

**OPPORTUNITY**

IMCOM-E director focuses on training for employees.

— PAGE 8



**FEATURE**

Clinic program offers tools for prevention.

— PAGE 11



**FEATURE**

Easter events on and off installation.

— PAGE 12



# The Citizen

**AMERICAN RED CROSS MONTH:**

Serving communities, military since 1881.

— PAGE 3



# Best Warrior Competition



Contest challenges Soldiers strength and aptitude, Pages 14-16

**TEAM WORK**

USAG Stuttgart, local company complete professional development exchange.

— Page 2

**ANNOUNCEMENTS**

Community updates on garrison services, plus activities and classes to know about.

— Pages 6 & 7

**HEALTH BEAT**

USDA updates 2015-2020 dietary guidelines for Americans.

— Page 10

**FEATURE**

“Osterkranz,” or Easter wreath, is one of the most popular Easter treats in Germany.

— Page 13



Family & **MWR INSIDER**

See middle pull-out section for complete event information.

This newspaper is an authorized publication for members of the Department of Defense. Contents of The Citizen are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Army. All editorial content in this publication is edited and approved for public release by the United States Army Garrison Stuttgart Public Affairs Office. Advertisements and private organizations noted in this publication are not part of Department of Defense.



#### United States Army Garrison Stuttgart

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

U.S. Army Garrison Stuttgart Commander  
Col. Glenn K. Dickenson

Director of Public Affairs  
R. Slade Walters

Editor  
Robyn Mack

Staff Photographer  
Kevin Abel

Staff Writers  
Laura Cambiagio-Spangler  
Holly DeCarlo-White  
Carola Meusel

USAG Stuttgart Public Affairs Office  
Building 2949, Panzer Kaserne

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

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

Telephone: +49 (0)7031-15-3105, DSN 431-3105  
Fax: +49 (0)7031-15-3096, DSN 431-3096

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement of the products or services advertised by the U.S. Army or the U.S. Department of Defense. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected.

#### Publisher:

**AdvantiPro**

AdvantiPro GmbH  
www.advantipro.com  
Telephone: +49 (0) 631-30 3355 30

The Citizen is a biweekly offset press publication published by AdvantiPro GmbH and printed by Oggersheimer Druckzentrum. Circulation is 7,000 copies.

Handelsregister: Zweibrücken, HRB 1824 Z  
Gerichtsstand Kaiserslautern  
Ust-IdNr.: DE 229812354

John Thompson  
Managing Director

Newspaper Layout/Designer  
Manuel Flaetgen  
Graphic Designer

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

Classified Advertising Contact  
Isabell Smith  
Telephone: +49 (0) 631-30 3355 31  
Email: admin@FindItGuide.com  
Website: www.FindItGuide.com

Mailing Address:  
AdvantiPro GmbH  
Europaallee 3  
67657 Kaiserslautern

# Clinic hosts German army docs for lesson in aid

By Robyn Mack

USAG Stuttgart Public Affairs

The Stuttgart Army Health Clinic hosted German army doctors from the Bundeswehrkrankenhaus Ulm March 2 to share experiences in contingency healthcare.

The lecture and discussion focused on how to effectively manage refugees in an operational setting, as well as best practices during a public health emergency.

“We want to hear from them,” said U.S. Army Lt. Col. (Dr.) Patrick Contino, the health clinic’s medical director. “Their medical management of the refugees in Germany is something we can learn from and apply both in and outside the military environment.”

Bundeswehrkrankenhaus Ulm, the only remaining Bundeswehrkrankenhaus in southern Germany, services a combination of German armed forces and civilians. “We are the biggest clinic,” said Col. (Dr.) Peter Schmidt of the Bundeswehrkrankenhaus Ulm. “We have more than 25,000 inpatient cases annually, and over 100,000 outpatient visits.”

Like the U.S. facility, the mixed population offers a better opportunity for skills training.

“Our peacetime healthcare mission develops our skills needed for readiness,” said U.S. Army Col. Patrick Grady, the Stuttgart clinic’s commander. “By providing care to our family members, retirees, and civilians the staff is exposed complex



(Left to right) Col. Peter Schmidt, 1st Lt. Tina Höhne, and Carolin Greiner from Bundeswehrkrankenhaus Ulm speak with U.S. Army Col. Patrick Grady, Stuttgart Army Health Clinic commander, during a meeting March 2. The teams of health care professionals joined to discuss effective management of refugees in an operational setting, as well as best practices during a public health emergency.

— Photo by Kevin S. Abel

care which enhances their skill set.”

“Like you, our daily work prepares us for the battlefield,” said Schmidt of his facility which is also the Medical Center of Ulm University and one of the top-ranking medical schools worldwide.

For U.S. Army health care professionals, “No day is ‘typical’ ... [they] face the multiple challenges of war, peacekeeping, humanitarian relief and caring for Soldiers, retirees and Family members at home,” according the Army Medical Command.

“Taking a look from the outside, in, you can learn a lot,” said Capt. Michael Neunaber, an information security reservist with the Bundeswehr who is currently focusing on patient records management. “Sharing information between the cultures can spring a new idea.”

In addition to talking about operational aid, the teams focused discussions on long-term health care and education by highlighting the U.S.’s Wellness Center concept and digital patient records. The visitors also toured the renovated clinic.

## Mentorship participants get cultural workforce exchange

By Robyn Mack

USAG Stuttgart Public Affairs

U.S. Army Garrison Stuttgart employees participated in the second workforce development session with local company, Kärcher, March 2.

The exchange is part of the USAG Stuttgart Mentorship Program offered to garrison employees.

The sessions are an opportunity for both organizations to share best practices and ideas that will help expand current workforce development programs, said Catherine Bianco, USAG Stuttgart civilian workforce development specialist.

“Our professionals are our biggest asset,” said Heidi Malarchik, deputy to the USAG Stuttgart commander and program participant. “We consistently seek new approaches in how we can facilitate developmental opportunities for our garrison professionals. Gaining new insight and best practices from other agencies is essential to this process.”

The first session with Kärcher, headquartered in Winnenden, Germany, took place Nov. 6, 2015. The company

manufactures cleaning equipment and employs more than 11,000 people worldwide.

“Surprisingly, there are a lot of similarities,” said Lewis Grable, USAG Stuttgart Information Management Office. “[Kärcher] grooms people in the same manner as the Army, or any other government service. They recruit and invest in you, to help grow the organization.”

U.S. Army Master Sgt. Robert Bragg, a USAG Stuttgart plans and operations noncommissioned officer, said the likenesses made the exchange valuable. Noting that the in- and out-processing procedures used within the Department of Defense are replicated by private organizations.

“The commitment to people keeps them at the company, and the turnover very low,” he said.

While visiting Stuttgart the exchange will continue with workforce development training led by the USAG Stuttgart Directorate of Human Resources team, tours of the Army Community Service center and Department of Defense

Education Activity schools, and a command leadership briefing presented by Col. Glenn K. Dickenson, USAG Stuttgart commander.

“The heads of all my departments are here today,” said Rüdiger Bechstein, Kärcher’s executive vice president of human resources. “We want increase our global understanding by learning how other organizations work.”

The company historically had a connection to the U.S., having been selected to pressure wash Mount Rushmore in South Dakota with their non-chemical based system, according to Bechstein. “We are currently managing water treatment plants in Iraq and Afghanistan.”

“More than 85 percent of our business is outside of Germany, with a majority occurring in the U.S.,” he said.

The garrison-sponsored Mentorship Program provides professional development opportunities, encourages the development of leadership competencies, and improves retention of employees by facilitating growth and progression within the Installation Management Command.

# March is American Red Cross Month

## Stuttgart Station offers local service, support

Compiled by the USAG Stuttgart  
Public Affairs Office

Founded in 1881 by Clara Barton, The American Red Cross, is a humanitarian organization, led by volunteers, that provides relief to the victims of disasters and helps people prevent, prepare for, and respond to emergencies.

Today, the American Red Cross Stuttgart Station, which was commissioned in the late 1940's, upholds the Red Cross charter by offering relief to and serving as a medium of communication between members of the American Armed Forces and their families, notes Alphonsa Oliver, the area's regional program director.

Whether it's providing emergency contact information for a family member, providing relief for thousands of disaster victims, or providing care and comfort to an ill or injured service member, veteran or support to a military family member, the Red Cross team is always there to help, notes the organization.

I really enjoy the opportunity to provide Red Cross assistance to service members and their families in their times of need," Oliver said. "I also get a great deal of satisfaction working in harmony with Red Cross volunteers on projects to improve the quality of life of military community."

Below are some of the resources and opportunities the American Red Cross in Stuttgart offers:

### Health and safety services

For nearly a century, the American Red Cross has prepared people to save lives through health and safety education and training. The Stuttgart Red Cross conducts the following courses:

- Adult and Pediatric First Aid, CPR, and AED (includes infant)
- Citizen CPR
- Scrubby Bear for personal hygiene
- Babysitter's Training with pediatric (for teens age 11-15)
- Instructor Training classes

To register, contact the Center of Excellence at DSN: 467-7160/civ. 0980-283-1760, or email StuttgartPHSSCOE@redcross.org.

### Volunteer opportunities

In Stuttgart, volunteers constitute 98 percent of the total workforce. Volunteers ensure the Red Cross will be there to help people save lives. There are various ways we give back to our Stuttgart Military Community:



Phlebotomist Ambrikka Williams preps Rena Armstrong for blood donation during the Armed Services Blood Program Blood Drive sponsored by the American Red Cross and Stuttgart High School March 2. — Photo by Kevin S. Abel

- Health and safety volunteer instructors
- Medical clinic volunteers
- Red Cross office volunteers
- Dental volunteers
- Dental Assistant Apprenticeship Program
- Special events
- Veterinarian clinic volunteers
- Disaster Action Team members
- Crochet Corner
- Wounded Warrior Project
- Youth volunteers/ Red Cross Club

### Blood drives

"Blood is the gift of life and donating blood helps to ensure that there is enough blood available when needed to save a life," said Oliver. The American Red Cross supports the Armed Services Blood Program which only collects blood from the military community — service members, their families, retirees, and Department of Defense civilians. "All blood collected stays in our community," Oliver said. "It is truly "our blood supply. In essence, if members of our Stuttgart community needs blood from military medical facility the blood from the Armed Services Blood Program can be utilized."

### Restoring family links

The Stuttgart Station can assist in the following international services by working with the Red Cross national headquarters:

- Tracing inquiries — used to locate family members separated internationally by armed conflict and other humanitarian situations. Also used to

clarify or document the fate of relatives missing due to armed conflict; includes Holocaust and WWII Tracing and Documentation services.

- Red Cross messages — used to send written messages between separated family members, when the sender knows the location of their family member but no other means

of communication are available. Often used by families in refugee camps, by prisoners of war and other detainees.

- Health and welfare inquiries — used to assist particularly vulnerable clients, including the elderly and ill, minor children and persons in detention or prison, to reestablish communication with family members. For these cases the family separation is not caused by war, disaster or migration, but rather a family emergency or vulnerability.

### Emergency communication messages

The American Red Cross communication services keep military personnel in touch with their families following the death or serious illness of a family member or other important events, such as the birth of a child. The Red Cross quickly sends these communications on behalf of the family to members of the U.S. Armed Forces serving anywhere in the world, including ships at sea, embassies and isolated military units.

For learn more about any of these programs, contact the American Red Cross Stuttgart Station, located on the 3rd Floor, Building 2915 on Panzer Kaserne, or call DSN 431-2812/civ. 07031-15-2812.

### Emergency Communication Messages: How-To

American Red Cross communication services keep military personnel in touch with their families following the death or serious illness of a family member or other important events, such as the birth of a child. The Red Cross quickly sends these communications on behalf of the family to members of the U.S. Armed Forces serving anywhere in the world. The information or verification in a message assists the service member's commanding officer with making a decision regarding emergency leave.

When working with the Red Cross to send an emergency message to a family member, it is helpful to have the following information about the service member:

- Full name
- Rank/Rating
- Branch of service
- Social Security Number
- Date of birth
- Military address
- For deployed members, information about the unit or home base unit

- Verification source, like the hospital or funeral home
- Local point of contact
- Name, relationship, and date of birth

Additionally, the American Red Cross now offers a self-service option for active duty service members and their families. Clients can access the system by logging on to <http://www.redcross.org/find-help/military-families> from a computer or mobile device and selecting "Emergency Communication Services." After filling out the form with the required information, the submission goes directly to the Emergency Communication Center for verification and delivery.

The American Red Cross Emergency Communication Services allows the Red Cross at Stuttgart to continue be the communication link between service members and their families in times of emergencies. In the Stuttgart community the messages are initiated or received daily.

## Going Green: Hybrid electric vehicles

By U.S. Department of Energy

### Fuel efficient vehicle

Most hybrid electric vehicles have an internal combustion engine and electric motor. These vehicles are powered by an alternative fuel or a conventional fuel, such as gasoline, and a battery, which is charged by regenerative braking.

Hybrid electric vehicles (HEVs) are powered by an internal combustion engine or other propulsion source that can be run on conventional or alternative fuel and an electric motor that uses energy stored in a battery. HEVs combine the benefits of high fuel economy and low emissions with the power and range of conventional vehicles.

A wide variety of hybrid electric vehicles is currently available. Although HEVs are often more expensive than similar

conventional vehicles, some cost may be recovered through fuel savings or state incentives.

### Help from an electric motor

Hybrid electric vehicles are powered by an internal combustion engine and an electric motor, which uses energy stored in batteries. The extra power provided by the electric motor allows for a smaller engine. Additionally, the battery can power auxiliary loads like sound systems and headlights and reduce engine idling when stopped. Together, these features result in better fuel economy without sacrificing performance.

### Regenerative braking

A hybrid electric vehicle cannot plug into off-board sources of electricity to charge the battery. Instead, the vehicle uses regenerative braking and the internal combustion

engine to charge. The vehicle captures energy normally lost during braking by using the electric motor as a generator and storing the captured energy in the battery. The energy from the battery provides extra power during acceleration.

### Fuel-efficient system design

HEVs can be either mild or full hybrids, and full hybrids can be designed in series or parallel configurations.

Mild hybrids – also called micro hybrids – use a battery and electric motor to help power the vehicle and can allow the engine to shut off when the vehicle stops (such as at traffic lights or in stop-and-go traffic), further improving fuel economy. Mild hybrid systems cannot power the vehicle using electricity alone. These vehicles generally cost less than full hybrids but

provide less substantial fuel economy benefits than full hybrids.

Full hybrids have more powerful electric motors and larger batteries, which can drive the vehicle on just electric power for short distances and at low speeds. These systems cost more than mild hybrids but provide better fuel economy benefits.

There are different ways to combine the power from the electric motor and the engine. Parallel hybrids—the most common HEV design—connect the engine and the electric motor to the wheels through mechanical coupling. Both the electric motor and the internal combustion engine drive the wheels directly. Series hybrids, use only the electric motor to drive the wheels, are sometimes found in plug-in hybrid electric vehicles.



## Ask a JAG: 7 myths about the Legal Assistance Office explained

By Capt. Clyde J. Kilgore, 7th Army Joint Multinational Training Command

### Myth #1

A general power of attorney will allow my spouse to take any action that I could take. False. General powers of attorney are often not accepted by corporations, agencies and institutions. Any organization to whom a power of attorney is presented may choose to refuse to honor a general power of attorney. A specific power of attorney is more likely to be accepted.

### Myth #2

I can get certified copies of my legal documents at Legal Assistance. False. To obtain a certified copy of a document, you must request a certified copy from the source that holds the original document. For example, if I were born in Dade County, Florida, I should request a certified copy of my birth certificate from Dade County clerk's office.

### Myth #3

The military will provide a lawyer to represent me for my divorce. False. Legal Assistance attorneys are not allowed to represent you in court. If you are considering

divorce, the first step is to contact the Military Family Life Counselors and talk about your relationship. The attorneys at the legal assistance office can advise you about the procedures and consequences of divorce, but are unable to represent you in court.

### Myth #4

I can quit paying my cell phone and internet bill whenever I deploy or have a Permanent Change of Station. False. In the United States, the Service members Civil Relief Act allows you to break some contracts with military orders. However, the SCRA only applies to United States companies. German companies are not required by law to release you from a contract, regardless of whether or not you have orders.

### Myth #5

I received a letter in the mail that says I have to appear at court, but I'm stationed in Europe, so I can ignore it. False. As soon as you are notified of a court date, you need to stop by your legal assistance office. Being stationed in Europe does not relieve you of court orders, but the legal assistance office may be able to help you contact the court to request a stay of court proceedings and schedule a time when you can appear.

### Myth #6

I don't need a will, because I have the Servicemembers Group Life Insurance (SGLI). False. Anyone who is married, or who has children, or who owns real property should consider making a will. The SGLI is important, but it is not a substitute for a will.

### Myth #7

I just got married here in Germany, my German spouse can PCS with me stateside because we are married and my spouse is on my military orders. False. Any family member who is not a U.S. citizen must have a visa to move to the United States. This requires a lot of paperwork and the visa process often

takes more than six months. Military orders alone are not sufficient to allow a non-citizen to immigrate to the United States.

For more information, contact or visit the Stuttgart Law Center on Kelley Barracks, Building 3312, 2nd Floor, Room 215, DSN: 421-4152 / 2609/civ. 0711-729-4152 / 2609.

For confidential and private Stuttgart area Military and Family Life Counselors, contact 0170-708-0715 or 0160-9574-8279 or 0171-965-9611.

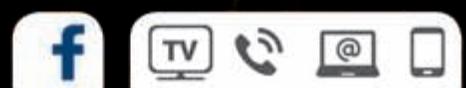


Photo by Maksim Kabakou / Shutterstock.com

**FREE ACTIVATION  
SAVE €59.95\***



*eggcellent* **American TV**  
savings have hatched with easyTV & easyConnect



**For more information visit your local TKSShop.**

\* This offer does not apply to BOSS Entertainment.  
Free activation for easyConnect.

**TKSShop Böblingen**  
Panzer Shopping Mall  
Mon - Sat: 10:00 - 19:00  
Sun: 11:00 - 17:00



**TKS** A VODAFONE  
KABEL DEUTSCHLAND  
COMPANY

..... [www.tkscable.com](http://www.tkscable.com) .....

**OVERSEAS HOUSING ALLOWANCE SURVEY**

The Department of Defense's Overseas Housing Allowance survey runs March 1-31. The survey helps determine OHA rates by giving service members and their families the opportunity to make their voices heard. U.S. Army Europe is asking service members in Germany who are residing off-post in privately leased or rental housing to take part in the annual housing survey. This survey is critical for ensuring OHA rates are properly set at overseas locations and directly affects the amount of housing allowance paid to service members. A link to the survey can be found at: <https://www.defensetravel.dod.mil/site/oha-util-Marchcfm>.

**REGISTER NOW TO VOTE ABSENTEE**

Through the Federal Voting Assistance Program, service members, their eligible family members and overseas citizens are able to vote easily from anywhere in the world. To vote in the 2016 elections community members need to register to request an absentee ballot. Registration is available for your

respective state at: [www.fvap.gov](http://www.fvap.gov).

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

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

**FREE TAX CENTER SERVICES**

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

numbers, and health care statements.

The Stuttgart Tax Center preparers are Internal Revenue Service Volunteer Assistance certified, and can provide preparation on traditional returns as well as those that include rental income and child care businesses. For more complicated returns, contact the Tax Center by phone first to get specific. For appointments or questions, call DSN: 421-4588/civ. 0711-729-4588.

**NEW LOCATION: EMPLOYMENT TRANSITION WORKSHOP**

The USO in collaboration with Hire Heroes USA will host a two-day transition workshop, 8:30 a.m. to 5 p.m., March 17 and 18 at the Kelley Community Club on Kelley Barracks that focuses on resume writing, mock interviews, professional work practices and translating prior military experience into a civilian career. The free workshop is open to active duty troops, spouses, and caregivers. Space is limited. To sign up, contact [programs.stuttgart@uso.org](mailto:programs.stuttgart@uso.org) or DSN: 431-3345/civ. 07031-15-3345

**HOMETOWN PARADE PARTICIPANTS NEEDED**

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

**RB LIBRARY RE-OPENED IN NEW LOCATION**

Following a closure for relocation, the Robinson Barracks Library re-opened in Building 168 with a host of books, videos, travel resources and free Wi-Fi. New contact phone number for the RB Library is DSN 420-6037/civ. 0711-819-6037.

RB Book Club: Would you like to meet some fellow book lovers, have fun talks and discussions? Come join the RB Book Club. The club meets once a month, each member has a chance to host and select a book of their choice. This year's theme is "Books around the World." The next meeting is scheduled for 9:30 to 11:30 a.m., March 23. This month's book choice is "The God of small Things" by Arundhati Roy.

**KELLEY BARRACKS ROAD CONSTRUCTION**

Contractors are in the process of laying new communication lines on

Maplestrasse on Kelley Barracks. The construction will take place in phases, and is expected to be completed by March 28. The final phase is underway in front of Buildings 3304 and 3305. During this time, commuters should expect only one lane of traffic to be open in the area where work is occurring. Parking in the affected area will be closed. Construction areas will be marked by barriers at least 24 hours in advance.

**WINTER ADVISORY RESOURCES**

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

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

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

**STUTTART MOTORCYCLE COURSE TEMPORARILY UNAVAILABLE**

The U.S. Army Garrison Stuttgart training site used to provide active duty personnel their motorcycle training courses is closed. The site is expected to reopen in the summer following repairs and recertification. Motorcycle Safety Foundation training courses are required for all personnel to receive a valid MSF card in order to legally ride motorcycles in Europe. In the meantime, active duty service members have two alternate options:

Sign-up for a course at another U.S. Army Installation Command site by registering through the CAC-enabled Army Traffic Safety Training Program at:

[http://www.imcom-europe.army.mil/webs/sites/staff\\_org/safety/atstp/index.html](http://www.imcom-europe.army.mil/webs/sites/staff_org/safety/atstp/index.html)

Locate a volunteer MSF instructor available to conduct individual training. Volunteers typically provide training to civilians, family members and contractors not eligible for ATSTP courses.

For more information, contact the USAG Stuttgart Safety Office at DSN: 431-3132/civ. 0703115-3132.

**BECOME A FAMILY CHILD CARE PROVIDER**

Find out the details on becoming a Family Child Care from 11 a.m.-1p.m., March 15 and 29 at the Panzer Kaserne Main Exchange. The session includes information on free training, job mobility, continuing education credits and available professional resources. For more information, call DSN: 430-4047/civ. 0711-680-4047.

**COMING TO PATCH THEATER**

**Thursday March 10**  
London Has Fallen (PG-13) 1800

**Friday March 11**  
10 Cloverfield Lane (PG-13) 1800  
The Brothers Grimsby (PG-13) 2100

**Saturday March 12**  
Zootopia (PG) 1500  
The Brothers Grimsby (PG-13) 1800  
10 Cloverfield Lane (PG-13) 2100

**Sunday March 13**  
Zootopia (PG) 1600  
Deadpool (R) 1900

**Wednesday March 16**  
Closed

**Thursday March 17**  
Whiskey Tango Foxtrot (R) 1800

**Friday March 18**  
Miracles From Heaven (PG) 1800  
The Divergent Series: Allegiant (PG-13) 2100

**Saturday March 19**  
Zootopia in 3D (PG) 1500  
Hail, Caesar! (PG-13) 1800  
The Divergent Series: Allegiant (PG-13) 2100

**Sunday March 20**  
Zootopia (PG) 1600  
Miracles From Heaven (PG) 1900

**Wednesday March 23**  
Closed

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



© 2016 20th Century Fox / Photo courtesy of Movieweb.com

In 2016, one of the most successful animated franchises in the world returns with its biggest comedy adventure yet, "Kung Fu Panda 3." When Po's long-lost panda father suddenly reappears, the reunited duo travels to a secret panda paradise to meet scores of hilarious new panda characters. But when the supernatural villain Kai begins to sweep across China defeating all the kung fu masters, Po must do the impossible — learn to train a village full of his fun-loving, clumsy brethren to become the ultimate band of Kung Fu Pandas!

**EMERGENCY RELIEF PROGRAM CAMPAIGNS**

All branches of service have Emergency Relief Fundraising Programs available to service members and their families around the world. Contributions can be made as a one-time donation or installment and all campaigns accept contributions from any community member. Each unit has a representative contact for more information, or people can also visit Army Community Service in Building 2915 on Panzer Kaserne for more information.

The Navy-Marine Corps Relief Society (NMCRS) 2016 campaign officially kicked off, Feb. 25. NMCRS provides financial, educational, and other need-based assistance to active-duty and retired Sailors and Marines, their eligible family members, and survivors.

Army Emergency Relief (AER) fundraising campaign runs March 1 through May 15. AER provides financial assistance to all branches and can include: food, housing, utilities, vehicle expenses and repairs, emergency travel, funeral expenses, certain medical expenses and many more financial needs.

Air Force Assistance Fund (AFAF) campaign begins in the Stuttgart area, March 21 to April 29. The AFAF is an annual effort to raise funds for the charitable affiliates that provide support to our Air

Force family in need (active duty, retirees, reservists, guard and our dependents, including surviving spouses). The charitable affiliate organizations provide support in an emergency, with educational needs, or a secure retirement home for widows or widowers of Air Force members in need of financial assistance.

For more information, contact your unit representative or visit Army Community Service, Building 2915, Panzer Kaserne, DSN: 431-3362.

**VETERAN'S AFFAIRS BENEFITS**

Learn more about VA benefits including the enrollment process, disability compensation, education benefits, survivor benefits, claims, medical benefits, housing and more during this briefing from 1-3 p.m., March 17 at the Army Community Service, Building 2915, Panzer Kaserne. Classes are free and open to veterans and or family members of veterans. Make an individual appointment between 3-4 p.m., March 17 or 8 a.m. - 3:30 p.m., March 18 with a VA counselor by calling DSN: 431-3362/civ. 07031-15-3362.

**OFFICIAL MAIL TRAINING CLASS**

Official mail training is scheduled for 9-11 a.m., March 18 at the Digital Training Facility in Building 2931 on

Panzer Kaserne. The quarterly course provides Stuttgart Department of Defense personnel training on the regulations and differences between official and personal mail. The class also addresses the proper preparation to send official mail. Contact DSN: 421-2520/4286 or people can also walk in.

**RED CROSS BALL**

Celebrate American Red Cross Month at the Red Cross Ball from 6-11 p.m., March 19 at the Swabian Special Events Center in Building 2505 on Patch Barracks. Red Cross Ball tickets are on sale for \$25 each and seating is limited to the first 100 guests. Dress is formal. For more information, contact the Red Cross Stuttgart Station, Building 2948, 3rd Floor on Panzer Kaserne at DSN: 431-2812/civ. 07031-152812, or email: Stuttgart@redcross.org.

**ASIST WORKSHOP**

An Applied Suicide Intervention Skills Training (ASIST) workshop takes place from 9 a.m. to 4:30 p.m., March 29 and 30 at Panzer Chapel, Building 2940. Open to all E-4 or GS-05 and above as well as Family Readiness Group leaders. Completion of the workshop requires a two-day commitment and there is no charge to attend the workshop. Comfortable civilian attire is encouraged.

The ASIST workshop is a highly interactive, practical, practice-oriented workshop for those who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. Over the course of the two days (15 training hours) participants learn specific skills to help identify those at risk and how to better listen to and care for those having thoughts of suicide. Participants interact through group discussions and skills practice that are based upon adult learning principles. They will experience powerful videos on suicide intervention and learn suicide first aid. Sign up by calling DSN: 431-2530/civ. 07031-15-2530.

**USO FREE MONTHLY LUNCH: GERMAN FEST FOOD**

Why wait for all of the wonderful food that accompanies Germany's famous fest season? The USO is kicking things off early with a German themed lunch starting at 11:30 a.m., March 30, while supplies last, at the USO Center in Building 2915 on Panzer Kaserne. Come enjoy free brats, spätzle, sauerkraut, and other fest favorites. No sign up required, but feel free to bring a dessert to share. Contact programs.stuttgart@uso.org or DSN: 431-3345/civ. 07031-15-3345.



stuttgart.armymwr.com




---

**MARCH  
18-20**

*Patch Barracks*

Open to all military ID card holders, NATO Forces, civilians and reservists with TDY orders.

**Friday, 10 a.m. - 7 p.m.**

**Saturday, 10 a.m. - 7 p.m.**

**Sunday, 10 a.m. - 4 p.m.**

To volunteer visit: [Stuttgartspringbazaar.org](http://Stuttgartspringbazaar.org)  
and click on the Volunteer Spot link.

 Find us on Facebook Search "Spring Bazaar Stuttgart"

OVER 60 VENDORS FROM ALL OVER EUROPE!



relexa hotels  
Die feine Art



MCLS

EVENT SPONSORS

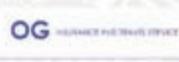


No Federal endorsement intended.





BAVARIAN Motor Cars GmbH



UNITED

# Director highlights training opportunities for US, German employees



Michael Formica, director of IMCOM-Europe, discusses professional development for personnel at U.S. Army Garrison Bavaria, Germany, during a town hall Feb. 18. — *Photo by Andreas Kruezer*

By Nathan Van Schaik  
USAG Bavaria Public Affairs

Describing the role of U.S. Army Garrison Bavaria within the framework of today's international geopolitics and uncertain future, the director of Installation Management Command-Europe highlighted expanded training opportunities for U.S. and local national employees at a town hall here Feb. 18.

With the Army's expanding role in Europe, Michael Formica, director of IMCOM-Europe, voiced a clear message to garrison employees: We need to invest in our garrison employees.

In today's environment, Formica said,

our Army and NATO play a role in deterring Russia and terrorist activity — from the eastern flank of Europe and along its southern flank. "We can't do that without you," said Formica to a theater packed with garrison employees.

"It is so important for Bavaria to do its mission because you enable the Soldiers on this installation to be ready and the leaders on this installation to focus on deterrence."

The IMCOM region director described the Army profession — codified in 2010 and updated in 2015 — and tied it to the responsibility of all Soldiers and civilians of all paygrades and nationalities. The profession is about character,

competence and stewardship, he said.

"I want you to consider yourself as not a worker or an employee, but as a member of the United States Army, as a professional," Formica said.

But every professional needs training and education in addition to experience. Formica has approached Army leadership, for example, to "open the doors" to allow greater participation by more German, Belgian, Dutch and Italian local national employees.

Formica highlighted these training opportunities open to U.S. and local national employees:

## Installation Management Command Enterprise Leader Development Program (IELD)

- GS 14/15 and equivalent
- The Harvard University Program for Senior Executive Fellows
- The Leadership for a Democratic Society at the Federal Executive Institute
- The Senior Leader Seminar
- The Senior Manager Course in National Security Leadership

## IMCOM Headquarters Centralized Mentoring Program (HCMP)

- Mentee applicants — GS 9-13 and equivalent
- Mentor applicants — GS 14/15 and equivalent

## IMCOM Headquarters Developmental Assignment Program (DAP)

- 30, 45, 60 days

- Appropriated Fund Employees — GS 7-13
- Non-appropriated Fund Employees — NF-5 and below (in positions comparable to GS 7-13)
- Equivalent Local National Employees

## Senior Enterprise Talent Management (SETM)

- SETM is open to GS 14/15 or equivalent
- Defense Senior Leader Development Program (DSLDP)
- Senior Service College (SSC)
- Senior Service College Distance Education (SSCDE)
- SETM — Temporary Duty (SETM-TDY)
- Enterprise Placement Program (EPP) Option 1 — Reassignment
- Enterprise Placement Program (EPP) Option 2 — SES Detail
- Army Senior Civilian Fellowship (ASCF)

## Enterprise Talent Management (ETM)

- ETM is open to GS 13 or equivalent
- Command and General Staff Officer College (CGSOC)
- Executive Leader Development Program (ELDP) DoD Level Program (Includes GS 12 or equivalent)
- Leadership Shadowing Experience
- Enterprise Talent Management — Temporary Duty (ETM — TDY)

"What we do isn't about making money or about making a product. It's about enabling security," Formica said. "My responsibility is to ensure all of you are capable."

# Vice Chairman: Military services can learn from each other

By Lisa Ferdinando  
DoD News, Defense Media Activity

WASHINGTON — Trust is at the heart of military professionalism, and the services can learn from each other ways to improve leadership and better communicate the military's values, the vice chairman of the Joint Chiefs of Staff said.

"I think the common theme across all of our services and the common theme across military professionalism is the concept of trust," Air Force Gen. Paul J. Selva said in an interview recorded for the inaugural Defense Department military professionalism summit.

The meeting, which is taking place today and tomorrow at the U.S. Air Force Academy in Colorado Springs, Colorado, is bringing together the military's centers of excellence to spur dialogue, share what works, and create a community of practice.

Professionalism is "incredibly

important to the foundation of who we are," Selva said.

The conference, he said, is an "inspired event" in which subject-matter experts from the Air Force, Army, Navy, Marines and Coast Guard can come together and discuss military professionalism.

"It's really important that we are able to compare notes, that we are able to build on strengths, and then we are able to share the things that work across that whole enterprise," said Selva, the second highest-ranking U.S. military officer.

## Strengthening Leadership Skills

Leadership skills can be strengthened throughout a career, he said, adding that there is always room for improvement.

"At the foundation of military professionalism is the trust that our young men and women in service have in our ability to provide sound leadership," he said. "We owe it to them to continue to explore what that means."

Selva said he is encouraging participants to think critically about the differences and commonalities among the services in leading their people. That can help build the core of professionalism of military leadership, he explained.

An important step in the journey to improve leadership, Selva said, is to learn how best to communicate the values of the military to the men and women who serve.

Senior and mid-level leadership of the services have to constantly strive to be able to communicate the value of trust and leadership to all members, he said.

"We can all be better as leaders," he added. "I would suggest that none of us are born to leadership; we're taught how to be leaders, and that's a skill we can continue to hone through our entire military career."

## 'Tremendous Opportunity' to Grow, Learn

The professionalism summit is a

"tremendous opportunity for collaboration and insight sharing," said Navy Rear Adm. Margaret Klein, who is leading the conference.

Klein, who is the senior advisor to the secretary of defense for military professionalism, spoke in an interview earlier this month to preview the conference.

"It's a great way for DoD to come together and bring the best that they have to solve challenges common to all the services — things in the area of values-based leadership of character and leadership development," she said.

It also can serve as a foundation for infusing fresh ideas into the force and getting all members to recognize their responsibilities in promoting trust and respect, she said.

"If we get culture right, then some of these other problems will stand out very quickly in stark contrast," she added.

# Flintlock participants help women in coastal village

By Staff Sgt. Christopher Klutts  
U.S. Africa Command

NIANING, Senegal — A dozen U.S. and Senegalese service members took a break from supporting Flintlock 2016, U.S. Africa Command's annual exercise for special operations forces, to help women who are trying to help themselves.

Means of survival are seasonal for some women in western Senegal. U.S. Embassy Dakar is trying to change that by funding a local mission's project to teach women agricultural skills in the coastal village of Nianing. Flintlock participants pitched in by standing up a chain-link fence around the project's roughly 3-acre patch of farming land.

Like Flintlock, the farming initiative has been a multinational effort since inception. Christof Ngom, project coordinator with Congregation of Brothers – Sacre Coeur, said the Netherlands, the European Union, Germany and now the U.S. have all assisted in the last three years. He doesn't see an end in sight.

"We aim to help the ladies increase their income. They have big families to take care of," Ngom said.

Elizabeth Njira Collin was one of the first women to join. She received roughly 2,000 square feet of land and \$100, which she has since paid back to the program. She now reaps 100 percent of her sales. Like many of the women at the project, Collin hasn't seen her husband

in years yet has children to feed. For her, the farm is more than just a way to provide for them.

"I'm not fearful or worried as long as I have a job," she added. "This is what we need, to pull our efforts together and be here."

Collin said the fence installed by Flintlock participants will help protect her investment.

"When I saw you guys, I was so happy. The boars and snakes and wild animals come here and can destroy the work we're doing," Collin said.

U.S. airmen from the 130th Security Forces Squadron, West Virginia Air National Guard, usually charged with patrolling airfields or providing law enforcement at military installations around the world, found themselves providing a different type of protection than their military training equipped them for.

"This was amazing," said U.S. Air Force Staff Sgt. Blair Dennis. "I can't imagine what it would be like. They're doing what they can, watering and growing crops to feed their families. They're amazing women for sure."

For some service members, the project meant helping those in need close to home. Senegal Army Cpl. Ibrahima Bodian said he and his troops have worked on community projects in southern Senegal before, but not as often as he would like and not as close to their



Service members from the Senegal Army, U.S. Navy's Naval Mobile Construction Battalion 22 and the U.S. Air Force's 130th Security Forces Squadron, West Virginia Air National Guard, built a fence around a women's farm in Nianing, Senegal, in support of a U.S. Embassy Dakar-funded project during Flintlock 2016. — Photo by Christopher Klutts

garrison outside the city of Thies as the farm in Nianing.

"We're thankful to be here and help these ladies. They know that we are here, and they are not alone," Bodian said.

Flintlock has always been about more than military training. U.S. Army Lt. Col. William Rose, exercise director at Special Operations Command-Africa, made that clear during an interview in Stuttgart, Germany, before the exercise began.

"Throughout the Flintlock Exercise, we also have integrated a large number of civil-military operations, and by that I mean specific outreach activities that

reach out to local orphanages, hospitals, small villages and towns that may have some kind of need, whether that's a clean water source or some medical treatment that might be identified," Rose said.

Flintlock is annual exercise designed to strengthen the military capacity of partner nations in North and West Africa while increasing the interoperability of multinational special operations forces. More than 2,000 service members from 28 African, European and North American partner nations participated in this year's exercise hosted by Senegal.

# Communications experts learn about Africa Data Sharing Network

By Senior Airman Peter Thompson  
Combined Joint Task Force-Horn of Africa

Service members assigned to the Combined Joint Task Force-Horn of Africa Communications Directorate (CJ-6) visited the Djiboutian Armed Forces (FAD) Headquarters to share information on the Africa Data Sharing Network (ADSN) Feb. 15-18, in Djibouti.

The interaction between the CJ-6 personnel and more experienced soldiers of the FAD's ADSN section reinforced and improved upon what they already knew about the network, while providing an opportunity to share differences in the way the U.S. military operates communication equipment.

"The ADSN is a means for troop contributing countries (in Somalia) to communicate and share information with the U.S. and amongst each other," said U.S. Marine Corps Cpl. Nehemias Bailon, CJ-6 ADSN help desk lead. "Our training covered how to operate the equipment that gives them access to the ADSN."

The engagement was divided into two tiers, each consisting of two days. During the first tier, three CJ-6 members covered



U.S. Marine Corps Cpl. Nehemias Bailon, Combined Joint Task Force-Horn of Africa, Africa Data Sharing Network (ADSN) help desk lead (left), demonstrates how to use communication software Feb. 18, 2016, in Djibouti. Djiboutian Armed Forces (FAD) soldiers learned how to efficiently operate a terminal to access the ADSN. The FAD uses the ADSN to communicate with forward deployed soldiers. — Photo by Senior Airman Peter Thompson

the basics on how to operate the communication equipment. The second tier was more advanced, and went more in depth on specific equipment roles, tracing signal flow and troubleshooting.

As the event progressed, it became

more evident that the FAD is making significant strides in reaching the goal of developing self-reliant communications operators.

"Before deploying their personnel, FAD trains soldiers on how to use

the ADSN network with the terminal we were working on," Bailon said. "Previously, they were less proficient in how to operate the equipment and systems. Because of the interaction we have had together, they can train their own personnel themselves."

"The training is important because (ADSN) is a big service for us," said FAD Capt. Amer Abdarlaziz, ADSN section chief. "It helps us when the Americans come and teach us things that are new, like some of this technology that we didn't know."

Abdarlaziz stressed that it is important for the FAD and CJTF-HOA continue to build upon the exchange of information because the ADSN network is critical for communicating with deployed soldiers.

In addition to aiding troop contributing countries such as Djibouti, CJTF-HOA members benefit through these sharing of best practice engagements.

"Every time I teach this system I learn something new," Bailon said. "I have been working with this system for a while, but other people see things that I may not have. So this training helps us to grow as operators, as well."

## Safety Corner: Playground safety

Courtesy of U.S. Army Garrison Wiesbaden

- Never leave your children unsupervised. Supervised children are much less likely to be injured on playground equipment. Stay one step ahead of your child by keeping a close eye on her activities.
- Apply sunscreen liberally and often. Avoid overexposure to the sun.
- Pack juice or water, not only is it refreshing, it will keep you and your child hydrated.
- Loose clothing or anything that hangs or dangles, can easily become tangled on playground equipment. Dress your child in clothing that fits properly, allowing for a full range of motion. Also, remove items such as hoods and neck drawstrings from all children's outerwear to decrease the chance of accidental strangulation.
- Check to see if the equipment is age appropriate for your children. Remem-

ber to check each piece of equipment for dangerous surfaces such as sharp edges or rust. All elevated surfaces, like platforms and ramps, should have guardrails to prevent falls.

- Review with your children the proper use of the equipment and your family's basic safety rules e.g., no running, pushing, or hurting other children, respect for other children and people using the equipment.
- Hold handrails at all times.
- Keep children under 5 within arm's reach at all times – they should stay below 5 feet on equipment.
- Remind children not to go in front of swings.
- Playgrounds should have a soft deep surface of sand, pea gravel or wood chips that is at least 6 inches deep or soft rubber mats to protect children when they fall – grass, asphalt, concrete and dirt can cause serious injury in a fall.



Photo by palasha / Shutterstock.com

- Check that metal slides, steps and platforms are not too hot to touch.
- Children should wear shoes at all times on playgrounds – sharp objects and glass are always a concern.
- Tell children to slide down feet first, one at a time, not head first.
- Long hair should be tied up and loose clothing should not be worn around the playground.

## Health Beat: New dietary guidelines for Americans

By Human Performance Resource Center Staff

The 2015-2020 Dietary Guidelines for Americans were recently released. They offer the government's best advice on healthy eating. How can they help you?

The U.S. Departments of Agriculture (USDA) and Health and Human Services (HHS) just released the 2015-2020 Dietary Guidelines for Americans. These guidelines help shape policies for school lunch and breakfast programs, Woman, Infants, and Children (WIC), and nourishment programs for the elderly and military. The skinny is that they're based on evolving nutrition science. They offer practical guidance on how to develop a nutrition plan too. Remember you can also seek a dietitian's help to meet your goals towards healthy eating and performing well.

### Tip #1: Think about your overall way of eating

Your eating pattern reflects how you usually eat. Each day doesn't stand alone – so eating less whole grains one day balances your diet when you eat more whole grains on a different day. The U.S.-Style Eating Pattern includes a variety of colorful fruits and vegetables, low-fat dairy, whole grains, and lean protein (especially more

fish). While similar, the Vegetarian-Style Eating Pattern consists of plant-based protein, more legumes, nuts, and seeds. Some vegetarians also eat eggs and fish. The Mediterranean-Style Eating Pattern includes slightly more fruit and seafood, and slightly less dairy.

### Tip #2: Select a variety of vegetables

Choose vegetables from all 5 groups – dark green, red/orange, dried beans and peas, starchy, and others (light green, purple, yellow, and tan). To ease shopping and storage, purchase all forms: fresh, frozen, canned, and dried. Try vegetables in new ways: grilled, roasted, and raw. Add spinach to a breakfast omelet, munch on carrot sticks at lunch, and toss several veggies into your pasta dinner. Be creative, use fragrant spices, and enjoy new choices.

### Tip #3: Choose whole grains

Usually higher in fiber and important minerals like iron, whole-grain foods include oats, brown rice, popcorn, and quinoa. Select whole grains for at least half of your grain choices. Look for "whole-wheat flour" as the first ingredient when buying breads, pasta, or other grain foods. Replace white flour with winter-white wheat

flour; it's easy and barely noticeable.

### Tip #4: Limit the calories you get from added sugars

A healthy eating plan is difficult to achieve when you consume too many sugar-sweetened beverages, snacks, and sweets. This goes for all forms of sugar (honey, molasses, agave, etc.). The recommendation is to take in less than 10% of total calories from sugar. For a 2,000 calorie diet, that's 200 calories. Divide by 4 to get grams (50g) and by 4 again to get teaspoons (12 tsp). Read food labels to figure out where your sugar is coming from, and then cut back. To give you an idea, just one can of soda contains about 40g of sugar.

### Tip #5: Lower saturated fat to less than 10 percent of daily calories

What does this mean? A 2,000-calorie daily diet should include less than 20g of saturated fat. Check the nutrition facts label to see the total saturated fat content in your favorite foods. Most saturated fat comes from whole milk, cheese, but-

ter, and fatty meats. Choose healthier fats such as olive, corn, soy, or safflower – these contain poly- and mono-unsaturated fats. Swap whole milk with 2% milk and easily save 3g of saturated fat in an 8 oz serving.

### Tip #6: Reduce sodium

In an average diet, most sodium comes from processed foods. The biggest culprits include pizza, canned soups, cured meats, and store-bought breads. Even though whole grains are encouraged, bread is a source of sodium. What are some easy ways to lower sodium? Rinse canned vegetables before adding them to your recipes. You might also try new spices (curry powder, garlic, and ginger) when preparing foods—and always taste before adding salt.

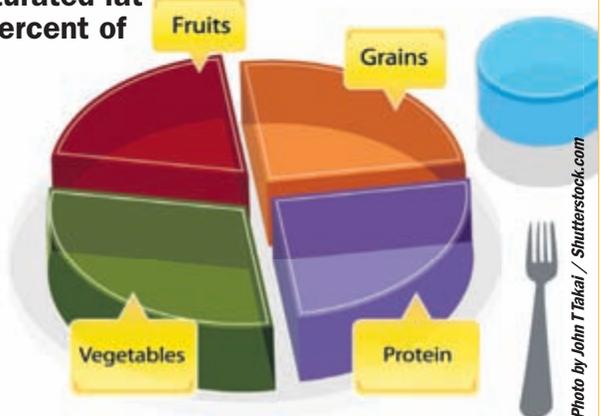


Photo by John T. Takai / Shutterstock.com

# Clinic reminds patients to stay on top of preventive care

Information courtesy of the  
Stuttgart Army Health Clinic

The Stuttgart Army Health Clinic uses HEDIS, or the Health Effectiveness Data and Information Set, to measure overall health-care performance.

By monitoring and collecting this information, health care providers are better able to customize the healthcare plan that is right for each patient – with a primary goal of disease prevention.

“We want to move from a health care system, to a system of health,” said Capt. Katherine Converse, Stuttgart Health Clinic clinical nurse officer-in-charge. “Which means taking a holistic approach where prevention is key, and detection is early.”

There are a number of tests and health categories that are included in this data set. The Stuttgart Health Clinic and the Department of Defense medical community focus on the following areas: asthma management, diabetes management, breast cancer screening, colorectal cancer screening, cervical cancer screening, well-child exams and immunizations, routine sexually-transmitted-infection screening, and body mass index (BMI).

Each time a patient comes to the clinic, a health care provider will take these factors into account when creating a care plan right for you. Providers may ask for some specific tests if necessary.

“We also want you to be empowered with information so you can ask about care that may be coming due,” said Maj. (Dr.) Cody Mead, the clinic’s officer-in-charge. “People who get preventive screenings are shown to be healthier over a longer term.”

Here are some general guidelines for preventative screening exams:

Breast cancer screening (mammogram) should begin for most people between the ages of 40 and 50. Routine screening is done every 2 years.

Colorectal screening (colonoscopy or stool occult card samples) should begin for both males and females at age 50. Routine colonoscopies are good for 10 years, and the stool cards are valid for 1 year.

Cervical cancer screening (Pap smear) should begin at age 21. Pap smears are performed at varying intervals between 1 and 5 years based on the test results. Talk with your provider about the plan that’s best for you.

Chlamydia screening (a urine sample) is done for sexually active females 16-24 years old. This screening is done every year.

Diabetic monitoring (Hemoglobin A1C) is done at least annually. Monitoring this test is very important as it gives a three-month average of your blood sugar. Other tests and exams are highly encouraged for diabetics and should be discussed with your provider.

Children are monitored for routine immunizations and management of diagnosed asthma during at least 6 appointments during their first 14 months of life.

Patients should review this list to determine if they are potentially due for one of these key exams.

“You can also log into Tricare online to see when your tests were last performed, or contact Relay Health and allow a nurse to look up the information for you,” said Converse.

*If you feel that you fit one of the criteria, call the Stuttgart Health Clinic appointment line at DSN: 590-2900/civ. 06371-9464-2900 and ask for an appointment to discuss this with your primary care provider.*

## Prevention’s importance

The Center for Disease Control and Prevention offers these sobering 2012 statistics:

→ 134,784 people in the United States were diagnosed with colorectal cancer, including 70,204 men and 64,580 women. 51,516 people in the United States died from colorectal cancer, including 26,866 men and 24,650 women.

→ 12,042 women in the United States were diagnosed with cervical cancer. 4,074 women in the United States died from cervical cancer.

→ 224,147 women and 2,125 men in the United States were diagnosed with breast cancer. 41,150 women and 405 men in the United States died from breast cancer.

*Patients should receive regularly scheduled screening exams to aid in prevention. For more information regarding the prevalence of the diseases visit [www.cdc.gov](http://www.cdc.gov).*

# National Nutrition Month: Stay healthy with these 30 helpful tips

By Isabelle Weibel  
Special to the Citizen

*Editor’s Note: Isabelle Weibel is a Stuttgart High School career practicum intern for the USAG Stuttgart Public Affairs Office.*

March in National Nutrition Month, a nutrition education and information campaign sponsored annually by the Academy of Nutrition and Dietetics. The month is dedicated to focusing attention on the importance of making informed food choices and developing sound eating and physical activity habits.

**Here’s 30 tips to help celebrate National Nutrition Month:**

1. Keep water on the night stand and hydrate first thing in the morning.
2. Drink green tea – it will help you lose weight and give you an energy boost. But, drink wisely because too-high doses of herbs and toxins can damage your liver.
3. Take a lunch break walk to help your body receive more vitamin D and added exercise.
4. Freeze things to keep food fresh.
5. Keep it real! Artificial sweeteners and colors disrupt normal bodily functions.
6. Count colors, not calories: filling your dish with green and yellow helps craft a nutritious meal.
7. Schedule workouts in advance to help

8. Don’t overdo the exercising – it is possible to exhaust yourself to the point where you are no longer productive.
9. Cut out the late night television and get more sleep by using your DVR.
10. Skip the holiday specials which often contain high-sugar flavors and chemical ridden syrups.
11. Recognize and tame emotional eating by lighting candles, journaling, getting a massage or even sitting outside to calm stress and prevent emotional eating.
12. Never choose cream-based dishes, heavy cream is filled with body bloating ingredients.
13. Prepare for parties by adding additional workouts and skipping desserts.
14. Be active outside with activities like hiking, walking, riding bikes, etc.
15. Get your heart rate up and burn calories by lifting some weights.
16. Snack healthy and intelligently to keep your metabolism up.
17. Eat dessert ... sometimes. Having dessert is okay, just make sure it doesn’t happen everyday.
18. Ignore the scale! It doesn’t give you the best sense of where you stand in terms of health and overall fitness.
19. Be mindful of your steps, try an app that automatically counts your steps.
20. Cheat, but don’t derail. It’s okay to eat unhealthy every once in awhile but never let it turn into a long term thing.

21. Eat carbs every day – carbs give your body the energy it needs to function properly.
22. Order dressing on the side. Controlling the amount of dressing is easier if you pour it yourself.
23. Pick and choose. Skip the bread basket and if your steak comes with fries, sub it out for greens.
24. Eat healthy fat – it protects you from heart disease and helps prevent cravings.
25. Cook at home as much as possible.
26. Keep fit company. Hanging out with like-minded people helps you keep your goals.
27. Don’t eat until totally full, your stomach expands. Keep it the size of a fist, not a football.
28. Listen to your body. Pay more attention to your body so you can recognize when your body is hungry, dehydrated, inflamed, etc.
29. Make these simple daily changes: Add 5 more grams of fiber to your daily meal plan. Cut out refined carbohydrates, such as white bread, white rice, and sweets. Avoid foods with trans-fats.

- Add two more servings of veggies at lunch and dinner.
- Drink three more glasses of water each day.
- Add 10 minutes of walking to your daily exercise regimen.
- Take a break every hour at work and walk 500 steps in place (2,000 steps burns 100 calories).
- Wake up 15 minutes earlier and walk before work.
- Remember that change takes time. Allow yourself plenty of time to see your goal.

*Resources:*  
[www.eatrightpro.org](http://www.eatrightpro.org)  
[www.webmd.com](http://www.webmd.com)  
[www.yahoo.com/health](http://www.yahoo.com/health)



Photo by Neirfy / Shutterstock.com

# Straw Sculpture Easter Festival Ludwigsburg



By Wendy Payne

Special from [militaryingermany.com](http://militaryingermany.com)

This spring the Ludwigsburg Schloss is hosting a Straw Sculpture Easter Festival. It runs from March 18 to 24, so you still have a few weeks to enjoy.

Entering through the main gate, we walked past the bird sanctuary and spring gardens, which led us to the fest grounds. We noticed the over-sized stuffed hay animals immediately as these amazing sculptures could not help but catch our eye. This exhibit is not only fun but educational. We learned about several different types of hay including hay used for feed, bedding, ground

cover and, of course, for stuffing very large sculptures.

Perfect for families with smaller children, the fest borders the fairytale garden area which has several small houses that each tell a story with animated characters. It was super fun trying to guess which fairytale was being told.

## Other activities include:

- Boat rides through the fairytale garden area
- Rapunzel's castle tower
- Goat petting area and other animal pens (bunny rabbits and sheep)
- Egg painting
- Hay maze

## Food and treats

It wouldn't be a fest in Germany if it didn't have great food. Flammkuchen, roasted pumpkin seeds, nuts, cakes and other treats are available. Take heart, there is an indoor café if you happen to go on a chilly day. We also saw a great gift shop that had several hand-made crafts including goat's milk soap.

## Tickets & information

Ticket and other information can be found on the Blühendes Barock Ludwigsburg website.

Day tickets Blooming Baroque with fairytale garden for the following are:

- Grown Ups €8.50
- Children (4-15 years), students (with valid ID) €4.20
- Family card 1 (one adult and 2 children (4-15 years)) €16
- Family ticket 2 (two adults and two children (4-15 years)) €23
- Each additional child in a family (not applicable to groups of children, such as, for example, kindergartens, schools or children's birthday parties and only in connection with the purchase of the family pass 1 or 2) €3

Additional information for groups and special needs individuals can be found on the website as well. Our ticket also included the Ludwigsburg's Favorite Schloss (directly opposite the Ludwigsburg Schloss), which had goats just roaming around. This hunting lodge and summer residence was built in 1717 and was never intended as a permanent residence. Tours run on the hour this time of year, so you'll want to plan accordingly if you would like to take a tour.

## Directions and parking

Ludwigsburg has several parking garages close by. We went midweek and found street parking. I know, rare. From Stuttgart, it took us about 35 minutes with some traffic. It really does help if you know where you are going to park ahead of time.

Hay, I hope you have a great time!

*Author's Profile: Wendy Payne is a military spouse and lives with her family in Stuttgart, Germany. She is a freelance writer, blogger and photographer. She also enjoys gardening, hiking, yoga and sharing Europe with people.*

# Celebrate Easter with USAG Stuttgart organizations

## USO

### Prague City Tour & Easter Markets Tour

1 a.m., March 19 to 3 a.m., March 20

Prague is one of USO's most popular destinations. Here, every stone is a piece of history! Enjoy a guided city tour pointing out the many highlights and unique gems of this city. This express trip will allow for plenty of free time to explore and discover. Stroll across Charles Bridge, visit the Castle, shop in Wenceslas Square or just wander the streets and discover new treasures! The Easter markets in the Old Town Square and Wenceslas Square feature handicrafts such as crystal and glassware, jewelry, metal-ware and more. Take the opportunity to view traditional foods being made and sample all manner of local food and drink. Tour price includes transportation, guided tour, and USO escort. Tourist passports required. Cost: Adults: \$94, Children: \$80

### USO Easter Egg Hunt

10 a.m. to 1 p.m., March 23

USO's 2nd Annual Easter Egg Hunt! Kids will search for their eggs in smaller groups, and the Easter Bunny will continue to hide eggs throughout the day. Children will be able to enjoy snacks, coloring, and spending some time

with the Easter Bunny while they wait! Participants must sign up in advance and can do so at the USO, Building 2915 on Panzer Kaserne.



### Vienna Easter Market Tour

1 a.m., March 26 to 2 a.m., March 27

Few cities in the world glide so effortlessly between the present and the past like Vienna. Its splendid historical face is easily recognized: grand imperial palaces and baroque interiors, museums flanking magnificent squares and, above all, the Hofburg — where the Habsburg rulers lived, loved and married into empires. This weekend, a guide will help us familiarize tour attendees with the traditional treasures of this city before offering some free time to enjoy the colorful way Vienna celebrates Easter with its seasonal markets complete with hand-painted eggs and Easter decorations from Austria and neighboring countries. Tour price includes transportation, guided city tour, and USO escort. Tourist passports

required. Cost: Adults: \$120 Children: \$100

### Family and Morale, Welfare, and Recreation

#### 14th Annual Spring Fling

9:30 a.m., March 26

Spring into the new season with a fun run. The 14th Annual Spring Fling starts at Patch Fitness Center. This run is pet and stroller friendly. The first 300 runners get a free T-shirt, and there is free same day registration. Following the run, there will be an Easter Egg hunt. For more information, call DSN 430-7136/civ. 0711-680-7136.

#### Easter Brunch and Egg Hunt

10:30 a.m. to 2 p.m., March 27

Brunch at the Swabian Special Events Center on Patch Barracks will include oven roasted turkey, pork roast with gravy, pork steaks, ham roast, cordon bleu, assorted vegetables, baked potatoes, fries, bacon and eggs, cheese platter, salad bar, feta rolls, spinach pita, fresh fruit platter, salmon tartar, roasted maultaschen, spaetzle, mini pizza and assorted desserts. Adults can enjoy the sounds of live music while children participate in an egg hunt from noon to 12:30 p.m. Reservations are required, no later than March 24 by

emailing [swabianevents@live.com](mailto:swabianevents@live.com) or by calling DSN 430-8205/civ. 0711-680-8205. Cost: Adults: €25, Children: €15 for children 8 and older, €7 for children 7 and younger.

### Better Opportunities for Single Service members

#### Easter Weekend Get Away, Edelweiss Lodge and Resort

March 25 to 28

Easter weekend get-away, with BOSS to Edelweiss Lodge and Resort, in Garmisch. Open to single service members and geographical bachelors only. Cost is \$80 including lodging, breakfast, and transportation. Rooms are double occupancy. Lunch, Dinner, and extracurricular activity expenses are the responsibility of the service member. For more information, contact DSN 430-7135/civ. 0711-680-7135.



# German Recipe: Bake your own “Osterkranz,” Easter wreath

By Teri Weiss

Special to The Citizen

The “Osterkranz,” or Easter wreath, can be considered one of the most popular Easter treats in Germany. The braided, sweet yeast dough cake-bread is usually adorned with painted eggs.

Those looking to put their German baking skills to the test, might be interested in the following recipe:

## Ingredients:

- 4 cups flour
- 2 packets of active dry yeast
- 1/2 cup of butter
- 1/2 cup of sugar
- 1/2 tablespoon salt
- 1 cup buttermilk
- 2 egg yolks
- 2 beaten egg whites
- 3 or 4 additional dyed eggs, sugar or sliced almonds for decoration if desired

## Preparation:

In a large bowl, mix 1 cup of flour with the sugar and salt. Make an indentation in the middle and add the yeast, a teaspoon of sugar and 1/4 cup of

lukewarm buttermilk, mix well and let sit until yeast is active.

Combine the remaining 3/4 cup of buttermilk and butter in a small saucepan and heat gently until the milk is lukewarm and the butter is softened but not melted.

Mix the yeast mixture into the flour. Gradually add the milk and butter mixture to the flour mixture, stirring constantly. Add the egg yolks and 1/2 cup of the flour and beat well. Continue adding the flour 1/2 cup at a time, mixing well after each addition. Turn the dough out onto a floured surface and knead until smooth and elastic, approximately eight minutes. (These steps may also be done with a mixer fitted with a dough hook.) If the dough seems too thin to braid, knead a bit more flour into it. Cover the dough with a kitchen towel and let it rise in a warm place until doubled in volume.

Punch the dough to deflate it and turn it out onto a lightly floured surface and knead once again. Divide the dough into three parts and roll into long ropes (about 20 inches long). Lay the dough ropes on a baking sheet lined with parchment paper and braid the



ropes together. The braid may be left as is or formed into a wreath shape. Press the ends to help them stick together. For an extra special wreath, a smaller wreath may be made and placed on top of the larger wreath. Alternatively, smaller wreaths, called birds' nests, can also be formed.

Cover loosely with a damp towel and let the dough rise until doubled in volume. Brush the braid or wreath with the egg whites and sprinkle with sanding sugar or sliced almonds for

decoration, if desired. Bake in a preheated 350 degree oven until golden brown. Cool on a wire rack and wrap well in aluminium foil until ready to be eaten. Place a couple of dyed eggs on top in the middle of the wreath for color and contrast.

1 slice (about 100 grams or 3.5 ounces) = approximately 380 calories

Enjoy and “Frohe Ostern,” happy Easter!



# Meat plant beefs up NATO commissaries

By Airman 1st Class Larissa Greatwood  
86th Airlift Wing Public Affairs

Whether grilling hamburgers during a summer barbecue or baking a pork loin for a family dinner, the Ramstein Central Meat Processing Plant has had a direct impact on the meat consumed overseas.

The Ramstein CMPP was established March 16, 1998. The Ramstein CMPP consolidated with the other original plants in Rhein-Main, Germany, and Lakenheath, England, to become the only meat processing plant to ever exist in the Department of Defense.

The Ramstein CMPP cuts, wraps and ships over 713,000 pounds of fresh and frozen beef and pork for 35 commissaries and 18 Army and Air Force Exchange Service locations overseas.

The three locations were merged into one when the process of vacuum packing became the most efficient, safe and cost-effective way to naturally preserve meats for a longer shelf-life. Vacuum packing removes 99.7 percent of oxygen to prevent meat spoilage from bacteria.

“Everyone’s used to meat being sold on a foam tray where the meat is a nice red color,” said Troy Green, Defense

Commissary Agency deputy plant manager. “When meat is vacuum-packed, beef especially, almost 100 percent of the oxygen is removed so it tends to have more of a brown color. When opened up and put back into contact with oxygen, you’ll get that nice red color again. So some people may think it’s not fresh, but really, it’s quite the opposite.”

The CMPP is the sole source of fresh beef and pork for commissaries throughout 11 NATO countries.

The beef is from the U.S. and the pork comes from the Netherlands. Because the beef has to be shipped from a different continent, it goes through a unique process.

“The beef we receive is from the (U.S.) and is (vacuum-sealed),” Green said. “When in transit, it’s at a stage known as wet-aging. The natural enzymes in the beef are breaking down and form a more tender cut of meat. The beef here is more tender than the beef you would buy at a commissary back in the (U.S.) because of this process.”

Once the meat arrives at the facility, it is either ground or prepared for slicing then weighed and packaged for shipping. To ensure safety of meat products, the packages go through a metal

detector as one of the final processes.

“We have metal detection on all of our lines, though we’re only required to have it on the hamburger line,” Green said. “If even the smallest piece of metal is in a package, the machine will automatically drop it off the line.”

Lyndon Boone, Defense Commissary Agency plant manager, said the metal detectors are tested by the workers every hour to ensure they’re continuously working properly.

With many facilities depending on their shipments, the Ramstein CMPP has 81 employees, 44 of which are U.S. citizens and 37 are local nationals, who work in two separate shifts to ensure production is consistent. Though they work quickly to keep their deliveries timely, they don’t skimp on any of their process as they understand the importance of a quality product.

Green said though the job can be fast-paced, the staff is hard-working and the overall morale of the environment is always high.

“Some of the employees have been here since day one, so they helped build the process,” Green said. “They take a lot of pride in what they do, and we run pretty smooth because these

guys have really built this plant up and tweaked the processes to make them efficient.”

According to Boone, the staff works hard and knows their job is important because they bring service members and their families the comfort of the foods they know, no matter where they are in the world.

“While we’re overseas, we want as much home as we can get,” Boone said. “You shouldn’t wonder where your food is coming from. You should know the quality of what you’re eating, and we keep to that standard.”

With these safety and sanitary measures, the Ramstein CMPP takes out the guessing when it comes to quality. The employees take pride in providing the best product possible.

From ground beef to pork schnitzel, the CMPP offers a wide variety of meat to satisfy many preferences.

The Ramstein CMPP employees work day and night throughout the year to provide a wide variety of quality meat, and without them, military members, their families and civilians throughout Europe could end up without their hamburgers and pork loins at their next barbecue.

# Best Warrior Competition

Story and photos by Kevin S. Abel

From a board appearance to battle drills, 10 Stuttgart Soldiers competed for the first time during Stuttgart's Best Warrior Competition here Feb. 21-24, to test their physical and mental readiness.

In the early morning hours on day one of the competition, the Soldiers' physical readiness was tested with the standard Army Physical Fitness Test, followed by professional appearance in front of a Sergeants Major's Board. The board challenged the competitors Army knowledge aptitude, while the following three days tested their mental toughness and physical strength.

"Soldiers throughout this competition showed that they live the Warrior Ethos," said U.S. Army Garrison Stuttgart Command Sgt. Maj. Lynice D. Thorpe, adding "I'm really proud of the way they showed their camaraderie and esprit de corps."

The four-day competition started Feb. 21, with 10 competitors completing in:

- APFT
- 12-mile ruck march
- Obstacle course
- Situational Training Exercise (STX), with seven stations, warrior tasks, and battle drills
- Zero and weapon qualification on

the M4 carbine, and M9 pistol

- Board appearance
- Day and night land navigation
- Modern Army Combatives (MAC)
- Mystery event which was a written essay

The sun shined down on the competitors for day two as they conducted MAC, day/night land navigation and a 10-event obstacle course. One Soldier had to drop out of the competition after the combatives portion due to an injury sustained in his match, leaving a total of nine.

Competitors weren't so lucky with the weather on day three. Mother Nature threw everything at them from freezing rain during the zero and qualification portion, to snow as they worked through the STX lanes and stress shoot.

As Soldiers must be versed in a variety of warrior tasks outside of their primary military occupational skill, competitors were expected to be proficient in more than 40 Warrior Tasks and Battle Drills, but didn't know which seven they would face until they entered the STX lanes.

In addition to the difficulty levels of each individual event and dramatic shifts in weather, Soldiers needed to battle fatigue during the competition as its structure allowed for minimal rest time.



Private 1st Class Tyrecia L. Hubbard, Headquarters and Headquarters Company, U.S. Army Garrison Stuttgart Competition, Feb. 23.

"It took a lot of heart, dedication, mental and physical toughness to get through it all," said Staff Sgt. Javier Rivera Jr., who represented United States Africa Command and 52nd Signal Battalion. "As you get further into the competition, you might feel the need to quit or just back off a little to reserve your energy, but you don't, you continue to push through



Staff Sgt. Charles A. Anderson, 1st Battalion, 10th Special Forces Group (Airborne), completes firing an M9 Beretta pistol during the stress shoot event of U.S. Army Garrison Stuttgart Best Warrior competition, Feb. 23.



Staff Sgt. Javier R. Rivera, 52nd Signal Battalion, grapples with Sgt. Justin M. Wallace, U.S. Army Dental Activity, during the combatives portion of the Best Warrior Competition, Feb. 22.

# ... tests Stuttgart Soldiers



Stuttgart, applies a medical dressing to a leg wound on a simulated patient during the Best Warrior

for me,” said Spc. Alison Sardler, 52nd Signal Battalion. “The added weight of IOTV was a surprise I hadn’t expected or planned on, since normally you don’t wear your IOTV during a ruck march, only during movements, which are usually set to a slower pace. It slowed me down.”

This would be the competitors’ final opportunity to rack up points and pull away with the title Stuttgart’s Best Warrior.

All competitors had their challenges preparing for the competition and showed their Army pride throughout. “I am a single mother, and it took a lot to prepare for this competition with my daughter, but I pushed myself and her with every spare moment we could find,” said Sardler, adding, “It was a point of pride for me as a female Soldier to not only compete, but be competitive.”

Best Warrior meant something different to all the competitors, for some it was to prove they were among the best, for others it was a chance to refine Soldier skills and become a better Soldier. For Staff Sgt. Deon D. Myers, it meant setting himself apart from his peers and being an example for Soldiers to follow. “I have been doing shift work for the past two years, so being able to compete against the best who stepped up would show me where I stand with

them,” said Myers. “Hats off to the entire group that competed.”

The competition identified the “Best Warrior” in two categories, “Service Member of the Year” for E-1 to E-4, and “Noncommissioned Officer of the Year” for E-5 to E-7. Specialist Samuel Latimore, assigned to the 52nd Signal Battalion was named Stuttgart’s Best Warrior Service member of the Year and Staff Sgt. Deon D. Myers, assigned to Defense Information Systems Agency-Europe, was awarded Best Warrior Noncommissioned Officer.

“What made this event successful was the collaboration and support from units, the community and civilian volunteers along with the ability to use subject matter experts” said Thorpe. Acknowledging her appreciation to all those who supported the first Stuttgart Best Warrior Competition.

Latimore and Myers will represent Stuttgart at the Installation Management Command-Europe regional competition March 20-23 in Stuttgart.

**Meet the nine competitors who represented their units at the 2016 USAG Stuttgart’s Best Warrior competition on Page 16.**

and stay focused.”

For some Soldiers, the fourth day’s 12-mile timed road march proved the most difficult task. Soldiers were required to carry a 35-pound rucksack,

wear their Improved Outer Tactical Vest and finish the march in less than three hours to receive points toward the competition.

“The ruck march was the toughest



Best Warrior competitor dons and clears his protective mask during the React to Chemical or Biological Hazard Attack event, part of the Situational Training Exercise portion of the competition Feb. 22.



Soldiers entered one-by-one for their individual oral board appearances at the U.S. Army Garrison Stuttgart Best Warrior competition, Feb. 21.

# Meet Stuttgart's Best Warriors



**Pfc. Tyrecia L. Hubbard**  
U.S. Army Garrison Stuttgart Headquarters and Headquarters Company



**Spc. Allison C. Sardler**  
52nd Signal Battalion



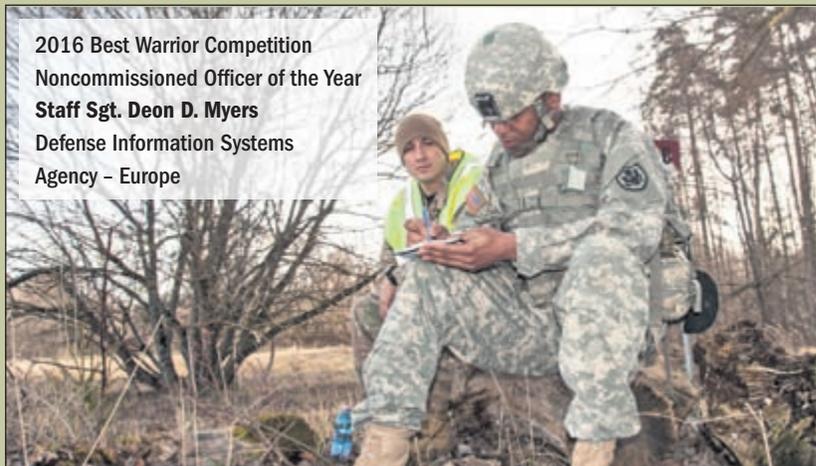
2016 Best Warrior Competition  
Service Member of the Year  
**Spc. Samuel J. Latimore**  
52nd Signal Battalion



**Pfc. Eric J. Kasprzak**  
Stuttgart Law Center, 21st Theater Support Command



**Pfc. Matthew W. Hess**  
1st Battalion, 10th Special Forces Group



2016 Best Warrior Competition  
Noncommissioned Officer of the Year  
**Staff Sgt. Deon D. Myers**  
Defense Information Systems Agency - Europe



**Staff Sgt. Charles A. Anderson**  
1st Battalion, 10th Special Forces Group



**Staff Sgt. Benjamin B. Thomas**  
Defense Information Systems Agency - Europe

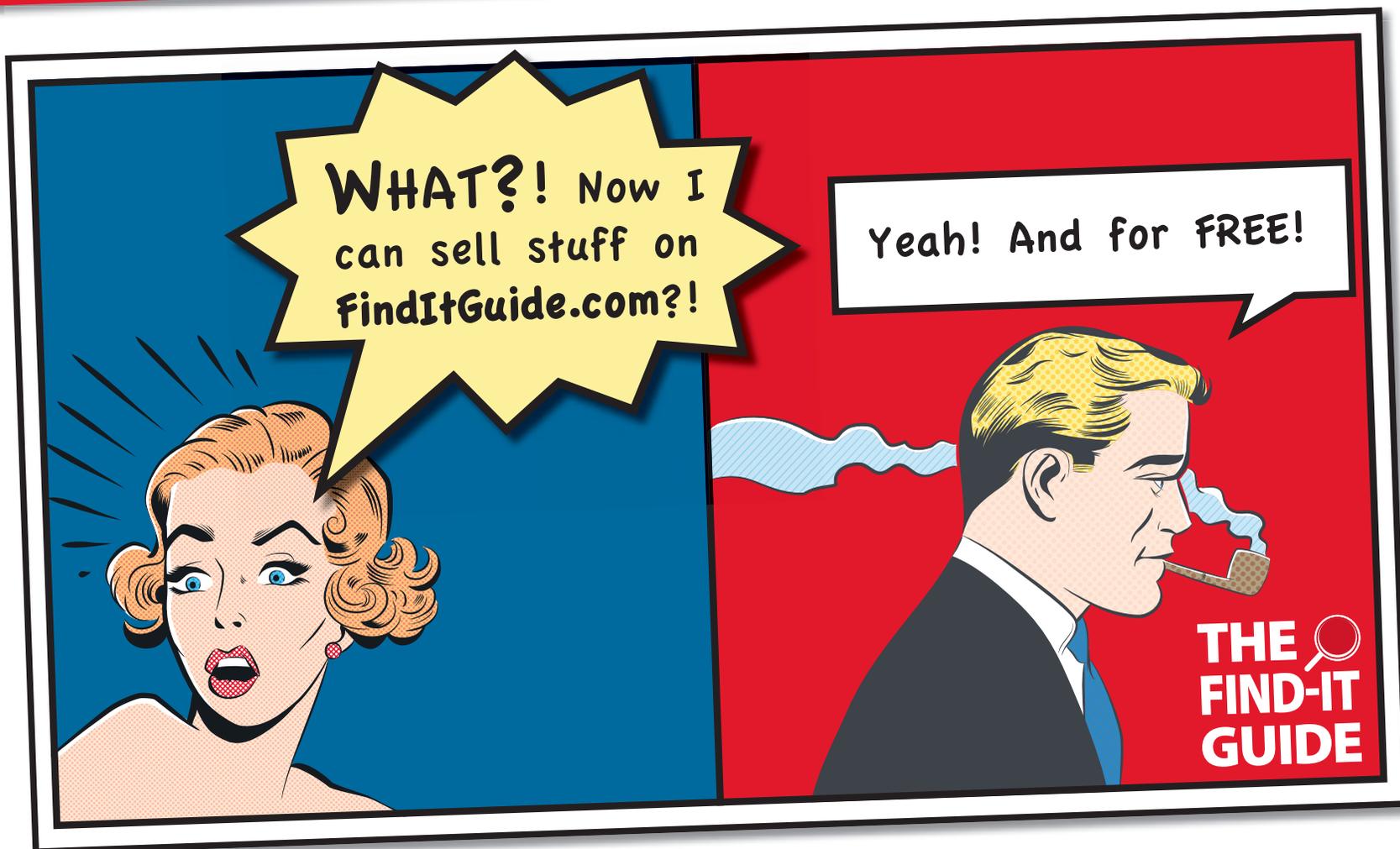


**Staff Sgt. Javier R. Rivera Jr.**  
U.S. Africa Command Communications Team

Photos by Kevin S. Abel

# THE FIND-IT GUIDE

→ Now with classifieds!!!



**The FindItGuide.com is New and Improved!**  
**Open 24/7 including Sundays! Online and in print!**

Now you can:

- Sell your used stuff for **FREE**
- Find used stuff in your community
- Search for local businesses
- Find your next job
- Look for a rental property

**Sign up for FREE today!** 

# THE FIND-IT GUIDE

→ Now with classifieds!!!

## The New FindItGuide.com

Open 24/7 including Sundays! Online and in print!

Questions? Please call AdvantiPro at 0631- 30 33 55 31

AdvantiPro GmbH takes no responsibility or liability whatsoever for any of the products and services advertised in The Citizen. Readers are responsible for checking the prices, qualifications, warranty and any other factor that might help decide whether to do business with an individual or company advertising herein.

AdvantiPro  
Publishing House • Advertising Agency



- Sell your used stuff for FREE
- Find used stuff in your community
- Search for local businesses
- Find your next job
- Look for a rental property

### ANNOUNCEMENTS

All ads & pics on [www.FindItGuide.com](http://www.FindItGuide.com)

**Moving help wanted,** Need to move a normal three cushion sized couch and a normal sized bedroom dresser from one house in Hochspeyer to another house 2km away. I need two helpers and a vehicle. Costs to be agreed. Thanks, jcambri@yahoo.com

Your community, your website.



[militaryingermany.com](http://militaryingermany.com)

**STUTTGART**  
realtors  
**HOMES FOR RENT**  
[www.stuttgartrealtors.com](http://www.stuttgartrealtors.com)  
Contact 0179- 39 36 835

**Women's Boot Camp**  
Tuesday 9.00 am  
Friday 9.30 am  
01 76 84 50 40 69  
[www.gtsgermany.com](http://www.gtsgermany.com)

In the Trainingfacility from **greenBAR**  
Zimmerstraße 22 • 71063 Sindelfingen

Minutes away from both Military Bases  
Behind "Fahrrad Weigt"

Call for more info!

**Pervin Estates LLC**  
OFFICIAL OFF-POST HOUSING REFERRAL OFFICE

- Commission free
- English speaking
- Approved by US Gov't Housing Office
- Housing assistance, inspections, in/out checks

Tel: 07031 - 15-2521 / 2318  
DSN: 431-2521 / 2318

Panzer Kaserne  
Housing Office Boeblingen

9 single family homes for TLA  
300 apartments  
Fully furnished with all amenities  
English speaking  
Credit cards accepted  
No deposit

Tel. 0711-912 55 913  
mail@ptm-office.com  
[www.ptm-apartments.com](http://www.ptm-apartments.com)

**PTM** PREMIUM TEMPORARY MANAGED EXCLUSIVE APARTMENTS & HOUSES  
**VAT**

### AUTOS

All ads & pics on [www.FindItGuide.com](http://www.FindItGuide.com)

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

**\$\$\$ Second Chance Finance \$\$\$** - Have you got credit issues that may be holding you back from purchasing a reliable car? Military Used Car Sales can Help! 0631-3549908

**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>

**2000 Skoda Fabia**, good on gas, dependable, dealer maintained, asking \$2500 obo, for more info contact Brian at 0176-31508726 slavix132@gmail.com

**2001 BMW 318i** Sport Sedan, \$6,495-, German SPEC, Manual Transmission, Cloth Seats, Automatic Climate Control, Power Windows Excellent Condition, Call:0176 22730967, Email: info@europeanmotors.org, Web:<http://www.europeanmotors.org>

**2001 VW Passat** Sport Combi, \$5,995, US Spec, Manual, Navigation, Cruise Control, Heated Seats, Roof Rails, Cloth Interior, HiFi System, Perfect Condition, Call: 0176-22730967, Email: info@europeanmotors.org, Web: <http://www.europeanmotors.org>

**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>

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

I have a Fantastic Range of Tires in Stock at Great Prices, €, 0631/91572

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

**2006 Honda Accord "EX"** Sport Sedan, \$9,995, US spec, Manual, Power Glas Sunroof, Cruise Control, Cloth Seats, Alloy Wheels, Excellent Condition, Call: 0176-22730967, Email: info@europeanmotors.org, Web: <http://www.europeanmotors.org>

**2006 Peugeot 206** CC RC-Line Convertible, 1.6 Liter/108 HP, German Spec., 15" Winter & 17" Summer Tires + Rims, JBL Sound System, German Inspection until 04/2017, Great Condition, asking €4500, Call 0173-6345979 (Kaiserslautern)

**2006 Pontiac G6** GT, 3.5L, V6, Sedan, automatic, gas, 87,500miles, Bright White, Black Premium Leather interior, \$8,495, contact mark@americanmotors.net, 0176-93136972

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

**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

**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

## Military Realtor

PCSing to Virginia, Maryland or DC Region? I can also recommend Military Realtors in most Cities and States in the US. I've been an active duty military spouse for over 20+ years and it would be my honor

Please visit my website: [www.MarkHalseyRealtor.com](http://www.MarkHalseyRealtor.com) to take care of you and your family. I've helped lots of military families find homes and I'd appreciate the opportunity to help you and your family find a fantastic home and save you money while doing it.

### The Halsey Difference

- View 1000's of homes for sale on my website
- Save a lot of \$ on a home purchase, ask me how
- Free 1 year home warranty with your purchase
- Pick up and chauffeured house hunting
- We also have a VA lender with fantastic rates!
- Please read my reviews



Thank You for Your Service, it would be My Honor to be your Realtor.

Mark Halsey (240) 688-7203  
or email: [mhalseyrealtor@gmail.com](mailto:mhalseyrealtor@gmail.com)  
On Facebook: Military Realtor DC Region



Mark Halsey-Realtor  
Certified Military Real Estate Specialist  
2015 Realtor of the Year  
3949 Pender Drive Suite 320  
Fairfax, Virginia 22030  
Office licensed in Virginia, Maryland & DC

# Keep the faith!

## 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](http://www.bible-church-of-stuttgart.com)

## COVENANT FELLOWSHIP CHURCH

Christ Centered | English Speaking | Reformed | International



Sunday School 10:30  
 Morning Worship 11:30  
 Evening Worship 18:00  
 Zionskapelle  
 Hechingerstr. 51  
 70567 Stuttgart-Möhringen

A Congregation of the Presbyterian Church in America  
[www.cfcstuttgart.org](http://www.cfcstuttgart.org)  
[pastor@cfcstuttgart.org](mailto:pastor@cfcstuttgart.org) (0176) 8418 5896

## 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](http://www.ibcstuttgart.de) • 0711 - 687 - 4365

## Bethany Worship Center



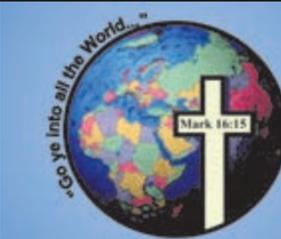
Kleintierzuchtverein  
 (The "Little" Yellow House)  
 Hauptstraße 191  
 Stuttgart, Germany



Pastor  
 Micah McCullough  
 &  
 Co-Pastor  
 LaVonda McCullough

SERVICE TIME:  
 Sundays at 11 a.m.

CONTACT INFO: [pastormccullough@outlook.com](mailto:pastormccullough@outlook.com) • 0171-583-1694



**Victory Baptist Church**  
 Stuttgart, Germany

Independent, Fundamental, KJV  
 Serving the U.S. Military & English speaking  
 community of Stuttgart, Germany since 1998

### 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  
[victorybaptistchurchstuttgart.org](http://victorybaptistchurchstuttgart.org)  
 „A Church Home abroad.“

## STUTTGART MILITARY COMMUNITY CHURCH



MEETING AT WENDE PUNKT  
 ROSENSTEINSTRASSE 10  
 71032 BOBLINGEN

01732 388433  
[WWW.SMCCCHURCH.DE](http://WWW.SMCCCHURCH.DE)

**JOIN US!**  
 SUNDAY EVENINGS 5:00PM



A PLACE YOU CAN  
 CALL HOME



Pastor Joseph R. Passaro

## Gospel Light Baptist Church

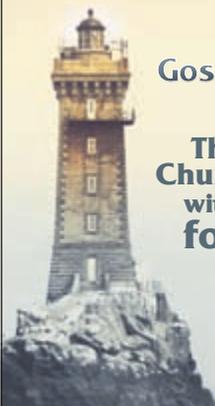
Im Hasenbühl 26, 71101 Schönaich

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



# AUTOS

All ads & pics on [www.FindItGuide.com](http://www.FindItGuide.com)

**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 GMV Acadia**, 3.6L V6 288HP, 63,764 miles, automatic, Gas, black metallic, grey leather, \$24,995, 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

**2010 Jeep Patriot "Sport"** 4X4 SUV, \$13,995, US spec, Automatic, Cruise Control, Power Windows, Alloy Wheels, Luggage Rack, Perfect Condition, Call: 0176-22730967, Email: info@europeanmotors.org, Web: <http://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

**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>

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



**2009 Dodge Challenger RT** Classic- OVER 400HP!!, \$23750, Rare B5 Blue, upgraded suspension, brakes, intake, exhaust, tires, tuned, roll control, 6 sp manual, winners on rims included. Too much to list. goring73@hotmail.com, 0162-250-21

**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 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

**2012 Toyota Camry "XLE"** V6 Sport Sedan, \$20,995, US Spec, Automatic, Leather, Navigation System, Power Seats, Alloy Wheels, Perfect Condition, Call: 0176-22730967, Email: info@europeanmotors.org, Web: <http://www.europeanmotors.org>

**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

**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 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 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, Crimason 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 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 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 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

**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

**BMW 316 I**, compact, red, ABS, air bags, elec windows, 5 speed, air cond, call 0175-3213199 or email, \$1400, if you have any car for dispose of, accident, Non operational, we remove it for you, email for info ddundkk@hotmail.de

**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

Party and Catering-Service

Take away Lunch Special (Mo - Fri)

# Kashmir

Indian Restaurant

authentic indian cuisine

**NEW LOCATION**

**ECHTERDINGEN** Esslinger Str. 11 · Phone 0711-99 76 38 16  
**LEONBERG** Leonberger Str. 97 · Phone 07152-90 32 32

Hours: 12.00 – 14.30 and 17.30 – 23.00

[WWW.KASHMIR-RESTAURANT.DE](http://WWW.KASHMIR-RESTAURANT.DE)

Local Ingredients - Hand Cut Fries - Poutine - Hot Dogs  
Home Made Sauces - Hand Made Patties

The Real Canadian **BURGER PLACE**  
Stuttgart-Feuerbach  
Wilhelm-Geiger-Platz 7 (U6 / U13)  
Phone: 0711.7070.3933  
[www.Burger.Place](http://www.Burger.Place)

**TBC Sportverein**  
Emil-Kiemlen-Weg 51  
70376 Stuttgart  
5 min from Robinson Barracks  
Huge parking area available.  
Tel: 0711-935 823 94

**TC ORIGINAL AMERICAN BARBECUE**  
Barbecue at its Best

For opening hours and online reservations please visit:  
[www.tims-barbecue.de](http://www.tims-barbecue.de)

## Original American Barbecue

Restaurant with beer garden

Spare Ribs - Cole Slaw  
Pulled Pork - Baked Beans  
Chicken Wings - Baked Potatoes

**Olympos**  
The Real Greek

downtown  
Stuttgart - Vaihingen

Hauptstr. 67  
70563 Stuttgart - Vaihingen

Reserve Online

[taverna-olympos.de/reservation](http://taverna-olympos.de/reservation)

call 22 09 289

Cozy Greek Tavern in the heart of Vaihingen serving Americans for over 30 years

Mama „Wulla“ is cooking

#tavernanews

# KICHO

Large selection of Sushi, à la carte and lunch menus

Our opening hours:  
Mon - Sat 12 a.m. - 2 p.m. & 6 - 11 p.m.  
Sun & Holidays: 6 - 11 p.m.

Japanisches Restaurant KICHO  
Jakobstr. 19  
70182 Stuttgart

Phone 0711 - 24 76 87

[www.kicho.de](http://www.kicho.de)

# AUTOS

All ads & pics on [www.FindItGuide.com](http://www.FindItGuide.com)



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

**Daihatsu silver met**, 4 door, 5 speed, 1.0 LTR, year 2002 air cond, summer tire and winter tires, CD player, ABS, air bags, \$ 1199, 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](mailto:ddundkk@hotmail.de)

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

**Ford Escort SE**, 1998 blue, automatic, 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](mailto:ddundkk@hotmail.de)

**Ford Ka - Model 2004**, €1380, [stefandsanya@gmail.com](mailto: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

**Ford Kuga, 2015**, \$28,500, German Specs. Titanium (Escape) 1.5l Eco-Boost. 150hp. 6 speed manual. Polar Silver Metallic. Leather Heated seats. Keyless entry, push button start. 4 winter and summer tires, auto headlights, and much more. [eapropin@outlook.com](mailto:eapropin@outlook.com)

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

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

**Hyundai Accent, GLS**, 4, door, automatic, ABS, power steering, 1.4 LTR, \$1550, if you have any car for dispose of, accident, non operational, we remove it for you. Email [ddundkk@hotmail.de](mailto:ddundkk@hotmail.de)

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

**Thinking of buying** a new Quality Pre-owned car, then look no further, we have over 150 cars in stock. Patriot Military Automobiles 09662-702 6280



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

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

**New new + German TUV GERMAN TUV+No US inspection** Need +++ Mitsubishi Esplipes G L, Red, 2.0 LTR, 16 VAL, air cond, 2 door, 5 Speed, elec windows KMS 163,000, \$1695, [ddundkk@hotmail.de](mailto:ddundkk@hotmail.de)

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

**PT Cruiser, 2.2 Diesel**, 2003, Green plate, 5 speed, 4 door, TÜV new air cond, 2 set of tires summer/ winter, ABS, power steering elec windows, and locks, key less entry, price €2000, if you want any cars for dispose of, accident, non operational, we will remove it for you, email for info [ddundkk@hotmail.de](mailto:ddundkk@hotmail.de)

**Sale by Owner: 2013 VolvoXC90 R-Design Platinum 7-seater.** Excellent cond rating! Fully-loaded: Platinum, Climate pkgs, NAV, Bluetooth, sun/moon rf, BLIS, rear sensor, leather int, black metallic ext. \$29,928, [tiffanylanigan@yahoo.com](mailto:tiffanylanigan@yahoo.com)

**Volvo Model: XC90 T6 AWD R-Design** Year: 2016 Color: Bursting blue metallic Upholstery: Charcoal Nubuck / Nappa leather with contour seats Transmission: 8-speed automatic w/ geartronic, in [fo@vipsales.eu](mailto:fo@vipsales.eu) or 06134-284943



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

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

**VW GTI 2013**, \$16999k, The perfect car! 66,000 mi, xtra winter alu rims/tires, roof rack, winter mats, new clutch, bluetooth, heated seats, satelite radio, keyless, power everything, iPod connect, plad interior, airbags. Very good cond [brethelenius@googlemail.com](mailto:brethelenius@googlemail.com)

# ELECTRONICS

All ads & pics on [www.FindItGuide.com](http://www.FindItGuide.com)

**AEG dryer, old but gold.** For pickup only. Kaiserslautern city. €30. Call Jacky 0179-5352827

**AEG front loader** washing machine. Good condition. Kaiserslautern city. For pickup only. Call Jacky 0179-5352827

**AFN Decoder. Dual Voltage.** Remote Control. Incl. Cables. User Guide. Orig. Box. Euro 225. Great Condition. Perfect Off Base Working. [chefsteven2015@gmail.com](mailto:chefsteven2015@gmail.com)

**CD Changer for 110 CD's.** Remote Control. Dual Voltage. User Guide. Orig.Box. €225. [chefsteven2015@gmail.com](mailto:chefsteven2015@gmail.com)



### arcona MO.HOTEL

- tasteful, individual, advanced, functional
- entertaining arrangements
- rooms for conference and events

### Weinwirtschaft - lounge & restaurant

- relax, enjoy and talk
- international and local food
- offers a wide range of wines
- daily Business- or Weekend Lunch

arcona MO.HOTEL  
Hauptstraße 26 · 70563 Stuttgart  
Tel. +49 711 28056-112 · [www.stuttgart.arcona.de](http://www.stuttgart.arcona.de)

## relexa hotels

Die feine Art

relexa Waldhotel Schatten  
Magstadter Str. 2-4  
70569 Stuttgart • Tel. 0711- 68 67 0  
[www.relexa-hotel-stuttgart.de](http://www.relexa-hotel-stuttgart.de)

- English spoken
- Dog friendly
- VAT forms accepted



Welcome to Germany!  
Long-Term Hotel special rates!



### Family Furtwängler

Steile Gasse 8  
71032 Böblingen

Phone: +49 70 31 | 71 73 - 0  
Fax: +49 70 31 | 71 73 - 50

Mail: [info@hotel-am-schlossberg.com](mailto:info@hotel-am-schlossberg.com)  
Web: [www.hotel-am-schlossberg.com](http://www.hotel-am-schlossberg.com)

- Walking-distance to school bus (5 min.)
- VAT Forms accepted

MON-THU 11.30 AM - 0.30 AM • FRI-SAT 11.30 - 2 AM • SUN 11.30 AM - 12 AM

## Ganeshha Restaurant

Indian and Ceylon specialities



Serving for 10 years

Lembergstr. 19  
70186 Stuttgart-Ost  
Tel.: 0711/46 87 981

Rotebühlstr. 155  
70197 Stuttgart-West  
Tel.: 0711/67 41 87 81

**NEW LOCATION** Auberlenstr. 40 - 70736 Fellbach  
Tel.: 0711 / 30 54 73 90

Hours:  
Mon - Sat: 11:30 - 14:30 and 17:30 - 23:30  
Sun: 12:00 - 23:00 (Take out available)  
[www.ganeshrestaurant.de](http://www.ganeshrestaurant.de)



## SOPHIE'S BRAUHAUS

The most popular and quaint house brewery, located in the heart of Stuttgart.

### Lunch & Dinner

With local food, homemade "Maultaschen" and delicious specials: Check out our Bavarian night every Wednesday!

Best homemade beers & tasty food!

### Party events...

With live music, daily specials, DJs ... and the most famous Carnival and New Year's parties!

### SOPHIE'S BRAUHAUS

Marienstrasse 28  
70178 Stuttgart  
Phone 0711-610 962

[WWW.SOPHIES-BRAUHAUS.DE](http://WWW.SOPHIES-BRAUHAUS.DE) • [SOPHIES-BRAUHAUS@WEB.DE](mailto:SOPHIES-BRAUHAUS@WEB.DE)



OPENING IN FEBRUARY 2016: SOPHIE'S BRAUHAUS in Bad Cannstatt • Felgergasse 7, 70372 Stuttgart

# ELECTRONICS

All ads & pics on [www.FindItGuide.com](http://www.FindItGuide.com)



**Canon BJC 7000** Color Bubble Set Printer. Incl. Cartridge and USB Cable. CD Booklet. \$25. [chefsteven2015@gmail.com](mailto:chefsteven2015@gmail.com)

**Food Steamer.** 3 Tiers of Stackable Baskets. 60 min. Timer with Bell. Up to 8ltr. Capacity and 1.1ltr. Rice Container. 220V. Orig. Box. €25. [chefsteven2015@gmail.com](mailto:chefsteven2015@gmail.com)

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

**Hair Dryer.** 3Heat + 2Speed Settings. Cold Shut Button. Concentrator + Finger Diffuser Attachment. Lightweight. Super Quiet. Removable End Cap. 1875 Watt. User Guide. Orig. Box. €15. [chefsteven2015@gmail.com](mailto:chefsteven2015@gmail.com)

**Honda Cassette Radio.** CD Changer has issues, needs probably a clean up. Radio and Cassette works great. €25. [chefsteven2015@gmail.com](mailto:chefsteven2015@gmail.com)

**HP PC XP** with Mouse, Keyboard and Remote. Orig.Box. €135. [chefsteven2015@gmail.com](mailto:chefsteven2015@gmail.com)

**IPAD Mini 1** WIFI 16GB, \$185.00, [al@merwitz.com](mailto:al@merwitz.com) / 06371-60179, White Mini IPAD. infrequently used. Latest IOS installed. Fixed price.

**LCD TV 24"** HDMI/DVI/VGA/PC/DVI/USB Remote Control User Guide Orig. Box €125. [chefsteven2015@gmail.com](mailto:chefsteven2015@gmail.com)

**Lexmark, S605, Copier,** Printer, Scanner €40, Like new condition. Ink cartridges low. [jcambr@yahoo.com](mailto:jcambr@yahoo.com)

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



**Router, Belkin N150,** \$10, [jcambr@yahoo.com](mailto:jcambr@yahoo.com)

**Sony Cassette Car Stereo.** Protection Case. Cables and User Guide. €35. [chefsteven2015@gmail.com](mailto:chefsteven2015@gmail.com)

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

**Transformer. USA Voltage** Converter. Great for small radios, shavers and other appliances up to 75 Watt. \$20. [chefsteven2015@gmail.com](mailto:chefsteven2015@gmail.com)

**Treadmill - Proform 635** CW, \$249, [timboney\\_52@hotmail.com](mailto:timboney_52@hotmail.com), well maintained/functioning treadmill. Adjusts for speed & slope. Cross fit ski poles adjustable for tension. Emergency situation stop.

**White leatherette case** for IPAD mini W/removable bluetooth keyboard, \$45.00, firm. [al@merwitz.com](mailto:al@merwitz.com) / 06371-60179

**TVs, Voltage Regulators,** €250, [cbpohlman@aol.com](mailto:cbpohlman@aol.com)



**Yamaha AV Receiver/Amplifier** Premium Aluminium. Dolby Digital/EX Decoder. Pro Logic II. 100 Watts x 10. AF/FM Tuner. 40 Station Random + Direct Tuning. Remote Control. User Guide. Dual Voltage. Excellent Working. €350. [chefsteven2015@gmail.com](mailto:chefsteven2015@gmail.com)

**2 each 120V** Cisco Wireless-G Internet Home Monitoring Cameras Model WV54GCA, with manual and CD. \$40, [spvencor@gmail.com](mailto:spvencor@gmail.com)

**3 Drawer Wide** Cart White. With 4 Rollers. Compl. Size: 25"H x 22"W x 15"D. Each Drawer: 7"H x 19.5"W x 13.5"D. Lots Of Storage Space. Very Sturdy. Made in USA. Euro 20. [chefsteven2015@gmail.com](mailto:chefsteven2015@gmail.com)

**50 Plastic Clothes** Hangers. Black. Strong and Durable. [chefsteven2015@gmail.com](mailto:chefsteven2015@gmail.com)

**50 Plastic Clothes** Hangers, Strong and Durable, Black, €10, [bethmary100@gmail.com](mailto:bethmary100@gmail.com)

**Aeropostale long sleeve.** Pink. On the front are pictures of peace signs and the label name is shown. Size M. Barely worn. Good condition. For pics see [www.class-world.com](http://www.class-world.com). €9. [jani.na.wuttke@gmx.de](mailto:jani.na.wuttke@gmx.de)

**Alessis 110V/220V** digital performance/studio piano w/chair, music stand, stool, hard case 750\$, call 06374-991073 pls leave a message

**Black knitted pullover.** Size XS but fits also for size M. €5. See [www.class-world.com](http://www.class-world.com) for pictures. Janina.Wuttke@gmx.de

## FOR SALE

All ads & pics on [www.FindItGuide.com](http://www.FindItGuide.com)

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

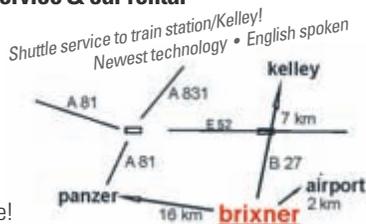
**Aeropostale Hoodie. Turquoise-blue.** Lettering "aero" and zipper at the front. Size M. Barley worn. €13. [janina.wuttke@gmx.de](mailto:janina.wuttke@gmx.de)

Your reliable, friendly and professional partner  
Garage – complete collision repair center – classic cars  
(ex-concessionaire of the car care center, panzer barracks in Böblingen)



Full service for your car – all makes & models (master mechanics)!  
Repair, maintenance, overhaul, tune up, engine repair, parts service,  
A/C service, detailing for car shipping, body repair and painting,  
towing service & car rental

**Our promise:**  
**BEST RATE**  
on and off post  
**HOURLY LABOR RATE:**  
**75 USD** (with VAT form)  
special offers for tyre & oil change!



We are happy to serve you Mon – Fri 7:30 a.m. – 6 p.m.  
For more information see [www.brixner.de](http://www.brixner.de) • Tel: 0711/993377-0  
Brühlhofstr. 9 • 70771 L.-Echterdingen (near airport/close to Kelley)

# Autohaus Bolz

New & used car sales • Auto repair & service  
Auto paint & body • Tires & accessories



Otto-Lilienthal-Straße 23 • 71034 Böblingen  
Tel. 0 70 31/7 19 91 • [www.autohaus-bolz.de](http://www.autohaus-bolz.de)

## AUTOMATIC TRANSMISSION

- Exchange Units
- Complete Overhaul
- Trans-repair
- Trans-parts



Lindberghstr. 5  
Heidelberg  
Tel: 0 62 21-76 61 67  
Tel: 0 62 21-76 61 02  
Fax: 0 62 21-76 61 64

## Our experience - Your advantage

New and used car sales / Auto repair and services



Welcome to the world of Chrysler, Dodge, Jeep and Hyundai in Böblingen.

Benefit from our diverse range of brands and over 2 decades of experience. Our medium-sized, family-run company offers you a full range of services for cars, new vehicles and used cars as well as professional full service.

Simply drop in and find out what we can do for you. We are looking forward to your visit!

Check us out on



VAT forms and credit cards accepted.



Autohaus Meiling GmbH  
Wolf-Hirth-Straße 29  
71034 Böblingen

Phone (07031) 22 40 57  
Fax (07031) 22 40 44  
[www.autohausmeiling.de](http://www.autohausmeiling.de)

**FOR SALE**

All ads & pics on [www.FindItGuide.com](http://www.FindItGuide.com)

**Beautiful hand-made purple/pink** felt flower brooch, perfect gift, can be pinned on jackets, scarves, bags and more! €12, for pics see [class-world.com](http://class-world.com) [jenniferwilking@hotmail.com](mailto:jenniferwilking@hotmail.com)

**Blanket Horse. 72"x52"**. Reversible. Heavy Quality. Machine Washable. Machine Dry At Low Heat. Great Condition. Euro 20. [chefsteven2015@gmail.com](mailto:chefsteven2015@gmail.com)

**Body Fat Scale.** Digital Display. Precision of 100g. Precision Body Fat 0.1%. Max 140 kg. Save Info for up to 10 User. User Guide. Orig.Box. €10. [chefsteven2015@gmail.com](mailto:chefsteven2015@gmail.com)

**Candle Holder. Iron** Base with Glass Cylinder. 9" High. €15. [chefsteven2015@gmail.com](mailto:chefsteven2015@gmail.com)

**Canister Vacuum Cleaner,** Crevice Tool, Upholstery Tool, Floor Brush, Mattress Brush, Extra Filters, User Guide, great for car cleaning, €35, [chefsteven2015@gmail.com](mailto:chefsteven2015@gmail.com)

**Cannondale V500,** aluminum frame, blue, Manitou front shocks (broken, and no longer have the original forks). Come and get it! [aarontgrogg@gmail.com](mailto:aarontgrogg@gmail.com)

**Canon Camera with Case.**Canon Camera Sure Shot 85 Zoom.User Guide.Orig. Box.Case Logic Camera Case 3 Pockets (2 Zipper Pockets).Belt Loop).Very Sturdy.\$50. [chefsteven2015@gmail.com](mailto:chefsteven2015@gmail.com)

**Chopper. Stainless Steel Blades.** Stainless Steel Body for Durability. Orig.Box. NEW. €15. [chefsteven2015@gmail.com](mailto:chefsteven2015@gmail.com)

**Cognac/Brandy Glass Set.** Engraved Horse. With Box. €20. [chefsteven2015@gmail.com](mailto:chefsteven2015@gmail.com)

**Collection of leather bound,** signed by the author, 1st edition books, mint cond. Over 100 different books. Authors include: Norman Mailer, William F. Buckley, Joseph Heller, Elie Wiesel, Donald Mc Dunne, John Updicke, Tom Wolfe, etc. \$ 15.000 - serious inquiries only! Call: 0631-940213 or 0151-270-19822

**Comforter Set. Buttons** connect the 2 Comforter into 1. Great Quality. 75" x 54". Orig.Packed. \$50. [chefsteven2015@gmail.com](mailto:chefsteven2015@gmail.com)

**Covered Bowl Korea.** Porcelain. 24 Carat Gold Trim. 3.5" Diameter. Handpainted. €35. [chefsteven2015@gmail.com](mailto:chefsteven2015@gmail.com)

**Cooks 10 Eggs** at Once, Non-stick 4egg Poaching Tray, 3egg Omelet Tray, Brush. Stainl.Steel Lid, On/Off Switch, Audible Alert, Standby Mode, Easy Cleanup, 2Egg Holders, Beaker with Piercing Pin, User Guide, Orig. Box, [chefsteven2015@gmail.com](mailto:chefsteven2015@gmail.com)

**Craftsman Gas Lawn Mower,** \$150, 2 years old Please contact [goworko\\_99505@yahoo.com](mailto:goworko_99505@yahoo.com)

**Crystal Heart Rosenthal,** Germany. Heart Shaped Crystal. Clear Crystal. 3". Orig. Box. €10 [chefsteven2015@gmail.com](mailto:chefsteven2015@gmail.com)

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

**Dallas Cowboy Hat.** NEW. \$15. [chefsteven2015@gmail.com](mailto:chefsteven2015@gmail.com)

**Dark green Roxy** Jeans. Size 30. Find pictures at [www.class-world.com](http://www.class-world.com). €10. [janina.wuttke@gmx.de](mailto:janina.wuttke@gmx.de)

**Dog Feeder. Adjustable** Bowl Height to your Dog's Needs. Perfect for Growing Puppies or Senior Dogs. 2 Stainless Steel Bowls (Dishwasher Safe) Each Bowl (1.6Qt.) 17.4"H x 15.7"L x 18.8"W. Very Sturdy. Orig. Box. €30. [chefsteven2015@gmail.com](mailto:chefsteven2015@gmail.com)

**Eco warrior shoulder** bag, hand-made felt, environmentally friendly bag made using only wool, water and soap, €25, [jenniferwilking@hotmail.com](mailto:jenniferwilking@hotmail.com)

**Egg Cooker. Cooks 10 Eggs** at Once, Nonstick 4egg Poaching Tray, 3egg Omelet Tray, Brush. Stainl. teelid, On/Off Switch, Audible Alert, Standby Mode, Easy Cleanup, 2Egg Holders, Beaker with Piercing Pin, User Guide, Orig. Box, €25, [chefsteven2015@gmail.com](mailto:chefsteven2015@gmail.com)

**Electric Kettle 1.7ltr.** 1500 Watts On/Off Light Automatic Shut-off Dual Water Windows Cordless (Lifts off Base for cordless pouring) User Guide Orig.Box €15. [chefsteven2015@gmail.com](mailto:chefsteven2015@gmail.com)

**Felt bag, gorgeous** hand-made felt bag with blue design, medium size, €30, [jenniferwilking@hotmail.com](mailto:jenniferwilking@hotmail.com)

**For Sale, €150,** ysamek@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, [spvondor@gmail.com](mailto:spvondor@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](mailto:jenniferwilking@hotmail.com)

Bosch Car Service




**AUTOHAUS MACK GmbH**

Complete auto service center  
Selling and repairing all models

Steinenbronner Str.30 • 71101 Schönaich  
Tel. 07031/65 20 36 • Fax.07031/65 29 75  
E-mail: [info@autohausmack.com](mailto:info@autohausmack.com)  
[www.autohausmack.com](http://www.autohausmack.com)

Opel/Vauxhall GM Service station

Shell shop & Shell petrol station

**VAT**

You can find us 5 minutes from the Panzerkaserne in direction Steinenbronn




**Auto Pieper** 



**2016 XC60s**  
with 50% off packages & options for quick delivery

**FREE SHIPPING TO THE US**  
**FREE MAINTENANCE**  
**SAVE \$\$\$\$\$\$\$\$\$**

[www.autopieper.com](http://www.autopieper.com)

U.S. MILITARY SALES outside Patch Barracks

**JASON LAPPIN**  
Local Agent Stuttgart

[jason.lappin@t-online.de](mailto:jason.lappin@t-online.de)  
**07 11-620 48 85**

**Get a brand new 2017 Audi at 2016 pricing**

Limited time offer



  
**Audi**

Available on select models. Speak to your Sales Representative for more details.

[militaryautosource.com/audi](http://militaryautosource.com/audi)

**Contact Your Local Sales Representatives:**  
**Nicholas Morley** | (07 11) 72 24 18 31 | [nmorley@militarycars.com](mailto:nmorley@militarycars.com)  
**Glen Taylor** | (07 11) 65 69 39 68 | [gtaylor@militarycars.com](mailto:gtaylor@militarycars.com)  
**STUTTGART** | Hauptstrasse 189-B | Stuttgart D-70563

**MAS MILITARY AUTOSOURCE**

Vehicle shown is for illustration only, and may contain optional equipment available at additional cost. Program and guarantees are subject to terms and conditions. Offered by Auto Exchange Kraftfahrzeug-Handels GmbH (AKS426)

**FOR SALE**

All ads & pics on [www.FindItGuide.com](http://www.FindItGuide.com)

**Garmin 360 Navigation**, \$50, spvendor@gmail.com

**German Beer Stein** Octoberfest. Decorative Pewter Lid (Carriage). Limited Edition. Heavy Quality. 10"High. €115. chefsteven2015@gmail.com

**German Beer Stein Wildlife**. Fox Design. Decorative Pewter Lid (Fox). Heavy Quality. 10"High. €95. chefsteven2015@gmail.com

**German Beer Stein**. Famous German Attraction Theme. Pewter Lid 9.5"HIGH. €70. chefsteven2015@gmail.com

**German Beerstein. Kaiserslautern** and famous German Cities Design. Pewter Lid. 9.5"High. Bottom is a little chipped (don't see it if Displayed Only). €30 chefsteven2015@gmail.com

**German Pewter Cup** Set. Engraved with Wildlife Theme. 3.25"High. 95% Pewter. NEW. \$25. chefsteven2015@gmail.com

**German Pewter Cup**. Engraved with Steffi Graf Design (3 Different Motifs). 3.5" High. 95% Pewter. \$50. chefsteven2015@gmail.com

**German Pewter Plate**. Engraved with all 16 German Regional District Logos. 9"Diameter. \$45. chefsteven2015@gmail.com

**Gilde Clown. Gilde**, Germany. 3.5" High. Handpainted. €12. chefsteven2015@gmail.com

**Marilyn Monroe Box** 12" x 8". \$15. chefsteven2015@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

**Griddler 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.class-world.com](http://www.class-world.com). Contact janina.wuttke@gmx.de

**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.

**Kitchen Aid Hand Blender** silver. 2 Speed. Quiet, Powerful Motor. Blend, Puree and Crush. Soft Grip Handle. Blending Arm Dishwasher Safe. 3 Cup Jar with Lid. User Guide. Orig.Box. NEW. €30 chefsteven2015@gmail.com

**Like New Poker Chips** with carrying case, \$20.00, spvendor@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](mailto:goworko_99505@yahoo.com)

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

**Milk Frother** for 8 oz. frothed milk and 12 oz. steamed milk. Dishwasher Safe Removable Milk Pitcher with see-through lid. Frothing and Heating Disks. 3 Temperature. User Guide + Orig. Box. €45. chefsteven2015@gmail.com

**Mountainbike for men**, matt black, Continental wheels. Has 1 flat wheel, but I will give you a new inner tube to fix it. For pickup only in Kaiserslautern city. Call Nabil at 0176 - 79 222 999

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

**Nike Sports Bag** Large. Black. 3 Compartments. 2ft. Long x 1ft. High x 1ft. Wide. €40. chefsteven2015@gmail.com

**Org. Thomas Sabo Charm**, price new was 49€, never used, was a bday present, selling price €20, for pics please see [class-world.com](http://class-world.com), [s.vog175@web.de](mailto:s.vog175@web.de)

**Oversized Cardigan** from Review. Black and white stripes. For pictures visit [www.class-world.com](http://www.class-world.com). €10. janina.wuttke@gmx.de

**Small grey felt** shoulder bag with mushroom design, perfect gift, €20 [jenniferwilking@hotmail.com](mailto:jenniferwilking@hotmail.com)

**Rice Cooker w/Cable**. 3 Cup (makes up to 6 Cups of cooked rice). Removable Cooking Pot. Glass Lid. Keep Warm Function (Indicator Light). Cook Indicator Light. Spatula+Measuring Cup. User Guide. Orig.Box. \$8 chefsteven2015@gmail.com

**Rosina Wachtmeister Glass Cat** Pair. Can be used with Metal Stake (incl.) or without. 32" High. Gobel, Germany. Orig.Box. €60. chefsteven2015@gmail.com

**Samsonite Sports Bag**. Heavy Duty Quality. Great as Sports Travel Bag. \$40. chefsteven2015@gmail.com

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

**Sheep Pendulum Clock**, Makes Sheep Sound and Sheep Appears every Hour (Noise can be muted). Orig. Box. NEW. €45. chefsteven2015@gmail.com

**Steam Iron. 1700 Watts Power**. Stainless Steel Soleplate. Variable Steam Control. Pro Vertical Steam. Spray Button. 3 Way Smart Auto Off. Extra Large Water Tank (8.4oz.). Self Clean. Made in Germany. Excellent Working. User Guide. Orig.Box. €50. chefsteven2015@gmail.com

**Striped hand-made felt** shoulder bag, large, trend colors, perfect gift, €30, [jenniferwilking@hotmail.com](mailto: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.

**Swiss Cow Bell**. €12 chefsteven2015@gmail.com

**Swarovski Crystal Mouse**. Collectible Edition. Made in Austria. Orig.Box. Great Condition. \$50 [chefsteven2015@gmail.com](mailto:chefsteven2015@gmail.com)

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

**Target practice, eco warrior** shoulder bag, hand-made felt, environmentally friendly bag made using only wool, water and soap, €25, [jenniferwilking@hotmail.com](mailto:jenniferwilking@hotmail.com)

**The Swarovski Pierrot** measures 8". This is the first edition of "Masquerade" series. Retired in 1999. [isabell\\_1\\_98@yahoo.com](mailto:isabell_1_98@yahoo.com)



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

**Tray. Plush Cushion** Base provides comfort and stability. 17.5" x 13.5". €15. chefsteven2015@gmail.com

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

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



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

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

**Wall Decor Picture**. Hand Crafted. Deer Hide. Made In Siberia. €45. chefsteven2015@gmail.com



**WMF Cookware 11pc**. Covered Low Casserole 16cm+20cm. Covered High Casserole 16cm+20cm+24cm. Saucepan 16cm. Cold Handles of Stainless Steel. Dishwasher and Oven Safe. Orig.Box. €330. chefsteven2015@gmail.com

**WMF Napkin Holder**. Stainless Steel. Orig.Box. €20 chefsteven2015@gmail.com

**DR. OSTHUS**

**Your first choice for Plastic Surgery**

BREAST AUGMENTATION • LIPOSUCTION  
TUMMY TUCK • BREAST LIFT • BREAST REDUCTION  
LIPOFILLING • BLEPHAROPLASTY  
HYALURONIC ACID FILLERS FOR WRINKLES AND LIP AUGMENTATION

Dr. med. Holger Osthus • Sindelfinger Straße 10 • 71032 Böblingen  
+49 (0) 70 31 / 20 91 20 • [dr-osthus@gmx.de](mailto:dr-osthus@gmx.de) • [www.dr-osthus.de](http://www.dr-osthus.de)

**DR. BIANCA KNOLL**  
AESTHETIC PLASTIC SURGERY

- Most advanced techniques in body contouring surgery
- Breast augmentation/ reduction & lift • Rhinoplasty
- Blepharoplasty • Face/neck lift • Botox®, Filler, Peels
- Skin Cancer • Scar revision...and many more

We accept VAT-forms • TRICARE preferred provider  
Dr. Bianca Knoll • Savignystr. 61 • 60325 Frankfurt • Fon: 069-7422-7979  
Email: [info@dr-bianca-knoll.com](mailto:info@dr-bianca-knoll.com) • [www.dr-bianca-knoll.com](http://www.dr-bianca-knoll.com)

**Modern Aesthetic Dentistry**

- Aesthetic Dentistry
- TMJ/Facial Pain Treatment
- Certified Dental Hygienist
- Preventive Care and Periodontal Therapy
- Orthodontics/Invisalign
- Implants

**NEW opening in Stuttgart**

**Dr. Charles A. Smith** DDS, LVIF is an American trained dentist providing expert dental care with the newest and most successful techniques to cover all your dental needs. Come see why patients travel from all over Europe to visit Dr. Smith for general dental care to smile makeovers. After many successful years in Heidelberg, Dr. Smith has now opened a second office in Stuttgart. **Please call to schedule your appointment.**

Charles-Lindbergh-Str. 11 • 71034 Böblingen  
Phone 0 70 31-2 05 60 62 • [www.boeblingendental.com](http://www.boeblingendental.com)

**Therapiezentrum am Maienplatz**

Center for:

- Physical therapy
- Occupational therapy
- Speech therapy

Waldburgstraße 1  
71032 Böblingen

Tel.: 0 70 31 - 23 62 62  
Email: [info@therapiezentrum-bb.de](mailto:info@therapiezentrum-bb.de)  
[www.therapiezentrum-bb.de](http://www.therapiezentrum-bb.de)

Tricare Preferred Provider.  
High qualified staff.  
All our services are available in English.

**Dr. Petra Bagusche**

**We are your specialists for:**

- Cosmetic Dentistry
- Prosthetics
- Implantology
- Prophylaxis/Bleaching
- Periodontology

**Dr. Petra Bagusche** | TRICARE OCONUS Preferred Dentist  
Poststraße 44 | 71032 Böblingen  
Phone: 07031-49 88 11 | Fax: 07031- 49 88 49  
E-Mail: [dentistry@dr-bagusche.de](mailto:dentistry@dr-bagusche.de) | [www.dr-bagusche.de](http://www.dr-bagusche.de)

**FOR SALE**

All ads & pics on [www.FindItGuide.com](http://www.FindItGuide.com)

**WMF Drinking Cup** Stainless Steel. 350ml. Dishwasher Safe WMF Germany. €15. [chefsteven2015@gmail.com](mailto:chefsteven2015@gmail.com)

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

**WMF Silverware 30** Pieces. Stainless Steel. Dishwasher Safe. WMF Germany. Orig. Box. \$75. [chefsteven2015@gmail.com](mailto:chefsteven2015@gmail.com)

**Wristwatch Zodiac Sign.** Gemini Design. Black Leather Band. Orig. Box. NEW. €25. [chefsteven2015@gmail.com](mailto:chefsteven2015@gmail.com)

**FURNITURE**

All ads & pics on [www.FindItGuide.com](http://www.FindItGuide.com)

**2013 pair of lazy chairs**, leather white. €230 for both chairs. Like new condition. Please contact Nathalie at [macarthurnathalie@gmail.com](mailto:macarthurnathalie@gmail.com)

**3 & 2 Seat Couches**, €500.00, [parwk@superkabel.de](mailto: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. EUR 270. [bethmary100@gmail.com](mailto:bethmary100@gmail.com)

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



**8 Drawer Dresser.** Lots of storage space. 45"H. x 29"W x 14"D. \$75. Picture shows 2 Dressers. [bethmary100@gmail.com](mailto:bethmary100@gmail.com)

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

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

**Antique Bench**, with cushion seat, storage space and wheels. See photo on KA classifieds web page. Contact Eric and Mia at 063759949674., €600, [eyates9761@aol.com](mailto: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 corner desk.** See photo on KA classifieds web page. Contact Eric and Mia at 063759949674., €150, [eyates9761@aol.com](mailto:eyates9761@aol.com)

**Clock**, \$150.00, [spvendor@gmail.com](mailto:spvendor@gmail.com)

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

**Antique reproduction secretary desk.** See photos on KA classifieds web page. Contact Eric and Mia at 063759949674., €120, [eyates9761@aol.com](mailto:eyates9761@aol.com)

**Bed, Single w/mattress.** Solid wood frame. Mattress like new condition. €75, [jcambr@yahoo.com](mailto: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](mailto:chefsteven2015@gmail.com)

**Coffee Table w/Magazine Shelf** and Glass Center Piece. 4x2ft. 16"High. €220. [bethmary100@gmail.com](mailto:bethmary100@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](mailto:goworko_99505@yahoo.com)

**Couch set**, €900, [stefandsanya@gmail.com](mailto:stefandsanya@gmail.com)

**Couch Table.** Glass Table with Magazine Shelf (Wood). 46"L. x 27"W. €25 [chefsteven2015@gmail.com](mailto:chefsteven2015@gmail.com)

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

**Desk (with 3** rollout shelves). 30"H. x 35.5"W. x 18"Deep. €45. [chefsteven2015@gmail.com](mailto:chefsteven2015@gmail.com)



**Dining Room Table & Chairs.** \$350.00 OBO. Large table with 18" leaf, 4 regular chairs, 2 arm chairs. Must pick-up in Saalstadt. 06375-3889355. [j\\_c\\_hudson@yahoo.com](mailto:j_c_hudson@yahoo.com)

**Dining room table** and five wooden chairs. (4 shown) €100, [jcambr@yahoo.com](mailto:jcambr@yahoo.com)

**Dining Table Set.** Dining Table with 4 Design Arm Chairs. Dining Table 61.5"x44". Without Extension 44"Diameter. Great Condition. € 350. [bethmary100@gmail.com](mailto:bethmary100@gmail.com)

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

**Free Wooden Dining Set.** A classic! Table(41x41")plus 2 leaves (12" wide each), 4 chairs. No major damage, just small nicks. May want to refinish top. If you can haul it, it's yours! Call 0631 41 23 71 34 Kaiserslautern

**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

**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, [spvendor@gmail.com](mailto:spvendor@gmail.com)

**Metal Coat Rack** with Brass Buttons Very Sturdy 69"H. x 16"W. €70. [chefsteven2015@gmail.com](mailto:chefsteven2015@gmail.com)

**Metal Headboard+Footboard**, Queen Size, Brushed Nickel Finish, Metal Gauge Tubing, Solid Bar Wire, Delivery available, €250, [bethmary100@gmail.com](mailto:bethmary100@gmail.com)

**COCADA** Kosmetik & Waxen

Just for you... Get your gift certificate today!

**EASTER SPECIALS**

Manicure Shellac - €28	Back Waxing - €25
Pedicure Shellac - €35	Chest /Belly - €25
Brazilian Bikini Waxing - €35	Air Brush Tanning - €25
Legs Waxing - €35	Massage (1hour) - €45

Call for appointments at: **0 70 31 721 79 93**

Postplatz 8 • 71032 Böblingen • [www.cocada-kosmetik.de](http://www.cocada-kosmetik.de)



Meet our Dentists and International Team

**OXIDIO**

Our dentists **Dr. Reinhard Winkelmann, Harvey Lum DDS, Paul Neuscheler** and our international, English-speaking team are looking forward to welcome you in our modern dental office in Gärtringen.

**Dental Office**  
**Dr. Reinhard Winkelmann**  
 Blücherstr. 13  
 71116 Gärtringen  
 Email: [praxis@oxidio.com](mailto:praxis@oxidio.com)  
 Phone: 07034-647729-66

We meet the highest American standards and we are an official MetLife TRICARE Provider.

Your bill will be generated in English using the US code for dental services. Your US insurance will understand it. We are a MetLife TRICARE Provider ([www.metdental.com](http://www.metdental.com))

Visit [www.oxidio.com/welcome](http://www.oxidio.com/welcome) to find out more or call us to make an appointment.

[www.oxidio.com/welcome](http://www.oxidio.com/welcome)



**New Year, New YOU!**  
 Call for your consultation today

Dr. Guido Köhler

Private clinic in Tübingen run by a board-certified plastic surgeon. We offer a wide range of treatments:

- Botox
- fillers
- eyelid surgery
- liposuction
- breast surgery
- tummy tucks
- hand surgery
- ... and much more

Fluent/Conversant in English

**VAT**

**Dr. Guido Köhler** Please call or visit website for appointment.  
 Katharinenstr. 10 Tel.: +49 (0)7071 3659781  
 72072 Tübingen [www.guidokoehler.com](http://www.guidokoehler.com)

# Have fun with the locals



## Chamber Ballet Thu, Mar 10 Stuttgart, Staatstheater

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

Photo by Igor Bulgarin / Shutterstock.com

### EVENTS

#### Underground tour

**Thu, Mar 10**

##### Esslingen, city center

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

#### Good Energy Music

**Fri, Mar 11**

##### Ludwigsburg, Rathskeller

It's not a well-kept secret that music inevitably changes a person's mood, so turning to it for good energy sounds perfectly reasonable. Take this chance to hit the dance floor every Friday from 6 p.m. with tunes from all kinds of genres from all over the world. Admission is 100% free, food and drinks are available for purchase. For more info go to [www.ludwigsburg.de](http://www.ludwigsburg.de)

#### Culinary walks

**Sat, Mar 12**

##### Stuttgart, city center

If you are looking to enjoy a bit of culture then join the culinary walk in Stuttgart. The culinary walk is offered from January 25 until December 31, 2016. This tour will take you through the streets of Stuttgart and to top it off also include a full 3-course meal. The tour is approximately 4 hours. You will be hearing some interesting facts about Stuttgart's specialties, its past and present. For more information see [www.stuttgart-tourist.de](http://www.stuttgart-tourist.de) or call 0711 222 81 00

to reserve. A maximum of 10 participants is needed. Price is €38. For more info about the tour go to [www.stuttgart-tourist.de](http://www.stuttgart-tourist.de)

#### Segway city tour

**Sat, Mar 12**

##### Stuttgart, city center

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

#### Retro Classics

**Thu, Mar 17**

##### Stuttgart, Retro Messen

Retro cars tell a story of a lifetime. The Retro Classics in Stuttgart will be from March 17 to 20 in the Messe. More than 3000 cars from all corners of the world showcasing young timers, American cars, and Neo classics. To preview on Thursday, opening hours are 11 a.m. to 7 p.m. and on Friday to Sunday 9 a.m. to 6 p.m. A day ticket is €18, family ticket is €40 (2 adults and own children from age 6-15) children under 6 years are free. For more info go to [www.retro-classics.de](http://www.retro-classics.de)

#### Harlem Globetrotters

**Sat, Mar 19**

##### München, Olympiahalle

These professional and yet funny basketball players are celebrating their 90th Anniversary Tour this year. The Harlem Globetrotters are going to give you a show of a lifetime. Why not purchase the magic pass that gives you the opportunity to get tips from them and even snag an autograph and picture with them. If you want to be up close and personal, get the player seat fan tickets

which include the Magic Pass, VIP pass and fan packet. All this includes the tour program, a keychain, and a basketball jersey with an autograph. Ticket price starts at €40.15. Get your tickets quick as they are selling fast. For more information go to [www.harlemglobetrotters-deutschland.de](http://www.harlemglobetrotters-deutschland.de)

#### A-Cappella

**Sat, Mar 19**

##### Stuttgart, Staatliche Hochschule

A-Cappella has been cool long before Pitch Perfect made it cool but let's be honest – none of us knew it was. Either way, we have been enlightened now and we shall not miss out any more. Thankfully, Stuttgart's Staatliche Hochschule für Musik und Darstellende Kunst and Saarbrücken's Chamber choir have invited us to enjoy vocal masterpieces by Ko Matsushita and Max Reger on March 19 from 7 p.m. to dive deeper into the art of singing without any musical accompaniment. Ticket price starts at €12. For more info go to [www.stuttgart.de](http://www.stuttgart.de)

#### Romeo and Juliet ballet

**Sun, Mar 20**

##### Stuttgart, Staatstheater

Wherefore art thou, Romeo? Find out at Stuttgart's Staatstheater's production of Shakespeare's Romeo and Juliet. John Cranko invites to you to Verona and shows you the tragic yet classic play from a whole new perspective between March 20 and July 20. Spectacular costumes, authentic settings and extraordinary dance moves that are – quite literally – on point. Get your tickets at a starting price at €8. For more info go to [www.stuttgart.de](http://www.stuttgart.de)

### CONCERTS

#### Mariah Carey

**Thu, Apr 14**

##### München, Olympiahalle

Mariah Carey is back and with full force. This diva is going on her Sweet Sweet Fantasy tour this year. See her live on April 14 in München's Olympiahalle. Ticket price starts at €62.15. The Sweet Sweet Fantasy tour starts at 7:30 p.m. For more info go to [www.eventim.de](http://www.eventim.de)

#### Anastacia live

**Fri, Apr 29**

##### Stuttgart, Liederhalle Beethovensaal

Anastacia is an American singer and songwriter who is known for her soul voice. See her live on April 29 in Stuttgart, as she goes on the Ultimate Collection tour. The show will start at 8 p.m. Ticket price starts at €67.90. For more info go to [www.eventim.de](http://www.eventim.de)

### SPORTS

#### Ice hockey

**Wed, Mar 16**

##### Stuttgart, Scharrena

Join TVB 1898 Stuttgart at their game against the Rhein Neckar Löwen at the SCHARrena on March 16 from 7 p.m. Get your tickets at the starting price of €14. For more info go to [www.stuttgart.de](http://www.stuttgart.de)

#### Gymnastics tournament

**Fri, Mar 18 – Sun, Mar 20**

##### Stuttgart, Porsche-Arena

Some of the world's best gymnasts are stepping up to the mat from March 18 to March 20 in the Porsche-Arena in Stuttgart. Qualification for the men will start at 10 a.m. on Friday followed by the second group at 1:15 p.m. The women's tournament will be on Saturday at 12:30 p.m. On Sunday at 12:30 p.m. you will have the men's world cup and at 4:45 p.m. the Final Team Women's challenge. For more info go to [www.dtb-online.de](http://www.dtb-online.de)

More events on: [www.MilitaryInGermany.com](http://www.MilitaryInGermany.com)

**military**  
IN GERMANY

**FURNITURE**

All ads & pics on [www.FindItGuide.com](http://www.FindItGuide.com)

**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

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



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

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

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

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



Monica Hansen  
Attorney at Law

**FAMILY LAW SERVICE**

mhansenlaw@gmail.com  
0152-27 037 592

**MOTORCYCLES**

All ads & pics on [www.FindItGuide.com](http://www.FindItGuide.com)

**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

**PETS**

All ads & pics on [www.FindItGuide.com](http://www.FindItGuide.com)

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

**Cute English bulldog puppies** for good home they are very friendly with kids and other pets in the house, they are vet checked, currently on all shots, Akc reg, pedigree they come with all papers contact me at :keenlevis@gmail.com

**Cute Yorkie puppies** available for good mom Beautiful AKC yorkie Terrier puppies. they are awaiting for their forever home. . beautiful thick silky coat, nice compact body.contact me at : soliefred@gmail.com

**Rottweiler puppies** for good family, they are cute and lovely puppies , they will make a great addition to your family, they are kc regvet check, currently on all shots , home potty trained, pedigree and they come with paperscontact me at : soliefred@gmail.com

**PROFESSIONAL SERVICES**

All ads & pics on [www.FindItGuide.com](http://www.FindItGuide.com)

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

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

**UPI2**  
RECHTSANWÄLTE  
FACHANWÄLTE | NOTARE  
FULL SERVICE LAW FIRM

**U.S. & GERMAN ATTORNEYS**  
US & German Divorces • Support Issues  
Wills and Probate • Employment • EEO • MSPB  
Personal Injury • Contractor Issues • Tax

**CALL 069-299-2069-0**  
email: maiss@up12legal.de

**H&R BLOCK® Results – Guaranteed.** At H&R Block, we stand behind our work. If we make a mistake, we will pay any additional interest and penalties. Plus, if the IRS should call you in for an audit, we will explain your audit notice and the documentation you need to provide, at no extra cost. We have experts on hand year around to help you. All prior years can be done as well.

**Can your tax services give the same Guarantee?**

Kurmarkerstr. 30 • 70569 Stuttgart-Vaihingen  
Tel: 0711-6 87 30 96 or 0711-120 76 24 • Email: hrblockstuttgart@hotmail.com

**VETERINARY CLINIC**  
— Dr. Birgit Seiffert —

**GRAND OPENING**

**Of Course We Speak English!**

[www.stuttgartvet.de](http://www.stuttgartvet.de)  
Regerstrasse 18, Stuttgart  
(reserved free parking)  
0711 658 11 750

**The Finest in Veterinary Care – With a Big Heart!**

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

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

**YARD SALES**

All ads & pics on [www.FindItGuide.com](http://www.FindItGuide.com)

**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. Adresse, 67678 Mehlingen



**English – Spanish – German**

- > Looking for a certified translator and/or interpreter?
- > Planning to get married or purchase property in Germany?
- > Need German language support with lawyers or notaries?



German language classes for business people  
25 years of experience.  
Reliable, fast & friendly service.

VAT exemption forms accepted.  
Near Patch Barracks Stuttgart.  
T 0711 78 74 280 • C 0170 862 1941  
[www.graf-uebersetzungen.com](http://www.graf-uebersetzungen.com)



**Have you found your (German) dream home already?**

We make it happen by providing you with our unique mortgage loan solution that has specifically been developed for the needs of U.S. citizens in Germany. We take care of your mortgage, insurance and banking needs. Trust our professionals to find the mortgage loan that best suits your needs. Our friendly and well trained staff offers you a very good service, advice and all the assistance you need (during and after the process), so you can just concentrate on moving in.

We have several satisfied American customers. Give us a try and convince yourself.



Gianclaudio Sena e. K., Allianz Generalvertretung  
Stettener Hauptstr. 62, D-70771 L.-E. Stetten  
petra.gehrung@allianz.de, www.sena-allianz.de  
Tel. 07 11.78 23 96 48, Fax 07 11.78 23 96 44



**Gerhard Koch**  
Your Insurance Broker

**Best Coverage**

**#1 Ranking Auto Club**

€74.50 family price per year

No € limit for towing

No 50 km rule for rental car

**Get the Best Quote from all Insurance Companies!**

Certified Insurance Professional

Gartenstrasse 16  
75378 Bad Liebenzell

Fon 0 70 52 – 93 00 34  
Fax 0 70 52 – 93 00 98  
Mobil 01 63 – 6 93 16 86

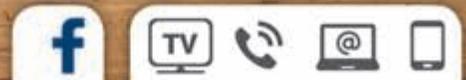
Email: info@gerhardkoch.de  
Web: [www.gerhardkoch.de/english](http://www.gerhardkoch.de/english)

# THE NEW INTERNET

**NO DOWNLOAD LIMIT  
GERMANY-WIDE!**

- ✓ up to 100 Mbps<sup>1</sup>
- ✓ on & off-base
- ✓ no annual service contract
- ✓ bundle it with easyTV  
and save €59.95<sup>2</sup>
- ✓ internet flat
- ✓ VAT-free<sup>3</sup>

**be free with easyConnect!**  
a new generation of internet



**For more information visit your local TKSShop.**

<sup>1</sup>with a new sign-up for easyConnect, where technically feasible. <sup>2</sup>Free activation for easyConnect.  
<sup>3</sup>VAT form required.



**TKSShop Böblingen**  
Panzer Shopping Mall  
Mon - Sat: 10:00 - 19:00  
Sun: 11:00 - 17:00



WORLDWIDE  
STRATEGIC PARTNER



**TKS**

A VODAFONE  
KABEL DEUTSCHLAND  
COMPANY

..... [www.tkscable.com](http://www.tkscable.com) .....

# Family & MWR *i*NSIDER

USAG STUTTGART

MARCH 10 - 23 EDITION

*CYSS*

## Eggstravaganza (Egg Hunt)

MAR. 26: Patch Fitness  
Center, 11 a.m.

## Easter *Brunch & Egg Hunt*

MAR. 27: Swabian Special  
Events Center, 10:30 a.m.

## *Spring* Fling 5K Run

MAR. 26: Patch Fitness  
Center, 9:30 a.m.



## *Kelley Club* Easter Brunch

MAR. 27: Kelley Barracks,  
10:30 a.m.

## ODR Easter Weekend Express

MAR. 26: St. Anton,  
Austria, 5 a.m.



[stuttgart.armymwr.com](http://stuttgart.armymwr.com)



# Spring BAZAAR

**Mar. 18 - 20** / Patch Fitness Center and surrounding areas.  
Friday & Saturday 10 a.m. - 7 p.m. and Sunday 10 a.m. - 4 p.m.

Come join us for an entire weekend of shopping  
and fun activities!

## Market with over 60 European Vendors

- International wine
- Custom jewelry
- Home decor
- Ceramics & antiques
- Chocolates & cheeses
- Arts, crafts & pottery
- Alphabet photography  
and much more!

## Food & Beverages

- Food such as pulled pork, ribs, potato salad, beans, fish, chicken, collard-greens, chips, grilled pork-steaks, Frito pie, baked-potatoes, chili dogs, nachos and drinks available for purchase from private organizations and Family and MWR.

## Mar. 19: Parent's Day Out, Patch CDC/SAC, 10 a.m. - 4 p.m.

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

## Patch Community Club (PCC) Back-lot Bar

- Bar opens at 12 p.m. on all 3 days
- Appetizer Basket Special \$2.50 off baskets (wings, tenders, cheese sticks & poppers)
- Bar Bingo on Fri. & Sat., 6 - 8 p.m. (Win \$500 in prizes)
- Line dancing on Saturday, starts at 7 p.m. followed by Country Western 8 p.m - 2 a.m.



**WIN  
\$10,000  
IN PRIZES!**

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

### Stay-N-Play Prize List

- Mountain Bikes
- Sony 55" TV
- NutriBullet Blender
- Vitamix Blender
- Go Pro 4 Black and Go Pro Hero Silver
- BOSE Quiet Comfort Headphones
- DeWalt 12V Max Drill/Driver
- iPad Mini Air
- Fit Bit Surge Watches
- Steigenberger Spa Vouchers
- Beauty Day and Aromatic Body Pack
- €500 Gift Cards for Deutschen Bahn
- Samsung 8.0 Tablet S2
- United Airlines R/T tickets to US
- Edelweiss Lodge & Resort Vouchers

### Family and MWR Programs at the Patch Community Club (PCC)

- ACS:** Info on ACS programs.
- Golf:** Tournament program schedule, player development programming, tee time/rates, facility usage info and the annual membership drive!
- VAT/UTAP Office:** Information on how to sign up for the UTAP program.

**Entertainment:** Info & sign-up sheets about upcoming 2016 productions, volunteering, and participation. Display photos of past productions/volunteers in action!

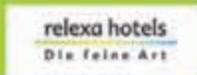
**Library:** Display online resources (e-Books, audio books, magazines, etc.), market monthly programming (Lego club, Science Time with the Scientist, YA Creativity Activity, Preschool Story-time), survey for programming ideas, and registration information.

**Arts and Crafts:** Will set up a table with calendars of March/April events, display samples of classes & custom items we offer to include knitted hats, fabric baskets, woven baskets, quilts and miscellaneous items from Patch Frame Shop/Kelly Woodshop as well as Patch Photo Studio.

**Outdoor Rec/Sports Fitness/Auto Skills:** Trip info and sign-ups, surveys, programs and classes, upcoming races and massage therapy information.



[stuttgart.armymwr.com](http://stuttgart.armymwr.com)



# THEATRE

## *The School for Scandal* Performance

**Apr. 8, 9, 15, 16, 29, & 30 at 7:30 p.m. / Apr. 17 & May 1 at 3 p.m.** Get your tickets now for this restoration comedy re-set in the 1920's that focuses on the intrigues and scandals of the British upper class. Tickets \$15 for adults, \$13 for children. Minimum age to attend any performance is 5 years. You can reserve your tickets by visiting [www.stuttgart.armymwr.com](http://www.stuttgart.armymwr.com) or call DSN 421-3055 / CIV 0711-729-3055. Stuttgart Theatre Center, Kelley Barracks, Bldg. 3320

..... *Coming Soon!* .....

**Apr. 1: Month of the Military Child Bubble Launch, Individual (CDC, SAC, YC) Centers, 3 – 4 p.m.**

Children in care will enjoy blowing bubbles to celebrate the start of Month of the Military Child. Bubbles and wands will be provided for each child in attendance. DSN 430-7480 / CIV 0711-680-7480.

**Apr. 8: Month of the Military Child Appreciation Carnival, 3 – 6 p.m.** The carnival is open to middle school/teens and will feature carnival games with small prizes. Hot dogs and chips will be provided. For more information, call DSN 430-7480 / CIV 0711-680-7480. Patch Youth Center (HUB), Patch Barracks, Bldg. 2337

**Every Friday in April, Kid's Special, Java Café, 6 a.m. – 6 p.m.** In honor of Month of the Military Child, all kids 16 and under can enjoy a 12 oz. drink at the Java Café for only \$2. DSN 430-8365 / CIV 0711-680-8365.



### SUNDAYBRUNCH

**Sundays from noon - 3 p.m.**

Enjoy a delicious meal and exquisite desserts in a cozy atmosphere.

Includes a glass of champagne, soft drinks, beer, wine and water.

**€ 34,- per person**

Children 7 - 12: € 15,- / children 6 or under: FREE

Parking is included in the price

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

No Federal endorsement implied.

Stuttgart Marriott Hotel Sindelfingen  
Mahdentalstr. 68 · 71065 Sindelfingen  
[Stuttgart-Marriott-Sindelfingen.com](http://Stuttgart-Marriott-Sindelfingen.com)



## FOREIGN SERVICE BENEFIT PLAN

*Caring for Your Health Worldwide®*

AMERICAN  
FOREIGN  
SERVICE  
PROTECTIVE  
ASSOCIATION

FOREIGN SERVICE BENEFIT PLAN  
*Caring for Your Health Worldwide®*

# The Plan that Serves you Overseas and at Home

- ◆ Wellness program with gift card rewards
- ◆ Generous massage therapy, acupuncture, & chiropractic benefits
- ◆ Secure online claim submission & electronic claim payment
- ◆ Low calendar year deductible for in-network & overseas providers
- ◆ 24-hour Nurse Advice & Translation Line
- ◆ Nutritional counseling & Weight Management Program

This is a brief description of the features of the Foreign Service Benefit Plan. Before making a final decision, please read the Plan's Federal brochure (R 72-008). All benefits are subject to the definitions, limitations and exclusions set forth in the Federal brochure. Proud FMWR Sponsor—Sponsorship does not imply endorsement by USAG Stuttgart, Department of the Army, or Department of Defense.

**Learn more at [www.AFSPA.org/FSBP](http://www.AFSPA.org/FSBP)**