



Photos by Jan Denikiewicz, USAG Bavaria Family and Morale, Welfare and Recreation Edelweiss Lodge and Resort Ski School instructor Alex Denikiewicz demonstrates his technique for carving powder in Garmisch.



Obertauern, Austria



Alpspitz, Germany

Where to hit the slopes

Compiled by Holly DeCarlo-White
U.S. Army Garrison Stuttgart

STUTTGART — There are some great skiing and snowboarding areas

in Germany — many just a short drive or bus ride from Stuttgart. Whether it's Garmisch-Partenkirchen, the country's best known ski resort, or Obertsdorf, featuring Germany's

longest downhill slope, or the Black Forest's Feldberg area, Germany's biggest ski resort outside of the Alps, Stuttgart military community members who want to participate in

winter sports have plenty of options. Even better, those options extend to the convenience of pre-arranged ski and snowboard trips through several on-base organizations.

— Continued on page 12



Winter Weather Advisories
on Facebook @USAGarrisonStuttgart



The Citizen

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

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

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CID: Avoid Amazon.com phishing scam

U.S. Army Garrison Bavaria
News Release

GRAFENWOEHR — A new phishing scam threatens Amazon.com shoppers in an attempt to steal credit card information, according to criminal investigators, here.

The Criminal Investigation Command at U.S. Army Garrison Bavaria, here, report of a phishing scam disguised as an email sent to Amazon customers with the subject line “Your Amazon.com order cannot be shipped.”

The email claims a problem occurred processing an order. A ‘click here’ link is added leading the customer to an authentic-looking page to confirm the name, address and credit card information (including expiration and CVV security code).

Incidents have been reported in Australia and the United Kingdom, but the phishing scam is expected to continue and grow.

To make the website appear even more authentic, the customer is automatically redirected to the actual Amazon website after hitting the “Save & Continue” button, not realizing personal information was

provided to cyber criminals.

The email contains several grammar errors.



CID encourages everyone in the community to be cautious when receiving emails that are not common or that are from a company or organization you do not recognize. Do not click on an embedded link. Instead, go directly to their website.

Be suspicious of emails that contain numerous grammar mistakes.



Graphic by Rawpixel.com / Shutterstock.com

What to do if you get a suspicious Amazon email

If you receive an email that makes you suspicious, Amazon recommends the following steps:

- Check who the email is from. If the sender does not use an “@amazon.com” email address, it is fake.
- Visit the “Your Orders” page of your Amazon account to determine if any of your recent orders have fulfillment, billing or shipping issues.
- Visit “Your Account” to check your payment options. Amazon has informed its customers that if you are not prompted to update your billing info on your account’s “Manage Payment Options” page, the email you received is not from Amazon.
- Report the issue to stop-spoofing@amazon.com and attach the suspicious email. Amazon doesn’t respond to these emails, but the company does investigate potential issues.



Graphic by U.S. Army Combat Readiness Center

Football, food and fatigue affect the big game day safety

Historically, an increase in auto accidents in Europe has occurred on the Monday following the Super Bowl due to persons driving while tired after staying up late to watch the big game.

Learn the warning signs of drowsy driving while tired, provided by the Center for Disease Control and Prevention:

- Yawning or blinking frequently.
- Difficulty remembering the past few miles driven.
- Missing your exit.
- Drifting from your lane.
- Hitting a rumble strip on the side of the road.

If you experience any of these warnings signs, pull over to rest or

change drivers. Simply turning up the radio or opening the window are not effective ways to keep you alert.

Sleepy?

For more warning signs visit American Academy of Sleep Medicine or visit cdc.gov.



1-68 Armor fires first rounds in Poland

Story and photos by Staff Sgt. Elizabeth Tarr
Army.mil
News Release

ZAGAN, Poland — Tank and Bradley crews from 1st Battalion, 68th Armor Regiment, 3rd Armored Brigade, 4th Infantry Division conducted their first zero and live-fire accuracy screening tests at Presidential Range in Swietozow, Poland, Jan. 16.

After traveling approximately 6,400 miles, transporting 3,500 personnel, and 2,700 vehicles, 3rd ABCT is actively training to ensure their combat vehicles and crews are certified before deploying across Europe for use in training with partner nations.

According to Staff Sgt. William Gunther, battalion tank master gunner, 1-68th, the Soldiers worked diligently, day and night, to ensure the tanks were off-loaded and properly maintained to be able to conduct the live-fire training.

In addition to conducting proper preventive maintenance, checks and services, the crews have to conduct gunnery skills testing including loading rounds, bore-sighting, fire drills and



An Abrams MBT belonging to 1-68th Armor Regt., 3rd ABCT, 4th ID, fires a round at Presidential Range in Swietozow, Poland, Jan. 16. The arrival of 3rd ABCT marks the start of back-to-back rotations of armored brigades in Europe as part of Atlantic Resolve.

many others. All of this has to be done in a compressed time-frame.

“If you look at the amount of time,

we’ve only been on the ground less than ten days, and we’re already conducting a live-fire accuracy screen table showing that we are building combat power rapidly and the speed of assembly that comes with it,” said Lt. Col. Stephen Capehart, battalion commander, 1-68th.

The unit trained at their home station in Fort Carson, Colorado prior to a 30-day training rotation at the National Training Center in Fort Erwin, California, to prepare for this mission.

“We have been training for this mission for the last year and I think it shows the agility of an armored brigade that can be able to push combat power forward, build it and get it out here firing within ten days,” Capehart said. “It’s amazing to be able to see that and the support that we’ve received at

echelon made this happen.”

According to Capehart, within the next month, his battalion will be positioned in Latvia, Lithuania and Estonia training alongside multinational allies.

“Readiness doesn’t end, we will build combat power, get validated, get ready to fight and then continue the mission,” he said.

The arrival of 4th ID marks the start of back-to-back rotations of armored brigades in Europe as part of Atlantic Resolve. This rotation will enhance deterrence capabilities in the region, improve the U.S. ability to respond to potential crises and defend allies and partners in the European community. U.S. forces will focus on strengthening capabilities and sustaining readiness through bilateral and multinational training and exercises.



Three M1A2 MBTs are staged prior to conducting the first live fire Jan. 16. The vehicles and equipment, totaling more than 2,700 pieces, were shipped to Poland for certification before deploying across Europe for use in training with partner nations. U.S. forces will focus on strengthening capabilities and sustaining readiness through bilateral and multinational training and exercises.



An M2A2 Bradley Fighting Vehicle awaits first live fire accuracy screening tests Jan. 16. This rotation will enhance deterrence capabilities in the region, improve the U.S. ability to respond to potential crises and defend allies and partners in the European community.



Staff Sgt. Marquavis Mitchell, tank commander, Co. A, 1-68th Armor Regt., reads a manual on the M1A2 MBT at Presidential Range Jan. 16. U.S. forces will focus on strengthening capabilities and sustaining readiness through bilateral and multinational training and exercises.



Photo by John Reese, U.S. Army Garrison Stuttgart Public Affairs

Cracking windows for a few minutes per day helps circulate air and mitigates the growth of mold, but leaving a window open above a heater for longer than that is a waste of energy.

Save money at work or home with winter energy conservation

Christian Dengel
Energy Manager
U.S. Army Garrison Stuttgart Energy Office

The most comfortable way of staying warm is to heat your room uniformly throughout the winter time. Setting the thermostat valve of your heating at three to four will not only provide the most comfortable warmth, it saves heating cost and eliminates the need for changing the heat settings.

For air exchange, open the windows only for a short time. The rule of thumb is open a window 3-5 minutes. Never leave windows open or tilted for more than 10 minutes – leaving the windows open or tilted for too long not only lets the heat escape, but at the same time, cold air hits on the walls, causing increased humidity and vapor formation, an ideal condition for

mildew build-up. While windows or doors are open, radiator valves should be turned off.

Building entrance doors are potential sources of heat loss. Keep them closed at all times and make sure the weather stripping is still good.

Pull down window exterior blinds or rolladens at night during cold weather periods. It helps keep your living space warm.

Don't overheat your rooms and don't block radiators.

Do not reset to manual the automatic function of your boiler. Call your building coordinator or hausmeister if you have any issues with your boiler.

In garrison buildings, the USAG Stuttgart Energy Office asks facility users to report air leaks, broken radiators or weather stripping to the Directorate of Public Works. Call the work order desk as soon as possible so building occupants stay warm and to ensure that energy isn't wasted. Keep in mind that portable heating devices are not allowed for use in garrison facilities.

Sustain the mission — secure the future!

More energy saving tips

The Department of Energy has more general tips. Visit <https://energy.gov/energysaver/articles/top-10-tips-save-energy-and-money-winter>.



Dead batteries don't go in household trash

U.S. Army Garrison Stuttgart
News Release

It is prohibited by German law to dispose of batteries in regular household trash.

Batteries are hazardous waste, composed of heavy metals that can contaminate groundwater when dumped in landfills. These metals can get into the water supply, affecting humans and animals.

Instead of disposing batteries into the regular trash, use the special containers found around installations of the Stuttgart community. These collection boxes on post enable the recovery and reuse of valuable raw heavy metals. Containers like these protect the environment by enabling separate collection instead of ending up in a landfill. Also, shops on the local economy that sell batteries are required by German law to provide battery recycling information and

a collection box. Those collection boxes are generally for small, dry-cell batteries, and are usually placed near the entrance.

Protect the environment

Before you purchase that battery-operated device, consider ways to avoid battery use in the first place. Ask yourself if you really need that battery powered item. Do children's shoes need to flash? Does the stuffed animal need to speak? Must the greeting card sing?

Think about rechargeable batteries and avoid nickel cadmium types, since they contain toxic cadmium. These can be used over a long time period if properly charged.

Solar powered devices, like calculators, watches or lamps, save money and don't need batteries at all.

Be environmentally responsible and dispose of old batteries properly.

What's in a battery?

Batteries contain heavy metals such as nickel, cadmium, lithium, lead and mercury. Learn more about the proper way to sort and dispose of household waste.

When disposing of larger

batteries, such as car batteries, either return them to the dealer where they were originally purchased or take them to a site managed by the USAG Stuttgart Directorate of Public Works on Patch Barracks or Panzer Kaserne.

For dry cell batteries, like those used in everyday devices, drop them in collection containers located at the following locations:

- Patch, Panzer and Kelley Commissaries
- Patch and Kelley Post Office
- Panzer PX, Robinson CX
- Patch Gas Station
- Kelley Gas Station
- All gymnasiums
- Airfield, Bldg. 3255
- Panzer AAFES Shopette



Photo by John Reese, U.S. Army Garrison Stuttgart
Public Affairs

Battery boxes, like this one standing guard outside the exit to the Panzer Commissary, are the right way to dispose of old dry cell batteries like D, AA, AAA and 9 volt.

Visit www.stuttgart.army.mil/pdf/trash/InstallationRecycling.pdf.

How to navigate Veterans Affairs system to transition with success

Chris Cannon

Fort Riley Public Affairs

The Department of Veterans Affairs has evolved and adapted to the modern-age veteran.

Veterans now have 24-hour access to primary care providers and health records, as well as access to benefits paperwork, such as the Montgomery Government Issue Bill and veteran preference letters.

Transitioning out of active duty to the civilian world can be daunting, but by connecting with the available resources well in advance, it is possible to have an easier time with the transition process. It is important to do the research and take the time to follow up on the paperwork.

The process should start 24 months before separation. The U.S. Army Garrison Stuttgart Transition Assistance Program (TAP) advises service members to begin the process of separation by attending the pre-separation, and scheduling an appointment with the VA. Briefings are available in a classroom, or electronically through the Army Knowledge Online portal or the

Joint Knowledge Online portal.

The garrison's TAP is available to all branches of active-duty service members, veterans and their spouses. Spouses are vital participants as they too need to understand how to use the VA system.

Classes cover important aspects of life, such as how to build a budget, write resumes, dress for success and how to have a successful interview.

VA counselors are also available to help service members with evaluations for a service-connected disability and with future primary care providers. Service members can file for financial compensation and medical care upon separation.

Contact the VA office in Kaiserslautern at DSN 483-6205/6007 or civ. 0631-411-6205/6007. VA representatives often visit USAG Stuttgart. Check with ACS for the next scheduled VA advisor visit.

Once separated from the service

Go to the nearest medical facility with a DD-214 to apply for eligibility. The veteran can choose whether they want to receive medical care through the VA and receive an appointment

with the appropriate care provider.

Service members should ask questions about what category they are in as well as any questions based on their individual needs.

To find out more about being rated for disability, speak with doctors about regular physicals and any major medical questions.

In Stuttgart, the health clinic is on Patch Barracks. The next nearest health providers are located in Landstuhl, Ramstein and Kaiserslautern.

If you need help with finding a job, ask to get in touch with someone who can help at the Stuttgart Army Community Service on Panzer Kaserne through the Soldier for Life TAP. Stuttgart also hosts veteran service outreach events on-post each year in the fall surrounding Retiree Appreciation Day where veteran organizations provide representatives onsite for current veteran and transitioning service member needs.

For more information about the VA, visit www.va.gov. To contact the TAP advisors in Stuttgart, call DSN 431-2191 or civ. 07031-15-2191 or visit Bldg. 2915, Rm. 416, Panzer Kaserne.



Photo by Carola Meusel U.S. Army Garrison Stuttgart Public Affairs
Retirees take advantage of provided services at USAG Stuttgart's RAD, held annually in October.

(Editor's note: Holly DeCarlo-White, USAG Stuttgart Public Affairs, contributed to this article.)

Events and where to watch in Stuttgart for Super Bowl weekend and beyond

Compiled by Holly DeCarlo-White

U.S. Army Garrison Stuttgart Public Affairs

Come hang out at the Galaxy Bowling and Entertainment Center and the Irish Pub, while waiting for Super Bowl LI. Bowling starts at 10 p.m., Irish Pub opens at 10 p.m., and the Super Bowl kicks off at 12:30 a.m. Game will be shown on six big screen projectors in bowling center and on two screens in Irish Pub. The Strike Zone will be open for food purchases.

Super Bowl Watch Party

Catch the big game, Feb. 5, with good food and company at the Kelley Club, Kelley Barracks 10 p.m. – 4 a.m. Free non-alcoholic beverages will be available for

designated drivers. A Super Bowl special combo menu includes 10-piece chicken wings or nugget basket with fries for \$7, and a margherita pizza for \$6 with \$1 for each additional topping.

For information, contact DSN 421-4660 or civ. 0711-729-4660.

The RB Club is Open

The community club on Robinson



fruit trays, pizzas, sodas, water, snacks and the ingredients for that special dip and more – for whatever big game party you're hosting," Russ said. "With the money you'll save, you might even think about getting a larger TV screen at your local exchange."

With the football playoffs in full swing, commissary patrons will see displays in their stores highlighting the promotions and sales for those big game football parties.

Before visiting their store, Russ

Barracks, Bldg. 168, will be open, for watching the big game from 10:30 p.m. to 4 a.m.

Super Bowl Monday Half-Day Schedule

U.S. Army Europe will observe a half-day schedule following the Super Bowl, Monday, Feb. 6. The duty day begins at 1 p.m. Civilian employees are encouraged, but not required, to take annual leave or compensatory time. Subordinate commanders and supervisors will ensure each place of duty is fully manned no later than 1 p.m. Normal duty hours resume, Feb. 7. Personnel should check with their chain of command for their individual units policy on training holidays.

Check out the commissary for your big game 'eats'

Defense Commissary Agency

News Release

FORT LEE, Va. — When it comes to saving money on the menus for their football playoffs viewing party, service members and their families can score big if they remember their commissary, said Tracie Russ, the Defense Commissary Agency's director of sales.

"We are ready to provide what you need — chicken wings, veggie and

encourages commissary patrons to use www.commissaries.com to help them maximize their big game savings before they shop. Website visitors can access Commissary Rewards Card digital coupons, the "Sales and Events" page, the sales flyer and the "Savings Aisle" for promotional prices and more.

"Your commissary benefit can save you a bunch on your party 'eats,'" Russ said. "With more money in your wallet, you can relax, enjoy the game and munch on those tasty snacks."

Super Bowl snack specials

Check the Patch, Kelley or Panzer Commissary for details on the following promotions:

- Kraft Heinz Company is offering coupon deals and increased incentives for patrons until Feb. 12. Two prizes of \$500 in commissary gift cards will be given away to winners overseas. The online sweepstakes runs through Feb. 5. In-store displays will have entry forms, and no purchase is necessary.
- Patrons visiting the produce department can always get their fruit and vegetable trays as well as see significant discounts on pistachios and almonds.
- Commissary patrons can join Team Snickers or Team Skittles. Entrants can win prizes instantly with online activation as they text a picture of their favorite product. There will be a grand prize drawing for season tickets and swag of your favorite NFL team. See in-store displays for more details.

HPRC offers winter-workout tips

Human Performance Resource Center
News Release

It can be extra challenging to get outdoors and exercise in the winter. But don't let cold temperatures freeze your exercise routine. Use these tips to help you "weather" the winter weather!

Dress in layers. Choose synthetic materials such as polyester or polypropylene that stay close to the skin. Avoid cotton since it soaks up sweat! You always can remove layers as you get warmer.

Warm up. Take a few minutes and do a dynamic warm up before you head outdoors. This will help warm up your muscles and body, so it might feel like less of a shock when you step outside.

Protect your extremities — especially your fingers, toes, and ears. Circulation to these areas decreases in cold weather. Chemical heat warmers also can help keep your hands and feet warm.

Check the forecast. Wind chill, snow, and rain can make your body more vulnerable to the outside temperatures. Plan an indoor workout when the wind chill is extreme (negative numbers) or the temperature drops below 0°F. You're at risk of hypothermia and frostbite if you're not properly prepared.



Photo by Staff Sgt. Marnie Jacobowitz, U.S. Army Recruiting Command

Soldiers of the Army Reserve Medical Command participate in the 2-mile run as part of the Army Physical Fitness Test. With fewer hours of sunlight in the winter months, you might be walking or running when it's dark out — even at dusk and dawn. Wear reflective gear or a headlamp to stay visible.

Be visible. With fewer hours of sunlight in the winter months, you might be walking or running when it's dark out—even at dusk and dawn. Wear reflective gear or a headlamp to stay visible to oncoming traffic.

Apply sunblock. You can still get sunburned in the winter, so don't

forget the sunscreen!

Stay hydrated. When exercising in cold climates, don't rely on thirst to indicate hydration since you usually don't feel as thirsty in cold temperatures. You need to stay just as hydrated in cold weather as you do when it's hot outside.

Ask your doctor. Certain symptoms might worsen in cold weather if you have asthma, heart issues, or Raynaud's disease (when specific body parts feel numb due to cold temperatures or stress). Talk to a healthcare professional about your concerns before heading outside for your cold-weather workout.

Shift into slow gear to lose extra weight this year

Claudia Drum
Registered Dietitian
Army Public Health Center

Thanks to our jam-packed schedules and laptop lunches, more and more of us are gulping down our meals in record time. According to an article in the Journal of the American Dietetic Association, the "Road Runner" style eating can disrupt chemical signals of fullness which may

lead to overeating and obesity.

If you shovel in bite-after-bite in rapid succession, you can pack in a lot of extra calories during the 15-20 minutes that it takes for your stomach to tell your brain that you are full. On the other hand, when you eat slowly and stay focused on your food (how it looks, tastes, smells and feels in your mouth), you are more likely to listen to your body and stop eating when you feel satisfied rather than overeating to the point that you feel uncomfortably full.

This year, resolve to downshift during mealtime to help you eat less and shed those extra pounds. Consider these techniques to help you slow down and enjoy your food more, but eat less:

- Start your meal hungry, but not starving. Starting a meal when you're ravenous increases the likelihood that you'll wolf down your food. Have a small, high-protein/high-fiber snack (i.e., a fresh apple and a piece of string cheese or a handful of veggie sticks with 1-2 tablespoons of hummus) between your meals to avoid being overly hungry at mealtime.
- Use smaller dinnerware. We eat 92 percent of what is on our plates. Use a nine-inch plate and smaller bowls and glasses to help you effortlessly

serve yourself less and take in fewer calories.

- "Turn off" the screen. "Tune in" to your meal. Sit in a location away from digital distractions like phones, computer tablets, TV, etc. When your attention is diverted by other activities, you may not notice how fast — or how much — you are eating.
- Go green. Load up half your plate with fruits and veggies. Fruits and veggies (especially fresh) take longer to eat, and they are loaded with vitamins, minerals, water and fiber which will help you fill up without weighing you down.
- Follow these steps and take a "breather." 1) Take a small bite of food. 2) Place your utensil on the table or plate and release it from your hand. If you're eating hand-held food such as pizza, sandwiches, bagels or cookies, take one bite and then put the rest of your food down while you chew. 3) Chew your food thoroughly and pay attention to its taste and texture. 4) Swallow what is in your mouth before preparing the next bite. 5) Sip your beverage and take a deep breath. Use this moment to "check-in" with yourself and note your feelings of fullness. Repeat steps 1-5 with each bite of food.

- Aim for a "6." On a scale of 1-10 where 1 is starving and 10 is stuffed, aim for a 6 (just satisfied or just starting to feel full). When you're at a 6, stop eating and immediately ask for a "to-go box" if you're dining out, or push yourself away from the table if you're at home. Gauge your fullness by how you feel NOT by how much food is left on your plate.
- Dim the lights and listen to some jazz at meal time. Researchers from Cornell University discovered that diners who ate in a more relaxing atmosphere (softer music and "mood lighting") not only ate less, but also rated their food as more enjoyable.
- Be mindful and less mindless. Time your meals with a watch or kitchen timer until you get used to the slower pace, and consider meditating on a routine basis. Meditation can help you eat less by helping you feel more calm and centered. It may also help relieve anxiety, depression and stress as well as improve your memory.

Use the new year to find the right balance during your meals and to enjoy your meals (and maybe even shed some extra pounds). Learn more about how to control your weight through healthy sleep, activity and nutrition.



Photo by Christina Graber, Army Public Health Center

Plans set for Flintlock 2017 exercise

U.S. Africa Command
Public Affairs

Military officers from across Africa, North America and Europe finalized plans for Flintlock 2017, AFRICOM's annual exercise for Special Operations Forces, to be hosted by seven African nations starting in late February.

Flintlock will bring together approximately 2,000 service members from more than 20 African, European and North American partner nations. The Flintlock exercise series is U.S. Africa Command's premier Special Operations Forces training event and will be hosted by Burkina Faso, Chad, Cameroon, Niger, Mauritania, Morocco and Tunisia.

The three-week exercise is designed to strengthen the ability of key partner nations in the region to protect their borders and provide security for their people. Additionally, the exercise bolsters

partnerships between African, European and North American Special Operations Forces increasing their ability to work together in response to future crises.

"This is a tremendous opportunity for our nation's military to strengthen our relationship with our neighbors," said Chad Army Brig. Gen. Zakaria Ngobongue, the Flintlock exercise director. "It is also a chance for us to be involved in the community during civil military outreach events involving medical and veterinary services." (translated from French)

As home to the exercise's multinational headquarters, Chad will host more

than 800 service members from more than 20 nations.

"This year's exercise is the most robust and diverse we have planned," explained U.S. Army Col. Kelly Smith, the Special Operations Command - Forward North and West Africa commander and exercise director for American forces. "African partner nations have seen the value in this type of regional approach. Combatting the spread of violent extremism and protecting the population requires the type of comprehensive, multi-national approach Flintlock is designed to foster."

While primarily focused on military

training, Flintlock will also feature several humanitarian, medical and veterinarian outreach events in local communities across Chad and other host countries. During the planning conference, U.S. and Chadian officials were able to also celebrate the completion of a small training building and an additional parking ramp for transport aircraft to support the exercise.

"This is the third time Chad has hosted the Flintlock exercise. With multiple hosts, this year will truly test our ability to coordinate across borders," added Ngobongue. (translated from French)

Participating nations are scheduled to include Algeria, Burkina Faso, Cabo Verde, Cameroon, Chad, Mauritania, Morocco, Niger, Nigeria, Senegal, Tunisia, Australia, Austria, Belgium, Canada, Denmark, France, Germany, Italy, The Netherlands, Norway, Spain, United Kingdom and the United States.



Don't fall for slipping and tripping hazards

U.S. Army Garrison Stuttgart
Installation Safety Office

Most falls are caused by slipping or tripping. Winter is a time to prevent slips on ice and snow.

Outdoor walkways and steps should be kept free of ice, snow, mud and wet leaves. Entrances and interior traffic areas should also be kept free of water and ice. There should be mats at the doorways to remove snow, water and mud from footwear. Report any hazardous conditions in an entry area, such as ice on a sidewalk. It may not be your job to shovel snow or mop up spills, but it is everyone's responsibility to report hazards so they can be corrected before someone is injured.

Watch your footing as you get in or out of vehicles. When climbing in or out of equipment cabs, keep a firm grip on the handholds and watch out for ice on the footholds, and mud or ice on your shoes. Winter weather calls for extra caution when working at heights. Make sure surfaces such as ladder rungs and scaffold decks are free of ice and snow. Extra

measures should be taken to ensure safe footing on sloped floor surfaces, such as ramps.

When carrying an item, be sure you can see over or around it; this is especially important on stairways. Stay under the speed limit when you're walking - don't run in your work area.

If you slip or trip, even if you're not injured, take a moment to figure out the cause.

Make sure your footwear won't trip you up

Wear shoes or boots with non-slip soles. You might consider special footwear with cleats for especially slippery conditions.

Keep your shoes in good repair. Footwear should fit well and have low heels, and shoelaces tied. The tread should be adequate for travelling safely on slippery surfaces.

When walking on slippery surfaces go slowly and take small steps.

Falls aren't funny. They can cause serious injuries or death. Watch your step to prevent falls during winter conditions.

Forever Stamp price changed

The U.S. Postal Service increased the price of First-Class Mail Forever Stamps, Jan. 22, from 47 cents to 49 cents.

The last time stamp prices increased

was in January 2014. Sunday's price change filing does not include any price change for Postcards, for letters being mailed to international destinations or for additional ounces for letters.

John F. Kennedy Forever Stamp to be dedicated on Presidents Day

U.S. Postal Service
News Release

WASHINGTON — The U.S. Postal Service will commemorate the centennial of President John F. Kennedy's birth by dedicating a Forever stamp in his honor at the John F. Kennedy Presidential Library and Museum in Boston.

The 10 a.m. February 20 Presidents Day ceremony, free and open to the public, will kick off the 6th Annual Presidents Day Family Festival. There is a fee to enter the library and museum to attend the festival. Children 17 years old and under are free.

The stamp features a 1960 photograph by Ted Spiegel of Kennedy

campaigning for president in Seattle. The artwork accompanying the stamp, showing Kennedy in a reflective pose, is a 1970 oil painting by Aaron Shikler (courtesy of the White House / White House Historical Association). The Forever stamp, available only at the event on Presidents Day, will be available nationwide in Post Offices February 21. In late January, customers may pre-order the stamps for delivery after February 21 at usps.com/shop. The public is asked to share the news using the hashtag #JFKStamps.

"Our family is honored that the Postal Service is commemorating my grandfather with this stamp," said Jack Schlossberg, grandson of John F. Kennedy.



2017 SCSC scholarship applications now available



Photo by Clark Bone

SCSC awarded \$110,500 in scholarships to 55 graduating seniors, continuing education students, and spouses during a ceremony, May 22, 2016, at Stuttgart High School. Scholarships awarded ranged from \$1,000 to \$8,000.

Stuttgart Community Spouses Club
News Release

STUTT GART — All high school, continuing education students and spouses who are military ID cardholders sponsored by an active duty service member, civilian or

contractor within the Stuttgart Military Community are eligible to apply for the 2017 Stuttgart Community Spouses Club merit-based scholarships.

The selection process for scholarship winners is based on a combination of grade point average, test scores, extracurricular activities,

leadership, volunteer hours, work experience, recommendations and an applicant essay.

Scholarship applications must be postmarked by the Feb. 24 deadline.

In 2016, SCSC awarded 55 community members a total of \$110,500 in scholarships.

How to apply

For questions about the scholarship, email scsc.scholarship@gmail.com. To download the application, click on the scholarship link on the SCSC homepage. Visit www.stuttgartspousesclub.org.

Scholarships for Military Children Program available

By Mike Perron

The Scholarships for Military Children Program for the 2017-2018 school year opened in December. Now entering its 17th year, the program was created to recognize the “contributions of military families to the readiness of the fighting force and to celebrate the role of the commissary in the military family community,” according to the mission statement on the militaryscholar.org website.

At least one scholarship worth \$2,000 will be awarded at every commissary location where qualified applications are received. Additional recipients will be selected based on a prorated basis, so more scholarships will be awarded at those stores with larger numbers of applicants. A total of 700 scholarship grants will be awarded this year.

Fisher House Foundation, a nonprofit organization that helps service members and their families, administers the program. Scholarship Managers, a national, nonprofit, scholarship management services organization, manages

“This is always an exciting time of year, when the Fisher House Scholarships for Military Children

program kicks off, knowing 700 military children will have the opportunity to receive a \$2000 scholarship to help toward their studies,” said Marye Dobson, the Defense Commissary Agency’s liaison for the scholarship program.

The commissary’s industry partners, including vendors, suppliers and manufacturers, as well as the general public donate money to the program, and every dollar donated goes directly toward funding the scholarships.

To qualify for consideration, applicants must be a dependent, unmarried child, younger than 21 — or 23, if enrolled as a full-time student at a college or university — of a service member on active duty, a Reserve or Guard member, retiree or survivor of a military member who died while on active duty, or survivor of a retiree.

Applications must be hand-delivered or shipped via the U.S. Postal Service or other delivery methods to the commissary where the applicant’s family normally shops by close of business Friday, Feb. 12, 2017. Applications cannot be emailed or faxed.

“Every year, we continue to be impressed by the caliber of military children who submit applications.

The students who are selected to receive scholarship grants are truly “the best of the best,” said Jim Weiskopf, Fisher House Foundation vice president.

Applicants should ensure that they and their sponsor are enrolled in the Defense Enrollment Eligibility Reporting System database and have a military ID card. The applicant must attend or plan to attend an accredited college or university, full time, in the fall of 2017 or be enrolled in studies designed to transfer to a four-year program.

Students who are awarded a full scholarship or receive an appointment to one of the military academies or affiliated preparatory schools are not eligible to receive funds from this program. A full scholarship is usually defined as one that provides for payment of tuition, books, lab fees and other expenses.

In the past 16 years of its existence, the program has awarded more than \$15 million in scholarships to over 9,000 students.

For more information, students or sponsors should visit www.militaryscholar.org or email militaryscholar@scholarshipmanagers.com.



“Every year, we continue to be impressed by the caliber of military children who submit applications.”

— Jim Weiskopf, vice president,
Fisher House Foundation



Photos courtesy of Stadt Reutlingen

The traditional Mutschel was invented in the 13th century in Reutlingen. The yeast dough cake looks like an eight-pointed star with a raised center held together with a braided wreath.

‘Mutschel Day’ celebrated with pastries and games in Reutlingen

Teri Weiss
Special to The Citizen

REUTLINGEN — Mutschel is a strange sounding Swabian word, indeed! It refers to a baked treat, centerpiece of a quaint custom that originated centuries ago in Württemberg.

The traditional Mutschel was invented in the 13th century. It is a yeast pastry shaped into an eight-pointed star with a raised center, held together with a braided wreath.

Back in the olden days, sharpshooting competitions were typically held on the Thursday after Three King’s Day, and the winners were presented with these bread-cakes (this year, Mutschel Day was Jan. 12). Today, Mutscheln are the prizes won in various dice games.

Many other towns and regions have adopted the Mutschel pastry along with the custom of playing Mutschelspiele (games). The star shape is considered unique to Reutlingen and is only baked in this form, here.

The name Mutschel came either

from the Old-Middle High German term for a small pastry or hails back to Albrecht Mutschler, a baker from Reutlingen, who is said to have created and baked the first ones in the late 1200s. However, exact details are shrouded in history.

There are also a number of theories regarding the shape of the Mutschel. Some believe that the eight points represent the eight former districts of Reutlingen and the braided centerpiece represents the Achalm Hill near the town. Others think that the eight points honor the eight local craft guilds (smiths, tailors, tanners, cobblers, coopers, butchers, bakers and shoemakers).

Legend also has it that the pastry commemorates the Stone of the Wise, which the three kings brought to Bethlehem as a gift for the infant Jesus.

The most reasonable explanation could be that the Mutschel represents the logo of the bakers’ guild – a pretzel within a mill wheel.

In the course of the past 150 years, the Thursday after Three Kings Day

became a dice game competitions day throughout Reutlingen’s taverns and inns, where participants could win Mutscheln. This tradition kept its solid place among the cherished January events and customs of Swabians. Today, Mutscheln are given to the winners of various dice games. People refer to the games as “mutscheln.”

Mutscheln come in small, medium

and large size. A small Mutschel costs around €2, while a larger, decorated one may cost €15-20.

If you want to partake in this local tradition at home, Mutscheln are available for the next couple of weeks at most German bakeries in the greater Stuttgart area. Try a Mutschel with coffee or tea, or as the locals do, with a glass of Riesling or Trollinger wine.



The Thursday after Three Kings Day became the dice game competition day throughout Reutlingen’s taverns and inns, where participants can win Mutscheln.

Do you have something to announce?

Contact the USAG Stuttgart Public Affairs Office for assistance. For all announcements in this issue, please call ahead for any late schedule changes due to the holidays.

Today USO

Parents and children (up to kindergarten age) are welcome to join in story time. Volunteers read at least one children's book and create an accompanying craft, in the Jamii Room, Kelley Barracks, today, beginning at 10 a.m. Also, the USO Center extended its regular weekday hours to 8 a.m.-6 p.m. Sign up for story time and other USO activities by calling civ. 07031 201 9012 or email info.stuttgart@uso.org.



SCSC Patch Thrift Shop

The Patch Thrift Shop on Patch Barracks is looking for many volunteers to help with its Spring Bazaar. This year, volunteers will be eligible for red carpet shopping, 9-10 a.m., March 17, before the bazaar opens to the community. Volunteers will also be entered into a raffle for "bazaar bucks." All others who work a shift will be entered into a volunteer-only raffle. There's a lot of work to be done.

The bazaar is a major source of funding for SCSC scholarships and welfare grants, so volunteers will be giving back to the community while participating in an awesome shopping experience. (For information about the scholarships, see p. 8.) For questions about the Spring Bazaar, email scsc.bazaarvolunteer@gmail.com.

Vote!

Overseas voters must submit a Federal Post Card Application (FPCA) every calendar year. Submitting an FPCA to their state local election official will register eligible voters to vote, update their mailing address with their state local election office, and request an absentee ballot for all state and federal elections to include primary elections for the calendar year. The FPCA can be obtained from Unit Voting Assistance Officers and the Installation Voting Assistance Office in Building 2913, Room 114 on Panzer Kaserne, or online at FVAP.gov.

For more information, contact the U.S. Army Garrison Stuttgart Installation Voting Assistance Office, at DSN 431-2865

or email: usarmy.stuttgart.imcom-europe.list.vote-stuttgart@mail.mil.

Youth of the Chapel

The Stuttgart Religious Support Office is excited to announce Youth of the Chapel, a weekly group event that provides fellowship opportunities and education for youth in grades 7-12. Gatherings take place Wednesdays, 5-6:45 p.m., at the Panzer Chapel Fellowship Hall, Panzer Kaserne.

For information, contact the RSO, visit www.stuttgart.army.mil/services-rso.html.

27 / Friday

Exercise! Exercise! Exercise!

U.S. Army Garrison Stuttgart will conduct a force protection exercise in conjunction with Stuttgart High and Elementary Schools on Panzer Kaserne, Jan. 27, 9 a.m.-5 p.m. Garrison and host nation first responders and emergency services participate in the event. Heightened security measures are expected to occur at the entrance to Panzer Kaserne. Barriers will also be in place at certain intersections re-routing traffic beginning at 8 a.m. The exact location of barriers is not published in order to maintain the integrity of the exercise and training. Community members should not be alarmed by a visible increase of security personnel and emergency vehicles reacting on-post throughout the day. However, no regular garrison services or appointments should be affected. Community members should allow extra time to get on and off post, and through the installation.

The exercise is designed to train personnel in handling various types of incidents and emergencies in accordance with the garrison's force protection plan. Follow USAG Stuttgart's Facebook page for updates at www.facebook.com/USAGarrisonStuttgart.

Get trained, save a life

Sign up now for Red Cross adult and pediatric first aid/CPR/AED simulation learning. Classes are for the first half of 2017 is posted. The next class is Jan. 27, 9 a.m.-noon. The cost is \$55. Babysitter training takes place Jan. 20 and costs \$51.50 (\$29 online, \$22.50 in-classroom). Call DSN 431-2812 or civ. 07031-15-2812.

Baby Boot Camp

Have a dynamic day about you and your baby, Jan. 27, 9 a.m.-4 p.m. This

is an interdisciplinary taught class to learn effective techniques to help mothers to feel more confident about birthing, breastfeeding, bringing home and caring for your new baby. Topics include effective comfort measures for labor, delivery and birthing in Germany, basic infant care and considerations for parenting and family relations. Call DSN 431-3518/3362 or civ. 07031-15-3518/3362.

30 / Monday

BOSS Brake Break

The Better Opportunities for Single Service Members that teaches BOSS members how to service their own automotive brakes, scheduled to take place 1-4 p.m., Jan. 30, at the Panzer Automotive Skills Center, has been cancelled.

FEBRUARY

2 / Thursday

Kelley Hotel

To improve the quality of service, the Kelley Hotel is currently scheduled to re-open Feb. 2. Guests will have a refurbished facility with stylish new carpeting, wallpaper, drapes and curtains, as well as modern and secure guest room doors with durable metal frames. Future projects will include the addition of a fitness room and the relocation of the continental breakfast area. For lodging needs before then, please contact the Panzer Hotel front desk at DSN 431-3490 or civ. 07031-15-3090.

3 / Friday

Tax Center to open

The Tax Center on Kelley Barracks opens Feb. 3 to assist the community with 2016 returns. The center's tax season runs until June 1, weekdays, 9 a.m.-5 p.m., with free tax filing services to all military personnel, DoD civilians and family member ID cardholders in the Stuttgart military community. For more information, call the Stuttgart Law Center DSN 421-2817 or civ. 711-729-421-2817.

6 / Monday

Court maintenance

All fitness centers are undergoing maintenance in one form or another. In some facilities, basketball and racquetball courts will not be accessible for use. Some fitness classes will not be available or will be relocated. Kelley Fitness Center basketball court construction is scheduled for Feb 6-28. During the scheduled work, the court

will not be accessible and some fitness classes will not be available. Contact DSN 421-2543 or civ. 0711-729-2543.

8 / Wednesday

Valentine's Day craft with story time

Preschoolers are invited to enjoy a special story time at the Patch Library, 10:30 a.m. and 11 a.m., that includes a little extra by making crafts to give mom and dad for Valentine's Day. Call DSN 430-5232 or civ. 0711-680-5232.

11 / Saturday

Community flea market

PCSing and need to lighten your load? Maybe it's time to do some decluttering. Sign up for the community flea market, Feb. 11, 10 a.m.-2 p.m., and make some extra cash by getting rid of your unwanted items. For only \$10, you can sell your hidden treasures. Limited space, so sign up today. Pay for your space at any of the Stuttgart community fitness centers. Call DSN 430-2287 or civ. 0711-680-2287 to reserve your space.

The Citizen

Sign up for USAG Stuttgart email

U.S. Army Garrison Stuttgart'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.



Visit the garrison Facebook page

Find out what's going on in your community and "like" what you see on the USAG Stuttgart Facebook page. To join the conversation, visit www.facebook.com/USAGarrisonStuttgart.

Special Events, Patch Community Club, Great Dates

Learn creative ways to energize your relationship, communicate more deeply, and surprise each other with a new connection and a revived sense of purpose! Enjoy free-time to put these skills into practice while complimentary childcare is provided. At ACS, Bldg. 2915, Rm. 222, 4:30-8:30 p.m. For free childcare, you must register with ACS by today (Jan. 26). Children must be 10 years or younger and registered with CYS to receive care. All other participants must register at ACS by Jan. 26. Call DSN 431-3518 or civ. 07031-15-3518.

**14 / Tuesday
CNO/CAO training**

The next training date to become a Casualty Notification Officer and Casualty Assistance Officer is Feb. 14-16, 9 a.m.-5 p.m., on Panzer Kaserne in Bldg. 2913 in the Central Processing Facility classroom. Participants must attend all three days to be certified. You must be a captain or above, a chief warrant officer 2 or above, or a sergeant first class or above. Active duty military have priority. The class size is limited to 28. For more information, call DSN 431-2010.

**16 / Thursday
New Dads workshop**

Freaking out about becoming a father? Join the New Parent Support Program for a 90 minute workshop for dads, by dads, to learn everything you need to know to be prepared to support mom, your baby and yourself. Feb. 16, 6:30-8 p.m., at ACS on Panzer Kaserne, Bldg. 2915, Rm. 222. Call DSN 431-3518/3362 or civ. 07031-15-3518/3362.

ONGOING

Panzer Back Gate

The back gate afternoon hours are: inbound (right turn only), Monday – Friday: 6:30-9:30 a.m. (regular school days, only busses are allowed to turn left at back gate from the Schönaich direction) and outbound traffic (again, right turn only), weekdays, 2:45 - 5 p.m.

Kelley Barracks Main Gate

The new main gate entrance at Kelley Barracks is scheduled to open in February.

The current gate will be closed. Back gate hours will remain the same.

Patch Barracks heating project

Parking areas and portions of roads are blocked in support of the heating repair project through the end of January. Traffic may be reduced to one lane with road signs in place to allow traffic flow in certain areas as the construction progresses.

Kelley Barracks Pine Strasse

Traffic detours continue through the end of February for the closure of Pine Straße, from Spruce Straße to the parking lot entrance at the end of the dog run. Traffic flow detours onto Maple Straße near buildings 3309 and 3308.

Patch Barracks sidewalks

Ongoing repair of sidewalks and stairs connecting to Florida Straße on Patch Barracks, near Buildings 2406, 2411, and 2447, continues through July.

Army Family Housing BBQ's

Work on the Kelley and Robinson Barracks barbecue areas in buildings 300-313 on Robinson Barracks, and in buildings 3400-3408 on Kelley Barracks, continues until April.

POV inspection online appointments - email required

Email confirmation is required for POV inspection appointments. If you have not received an email confirmation, call DSN 475-5045 or civ. 09641-83-5045. The link is updated on the garrison homepage at stuttgart.army.mil. You'll need a CAC card to use the link.

Patch Husky Field maintenance

Husky Field on Patch Barracks is closed for maintenance until the end of February. However, the outdoor running track will remain open.

Subway construction

The construction project for new Subway sandwich facility on Kelley Barracks continues until April. Nearby parking areas will be blocked until the completion of the construction. The Directorate of Emergency Services suggests motorists use the parking lot across from the commissary as an alternative.

Signup for AtHOC

AtHOC has self-service sign-up available with Common Access Cards 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 or civ. 0703-115-2031, your local command's Protection Office, or visit www.stuttgartcitizen.com/announcements-news/service-members-may-now-sign-up-for-athoc-online/.

Europe Travel Alert

The U.S. State Department issue travel alert warnings of potential terrorist attacks throughout Europe. Visit <https://travel.state.gov/>. Targets could include major events, tourist sites, restaurants, commercial centers, and transportation.

As a reminder, U.S. European Command requires all DoD travelers to register in the State Departments Smart Traveler Enrollment Program (STEP) at <https://step.state.gov/step/>. This is a free service that sends important information from the Embassy about safety conditions in countries where you live or travel, and helps the U.S. Embassy contact you in an emergency.

Other useful resources for like information include the U.S. Army Europe Travel Safe site page at <http://www.eur.army.mil/travelsafe/> and the USAREUR Stay Safe Facebook site at <https://www.facebook.com/StaySafeAntiterrorism>.

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.

Cosmic Bowling Night

If you are looking for a great time in an exciting atmosphere, then join the Galaxy Bowling & Entertainment Center on Panzer Kaserne, Bldg. 2998, for Cosmic Bowling every Saturday night. Cost is \$2.75 per game with \$2.00 shoe rental. For more information, call DSN 431-2575 or civ. 07031-15-2575.

Parent Central Services Appointments

Child, Youth & School Services is improving its customer service to serve you more efficiently. Parent Central Services is now taking appointments for customers as a measure to eliminate wait times. Appointments

are available Mon. – Fri., 8 a.m. – 12 p.m. Walk-in customers will be seen Mon. – Fri., 1 – 5 p.m. The last customer needing new or re-registration will be seen at 4 p.m. daily. Appointments can be made by calling DSN 430-7480 or civ. 0711-680-7480.

Family Child Care

Are you looking for a small, intimate caring environment for childcare? Look no further than Family Child Care (FCC). FCC providers offer lower adult/child ratios, flexible hours, opportunities for siblings to be in care together, and a small group setting in a warm, family environment. For more information, call DSN 430-4047 or civ. 0711-680-4047.



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Snow is falling in the Swabian Alb



Photo by Jan Denikiewicz, USAG Bavaria

Zugspitze, Germany



Photo by Marco Wolf / Shutterstock.com

Feldberg, Black Forest, Germany

CONTINUED FROM PAGE 1

Compiled by Holly DeCarlo-White
U.S. Army Garrison Stuttgart Public Affairs

Organized Ski and Snowboard Trips

Family and MWR's Outdoor Recreation offers day and weekend trips to ski areas in Switzerland, Austria and Germany. Winter sports enthusiasts can experience a variety of locations, runs, trails and apres-ski activities. Most all trips are available for all ability levels, and also offer a variety of activities for people who don't ski, such as sledding, ice skating, hiking or spas.

Outdoor Recreation also offers day, weekend and weekly ski and snowboard rentals (with discounted prices for those on its trips), as well as ski and board tune-ups and repairs, and lessons on select trips.

Patch Ski Club

The Patch Ski Club offers many

organized trips to get outdoors throughout the year for skiing and snowboarding, mountain biking, golfing, music festivals, wine tasting, river rafting, and more. The Patch Ski Club is a private, non-profit organization open to all U.S. ID cardholders regardless of ability level.

For more information about the club and upcoming trips, visit www.patchskiclub.com.

Skiing for teens

The Sitzmarkers Ski and Snowboard Club is a club for teens grades 7-12 in the greater Stuttgart military community offering trips to learn and develop skiing and snowboarding skills, learn safety, and leadership skills. Teens can register at the Sitzmarkers meetings held in the Religious Education Center, Building 2332, Patch Barracks.

For the schedule of meetings, registration and more information about Sitzmarkers, visit www.sitzmarkers.org.

Skiing venues in Baden-Württemberg

For skiers, the German region of Baden-Württemberg is a veritable winter wonderland. It is home to more than 300 ski lifts and 90 kilometers of slopes an average of 977 meters long.

Black Forest and Swabian Alb

Most ski lifts in Baden-Württemberg are situated in the southern part of the Black Forest and the Swabian Alb. Visitors will find many different slopes that vary in length and difficulty, affording all types of skiers with a run that's right for their level of expertise.

Feldberg

At the Feldberg, in the southern part of the Black Forest, slopes are even rated at the World Cup level. The mountain is normally open from November to April, and sometimes extends opening dates if temperatures remain favorable. The Feldberg ski area operates 28 lifts on 50 kilometers

of slopes at an average of 100 days per year.

During peak snowfall, the snowboard fun park at the bottom of the Seebruck offers two tables with two kicks each, as well as a selection of rails, jumps and jibs.

Located near the Feldberg area, the Seebruck, Grafenmatt and Fahl Alpin resorts, home to 25 kilometers of slopes and 12 lifts, offer one all-access pass.

The Fahler ski lifts are the highest in the Black Forest. Here, the slopes play host to the Fédération Internationale de Ski and World Cup races.

In Altglashütten, Falkau and Neuglashütten villages around the Feldberg, family-friendly lifts service 3.9 kilometers of groomed slopes. The ski areas of Feldberg, Menzenschwand, Muggenbrunn and Todtnauberg (with an alpine station and 13 kilometers of sunny slopes) have joined together to provide a combined lift ticket.

A seated ski lift at Seebruck is available especially for snowboarders and,



Sölden, Austria



Photo by Jan Denikiewicz, USAG Bavaria



Photo by Jan Denikiewicz, USAG Bavaria

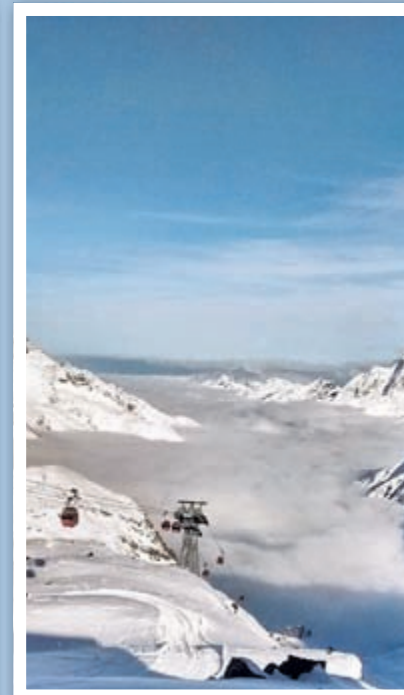


Photo by Jan Denikiewicz, USAG Bavaria

Damüls-Mellau, Austria

depending on the snow conditions, offers specific boarder slopes with two kickers and three rails. The snowboard school Schneebrett is on site to supply tips and tricks.

A shuttle bus service brings skiers and boarders from the Bahnhof Titisee and Bahnhof Bärental to the Feldberg. The shuttles run every 30 minutes from 9 a.m. to 5 p.m. daily between December and April, including weekends, holidays and school vacations. From the Bahnhof Todtnau, the shuttles run every hour.

For more information, visit www.liftverbund-feldberg.de.

Belchenland (Belchen region)

Perhaps Baden-Württemberg's best-kept secret is the Belchenland (Belchen region), which guarantees snow throughout the ski season. The Belchenland, located in the southern part of the Black Forest, is a scenic alternative to the hustle and bustle of the busy Feldberg region. Not far from

the Feldberg and with an elevation only slightly below it, the Belchen offers a wide variety of winter sports.

Belchen

The Belchen ski resort is located between the Belchen mountain (1,414 meters above sea level) and the Feldberg (1,493 meters). This winter sport area with the highest likelihood for snow in the German Mittelgebirge (mid-range mountains) is a major attraction for snow enthusiasts.

Almost 30 kilometers of groomed slopes and 10 ski lifts invite visitors to take their pick of downhill or mogul runs. The Belchenlift (a cable cabin) bring skiers up to almost 1,400 meters. The Hornlift in Fröhnd, not far from the Belchenlift, is one of the longest lifts in the Black Forest.

From atop of the Belchen, visitors can enjoy a 360-degree panoramic view. While in the area, they can also try the ski jump ramp in Multen. The center

of alpine sports in the northern part of the Black Forest is located along the Schwarzwald-Hochstrasse (Black Forest High Road).

At about 600 to 1,100 meters above sea level, skiers will find 20 ski lifts, most of them equipped with floodlights, since ski slopes are open until 10 p.m. Three of the favored slopes are the Ruhesteim with two lifts, Grenzstüble and Unterstmatt with three lifts and a t-bar lift for small children and infants.

Equipment, downhill skis, sleds, cross-country skis and snowboards can be rented at most ski lift stations throughout the valley.

Triberg

Triberg, Schonach, Schönwald, Furtwangen and St. Georgen sport 11 ski lifts in 15 kilometers, up to 750 meters of downhill slopes, floodlights and a combination lift card that allows skiers to use all ski lifts.

Aalen

Situated just above the city of Aalen, at the north face of the Swabian Alb (close to the Limes-thermal springs), you will find the Ostalb lifts. A half-pipe for snowboarders, t-bar lifts and floodlights for night skiing are also available. Albstadt features multiple lifts in the suburbs of Ebingen, including a 630-meter lift and a children's practice lift.

Truchteltingen's lift is 250 meters, Lautlingen offers a 400-meter lift, Onstemettingen's lift measures 200 meters, and Pfeffingen's lift is 250 meters. Tailfingen's 400-meter "Skilift am Schlossberg" is the first and only International Ski Federation race course of the Swabian Alb.

All of these ski resorts offer varying difficulties of slopes, children's ski schools and more.

Sign up for trips
 For information on popular snow destinations in the Stuttgart area and to sign up for a trip with Outdoor Recreation, call DSN 431-2774 or civ. 07031-15-2774.



Photo by Jan Denikiewicz, USAG Bavaria

Have fun with the locals

AUTO SALON

Sat, Jan 28 – Sun, Jan 29

Sindelfingen, Messe Sindelfingen

Celebrating its 10th year, Auto Salon welcomes you from January 28 to 29 to a traditional convention where 15 different auto dealerships from the region present cars from 19 German and international manufacturers. Over 100 different cars will be on show including classic cars to SUVs, and even Tesla. Children will have something to do as well. Food and drinks will be provided. Hours are Saturday from 10 a.m. to 6 p.m. and Sunday from 11 a.m. to 6 p.m. Price is €4.50 for adults and €3 for children. To find out more about this event go to www.messe-sindelfingen.de

Photo by snvv / Shutterstock.com



EVENTS

Ice skating

Thu, Jan 26

Karlsruhe, Schlossplatz

Do not miss your chance to have a last go on your ice skates. Schlossplatz in Karlsruhe offers visitors an ice rink under the stars until the end of January. The last day will be January 29. The ice rink is open from 10 a.m. to 9 p.m. and until 10 p.m. on Fridays and Saturdays. For more information go to www.karlsruhe-tourismus.de

Medieval market

Sat, Jan 28 – Sun, Jan 29

Fellbach, Alte Kelter

A medieval market will take place in the heated hall of the Alte Kelter in Fellbach from January 28 to 29. Jugglers, musicians, traders, show fighters and workshops allow an insight into market life during medieval times. Don't miss out on the first show on both days at 10 p.m. Admission is €9 for adults, kids are €5. For more information go to www.mittelaltermarkt-fellbach.de

Swim like a mermaid

Sat, Jan 28

Filderstadt, Fildorado

Which girl hasn't dreamt of being a mermaid for a day? In Fildorado on January 28 you can be just that. Come between 10 a.m. and 2 p.m. and let yourself be transformed. Learn how to swim underwater as a mermaid. You can also have your face painted. Registration is required. Price is €12 to become a mermaid and €3 for face painting. Either phone 0711-707096919 or go to www.fildorado.de

The Masters of Shaolin Kung Fu

Sun, Jan 29

Mosbach, Alte Mälzerei

Shaolin Kung Fu is the best known Kung Fu style that incorporates speed, strength and flexibility and coordination like no other sport. See the masters of Shaolin Kung Fu on January 29 in Mosbach. Be fascinated as they break through stone plates and bend steel bars as if they were just toothpicks. Ticket price starts at €35.50. Show starts at 6 p.m. For more information go to www.shaolin-kungfu.de

Segway – The after work tour

Fri, Feb 3

Esslingen, city center

One way to see the city is by Segway. From January 23 to October 31 you can see the city of Esslingen from a whole different perspective. The tour is an hour and half long and costs €55 per person. The tour is 7 km long and can be booked from Monday to Friday. Tour starts at 6:30 p.m. to 8 p.m. To find out more go to www.esslingen-marketing.de

Weekly market

Sat, Feb 4

Stuttgart, city center

The city of Stuttgart has around 30 weekly markets, offering fresh food like fruits, vegetables, fish, cheeses, bakery goods, etc., The market in the city center offers all that, as well as international specialties and takeaways from 7 a.m. to 1:30 p.m. on Tuesdays and Saturdays. For more information, visit www.stuttgarter-wochenmaerkte.de

Wine fair

Sat, Feb 4 - Sun, Feb 5

Fellbach, Alte Kelter

Discover your new favorite wine from the Remstal area at the annual Weintreff (wine meeting) at Alte Kelter in Fellbach on February 4 and 5. More than 300 different types of wine are waiting to be discovered by you. About 55 vintners will present their best products from sparkling wine to red wine during wine tastings on both days. Day tickets are €25 at the box office. For more information go to www.remstal-route.de

Marzipan and chocolate tour

Tue, Feb 7

Bad Liebenzell, Liebenzeller Museum

Ever wonder how fresh truffles and marzipan are made? Come to Bad Liebenzell on February 7 to get an insight on how exactly they are made. Walk through the museum and find out all there is to know. The tour includes marzipan and chocolate tastings. Price per person is €2.50 and starts at 1:30 pm. The tour is about 30 – 60 min long. For more info go to www.liebenzeller-msm.de

Harald Wohlfahrt - Palazzo

Wed, Feb 8

Stuttgart, Spiegelpalast

Enjoy first-class entertainment followed by exquisite culinary delights in the unique setting of the mirror palace on February 8 in Stuttgart's Palazzo. Enjoy hours filled with fun, where the masterful art of cooking meets award-winning acrobatics, where delicacies are served with heart-warming humor. Get ready to be amazed. Ticket prices start at €82. For more information go to www.palazzo.org

SPORTS

Ice hockey

Sun, Jan 29

Ingolstadt, Saturn Arena

See the professional ice hockey team ERC Ingolstadt play against Adler Mannheim on January 29. The game will start at 7 p.m. Ticket price starts at €17. For more information go to www.erc-ingolstadt.de

Soccer

Mon, Feb 6

Stuttgart, Mercedes-Benz Arena

VfB Stuttgart are playing against Fortuna Düsseldorf on February 6. Game starts at 8:15 p.m. For more information and tickets go to www.vfb.de

CONCERTS

Korn

Fri, Mar 24

Stuttgart, Hanns-Martin-Schleyer Halle

Korn is back and promoting their new album "The Serenity of Suffering." See them live in Stuttgart's Hanns-Martin-Schleyerhalle on March 24. The show starts at 8 p.m. Ticket price is €58.50. For more information go to www.eventim.de

Deep Purple

Wed, Jun 14

Stuttgart, Hanns-Martin-Schleyer Halle

Deep Purple are going on tour promoting their new album called "Infinite." See them live on June 14 in Stuttgart's Hanns-Martin-Schleyer-Halle. Ticket price starts at €70.90. Doors open at 7 p.m. For more information and further show dates go to www.deeppurple.com

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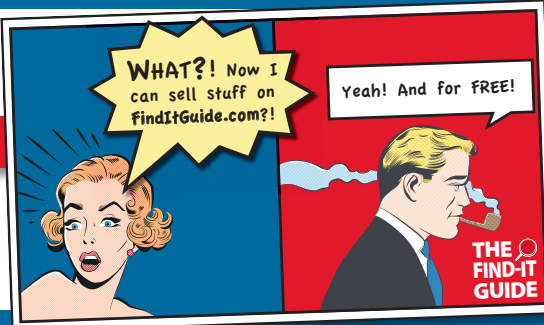
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ANNOUNCEMENTS

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Auditions for Modern Dance Company, ballet modern contemporary Grace Studio dance, phone: 0175-7775211, email: gracestudionews@gmail.com

Barbershop Harmonizers prev. EUCOM Harmonizers Now seeking new note-reading singers, all voices but in dire need of good tenors. Contact: Elliott Casta at 0160 666 6236 or ec2tel@gmail.com

Calling all SNCOs; did you know that there is an all-service professional organization in the KMC area known as the KMC Top 3? Interested in becoming a member? Visit www.facebook.com/KMCTop3 for more information!

AUTOS

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01VW golf 4 in good condition, \$2500, email: ImperatorX@yahoo.com

1986 mini cooper 1000 Left hand drive with rare automatic transmission with original 998 engine and can be shipped to the USA. The mini has pass inspection and also has a green 4 emission sticker. \$6500 email zadi185@hotmail.com or call/text 15231826582

2002 Honda Accord SE, Honda Accord, \$1500, phone: 016097375731, email: phoenix_rising79@live.com

2004 Toyota Sequoia SR5 4WD, SUV; 129,000 miles. Great family car! Seats 8. New mud + snow tires & brake pads installed April 2016. Moehringen Stuttgart Germany, \$4500.00 US or best offer, phone: 0160 449 4518, email: griswoldjc@gmail.com

Car, \$1000, email: elicmayner@yahoo.com



1989 Land Rover Defender 90, classic 4x4 offroad This is the two door model or 90. This Land Rover is a original left hand drive and comes with its original 2.5 td engine. It can also be shipped to the States with no problem. \$13500 call or text 15231826582

2005 Toyota RAV4 (DoD ID card holders only), Toyota SUV silver, \$5500 obo, phone: 01717445641, email: olliges74@gmail.com



2006 Jeep Liberty CRD 4WD Automatic, Turbo Diesel 2.8LParked on Patch Week Days, come and take a look! Must sell by December 16.Runs great, new brakes all around last year, newer tires.With Free GPS, and lots of other extras. Approx. 88K miles Has door dings and brush scratches, but not bad over all, no accidents. Good AC & Heat \$5,800.00 OBO-Text: +49-015128705822

2006 Mercedes C180 Kompressor, €5200, phone: DSN 347-3433, email: da_swo@hotmail.com

2015 Volvo XC-60 T5, SUV Volvo Car, \$29300, email: marks_scott@yahoo.com

2007 Honda Accord SE V6 4-door (U.S. spec), \$5000, Stuttgart, USAREUR inspection through 15 APR 2017, email: mblees42@aol.com

2008 Ford Edge SUV, V6, 269HP, 3.5Ltr, 172,000 miles, metallic orange, motor repair CamPhasers at 170,000 miles by Ford dealer. New brakes all around, new battery, 2nd owner, US Specs, will do US inspection. Wiesbaden area. Viewable at Clay Kaserne. Well maintained. Recent internal detailing. \$4,000. Please call or write, Jack64mail@gmail.com. Thank-You



2008 VW POLO, Two-door VW Benzin 5-speed non-smoker, €4500, phone: 015142508304, email: stoicbirth@gmail.com

2009 Dacia Logan for sale. \$4500/4000 euro OBO. \$4500/4000 Euro OBO. Passed inspection. Red. 175K kilometers. Diesel. Manual. 5/6 doors. Summer/winter tires available. Non-smoker. Great condition. yastahkha@yahoo.com. 0151-268-358-63

2009 RENAULT Dacia Logan for sale. \$4500/4000 euro OBO. \$4000/3600 Euro OBO. Passed inspection 18 Oct 16, good 2 yrs. Red. 178K kilometers. Diesel. Manual. 5/6 doors. Summer/winter tires available. Has hitch. Non-smoker. Great condition. yastahkha@yahoo.com. 0151-268-358-63 or 0162-371-1776

2012 Audi A4 2.0 Premium, 2012 Audi A4 2.0 Premium, Kaiserslautern Germany, \$12900, email: fe derlein@gmx.de

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2013 Ford Fusion Titanium 2.0L 240hp FWD Bordeaux Reserve (Maroon) Metallic/Black Leather, Ramstein Air Base, Germany, \$16,500 (offers considered), email: donald_a_fisher@yahoo.com, call: 0151-6150-7237, available now

2013 Ford Fusion Titanium 2.0L 240hp FWD White/Black Leather, Ramstein Air Base, Germany, \$17,200 (offers considered), email: donald_a_fisher@yahoo.com, call: 0151-6150-7237. Available now



2014 Jeep Wrangler Unlimited, Jeep Wrangler Unlimited Sahara 4x4 4dr Leather excellent, \$32000 best offer, phone: 0151-4047-5898, email: bambam8107@hotmail.com

2015 VW Golf GTI SE 4dr DSG, \$22000, phone: 01711807270, email: nrahter@yahoo.com

2016 Fiat 500 Lounge, €11000, phone: +49 611143-5376172, email: todd.f.black@gmail.com

Audi a4 Diesel inspection till 2018, Audi Diesel inspection sedan manual, \$3500, email: mr.smith_2009@yahoo.com

Automatic Toyota Prius Hybrid, \$2900, phone: 015120435121, email: dgreen33.eu@gmail.com

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Bmw 316Ti Sport Automatic A/C, BMW automatic 3, \$3900, phone: 0152 161 46338, email: wallycreed@gmail.com

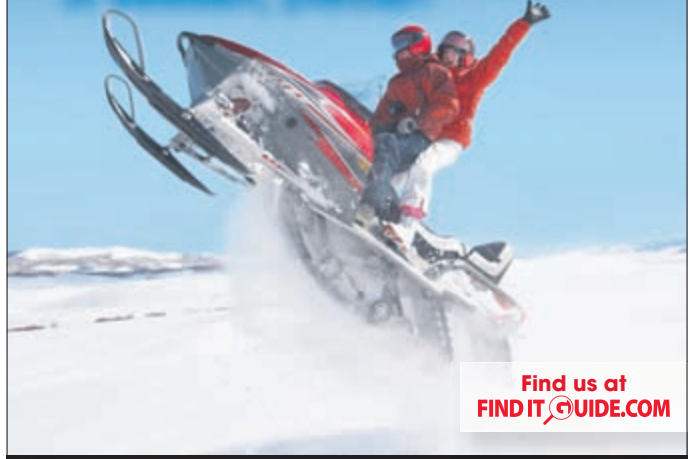
BMW 320i GPS automatic, BMW automatic gps car 320, \$2600, email: mr.smith_2009@yahoo.com

Bmw 525 IA Automatic leather seats, BMW automatic leather, \$3300, email: phillip.trevor2013@yahoo.com

Family Car Ford Mondeo Station Wagon V 6 Automatic A/C, family car ford station wagon automatic, \$2500, email: lioncars68@gmail.com

Porsche Cayenne Summer 4 each Tires, €350, phone: 01726142850

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GMC JIMMY AWD 4x4 US Spec, GMC automatic suv, \$3900, email: phillip.trevor2013@yahoo.com

Good Year Ultra Grip Winter Tires with steel rims, 175/65 R14. Excellent condition used one winter. Rims 4x100. \$175; OBO. Call Scott at 0162-297-2951, or sr.livingston@yahoo.com

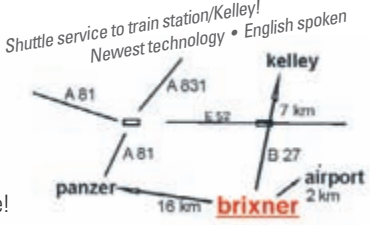
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Air conditioner, \$150.00, email: mcdonnell@hotmail.com

Autak Oven from IKEA, €200, email: benson.thomas51@yahoo.com

B&W Speaker System Silver: Subwoofer (AS1) 220V.5-Channel Home Theatre (M-1) incl. Table Stands, Wall Brackets, Floor Stands.4 Speakers + 1 Center Speaker.Orig. Box.Great Condition.chefsteven2015@gmail.com

Blue Burning Laser Pointer 445nm Flashlight For Sale, \$365, email: michaleorange@gmail.com

Cardio Home Trainer Bike, \$150.00, email: benson.thomas51@yahoo.com

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Macbook Air 13" 2015, Mac Laptop \$650, phone: +49 151 40261821, email: barbera.vincent@gmail.com

Panasonic BluRay DVD Player, 1080p resolution video, digital audio outputs, KTown Germany, \$50, phone: 01623305535, email: brethelenius@googlemail.com

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Pioneer Kuro PDP-6020FD 60" Plasma, \$999.00, email: taylor.jeffrey@hotmail.com

PS3 (US version) - 2 controllers - 17 games - Move Kit (camera + controller) - 600 GB hard drive. Everything is in perfect working condition. Minor blemishes on the casing but that's it. EUR 150 OBO. Email: jason_s_hutchinson@me.com

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Tom Tom Navigation, \$35.00, phone: 017643960244, email: spvendor@gmail.com

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2 each Nightstand Lamps, \$15.00, phone: 017643960244, email: spvendor@gmail.com

100Unwanted Gift: WMF Latte Macciato Glass with Stainless Steel Holder. Orig. Box. NEW. bethmary100@gmail.com

2 puzzles and soft toys, €10 Euros., phone: Home number: 06371 9466724, email: nannyreg@hotmail.com

33 Drawer Storage Organizer. See-through Drawers. Mounts to wall or stands. 12"Wx5.5"Dx16" High. Made in Germany. NEW. chefsteven2015@gmail.com

4.8 V. Akku Stabschrauber 40tlg..Rechts+Linkslauf.Verstellbarer Soft Handgriff.Aufbewahrungsbox.Neu.chefsteven2015@gmail.com



5 Memory Foam Pillows, 25.00 Euros., phone: Home number: 06371 9466724, email: nannyreg@hotmail.com

Beautiful United States Commemorative Presidential Coin Collection, spvendor@gmail.com

Coleman Camping Lantern Flashlight. chefsteven2015@gmail.com



American Girl Doll Truly Me, Not opened \$ 100,-- Phone: +49 (0) 151 1560 7808, email: hunsinger22@t-online.de. Doll's Blond and Blue eyes



Balinese pots and Van Cough coffee coasters. 8 Euros., €8.00, phone: Home number: 06371 9466724, email: nannyreg@hotmail.com

Beautiful Mori Lee Wedding Dress, worn once! Make it your wedding dress on a budget. Size: 8-10, Color: White cream train is approx. 4 feet long, Cost: \$150 ta osplays@yahoo.com

Beautifully illustrated Harry Potter Book - Jim KAY, €30, email: susanne_lauf@hotmail.com

Bilingual Pharmacist Tech (Engl/German), Ramstein Air Base 66877 Ramstein-Miesenbach Germany, email: sharmon@sterlingmedcorp.com

Black and Decker Quatro set, €50.00, phone: Home number: 06371 9466724, email: nannyreg@hotmail.com

Boys 3-Piece Suit, Clothing, \$23.00, phone: +4915224855197, email: kingglenn@hotmail.com

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Brand-new, doubt I ever used - clearing my shelves. MSRP: \$29.95. Beautiful cookbook with lots of photos and recipes for breakfast, appetizers, gifts & crafts, meals & more. Text 0162-923-78-82 or Email apple_pye2@hotmail.com. ISBN: 978-0-373-89239-6

Braun Epilator. Made in Germany. 220V. Cleaning Brush. User Guide. Orig. Box. chefsteven2015@gmail.com

Braun Hot Air Styling Brush.3 Attachments.2 Levels.400 Watt.220V.Great Condition. chefsteven2015@gmail.com

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Garten Fence, \$200.00, email: benson.thomas51@yahoo.com



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Deep Fat Fryer, \$20.00, phone: 017643960244, email: spvendor@gmail.com

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Exquisite Crystal Glasses 1/2 price, Crystal Dining Glasses, €300.00, phone: 01703613075, email: lance0870@yahoo.com

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Kitchen Schrank brand new €500, phone: 06227881406, email: Eye_Want2Sell2U@outlook.com, pictures available on request

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Healthy Yorkie Puppies., \$300, email: cherykrister@gmail.com

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German Shephard Pups, Ramstein-Miesenbach Germany, €1500, email: rashaad081306@yahoo.com

Pet carrier - small to medium size. excellent condition, 15" x 15.5" x 21" approx, used a few times for car travel, airline authorized but we never flew with it, no cracks or chips, few scuff marks. Please text 0162-923-78-82 or by Email to apple_pye2@hotmail.com

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