. 8: New Parent Support Program: Toddlers in the Park Playgroup, at the Panzer Hotel, 10 a.m. – 12 p.m.
Come and play with the New Parent Support Program. Developmentally age appropriate games and activities will be arranged. Toddlers in the Park gives parents and toddlers of the USAG Stuttgart community an opportunity to meet and interact. Age is recommended from birth to five years. Older siblings are welcome to attend. Registration is not required.

Aug. 9: New Parent Support Program: Tummy Time Playgroup, 10:30 a.m. – 12 p.m.
Let your new baby interact and bond with others while you socialize and share experiences with other new parents by joining our Tummy Time group! For parents with babies ages newborn to one year. No registration required.

Aug. 10: Financial Readiness Program: Home Buying in the USA, 2 – 3:30 p.m.
Is it your dream to buy a house? Learn all about the home buying process in the Home Buying in the USA class. Learn step-by-step how to make your home buying dreams a reality. No registration required.

Aug. 11: New Parent Support Program: Breastfeeding Basics, 5:30 – 8:30 p.m.
Discover the importance of breastfeeding for you and your baby! Learn information on how to get started as well as how to overcome challenges, such as returning to work while breastfeeding. Please call to register.

Aug. 15: New Parent Support Program: Toddlers in the Park, Kelley playground behind bldg. 3406, 10 a.m. – 12 p.m.
Come and play with the New Parent Support Program. Developmentally age appropriate games and activities will be arranged. Toddlers in the Park gives parents and toddlers of the USAG Stuttgart community an opportunity to meet and interact. Age is recommended from birth to five years. Older siblings are welcome to attend. Registration is not required.