

NEWS

Using the ICE comment process for USAG Stuttgart customer feedback. — **PAGE 2**



FEATURE

American Days kicks off in Stuttgart April 14. — **PAGE 9**



ON THE BLOTTER

The effects of a DUI on one Soldier's career. — **PAGES 14 & 15**



The Citizen

REGIONAL BEST WARRIOR:

Stuttgart Solider wins regional level competition. — **PAGE 3**



Thursday, April 7, 2016 Sustaining & Supporting the Stuttgart U.S. Military Community Garrison Website: www.stuttgart.army.mil Facebook: facebook.com/USAGarrisonStuttgart

stuttgartcitizen.com

Month of the Military Child



Photo by Sid Harris

USAG Stuttgart celebrates military children. See more on Page 5 and in the Family & MWR Insider.

GOING GREEN

Don't toss those coffee grounds, reuse or recycle them at home or in the garden.

— Page 4

ANNOUNCEMENTS

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

— Pages 6 & 7

FRÜHLINGSFEST

One of the largest spring fests in Europe runs from April 16 to May 8 in Stuttgart.

— Page 12

DIET RIGHT

Stuttgart clinic welcomes new dietician to available patient resources.

— Page 13



Family & **MWR INSIDER**

Fill your Spring Break full of fun and activities. Full event details inside.

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ICE comments recognize good, bad of Stuttgart services

By Robyn Mack

USAG Stuttgart Public Affairs

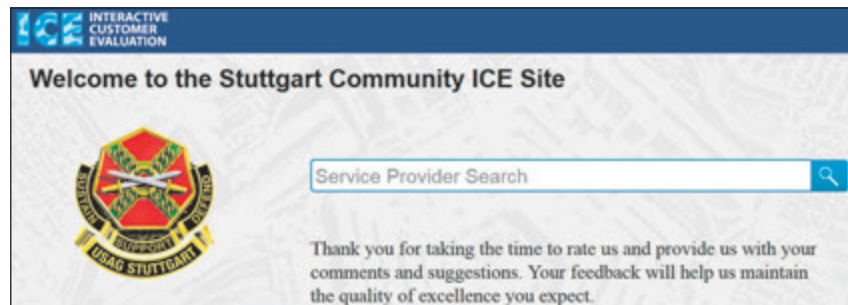
In fiscal year 2015, U.S. Army Garrison Stuttgart community members submitted more than 6,400 Interactive Customer Evaluation (ICE) forms to share accolades and suggestions to service managers.

The web-based customer feedback system, founded in 1998 at the U.S. European Command here, is used across the Department of Defense to enhance the communication of customer wants and needs to the service provider.

“[ICE submissions] recognize people that do good things and highlight areas that can be considered for improvement,” said William Crane, USAG Stuttgart’s Plans, Analysis, and Integration Office chief.

According to Crane, whose office manages the ICE process for USAG Stuttgart, using the system is the best way to make sure good and bad experiences are brought to the command’s attention. In addition, all ICE comments and service responses are reviewed by the USAG Stuttgart Commander, Col. Glenn K. Dickenson.

“Last year Stuttgart achieved an 89 percent satisfaction rating,” said Rosalinda Davis, the ICE program manager. The satisfaction rating is



calculated using ratings from the questionnaire and the service provider’s turnaround time on responses. If comments aren’t addressed within 3 business days, Davis reminds managers that a response action is needed so that USAG Stuttgart achieves 100 percent acknowledgement.

Crane and Davis reminded customers, if they want to receive a direct response to their comment card, they must include their valid contact information.

“The quickest way for a customer to start the process is by using the electronic comment card,” said Crane. Paper comment cards can take up to two weeks for processing.

People can share details of their experiences by logging on to www.stuttgart.army.mil and selecting the “ICE” logo. A list of all service providers is available there. If customers aren’t sure which service category is correct,

Crane suggests putting in a “General Site Comment” which his staff later re-assigns to the correct service provider.

Davis said the system is easy to understand and use, and allows people to comment on services at any of the five USAG Stuttgart installations — Panzer Kaserne, Patch Barracks, Kelley Barracks, Robinson Barracks and Stuttgart Army Air Field.

Through the community’s use of the ICE system, USAG Stuttgart has made service enhancements including online appointment systems for the vehicle registration, vehicle processing and the passport office; as well as justifying gate hours for the Panzer Kaserne back gate during school days to ease traffic congestion.

People in need of emergency response or assistance should not use ICE, contact the Military Police Help Desk at 0711-680-5262, or for emergency housing issues, call 0711-7228-6200.

Pinwheel planting marks start of Child Abuse Prevention Month

By Robyn Mack

USAG Stuttgart Public Affairs

U.S. Army Garrison Stuttgart community members planted pinwheels April 1 to mark the beginning of Child Abuse Prevention Month.

Launched in 2008, the Prevent Child Abuse America’s “Pinwheels for Prevention” campaign raises awareness to services that promote the prevention of child abuse and neglect.

“Child abuse prevention is not a one-month assignment. It goes on every day of every year,” noted the proclamation signed by USAG Stuttgart Commander, Col. Glenn K. Dickenson, during the event. “Without every one of us doing our part we cannot say our Army is fully ready to build a strong and resilient community.”

Rita Goldstein, Army Community Service Family Advocacy Program manager, said the Department of Defense is not immune to child abuse cases, and is currently experiencing an upward trend.

“By creating awareness during this month we can then educate people so they know what to do if they recognize signs of abuse or neglect and where the resources are to reach out for help,” said

Goldstein. “Ultimately, the child would be protected.”

Common signs of child abuse and neglect may be injuries, including suspicious patterns; poor dental hygiene; and, inappropriate sexual behavior, said Goldstein. “Parents also need to follow the local supervision policy. It’s in place for a reason.”

Goldstein also said it is important to err on the side of caution when considering reporting. “It is better to be wrong, then not report and be right and lose a child,” she said. “People often worry about a parent being mad if they report. They won’t be. It shows a community with vigilant caring adults. We do it for the kids.”

Community members and those people identified as mandatory reporters, including teachers and coaches, should make all reports to the Military Police at DSN: 430-5262/civ. 0711-680-5262.

For the current U.S. Army Europe Child Supervision Policy, visit: <http://www.stuttgart.army.mil/pdf/policies/ChildSupervision.pdf>.

Check out the F&MWR Insider in this issue for more activities scheduled to recognized CAPM.



U.S. Army Garrison Stuttgart community members planted pinwheels with Army Community Service April 1 to mark the beginning of Child Abuse Prevention Month. The “Pinwheels for Prevention” campaign raises awareness of services that promote the prevention of child abuse and neglect. — *Photo by Robyn Mack*

IMCOM-Europe selects Best Warriors

Story and photos by Kevin S. Abel
USAG Stuttgart Public Affairs

Installation Management Command-Europe announced the winners of its 2016 Best Warrior Competition before an audience of Soldiers, leaders and distinguished visitors during a March 23 ceremony on Patch Barracks.

Specialist Samuel Latimore, U.S. Army Garrison Stuttgart, received Best Warrior Soldier of the Year honors, with Staff Sgt. Brendan Hagens, U.S. Army Garrison Wiesbaden, earning the title of Best Warrior Noncommissioned Officer.

"I am truly honored to be selected, and humbled to be in this competition with these great NCOs and Soldiers," said Hagens after he and Latimore were recognized by IMCOM-Europe Command Sgt. Maj. Gene Canada and Col. Glenn Dickenson, commander of U.S. Army Stuttgart.

Prior to the naming Hagens and Latimore, who now will represent the region during the IMCOM Best Warrior Competition, Canada told attendees at the Swabian Events Center: "Today, only two of our 12 competitors can be named IMCOM-Europe Best Warrior. But each one carries a winner's spirit."

He added that every competitor has been singled out for their commitment, professionalism and service. "They all can claim to be among the best in our ranks."

From a board appearance to battle drills, the dozen participants were pushed for four days in a trial of their physical and mental readiness during day and night land navigation, Modern Army Combatives, obstacle course, Situational Training Exercise with seven stations, and zero and weapon qualification on the M4 carbine and M9 pistol.

The competition began with the standard Army Physical Fitness Test in the early morning hours of Sunday, followed by an appearance in front of a Sergeants Major's Board. The board challenged the competitors Army knowledge aptitude, while the ensuing three days tested their mental toughness and physical strength.

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, the Soldiers battled fatigue and injuries as the competition allowed for minimal rest time.



Staff Sgt. Brendan Hagens, U.S. Army Garrison Wiesbaden, negotiates the obstacle course during the second day of the Installation Management Command-Europe Best Warrior Competition at Panzer Kaserne, March 21. Hagens went on to win IMCOM-E Best Warrior Noncommissioned Officer of the Year.



Spc. Samuel Latimore, U.S. Army Garrison Stuttgart, competes in Modern Army Combatives during the Installation Management Command-Europe Best Warrior Competition held at Panzer Kaserne, March 20 to 23. The competition identifies the IMCOM-Europe representatives for the 2016 IMCOM Non-commissioned Officer and Soldier of the Year Best Warrior Competition. Latimore took home the IMCOM-E Best Warrior Soldier of the Year.

For some, the final event, a 12-mile timed road march, proved to be 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.

This would be the competitors' final opportunity to rack up points in hopes of winning Installation Management Command-Europe's Best Warrior, a title which meant something different to each person.

For some it was to prove they were

among the best, for others it was a chance to refine Soldier skills to become a better troop. For Latimore, it meant that the months of preparing for the event were worth it.

"I have the utmost respect for all the competitors, I know what they put into being here and to be claimed the winner is an honor" said Latimore. "I like to think I could do it on my own, I put myself out there and did my best, but I know that it took the support of my fellow Soldiers and family to make it where I am."



U.S. Army Garrison Stuttgart Commander Col. Glenn K. Dickenson awards an Army Commendation Medal to Spc. Samuel Latimore, U.S. Army Garrison Stuttgart.

Going Green: New uses for used coffee grounds

Information courtesy of the U.S. Environmental Protection Agency

Many of you may be looking for effective green tips. One tip is to recycle used coffee grounds. Coffee mixed with soil can be used as a natural fertilizer. Used coffee grounds provide gardens with an abundant source of nutrition. Recycling coffee grounds is not only beneficial for gardeners but it helps in reducing the amount of waste going into landfills.

Coffee grounds contain a high amount of nitrogen. When scattered across soil

before rain or watering they will slowly release nitrogen into the soil. When compost is mixed with coffee grounds it causes the soil temperature to rise and stay hot for long periods of time. The high temperature kills weeds and will allow your garden to flourish beautifully. Coffee grounds are acidic, which benefits "acid loving" plants. For instance roses, camellias, blueberries, and azaleas all flourish when sprinkled with coffee grounds.

Recycling coffee grounds also helps to feed worms, and keeps troublesome insects away. Earthworms love to feed on used coffee grounds; it helps them grow

and reproduce. Having lots of worms is an excellent way to keep a healthy garden. It is important to have worm activity in your soil; this mixes the soil and helps in mineralizing your vegetation. As you may know the odor of coffee is very strong, the odor can sometimes be too strong for humans. In the case of insects like ants, slugs, and snails the odor works as a repellant.

There are many places you can find used coffee grounds. Some good suggestions include local coffee shops, gas stations, schools, or your workplace. You could ask coffee vendors to save coffee grounds

for you, and coordinate a time to stop by and pick up your "green fertilizer."

Other uses for coffee grounds:

- Can be used to dye paper or clothes
- Can retouch furniture
- Can be used as flea repellant, rub on pets (dog, etc.)
- Can repel odors around the home
- Can be used when cleaning grease

Learn more about recycling used coffee grounds, and remember recycling is one way we can keep our environment natural and beautiful!



Photo by Roman Tsuhin/Shutterstock.com

Ask a JAG: Combating Identity Theft

By Capt. Catherine Vollertsen
USAG Stuttgart Law Center

You must check your financial accounts and credit reports often for signs of identity theft. If not caught near the time of expenditure, the consequences of identity theft can be far-reaching and have a long-term negative impact on your finances.

If you believe your accounts have been compromised and you are the victim of identity theft, there are steps you can take to minimize the damage. First, make an identity theft report through <http://www.identitytheft.gov/>. Review your credit reports. Contact at least one of the three credit reporting agencies: Equifax, Experian, or TransUnion to create a fraud alert. After filing the identity theft and fraud reports, request an extended fraud alert on your credit through the Federal Trade Commission's consumer website. These alerts will also help prevent an identify thief from opening any more accounts in your name.

If you can, make a police report, do so. Some companies may request this in order to verify your claim of fraud. If the police do not want to write a report, ask them to file a "Miscellaneous Incidents"

report. Consult your state's Attorney General's website for more information.

You must report any fraudulent transactions to the bank or financial institution where the fraud occurred. The institution will help you close the account and open new one with a different account number. They will also assist you to dispute the fraudulent transactions. Many institutions have timelines for reporting fraudulent transactions. If reports of fraud are not made within these timelines, the institution will not reimburse your stolen funds.

If your personal information has been lost or stolen, there are some preliminary steps you can take to prevent your information from being misused. These steps include closing the accounts which you believe were compromised, placing initial fraud alerts through the three credit reporting agencies, and watching for other signs that your information is being misused.

To preemptively limit the opportunities thieves have to use compromised data. Military members may place active duty alerts on their credit reports by contacting one of the three credit reporting agencies. This requires businesses to verify your identity before issuing any

credit. To remove this alert, you must provide proof of your identity including your social security number, name, and address. Alerts last for one year, unless removed. A personal representative may place or remove these alerts for you.

Identity thieves have become more creative and use less intrusive means to gather and misuse your data. You must be constantly on the lookout for signs of fraud in order to protect our financial

interests. If you believe you have been the victim of identity theft and need assistance, make an appointment with a Legal Assistance attorney at the Stuttgart Law Center.

This article is not meant to serve as legal advice, if you have specific question on this topic please contact the Stuttgart Law Center at DSN: 421-4152/civ. 0711-729-4152.



Photo by Navidim/Shutterstock.com

Month of the Military Child recognizes young family members

By Amaani Lyle

DoD News, Defense Media Activity

Editor's Note: This article was originally published April 1, 2015.

To highlight the year-round contributions, courage and patriotism of the military community's youngest members, the Defense Department observes April as the Month of the Military Child.

Established by then-Defense Secretary Caspar Weinberger in 1986,

the month recognizes some 1.9 million U.S. military children ranging in age from infants to 18 years old who have one or both parents serving in the armed forces, said Barbara Thompson, the director of DoD's Office of Family Readiness Policy.

"We want to highlight their sacrifices [and] support of the military member in their families, so it behooves us to take time from the busy calendar of our events and recognize military children," she said.

Permanent-change-of-station moves, deployments and training activities, among other facets of military life, can present unique challenges to children who must constantly adjust to distance, unfamiliarity and uncertain schedules, Thompson explained.

"That can be a real sacrifice, because each parent is a very important part of that child's makeup," she said.

Across the services, Thompson said, parades, fairs, art and poetry contests will abound as installations

develop engaging and amusing activities to solidify the bonds among families and communities.

"We want to make sure that children's voices are heard during the Month of the Military Child," she said. "It's a fun time to be with their families [and] to take part in the various activities that the services developed to recognize military children."

"It is hard to be a military child, and they're doing it super well," Thompson said.

Carter to students: Force of Future request best talent



Defense Secretary Ash Carter addresses cadets during a visit to the United States Military Academy at West Point, March 23, 2016. — Photo by Petty Officer 1st Class Tim D. Godbee

By Lisa Ferdinando

DoD News, Defense Media Activity

The Defense Department is facing complex threats and needs the "best talent America has to offer" to tackle challenges now and in years to come, Defense Secretary Ash Carter said March 31 at the University of Texas at Austin.

The best talent for tomorrow's force can come from innovative, bright thinkers such as the young people in the audience today, Carter said.

He noted the audience included ROTC cadets — future military officers who have chosen a "consequential" career that "makes a great difference" in national and global security.

"As secretary of defense, I have the

privilege of leading the finest fighting force the world has ever known," the secretary said. "But that's not a birth-right. It's not a guarantee. We have to earn it again and again."

Force of the future

Investments are needed to ensure tomorrow's DoD force, or the "force of the future," is as strong as the one of today, Carter said. "To make that possible, we need more talented and dedicated people like you — men and women who are committed to making creative and lasting contributions to our national defense," he said.

The Pentagon needs to think outside its "five-sided box" to find the kind of solutions, careers, challenges and opportunities that will ensure "the very best" continue to join the

Defense Department, Carter said.

A critical part of building the force of the future starts with engaging students, Carter said. It also includes improving and enhancing DoD internship programs, he added, as well as making sure the programs are more effective at transitioning promising interns into productive professionals at DoD.

"I'm proud that so many of you sitting in front of me have already made a decision to be part of this enterprise, which to me is the noblest thing you can do," he said.

Multiple, complex threats

The world today is filled with complex challenges, Carter said, calling it a time of incredible change and challenge. DoD is facing challenges that

include the Islamic State of Iraq and the Levant, North Korea firing ballistic missiles, Russia illegally annexing Crimea, China attempting to change the calculus in the South China Sea; and Iran continuing to export malign influence, he said.

The recent terrorist attacks in Brussels are an example of a horrendous act that might make young people wonder what they can do to make the world a better place, Carter said.

He told the students they can make significant contributions to the nation and the world, whether they choose a career in DoD or pursue other noble endeavors.

"It's a world of opportunities, too — wonderful, bright opportunities to leave a better world for future generations," he said.

RB PEDESTRIAN GATE CLOSED

The Robinson Barracks pedestrian gate is out of service. The Directorate of Emergency Services and Directorate of Public Works has requested repair for the switch that burned out with U.S. Army Garrison Stuttgart Local National contractors. Report issues with the gate immediately to the Military Police Desk at 0711-680-5262.

SWABIAN STOPS LUNCH, DINNER SERVICE

The Swabian Special Events Center located on Patch Barracks no longer offers lunch or dinner effective April 1. Conferences and functions can be reserved by contacting DSN: 430-5433/civ. 0711-6805433. Catering services will be provided for conferences and special functions and events by the Golf Course restaurant or Kelley Club restaurant caterers. Contact the Golf Course at 0171-469-0583 or Kelley Club at 0152-0987-4402.

PATCH FITNESS CENTER CLOSED APRIL 8

Patch Fitness Center and Patch Physical Therapy Office will be closed April 8 for annual deep cleaning. The Kelley, Panzer, and Robinson Fitness Centers will all be open their normal operating hours that day. For more information, call DSN: 430-7136/civ. 0711-680-7136.

BOWLING CENTER CLOSED APRIL 8 – 10

The Galaxy Bowling Center and Entertainment Center on Panzer Kaserne will not have open bowling lanes, April 8 and April 9 from 9 a.m. to 6 p.m., and April 10 from 9 a.m. to 4 p.m. due to the Installation Management Command (IMCOM) Bowling Tournament. For more information, call DSN: 431-2575/civ. 07031-15-2575.

STUTTGART MOTORCYCLE SAFETY COURSE CLOSED

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. Find the direct link at www.stuttgartcitizen.com.

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.

TRAVEL ADVISORIES

Travel restrictions are in place for personnel/dependents for travel to certain areas in Europe. Personnel should check in with their individual commands for specific travel restrictions.

SCSC WELFARE GRANTS DEADLINE

The Stuttgart Community Spouses' Club is accepting applications for Welfare grants from any organization that would like to apply for project funding. Applications are due April 15. Applications and submission instructions, can be found at www.stuttgartspousesclub.org under the Welfare tab or by emailing scsc.welfare@gmail.com.

ARMY EMERGENCY RELIEF SCHOLARSHIP PROGRAM

Scholarship applications for the 2016-2017 academic year will be accepted until 3 p.m. Eastern Time, May 1. Army Emergency Relief maintains two scholarship programs – the Spouse Education Assistance Program and the Maj. Gen. James Ursano Scholarship Program for dependent children. Both scholarships provide financial assistance for students who are pursuing their first undergraduate degree. Visit www.stuttgartcitizen.com for more information.

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.

UPCOMING SPRING RUNS

In partnership with U.S. Army Garrison Stuttgart Family and Morale, Welfare and Recreation, the United

Service Organizations is hosting a 7.5 mile run to celebrate 75 years from 9 a.m. to noon, April 23 at the Parade Field on Panzer Kaserne and routes through Böblingen trails. The trail is pet and stroller friendly. Participants can take part in refreshments, prizes, and giveaways from the USO after the race. All ID cardholders are invited to attend and participate. Pre-registration began March 31 at the USO, the first 100 to register receive a free t-shirt upon check in on race day.

The Junior Reserve Officer Training Corps (JROTC) is also celebrating their 100th Anniversary with a 5k Color Run, April 23. The run begins just after the USO's run at 9:15 a.m. in the same starting position, at the Parade Field on Panzer Kaserne. Both races are free and same-day registration is available. Bib pick up and registration begins on race day at 8 a.m. in the Panzer Fitness Center.

For more information, contact or visit the USO Center, Building 2915 Panzer Kaserne, DSN: 431-3345/civ. 07031-15-3345 or email: programs.stuttgart@uso.org. For more about the JROTC run, contact DSN: 431-4000/5600.

OU PH.D INFO SESSION

The University of Oklahoma will host information sessions for its doctorate program in Organizational Leadership. Sessions will take place on April 12 on Panzer Kaserne and Kelley Barracks: Panzer: Noon to 1 p.m. at the Education Center in Room 402B, Building 2915 and Kelley: 4 to 5 p.m., at the Kelley Theater, Building 3320. RSVP is required to apstuttgart@ou.edu.

LUNCHTIME FAMILY VIDEO SERIES

Parents of children 0-12 year old are invited to attend a lunchtime video series on managing children's behaviors while staying connected to nurture the developing mind at the Religious Educations Center on Patch Barracks. The course will take place in Classroom 15 from 11:45 a.m. to 12:45 p.m., every Tuesday and Thursday in April. Bring a lunch and eat, relax – this is a low stress lunch and learn environment. No registration required. For more information, contact the Stuttgart Health Clinic at 06371-9464-1616 or Army Community Service Family Advocacy Program Office at 07031-15-3518.

REGISTER FOR ABSENTEE VOTING

Through the Federal Voting Assistance Program, service members, their eligible family members and

overseas citizens are able to vote from anywhere in the world. Stuttgart community members interested in voting in 2016 elections need to register to request an absentee voting ballot. Registration is available for your respective state at: 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 Building 2913, Rm. 114, 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 information on Defense Finance and Accounting Service 2015 tax statement and myPay delivery visit: www.dfas.mil. For questions on Tax Center services, call DSN: 421-4588/civ. 0711-729-4588, for appointments, call 421-4152/civ. 0711-729-4152.

VOLUNTEER FOR THE ARMY BALL

The Stuttgart Army Birthday Ball Committee is looking for volunteers to help plan the 2016 celebration. This year's theme, "Honoring our Army Families" recognizes the strength and sacrifice of our Family Members and how they help make the strongest Army in the world. Contact the committee to discuss dates and times for volunteer availability at 2016StuttgartArmyBirthdayBall@gmail.com.

OHA SURVEY EXTENDED APR. 15

Service members in Germany who are residing off-post in privately leased or rental housing are asked to take part in the annual Defense Travel Management Office Overseas Housing Allowance Utility survey. The survey is instrumental in ensuring accurate housing allowance rates for military families and personnel living off post. 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. Service members taking the survey will be asked to enter in their previous monthly utility expenses as well as any items they had to purchase when they moved in. An exemption from this survey includes homeowners or those sharing rent with another service member. Spouses are authorized to take the survey as well if the service member is deployed or unavailable. Find the survey link at www.stuttgartcitizen.com.

SOLDIER FOR LIFE SEEKS VOLUNTEERS

The U.S. Army Garrison Stuttgart Soldier for Life Retiree Council seeks volunteers to fill the rolls of President, Vice President, and council member. Soldiers and their families are the veterans that are our ambassadors within in the community. Soldiers bring with them invaluable skills to include the Warrior Ethos and Army Values. They are Soldiers for Life Veterans that remain strong, strengthen our communities and inspire future generations to serve. For more information on volunteering, contact DSN: 421-5005/civ. 0711-7295005.

SIGN UP FOR USAG STUTTGART EMAIL

U.S. Army Garrison's community online and print news publication, The Citizen, is updated daily with announcements on services, programs, events and information for the Stuttgart military community living both on and off-post. People are encouraged to use a non-.mil email to ensure delivery of information on garrison activities. Those who have previously subscribed with an email that ends in mail.mil may no longer receive updates due to recent computer and operating system restrictions. Visit www.stuttgartcitizen.com on the homepage right panel to sign up to stay informed.

Do you have something to announce? Contact the USAG Stuttgart Public Affairs Office for assistance.

SIGNUP FOR ATHOC

AtHOC has self-service sign-up available with Common Access Cards (CAC) online. Service members may also enter a dependent (one additional account). AtHoc alerts users with emergency notifications multiple ways through computers pop-ups, voice calls to landline and mobile phones, emails and text messages. Follow the step-by-step instructions on stuttgartcitizen.com, search AtHoc. Contact the Emergency Management Protection Branch officer at DSN: 431-2031/civ. 0703-115-2031, or contact your local commands Protection office.

SPRING BREAK PANZER GATE CLOSURE

Reminder: The Panzer Kaserne Alternate Access Control Point (ACP) or Back Gate near the commissary morning hours are tied to the school schedule. Therefore, during the teacher work day, April 8 and Spring Break from April 11-15, the back gate will be closed in the mornings when school is closed. The back gate will continue to open in the afternoon Monday through Friday from 4 p.m. to 6 p.m. for outbound traffic only.

IREPORT EUROPE

iReport is a theater-wide reporting system that Soldiers, civilians, contractors and family members in Europe can use to report suspicious behavior to the appropriate authorities. iReport is available online and as a mobile app, visit www.eur.army.mil/iReport.

To report an imminent threat or crime in progress, immediately contact the military police or reach host-nation law enforcement by dialing commercial in Germany: 112.

VOTING ASSISTANCE OFFICER WORKSHOP

Stuttgart area Voting Assistance Officer (VOA) Workshop is scheduled, April 19 as part of the required training in preparation for the upcoming general elections. The workshop will be held on Panzer Kaserne, Building 2913, Room 118 from 9-11 a.m. VAO's are encouraged to review voting information and take on-line training to familiarize themselves with voter information before the workshop by going to the Federal Voting Assistance Program website at www.fvap.gov VAO's should bring a signed copy of their VAO appointment orders to the workshop. Contact the U.S. Army Garrison Stuttgart Voting Assistance Officer and Action Officer for information, or voting assistance, at DSN: 431-2865.

POV INSPECTION, LIMITED SERVICES

Privately Owned Vehicle (POV) Inspection Station, Building 2930, Panzer Kaserne will provide limited services April

18 from 1:30 p.m. to 4 p.m. and April 22 from 9 a.m. to 1 p.m. Base Support Operations Maintenance Division (BASOPS MD) Building 3320, Patch Barracks will be closed April 22 from 9:45 a.m. to 1 p.m. For information, contact the Maintenance Manager at BASOPS MD, at DSN: 475-7277.

OFFICIAL MAIL CLASS

The next official mail class is April 8, from 9-11 a.m., at the Digital Training Facility located on Panzer Kaserne Building 2931. Official mail training is scheduled quarterly and enables all Stuttgart Department of Defense personnel to know the regulations and differences between official and personal mail. The class also addresses the proper preparation to send official mail. To schedule a class for your unit or sign up, contact DSN: 421-2520/4286.

STUTTGART HIGH SCHOOL AVID APPLICATIONS

Advancement Via Individual Determination or AVID students get all they need to become high-achieving students, including an elective class, special note-taking and organization techniques,

group tutoring, goal-setting, writing instruction, college test prep, guest speakers, research skills, college and scholarship information, portfolio, and motivational activities.

There is no other program or class that offers all of this. Students in AVID perform better in high-level classes each year they are in the program and 95% of AVID graduates go to college. If you are interested in the AVID program for 2016-2017 school year, pick up an application in the front office of Stuttgart High School. The AVID program is open for incoming 9th-12th grades.

A student must: have a GPA of 2.0-3.5, have good standardized test scores, complete an interview, sign a contract committing oneself to preparation for college, teacher recommendations (AVID Coordinator will contact teachers), HS students must take Honors/AP courses/courses of Rigor. Contact Stuttgart High School's AVID Coordinator if you have any questions.

CUSTOMS OFFICE CLOSURE

The Customs Office at Panzer Kaserne will be closed from 11:30 a.m. to 1:30 p.m. April 22.

COMING TO PATCH THEATER**Thursday April 7**

Gods Of Egypt (PG-13) 1800

Friday April 8

Zootopia (PG) 1800

The Boss (R) 2100

Saturday April 9

Miracles From Heaven (PG) 1500

Hail, Caesar! (PG-13) 1800

The Boss (R) 2100

Sunday April 10

Batman v Superman: Dawn of Justice in 3D (PG-13) 1600

My Big Fat Greek Wedding 2 (PG-13) 1900

Wednesday April 13

Closed

Thursday April 14

The Boss (R) 1800

Friday April 15

The Jungle Book in 3D (PG) 1800

Barbershop: The Next Cut (PG-13) 2100

Saturday April 16

The Jungle Book (PG) 1500

Barbershop: The Next Cut (PG-13) 1800

The Jungle Book (PG) 2100

Sunday April 17

The Jungle Book in 3D (PG) 1600

Batman v Superman: Dawn of Justice (PG-13) 1900

Wednesday April 20

The Jungle Book (PG) 1800

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 Disney/Photo courtesy of Movieweb.com

Directed by Jon Favreau ("Iron Man"), based on Rudyard Kipling's timeless stories and inspired by Disney's classic animated film, "The Jungle Book" is an all-new live-action epic adventure about Mowgli (newcomer Neel Sethi), a man-cub who's been raised by a family of wolves. But Mowgli finds he is no longer welcome in the jungle when fearsome tiger Shere Khan (voice of Idris Elba), who bears the scars of Man, promises to eliminate what he sees as a threat. Urged to abandon the only home he's ever known, Mowgli embarks on a captivating journey of self-discovery, guided by panther-turned-mentor Bagheera (voice of Ben Kingsley), and the free-spirited bear Baloo (voice of Bill Murray). Along the way, Mowgli encounters jungle creatures who don't exactly have his best interests at heart, including Kaa (voice of Scarlett Johansson), a python whose seductive voice and gaze hypnotizes the man-cub, and the smooth-talking King Louie (voice of Christopher Walken), who tries to coerce Mowgli into giving up the secret to the elusive and deadly red flower: fire. "The Jungle Book" seamlessly blends live-action with photorealistic CGI animals and environments, using up-to-the-minute technology and storytelling techniques to immerse audiences in an enchanting and lush world.

EUCOM announces ERI implementation plan

Information courtesy of
U.S. European Command

As part of the U.S. commitment to increased assurance and deterrence, U.S. Army Europe will begin receiving continuous troop rotations of U.S.-based armored brigade combat teams to the European theater in February, bringing the total Army presence in Europe up to three fully-manned Army brigades, U.S. European Command officials said.

As discussed during the announcement of the fiscal year 2017 European Reassurance Initiative budget proposal, officials said, the Army has decided to begin storing static equipment, known as Army pre-positioned stocks, within Europe for contingency operations.

"This is a big step in enhancing the Army's rotational presence and increasing their combat equipment in Europe," Air Force Gen. Philip M. Breedlove, Eucom commander, said. "This Army implementation plan continues to demonstrate our strong and balanced approach to reassuring our NATO allies and partners in the wake of an aggressive Russia in Eastern Europe and elsewhere. This means our allies and partners will see more capability — they will see a more frequent presence of an armored



Army Spc. Devon Rivera, Sgt. Jorge Martinez and Pfc. Justin Giaimo, all indirect-fire infantrymen assigned to Headquarters and Headquarters Troop, 3rd Squadron, 2nd Cavalry Regiment, bound to a fighting position while rehearsing before a multinational mortar live fire exercise alongside Latvian partners at Adazi Military Base, Latvia, Feb. 17. As part of the U.S. commitment to increased assurance and deterrence, U.S. Army Europe will begin receiving continuous troop rotations of U.S.-based armored brigade combat teams to the European theater in early 2017 — Photo by Sgt. Paige Behringer

brigade with more modernized equipment in their countries."

Nine-month rotations

The armored brigade combat teams will be on nine-month rotations from the United States and will bring their

own modern equipment to conduct exercises across Atlantic Resolve countries, officials said.

The rotations will demonstrate the ability to rapidly deploy equipment and forces to Europe by sending U.S.-based rotational forces with their currently

assigned equipment, they added. This equipment will be the most modern the Army has to offer, officials noted, and over the next year will replace the current training equipment in Europe.

When the first rotational armored brigade combat team arrives early next year, the equipment currently used by rotational forces, known as the European activity sets, will remain in Europe, be repaired, upgraded, and converted into the core of the Army pre-positioned stocks announced in February, officials said. The pre-positioned equipment will be stored in Belgium, the Netherlands and Germany.

Will enable rapid deployment

The equipment will enable rapid deployment of ground forces and additional combat power in response to contingencies throughout the region, Eucom officials said.

By the end of 2017, there will be a continuous presence of three fully equipped Army brigade combat teams — one armored, one airborne one Stryker brigade — as well as one pre-positioned set of combat-ready equipment sufficient to support another armored brigade combat team and division-level enablers in Europe, officials said.

Battling threats in Africa calls for combined efforts

By Terri Moon Cronk
DoD News, Defense Media Activity

WASHINGTON — U.S. Africa Command is using a comprehensive approach in developing defensive capabilities and using diplomacy to address extremist threats before and during the crises that plague many African nations, AFRICOM's commander told the Senate Armed Services Committee here March 8.

Army Gen. David M. Rodriguez said Africa is of enduring U.S. interest as its economies, populations and influences grow.

Small, but wise, investments in African security institutions today offer disproportionate benefits to the United States, Africa and Europe, the general told the senators.

Africa must fight threats

"African solutions to African problems are, in long run, in the best interest of Africans, Americans and the world," Rodriguez said, but he noted that Africans have understandable fear and mistrust of their



Army Gen. David M. Rodriguez

governments and security forces in the continent's troubled areas.

"Predatory practices, patronage networks, corruption and political and economic exclusion of portions of the population, as well as inconsistent adherence to the rule of law combine to crush the hope of a better future," he said. Such conditions create ripe environments for violent extremism in Africa, he added, which also threatens the United States and Europe.

"Africa Command's contributions to this broad solution lie primarily in encouraging and enabling" the continent's security institutions to protect its people, address security concerns and eventually play a role in global

security, the general said.

AFRICOM's military strategy is a long-term, regionally focused approach to enable African partners, he said, and its operational approach is aimed at disrupting and neutralizing transnational threats by building Africa-partner defense capability and capacity.

Threats remain

Yet, although AFRICOM has made progress with the help of partners and allies, the general said, threats and challenges remain across the continent.

In East Africa, al-Shabab conducts lethal, asymmetrical attacks nearly every day, he said.

In North Africa, threats posed by the Islamic State of Iraq and the Levant negatively affect people in Libya and neighboring nations, Europe's southern flank, and U.S. peace and security objectives in Africa and the Middle East, the general said. An international coalition is countering ISIL and cutting the risk of extremist expansion, he

said, but stability in Libya calls for a long-term strategy.

In West Africa, a multinational joint task force is battling Boko Haram's complex and lethal attacks, which are aimed at destabilizing governments and terrorizing civilians, Rodriguez said.

"Our requirements are increasing faster than our resources, but within the command, we seek innovative ways to mitigate capability gaps by refining our priorities and deliberately improving the alignment of our resources to our strategy," he said.

But success requires teamwork beyond the command level, Rodriguez said.

"Close cooperation with our African partners, allies, the inter-agency, nongovernmental organizations and international organizations will, over time, strengthen democratic institutions, spur economic growth and advance African peace and security to a degree that U.S. military efforts alone cannot achieve," he said.

American Days celebrate culture, friendship



Story by Carola Meusel
USAG Stuttgart Public Affairs Office

The Deutsch-Amerikanisches Zentrum James-F.-Byrnes Institut Stuttgart, or German-American Center, will host its annual "American Days" April 14 to May 12.

The program will feature more than 70 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. The idea is to provide information about the U.S. and its diversity to the public, and to bring people of all nationalities together, 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 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.

The official American Days Celebration will be held at the Stuttgarter "Rathaus," or town hall, May 4 at 7:30 p.m. with a concert and performance by Helene Schneiderman, an internationally acclaimed American mezzo-soprano with the honorary title "Kammersängerin" of the Stuttgart

Opera. Schneiderman, who's been living in Stuttgart since the early 1980s, will take visitors on a musical journey with the American pianist William Girard. She will also talk about some German-American, or American-Swabian, encounters during her time here in Stuttgart. The celebration will conclude with German drinks and American snacks, funk and soul by the Stuttgart based disk jockey Andreas Vogel.

Tickets for the American Days Celebration can be purchased until April 29 online at www.reservix.de. Tickets cost €17.70 when purchased in advance and €20 the night of the event.

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

Other events include:

The Wilhelma Zoological and Botanical Garden in Bad Cannstatt will offer a "Wild, Wild West" tour April 16 from 10-11:30 a.m. North American plants and animals, such as mammoth trees, sea lions, rattlesnakes and bison will be highlighted. An additional tour will be held the same day from 12-13:30 p.m. Tours are in German. Those interested in attending must register by April 14 by calling civ. 0711-540-20. The tours are free of cost, but admission to the zoo is €8-€16. The Wilhelma Zoological and Botanical Garden is open from 8:15 a.m. to 5:30 p.m.

The Stuttgart Reds baseball team will host a baseball clinic April 29 from 9 a.m. to 6 p.m. for children and teenagers 4-18 years old at the sports club Cannstatt, located near Robinson Barracks at Am Schnarrenberg 10, 70376 Stuttgart. The clinic is free of cost. Instruction is in German and English. Participants must register by April 22 by emailing foerderverein@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 April 29 from 7-9 p.m. The exhibition will run until May 13 and can be viewed Monday to Friday from 10 a.m. to 1 p.m., and 2-5 p.m. The DAZ is located at Charlottenplatz 17, 70173 Stuttgart.

St. Catherine's Anglican Church (Katharinenplatz 5, 70182 Stuttgart) will host an all American hymn sing and ice cream social May 1 at 3 p.m. (doors will open at 2:30 p.m.). Patrons are invited to "lift their voices and cool their throats" by singing popular hymns from the 19th and 20th centuries and enjoy ice cream sundaes.

A photo exhibition titled "A Spectrum of Images" will be held May 3-17 at Bad Cannstatt's historic town hall (Marktplatz 2, 70372 Stuttgart). Works of five American photographers living in the greater Stuttgart area will be displayed. Admission is free. The exhibition can be viewed Monday, Wednesday and Friday from 8:30 a.m. to 1 p.m., Tuesday from 8:30 a.m. to 4 p.m. and Thursday from 8:30 a.m. to 6 p.m.

A German-American Gospel Concert will be held May 8 from 5-7 p.m. (doors open at 4:45 p.m.) at Leonhardskirche, or church, (Leonhardsplatz 26, 70182 Stuttgart). Some of the most popular gospel choirs in the greater Stuttgart area will perform. The concert is free, however donations will be accepted for charitable projects.

Safety Corner: No matter what bike you ride, know bicycle safety, rules of road on post, off post

Information courtesy of U.S. Army Europe

As John F. Kennedy once said, "Nothing compares to the simple pleasure of riding a bike."

Whether taking a leisurely bike ride with the family, using a bicycle as a means of transportation or riding a bike as part of one's fitness routine, safety must be a primary concern.

U.S. Army Europe requires that anyone riding a bicycle on a military installation to wear a helmet and have lights and reflectors on their bike.

It is also recommended to wear brightly colored clothing or a safety vest, padded gloves and padded bicycle pants. Proper fitting of all safety equipment, including helmets, is a necessity.

Carrying an emergency safety bag is also recommended. The bag should contain at least a cell phone or money to use a pay phone, insurance card, personal identification card and an emergency contact card.

For more information on properly fitting a bicycle helmet or other bicycle safety, visit the National Highway Traffic

Administration website at www.nhtsa.gov/Bicycles.

When riding your bicycle off post one must respect the host nation laws and be aware that they can receive fines and points from the German Polizei.

In addition to having lights on the front and back of the bike, it must also be equipped with a bell.

It is only mandatory for children under 13 to wear a helmet while riding their bike in Germany, but studies show that helmets were found to be 85 percent protective against head injury and 88 percent protec-

tive against brain injury.

Riding while on a cell phone or texting is forbidden, as well as riding while intoxicated or on drugs. Fines for riding under the influence are hefty in Germany.



Photo by NatureArForest, Shutterstock.com

Health Beat: Sugar Wars: Why is sugar so harmful to your mouth?

By BethAnn Cameron and
Col. Georgia Rogers

American people, including military families, are frequently consuming foods and drinks high in sugar and starches. Junk foods and drinks have slowly replaced healthy, nutritious beverages and foods. Sugar is the enemy of the mouth. Army Col. Georgia Rogers, who specializes in preventive dentistry, provides insight into this problem.

Question: Many people say that they have cavities because they have inherited "soft teeth" from their parents. Is it true that people who get more cavities have "soft teeth?"

Rogers: There is no actual condition called "soft teeth." Some rare genetic conditions can cause weak, brittle teeth but in the vast majority of cases they are not the cause of tooth decay. We now know that tooth decay is usually a sign that something is out of balance. Several factors can cause tooth decay, alone or in combination. Figuring out what is going on requires you to give a little time and attention to your diet and your daily hygiene regimen. Most tooth decay is caused by not using fluoride toothpaste the right way or by exposing your teeth to sugars too often.

Question: How should we use fluoride toothpaste?

Rogers: An adult should always assist children under the age of eight with tooth brushing. Use a rice-sized amount of toothpaste for children less than three and no more than a pea-sized amount for children aged three to six. Brush the toothpaste on all surfaces of the teeth for two minutes at least twice a day - just before bedtime is the most important. Then rinse the brush and brush the tongue and the roof of the mouth. Do not rinse with water after brushing. Just spit several times to

remove the excess toothpaste. Have small children say "Patooley!" very forcefully if they have difficulty spitting. Do not eat or drink for at least 20 minutes after you brush. This lets the fluoride stay on your teeth longer and fight decay. Brushing right before bedtime is particularly important to prevent decay.

Question: Why is sugar so harmful to your mouth?

Rogers: When sugar is consumed in food or drinks, it provides food for bacteria, which produce acid. The acid can eat away the enamel of the teeth, allowing the bacteria to penetrate and cause more damage. If nothing disrupts the bacteria, the damage gets a little deeper every time you consume sugar. It eventually reaches the nerve causing an infection. Drinking water or brushing after taking liquid medicine can also reduce your child's risk for decay.

Question: Is there a safe amount of sugar that you can have?

Rogers: The new USDA Dietary Guidelines have decreased the recommended limit for added sugars to no more than 10 percent of daily calorie intake. If a child eats 1,500 calories a day, that is no more than 150 calories from sugar or about nine teaspoons. A recent survey showed children between the ages of nine and 18 have the highest sugar intake - about 17 percent of their total calories come from added sugar.

Question: Where do you find hidden sugar in foods?

Rogers: Almost half of the sugar in the diets of Americans age two and over comes from beverages such as soda and fruit drinks. The next third comes from sweets, snacks and grains such as crackers, bread and cereal. Condiments like ketchup or salad dressing can also add a few extra teaspoons of sugar to your diet each day.

Question: How can you find out if your food or drinks have sugar added?

Rogers: Read the nutrition facts label. The amount of sugar in each serving is listed under the section "Total Carbohydrates" as "Sugars" in grams. One teaspoon of sugar is a little over four grams. Also, look at the list of ingredients. There are now over 60 names for sugar but you can learn to spot them at www.mouthhealthy.org/en/nutrition. Use the number "3" as a guide. If a word for sugar is one of the first three ingredients listed or if there are more than three names for sugar on the list, then the product probably contains too much sugar. Another important source of sugar is children's liquid medications for congestion, allergies, pain or fever.

Question: Teens and adults also eat snacks and drinks throughout the day. Are they at risk for tooth decay?

Rogers: Anyone who eats sugary snacks and drinks between meals throughout the day is at risk for tooth decay. Consuming snacks or drinks right before bedtime is the most dangerous, because your saliva flow slows down when you go to sleep, so the acids produced by the bacteria in your mouth are not washed away or neutralized. That is why it is critical to always brush with fluoride toothpaste before sleeping.

Question: Are babies and toddlers at risk for tooth decay since they only use a bottle or a Sippy cup?

Rogers: Yes, milk, formula or juice all contains some form of sugar. Babies should never be put to bed or allowed to fall asleep with a bottle of milk or formula. Prevent cavities in babies by wiping their gums with a clean, wet gauze pad or soft washcloth after each feeding - breast, bottle-fed or Sippy cup. Cleaning the gums and teeth removes the sticky film that contains bacteria which cause tooth decay.



Children should get regular dental check-ups. Army Maj. Demarcio Reed, commander of U.S. Army Dental Activity-Japan, conducts a dental screening of Xavier Pittman, 5, in the Strong Beginnings Class at the Sagamiara Family Housing Area's Child Development Center. — Photo by Lance Davis

Question: How do we protect older children's teeth?

Rogers:

- Give them a healthy diet, so they have all of the vitamins and minerals that they need to keep their teeth and gums healthy.
- Limit sugary or starchy snacks between meals; offer nutritious snacks instead of crackers.
- Avoid sugary drinks such as sodas, juices, lemonade and sports drinks; provide water or low-fat milk.
- Help your children brush twice daily for two minutes and floss each day.
- Take your children for regular dental check-ups.

Join the Sugar Wars! Defeat the effects of sugar and maintain good oral health by brushing at least two minutes, two times a day, flossing and eating healthy meals and snacks.

For more information about "Sugar Wars" for National Children's Dental Health Month and for tips to protect your teeth, go to the American Dental Association.

Seniors, staff awarded superlatives at first 'Senior Night'

Story and photo by Robyn Mack
USAG Stuttgart Public Affairs

Editor's Note: Special thanks –The Senior Night Committee would like to thank the teachers and staff of Stuttgart High School for their support and sense of humor during the first Senior Night. They are all tremendous educators and true professionals who are loved by their students.

Stuttgart High School held its first "Senior Night" March 4 in the school auditorium on Panzer Kaserne.

The event recognized the talents of the entire senior class with an Academy Awards-like show.

The senior class, which will be the first to graduate from the new school in June, along with school staff were all able to vote on the winners of each award.

"These aren't the typical awards one might see given out at a traditional schools awards program," said Edie Palladino, a parent and Senior Night committee member. "They go far beyond awards for academics, sports, and extracurricular activities. They are meant to be humorous and to showcase the personality of the class."

The award presentations were separated by performances and "commercial breaks" which featured pictures of all the seniors.

"[This] is a unique opportunity to establish some tradition for classes that follow," said Sarah Fullwood, a parent and Senior Night committee member. "We hope that each graduating class will continue to have a senior night, and that the event will become something that the entire community supports and looks forward to."



Student, staff and parents participated in the first "Senior Night" at Stuttgart High School March 4. The event recognized the talents of the entire senior class with an Academy Awards-like show.

Congratulations to all the award winners and nominees!

Staff award winners

"Teacher Most Likely to Appear on Reality TV" – Mr. Bowman

"Teacher Most Easily Pulled Off Topic" – Mr. Ratcliff

"Teacher Who is Most Trusting When They Shouldn't Be" – Mr. Ratcliff

"Teacher Who is Most Likely to Tell 'When I Was In High School Stories'" – Mr. Ratcliff

"Teacher Most Likely to Write an Uncomfortably Honest College Recommendation Letter" – Ms. Dickmeyer

"Best Dressed Teacher" – Ms. Blankenship

"Teacher Most Addicted to Facebook, Twitter or Instagram" – Ms. Blankenship

Student award winners

"Most Likely to Buy a Lifetime Gym Membership" (female) – Kat Farrar

"Most Likely to Buy a Lifetime Gym Membership" (male) – Nick Able, John Cooling and Nick Crowe

"Most Likely to Appear on Dancing with the Stars" (female) – Kaitlin Cross

"Most Likely to Appear on Dancing with the Stars" (male) – Thomas Benard

"Most Likely to Become a DoDDs Teacher" (female) – Brianna Bose and Tenley Getschman

"Most Likely to Become a DoDDs Teacher" (male) – Owen Woelper and Glen Clark

"Most Likely to Become a Stand Up Comedian" (female) – Audrey Lee Davis, Emily Ortwein, and Tyra Hook

"Most Likely to Become a Stand Up Comedian" (male) – Kevin Collins, Jamie Ensley, Boo Fullwood, and Jeremy Nix

"Most Likely to Be Late to Their Own Wedding" (female) – Abby Argo and Aileen Kimble

"Most Likely to Be Late to Their Own Wedding" (male) – Mike Bukolt, David Humphreys, and Eli Spencer

"Most Creative Complainer" (female) – Bridgette Carter and Annelise Meyer

"Most Creative Complainer" (male) – Jared Ferguson-LuGrain and Josh Souders

"Having the Messiest Locker" (female) – Tyra Hook and Mo Maddox

"Having the Messiest Locker" (male) – Kyle Hartzell

"Most Confident When Absolutely Wrong" (female) – Jaxen Godrey and Ashley Pannaman

"Most Confident When Absolutely Wrong" (male) – Kyle Hartzell and Brian Donald

"Most Likely to Still be Carded at Age 30" (female) – Kylie Boenisch

"Most Likely to Still be Carded at Age 30" (male) – Lester Ferioli

"The One who Talks the Most and Says the Least" (female) – Tyra Hook and Kristen McCauley

"The One who Talks the Most and Says the Least" (male) – David Humphreys and Evan Mott

"Most Likely to Win the Lottery and Lose the Ticket" (female) – Audrey Lee Davis, Autumn Flemming, and Elizabeth Donnellan

"Most Likely to Win the Lottery and Lose the Ticket" (male) – Michael Bukolt, Jamie Ensley, and Kyle Hartzell

"Most Likely to Be Elected to Political Office" (female) – Tenley Getschman and Morgan Whitten

"Most Likely to Be Elected to Political Office" (male) – John Grady

"Most Likely to Appear on the Bachelor or Bachelorette" (female) – Tenley Getschman and Morgan Whitten

"Most Likely to Appear on the Bachelor or Bachelorette" (male) – Eli Spencer and Josh Souders

"Best Choice to Take Home to Meet the Parents" (female) – Kylie Boenisch and Missy Deal

"Best Choice to Take Home to Meet the Parents" (male) – Walker Russell

"Having the Biggest Case of Senioritis" (female) – Elizabeth Axberg, Emily Braa and Kaylee Korth

"Having the Biggest Case of Senioritis" (male) – Ryan Mulcahey

"Best at Getting Teachers Off Topic" (female) – Ruby Egley, Kristen McCauley, and Oriana Suarez

"Best at Getting Teachers Off Topic" (male) – Boo Fullwood and Chris Matzke

"Best Undercover Texter" (female) – Shannon Nam

"Best Undercover Texter" (male) – Michael Bukholt and Gil Lujan

"Most Likely to Win an Oscar" (female) – Kristen McCauley, Olivia Carroll and Tenley Getschman

"Most Likely to Win an Oscar" (male) – Taylor Thornton, Phillip Wong, and Alex Perez

"Most Likely to Win an Grammy" (female) – Nina Bleckley

"Most Likely to Win an Grammy" (male) – Israel Oros

"The One Who Should Have Been Caught and Wasn't" (female) – Hayley Kunde

"The One Who Should Have Been Caught and Wasn't" (male) – Kevin Collins

"Most Likely to Attend SHS Homecoming Next Year" (female) – Oriana Suarez and Asia Williams

"Most Likely to Attend SHS Homecoming Next Year" (male) – Thomas Benard

"Most Likely to Win Survivor" (female) – Jacqueline Benard and Kat Farrar

"Most Likely to Win Survivor" (male) – Robert Call

"The One Who Talks the Least and Says the Most" (female) – Sophie Palladino

"The One Who Talks the Least and Says the Most" (male) – Patrick Walther

"Most Addicted to Facebook, Twitter, or Instagram" (female) – Taylor Lenhart and Michelle Quinteros

"Most Addicted to Facebook, Twitter, or Instagram" (male) – Evan Mott

Special student awards

"Best Lifetime Friends" – Wince Nordan and Spencer Smith

These two seniors were born just weeks apart at the same hospital at Fort Benning, Ga., and played together as infants. They were separated by permanent change of station moves, but stayed great friends. They linked back up as sixth graders at Fort Leavenworth, Kan., where they stepped right back into the roles of best friends. They were separated again for several years, but were reunited as seniors at Stuttgart High School where they will graduate together. Their story shows the resiliency of military children and the friendships they forge.

"The Lifetime Achievement Award" – Jacob Milton

In addition to being a great athlete and student, Milton has learned the name of every student at Stuttgart High School and greets each person by name when he sees them.

Cheers to spring at 'Stuttgarter Frühlingsfest'



This year's "Stuttgarter Frühlingsfest," or spring festival, will run April 16 to May 8 at the Cannstatter Wasen fest grounds in Bad Cannstatt. Patrons may enjoy a nice view of the fest grounds from the "Bellevue" Ferries Wheel, just one of many activities offered throughout the fest. Also depicted is the "Cannstatter Kanne," or pitcher, the city district's coat of arms. — *Photo courtesy of in.Stuttgart/Thomas Niedermüller.*



"Slide into spring" at the "Stuttgarter Frühlingsfest," or spring festival, from April 16 to May 8 at the Cannstatter Wasen fest grounds in Bad Cannstatt. The fest offers activities for the entire family to include fun rides, beer tents, regional and international foods, and a reconstruction of a Bavarian-Austrian Alp village, the "Almhüttendorf." — *Photo courtesy of in.Stuttgart/Thomas Niedermüller.*

By Carola Meusel
USAG Stuttgart Public Affairs

Stuttgart's annual "Frühlingsfest," one of the largest spring fests in Europe, runs from April 16 to May 8 at the Cannstatter Wasen fest grounds in Bad Cannstatt.

The festival offers rides such as wild water rafting, bumper cars, carousels, haunted houses, a Ferris wheel and roller coaster, as well as pony rides and merry-go-rounds for children, according to Jörg Klopfer from "in.Stuttgart," the event organizer.

Adrenalin junkies may also enjoy thrill rides such as the bungee ball, "Alpina Bahn" roller coaster and several other amusements designed to defy gravity, he said.

Besides the rides, the Frühlingsfest also features food ranging from hearty Swabian meals to Asian, Italian and Greek cuisine, along with festival goodies such as cotton candy, chocolate-covered fruit and candied almonds.

Children can partake in free face painting and sessions with balloon artists, while a variety market offers jewelry, leather wear and clothing, fine herbs, spices and tea.

Three beer tents — "Göckelemaier," "Grandl's Hofbräu Zelt" and "Zum Wasenwirt" — will offer grilled chicken or "Göckele," freshly brewed fest beer and live bands that will entertain the crowds with

"Volksmusik," or German folk music, party, country and rock tunes. Each tent also offers a beer garden, where visitors can enjoy food and drinks in the sun.

A reconstruction of a typical Bavarian-Austrian Alp village, the "Almhüttendorf," is set up in the middle of the Cannstatter Wasen fest grounds. It is considered one of the festival's main attractions. Here, visitors can find rustic booths offering "Schweinshaxe" (hambone) or a "Jause," a snack consisting of bread, cold cuts, radishes and cottage cheese. This type of snack is normally served in huts throughout Bavaria and Austria, while people take breaks during hiking trips.

Since the Frühlingsfest is a family-oriented event, special family days are offered every Wednesday (April 20 and 27, and May 4) from noon until 11 p.m. with special offers and discounted prices for families.

"The Frühlingsfest is a fest for the entire family and makes for a great start in to spring during its three week tenure," Klopfer said.

On May 8, the fest will conclude with a 15-minute fireworks show set to music at 9:30 p.m. People can catch a great view of the fireworks show at König-Karls-Brücke, or bridge, adjacent to the fest grounds.

Reservations, hours

Reservations for tables in the beer tents are typically made

months in advance. Without a reservation, a visitor may encounter long lines and wait times, and a possible rejection to enter a tent, especially during the weekends.

To see if reservations are still available, visit www.stuttgarter-fruehlingsfest.de, then go to the "Festzelte" tab on the left, select the respective beer tent by clicking on the image, proceed to the tent master's website and click on the "Reservierung" tab.

Entrance to the fest is free.

The fest and the accompanying variety market are open Monday through Thursday from noon to 11 p.m., Friday from noon to midnight, Saturday from 11 a.m. to midnight and Sunday and on German federal holidays from 11 a.m. to 11 p.m. On May 4, the fest will be open from noon to midnight.

For more information on the Stuttgart Frühlingsfest, visit www.stuttgarter-fruehlingsfest.de.

Plan ahead and keep safety in mind

Large events such as the Stuttgarter Frühlingsfest increase the risk for drinking and driving. If you visit the fest, ensure you have a plan for returning safely home afterward:

- Leave your vehicle at home.
- Use a designated driver.
- Use public transportation or a taxi.
- Don't leave your children

unattended at any time.

- Always follow the safety instructions posted at the rides and/or instructions given by the operating personnel.
- If you are in doubt, ask before you take a ride.

Where to buy fest wear

Krüger Dirndl City Store –

Calwerstrasse 41, 70173 Stuttgart

Krüger Dirndl Store –

Lindenstrasse 7, 71634

Ludwigsburg

Krüger Factory Outlet Store –

Antoniusstrasse 21, 73249 Wernau

Angermaier –

Eberhardstrasse 8, 70173 Stuttgart

Trachten Hit Trachten Outlet

– Eberhardstrasse 35/37, 70173

Stuttgart

Dirndlwunder Trachten Outlet –

Kronenstrasse 6, 72555 Metzingen

Trachtenmode Breuninger

Department Store –

Marktstrasse 1-3, 70173 Stuttgart

Galeria Kaufhof Department Stores

• Königstrasse 6, 70173 Stuttgart

• Eberhardstrasse 28, 70173

Stuttgart

• Badstrasse 8-12, 70372 Stuttgart-

Bad Cannstatt

C & A Department Stores

• Königstrasse 47, 70173 Stuttgart

• Milaneo Shopping Mall Mailänder Platz 7, 70173 Stuttgart

All stores accept Value Added Tax forms, except Dirndlwunder.



Health clinic welcomes new dietitian

By Robyn Mack
USAG Stuttgart Public Affairs

A Stuttgart Army Health Clinic staff member has lost 10 pounds in 10 weeks. And no, it wasn't with some magical pill, said Crystal Johnson, the clinic's new dietitian.

"All she did was start following some of my guidelines," said the registered dietitian. "It starts with figuring out what you're not eating and then getting to three balanced meals."

Johnson, who joined the Stuttgart Army Health Clinic team in September, provides diet and nutrition counseling and education services to all eligible ID card holders.

Her services, which do not require a referral, are customized for each of her clients – from pregnant mothers, diabetics and patients with

high cholesterol or blood pressure to servicemembers and units focused on readiness or those simply looking to lose a few pounds.

"Nutrition plays a major role in reaching your health goals, whether you want to lose weight or improve fitness, a healthy diet keeps your body in top shape and prepared for daily activities," the nutrition expert of 28 years said.

Along with regular clients and training sessions, Johnson also works with the health educators at the Clinic's Wellness Center to develop personalized food and fitness plans for individual lifestyles and goals.

People interested in working with the new Stuttgart dietitian can schedule a meeting through the appointment line at DSN: 590-2900/civ. 06371-9464-2900; or directly with Johnson at DSN: 590-1744/civ. 06371-9464-1744.

Moving toward a balanced diet

By Crystal Johnson
Stuttgart Army Health Clinic

Determine if your diet needs revising. Start with the USDA Dietary Guidelines or My Plate Method to determine if you're getting the recommended amount of whole grains, fruits, vegetables, protein, dairy and fat.

Find out how many calories you need each day. Use a calorie estimator or multiply your weight in pounds by 10 for women, 11 for men. This provides an estimate of the number of calories required to maintain your current weight. Should you desire to decrease your weight by one pound per week just subtract 500 calories per day.

Keep track of your eating. Keep track of your meals and snacks using a free mobile app, like My Fitness Pal, on your computer or smart

phone. This will give you information to help determine what changes may be beneficial.

Make small changes. Small and reasonable changes are more effective and lasting. For example, if you usually skip breakfast, make it your goal to eat something each morning, even if it's just a slice of toast with peanut butter or a container of Greek yogurt. Skipping meals can actually slow metabolism, which can hinder fitness and weight loss goals.

Add rather than subtract. If you don't know where to start, try adding something healthy to your diet rather than taking something away. For example, eat a side salad before a meal or add a vegetable at lunch. Adding something healthy will help fill you up on nutrient dense foods so there's less room for the less healthful choices later.

Photo by VICUSCHKA/Shutterstock.com

Surgeons general say medical readiness aligns with overall readiness

By Terri Moon Cronk
DoD News, Defense Media Activity

Maintaining medical readiness for the nation's fighting force aligns with the military's top readiness priority, the Army, Navy and Air Force surgeons general told a Senate appropriations panel March 9.

Surgeons general Army Lt. Gen. (Dr.) Nadja Y. West, who is also the commanding general, of U.S. Army Medical Command; Navy Vice Adm. (Dr.) C. Forrest Faison III and Air Force Lt. Gen. (Dr.) Mark A. Ediger described how they are maintaining medical readiness for the force of the future in budget request hearing for defense health.

Army medicine's priority of readiness and health is a direct reflection of the service's top readiness posture, West said. "We see readiness and health as closely coupled," she added.

Combined Army, Navy and Air Force medicine comprises a joint medical force without peer, West said.

Meeting future challenges

"The Army continues to be the nation's premier expeditionary medical

force [to meet] the challenges of a complex world" by remaining globally engaged, regionally aligned and surge ready to face the ever-changing challenges of tomorrow, the Army surgeon general said.

Army medicine must also continue to ensure its beneficiaries have access to high-quality and safe health care, West said. "As we look for ways to continue to improve how we operate, access to care is a matter for all of us," she said.

With a goal of adding more primary and specialty care appointments in Army medical treatment facilities, West said, she has "directed rapid improvements" for access to care.

"My commitment to our nation, the Army and Congress today is the Army will never be caught unprepared for tomorrow's challenges," West said, emphasizing the importance of force development to better prepare Army medical professionals for the future.

Navy medicine is agile

Navy medicine is an agile, rapidly deployable force, and three factors are indisputable, Faison said.

"We have the highest combat

survival in recorded history," the Navy's surgeon general said. "Many of our wounded warriors alive today ... would have died of their wounds in any previous conflict."

Every wounded warrior who received care from injury on the battlefield to recovery in Navy medical centers did so "completely and exclusively" at the hands of the men and women who received their training, clinical experience and preparation in a military treatment facility, he said.

Faison emphasized the investments made in medical research and development, training, and medical education remain critical to meeting existing and future mission requirements. And U.S. military medical training is among the best in the world, while its global research and development efforts help keep its personnel safe as they counter tomorrow's threats, he added.

But Navy medicine is not a perfect system, and more needs to be done, Faison said.

The services, he added, "are working hard to improve access, care continuity, convenience and satisfaction with the care [military medicine]

delivers in peacetime."

Navy medicine is "committed to continuing the necessary reforms which will improve our patients' experiences, and most importantly, their health," Faison said. "However, we must do so without putting at risk the very system which has yielded such unprecedented survival."

Care is key to readiness

The Air Force surgeon general agreed with his colleagues on the importance of military medicine. "The broad scope of care we provide is key to our readiness," Ediger said.

Today, nearly 700 medical airmen and women are deployed to capture lessons learned from their experiences, and that work helps Air Force medical research identify gaps and improvements in its programs, operational procedures and overall readiness, he said.

"As a health system, we know we must continually improve," said Ediger, adding that while progress has been made, Air Force medicine is "focused on improving in areas of quality, safety and access to care."

On The Blotter: How a DUI forever

By USAG Stuttgart Law Center

It was a devastating mistake.

What started out as a couple of drinks, turned into a nightmare that will follow one Army noncommissioned officer for the rest of his military career — all because he got behind the wheel after having “just a few drinks.”

The NCO — whom we will refer to as Sgt. John Smith for the purpose of this story — was assigned to a unit in the Stuttgart military community when he entered a German bar on a warm July evening.

He had developed a habit of drinking heavily following a 14-month deployment with a former unit.

“I drank and drove probably for a good seven or eight months,” Smith said. “It got to the point where it didn’t seem to bother me anymore.”

That night, however, when the Polizei pulled him over, everything changed.

A breathalyzer test revealed Smith’s blood-alcohol content level to be 0.083. The legal limit in Germany is 0.05. For those involved in an accident, the limit is 0.03.

His command was notified, and he received a general officer letter of reprimand, filed in his official record.

“That’s going to haunt me for the rest of my career,” Smith said.

He was also punished with a field grade-level Article 15,

“Commanding Officer’s Non-Judicial Punishment,” from his command, which reduced his rank from E-5 to E-4.

“I went from a supervisory pay grade to a junior enlisted pay grade,” Smith said. “That’s a huge drop.”

It took Smith more than a year to regain his rank, estimating that he lost more than \$8,000 in basic pay.

The cost affected more than his wallet, however.

Once reduced, he received 45 days of restriction to post and extended duty. He worked from 6:30 a.m. to 10 p.m. seven days a week, and forfeited half of two months’ pay. Smith’s driver’s license was revoked for one year.

The punishment was hard on his family. “It was a very stressful time for them,” he said. “I had never been in trouble in my life when it happened, and I paid the consequences for it. It was an enormous shocker.”

Additionally, his unit requested that he be separated from the Army for misconduct. As an NCO with six years of service, Smith was entitled to a separation board made up of his superiors. He was recommended for retention, based on his performance record.

However, he still struggled to be accepted back into his unit. “The guys were telling me that I wasn’t fit to wear the uniform,” Smith said.

Once back at work, Smith was often called upon to talk about his experience, as an example. “It was very, very demeaning to be called out time and time again in front of a large group of people,” he said.

“I still have a stigma to this day with certain superiors,” he added.

He spent the following year in the Army Substance Abuse Program and went through a six-week rehabilitation program in Landstuhl.

“I used every resource available to me, as far as support goes,” Smith said. “I was determined to get through this.”

Since then, he has limited his drinking and never drives himself to a bar. He also warns other Soldiers about the consequences of drinking and driving.

“I have agreed to put my story out there to prevent other Soldiers from making the same mistake, if they listen,” he said.

German law and DUI

Drivers only need one alcoholic drink to end up with a story like Smith’s.

In Germany, 0.05 is the legal limit for blood alcohol while driving. This is lower than the U.S. limit of 0.08, and the German limit applies on post as well.

Those caught drinking and driving in Germany could be detained by the German police, even if they are driving below the limit, according to Army Capt. Keenan Daniels, judge advocate for the Stuttgart Law Center.

“Anytime you drive with alcohol on your breath, the Polizei can arrest you,” he said. “Also, the Polizei often test for drugs such as marijuana. Polizei drug tests are more sensitive than even military testing. Even if the driver consumed the drug days or weeks prior, the Polizei may find residual traces and arrest the driver.”

“Under the UCMJ, a driver can be arrested for DUI even if the vehicle is parked. The driver could be charged if they have actual physical control of the vehicle while drunk, simply by sitting in the driver seat with the



It changed a local Soldier's career

keys in their pocket. Soldiers have been arrested, and charged with a DUI type offenses for sleeping in the driver's seat, or having the engine on to play the radio or run the heater."

"Folks in Europe really need to have that in the back of their mind — they're risking more by having a couple of drinks in Europe and driving home than they would in the States," Daniels added.

By possessing a U.S. Forces certificate of license and operating a Privately Owned Vehicle, an individual consents to chemical testing. And, if they have Blood Alcohol Content of .05 or higher, their U.S. Army Europe license will be confiscated immediately.

Army in Europe Regulation 190-1, "Driver and Vehicle Requirements and the Installation Traffic Code for the U.S. Forces in Germany," imposes minimum punishments for individuals who receive a DUI:

1. If an individual's BAC is between 0.05 and 0.079, their U.S. Army Europe driver's license will be suspended for a minimum of 90 days.

2. One year revocation is mandatory for individuals who refuse to

submit to chemical testing, operate a vehicle with a BAC of .08 or higher, or test positive for an illegal substance.

3. If an individual has two DUIs with a BAC of .05 or higher within a five year period their license will be revoked for five years. Further, three alcohol-related traffic offenses will result in the permanent loss of the U.S. Forces license, Daniels said.

4. To reinstate their driver's license after a DUI incident, service members and civilians must complete the ASAP training, take remedial drivers' training, and possess a stateside driver's license before they can obtain a letter from the garrison commander recommending reinstatement.

Army Regulation 600-85, "The Army Substance Abuse Program," requires commanders to initiate separation for Soldiers that:

1. Receive two convictions of DUI or DWI during the course of their career, or

2. Are involved in two serious incidents of alcohol-related misconduct in a 12 month period.

Service members

Only service members are required to take ASAP training; however, everyone should visit the ASAP office soon after an incident to get the process started, rather than waiting until the revocation period is over.

In addition to a license suspension, service members under the jurisdiction of the 21st Theater Sustainment Command who are caught driving with a BAC of 0.05 or more will receive a General Officer

Memorandum of Reprimand, which can be filed locally or in their permanent file, Daniels said.

Those caught driving with a BAC of 0.1 or more are in violation of the Uniform Code of Military Justice and face either a court-martial or, more commonly, a non-judicial action (Article 15) from their commander, Daniels said.

Under Article 15, the maximum punishment could include:

E-4 and below: loss of all rank to E-1, loss of half of one month's pay for two months, and up to 60 days of extra duties and restriction to the garrison.

E-5/E-6: loss of one rank, loss of half of one month's pay for two months, and up to 60 days of extra duties and restriction to the garrison.

E-7 and above: may lose rank if punishment is imposed by a general officer, loss of half a month's pay for two months, and 45 days of extra duties and restriction to the garrison.

Officer: no loss of rank, restriction for 30 days, arrest in quarters for 60 days, loss of half of one month's pay for two months.

Driving with any level of intoxication sufficient to impair the mental or physical faculties, could be tried at a court-martial, Daniels added.

At a court-martial for drunken driving, the maximum punishment a service member could receive is: dishonorable discharge, forfeiture of all pay and allowances, and confinement for 18 months.

Army Regulation 600-85 requires commanders to initiate separation for that Soldiers that:

Receive two convictions of DUI or DWI during the course of their career, or

Are involved in two serious incidents of alcohol-related misconduct in a 12-month period.

Civilians

Unlike service members, civilian employees and their family

members who drive while intoxicated fall under the garrison Civilian Misconduct Action Authority (CMAA).

Civilians who apply for a USAEUR driver's license become subject to AER 190-1 and imply consent to disciplinary actions by the CMAA if found in violation of the law.

Civilians caught driving under the influence of alcohol with a BAC level of 0.1 and above may be fined more than €1,000 and issued penal orders by local courts upon request of the district attorney. A penal order is a summary judgment — a criminal fine.

Penal orders have harsher consequences than a traffic ticket. It's more of a criminal misdemeanor kind of judgment.

When a civilian does not pay a penal order, German authorities will order confinement in lieu of payment for a number of days corresponding to the amount of the fine.

Depending on their BAC, civilians will also have their driver's license suspended or revoked.

U.S. Forces are bound by agreement to revoke a USAREUR license for as long as the German government requires, but they may also extend the period of punishment.

In addition, USAREUR may indefinitely revoke driving privileges for individuals who have multiple violations.

Civilian government employees will also likely lose their security clearances. If their job requires a security clearance, they will likely be terminated.

No excuse

From day one in basic training, we learned about core values and the consequences of violations of those values. Certain violations, such as DUIs, can result in separation or criminal prosecution of the offenders.

We did not join the military to become criminals. No one wants to look their spouse, parent, or friend in the eye and tell them that they are about to be separated from the military or go to jail because they chose to drink and drive.

If you are concerned about your drinking or someone else's drinking, seek help by calling the USAG Stuttgart Army Substance Abuse Program office at 431-2530/07031-15-2530.

For teens

For more tips, visit the Talk Early, Talk Often website at <http://underagedrinking.samhsa.gov> or contact the Stuttgart Army Substance Abuse Program at 431-2530/07031-15-2530.

Youth Activities

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



READING EXHIBITION

The German Chapter of the Alpha Phi Alpha Fraternity of Frankfurt, Germany, sponsored a Reading Competition at Patch Middle School on the first of April. The mission of the Alpha Phi Alpha Fraternity is to develop leaders, promote brotherhood and academic excellence. The Fraternity was founded in 1908 at Cornell University and has a long history of service and promoting academic excellence. The event was very well attended by the student body with participants from the 6th, 7th and 8th grades. Pictured below are the seventeen 8th grader participants. — *Photo by Ed Thornburg*



LANGSTON HUGHES
Isabelle Mitchell, a Patch Middle School 7th grader, is reading an excerpt from "Life is Fine" by Langston Hughes.
— *Photo by Ed Thornburg*

BLACK HISTORY MONTH



The Stuttgart Military Community celebrated Black History Month with a ceremony on Kelly Barracks sponsored by AFRICOM. The celebration was a tribute to the many accomplishments that African American citizens have made to make this country great. The Patch Middle School jazz band was honored to be selected to perform at the ceremony. In this photo members of the band are shown getting ready to depart school for their trip to AFRICOM at Kelly Barracks.
— *Photo by Ed Thornburg*



The Black History Month celebration recently sponsored by AFRICOM at Kelly Barracks was more than just speeches and great music. It was specifically designed to be a learning experience to demonstrate the accomplishments African Americans have made to our great country. Pictured here is Patch Middle School student Christian Watts, as he views the historical accomplishments of Major Alexander Augusta.
— *Photo by Minnie Butler*

Have fun with the locals

Medieval market Sat, Apr 16 - Sun, Apr 17 Tübingen, Thiepval Areal

Creative and authentic costumes, witches, princes and knights await you and your family at Tübingen's medieval market at Thiepval Areal from April 16-17. A variety of booths will be offering food, drinks, jewelry, decorations and much more to entertain visitors of all ages. Live role playing and shows, as well as several musical performances will make for a perfect day of discovering medieval times followed by an evening feast under hundreds of beautiful lights and candles. Admission is free. For more info go to www.stuttgart-tourist.de

Photo by GChristo / Shutterstock.com



EVENTS

Good energy music

Thu, Apr 7

Ludwigsburg, Ratskeller

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 over the world and all genres you could possibly think of. Admission is 100% free, food and drinks are available for purchase. For more info go to www.ludwigsburg.de

Fascinating Lego

Thu, Apr 7

Ludwigsburg, Residenzschloss

Visit 'Brick City,' Ludwigsburg's newest Lego exhibition, set up at the Residenzschloss until May 5. Start in the Star Wars area and make your way through ice worlds, forests and a Harry Potter castle. The littlest visitors will be amazed by their adorable animal farm, which makes it a must-see event for the whole family. Admission starts at €2. For more info go to www.stuttgart-tourist.de

Australian landscapes

Thu, Apr 7

Stuttgart, Wilhelma Zoo

Flights to Australia are expensive, long and if you're really unlucky, you come across one of the hundreds of deadly eight-legged devils that are hiding in the ground over there. But is there a way to go on a day-trip to Oz and marvel at their breathtaking landscapes without having to rely on Google maps? Indeed. The Wilhelma Zoo is offering a unique exhibition presenting the remarkable botanical diversity found Down Under for only €16 per adult/ €8 per child and you're allowed to bring as many carry-ons

as you like. So pack your family for an intercontinental car ride to Stuttgart - the kangaroos are awaiting you! For more info go to www.wilhelma.de

Long night of museums

Sat, Apr 9

Leonberg, city center

Leonberg's historic city center, known for its art galleries and small exhibitions, invites you to their long night of museums on April 9. From 7 p.m. until the late hours, workshops, art stores and galleries are keeping their doors open for you to rummage, admire and get inspired by the work of over 50 artists. Admission is free. For more info go to www.stuttgart-tourist.de

Backnanger tulip spring

Sun, Apr 10

Backnang, city center

Backnang is celebrating their annual tulip festival on April 10 to welcome back spring, sunshine and flowery beauty. Tulip beds will be spread across the city center where bands will be playing on several stages as you enjoy a wide selection of culinary goodness from local restaurant owners and caterers. Of course there will be a colorful program for the little ones as well who can dance and play in the midst of 10.000 flowers from 1 p.m. Admission is free. For more info go to www.stuttgart-tourist.de

Georgimarket

Tue, Apr 12

Tübingen, historic center

Over 100 vendors from near and far are selling their homemade goods such as clothes and kitchenware around Tübingen's historic city center from April 12 to 13 for their annual Georgimarket. Of course a selection of delicious treats will be available for sale and poses a great opportunity to discover local cafés and restaurants. Admission is free. For more info go to www.tuebingen.de

Hit Girls vs. Queen B's

Sat, Apr 16

Stuttgart, Sporthalle West

Roller Derby can be shortly summarized to a race on roller skates but in reality there are endless rules to make games more exciting and action packed. Whether you're already a fan or just want to know what it's really like: Stuttgart's Hit Girls, Germany's very first roller derby team, invite you to watch them speed against Helsinki's team, the Queen Bs, and cheer them on at the Sporthalle West on April 16. Admission is free. For more info go to www.rollergirlz.de

Imagine - gymnastics show

Sat, Apr 16

Munich, Olympiahalle

Imagine has been touring the planet for almost 3 decades and still manages to turn our world around year by year. Daring acrobatics, ballet, rope skipping, handstands that will make you dizzy and many other artistic champions that guarantee an exciting, breathtaking and mind-blowing evening at the Olympiahalle in Munich on April 16 from 2 p.m. and 7 p.m. Tickets to get your heart racing and eyes glowing are available online from €13. For more info go to www.olympiapark.de

SPORTS

Handball

Fri, Apr 15

Stuttgart, SCHARrena

Join TVB 1898 Stuttgart in their first league handball battle against TSV Hannover-Burford on April 15 at the SCHARrena in Stuttgart. Prepare for a nerve-wracking, action-packed game from 7:45 p.m. and get your tickets online from €14. For more info go to www.scharrena.de

Basketball

Sat, Apr 16

Ludwigsburg, Arena Ludwigsburg

Neckar Riesen literally translates to Neckar Giants and that's exactly what they are; tall, strong and ready to play against the FC Bayern München on April 16 from 8:30 p.m. Tickets are available online starting at €14, so reserve your spot or seat at their home stadium, the Arena Ludwigsburg, for an action-packed basketball game. For more info go to www.ludwigsburg.de

CONCERTS

Mariah Carey

Thu, Apr 14

Munich, Olympiahalle

International star, queen, legend and bestselling female artist of all time is coming to Europe again on April 14 from 7:30 p.m. for the first time in 13 years and the Olympiahalle in Munich is making your sweet sweet fantasy of seeing her live come true. The Sweet Sweet Fantasy Tour includes her greatest hits, a spectacular stage show and thousands of fans screaming the lyrics with you. Tickets are available online from €60, visit www.olympiapark.de for more info.

Paul McCartney

Fri, June 10

Munich, Olympiastadion

One of Liverpool's finest is coming to Germany. To be more exact, he is coming to Munich on June 10. He is known as the singer and bass guitarist for the Beatles. Ticket price starts at €95 and the event starts at 8 p.m. in the Olympiastadion. Get your tickets quick to see this legend. For more info go to www.eventim.de

More events on: www.MilitaryInGermany.com

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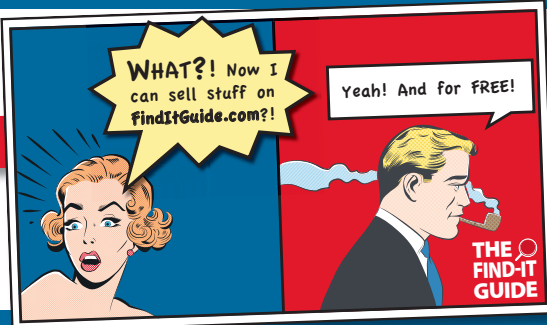
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2006 Pontiac G6 GT, 3.5L, V6, Sedan, automatic, gas, 87,500miles, Bright White, Black Premium Leather interior, \$8,495, contact mark@americanmotors.net, 0176-93136972

2007 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>

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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

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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

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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

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

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

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

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

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

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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

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Sunday Evening.....6 pm
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10 a.m. - Robinson Barracks, Bldg. 115 and 116
10:30 a.m. - Panzer Contemporary, Bldg. 2940
11 a.m. - Patch Collective Protestant, Bldg. 2304
12:30 p.m. - Panzer Gospel Service, Bldg. 2940

CATHOLIC WEEKLY MASS SCHEDULE

Monday
11 a.m. - Patch, Adoration
11:45 a.m. - Patch

Tuesday
11:45 a.m. - Patch

Wednesday
11:45 a.m. - Kelley

Thursday
11:45 a.m. - Panzer

Saturday
4:15 p.m. - Panzer, Reconciliation
5 p.m. - Panzer

Sunday
9 a.m. - Patch
Noon - Robinson Barracks
5 p.m. - Patch

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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

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

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

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AFN Decoder. Dual Voltage. Remote Control. Incl. Cables. User Guide. Orig. Box. Euro 225. Great Condition. Perfect Off Base Working. chefsteven2015@gmail.com

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

Canon BJC 7000 Color Bubble Set Printer. Incl. Cartridge and USB Cable. CD Booklet. \$25. chefsteven2015@gmail.com

CD Changer for 110 CD's. Remote Control. Dual Voltage. User Guide. Orig.Box. €225. chefsteven2015@gmail.com

Electro Party Wok, 230 V, 1300 W, Unfold Electro, lying idle - looks like a new one, pacesun@gmail.com

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iPAD Mini 1 WIFI 16GB, \$185.00, al@merwitz.com / 06371-60179, White Mini iPAD. infrequently used. Latest IOS installed. Fixed price.

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Phillip iPod/CD Stereo, Designer, table top stereo. Holds a CD or put your iPod Touch on it. Loud enough for one room. Perfect for a small location. Can charge it and take it outside when grilling, too! Original price: €350. Used only a couple of times. john@advantipro.de



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

Samsung TV's, 1 black, 1 silver, 21" screen. very good condition. Asking \$40.00 ea. OBO. For more info please after 1700 hrs. 01638853574.

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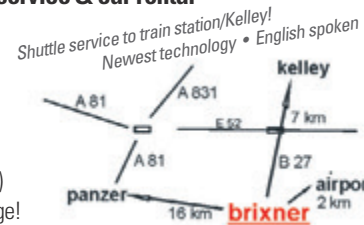
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Felt bag, gorgeous hand-made felt bag with blue design, medium size, €30, jenniferwilking@hotmail.com

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

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

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Old broken bicycle, Cannondale V500 blue, Hohenecken, \$250.00, email: aarontgrogg@gmail.com, phone: 0151-12687290

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

Outdoor Propane Heater (Standing), Mushroom top slightly dented but works fine. Propane tank (German specs) included. Great condition! john@advantipro.de

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

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

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Super Mario kart lunch cooler, \$8,017622987498

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

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

Suit Bags, 7 Suit Bags. Stores and protects up to 3 garments. Breathable material with see thru front. 3"x24"x38". 7.62x60.96x95. 52cm.bethmary100@gmail.com

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

Swarovski Crystal Mouse. Collectible Edition. Made in Austria. Orig.Box. Great Condition. \$50 chefsteven2015@gmail.com

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

Swiss Cow Bell. €12 chefsteven2015@gmail.com

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

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



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

Toilet Putting Set, Know somebody that is a golf nut who needs to always be practicing? Give him the Toilet Putting Set. He can then practice putting while sitting on the John! Only for people who have everything! Great gag gift! john@advantipro.de

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

Ultra Tough Storage. Rubbermaid. 31 Gallon/117.3 ltr. 32.5x20x16.8. 82.6x50x42.5cm. Made in USA. Shatter Resistant to 0F. Shatter Resistant to -18C. Euro 12. bethmary100@gmail.com

Utility trailer for sale, German utility trailer, one owner, excellent condition, never stored outside. available now. robertharrington37@gmail.com

V&B Cermaic X-MAS Ornament Set: German Male/Female Gingerbread Ornaments. 4" High, villey & 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.finditguide.com. Contact janina.wuttke@gmx.de



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

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



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

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

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

WMF Drinking Cup Stainless Steel. 350ml. Dishwasher Safe WMF Germany. €15. 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

WMF Napkin Holder. Stainless Steel. Orig.Box. €20 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 Saucepan with Lid. 16cm Diameter. Stainless Steel. Dishwasher and Oven Safe. NEW. \$20. bethmary100@gmail.com

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

WMF Silverware 30 Pieces. Stainless Steel. Dishwasher Safe. WMF Germany. Orig. Box. \$75. chefsteven2015@gmail.com

Wristwatch Zodiac Sign. Gemini Design. Black Leather Band. Orig. Box. NEW. €25. chefsteven2015@gmail.com

FURNITUREAll ads & pics on www.FindItGuide.com

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



8 Drawer Dresser. Lots of storage space. 45"H. x 29"W x 14"D. €70. Picture shows 2 Dressers. bethmary100@gmail.com

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

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

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

Antique 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 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

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

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

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

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

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

Cabinet.Oak.4 adjustable shelves. 58Hx28.5Wx14Deep.Euro 25. bethmary100@gmail.com

Clock, \$150.00, spvendor@gmail.com

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

Coffee Table w/Magazine Shelf and Glass Center Piece. 4x2ft. 16"High. €220. 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

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

Couch set, €900, stefandsanya@gmail.com

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

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



Desk with Chair. \$75.00 OBO. Must be picked up in Saalstadt. j_c_hudson@yahoo.com. 06375-3889355.



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

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

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

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

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

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FURNITURE

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

Mattress Pad. Full Size. Tommy Hilfiger. Great Condition. No Stains. Euro 20. bethmary100@gmail.com

Metal Coat Rack with Brass Buttons Very Sturdy 69"H. x 16"W. €70. chefsteven2015@gmail.com

Metal Headboard-Footboard, Queen Size, Brushed Nickel Finish, Metal Gauge Tubing, Solid Bar Wire, Delivery available, €250, bethmary100@gmail.com

Metal/Mirror shoe cabinet with 5 drawers and body length mirror. 69H.x20W.\$150.bethmary100@gmail.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

Stearns and Foster Queen Mattress Set, Mattress, Spangdahlem Air Base 54529 Spangdahlem Germany, \$800, email: cj.lamont@hotmail.com, phone: 015144955943



Monica Hansen
Attorney at Law

FAMILY LAW SERVICE

mhansenlaw@gmail.com
0152-27 037 592

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

White luxur 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

HOUSES FOR RENT

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Home for Sale or Rent, Nice, American-owned, home with 1/2 acre enclosed back yard for sale or rent in Mackenbach. Great, convenient location just two miles to Ramstein Air Base. Directly on walking/cycling route to wooded areas. Outdoor swimming pool just 4.5 km away along trail route. This can be your personal residence, d6m5h@yahoo.com



Houses for rent, !Jettenbach !10min RAB, 20min Kaiserslautern, 249m², Busstop 100m, Floor heating, 5 Bedrooms, 3 Bathr, Big liv- and dining, Kitchen, Studio, Balcony, Garage, 2 Terraces, VDSL, pets allowed, Housing ID: 3556651. from 08/April/16. call me 01515558000, wa@arcor.de, €1775

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Do you speak English and another language? Are you a US citizen? Are you looking for ways to use your language skills to make a difference? If yes, then the National Language Service Corps may be for you. The NLSC is looking for U.S. citizens who are skilled in English and at least one other language. Learn more about what it means to be an NLSC Member at <http://www.nlscorps.org>, email: volunteer info, or call 1-888-SAY-NLSC (1-888-729-6572).

Immersion teachers / classroom- assistants (m/f) Are you open to different cultural, religious and political viewpoints? Are you interested in the implementation of new pedagogical approaches? Are you also highly motivated to encourage children to take personal initiative and to learn in a team? Then we are looking for you! Part-time (30 clock hours per week) Your application can be sent, quoting reference number 11 AU, preferably by e-mail (info@lehr care.de) to Dr. Jörg Köbke

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

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

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

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

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

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

Wanted: PA/Sound System, Four piece ensemble touring from USA seeks economical PA system to buy/rent/borrow for performance on Friday May 13th or Saturday May 14th. Minimum four xlr inputs, 2 x 600W power, two mains and a monitor wedge, plus cables/stands needed. Thanks! cxgartner@yahoo.com

YARD SALES

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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

Apr. 18 – 20: Das Barbecü Auditions, 7 p.m.

Come out and audition for the Stuttgart production of "Das Barbecü". 2-5 men (16 and up), 2-5 women (16 and up).
DSN 421-3055 / CIV 0711-729-3055. Stuttgart Theatre Center, Kelley Barracks, Bldg. 3320

Just for Kids!

Apr. 7: CYS Services Mobile Registration, 12:15 – 2:15 p.m.

If you live on RB, CYS Services wants to save you the drive and give you the opportunity to enroll in CYS Services programs: SKIES, Youth Sports, EDGE and more on Robinson Barracks. You must be registered with CYS Services. For more information contact Parent Central Services. DSN 430-7480 / CIV 0711-680-7480.

Apr. 7: Dandelion Canvas Finger Paint Craft, 3:40 – 4:30 p.m.

The Dandelion is the official flower of the military child, so what better way to celebrate the Month of the Military Child by letting them come out and paint one! Bring your child to the Patch Library on Patch Barracks, Bldg 2343, for a fun, free, and creative craft! All supplies will be provided but sign up is required and limited to the first 25. DSN 430-5232 CIV 0711-680-5232.

Apr. 8: CAPM Movie Day, 2 p.m. Bring your children out to see a free screening of Kung Fu Panda 3 at the Patch Barracks Movie Theater. Open to the community, free popcorn provided. Doors open at 1 p.m. and movie starts at 2 p.m. Parents must be in attendance. DSN 431-3518 CIV 07031-15-3518.

Apr. 8, 15 & 22: Month of the Military Child Kid's Special, Java Café, 6 a.m. – 6 p.m.

In honor of MOMC 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.

Apr. 8: 4-H Babysitter Class, 8:30 a.m. – 4:30 p.m.

4-H Babysitter Class will be offered to 13-18 year olds for free at the Patch Youth Center, "The Hub," Bldg 2237. Children will learn the basics of babysitting as well as become first aid and CPR certified. DSN 430-7480 / CIV 0711-680-7480.

Apr. 8: Month of the Military Child Appreciation Carnival, 3 – 6 p.m.

The carnival, held at Patch Youth Center (HUB), Patch Barracks, Bldg 2337, is for middle school/teens and will feature carnival games with small prizes. Hot dogs and chips will be provided. DSN 430-7480 / CIV 0711-680-7480.

Apr. 11, 18 & 25: Patch Playgroup, 10 – 11:30 a.m.

Patch Fitness Center Playgroup is a place where parents and children ages 4 and below can come together to play and make new friends. For more information, call DSN 430-7480 / CIV 0711-680-7480.

Apr. 19: Armed Forces Entertainment "Magic All Stars", Special Event, 5 p.m.

Come out to the family friendly show "Magic All Stars" and enjoy 90 minutes jam-packed with the art of deception and illusions that will blow you away. Show is free and doors open at 4:30 p.m. Patch Elementary School Forum Bldg. 2388. DSN 430-8214 CIV 0711-680-8214.

Apr. 21: Strike Out Child Abuse, 5:30 – 8:30 p.m.

The Galaxy Bowling & Entertainment Center is partnering with the Army Community Service (ACS) Family Advocacy Program to Strike Out Child Abuse. Join us for free bowling (including shoe rental), pepperoni and cheese pizza, prizes, and time to bond with your family while learning more about the prevention of child abuse. To be eligible for prizes, participants must fill out and return a survey to ACS starting March 21 or during the event. Prizes include a kindle fire, a flat screen TV and more. Drawing will be held every 30 minutes. DSN 431-3518 / CIV 07031-15-3518.

Apr. 22: Parent's Night Out, Patch CDC/SAC, 6:30 – 11:30 p.m.

Need some time to rest, relax, or enjoy a nice evening out? If so, then Parent's Night Out is perfect for you. It is open to CYS Services-registered children/youth ages 6 weeks through 5th grade. Register by 5 p.m. the Wednesday before the event. DSN 430-7480 CIV 0711-680-7480.

Apr. 23: The STAR (Stand Tall and Respect) Dance, 6 – 9:30 p.m.

In collaboration with Army Community Service (ACS), Family Advocacy Program (FAP), and the School Liaison Office (SLO), present the "Stand Tall and Respect (STAR) Dance," to empower teens to end the cycle of violence. Come out and join other teens for a fun-filled night of dancing, activities, free pizza, and prizes to include an iPad Mini, Xbox, and more to promote healthy dating and relationships. The dance is open to 6th to 12th graders with a parent/guardian permission slip. To be eligible for prizes, participants must fill out and return a survey to the Patch Youth Center or ACS starting March 23 or during the event. DSN 431-3518 / CIV 07031-15-3518.

Apr. 23: Family Game Day, Patch Library, 10 a.m. – 5 p.m.

Drop by throughout the day for fun, family friendly board games, snacks, and refreshments! We will be providing all the classic games from Scrabble and Monopoly to Candy Land and Chutes and Ladders. DSN 430-5232 CIV 0711-680-5232.

Apr. 25: Young Adult Author Meet-and-Greet Workshop with Soldier/Author Jack Harmon, 3:30 – 4:30 p.m.

Are you a young adult who likes to read? Do you have questions about how to get your own writing published? Now you have an opportunity to meet young adult author and Soldier Jack Harmon, author of the book, *Harmonus Legacy-The First War*, who will be giving insights on the writing and publishing process. Join us at the Patch Library for refreshments and discussion. DSN 430-5232 / CIV 0711-680-5232.

Apr. 29: Smart Girls Night Out, Patch Middle School, 6:30 – 8:45 p.m.

Enjoy a free educational event meant to empower women by providing a course on stress management and a self-defense class sponsored by Marine Corps Forces (MARFOR). Event is open to all female ID cardholders ages 12 and above. (Ages 12 – 17 must be accompanied by a female adult.) Free childcare will be available if you register before April 14. Pre-registration required. DSN 431-3518 / CIV 07031-15-3518.

Apr. 9: Strasbourg Day Trip with City Walking Tour, Outdoor & Recreation, 8 a.m. Join us on a day trip and walking tour of Strasbourg, France. Price is \$79 for adults, \$69 for youth 17 and under, \$40 for SWPC/ASAP, and includes transportation, a guided city walking tour, and ODR escort. All other expenses are the responsibility of the patron. The bus departs from ODR at 8 a.m. and will return around 8 p.m. Register by April 6. Passport is required.

Apr. 9 & 23: Paintball Play Day, 9 a.m. Come play paintball for a day! Price is \$25 for ID cardholders and \$40 for non ID cardholder guests. Price includes a marker, mask, and a bag of paint. Play starts at 9:30 a.m., and ends at 4 p.m. Shuttles will be available at ODR for pick-up at 9 a.m. and will return at approximately 4:30 p.m. Call ODR to reserve your marker a week in advance.

ODR

OUTDOOR RECREATION

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

Apr. 16: Dachau Concentration Camp and Munich Express, 7 a.m. – 9:30 p.m.

Take a walking tour of Dachau Concentration Camp and have the opportunity to explore Munich. Price is \$89 for adults, \$79 for youth 17 and younger (children under 14 will not be permitted to attend the tour of Dachau), and \$45 for SWPC /ASAP. Price includes transportation, a guided tour of Dachau, drop-off and pick-up in Munich, and an ODR escort. Register by April 13. The bus will depart from ODR at 7 a.m. and return at approximately 9:30 p.m.

Apr. 17, 20 & 27: Frühlingsfest, Outdoor Recreation, 2 – 8 p.m.

Join us on a trip to Bad Cannstatt for the annual Frühlingsfest. Cost is \$20 for adults, \$15 for youth 17 and under, and includes transportation to and from the fest. The bus will depart from the Panzer Hotel at 2 p.m. and will depart from the fest at 8 p.m. Register by April 13.

Apr. 23: Kukenhof Gardens and Tulip Parade Express, 2 a.m. – 11 p.m.

Bring your passport and take a trip to the Kukenhof Gardens and Tulip parade express in Holland! Cost is \$149 for adults, \$129 for youth 17 and under, \$75 for SWPC /ASAP, and includes transportation, entry fees into the Gardens, and an ODR escort. The bus departs from ODR at 2 a.m. and return around 11 p.m. Register by April 19.



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For more Family & MWR information visit:

Apr. 8: Slow Cooker Cooking Class, 6 p.m. BOSS and the Warrior Zone are hosting a barracks-friendly cooking class for anyone that owns a slow cooker or are thinking of purchasing one. Participants will learn how to prepare and cook Moch Paella, a classic Spanish dish that consists of shrimp, scallops, chorizo and much more. Class is \$10.



Patch Barracks, Bldg. 2505
DSN 430-7135 / CIV 0711-680-7135

Apr. 13: BOSS Bowling Night 6 p.m. Roll down to the Galaxy Bowling and Entertainment Center on Panzer Kaserne and enjoy bowling fun with BOSS. Food and beverages available for purchase at the Strike Zone Snack Bar.

Apr. 15: BOSS Jam Session, 7 – 10 p.m. BOSS and the Warrior Zone are hosting "Jam Session" the perfect place for community musicians, singers, or just fans of music to gather together to collaborate, learn, teach, and jam with one another. Extra guitars will be available for you to play on. All levels of experience are welcome. No registration required.

Stuttgart Community Volunteer Recognition Ceremony

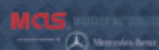
Friday, April 22

Patch Community Club
Patch Barracks, Bldg. 2345
DSN 431-3362 / CIV 07031-15-3362

Volunteer Registration 5 - 6 p.m.
Ceremony & Awards Presentation 6 - 7 p.m.

Join us to recognize and celebrate the valuable contributions of
Stuttgart Military Volunteers: Lifting Spirits, Touching Lives!

Join us for a
community
wide reception
to follow 7 - 9 p.m.
free food, drinks,
and music!



SUNDAY BRUNCH

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

No Federal endorsement implied.

Stuttgart Marriott Hotel Sindelfingen
Mahdentalstr. 68 · 71065 Sindelfingen
Stuttgart-Marriott-Sindelfingen.com



FOREIGN SERVICE BENEFIT PLAN

Caring for Your Health Worldwide®



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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