

PHS students all 'business'*PHS students win 23 medals during a Future Business Leaders of America Conference.***DAZ hosts American Days***The sixth annual American Days brings American culture to Stuttgart May 14-25.*

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Stuttgart named 'Most Improved' in ACOE program

USAG Stuttgart Public Affairs Office

U.S. Army Garrison Stuttgart was one of two garrisons named as Most Improved (and the only overseas garrison to be recognized) in the 2014 Army Communities of Excellence program in an announcement released to the garrison April 21.

USAG Stuttgart will receive a \$10,000 monetary award.

The ACOE program is based on the principle that communities support people best by combining excellent services with excellent facilities in a quality environment. The ACOE awards, which have been presented since 1989, are given annually to the Army installations scoring highest in the Army Communities of Excellence competition.

By using criteria established for the Malcom Baldrige National Quality Award as a framework for performance assessment, the ACOE program helps participating Army installations/communities focus on providing excellence in facilities and services in support of Soldiers, their families and civilians.

Baldrige-based performance assessments provide opportunities to identify best practices in installation management and reveal potential opportunities to apply appropriate performance improvement tools.

See *ACOE* on page 4



Gunner Saunders

The roof of U.S. Army Garrison Stuttgart's headquarters building is covered with solar panels. The garrison was recently recognized in the Army Communities of Excellence Program for its aggressive energy and water efficiency programs, which include installing solar panels on buildings across the garrison, replacing street lights with more efficient LED lights, using motion sensitive LED lighting in building hallways and installing water-saving aerators on faucets.

Comedian delivers ASAP training with a 'twist'



Martin Greeson

Comedian Bernie McGrenahan delivers a powerful message to service members and civilians during a stand-up comedy performance April 18 at the Patch Community Club. McGrenahan developed "Happy Hour — Comedy is the Cure," a show that combines comedy and his own life experiences, to inspire service members. The program was sponsored by U.S. Army Garrison Stuttgart's Army Substance Abuse Program.

By Greg Jones

USAG Stuttgart Public Affairs Office

Comedian Bernie McGrenahan performed his "Happy Hour — Comedy is the Cure" show for Stuttgart audiences at the Patch Community Club and Kelley Theatre April 18, providing comedic relief and Army Substance Abuse Program training all at the same time.

The performances began with a comedy show that transitioned into a very frank discussion of alcohol abuse and all of the problems it can cause. McGrenahan shared his own experience with multiple driving under the influence charges, even jail time, as well as his own brother's suicide due to alcohol-related problems. McGrenahan uses comedy to lighten the mood and deliver an inspirational message. He laces a tale of personal struggle with humor and comedic relief in a routine that goes from "laugh out loud" to "wipe away tears" and back to laughter again seamlessly.

"The combination of humor and a story helps get the message across. It impacts the audience better than some other methods of training, like PowerPoint," McGrenahan said.

Part of his motivation in sharing these personal stories is to reach out and help service members and others in military communities cope with the many challenges they face.

See *COMEDY* on page 4

THE CITIZEN

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Finding light through darkness

Commentary by Senior Airman Dennis Sloan
Joint Base Charleston Public Affairs Office

Keeping a secret that defines you, that has shaped your life for nearly three years now and is sure to shape the rest, a secret that you go to sleep with every night and wake to every morning is sometimes hard to keep trapped inside.

I could probably go my entire life without revealing the sad truth that I was raped, but to stay silent is to allow individuals who prey upon the innocent to flourish.

Exactly one day after photographing Airmen proudly marching through the streets of a city receiving joyous responses and unanimous support for their sacrifice of service to the United States of America, I was sexually assaulted by a male Airman.

That secret is one that took me nearly a year to even reveal to my mother and I have yet to reveal to the majority of my family or friends. The Airmen I serve alongside every day have no idea that I'm a victim of sexual assault, until now.

Some people may wonder why I would reveal my story in such a public forum, and the truth is I hope this story reaches a person, a son, a friend or even an Airman who has been sexually assaulted and it allows them some peace in knowing they are not alone, no matter how dark their day may seem.

In my case, I reported my assault within a matter of days because I knew if I buried the truth it would overcome me, and the result would be fatal. I initially filed a restricted report, but once I gained strength and understanding of my situation I then filed an unrestricted report.

After being sexually assaulted, many victims, including myself, are very confused about the situation and blame themselves for what happened. Large amounts of alcohol, isolation and subduing played a huge factor in my sexual assault. You can imagine waking to this reality the next morning as if it were a nightmare, but this nightmare was real and would continue to play over and over again in my head for months following the assault.

Filing an unrestricted report opened me up to a world of revictimization. The Office of Special Investigations called me within hours of receiving my unrestricted report to conduct an interview. The interview consisted of me recounting my sexual assault down to the minutest detail. I understood the interview must be done to gather evidence to potentially bring the perpetrator to justice, but no matter how many people warned me of that interview I could never have been prepared.

I am not discouraging victims from filing an unrestricted report, but they shouldn't walk in blindly. Reliving one's experience is painful. Yet, by involving law enforcement, you just might prevent another sexual assault.

The effects of my sexual assault, filing an unrestricted report and knowing the perpetrator was still at the base I lived on started to pour into my work. Less than six months before my assault, I was chosen by my office to sit in front of the Below the Zone board with the intent to achieve the rank of senior airman well before others because of my dedication to service and my craft. You can imagine how strange it may seem to leadership that an Airman who was

considered one of the best in an office could all of a sudden change.

There was a large amount of misunderstanding between me and my office. I was not willing to reveal my situation to them and in return it left them with little knowledge of why I was not performing as well, coming in late and almost not there, in a sense, even when I was. I struggled to find sleep every night and even when I did, I would wake hourly from a dream relating to my sexual assault. When I would try to do my job my mind was always replaying the incident over and over again. I became isolated and constantly worried people knew about my situation, which caused me a great deal of anxiety. I cannot lie. I did think about suicide for some time, but it never came to that thankfully.

One day while photographing the flying squadron at my base, I had what I call a moment of clarity. I spent the majority of the day photographing Airmen fixing engines, marshalling aircraft and everything in between. It wasn't until I returned to my dorm at night that I realized I had not thought once about my sexual assault or even the struggles in my office. I was free for a day.

That day didn't last very long though. Once I laid my head down that night, all of it came roaring back into my brain. A short amount of relief, but still it was a silence I had not heard in so long. That night I decided if I wasn't sure if I wanted to live, but knew I could not take my own life, that I would give myself to the one thing that silenced it all ... photography.

I started slow and when I arrived at my new base, thanks to a humanitarian transfer, I still had some hurdles to overcome, but through counseling and a steady diet of photography I was moving forward for the first time in a long time. Even now, years after being sexually assaulted and dealing with being misunderstood, every time I raise the camera up to my right eye I feel peace, I hear nothing and see everything.

Life is definitely different for me now. When I devoted my life to photography nearly three years ago, I wasn't quite sure what that meant and still don't, but photography keeps me breathing, keeps me feeling, keeps me alive. I constantly search for the light that brings silence to my pain.

Being a victim of sexual assault is not something that is easily described, but to put it into perspective, I was diagnosed with Post Traumatic Stress Disorder not only from the assault, but the prolonged exposure to a hostile environment at my base that plagues me to this day. I still struggle to find sleep, struggle to communicate with others, and most of all, I struggle with the idea of sharing my life with another person.

The person who raped me had no regard for how the assault would affect me. The crime he committed has little to do with passion and a lot to do with control, manipulation and taking power away from someone. Through this commentary I hope to regain some of that power and control he stripped from me and give other victims of sexual assault some as well.

Very few men report being sexually assaulted and I believe that is because they fear how society will view them, how they'll be judged and how they even may be considered less of a man. So I ask everyone who reads this: I am a male and I was sexually assaulted — do you think less of me?



S.J. Grady

Jim Grady (from left), the USAG Stuttgart DPW deputy director; Karl Jelisnski, the technical director for Leonhard Weiss GmbH and Co. KG, the German construction firm that handled the excavation work; Wolf Eisenmann, the Landkreis Böblingen deputy county commissioner; Col. John P. Stack, the USAG Stuttgart commander; and Wolfgang Lützner, the lord mayor of Böblingen, "turn" the valves supplying oil to the heating plant shut in a symbolic gesture.

USAG Stuttgart marks completion of Panzer Kaserne heating project

USAG Stuttgart Public Affairs Office

U.S. Army Garrison Stuttgart leaders, along with host nation officials, met in the Panzer Heating Plant April 22 to commemorate the completion of a \$9.4 million project that replaced Panzer Kaserne's entire heat distribution system and connected it to the Böblingen hot water district heating system.

Since May 2013, Panzer Kaserne has been a flurry of construction activity, as crews dug up streets and grassy areas to install a 6,000 meter grid of insulated supply and return pipes across the caserne.

With the completion of the project, the garrison is now providing a greener, more efficient method of heat to the offices, barracks and facilities on the installation.

"By installing these lines and linking into the Böblingen heating system, we are saving almost 500,000 Euros every year and reducing our carbon emissions, and that's great; but if you consider the bigger picture, we are joining in with communities across the globe who are working to reduce their carbon footprint. Together we are all making a huge difference globally," said Col. John P. Stack, the USAG Stuttgart commander.

Panzer Kaserne was previously heated by aging oil-fired steam boilers, which had low efficiency limitations and contributed to carbon emissions.

It is now heated solely by the Böblingen hot water district heating system, which includes the Zweckverband Restmüllheizkraftwerk Böblingen, an incineration plant located about one kilometer

from the caserne, where trash from Panzer, along with other customers, is burned for fuel.

In addition to the cost savings mentioned earlier, the new system will also reduce carbon dioxide emissions by 60 percent, according to garrison officials.



S.J. Grady

This compact blue box is one of three new heat exchangers that replace the garrison's aging oil-fueled boilers.

News & Notes

MWR wins workforce award

The Maj. Gen. Robert M. Joyce Installation Management Academy, School for Family and Morale, Welfare and Recreation, announced the recipients of the Fiscal Year 2014 Family and MWR Exemplary Workforce Development Award.

The award recognizes Family and MWR organizations that have demonstrated a strong commitment to Family and MWR employees through training, coaching and mentoring, and other opportunities for professional development.

The 2014 winners are:

- U.S. Army Garrison Miami
- U.S. Army Garrison Hawaii
- U.S. Army Garrison Stuttgart
- U.S. Army Garrison Fort Knox
- Shades of Green

According to Patricia T. Tucker, the academy division chief, "The five award recipients clearly connected actions based upon the results of the 2012 Employee Covenant Survey which highlighted four key areas: a supervisor who sets an excellent example of customer service; a sense of belonging to Family and MWR; a fair recognition program; and effective job tools."

The award recipients are eligible to receive grant reimbursement up to \$2,000 for costs associated with non-appropriated fund employee development. In addition, each organization will receive a trophy to display at their garrisons and at on-site training sessions.

COLA to decrease

The Cost Of Living Allowance is scheduled to decrease for many service members in Germany starting May 16.

The 2013 Retail Price Schedule found prices for recreation, child care, household help, telephone service, Internet, furnishings and supplies have increased in the U.S. and decreased in Germany, requiring COLA to be reduced in many locations.

COLA is a supplemental pay intended to equalize purchasing power between service members in the U.S. and their overseas counterparts. The amount paid is determined by rank, years in service, number of dependents and location, since prices for goods and services vary depending on the area. Some service members in Germany could see their COLA reduced by more than \$200 per month.

As an example, a private first class with less than two years of service and three dependents could see the following COLA changes based on duty station:

- Full Support (military installations are available for service and support): -\$100
- Partial Support (military installations are within a 50 mile radius): -\$100
- No Support (outside of the 50 mile radius): +\$50

No Support communities began seeing COLA increases April 1.

The Living Pattern Survey, conducted for each overseas location every three years, solicits input from service members and families assigned to overseas communities; the U.S. Army Europe Military Plans and Policy Division reported high levels of participation in the last survey of German sites. The next RPS for Germany is in November, and the next LPS is scheduled for September 2015.

Ask a JAG

If you have a legal question you would like to see answered in The Citizen, write "Ask a JAG" at ines.k.liefers2.ln@mail.mil.

By Capt. Faisal Akhter (U.S. Army)
Stuttgart Law Center

Q: When I arrived in Germany, I wanted to live off post. However, now that I'm PCSing, my landlord is giving me a hard time. I regret not staying on post. Am I the only one with these issues?

A: Absolutely not. While living on the local economy and integrating yourself within the German community can be an exciting endeavor, this decision can cost you thousands of dollars. When you sign your rental agreement, you are entirely responsible for anything arising from the contract.

You commit to either potentially losing your security deposit or hiring an expensive German attorney to represent your interests.

To prepare yourself, attend the German Landlord-Tenant class held at the In-processing Training Center in Building 2913, Panzer Kaserne. As of May 6, the briefing will be given every Tuesday at 2:45 p.m.

The briefing targets newcomers to Germany but welcomes all members of the community seeking to learn more about local landlord-tenant law. If you cannot make the briefing, there is a video recording available.

A few key points everyone should know:

All your agreements should be in writing. Oral agreements, while binding in Germany, are highly discouraged as they can be difficult to prove.

You have a duty to notify your landlord in writing of required repairs. Failure to notify your landlord can result in severe costs.

If you request an upgrade to your apartment, such as adding a garden, your landlord can increase your monthly rent.

Use the standard Housing Services Office rental property agreement. It contains numerous protections many German contracts do not otherwise include.

Read everything you sign, and especially do not buy a six-figure house without reading the entire contract. Additionally, buying a house is not a simple transaction. Expect to spend many thousands more than the cost of the house. You may also have to hire a German attorney to represent your interests.

German laws vary from U.S. laws. Do not make assumptions while hoping for the best. You can lose the entirety of your security deposit and also pay for damages that existed when you moved in.

An unscrupulous landlord can pocket your money, repair nothing, and continue this cycle with their next tenant.

If the above issues make you think twice, great. You should not make this decision lightly. Living on post allows you to still enjoy a wonderful European experience.

This column is not intended as individual or specific legal advice. If you have specific issues or concerns, you should consult a judge advocate at 421-4152/civ. 0711-729-4152.

ACOE . . .

Continued from page 1

This year's winners are:

Gold Award

USAG Hawaii

- Reduced regulated waste generation by partnering with tenants to replace traditional petroleum motor pool maintenance products with bio-based lubricants and spill absorbents;
- Institutionalized a cost culture resulting in initiatives that saved the garrison \$700,000 in Fiscal Year 2013 and \$61.7 million since FY 2010;
- Will receive a \$100,000 monetary award.

Silver Award

USAG Fort A.P. Hill

- Improved from a Bronze finish last year to a "Silver" finish this year, shows continued improvement and raising the bar of excellence;
- Regional training center with high operation tempo, providing high quality service to rotational units;
- Aggressive reductions in green house gas emissions; energy and water usage;
- Will receive a \$60,000 monetary award.

USAG Fort Wainwright

- Diverted almost 50,000 pounds of recyclable materials from the landfill and generated \$700,000 in revenue for Morale, Welfare and Recreation programs;
- Achieved real property audit readiness certification in 2013 ahead of the 2017 target date;
- Evaluated key service contract and found efficiencies that saved the garrison \$586,000 in 2013;
- Will receive a \$60,000.00 monetary award.

Bronze Award

Joint Base Lewis-McChord

- Consecutive ACOE Awards (2013 Silver award winner);
- Net Zero designation in both waste and water, including diverting more than 72 percent of its solid waste stream from landfills;
- Comprehensive customer service program

"SMILE" dramatically reducing customer complaints and improving employee morale;

- Will receive a \$30,000 monetary award.

USAG Fort Hood

- Achieved 33 percent reduction in both energy and water consumption compared to 2003 and 2007 base years, respectively;

- Conversion to wireless ICE kiosks and digital signage that reduced downtime, NEC support, and resulted in cost avoidance of \$48,000;

- Strong partnerships with surrounding communities for education, recycling, water conservation and energy reduction;

- Will receive a \$30,000 monetary award.

USAG Fort Knox

- Aggressive energy conservation program resulting in usage decreases of 30 percent in electricity and 67 percent in natural gas;

- Environment sustainment efforts result in the collection of 40,000 pounds of hazardous materials annually;

- Evaluated key service contracts and found efficiencies that reduced expenditures by 25 percent (\$36.7 million);

- Will receive a \$30,000 monetary award.

Most Improved

USAG Stuttgart

- Aggressive water and energy efficiency programs resulting in almost \$1 million in cost savings;

- Initiatives to improve the quality of life for assigned personnel, including recapitalizing savings to add high demand community programs and services;

- Will receive a \$10,000 monetary award.

USAG Fort McCoy

- Reduced energy consumption 24.5 percent below targets by July 2013;
- Successfully terminated mobilization/demobilization mission and transitioned to collective training and large exercise supporting thousands of reserve component participants;
- Will receive a \$10,000. monetary award.

COMEDY . . .

Continued from page 1

"The military has been so kind to me, and they do so much, both those in uniform and those in civil service," he said. "I wanted to come out and give them a few laughs as a way of saying thank you for all you've done."

The performance was deeply engaging and definitely stirred responses from the audience members, some of whom were in tears. According to McGrenahan, he usually receives very personal emails after the shows from service members or others who were touched by the performance.

"Half my work starts after the show, answering emails, responding to comments on my blog," he said. "There's some-

thing very powerful about a recovering alcoholic sharing his experiences with others struggling with alcohol — they open up more to each other, and I can use this to reach out and impact them in a positive way."

The performances were part of McGrenahan's 2014 European tour, which also included shows at Baumholder, Ramstein, Wiesbaden, Ansbach and in Belgium.

The Stuttgart shows were the highlight of U.S. Army Garrison Stuttgart's Army Substance Abuse Program observance of National Alcohol Awareness Month.

ASAP's other activities included outreach and education efforts at the Panzer Exchange April 22-24 and other events in the Stuttgart area.



Martin Greeson

Comedian Bernie McGrenahan performs his "Happy Hour — Comedy is the Cure" show for Stuttgart audiences at the Patch Community Club April 18, providing comedic relief and mandatory Army Substance Abuse Prevention training.

Apply now for 2014 Summer Hire

The Civilian Human Resources Agency Northeast/ Europe Region is accepting applications for the Youth Summer Hire Program.

The program will provide jobs in general clerical and light laborer positions to U.S. family member dependents ages 14-22. Applicants who are not U.S. citizens must be 15 years old.

Job announcements will be open through May 16. The program will run from June 30 through Aug. 9.

Applicants must submit an online resume. Hard copy supporting documents, such as W-4 and SF 1199a, must be provided directly to the U.S. Army Garrison Stuttgart Civilian Personnel Advisory Center, Building 2948, Panzer Kaserne.

Online applications are available at <https://wu.acpol.army.mil/eur/>.

For more information, contact the Stuttgart Summer Hire Coordinator at 431-3128/civ. 07031-15-3128.

Vet Clinic implements new procedures

With the implementation of its new online records system, the Stuttgart Veterinary Treatment Facility has announced that to better serve its clients, some procedures have changed. Prescription refills will now require three days. Clients are advised to plan accordingly, and call the clinic for refills before the medications have run out.

New client registration will require three days for processing. New clients will need to provide valid ID, registration form, recent shot records, health records (inclusive of any allergies, aggressive behavior, previous surgeries, etc.), and a valid rabies certificate.

To download the registration form, visit the clinic website at <http://ervc.amedd.army.mil/clinics/STUclinic.html>.

For more information, call 431-2681/07031-15-2681.

Kids in the Kitchen

May 21

Children ages 3 to 5 and their parents are invited to join the Women, Infants and Children program for a morning of storytelling, prizes and "cooking" May 21 at 9:30 a.m.

Kids in the Kitchen will be held in the United Service Organizations kitchen in Building 2915 on Panzer Kaserne.

Participants do not need to be WIC recipients to attend. Space is limited.

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

Community Banks to close for holidays

All Community Banks in U.S. Army Garrison Stuttgart will be closed on the upcoming German holidays: May 1, Labor Day; and May 29, Ascension Day.

EEO Office to close May 5-16

The U.S. Army Garrison Stuttgart Equal Employment Office will be closed May 5-16.

Those seeking general EEO information during this period may visit the U.S. Employment Equal Opportunity Commission website at www.eeoc.gov or contact the following EEO Offices: Wiesbaden EEO Office at DSN 548-2201/civ. 0611-705-5613; or the Vicenza EEO Office at DSN 634-7976/civ. (39) 0444-71-7976.

For those who need to enroll in EEO training courses, make an appointment to meet with an EEO official or who have pressing EEO administrative actions that need to be processed, contact the EEO Office before the closure date.

Any requests received for enrollment or EEO administrative actions after the closure date will be addressed when the office re-opens on May 19. To contact the EEO Office, call 430-5312/civ. 0711-680-5312.

Register for VBS

The U.S. Army Garrison Stuttgart Religious Support Office will sponsor Vacation Bible School July 28 through Aug. 1 at the Patch Elementary School.

Volunteers are needed to make VBS a success. The RSO seeks adults, and students who have completed at least sixth grade to share their talents and time. Volunteers can register through July 7. However, due to longer processing times for background checks, the RSO asks that volunteers commit as soon as possible.

All volunteers working with children will need to submit a USAG Stuttgart Installation Background Check no later than May 28 in order to be processed in time for VBS.

Registration for participants will run from May 5 to July 7; VBS is for children who are entering first to sixth grade.

To register, go to www.stuttgartcitizen.net/?p=3175 and follow the registration link.

UMUC offers digital photography course

University of Maryland University College will offer a face-to-face introductory digital photography course June 2 to July 27. The three-credit course will be held at the Panzer Education Center.

The class will meet Mondays from 6:30-9:15 p.m., and on three Saturdays (June 7 and 21, and July 12) from 9 a.m. to 5 p.m.

For more information, call 431-2303/2305, or civ. 07031-15-2303/2305.

Asian/Pacific American Heritage Month

This year's theme for Asian American and Pacific Islander Heritage Month is "Diverse Leadership Plus Expanding Opportunity: an Imperative for America."

U.S. Army Garrison Stuttgart's Equal Opportunity Office will celebrate the observance May 22 from 11:30 a.m. to 1 p.m. in the Patch Fitness Center. The program includes a guest speaker, a cultural dance performance, a performance by the Patch High School Junior Association for the Advancement of Minorities, and food samplings.

For more information, contact Sgt. 1st Class Juan Adorno at 430-7945/civ. 0162-297-5922.

Send your announcements to editorial@stuttgartcitizen.com.

Small creatures can cause big health problems

The Oak Processionary Moth, a native species of the Mediterranean region, has migrated northward, possibly as a result of climate change.

It is now well established in the Stuttgart region and this year, its appearance is expected earlier than normal due to the dry, warm weather.

Oak trees at the edge of a forest can be infested, as well as a single oak tree in a garrison housing area, park or playground.

The caterpillars typically follow one another head-to-tail in long "processions" to and from the nest, and from one feeding position to another. The caterpillars are covered in tiny hairs that can cause itchy and painful rashes if they come into contact with skin.

Contact with these hairs can irritate one's lungs, eyes and skin, and in some cases, can cause severe allergic reactions.

What can you do?

- Do not play, picnic or walk under oak trees.
- Do not wear short-sleeved clothing in wooded areas.
- If you are exposed to the oak caterpillar hairs, take a shower and wash your clothes immediately.
- Close the windows if you live in a neighborhood with oak trees.
- Consult a physician if severe symptoms develop.
- Do not touch caterpillars or attempt to remove their nests.

To report a nest, call the U.S. Army Garrison Stuttgart DPW Environmental Division at 421-6132/civ. 0711-729-6132.



Peter Zeisberger

An Oak Processionary caterpillar nest on an oak tree is a clear warning sign to stay away.



USAG Stuttgart
DIRECTORATE OF
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DIVISION

Bible Church of Stuttgart

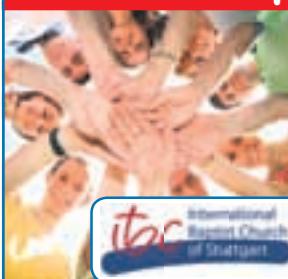
Holding Forth the Word of Life Phil. 2:16



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 Fellowship Coffee 10:30 a.m. Thursday Prayer Meeting 7:00 p.m.
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 AWANA: Sunday 1700
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 Wednesday 1900

Other Opportunities:
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 Men's, Women's & Young
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Stuttgart New Beginnings



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We also meet during the week*

Tuesday: Desayuno de Mujeres en Español/Ingles

Wednesday: LifeGroup (informal setting)

Friday: Youth Meeting

*Please contact us for times and locations or visit our website



Pastors Alex & Evelyn Morales
 Email: pastor@stuttgartchurch.com
 Call us: 0152-5954-5304, 0152-3872-8324

WWW.STUTTGARTCHURCH.COM

STUTTGART MILITARY COMMUNITY CHURCH



JOIN US!
 SUNDAY EVENINGS 5:00PM

A PLACE YOU CAN
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MEETING AT WENDE PUNKT
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Helpline marks 3 years of aiding sexual assault victims

American Forces Press Service

The Department of Defense Safe Helpline — a crisis-response resource that provides sexual assault victims with an anonymous and confidential system of support 24 hours a day, seven days a week, from anywhere in the world — marks three years of operation this month.

Since 2011, more than 20,000 people have sought one-on-one sexual assault assistance and crisis support securely and anonymously through the Safe Helpline's online chat, telephone and texting help lines, officials said.

To mark the milestone, Army Maj. Gen. Jeffrey J. Snow, director of the Defense Department's Sexual Assault Prevention and Response Office, visited the call center to thank the professionals who support sexual assault victims.

"The Department of Defense is committed to ensuring a victim-centered focus in responding to the crime of sexual assault," Snow said. "The Safe Helpline is instrumental in helping us provide this support by immediately providing human interaction combined with educational resources to victims, which can facilitate critical medical care and support, even if they are not ready to file an official report."

Safe Helpline's highly trained profes-

als provide one-on-one assistance, moderated group chats and a self-help app, among other referrals for resources on and off military bases and installations, to ensure victims can find support in forums in which they feel most comfortable.

Service referrals include information for sexual assault response coordinators, along with legal, medical, mental health and spiritual military resources.

Safe Helpline is administered by the Defense Department and operated by the nonprofit organization Rape, Abuse and Incest National Network, the nation's largest anti-sexual violence organization, through a contract with DOD's Sexual Assault Prevention and Response Office.

"We're proud to continually provide victims of sexual assault with an anonymous and confidential line of support as part of our victim-centered mission," Snow said. "By taking a leading role in developing innovative victim support services for military survivors of sexual assault, I believe the Department of Defense can and must be a leader in addressing survivor needs."

"The DOD Safe Helpline has proven in three years that it's invaluable to service members who look to the department to help address their needs on their terms."

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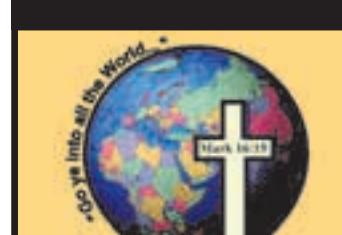
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The private organization is an American-German quilting group and meets monthly at the Panzer Firehouse in Böblingen.

The next meeting is scheduled for May 16. Social hour begins at 6:30 p.m., meetings at 7:15 p.m.

For more information, visit www.blackforestquilters.de.

Illusionist to perform May 22

The U.S. Army Garrison Stuttgart Religious Support Office will sponsor a free "magic-with-a-message" performance by Harris III, a master illusionist, on May 22 from 6-8 p.m. in the Patch Fitness Center.

The performance is open to the community and is an event for the entire family.

To learn more about Harris III, visit www.harrisiii.com or check out his videos on YouTube.

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

Passport services resume May 5

The U.S. Army Garrison Stuttgart Passport Office will resume tourist Passport application services May 5. The U.S. Consulate General Frankfurt will no longer provide passport assistance to personnel normally serviced by the garrison office.

The USAG Stuttgart Passport Office is open for walk-in services Monday, Tuesday and Friday from 8 a.m. to noon and 1-4:30 p.m.



S.J. Grady

Engineers tour train station

While visiting the "Turmforum Bahnprojekt Stuttgart-Ulm," members of the Society of American Military Engineers Stuttgart Chapter listen intently as a tour guide explains how downtown Stuttgart will change as a result of the project known as Stuttgart 21. The Turmforum information center is open to the public and offers visitors information and displays on the underground station project.

On Thursday, services are available by appointment only for Consular Reports of Birth Abroad and the processing of no-fee passport applications for five or more people. The office is closed on Wednesday for administrative processing and passport shipment, and on U.S. federal holidays.

For more information, send an email to usarmy.stuttgart.imcomeurope.list.stuttgart-passport@mail.mil, visit the Passport Office at www.usarmy.stuttgart.imcomeurope.list.stuttgart-passport@mail.mil.

stuttgart.army.mil, or call the Military Personnel Division at 431-2886/civ. 07031-15-2886.

Who's 'got your back?' SHARP does!

U.S. Army Garrison Stuttgart's Sexual Harassment/Assault Response and Prevention Program will host "Got Your Back" bystander training this month. Three sessions will be held May 19 at the Patch Community Club at 9 a.m., 12:30 p.m. and 3 p.m. On

May 20, the training will take place at the Kelley Fitness Center at 9 a.m., 12:30 p.m. and 3 p.m.

The two-hour training can be substituted for the online SHARP training requirement.

For more information, call 431-3656/civ. 07031-15-3656.

Send your announcements to editorial@stuttgartcitizen.com.



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Changes to DOD's POV shipping program start May 1

By Mitch Chandran

*Surface Deployment and Distribution Command
Public Affairs*

The Personal Property directorate at Military Surface Deployment and Distribution Command manages the Department of Defense's Privately Owned Vehicle shipping program and wants service members to know there are several changes in the program starting May 1.

Changes occurring with the global privately owned vehicle contract include a new contractor managing daily vehicle processing at vehicle processing centers worldwide; new VPC addresses for vehicle drop offs and pickups; a new website, www.pesmvpov.com, for service members to request and track their POV shipments; and eight VPCs closing U.S. and overseas.

Starting May 1, International Auto Logistics will assume the contract from American Auto Logistics to manage the daily activities associated with the GPOV contract for processing service member's vehicles worldwide.

"Our goal is for a seamless transition between providers, and we are engaged in daily meetings with International Auto Logistics to ensure as smooth a transition as possible," said Navy Capt. Aaron Stanley, director of the Personal Property directorate for SDDC. "Likewise, we don't foresee the need for any major changes in the process used to ship/store privately owned vehicles."

With the exception of eight cities (domestic and overseas) that will close their VPC locations, many others will remain in the same city, but provide services at a different location and street address. Others, primarily overseas, will continue to operate at the same address and location, simply under new management.

The following are new U.S. VPC addresses for IAL vehicle processing centers starting May 1:

Atlanta, Ga.: 3025 Sylvian Road, Atlanta, Ga. 30354
Baltimore, Md.: 17079 Midway Road, Odenton, Md. 21113

Charleston, S.C.: 3601 N. Meeting St., North Charleston, S.C. 29405

Dallas, Texas.: 957 Heinz Way, Grand Prairie, Texas 75051

Los Angeles, Calif.: 14611 S. Broadway St., Gardena, Calif. 90248

Norfolk, Va.: 1215 Executive Blvd., Chesapeake, Va. 23320

Seattle, Wa.: 840 Industry Way, North Algonia, Wa. 98001

St. Louis, Mo.: 13918 St. Charles Rock Rd., Bridge-ton, Mo. 63044

San Diego, Calif.: 11433 Woodside Ave, Santee, Calif. 92071

The following are new overseas VPC addresses for receiving vehicles starting May 1:

Anchorage, Alaska: 300 LaTouche Street, Anchorage, AK 99501

Fairbanks, Alaska: 5250 Airport Industrial Road, Fairbanks, AK 99709

Bahrain: Al Musaskar 940, East Riffa Industrial Area, Bahrain

Brandon, UK: Field Road, Mildenhall, Suffolk IP28 7AL, UK

Aviano, Italy: Via dei Longobardi 49, 33080, San



Gunner Saunders

As of May 1, International Auto Logistics will assume the contract to manage DOD's POV shipping program. While some vehicle processing centers will either close or change locations, the Stuttgart VPC will remain in Building 2931 on Panzer Kaserne. The VPC will be closed May 1 for a German holiday.

Quirino PN

San Juan, Puerto Rico: 45 Calle 1 Parque Indust., San Miguel, San Juan, PR 00936

Rota, Spain: Calle Dr. Pariente, 11500 El Puerto de Santa Maria, (Cadiz) Spain

Incirlik, Turkey: Yenimahalle 33 Sokak No. 31 TR-01340 Incirlik, Turkey

Izmir, Turkey: Doganlar Mah. 1417 Sokak TR-35040 Bornova, Izmir, Turkey

The following overseas VPCs will be vacated by AAL on April 30, and then closed for all but emergency drops-offs with IAL on May 1 and 2. The facilities will be open on May 5 for all vehicles. To aid in the transition, SDDC urges customers to reduce traffic and provide the additional time needed for the contractors to transition responsibilities:

Chievres, Belgium: Chievres Air Base, Bldg 46, Belgium 7950

Shinnen, Netherlands: 254th BSB Shinnen, Borgerweb 10, Bldg. 27 RM 102, 6365 CW Schinnen

Baumholder, Germany: Gebäude 8716, Raum 1-3 Smith Barracks AM Bahnof/Bldg. 8716, 55774 Baumholder, Germany

Böblingen, Germany: Panzer Kaserne Bldg. 2931, 71032 Böblingen, Germany

Grafenwöhr, Germany: U.S. Grafenwöhr Base, 322 Shiloh Avenue, 92655 Grafenwöhr, Germany

Kaiserslautern, Germany: Kapaun Air Station Bldg. 2806, 67661 Kaiserslautern, Germany

Schweinfurt, Germany: Conn Barracks Custer St., Bldg. 35, 97421 Schweinfurt, Germany

Spangdahlem, Germany: Spangdahlem Air Base, Bldg. 222, 54529 Spangdahlem, Germany

Wiesbaden, Germany: Mainz Kastel Housing, Area Bldg. Wiesbadener Str. 78, 55252 Mainz Kastel, Germany

Livorno, Italy: Leghorn Army Depot, Gate 27, Bldg. 5138 Depot Via Aurelia Tombolo Pisa, 56128

Livorno, Italy (pending contract mod)

Naples, Italy: Naval Support Activity Bldg. 2081, Contrada Boscariello 81030, Gricignano di Aversa (CE), Naples, Italy

Sigonella, Italy: Basee Navale USA/NAS II,

Strada Statale 417, Catania-Gela 95030 Piano d'Arci/Sigonella (CT)

Vicenza, Italy: Via Strada Della Pelose, Bldg. 928, Entrance 8, Torri Di Quartesolo, 36040 Vicenza, Italy

Guam: COMNAVMAR Naval Base, Bldg. 3179, Santa Rita, Guam 96915

Seoul, South Korea: Camp Kim, Bldg. C1244-68, US Army Garrison Yongsan, Korea, APO AP 96205-5333

Taegu, South Korea: 20th Support Group Bldg. 1415, Camp Henry, Korea APO 96218-0562

Honolulu, Hawaii: 1601 Sand Island Parkway, Honolulu, HI 96819

VPC closures

Eight of the current 46 VPCs will permanently close May 1 in both U.S. and overseas locations. VPCs slated for closure in the U.S. are located in Edison, N.J.; New Orleans, La.; Orlando, Fla.; and Oakland, Calif.

VPCs overseas that have closed, or are slated for closure, include Mannheim, Germany (closed); RAF Croughton, England; RAF Menwith Hill, England; and Seville, Spain.

"It is important to note that American Auto Logistics will still be on hand at these eight VPC locations until Aug. 1 to service already processed vehicles until each VPC becomes empty," said Craig McKinley, supervisory transportation management specialist for the Personal Property directorate. "These eight VPCs on the closure list will not accept new vehicles for processing after April 30."

Additionally, AAL's website — www.whereismypov.com — will remain active until all vehicles in their possession have been delivered.

For more information, service members are asked to either contact their transportation office/personal property office, or starting May 1, customers desiring to ship their POV or make an appointment at an VPC with IAL should call:

- For U.S. domestic appointments: 1-855-389-9499
- For appointments in Germany: 0800-227-7447
- For any other locations: 00800-227-7447

Each year, about 68,000 POV shipments occur throughout DOD, of which, about 8,500 vehicles require storage.

Patch High School students win 23 medals at FBLA conference

By Lexi Pache
Special to The Citizen

Patch High School students won 23 medals during the Department of Defense Dependents Schools Europe Future Business Leaders of America Conference March 26-27 at the Edelweiss Lodge and Resort in Garmisch.

FBLA prepares students for careers in the business world.

During the conference, students competed in events testing their business knowledge and skills in a variety of business-related areas. Events are judged and scored, and at the end of the conference, awards are handed out to the three students with the highest scores in each event.

For team events such as Digital Video Productions and Business Presentation, students were given the opportunity to research and develop presentations before the conference, then delivered their presentations to the judges.

Students competing in individual events such as Client Service were presented with a scenario, given a few minutes to prepare, then role played with the judges, demonstrating skills in interacting with clients to solve a client issue.

In Impromptu Speaking, participants were given a topic and had 10 minutes to prepare a speech before appearing before the judges. "Through the FBLA experience I've become a more effective business person in my speaking abilities. I did impromptu speaking and public speaking, and both of those together really helped to shape me as a speaker," said Will Ritter, who took firsts in four events, including Impromptu Speaking.

Jen Huggins, who placed in three Events, agreed. "I thought we were able to implement tools that are useful for our future. It exercised a lot of things that you don't get to exercise as much in school," Huggins said.

"I thought the FBLA Conference was great. It's definitely a good stepping stone and a good intro into the business world ...," said Blue Bowen. "This year Mitchell Bailey and I did a comedy routine at the talent show that was just kinda out of the blue and we won first place... a little business and a little fun."

Lizzie Hodges and Elise Wimmer ran for

— and were elected — as FBLA State Officers for the 2014-2015 conference. To do so, they submitted resumes, applications and interviewed for the slots.

"I'm pumped," said Hodges. "I'm on the media and technology board, responsible for the tech, sound, writing, speaking and videos. I already started going through everything. It's going to be a lot of work, but I think it's going to be a lot of fun."

Throughout the conference, students could partake in a number of activities when not competing, such as a scavenger hunt, talent show and network with other business-minded students.

The PHS students also got to experience a traditional Bavarian dinner at a restaurant in Garmisch, prearranged by the students' chaperone.

PHS FBLA results

Jen Huggins: 1st, Business Law; 3rd, Business Procedures; 3rd, Impromptu Speaking.

Becca McKiernan: 1st, Management Decision Making; 2nd, Global Business.

Blue Bowen: 1st, Sports and Entertainment Management; 1st, Business Presentation.

Shane Reagan: 3rd, Management Decision Making; 1st, Banking and Financial Systems.

Jacob Lindman: 1st, Hospitality Management; 1st, Bank and Financial Systems.

Joseph Cook: 1st, Business Math; 1st, Business Presentation; 2nd, Economics.

William Ritter: 1st, Business Presentation; 1st, Impromptu Speaking; 1st, Accounting; 1st, Global Business.

Mitchell Bailey: 1st, Banking and Financial Systems.

Aly Littlejohn: 3rd, Entrepreneurship; 1st Client Service.

Baileigh Sessions: 3rd, Hospitality Management.

Lexi Pache: 1st, Networking Concepts.

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“Sex Signals” encourages cultural shift

Actors Mandy Moore and Chris Beier act out a scene during a “Sex Signals” performance April 16 in the Kelley Fitness Center. “Sex Signals” is an improvisational show that uses humor and audience interaction to discuss dating, rape, consent, alcohol and intervention. U.S. Army Garrison Stuttgart, U.S. Africa Command and U.S. European Command sponsored six performances April 15-17 as part of Sexual Assault Awareness Month. The underlying message was clear: sexual assault is wrong.

Photos by Martin Greeson



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Audience members raise stop signs to indicate when actors have crossed the line during a “Sex Signals” performance. More than 2,000 people attended six performances.

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American Days highlight U.S. culture

By Carola Meusel

USAG Stuttgart Public Affairs Office

The Deutsch-Amerikanisches Zentrum James-F.-Byrnes Institut Stuttgart, or German-American Center, will host its sixth annual "American Days" May 14-25.

The program will feature more than 50 events such as lectures, exhibitions, music, concerts, movies, workshops and sports. The German-American Institutes in Heidelberg, Tübingen and Freiburg will also participate.

American Days were established in 2008, and the idea is to provide information about the U.S. and its diversity to the public, according to Christiane Pyka, director of the German-American Center Stuttgart.

"The American Days offer a platform to approach the U.S. in different ways and to learn about and educate patrons on the country," she said.

"During the American Days we also celebrate what we have here in Stuttgart when it comes to German-American interaction and everyday life: international companies and the U.S. military," she added.

The program is designed for all age groups and events are held in German, English, or in both languages.

American Days will kick off at the Theaterhaus Stuttgart May 14 at 8:15 p.m. with a concert and performance by Gayle Tufts, an American musician and comedian living in Berlin. Tufts is popular for her musical performances, stand-up comedy and "Denglisch," where she mixes German and American words for some interesting expressions.

Other events include:

A German-American Gospel Concert will be held May 4 from 5-7 p.m. at the Leonhardskirche (Leonhardsplatz 26, 70182 Stuttgart). The Panzer Gospel Choir, along with German gospel choirs, will perform. The concert is free, however donations will be accepted for charitable projects.

The Stuttgart Reds baseball team will host a baseball clinic May 15 from 5-7 p.m. for children 8-12 years old at the sports club Cannstatt, located near Robinson Barracks at Am Schnarrenberg 10, 70376 Stuttgart. Additional clinics will be held May 19 at 5:30 p.m. and May 22 at 5 p.m. Instruction is in German. Participants must register five days prior by emailing Markus Weil at weil@stuttgart-reds.de.

The German-American Artist Group Stuttgart, a consortium of German and American artists, will open

an exhibition at the Deutsch-Amerikanisches Zentrum May 16 from 7-9 p.m. The exhibition will run until June 6 and can be viewed Tuesday to Friday from 9 a.m. to 1 p.m., and 2-5 p.m. The DAZ is located at Charlottenplatz 17, 70173 Stuttgart.

"US Rails," an acoustic folk rock group from Philadelphia, Pa., will play at the Laboratorium Club (Wagenburgstrasse 147, 70186 Stuttgart) May 16 at 8:30 p.m. Tickets cost €14 and can be purchased online at www.laboratorium-stuttgart.de, or at Laboratorium the night of the event.

St. Catherine's Anglican Church (Katharinenplatz 5, 70182 Stuttgart) will host a book and bake sale May 17 from 9:30 a.m. to 5 p.m. Visitors can find a variety of English books and a selection of children's books. Proceeds will go to the church's charity projects.

For the first time ever, the Wilhelma Zoological and Botanical Garden in Bad Cannstatt will participate in American Days and offer a "Wild, Wild West" tour May 17 from 11 a.m. to 12:30 p.m. North American plants and animals, such as mammoth trees, sea lions, rattlesnakes and bison and will be highlighted. The tour is in German. Those interested in attending must register by May 16 by calling civ. 0711-540-20. A tour will also be held May 21 from 4-5:30 p.m.; register by May 20.

The Stuttgart German-American Community Chorus will perform May 18 from 6-8 p.m. at Bad Cannstatt's "Kursaal" concert and event center (Königsplatz 1, 70372 Stuttgart). Tickets cost €12 and can be purchased by calling civ. 07146-90125 or online at www.sgacc.de.

The Corso Cinema International movie theater in Vaihingen (Hauptstrasse 6, 70563 Stuttgart) will show "Hunger Games" exclusively for high school students May 20 at 2:30 p.m. The screening



James Palik

Visitors purchase baked goods at the St. Catherine's Anglican Church book and bake sale during the last "American Days" in Stuttgart. This year, the sale will be held May 17 from 9:30 a.m. to 5 p.m. Patrons can find an array of English books and can also indulge in baked goods and coffee.

will be followed by a discussion in English. Tickets cost €5. Students must register until May 19 at www.corso-kino.de.

A photo exhibition titled "Diverse Perspectives" will open at the Stuttgarter Künstlerbund Cafe (Schlossplatz 2, 70173 Stuttgart) May 21 at 8 p.m. Six American photographers living in the greater Stuttgart area will display their

works until June 28.

Tickets for the American Days opening event with Gayle Tufts can be purchased at the Theaterhaus Stuttgart, www.theaterhaus.com. The Theaterhaus Stuttgart is located at Siemensstrasse 11, 70469 Stuttgart.

For more information and events, visit www.americandays.org.

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- **Baking Soda.** Sprinkle baking soda as you would scouring powder. Rub with a damp sponge. Rinse thoroughly.

- **Vinegar and Baking Soda.** To remove film buildup on bathtubs, apply full-strength vinegar to a sponge and wipe. Next, use baking soda as you would scouring powder. Rub with a damp sponge and rinse thoroughly with clean water.

- To clean grout, put three cups of baking soda into a medium-size bowl and add one cup warm water. Mix into a smooth paste and scrub into grout with a sponge or toothbrush. Rinse thoroughly and dispose of leftover paste when finished.

Shower secrets

- Pour 1/4 cup baking soda and one cup vinegar into a strong, sandwich-sized plastic bag and tie it onto and over a scummy shower head. Let the bubbling brew set for an hour. Remove the bag, then turn on the water. Hard water build-up will be gone and your shower head will sparkle again.

- Clean shower stall doors by first spraying them with clear vinegar. Let it set for a few minutes, then scour with a sponge sprinkled with baking soda. Rinse and wipe or squeegee dry.

Decal remover

- Vinegar.** To remove no-slip decals from the bathtub, saturate a cloth or sponge and squeeze hot vinegar over decals. Vinegar also removes stick-on hooks from painted walls. Saturate cloth or sponge with vinegar and squeeze the liquid behind the hook so that the vinegar comes in contact with the adhesive. In addition, vinegar can be used to remove price tags and other decals from glass, wood and china. Paint the label or decal with several coats of white vinegar. Give the vinegar time to soak in and after several minutes, the decal can be rubbed off.

Toilet bowl cleaner

- Baking soda and Vinegar.** Sprinkle baking soda into the bowl, then drizzle with vinegar and scour with a toilet brush. This combination cleans and deodorizes.

Upholstery

- Clean upholstery by sprinkling it liberally with baking soda and letting it set for a few minutes before vacuuming. Smoke odors will also be eliminated.

Window & glass cleaner

Never wash windows while the sun is shining on them because they dry too quickly and leave streaks. When polishing windows use up and down strokes on one side of the window and side to side strokes on the other to tell which side requires extra polishing.

Use a natural linen towel or other soft cloth, a clean, damp chamois cloth, a squeegee, or crumpled newspaper. One word of warning about newspaper: while newspaper does leave glass lint-free with a dirt-resistant film, persons with sensitivities to fumes from newsprint may wish to avoid the use of newspaper as a cleaning tool.

- Vinegar.** Wash windows or glass with a mixture of equal parts of white vinegar and warm water. Dry with a soft cloth. Leaves windows and glass streakless. To remove those stubborn hard water sprinkler spots and streaks, use undiluted vinegar.

- Baking Soda.** To clean cut glass, sprinkle baking soda on a damp rag and clean glass. Rinse with clean water and polish with a soft cloth.

- Scratches, Stains, and Discoloration in Windows and Glass:** toothpaste. Rub a little toothpaste into the scratch. Polish with a soft cloth.

Floor cleaners

- For Wood Floors:** vegetable oil and vinegar. Mix a 1 to 1 ratio of oil and vinegar into a solution and apply a thin coat. Rub in well.

- For Ceramic Tile:** vinegar. Mix 1/4 cup white vinegar (more if very dirty) into 1 gallon water. This solution removes most dirt without scrubbing and doesn't leave a film.

- To dissolve chewing gum, soak the area with vinegar.

- To remove black heel marks:** baking soda. Rub the heel mark with a paste of baking soda and water. Don't use too much water or the baking soda will lose its abrasive quality.

- To remove crayon marks:** toothpaste. Crayon marks on the floor may be removed by rubbing them with a damp cloth containing toothpaste. Toothpaste will not work well on wallpaper or porous surfaces.

Stainless steel cleaner

- Olive Oil.** Rub stainless steel sinks with olive oil to remove streaks.

Vinegar. To clean and polish stainless steel, simply moisten a cloth with undiluted white or cider vinegar and wipe clean. Can also be used to remove heat stains on stainless steel cutlery.

- Club Soda.** Remove streaks or heat stains from stainless steel by rubbing with club soda.

Oven cleaner

- Prevention.** Put a sheet of aluminum foil on the floor of the oven, underneath but not touching the heating element. Although this may slightly affect the browning of food, the foil can be easily disposed of when soiled.

- Salt.** While the oven is still warm, sprinkle salt on the spill. If the spill is completely dry, wet the spill lightly before sprinkling on salt. When the oven cools down, scrape away the spill and wash the area clean.

- Vinegar.** Retard grease buildup in your oven by dampening your cleaning rag in vinegar and water before wiping out your oven.

- Baking Soda and Very Fine Steel Wool.** Sprinkle water followed by a layer of baking soda. Rub gently with a very fine steel wool pad for tough spots. Wipe off scum with dry paper towels or a sponge. Rinse well and wipe dry.

Furniture polish

The idea behind furniture polish for wood products is to absorb oil into the wood. Many oils commonly found in our kitchens work very well.

- Olive Oil and Vinegar.** Mix three parts oil to one part vinegar. Apply and polish with a clean soft cloth.

- For Grease Spots:** salt. Immediately pour salt on the grease spot to absorb grease and prevent staining.

- For Scratches:** Use lemon juice and vegetable oil. Mix equal parts and rub into scratches with a soft cloth until scratches disappear.

Source: www.epa.gov

Green Cleaning: By the Numbers

3,000 — the number in tons of paper towels sent to landfills each day.

100 — the number of dollars your family could save by replacing paper towels with microfiber cloths or towels.

202,056 — the number of exposure cases called into poison centers in 2010 involving household cleaning substances; 111,817 of those calls involved exposure to children age five and under.

100 — the number of times higher that indoor air pollution levels can be above outdoor air pollution levels, according to U.S. EPA estimates.

17,000 — the number of petrochemicals available for home use, of which only 30 percent have been tested for exposure to human health and the environment.

63 — the number of synthetic chemical products found in the average American home, translating to roughly 10 gallons of harmful chemicals.

275 — the number of active ingredients in antimicrobials that the EPA classifies as pesticides because they are designed to kill microbes.

Source www.dep.state.fl.us/green/gc_makeyourown.htm



What's happening in FMWR

'Human Cartoon' comes to Patch

Armed Forces Entertainment brings the Zero Dork Nerdy Comedy Tour to the Patch Community Club May 9 at 7 p.m. The free show will feature comedian Vargus Mason, also known as the Human Cartoon. This show is intended for mature audiences.

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

Mom's Day specials

- The Galaxy Bowling and Entertainment Center on Panzer Kaserne invites all moms to bowl for free May 11 from noon to 6 p.m.

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

- Treat Mom to a day of adventure and rejuvenation with Outdoor Recreation's hiking and spa day May 11. A two hour hike to the Bad Urach waterfall and Hohenu-rach Castle will be followed by a spa trip. Fee includes transportation, guide and spa entrance. Spa treatments are not included.

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

Biking, fishing, camping trips

- See Prague via pedal power May 10. Fee covers roundtrip transportation by bus, bike tour, bike equipment and guide.
- Go trout fishing in Altensteig May 17. Trip includes transportation, equipment and instruction.
- Spend Memorial Day Weekend camping in Garmisch May 23-26. Try your hand at mountain biking, white water kayaking, flat water kayaking and rock climbing. Fee covers transportation, basic camping equipment, camping fees and basic instruction/guide to recreational activities.

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

Arts, crafts contest

Entries are due for the Stuttgart Arts and Crafts Contest by May 10 at the Patch Arts and Crafts Center.

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

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



Coming to Patch Theater

May 1 — Heaven is for Real (PG)

6 p.m.

May 2 — Brick Mansions (PG-13)

4 p.m., The Quiet Ones (PG-13) 7 p.m.

May 3 — The Quiet Ones (PG-13)

4 p.m., The Other Woman (PG-13) 7 p.m.

May 4 — Brick Mansions (PG-13)

4 p.m., The Other Woman (PG-13) 7 p.m.

May 5 — The Quiet Ones (PG-13)

6 p.m.

May 6 — Closed

May 7 — Brick Mansions (PG-13) 6 p.m.

May 8 — The Other Woman (PG-13) 6 p.m.

May 9 — The Amazing Spider-Man 2 in 3D (PG-13) 6 p.m., Captain America: The Winter Soldier in 3D (PG-13) 9 p.m.

May 10 — Rio 2 in 3D (G) 4 p.m., The Amazing Spider-Man 2 in 3D (PG-13) 7 p.m.

May 11 — Captain America: The Winter Soldier in 3D (PG-13) 4 p.m., The Amazing Spider-Man 2 in

3D (PG-13) 7 p.m.

May 12 — The Amazing Spider-Man 2 in 3D (PG-13) 6 p.m.

May 13 — Closed

May 14 — Captain America: The Winter Soldier (PG-13) 6 p.m.



Warner Bros. Pictures

"The Quiet Ones" is inspired by true events and tells the story of an unorthodox, but charismatic professor who uses controversial methods and leads his best students off the grid to take part in a dangerous experiment: to create a poltergeist from negative human energy.

Family and MWR Advertisement

stuttgart.armymwr.com



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GOLF

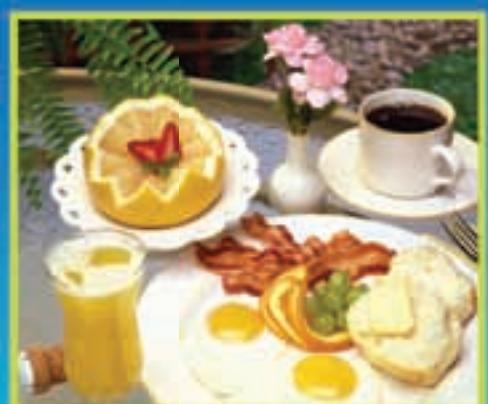
GRAND RE-OPENING

May 10 • 7:30 a.m. - 3 p.m.

Stuttgart Golf Course

Come celebrate the new and improved greens, fairways, tees and cart paths with on course contests, off course contests, free golf lessons, music, food and more. Over \$2,000 in prizes. Open to all ages, golfers, and non-golfers. There will also be a free shuttle bus to and from the event.

CIV 07141-879-151



A SPECIAL DAY

MOTHER'S DAY BRUNCH

May 11 • 10:30 a.m.

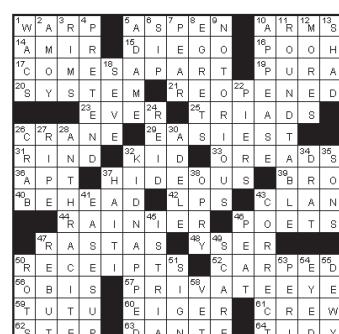
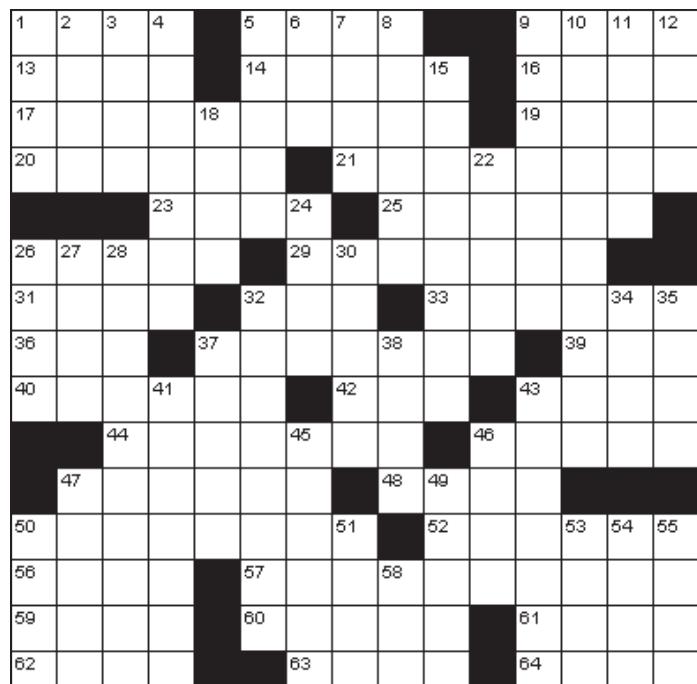
Kelley Club, Kelley Barracks

€15 all you can eat buffet, kids under 10 eat for €10. Reservations are highly recommended. All mothers attending the brunch will receive a gift courtesy of the Kelley Club management.

DSN 421-4660 /CIV 0711-729-4660



CROSSWORD PUZZLE



This is the solution to
the crossword puzzle
from April 17, 2014!

Courtesy of thinks.com

ACROSS

- 1 Priestly vestments
- 5 Peeve
- 9 Andean shrub
- 13 Hawaiian feast
- 14 Better equipped
- 16 Mideast resident
- 17 Wrestling throw
- 19 Use a stopwatch
- 20 Capital of Texas
- 21 Foreshadowed
- 23 Norway's patron saint
- 25 Actor Estevez
- 26 ___ Haute, Ind.
- 29 Followed, as advice
- 31 Graph lines
- 32 Cause of inflation?
- 33 Aspect
- 35 Filmmaker Craven
- 37 Orchestra section
- 39 It's spoken in Vientiane
- 40 Char
- 42 A Stooge
- 43 Film segment
- 44 Siren
- 46 Singer Crystal
- 47 Fuel gas
- 48 Tatum's pa
- 50 Ascorbic acid
- 52 Somewhat elderly
- 56 Aperture
- 57 Star of "Un homme et une femme"
- 59 Woodwind instrument
- 60 Scandinavian
- 61 Curse
- 62 Water lily habitat
- 63 Penury
- 64 "Time's Arrow" author
- 65 Film genre
- 66 Went around
- 67 Shaw play
- 68 "Imagine" singer
- 69 Big celebration
- 70 Baggins the hobbit
- 71 On the team?
- 72 Initials on a brandy bottle
- 73 Nucleus
- 74 Mosque official
- 75 Freight hauler
- 76 Feathered layers
- 77 Application

DOWN

- 1 ___ Romeo
- 2 Humdinger
- 3 Alcoves
- 4 Swains
- 5 ___ Carta
- 6 PC maker
- 7 Agitated state
- 8 Polecat kin
- 9 Inventory
- 10 In the first place
- 11 Carved pictorial gem
- 12 All tucked in
- 15 Appear again
- 18 Khartoum's river
- 22 Factions

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Youth Activities

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



Photo by Mily Perez-Distel



Photo by Mily Perez-Distel

BE A SCIENTIST

TOP: Boeblingen Elementary School students Isabella Diaz, Sarah Webb and Shanelle Nelson try to determine how pitch changes as sound travels through different amounts of water during a recent STEAM Lab discovery lesson.

LEFT: Böblingen Elementary School student Ryan Levine works in the STEAM Lab with his teacher Linda Williams, and the Instructional Systems Specialist-P for K-8 STEAM Mily Perez-Distel on how to create an emergency camping light when the flashlight goes out!

BELLOW: Böblingen Elementary Middle School students Blake Rossignol, Amaia Boulwave and Haven Walkowiak team up to engineer the suspension of a straw in a 0.5 liter bottle that will simulate a working thermometer.



Photo by Mily Perez-Distel



Photo by Ed Thornburg

AFTER SCHOOL

Böblingen Elementary Middle School 8th grader Christopher Siebentritt and Ryan Ledbetter visit the computer lab after school.

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



Photo by Ed Thornburg

BEMS PRE-REGIS- TRATION

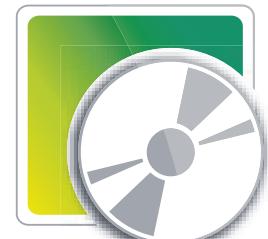
AirForce T. Sgt. Lisa Walters confers with Böblingen Elementary Middle School Nurse Ms. Bonnie Kerr after she finished the pre-registration of her 3rd grader Ariana and 2nd grader Michael at Panzer PX Mall.



Photo by Mily Perez-Distel

CYBERSPACE DEFENSE TECHNOLOGY

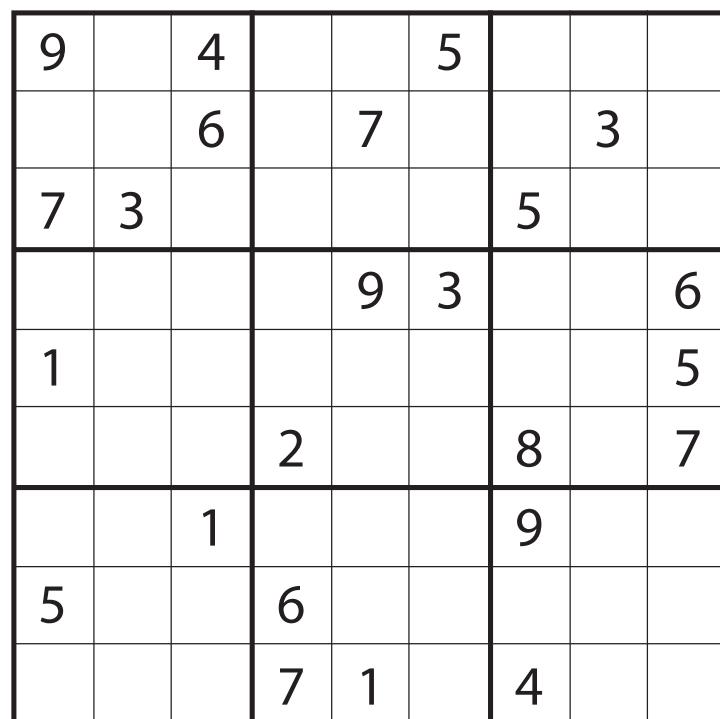
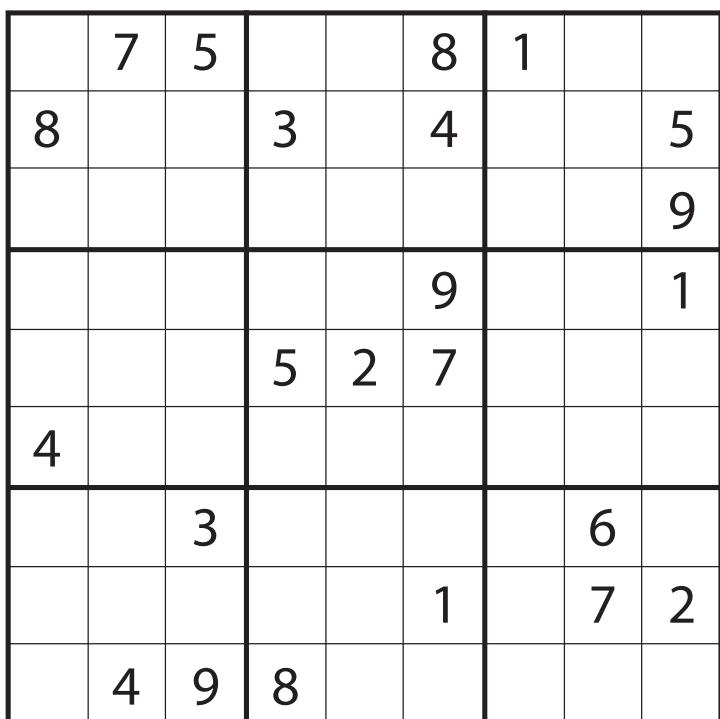
In an effort to support Böblingen Elementary Middle School's STEAM (Science, Technology, Engineering, Arts and Mathematics) program, members of General Crawford's EUCOM Deputy Commander Communication Team, Eric Smolky, Michael Medina and Greg Rakovszky, worked with Brian Pappas, School Liaison Officer, and Mily Perez-Distel, Instructional Systems Specialist-P for STEAM K-8, to create a hands-on, close encounter with cyberspace defense technology for STEAM Lab middle school students.



Youth Activities

SUDOKU PUZZLE

Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contains each of the numbers 1 through 9 once.



Solution:



Solution:



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2012 HD Tri Glide. Purchased new in 2013. Five thousand miles. Vivid black, 1690cc, 6 speed, CD Player/Radio/CB. \$30,000. Four years left on warranty. Email: Chewy00221@yahoo.com

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220 volt iron and ironing board. Contact Eric and Mia at 063759949674. \$30, eyates9761@aol.com

8 copper like pieces \$25 or OBO See photo on KA classified web page Contact Rex 06371- 57570

Military books, Military books for sale. Various books from aviation and armor to modern warfare through the Roman ages. Prices range from 2 to 20 dollars. Good quality. contact: rankwayne@aol.com or phone: 06333-1825

Old German barn ladder \$35 See KA classified web page for photo. Contact Rex 06371-57570

Oneida Silver-plate service for 12 with serving piece \$50 See KA classified ad web page for photo Contact Rex at 06371-57570

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ROTJ Imperial Shuttle, This is a vintage 1983 / 1984 Boxed Unused Complete article. The box has been opened but that's it. No play use of any kind, its complete. omarrstanley@aim.com

Selling my old Beanie Babie collection. Most of them are bears. If you live in the K-Town area we can meet so you can have a look. Prices negotiable. 0157-89138494

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

Antique bench makes into a buffet sideboard. See photo on KA classified web page \$200 or OBO contact Rex 06371-57570

Antique Bench, Antique bench with cushion seat, storage space and wheels. See photo on KA classifieds web page. Contact Eric and Mia at 063759949674. €600, eyates9761@aol.com

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

Sofa and coffee table, \$1,000, Aminasmith60@yahoo.com

Antique Dining set-table, 6 chairs, hutch, sideboard. See KA classified web page \$800 or OBO contact Rex 06371-57570

Antique French armoire with mirror doors. Louis IV style. See photo on KA classifieds web page. Contact Eric and Mia at 063759949674. €800, eyates9761@aol.com

Antique French buffet. year 1890 Henry II style. See photo on KA classifieds web page. Contact Eric and Mia at 063759949674. €1000, eyates9761@aol.com

Antique French sofa. See photo on KA classifieds web page. Contact Eric and Mia at 063759949674. €200, eyates9761@aol.com

Antique Hall Tree \$500 See KA classified photo web page... contact Rex 06371-57570

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

China cabinet sideboard, bar, dinner table set (Italian made), \$3,000.00, Aminasmith60@yahoo.com

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FURNITURE
All ads and pics on class-world.com

Inlaid Wooden End Table. Sorrento style. See photo on KA classifieds web page. Contact Eric and Mia at 063759949674. €30, eyates9761@aol.com

Italian leather sofa, Italian leather sofa for sell complete set i am moving out of the country and i am ready to sell my chairs, €400, (damianjustone@gmail.com)

Recamiere 2 & 1/2 seats couch with storage space underneath, size 2.35cm X 0.53cm, recamiere 1.60cm X 0.80cm, terracotta color. In super condition. earnest.epps@t-online.de

Pine closet.... Approx. 5ft wide and six and a half ft. high \$40. Pine wall unit that can be used in separate sections \$ 50. Both can be sold separately. See KA classified web page for photo. Contact Rex 06371-57570

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

PETS
All ads and pics on class-world.com

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

English Bulldog, 5 males and 3 females for best bloodlines heavy bones chipped dewormed shots heavy bones big heads birth date 24.02.2014, €1050, bullies2011@t-online.de

Wall unit has shelves for books, curio/collectible display area, storage drawers, bar, and a place for a TV. \$ 75 See KA classified web page contact Rex 0637157570



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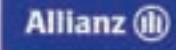


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EVENTS

Stuttgart Spring Festival

now – Sun, May 11

Stuttgart, Cannstatter Wasen

If you haven't already been to Europe's biggest spring festival in Stuttgart, don't miss out on your chance. This event will run until 11th of May. On an area of 4.2 hectares you will be able to see a wide range of rides, candy stands, and food booths. For more info see www.stuttgart.de

Skeletons, Dinosaurs and Mammoths

Tue, May 6

Stuttgart, Museum am Löwentor

If you are a history fan and love dinosaurs then go to the Natural History Museum in Stuttgart on the 6th of May. You and your children will be fascinated with all the interesting skeletons on display. You will receive a tour and children will also be able to take part in arts and crafts. This event is perfect for children age 7 and above. Duration: 2 hours. Please call to register. 0711-8936126 or for more information see www.stuttgart-museums.com

South German cheese market

Sat, May 10 – Sun, May 11

Schwäbisch Hall, Wackershofen Museum

If you are a cheese lover then you will not want to miss out on this event on the 10th and 11th of May in Schwäbisch Hall at the Wackershofen Museum. This event is called the Süddeutscher Käsemarkt. Did you know that there are approximately 600 different kinds of cheese in Germany? During this event you will

be able to try from 200 sorts of cheese. A variety of cheese will be displayed ranging from Buffalo cheese, goats cheese, soft and raclette which are from the Allgäu. You will also be able to try different kinds of mustard, whiskey and chocolates. For more information about this event see www.wackershofen.de

CONCERTS

Sean Paul

Sat, May 10

Luxembourg, Rockhal

Sean Paul is back! For those who like a bit of Jamaican flare, don't miss out on his shows on the 10th of May in Luxembourg in the Rockhal. Doors open at 7 p.m. Tickets start at €33. For more information see www.atelier.lu

Rock'n Heim

Fri, Aug 15 – Sun, Aug 17

Hockenheim, Hockenheimring

Get your tickets fast if you want to join one of Germany's biggest open air festivals. Expect a great line-up with huge star performances by artists like Placebo, Beatsteaks, The Prodigy and Outkast. For more information see www.eventim.de

David Garrett

Wed, Oct 8

Stuttgart, Hanns-Martin-Schleyer-Halle

Join the musical ride to listen in on David Garrett performing with his legendary band and orchestra on the 8th of October in Stuttgart. He is well known for mixing his classical violin tunes with modern pop music. His show will start at 8 p.m.

Holifestival of Color

Sat, Jul 26

München, Die Messe

Don't miss out on your chance to join the Holifestival of Colors 2014 in Munich. Last years tickets sold out months before, so be quick! Enjoy music, loads of colors and heaps of fun. Ticket prices start at €19.99. This event will start at noon. For tickets and more info go to www.holifestival.com.

15th of November in Stuttgart, where he will be performing in the Porsche-Arena. Ticket prices start at €38.50. For more information see www.eventim.de

SPORTS

American Football

Thu, May 1

Esslingen, Eberhard-Bauer-Stadion

It's time for a touch down! See the SSC Stuttgart Scorpions play against the Munich Cowboys on the 1st of May in the Eberhard-Bauer Stadion. The game will start at 3 p.m. The ticket price is €9. For more information see www.stuttgart-scorpions.de

Baseball

Sun, May 4

Stuttgart, Turnverein Cannstatt

On the 4th of May the Stuttgart Reds will be playing against the Mannheim Tornados. So if you are a fan of baseball and want to see a home-run grab your tickets soon. The game starts at 1 p.m. Ticket price is €6. For more information see www.stuttgart-reds.de

Soccer

Sat, May 3

Stuttgart, Mercedes-Benz Arena

VfB Stuttgart will be playing against VfL Wolfsburg on May 3. These soccer athletes are part of the 1st German league. Purchase your ticket and go support your local Stuttgart soccer team. The game starts at 3.30 p.m. Ticket prices start at €16. For more information see www.vfb.de

More events on: www.militarygermany.com



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