

Resolve to be as well as you can be in 2020



Photos by Ray Renaldo, Training Support Center Stuttgart

Physical therapist Sgt. Jay Susi demonstrates how his body composition is measured by the Bod Pod.

By John Reese

USAG Stuttgart Public Affairs

Stressed out? Want to kick the habit? Want to eat healthier and be in better condition in 2020? The Stuttgart Army Wellness Center on Patch Barracks is here to help.

The center offers four primary services: wellness classes and body composition, fitness and metabolic tests. The goal is to provide “integrated and standardized primary prevention programs and services that promote enhanced and sustained healthy lifestyles to improve the overall well-being of service members and their families.”

The Army Wellness Center isn’t just for Soldiers. Service members from all branches may use the center to improve their health and well-being. Testing and other results are digitally maintained by centers worldwide, meaning any service member with access to an Army Wellness Center may check their records.

“They have access to every test

they’ve ever participated in. As long as there’s an Army Wellness Center, they can pull those results,” said center director Felicia Hanes. “I think that because we are a joint base, that this is just one of the locations that we see everybody.”

The Army created the wellness center concept for Soldiers and the Navy followed suit. The Air Force used to have a program but didn’t standardize any of its processes.

“All of our processes are standardized, right down to the slideshow that we play for the classes. We’ve been able to maintain a standard across the Army, so the services you get in Stuttgart, you’re going to get at Camp Zama, Japan, or Fort Bragg, North Carolina,” Hanes said. “You know what to expect when you walk in, and your results follow you because we have a centralized database that we enter your results in. From here, your results transfer and then everything is compiled so you know two years ago what your results were versus now.”

One of the primary wellness services

used by people seeking to improve the quality of their health at the Stuttgart center is the Bod Pod, a body composition testing pod that uses air instead of water to determine the percentage of a person’s body fat and muscle.

“Next to hydrostatic testing, which is the gold standard of body fat composition testing, the Bod Pod is maybe 1-2 percent off of hydrostatic testing,” Hanes said. “It’s very accurate—the second most accurate form of testing you can get.”

The pod measures air instead of water displacement and is much easier to maintain and more cost effective than having a hydrostatic tank. To be tested, men must wear something like above-the-knee spandex bicyclist pants and women wear a swimsuit or a sports bra without any padding or underwire (cotton isn’t advised because air can flow through it) while they sit in the pod for a 30-second session after it is first calibrated empty. Users can’t get in with any kind of jewelry because the pod picks that up as muscles. If one has metal

plates under the skin, it’s kind of like a Terminator being able to time travel, because metal under flesh isn’t read by the pod. The pod then measures the density and air displacement of the person inside for fat-free and body fat measurements. The measurement for fat-free is everything that’s not fat, such as blood, muscles and internal organs.

A service such as the Army Wellness Program would cost \$75 every single visit on the economy. The metabolic tests would cost \$150-175, Hanes noted.

Being in the pod “isn’t really claustrophobic, but I can see it being that way for some people,” said Sgt. Jay Susi, physical therapy noncommissioned officer in charge, Army Health Clinic-Stuttgart. “For me, it was fine. I did it for my health, to see where I was and how I could improve.”

Susi’s job as an Army physical therapist working at the Wellness Center is to help anyone who’s injured with rehabilitation. He sees many wounded warriors

See RESOLVE, p.4

Community asks housing questions, gets answers at final 2019 town hall

By John Reese

USAG Stuttgart Public Affairs

The final Stuttgart military community Army Family Housing Program town hall of 2019 addressed new and ongoing issues by community members in attendance and live-streaming online, with many more viewing it later on the garrison Facebook page.

The town hall held at the Kelley Fitness Center, Dec. 11, capped off a year of housing issue meetings held Stuttgart installations. The three previous town halls included concerns about life in the barracks. There were four rounds of 2019 housing town halls; the first took place in the

Patch Barracks Chapel, Feb. 26, followed by Robinson Barracks, June 27, and Panzer Kaserne, Sept. 23. The next housing town hall is scheduled at Patch again, March 26. Garrison leadership is tasked by the Army to visit resident barracks and family housing units to check the pulse of any outstanding life, health or safety issues such as utilities or fire safety.

Many questions were received in advance on the Facebook page and by Public Affairs, with the purpose of letting the command team know issues residents have with the quality of their accommodations, their level of satisfaction with them, and what

See TOWN HALL, p.2



Photo by Larry Reilly, USAG Stuttgart Public Affairs

Garrison commander take a look back at events of 2019

By Col. Jason W. Condrey
Commander USAG Stuttgart

Over the past year, U.S. Army Garrison Stuttgart has seen many changes, many of them were improvements that affect the quality of life for military members and their families.

Much of our focus has been toward improving on-post housing.

Since taking command, I have hosted two housing town halls, Sept. 23 at Panzer Kaserne and Dec. 11 at Kelley Barracks. Each time I have enjoyed engaging in dialogue with concerned community members, both in person and via our Facebook livestream. Your feedback has guided our work and initiatives. I am grateful to have community input that has helped our team move forward and tackle some tough issues – those that are important to you.



Condrey

We recognize there is more work to be done.

In October, we initiated a maintenance surge to address the large backlog of open work orders in our on-post housing and operational facilities. Since then, our base maintenance contractor completed 2,800 work orders, 700 were emergency repairs. At the same time, our community has created about 2,700 new work orders. It is clear, we will need to maintain a constant push to meet the high expectations we have for our homes and places of duty.

I encourage our service members and families living in our on-post housing to remain engaged, to include coming to our next housing town hall at Patch Barracks in March.

On the mission side, we are taking prudent measures to support our local commands. In recent months, we met with leaders from our local tenant units. Now, are planning how to best support

our post in the coming years. That means prioritizing projects, working under constrained budgets, with manpower limitations and understanding how unit missions will evolve here at USAG Stuttgart in the years ahead. We have some dated infrastructure and overcrowding that affects your missions directly and indirectly. Finding resources and moving plans forward is a persistent requirement that we will undertake with an informed and transparent approach.

We will often communicate progress to our community members. Our updated mobile app, plus improvements to Stuttgart Citizen, online and in print, will help us serve the community better this year. Already, we are producing videos and smart content to help current community members and newcomers.

A few more items of note.

If you wear Army green, a new Army Combat Fitness Test is underway. Equipment sets to support the ACFT are arriving in our community. It will soon be ready for training and

testing, with little impact on our community fitness spaces.

Since July 18, we have witnessed almost three dozen people become naturalized citizens at Panzer Kaserne. With changes at the consulate in Frankfurt, more service members and their families will become Americans here in Stuttgart. The garrison staff will continue this effort in 2020, assisting community members with the naturalization process.

Finally, we are looking for people to work at Child and Youth Services. On Jan. 14, we will hold our next hiring fair. Because of our long childcare waiting list, we can over hire our authorized number of CYS workers. In November's hiring fair, we hired seven qualified applicants on the spot. We now are looking to fill 22 CYS program assistant positions and 15 other vacancies.

As we move into 2020, we continue to be ready and engaged, build a resilient team of teams and remain results focused. Our dedicated garrison team will make every effort to inspire our motto, "I'm glad I live here."

TOWN HALL

continued from p. 1

the garrison could do to improve services. Garrison commander Col. Jason W. Condrey broke the ice by addressing a few online questions.

"I've got a couple of questions here that came in just before we started, so, first of all, thank you for those questions, and we'll continue to answer them until you get tired of asking them," Condrey said, answering four online questions before opening the floor to the audience in attendance. He was supported by directorate leaders and subject matter experts present to field any question that came up.

The Kelley town hall was attended by about 15 residents, to include a few senior officers. Online participation during the event grew to about 80 viewers, with 5,860 more checking it out online in the following days.

Condrey spoke about progress made since the last housing town hall, such as the housing survey responses, appliance repair priorities, parking, smoking in housing, children's play areas and increases in base maintenance contract personnel to handle work orders. And while the gist of the meeting was housing issues, Condrey fielded any questions about community quality of life concerns, such as concerns about the commissary, the reopening date for the Auto Skills Center, the Panzer laundry and school buses.



Four new videos relating to housing topics were shown during the event and are available online. For example, a housing office team member explains why it's necessary to vent housing units to avoid mildew.

Residents who missed the town halls can see answers to current and past questions, as well as submit additional concerns for the Patch March 26 town hall. It will be discussed by garrison leaders during the AFN Stuttgart's "Command Update" on Wednesday mornings, 7-8 a.m.,



leading up to the date. Tune in to learn more about the information session and issue.

There are two hotline telephone numbers, one for during regular business hours 0711-729-6200 and one for after business hours 0711-7228-6115. The hotline is also active on the improved garrison app. Calls will be logged, acted upon and reported to the garrison commander. Additionally, residents can email us-army.stuttgart.imcom-europe.mbx.dpw@mail.mil.



Photos by USAG Stuttgart Public Affairs

The Citizen

UNITED STATES ARMY GARRISON STUTTGART

Commander
Col. Jason W. Condrey

Senior Enlisted Adviser
Command Sgt. Maj.
Toese Tia

Public Affairs Officer
Larry Reilly

Command Information Chief
Rick Scavetta

Editor
John Reese

Contributors
Angelika Aguilar, Joel Wasko
Paul Hughes

USAG STUTTGART PUBLIC AFFAIRS OFFICE

Building 2949, Panzer Kaserne

Army Post Office Mailing Address
Unit 30401, APO AE 09107

German Mailing Address
Panzer Kaserne Geb. 2949, 3rd Floor,
Panzerstrasse, 70032 Böblingen

Telephone: +49 09641-70-2485
DSN (314) 431-3105

Web: www.StuttgartCitizen.com
Facebook: www.facebook.com/
USAGarrisonStuttgart/

PUBLISHER

AdvantiPro GmbH
Europaallee 3
67657 Kaiserslautern
Telephone: +49 (0) 631-30 3355 30
Web: www.AdvantiPro.com
Managing Director
Bret Helenius

ADVERTISING IN THE CITIZEN Display Advertising Contact

Jaqueline Samad
Telephone: +49 (0) 631-30 3355 37

Email: Ads@StuttgartCitizen.com

The Stuttgart Citizen is an authorized newspaper, produced in the interest of the U.S. Army community in Stuttgart by the U.S. Army-Garrison Stuttgart Public Affairs Office. Contents of the Citizen are not necessarily the official views of, or endorsed by, the U.S. Government or the Department of the Army.

The Stuttgart Citizen is printed by AdvantiPro, a private firm in no way connected with the U.S. Govt., under exclusive written agreement with U.S. Army Stuttgart. It is published monthly using the offset method of reproduction and has a printed circulation of 5,000 copies.

Everything advertised herein shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

The appearance of advertising herein, including inserts and supplements, does not constitute endorsement by the Dept. of the Army, or AdvantiPro, of the firms, products or services advertised.

Unless otherwise indicated, all six-digit phone numbers in The Stuttgart Citizen are DSN numbers and all longer numbers are civilian.

Navy veteran visits Stuttgart, running globe for suicide awareness

By Rick Scavetta
USAG Stuttgart

Community members recently welcomed Dustin Johnson, a Navy veteran running across the globe to raise awareness of suicide among troops and veterans to U.S. Army Garrison Stuttgart.

A Missouri-native, Johnson, 25, is attempting to run 16,300 miles, ocean to ocean, across four of six runnable continents. He began last May, averages about 30 miles per day, and hoped to be done by November. An injury sustained after departing Stuttgart, plus the wildfires in Australia, impeded his plan. At press time, Johnson was planning to finish running across Europe, then fly to California, to run back to Missouri.

His cause, to bring attention to suicide among service members and veterans, is more important than beating records, Johnson said.

"You have to do an extraordinary thing, to move the world a little bit. I had to go out and do something crazy, something most people would think is impossible," Johnson said. "That's why I decided to strap the shoes up and do 16,000 miles and dedicate the whole thing to this epidemic."

Johnson understands the problem, having faced it himself.

In 2017, Johnson completed three years in the military, where he served as a Navy plane captain aboard three aircraft carriers, on deployments to the Pacific and South America. Within six months, missed the camaraderie and began having troubles.

"My depression came as numbness," Johnson said. "I couldn't be sad. I couldn't be happy."

Last January, a house fire left Johnson devastated and he attempted suicide.

"After seven days of a very intense struggle, doctors were able to rehabilitate me," Johnson said, retelling what one doctor told him. "Your mind may have given up, but clearly your body hasn't. Don't waste it."

Johnson wanted to use his body to help others, he said. He heard of an Irishman who completed a world run, but learned that no American had. He decided to try and become the first. A Navy mentor encouraged Johnson. (Details of his run through South America are on StuttgartCitizen.com)

Arriving in Lisbon Nov. 1, Johnson ran through Portugal to Madrid, Spain. Crossing the Pyrenees in France, a well-wisher bought him a birthday meal at Gordon Ramsey's restaurant in Bordeaux – far better than the tuna and potatoes he eats while on the run.

From Paris, he ran to Brussels – chatting with military police at a small post there before heading to USAG Rheinland-Pfalz and Ramstein Air Base. At Christmas, Johnson took his first rest in nearly two months, staying with a military family near Kaiserslautern.

His 107-mile run from Ramstein to



Photos by Jason Johnston, Training Support Center Stuttgart

Distance runner and Navy veteran Dustin Johnson runs through the Stuttgart area, Dec. 29, prior to twisting his ankle avoiding a car on New Year's Day.

Stuttgart took three days. His GPS maps routed him down wet horse trails.

"I was covered in mud and it was raining," Johnson said. "But it wasn't too bad."

"Ramstein and Stuttgart are the first military communities who have opened up, in the whole entire journey so far," Johnson said. "It's something that has really meant a lot to me."

On Dec. 29, Stuttgart military community members ran with Johnson through downtown Stuttgart. The next day, they joined him for supper at a local brewery. He tried Maultaschen – a Swabian meat-filled pasta – and some local beer. After his world run, Johnson wants to open a café, featuring authentic food and drinks from around the planet, in hopes to educate Americans about world cultures.

He's looking forward to seeing Prague and Krakow, before heading to Istanbul.

On Dec. 31, dozens of people listened to Johnson tell his story at Panzer Kaserne during a meet-and-greet session hosted by the USO and the Veterans of Foreign Wars.

"The VFW is very concerned about the epidemic of veterans' suicides," said Joe Holder, VFW department of Europe commander. "Dustin is shedding light on this. It's about awareness and making

sure everyone knows ... one person can make a difference."

Col. Jason Condrey, Commander USAG Stuttgart and Command Sgt. Maj. Toese Tia attended. How Johnson overcame adversity in his life and on his run, stuck with Condrey, he said.

"He has found something that was obviously absent before. That drives him," Condrey said. "It's impressive."

On New Year's Day, Condrey was among the Stuttgart community members who saw Johnson off from Killesberg Park. The scale and the enormity of Johnson's undertaking is for a good cause, Condrey said.

"He's doing this to give some visibility to an issue that everybody in the military – and across society – needs to find a way to deal with and be comfortable talking to people about."

Laura Benton, the spouse of a locally-stationed Marine, was also at Killesberg. When she heard about Johnson raising awareness of suicide, it hit home. The biological father of her daughter, Jazlyn Aronhalt, died from suicide. They both volunteered to help Johnson on his way.

"It's on a personal level for me," Benton said. "I just like to help people. It's in my nature."

While in Stuttgart, Johnson stayed with Christy Price and her husband Jim,

a retired Soldier serving now as an Army civilian. They've known people who committed suicide, a daughter's classmate and the son of an Army friend, Christy Price said.

"Everybody in some small way has been touched by suicide," she said. "Dustin's goal, what he wants to achieve, is important. I don't think he realizes how special he is – a vital piece to the puzzle."

On Jan. 1, Dustin Johnson left Stuttgart on a 420-mile nonstop run to Berlin – a world record attempt. Garrison community members saw him off from Killesberg Park and assisted him along the way.

Johnson ran 19 hours straight, more than 84 miles, when an accident occurred forcing him to stop. He was looking to break the 1986 world record for the furthest distance traveled on foot continuously without sleep – no sleep or stopping except to change and use the toilet, for two minutes every four hours. That record was 418.3 miles, done in six days, 10 hours. Johnson's plan was to run to Berlin's Brandenburg Gate, a route that took him toward USAG Bavaria.

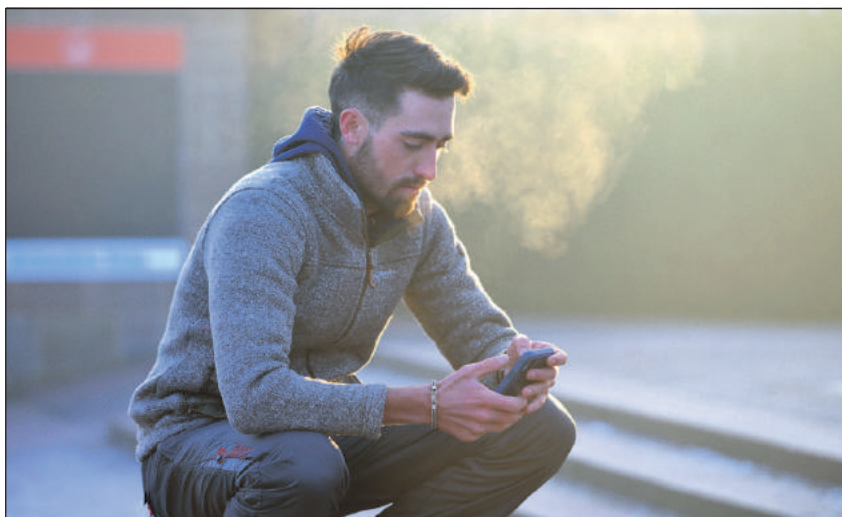
During a break, an oncoming car swerved near him. He jumped out of the way, landing on icy grass. He slid into a ditch, hitting concrete about 10-feet below.

"I landed really hard on my right foot at a weird angle and hurt my ankle," Johnson told Facebook followers.

Benton and Aronhalt were assisting Johnson along the run. In pain, with a swollen ankle, Johnson limped onward for another two hours. With a heavy heart, he decided to stop.

"With the 6,000 miles in 190 days, my body has been put through more than I ever imagined and this just added to that," Johnson wrote online. "So, for my health it was the best thing I could do."

Johnson was resting at the home of a childhood friend, Ashley Everett, an Army spouse at USAG Bavaria. He's assessing how bad the ankle injury is, and making plans to continue across Europe before returning stateside.



Keeping the world informed of his progress, Johnson checks his social media while catching a breath.



Johnson is joined by local runners as he passes through the Stuttgart military community.

Stuttgart diesel traffic ban exemption permits can now be extended

Translated from the Stuttgarter Zeitung

The diesel vehicle ban, enforced by the State of Baden-Württemberg for all motor vehicles with diesel engines of the Euro 4/IV emission standard and below, which applied to the entire urban area of Stuttgart, has now been in effect for a year.

Since Jan. 1 2019, the ban applies to city foreigners, and since April 1, 2019 to Stuttgart residents. Individual exceptions made to the diesel traffic ban are limited to one year.

Accordingly, many applications to exceptions are about to expire in the coming weeks. All of those who have obtained an exception must apply for another extension independently. Dr Martin Schairer, Mayor for Security, Order and Sport, said that all of those who so far have an exemption from the diesel traffic ban have to take care of an extension in time. This is the only way that any inconveniences can be avoided if the vehicle is used without a valid exemption in the prohibited zone. The respective POCs at the city administration are happy to assist with the applications.

In addition, the service center of the

City of Stuttgart can be reached weekdays, 8 a.m.-6 p.m., at the additional number 115. If the conditions for an extension are met, the permit will be extended for another year and will be sent to the applicant free of charge. The team may request additional documents, if needed. However, if conditions are no longer met, exceptions can no longer be granted. If further documents of recent date are required, the team will request exception permits. If the prerequisites are no longer met, the exception can no longer be extended.

So far, the city of Stuttgart has received a total of 12,854 initial applications; of which 7,088 applications were from people living outside of Stuttgart, and 5,766 applications from Stuttgart residents. A total of 6,093 applications were approved, and 5,177 were rejected. In addition, 1,559 of the applications are already under a general exception and therefore no individual exemption was needed.

As of 2020, busses/ coaches will no longer be excluded

As of Jan. 1, 2020, the new law on diesel vehicles ban will apply to all

motor vehicles, as well as older buses/coaches with diesel engines meeting the Euro 4/IV emission standard and below, and will no longer allowed to drive into the city. This means that there won't be any more exceptions. This has been determined by the State's third phase of the air pollution control plan.

Route-related bans on Euro 5 diesel cars came into effect as of Jan. 1

As of Jan. 1, 2020, on four major traffic routes within the urban area, there will be another diesel ban implemented for diesel cars of emission class Euro 5 and below. This will apply to the routes of B 14 (at the Neckartor) between ADAC crossing and Crossing Cannstatter/Heilmannstraße, the B14 (Hauptstätter Straße) between Österreichischer Platz and Marienplatz, the B27 (Heilbronner Straße) between crossing Kriegsbergstraße and crossing Wolframstraße, as well as the B27 (Charlottenstrasse, Hohenheimer Strasse, Neue Weinsteige) between Charlottenplatz and intersection Obere Weinsteige/Jahnstraße. Trucks, buses and motorcycles are not affected

by these traffic bans, as well as residents. All of them will be excluded for another two years. The upcoming measure will be the 4th phase of the EU directive on road safety and air pollution control plan.

How to submit a diesel ban exemption

Application renewals can be submitted via the online tool: <https://service.stuttgart.de/lhs-services/ag-diesel-verkehrsverbot> All applicants can upload their data and respective documents. In addition, applications can also be submitted personally at the respective Office for Public Order, or Amt fuer Oeffentlich Ordnung at Jägerstraße 14, 70174 Stuttgart. The POCs can be contacted by telephone at 0711/216-32120. Office hours are weekdays, 8:30 am.-1 p.m., plus as Thursdays additionally from 2 p.m. - 3.30 p.m. Questions about applications can also be submitted in writing by mail or by e-mail to: verkehrsverbot@stuttgart.de

RESOLVE

continued from p. 1

from all branches of service, noting there's a large population of them here, many of them older and higher ranking. Working in a joint service environment is inciteful, Susi said.

"I'm able to talk to the other branches and see how different it is from the Army, and just learn about other

branches in general," Susi said.

As a medical Soldier, Susi said he speaks with the professionals at the Wellness Center to gain more knowledge.

"We talked about my diet and where I could change it to decrease my body fat. I think that it's useful information that anybody can have," Susi said.

There are a couple of different ways service members and DoD civilians can contact the Wellness Center, Hanes said.

"They can call us at our appointment line to make an appointment; it's self-referral-you do not have to have a referral by a doctor-you can walk in the door, even for our bod-pods as long as you've followed the fasting and pre-testing protocol," Hanes said.

The center offers a trifold with information about fasting before testing, which includes no caffeine or nicotine. The fasting period for testing is

two hours; the metabolic fasting for testing is five hours, but Hanes suggests scheduling an appointment for the morning and eating breakfast after being measured in the Bod Pod, similar to when one has blood drawn for testing. She added that some people bring their breakfast and coffee with them so they may eat as soon as the test is over.



From left, a variety of classes to improve health are offered at the Army Wellness Center on Patch Barracks; Army Wellness Center director Felicia Hanes and Sgt. Jay Susi demonstrate another test; Health tech Deanna Burch explains how a biofeedback session works.

The path to better health

The Stuttgart Army Wellness Center offers classes such as upping metabolism, quick and healthy meals, sleeping habits and more. It's located in Bldg. 2337, Patch Barracks. Call 590-1601 or 06371 9464 1601 to make an appointment, then complete the health assessment prior to your appointment at <https://awc.army.mil>.

Our experience - Your advantage

New and used car sales / Auto repair and services



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

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

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

Check us out on



VAT forms and credit cards accepted.



Autohaus Meiling GmbH
Wolf-Hirth-Straße 29
71034 Böblingen

Phone (07031) 22 40 57
Fax (07031) 22 40 44
www.autohausmeiling.de



USAREUR ends face-to-face tax preparation

By U.S. Army Europe Public Affairs

The Army has ended funding toward its tax center program, prompting U.S. Army Europe's Judge Advocate to discontinue its centrally managed tax centers across Army installations in Europe.

The end of face-to-face tax preparation affects all legal assistance offices across USAREUR.

"During the next tax filing season, U.S. Army Europe will not operate tax centers, discontinuing a decades-long service because tax preparation is now available online at a nominal cost and is often free for Soldiers," said Col. Ian Iverson, the Judge Advocate for USAREUR.

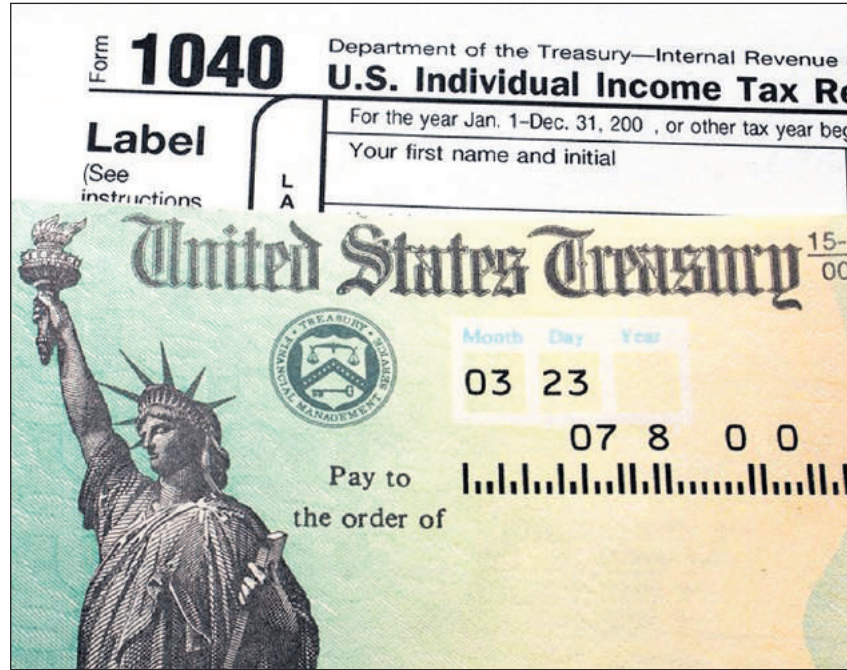
Iverson went on to explain that due to the rise in availability of online filing, tax centers no longer provide the Army with the same value.

"Staffing a tax center with many Soldiers for the duration of the tax filing season is difficult to justify when tax preparation software programs and online filing have reduced the demand for tax preparation services," Iverson said.

In preparation for this move, USAREUR tax centers began scaling back services in 2018, focusing assistance on those that generally made less than \$54,000 per year. Previously, services had been open to all Department of Defense ID cardholders, from service members to civilian employees, family members and retirees.

Legal assistance offices at garrisons within the USAREUR footprint may still opt to provide local tax assistance services.

DoD personnel still have tax filing



services while stationed in Europe. A filer with an income below \$66,000, for example, can file free through the IRS. Additionally, MilTax through Military One Source provides no-cost filing service and includes access to tax consultants and e-filing software.

The tax deadline is April 15, 2020. According to the IRS website, U.S. citizens living abroad can receive a two-month extension if they explain their circumstances.

Tax preparation sources

All Soldiers are strongly encouraged to use Military OneSource to prepare their taxes.

Military OneSource is a confidential Department of Defense funded program that is both a call center and a website providing comprehensive information on every aspect

of military life at no cost to Active Duty, Guard and Reserve Component members, their families and survivors. Each year from mid-January to mid-October, Military OneSource provides a free tax service called MilTax. MilTax has easy-to-use software that is designed specifically for the military community and tailored to military life - addressing scenarios including multiple moves, deployments and more. Filers can work anytime, anywhere, at their own pace. Plus, calculations have a 100 percent accuracy guarantee. In addition to the software, MilTax consultants are available to help military members and their families take command of their finances and families.

Military OneSource also offers practical articles and guidelines on what is needed to file a successful return. For more information,

visit www.militaryonesource.mil/miltax-free-tax-services.

Individuals who are not eligible to use MilTax can use the free filing services provided by the IRS. For more information, visit www.irs.gov/filing/free-file-do-your-federal-taxes-for-free.

Those who do not qualify for free filing will have to purchase a commercial tax preparation software or hire a commercial preparer to file their taxes.

The IRS maintains a list of Certified Acceptance Agents in Germany that may be able to assist in filing returns. This list is located at www.irs.gov/individuals/international-taxpayers/acceptance-agents-germany.

Documents needed to file taxes

When using any tax preparation software or service you will need to have certain documents available. The most important documents to have ready are last year's tax return and this year's W-2s. Filers will also need Social Security Cards/numbers for all persons claimed on the tax return; real estate tax documents including mortgage interest statements (Form 1098); Alimony, child support or related payment agreements; investment tax documents (Form 1099); any documented income from rental properties; records of moving expenses related to a new military assignment, retirement, separation, etc.

Receipts/documentation for deductibles

For those using software, it's likely they will need the prior year return to set up an account. The prior year's return can also be used to check the current return. Make sure to include all bank and interest bearing accounts, student loan interest, child care expenses, etc.

Advice and assistance for certain issues

Although the Stuttgart Law Center will no longer provide tax preparation services, it will continue to provide advice and assistance on certain tax issues, such as reviewing letters from the IRS or state tax authorities, as part of legal assistance. For those types of issues, please contact the SLC to make an appointment.

Ford Kuga ST-Line

Autohaus Bolz
Otto Lilienthal-Str. 23 | 71034 Böblingen
Tel. 0 70 31/7 19 91 • www.Autohaus-Bolz.de
New & used car sales • Auto repair & service
Auto paint & body • Tires & accessories

Feel the difference

DENT TEX SMART REPAIR

- Paintless Dent Removal
- Smart Repair
- Detailing Service
- Detailing for PCS shipping
- All kinds of paint work

Ulmenstr. 20/1
71069 Sindelfingen

07031 - 7 89 29 42 or
0152 - 58 07 56 35
dent-tex@outlook.de
www.dent-tex.com

VAT forms accepted

VOLVO Auto Pieper GmbH & Co KG

END OF YEAR STOCK CLEARANCE SALE
EXTRA DISCOUNT'S ON ALL IN STOCK VEHICLES

Hauptstr. 189 b • 70563 Stuttgart • Outside Patch Barracks
Jason.lappin@t-online.de +49 (0) 711 - 6204885
www.autopieper.com
Find us on Facebook: Auto Pieper Volvo Military Sales

Bosch Car Service

AUTOHAUS MACK GmbH

Complete auto service center
Selling and repairing all models

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

Opel/Vauxhall GM Service station

Shell shop & Shell petrol station

VAT

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

VISA AMERICAN EXPRESS MasterCard

S-Automobile

WE BUY ALL CARS & TOW YOUR CAR

DAMAGED OLD ACCIDENT NON OP JUNKCARS

CASH PAYMENT & HELP WITH PAPERWORK

Phone: 01635563333

NEWS BRIEFS



Send your announcements for upcoming events to the USAG Stuttgart Public Affairs Office

Tater test

The idea of food trucks working weekends on Kelley Barracks was brought up during the Q&A at the town hall, Dec. 11. According to AAFES regarding Saturday weekend food options, the Spudz food truck, featuring baked potatoes, opened for business, 11 a.m.-5 p.m., Jan. 11. If customer traffic is sufficient, Spudz will look at continuing the weekend trucks.

Recycle your tree

On-post residents may place their bare tree—no tinsel, no ornaments—beside containers at one of the locations below until Jan. 31. These are the official drop off locations for each garrison installation—don't leave trees in the trash islands elsewhere.

- Patch Barracks: Swabian lower parking lot
- Panzer Kaserne: Across from Bldg. 3111
- Robinson Barracks: Bldg. 146 parking lot
- Kelly Barracks: DPW bulk trash lot

Trees from off-post are not permitted; those can be dropped off at official collecting places for green waste in towns or can be placed in front of the homes towards the edge of the road by 6 a.m. on the scheduled pickup day (check with your city hall). The trees will be used to make compost, so residents are asked to make sure all decorations are removed.

“Käse” for the new radar cameras

Stuttgart declares war on speeders. The city of Stuttgart is hunting for speeders with three new semi-stationary speed cameras that have the advantage for traffic monitoring they can be used at various locations without having to have personnel stationed there. In the past, traffic monitoring in Stuttgart has already gained experience with these mobile measuring devices at Planckstraße and at

the Neckartor. The trailers of the mobile speed cameras are equipped with measuring and camera technology with their own power supply via batteries. The systems can monitor several lanes simultaneously for several days.

Nominate your volunteer

A volunteer recognition ceremony is scheduled to take place at the Patch Community Club, May 7. Some important dates to keep on your radar are:

- Jan. 15, volunteers need to have all of their hours from 2019 entered by this date. Dates can be added daily or by period (monthly).
- Jan. 31, deadline for OPOCs to certify hours
- Feb. 14, nomination packets for the six categories of volunteer of the year categories due: Youth, spouse, civilian, military, and team. Organization can only nominate one person per category.

Please note that interns are not considered as volunteers. There is no minimum hours required for the volunteer of the year nominees, but they do need to be registered on VMIS. For more information, call 596-3649.

2020 ASIST dates announced

USAG Stuttgart will host Applied Suicide Intervention Skills Training workshops at

the Patch Community Club four times in 2020. The first takes place Jan. 22-23; the remaining three will be May 20-21, Sept. 23-24 and Nov. 18-19. The workshop is for anyone desiring to learn “suicide first-aid” by learning how to: recognize opportunities for help; reach out and offer support; develop a safety plan that neutralizes risks; apply the “Pathway for Assisting Life;” and link people with community resources. This ASIST workshop is for all “gatekeepers,” meaning chaplains and chaplain assistants, MPs, ASAP counselors, JAG, Family Advocacy Program workers, inspectors general, Army Emergency Relief counselors, DoDEA school counselors, emergency room medical technicians, Red Cross employees and medical/dental health professionals. There is no charge to attend the workshop. Civilian attire, no uniforms. Call 431-2743 to register.

Suicide prevention

The Stuttgart Behavioral Health Clinic and the Army Substance Abuse Program Suicide Prevention Program will host an informal symposium on at Patch Barracks Swabian Special Event Center, 2:30-4:30, April 23. The symposium will provide an opportunity for participants to discuss issues related to suicide and behavior health with the panel members who have faced issues related to suicide. For more information, call 590-1615 or 431-2530.

BECKER & CO

U.S. & GERMAN ATTORNEYS
 U.S. & GERMAN DIVORCES • SUPPORT ISSUES • EEO
 WILLS & PROBATE • EMPLOYMENT • PERSONAL INJURY
 MSPB • CONTRACTOR ISSUES • TAX ADVISORS
FULL SERVICE LAW & TAX FIRM
Call 069 - 299 - 2069 - 0
 maiss@b-co.legal www.b-co.com

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

Can your tax services give the same Guarantee?
 Kurmarkerstr. 30 • 70569 Stuttgart-Vaihingen
 Tel: 0711-6 87 30 96 or 0711-120 76 24 • Email: hrblockstuttgart@hotmail.com

Monica Hansen
 Attorney at Law
 An American lawyer serving the military community.
 GERMAN CO-COUNSEL
 AVAILABLE UPON REQUEST.
 mhansenlaw@gmail.com
 0152 • 27 037 592

No mo AKO

Since Sept. 26, 2019, all Classic, or Legacy AKO NIPR personal and organizational files were made searchable and downloadable thru the AKO 2.0 portal. This was not intended to be a permanent solution and was done in order to allow users additional time to transition their files to either AKO 2.0 or to their personal computer. On March 1, this capability will be discontinued. Users should immediately download and archive any legacy files not previously downloaded

in order to avoid data loss. Instructions on conducting a search, search tips as well as information about downloading/uploading files begins in section 3.3.2 through section 3.4.3 of the AKO User's Manual. Visit Stuttgart Citizen online for a link to the AKO User's Manual.

Commissary improved

The Defense Commissary Agency wants to hear from shoppers to gauge how it's doing, what improvements shoppers recommend and other feedback. Use your latest receipt to complete the survey. Visit <https://mydeca.me/receipt> and tell DeCA what you think.

Something to smile about

The Panzer Dental Clinic now has a pediatric dentist on staff seeing children 12 years or younger for cleaning, examinations and treatment. Call 590-2800 or 06371-9464-2800 to schedule an appointment.

Original idea

In February, more than 2,000 chefs, from over 50 nations, including some of the Army dining facility “Originals” chefs, will compete in Stuttgart in the world's largest professional competition

9 single family homes for TLA 300 apartments
 Fully furnished with all amenities
 English speaking
 Credit cards accepted
 No deposit
 Tel. 0711-912 55 913
 mail@ptm-office.com
www.ptm-apartments.com

 PREMIUM TEMPORARY MANAGED EXCLUSIVE APARTMENTS & HOUSES

You are important at: International Baptist Church of Stuttgart

 Worship Service Sunday - 0930 & 1130
 Full Sunday School - 0930 & 1130
 AWANA Sunday - 1630
 Other Opportunities: Small Group & Bible Studies Men's, Women's & Young Adult Ministries Youth & Student Ministries
 Untere Waldplätze 38 • 70569 Stuttgart-Vaihingen (across the street from Patch)
www.ibcstuttgart.de • 0711 - 687 - 4365

COCADA Kosmetik & Waxes
 Just for you... Get your gift certificate today!
New Dioden Laser Hair Removal
 * All skin types
 * Whole year treatments
 * All Hair types
 € 65 Pain Free Armpits
 € 120 Brazilian
 € 140 Half Legs
 We also have waxes, facials, air brush tanning, microdermabrasion, and cellulite treatments (YOU GET 19% off WITH VAT FORM From € 150 and up)
Come and enjoy our spa in Böblingen!
 Call for appointments at: 0 70 31 721 79 93
 Postplatz 8 • 71032 Böblingen • www.cocada-kosmetik.de

to set culinary trends and win Olympic Chef's Gold. The Kocholympiade shows what cooks can do. The Culinary Olympics is an internationally recognized event that takes place on Valentine's Day, 2020. Check the Original's Facebook page for the link to get tickets.

No bus on Memorial Day

The garrison duty buses will not be operating on Memorial Day 2020.

Banking and mail

Banking services are offered to the Stuttgart military community by Service Credit Union and the Community Bank. Payment of many German bills, and occasionally retail purchases, are often accomplished through a direct bank transfer system (Überweisung). German transfers can be processed through both SCU and Community Bank, both of which are connected to the German banking system. Community members always have the option of banking off-post using International Treasury services. Opening a local bank account may require

notifying the garrison security office.

Off to see the Wizard

The Stuttgart High School Drama Club is performing the "Wizard of Oz," 7 p.m., Feb. 27-28 and 3 p.m., Feb. 29. Listen to AFN and watch the garrison Facebook page for updates.

MPI sought by CID

As part of the U.S. Army Criminal Investigation Command's continued effort to recruit the best of the best to become special agents, CID is currently seeking Military Police Investigators from Career Management Field 31 to become CID Special Agent Warrant Officers. The application timeframe begins in December and runs through May 2021. Approved applications will be considered by warrant officer accession boards convening in FY 20 and FY 21. Qualified MPI



applicants are encouraged to coordinate with the USACIDC Recruiting Operations Cell at USArmy.Join-CID@mail.mil to speak with the USACIDC recruiting team regarding questions about the process and to start the application process. For questions about application procedures, see MILPER 19-346, MPI Application Requirements for Appointment to CID Warrant Officer (MOS 311A), or contact the CID Special Agent Management Division ROC team at USArmy.Join-CID@mail.mil or call 571-305-4348/4369/4337/4112.

Customs custom

The Stuttgart Customs Office in Bldg. 2913, Panzer Kaserne, reminds the community that it is closed in the morning for required training on the second Thursday of every month; on those days, the office is open 1-3:45 p.m. for normal operations. For more info on what you can and cannot mail, visit www.stuttgartcitizen.com and search "customs."

You may fire when ready

Ready, aim, fire! The Stuttgart High School JROTC Air Rifle Team challenges all sharpshooters to outshoot them and earn bragging rights for defeating the all-time European champions. Come test your marksmen skills and have fun on a 10-meter air rifle range. Participants will shoot from the standing position in a timed competition, and they may bring their own air rifles. All funds raised are to assist the team with travel expenses to compete at the National All-Army JROTC Rifle Competition in Camp Perry, Ohio, Feb. 10-17, 2020.



id-europe.mbx.fire-prevention@mail.mil.

Family In-Processing

Did you know in processing classes are not just for the sponsoring service member or employee? USAG Stuttgart offers multiple opportunities for spouses and family members to get informed through classes and tours, on or after their arrival. Family in-processing is scheduled Thursdays at the Panzer Chapel from 9 a.m. - 4 p.m. Children are welcome. Briefing topics include Religious Support, Army Community Service, Exceptional Family Member Program, Family Advocacy Program, Military Family Life Counselors, Child & Youth Services, school liaison, Tricare, medical and dental, the veterinarian clinic, transportation, housing and much more. Spouses may also attend tours to include the host nation orientation, hospitals and the Capital City Visitation Program to learn about Stuttgart's off-post culture and services. Visit the Central Processing Office, Bldg. 2913, Panzer Kaserne, or use the garrison's mobile app to sign up for a tour using the "Appointments" button.

One-on-one training

Instead of you coming to the USAG Stuttgart Fire Department, firefighters will now come to you and your building for evacuation coordinator training on a one-on-one basis. These classes are mandatory in accordance with AR420-1. They'll try to accommodate your schedule instead you having to accommodate theirs. Register per email at usarmy.stuttgart.



Dentistry Of The Next Generation

OXIDIO



Our dentists **Dr. Reinhard Winkelmann, Lukas Winkelmann, DMD** (UPenn¹) and our international, English-speaking team are looking forward to welcome you in our modern dental office in Gärtringen.

Dental Office
Dr. Reinhard Winkelmann
 Blücherstr. 13
 71116 Gärtringen
 Email: praxis@oxidio.com
 Phone: 07034-647729-66

Find the highest American standards just around your corner!
 Visit www.oxidio.com to find out more or call us to make an appointment.

Your bill will be generated in English using the US code for dental services. Your US insurance will understand it. We are an official United Concordia provider (www.unitedconcordia.com).

www.oxidio.com

Photos © Dirk Kittelberger
¹University of Pennsylvania, Philadelphia

New Year, New You

By Joel Wasko
USAG Stuttgart Public Affairs

Weight loss is often the number one New Year resolution, and Stuttgart Family and MWR has the perfect incentive program: Lose to Win. The weight-loss program aims to encourage healthy habits through new fitness classes, adventure programs, massages and more.

Interested individuals may register at all Stuttgart Fitness Centers, but must weigh-in at the Army Wellness Center inside the Patch Fitness Center. During the program there will be three weigh-ins. The initial weigh-in (ongoing at press time), continuing until Jan.10, is required to participate. The



Photo by Brian Cann

The FMWR fitness instructors are ready to help members of the Stuttgart military community get into shape in 2020.

midpoint weigh-in is Feb. 3-7, and the final weigh-in is Mar. 2-5. The fee to participate is \$100 and includes 10 fitness class coupons, a free t-shirt at the midpoint weigh-in, a chance to win a one-hour massage at the midpoint weigh-in, and two \$100 travel vouchers from MWR Tours for the final winners that will be announced at the Mardi Gras 5K Fun Run, Mar. 7.

However, losing weight is not the only way to win.

"While the program is called 'Lose to Win,' our true aim is actually to encourage participants to get active and focus on their overall well-being," explained fitness coordinator Anne-Marie W. Harcrow, FMWR. "The number on the scale is just that:

a number, not an absolute defining indicator of wellness. This is the reason why points are also earned by body fat percentage lost, going on ski trips with MWR Tours, renting equipment from Outdoor Recreation, attending group fitness classes, attending a class at the Army Wellness Center, working with a personal trainer, and getting in a massage with one of the fabulous massage therapists in our fitness centers."

New fitness classes are offered in January, such as cardio kick & sculpt on Tuesdays and Thursdays at 6:30 p.m. in the Patch Fitness Center. This heart-pumping class will alternate between fun cardio segments and short bouts of bodyweight exercises. There are plenty more classes that range

from Krav Maga self-defense, spinning, Zumba and even Vinyasa Yoga. Take an unlimited number of classes with the Stuttgart Family and MWR Fitness Centers' new monthly membership cards starting in January. The cost is \$75, lasts 30 days, and allows for an unlimited number of fitness classes.

Additionally, the Kelley Fitness Center will offer 5 wellness workshops that focus on meditation and deep relaxation techniques between Jan. 6 - Feb. 10. As Allison Myers, Reiki Master Teacher, explains "reducing your stress level is a key component of feeling successful in every aspect of your life". So, if your goal is weight loss or just creating a better new you, visit the Stuttgart Fitness Centers by Jan. 10 and get active.

2020 EDITION

THE FIND-IT GUIDE

The 2020 edition is coming soon!

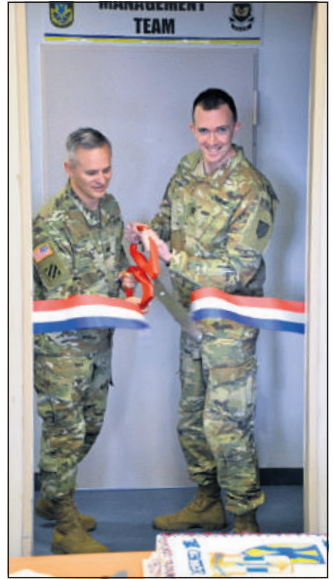
Get your own copy at:

- Army Community Service
- FMWR • Commissaries

COMING SOON

2019 year in review

Photos by USAG Stuttgart Public Affairs



Stuttgart DTF is a hidden garrison jewel

By Monica Lee Ashpole
Stuttgart Digital Training Facility

An often over-looked facility in Bldg. 2931, Panzer Kaserne, is the Stuttgart Digital Training Facility, or DTF. It is one of about 80 DTF sites worldwide.

The DTF isn't just for Army personnel; all members of the military community may use the facility, including those from outside the Stuttgart area and other services. Different organizations, groups, family members and others are welcome to use the facility, at no cost to individuals or organizations.

The DTF consists of two digital labs. Whenever a digital lab is not being used or isn't reserved, its workstations are available for additional walk-ins. Both labs have 16 workstations with CAC readers, a podium, a projector, a DSN phone, flip chart, dry-erase easel, and multi-use printer that copies and has scan-to-e-mail capability. There are also generic classroom supplies such as stapler, 3-hole punch, pencil sharpener, markers, etc.

The online network, or NIPRNET, is connected to the Army Training Information System Network, or ATIS, providing access to Army Learning Management System, Army e-Learning,

and Virtual Battle Space 3. The DTF also has video conferencing and tele-training capability.

The common area includes a paper shredder and a dedicated workstation for walk-ins. This station is available to individuals that are not taking a scheduled class but need a workstation to do individual training or education, check e-mails, etc. while in-processing, and other professional requirements while the two digital labs are in use.

"Mostly, once people have

training here one time, the word is out," said DTF manager Pauline Sung, adding she visits different offices and the Department of Defense Education Activity schools with DTF information to increase facility awareness. "A lot of people don't even know we're here, like the Panzer Hotel. When I PCSed here with my husband last year, I needed to do some house searching and emails, and I didn't have a computer."

Being new to the community and not knowing about the DTF, Sung tried alternative locations that were sometimes crowded and noisier.

"But here is so much better. It's quieter and more professional, and also the video teleconferencing is very convenient if you're on a schedule of training," Sung said.

The DTF is open weekdays, 8 a.m.-5 p.m. and may be closed one hour for lunch, noon-1 p.m. (usually 1200-1300).

Besides the DTFs, ATIS also comprises the mobile digital training facility and deployed digital training classroom. More information can be found at <https://www.atis.army>.

Types of training and where to call to reserve classrooms

These are some of the classes taught at the DTF:

- IMCOME.ADR/HW HM training
- Web Training 101
- Customer Service Training
- HR University
- Certified Information System Security Professional (CISSP)
- CCNA Bootcamp
- NCIC Operator

Call 431-2936/2329 or 07031 15 2936/2329 for availability and additional information.



Photos by John Reese, USAG Stuttgart Public Affairs

DTF manager Pauline Sung fires up the VTT in one of the two classrooms with 16 CAC-enabled computer stations.



New on post and need a temporary professional office environment? The Panzer DTF team has what you need for success at no cost.

Missing something in your life?

FIND HUNDREDS OF NEW AND USED CARS 24/7.

FIND IT GUIDE CARS.COM

Party and Catering-Service

Kashmir
Indian Restaurant

Take away Lunch Special (Mo - Fri)

authentic indian cuisine

NEW LOCATION

STUTTGART Pforzheimer Str. 309 · Phone 0711-88 94 306
ECHTERDINGEN Esslinger Str. 11 · Phone 0711-99 76 38 16
LEONBERG Leonberger Str. 97 · Phone 07152-90 32 32

Hours: 12.00 - 14.30 and 17.30 - 23.00

WWW.KASHMIR-RESTAURANT.DE

What is the 'but' to quitting smoking?

By Paul Hughes
USAG Stuttgart Public Affairs

My father smoked everywhere; the garage, the car and throughout the house. His smoking created my lifelong dislike for the vice and that experience likely saved me from a lung cancer-related death.

My Uncle Dave died of lung cancer aged 59, leaving behind my loving aunt, his three daughters, and five grandchildren. Claire, a lifelong friend, died two years ago from smoking-related cancer. She was just 42, with two teenage boys. John, another friend and smoker, survived throat cancer, but now speaks in a permanent falsetto following surgery.

If you think about it, smoking has likely affected your life, whether you smoke or know someone who does.

I have compassion for those who struggle with addiction. I imagine that quitting would be among the hardest things a smoker can do.

However, have you ever met a single person who regretted quitting smoking?

So what is the but?

Barbara Roper, a clinical pharmacist at the Stuttgart Army Health Clinic has helped hundreds of people quit tobacco using a mixture of approaches. When Soldiers say they want to quit smoking, but [insert rationalization here], Roper has an answer.

"Most say they like it," Roper said. "In this community, smoking is an outlet. It is a social interaction event. They do not want to choose something else. They eat all the good food. They exercise. They get fit for their next deployment. But counterintuitively, they are smoking."

Roper is a non-smoker, yet smoking has affected her life. Her father quit for a common reason: family. Roper's father quit cold turkey after his own father underwent smoke-related cancer procedures. That motivates her to help service members, civilians and family members of the Stuttgart military community. Roper explained how evidence supports the clinic's cessation approach.

"There are published studies and

published literature demonstrating patients who get medication, support and follow up are more likely to quit and to stay tobacco free," Roper said.

What about vaping? Can this be used as an



courtesy graphic

alternative to wean off cigarettes? Is it safer?

"We don't yet know a lot about it" she replied. "Regulatory studies and approvals by the FCC have lagged behind. Vaping is still detrimental to health. The delivery of the product leaves a coating on the insides of your lungs, preventing them from operating normally."

Roper cited a recent, well-publicized case of 17-year-old boy having a double lung transplant directly linked to vaping. He now faces a lifetime of anti-rejection medication and healthcare costs.

So, how do people quit?

"They have to make a decision that they want to quit. This is probably the hardest step," Roper said. "There is no cookie-cutter solution. People need treatments tailored to their situation. For example, some smokers do not have cravings, but may have triggers to identify. Potential quitters need tools to help combat what is going on, in their body and brain. Most will need some help."

That is where Roper and her

colleagues at the clinic come in.

"When people want to quit, people will come in," Roper said, emphasizing a key point—finding motivation. "Without that motivation, it will not be possible."

For example, Roper worked with a man who said he did not want to quit because he liked smoking. She asked what he most valued. His response – his wife and daughter. Roper pulled out a slip paper and wrote "family" on one end and "smoking" on the other. His assignment, hang that note on the fridge and return in two weeks. He came back to Roper, having realized that family was the motivation he needed to quit.

"When people are ready to quit, they'll quit," Roper said. "But, maybe they just don't know how to quit."

Resources are available to you at the Army Wellness Center and with Roper at the clinic. Nicotine replacements like gums, lozenges, and patches will help ease you off tobacco. There are also medications for those cravings and Cognitive Behavioral Therapy for stress and anxiety triggers.

Reach out today.

When people are ready to quit, they'll quit.

REGULAR DATES

<p>EVERY MONDAY BIDDY'S TRIVIA QUIZ bring your team</p> <p>EVERY TUESDAY PITCHER NIGHT</p> <p>EVERY WEDNESDAY BIDDY'S KARAOKE PARTY best party in town</p>	<p>EVERY THURSDAY OPEN MIC NIGHT come on stage</p> <p>EVERY FRIDAY LIVE DJ pitcher dinkelacker 1,5l only €10,50</p> <p>EVERY SATURDAY THE PLACE TO BE</p> <p>EVERY SUNDAY LIVE SPORTS pint guinness only €4,20</p>
---	--

Biddy Early's
IRISH PUB
Established 1993

SAT JAN 11 "DIET DOPE" LIVE ROCK COVER PARTY

SAT JAN 18 "THE SEAN TRACY BAND"
LIVE ROCK, POP AND FOLKS

SAT JAN 25 "MADISON BOW" LIVE PARTY HITS

Biddy Early's Irish Pub, Marienstraße 28, 70178 Stuttgart, 0711-6159853, info@biddyearlys.com

Braustube Schloßturn

Opening Hours
Saturday from 12:00 pm
Sunday from 11:00 am
Tuesday-Friday from 16:00 pm
Mondays closed

Reservations
0711 63 39 66 40
prost@schloss-turm-stuttgart.com
www.schloss-turm-stuttgart.com

Traditional Bavarian/Swabian restaurant with over 300 seats... May it be a nice quiet meal, birthday party or a larger scale event, Braustube Schloßturn is the perfect location.

SI-Centrum Stuttgart
 Plieninger Straße 109
70567 Stuttgart

When a hotel becomes your house

- tasteful, individual, advanced, functional
- rooms for conference and events
- apartments for long-term stay
- large conference rooms for big parties and conferences
- special rates during summer period

Guesthouse

- daily business lunch

Vienna House Germany IV GmbH • Vienna House Easy Mo. Stuttgart
Hauptstraße 26 • 70563 Stuttgart
Tel. +49 711 28056-112 • www.viennahouse.com

Help for quitting the habit

- Army Wellness Center – Patch Barracks for Tobacco Education. Open weekdays, 6:30 a.m. – 4 p.m. Call 590-1601 or 06371-9464-1601.
- Stuttgart Army Health Clinic – Patch Barracks for Smoking Cessation support and queries. Open weekdays, 7:30 a.m. – 4:30 p.m. Call 590-2900 or 06371-9464-2900.

Download the Stuttgart Citizen app for access to online appointments.

Germany's famous square chocolate bars are just a short drive away

By Rick Scavetta
USAG Stuttgart Public Affairs

Chocolate is not going to help you with your New Year's resolutions.

But, if you're looking to indulge, just take a short drive south of Panzer Kaserne to idyllic Waldenbuch. When the wind is right, you can smell Ritter Sport chocolate being made.

Whether new to U.S. Army Garrison Stuttgart or you've been a while, a trip to the factory – with its shop, exhibits, museum and café – will make a nice afternoon trip. It's a great place to visit with family and friends.

Staff of the Stuttgart Citizen recently went down to Ritter Sport to learn more. Bianca Kulik, a Ritter Sport company spokesperson, and her colleague Jessi Uetz showed us around and told us about the place. Here's some of what we learned.

The company

Chocolate first arrived in Germany in the 17th century and was sold as something healthy – a medicine and luxury item for nobility. In the 1800's, now-famous brands like Nestle, Callier, Cadbury and Hershey – just to name a few, began making chocolate for the masses.

In 1912, Alfred and Clara Ritter began making chocolate in Bad Canstatt. By 1930, they moved the factory to Waldenbuch. Back then, soccer fans wearing sports jackets – as was the fashion in those days – would stop by the Ritter shop for chocolate. Clara Ritter latched on to the idea.

Ritter would create a square bar to place into a sports jacket pocket – giving the brand a new name, Ritter Sport. Ritter, which means “knight” in German, is still family-run operation. Ritter Sport is now exported to 100 countries.

“It's made here and only here,” Kulik said. “Wherever you go, it's made here in Waldenbuch, with the same ingredients, same recipe and the same quality.”



The exhibits

Visit Ritter Sport's exhibits on cocoa and chocolate production. Open since 2005, the displays are written in both English and German. Large groups can request a guided tour offered in English. There is a 15-minute film, in German, on the history of the company. If you ask at the desk nearby, they can play an English version.

Learn about Ritter's cocoa plantation in Nicaragua and how the company has worked for 30 years with small farm cooperatives there, to include workshops on harvesting and offering a chance to taste the chocolate their plants help make.

“We help them and pay them better prices. Then they can plan and are sure we are going to buy their cocoa,” Kulik said. “In turn, we get better quality. It's a plus for both sides.”

A model-sized Ritter factory, made by a recent intern, has a little truck that delivers patrons a small chocolate bar. Kids can play a quiz, searching for answers in the exhibits, and earn a bag of chocolate.

They also host children's birthday parties. Children choose the chocolate and the ingredients, then mix it together. While the chocolate solidifies, they paint the packaging. Each

child gets two of their very own bars.

The shop

“What's good to get? Each variety has its own color. The light blue-packaged Alpenmilch is the most popular, followed closely by the butter cookie-layer Knusperkeks in a brown wrapper,” Uetz said.

“Each square bar is 100 grams, about 3.5 ounces, with 16 squares in a four by four grid. Only Jamaica Rum, a popular variety, is kept in its original small rectangular shape,” Uetz said.

Some items are shop exclusives – like the “mini meter,” a three-foot sleeve of miniature bars. Uetz explained that Schwabians like a bargain. In the back of the shop, they swarm around shelves of two-kilogram mixed bags sold at a discount.

In the very back – you find the experimental varieties like dark chocolate with cranberries and nuts, or rum raisin. Those bars sell cheaper than the others. Developed by the innovation and research team, they are experiments that undergo testing before heading to the market.

The museum

The museum is home to Marli Hoppe-Ritter's art collection. Like the

Where to find Ritter Sport

Alfred-Ritter-Straße 27,
Waldenbuch, 71111. Its website is
www.ritter-sport.de/en

chocolate, the contemporary art has a lot of squares, and other geometric shapes. The museum is open from Tuesday to Sunday, from 11 a.m. to 6 p.m., and costs six Euros. Children, up to age 18, are free.

The café

Hoping for a quick hot chocolate to go? That's not how the café works. Plan on sitting, relaxing and savoring your drink. There are at least six varieties of hot chocolate to try. Also on the menu are plenty of breakfast items, grilled sandwiches, salads and Schwabian favorites, like Maultaschen.

From the café, you look out over the forested Aichtal valley. The café is open daily from 9 a.m. to 6 p.m. in winter months, and from 9 a.m. to 7 p.m. from March to September.

Need to walk off some of that chocolate? Stroll along a nearby footpath that leads you directly into the adjoining Schönbuch nature park and nearby Lake Fäulbach. It starts by a cubic sculpture next to the parking lot. The area also has many cycling paths nearby.

Finish the day trip by heading into Waldenbuch's medieval-looking old town, with its half-timbered buildings, where the Museum der Alltagskultur (every day culture) is in the old castle.

(Editor's note: No federal endorsement is implied.)

Pro tips

- At the back of the Ritter shop, check for experimental varieties under development. Not sold in stores, they make great gifts for chocolate lovers
- Book online for a chocolate workshop. Kids learn about chocolate, make two bars of their own and design wrappers. It's seven Euros per child, ages 7 to 18, and it's open to birthdays and school groups.
- The commissary stocks several varieties of Ritter Sport, some for just 82 cents – even less than at the factory.
- Can't get enough chocolate locally? Callier is one of Europe's oldest chocolates. Try the Nestle Callier chocolate museum in Broc, Switzerland, a four-hour drive from Stuttgart. Also, Lindt chocolate opens its new “Home of Chocolate” in Kilchberg, Switzerland, this year. It's just three hours from Stuttgart near Lake Zurich.



Photos by Paul Hughes, USAG Stuttgart Public Affairs

Learn how chocolate is made in the factory's museum.

Tips for winter driving

Story and photo by Public Affairs
USAG Stuttgart

Tips for winter driving, driving in the snow and long distance winter trips:

Cold Weather Driving:

- Keep a bundle of cold-weather gear in your car, such as extra food and water, warm clothing, a flashlight, a glass scraper, blankets, medications, and more.
- Make certain your tires are properly inflated and have plenty of tread. (Ensure you have the proper tire for the season).
- Keep at least half a tank of fuel in your vehicle at all times.
- Never warm up a vehicle in an enclosed area, such as a garage.
- Do not use cruise control when driving on any slippery surface, such as on ice and snow

Driving in snow:

- **Stay home.** Only go out if necessary. Even if you can drive well in bad weather, it's better to avoid taking unnecessary risks by venturing out.
- **Drive slowly.** Always adjust your speed down to account for lower traction when driving on snow or ice.
- **Accelerate and decelerate slowly.** Apply the gas slowly to regain traction and avoid skids. Don't try to get moving in a hurry and take time to slow down for a stoplight. Remember: It takes longer to slow down on icy roads.

- **Increase your following distance to five to six seconds.** This increased margin of safety will provide the longer distance needed if you have to stop.
- **Know your brakes.** Whether you have antilock brakes or not, keep the heel of your foot on the floor and use the ball of your foot to apply firm, steady pressure on the brake pedal.
- **Don't stop if you can avoid it.** There's a big difference in the amount of inertia it takes to start moving from a full stop versus how much it takes to get moving while still rolling. If you can slow down enough to keep rolling until a traffic light changes, do it.
- **Don't power up hills.** Applying extra gas on snow-covered roads will just make your wheels spin. Try to get a little inertia going before you reach the hill and let that inertia carry you to the top. As you reach the crest of the hill, reduce your speed and proceed downhill slowly.
- **Don't stop going up a hill.** There's nothing worse than trying to get moving up a hill on an icy road. Get some inertia going on a flat roadway before you take on the hill.

Long distance winter trips:

- **Be Prepared:** Have your vehicle checked by a ADAC or Approved Auto Repair facility before hitting the road like. Example are AAFES Care Care Center, MWR Car Care Center or German Car Care Center



like ATU (Auto-Teile Unger).

- **Check the Weather:** Check the weather along your route and when possible, delay your trip if bad weather is expected.
- **Stay Connected:** Before hitting the road, notify others and let them know your route, destination and estimated time of arrival.
- **If you get stuck in the snow:**
 - **Stay with your vehicle:** Your vehicle provides temporary shelter and makes it easier for rescuers to locate you. Do not try to walk in a severe storm. It is easy to lose sight of your vehicle in blowing snow and become lost.
 - **Don't over exert yourself:** When digging out your vehicle, listen to your body and stop if you become tired.
 - **Be Visible:** Tie a brightly colored cloth to the antenna of your vehicle or place a cloth at the top of a rolled up window to signal distress. At

night, keep the dome light on if possible. It only uses a small amount of electricity and will make it easier for rescuers to find you.

- **Clear the Exhaust Pipe:** Make sure the exhaust pipe is not clogged with snow, ice or mud. A blocked exhaust pipe can cause deadly carbon monoxide gas to leak into the passenger compartment of the vehicle while the engine is running.
- **Stay Warm:** Use whatever is available to insulate your body from the cold. This could include floor mats, newspapers or paper maps. Pre-pack blankets and heavy clothing to use in case of an emergency.
- **Conserve Fuel:** If possible, only run the engine and heater long enough to remove the chill. This will help to conserve fuel.

(Editor's note: These winter tips were provided by the USAG Stuttgart Installation Operations Center.)

Making fire safety your New Year's resolution

By Assistant Fire Chief

Leonard J. Fagan

USAG Stuttgart Fire Department

The New Year is a good time to focus on improving fire safety in your home.

People are making New Year's resolutions, so why not make improved fire safety one of your resolutions? After all, this is the sort of resolution that will benefit you and your family.

Being better at fire safety sounds great, but what does it really mean? You need to be organized in how you approach your resolution to improve fire safety.

Have a game plan. Your plan of action needs to include a fire escape plan.

Make sure everyone in your household knows where the proper exits are in case of fire. There should also be a designated place to meet outside the home, in a safe area.

Make sure all fire extinguishers, smoke detectors and carbon monoxide detectors are working.

Smoke detectors should be throughout the house. There should be



Photo by USAG Stuttgart Public Affairs

at least one working smoke detector in every sleeping room and throughout your means of egress from the house. This is the law in Baden Württemberg. Your landlord is responsible to install them and you are responsible to keep them in working order.

At minimum, mount a fire extinguisher in your kitchen and garage. If you have a workshop in an area like the basement, mount a fire extinguisher there as well.

The National Fire Protection Association recommends mounting a fire extinguisher on every floor of your home. Any rechargeable fire extinguisher should be serviced every six years. Fire extinguishers with dry chemicals should be shaken periodically to keep chemicals from compacting.

Keep battery-powered flashlights in designated areas. Everyone in the home should know where those

flashlights are located.

Cooking remains the leading cause of fires in homes. Make sure to clean your stove top, oven and the inside of your microwave. Never leave the kitchen will cooking.

Quitting smoking is always a great new year's resolution. Smoking is the leading cause of home fire deaths in the U.S. If you're going to smoke, check ashtrays for burning cigarette butts and never smoke in bed.

Evacuation Coordinator Training

ECT is now offered on a one-to-one basis. Instead of you coming to us for training, we will come to you and your building. The USAG Stuttgart Fire Department will try to accommodate your schedule instead you having to accommodate ours.

Please register per email at usarmy.stuttgart.id-europe.mbx.fire-prevention@mail.mil. These classes are mandatory in accordance with AR420-1.

Recalling the legacy of Martin Luther King

By Ch. (Lt. Col.) Grace Hollis
Deputy Garrison Chaplain
USAG Stuttgart



Dr. Martin Luther King Jr. delivers his "I have a Dream" speech on the steps of the Lincoln Memorial, Aug. 28, 1963.

Getty Images photo by Francis Miller

It's been 52 years since the assassination of social activist, Baptist minister and Civil Rights hero Dr. Martin Luther King Jr. One would think half a century is ample time for a nation to be further along in the fight for equality and justice for the human race.

Unfortunately, more time is needed. However, through MLK's life, we are reminded of a dream for humanity that still has the potential and promise to be a reality. Therefore, we pause, on Jan. 15, to honor and commemorate this great man's life and recommit ourselves to the call to fight for equality and justice for all.

How do we recommit ourselves to continue to fight for a dream born 52 years ago on Aug. 28, 1968, where some 200,000 to 300,000 participants gathered on the steps of the Lincoln Memorial, the monument to the president who, a century earlier, had brought down the institution of slavery in the United States? How do we recommit ourselves to share in Dr. King's vision that "this nation will rise up and live out the true meaning of its creed: We hold these truths to be self-evident, that all men are created equal."

I submit to you that recommitment to the dream can be found in the dreamer himself and the embers of fire that burned within in his soul. The embers that ignited MLK's fire to courageously stand in the face of danger and give voice to those who are silenced had its foundation in his upbringing.

Born into a legacy of preachers and pastors, Martin grew up in a family that was steeped in the tradition of the Southern black ministry. His great-grandfather, Willis Williams, was a preacher, and both his father and maternal grandfather were Baptist preachers of the prestigious Ebenezer Baptist Church in Atlanta. Martin's grandfather, A.D. Williams, was born to slaves Willis and Lucrecia Williams

in Greene County, Georgia, and spent his childhood years on a plantation. His desire to follow in his father's footsteps, an old slavery-time preacher, became a reality when he and his family moved to Atlanta in 1893 where he took over the small, struggling Ebenezer Baptist church with around 13 members and made it into a forceful congregation.

As pastor of Ebenezer Baptist Church for more than 25 years, Williams infused his ministry with social activism by helping found the Atlanta chapter of the National Association for the Advancement of Colored People. King's father had succeeded his father-in-law as pastor of Ebenezer Baptist Church.

Martin's faith, social activism and since of justice and equality ran deep within his veins as it was passed down from generation-to-generation. This is not to say that he did not struggle with his purpose and calling. MLK Jr. initially decided against entering the ministry, much to his father's dismay. Nevertheless, destiny prevailed when in his junior year at Morehouse College; Martin took a Bible class, renewed his faith and began to envision a career in the ministry. In the fall of his senior year, he told his father of his decision.

Martin's renewed sense of calling to raise a nation's conscience that there is neither a black race nor a white

race but only the 'human' race - began with a renewed faith in God. A faith that he defines as: "Faith is taking the first step even when you don't see the whole staircase." Martin Luther King Jr would take many steps of faith without seeing the whole staircase.

Every time he left his home, office, a restaurant or any other public place, Martin Luther King Jr took steps of faith. He took steps of faith through every demonstration, confrontation and humiliation that he endured. Whether thrown into jail, living under the constant threat of death, being stabbed in the chest with a knife at a book signing in Harlem, NY or his home being bombed blasted with his family escaping by a mere handbreadth. MLK Jr., stated in his memoirs, "The experience of these last few days has deepened my faith in the relevance of the spirit of nonviolence, if necessary social change is peacefully to take place."

There is no doubt, there were times MLK Jr felt fear and was afraid for his own welfare and that of his family. However, there are moments in life that if 'faith steps in - fear will step out.' I believe this is what happened for MLK Jr on Friday night, Jan. 27, 1956 as he wearily made his way home after another planning session for the way forward. Entering his home, with Coretta asleep, Martin paced the floor with his nerves on edge from all the death-threatening

phone calls he received - sometimes 40 calls in one day.

The phone rings again with a sneering voice on the other end: "Leave Montgomery immediately if you have no wish to die." Naturally, King's fear rises; he hangs up the phone, walks to his kitchen and with trembling hands, puts on a pot of coffee and sinks into a chair at his kitchen table. Here was the prelude to King's most profound spiritual experience. He describes it in his book "Stride Toward Freedom:"

I was ready to give up. With my cup of coffee sitting untouched before me, I tried to think of a way to move out of the picture without appearing a coward. In this state of exhaustion, when my courage had all but gone, I decided to take my problem to God. With my head in my hands, I bowed over the kitchen table and prayed aloud.

The words I spoke to God that midnight are still vivid in my memory. "I am here taking a stand for what I believe is right. But now I am afraid. The people are looking to me for leadership, and if I stand before them without strength and courage, they too will falter. I am at the end of my powers. I have nothing left. I've come to the point where I can't face it alone."

At that moment, I experienced the presence of the Divine as I had never experienced God before. It seemed as though I could hear the quiet assurance of an inner voice saying: "Stand up for justice, stand up for truth; and God will be at your side forever." Almost at once my fears began to go. My uncertainty disappeared. I was ready to face anything."

Three days later, his house was bombed with he and his family narrowly escaping. With his faith renewed, King later wrote, "I accepted the word of the bombing calmly. My religious experience a few nights before had given me the strength to face it"

Let us start the New Year off right by recommitting ourselves to live a life of faith that is courageous enough to stand up for justice, truth and equality for all.

Sushi and Grill All You Can Eat
 Order comfortably via a tablet
 VAT Form accepted
 Credit cards accepted

0711 - 78 25 16 88
www.mikomi-sushi.de/en
 New in Stuttgart-Vaihingen
 (At the Schwabengalerie)


Petra Antiques
 Seit 1969


FURNITURE
 RUGS
 JEWELRY
 LIGHTING
 PORCELAIN
 PERIOD MEMENTOS
 ARTWORKS
 WAR MEMORABILIA
 VINTAGE APPAREL
 AND SO MUCH MORE!

WE SPECIALIZE IN:
 ANTIQUE RE-UPHOLSTERY
 ANTIQUE RESTORATION

COME AND VISIT US!
 ENJOY A ONE OF
 A KIND TOUR IN
 OUR VAST ANTIQUE
 SHOWROOM

71101 SCHÖNAICH
 WETTASSE 12
 07031-651549 MOBIL 0178 77 700 76

Dreams can come true

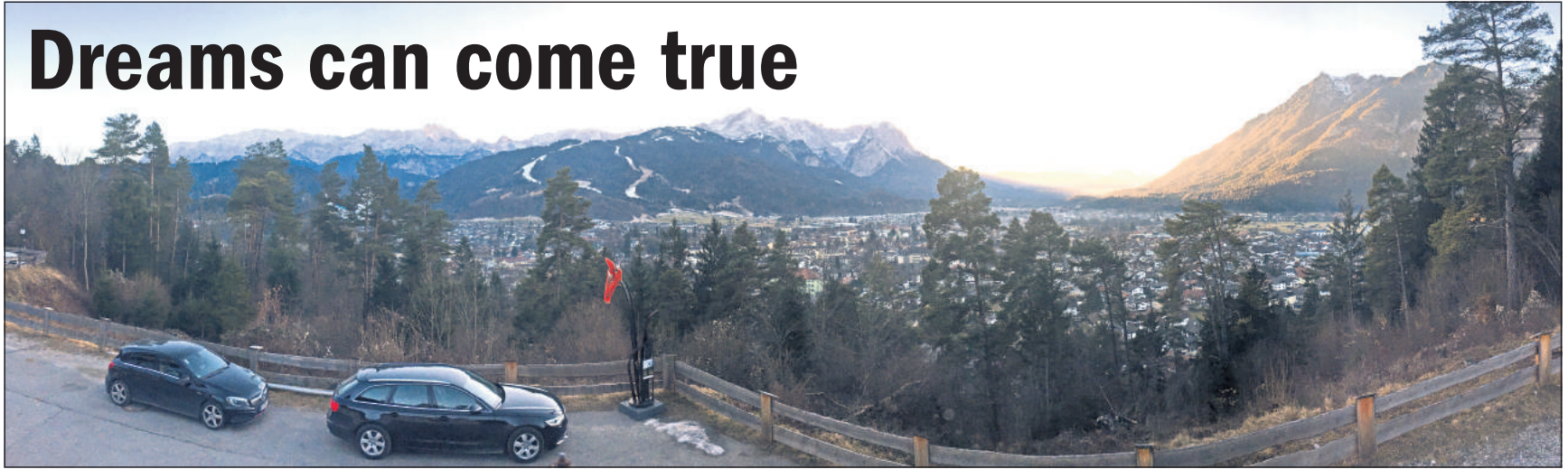


Photo by John Reese, USAG Stuttgart Public Affairs

A panoramic view of the Zugspitze towering over Garmisch-Partenkirchen. The Hausberg slope can be seen through the trees at left.

Story and photos by Joel Wasko
USAG Stuttgart Public Affairs

A clear blue sky, snow covered trees, the crunch of packed snow beneath your feet, standing on the top of the mountain looking down into the valley, your skis pointing downhill, and then the adrenaline rush begins.

For many, it's just a dream to stand on the mountain range of the Alps in any of the eight Alpine countries spanning from France to Slovenia, but the dream of cruising down the mountain effortlessly on a snowboard or skis cutting through the powder like a knife through butter is a dream that can come true while stationed at USAG Stuttgart. For anyone who wants to make that dream come true, there are some turn-key solutions available to you.

First, you need the gear. Although there are ski and board rentals downtown and at ski resorts, why not

make it easy on yourself and visit the Outdoor Recreation Center on Kelley Barracks. Located in Bldg. 3320 next to the Stuttgart Theatre Center, customers are greeted by an extremely knowledgeable, English-speaking staff with lots of advice and equipment for all ages and sizes to get you ready for the slopes.

Next, you need a trip. Professionals like Kim Reid, USAG Stuttgart MWR Tours manager, will help you arrange an affordable trip to get you started.

"I'd like to emphasize that the ski program is super affordable, because in order to do this on your own, you would have to pay for lodging, the lift ticket, and the time, fuel and aggravation of driving," Reid said. "With our one-day ski and snowboard trips, we take you to world-renowned resorts, arriving as the slopes open. You're handed the lift ticket as you get off the bus, and away you go."

Then when the slopes close, you simply board the comfortable bus and return home.

"If it's a new hobby for the New Year, start by eliminating all the hassle," Reid said.

All trips include transportation and lift ticket, and rental equipment is available from ODR for \$30. Stuttgart Warrior Pride Challenge participants can get \$50 off trips.

Ski and snowboard lessons will come in handy when tackling the mountain. MWR Tours can help you by booking a lesson with the ski school nearest to the slopes. In case you go to Garmisch consider visiting the Hausberg Sport Lodge, part of the Edelweiss Lodge & Resort, they have AFRC ski instructors that will get you started and put you on a path for success.

The next trips to consider with MWR Tours include Feldberg Black

Forest, Jan. 18; Mellau-Damuels, Feb. 1; Garmisch-Partenkirchen, Feb. 15; and more. Participants must register seven days prior to the trips. For additional trips and information, visit stuttgart.armymwr.com.

Another option is the Patch Ski Club, offering skiers and snowboarders the chance to take their first run—or lesson—on the world-famous Alps. The Patch Ski Club website notes that most of the ski resorts the club visits "have great instructors and beginner trails." Although most of the trips are weekend trips, there are also package deals that allow you take a trip without much planning. Plus, you'll be with a group of like-minded fun individuals from the Stuttgart military community who can guide you along the way. The club will go to Verbier, Switzerland, Jan. 17-20 and Brixental, Austria, 31-Feb. 2. For more information, go to www.patchskiclub.com.



Left, Ernest Johnson, manager, ODR, selects the right size skis for a customer. Right, Jenny Tomaszewski, ODR recreation specialist, waxes skis, making them ready for the slopes in preparation of renting them out to customers.



INDIA HOUSE

AUTHENTIC AND DELICIOUS FOOD

WE DELIVER!!

Catering available for parties and meetings
5 minutes from Patch Barracks
Parking in Vaihinger Markt Parkhouse

WWW.INDIAHOUSE28.DE

Hours:
Mon-Fri 11:30 a.m. – 2:00 p.m. & 5:30 – 11:00 p.m.
Sat 5:30 – 11:00 p.m.
Sun 12:00 – 2:00 p.m. & 6:00 – 10:00 p.m.



Vaihinger Markt 28 • 70563 Stuttgart-Vaihingen • 0711-72246790

NEW IN 2020 ++ VAT-FREE SERVICES ++ SAVE 19% ++ NO MORE VAT FORMS ++ ONLY AT TKS

fantastic easyMobile

awesome new VAT-free payment plans

iPhone 11 64GB

STARTING AT

€ 1.00

easyMobile UNLIMITED¹
THE SERVICE PLAN
WITHOUT LIMITS

✓ no contract duration

✓ VAT free

✓ 4G | LTE 500 Mbps²

✓ free EU roaming³

¹ Unlimited data Germany. ² Where technically feasible ³ According to the terms of service.



TKS services exclusively for U.S. service members.
Available on & off-base.



TKS shop Böblingen
Panzer Shopping Mall
Mon - Sat: 10:00 - 19:00
Sun: 11:00 - 17:00



TKS

A VODAFONE
COMPANY

..... www.tkscable.com