

# School lunches see first price increase in 7 years

**Army and Air Force Exchange Service  
 Public Affairs Office**

**S**tarting Jan. 3, school lunch prices will increase at all Department of Defense Education Activity schools outside the continental U.S.

On Nov. 10, the military services approved an increase in the price of school lunches at DoDEA schools in order to keep pace with increasing operational costs and comply with The Healthy, Hunger-Free Kids Act (Public Law 111-296).

The Act requires participants in the USDA meal program to raise paid student lunch prices to a level comparable to the state subsidy rate used for USDA reimbursement.

“As the designated School Food Authority, the Army and Air Force Exchange Service provides school meals on a nonprofit, break-even basis. In order to keep pace with increasing food and operational costs, and to be compliant with this new law, school lunch prices will increase for the first time in seven years,” explained U.S. Army Lt. Col. Thomas Shrader, an Exchange spokesman.

The last price increase was 10 cents per meal in 2004. The new increase is 35 cents per full-price meal, making the new prices \$2.40 for elementary students and \$2.55 for secondary students.

Families qualifying for the Free and Reduced Meal Program will not be affected by the meal cost increases. The cost of a reduced-price meal will remain unchanged at 40 cents.

Wholesome, balanced meals are vital to the academic achievement of school-age children. The DOD School Meal Program meets the same USDA guidelines as CONUS schools by providing all of the important nutrients children need to be successful in school and healthy in the future.

Actual meal preparation costs range from \$5 to \$6, depending on the region, day and meal selection.

*For more information on Free and Reduced meal eligibility requirements, contact the U.S. Army Garrison Stuttgart School Liaison Officer at 430-7465/ civ. 0711-680-7465. For information on the School Meal Program, visit <http://shopmyexchange.com/Community/Schoollunch>.*



Peyton Smith

**Böblingen Elementary School kindergarten students Michael Distel and Ariana Walters enjoy lunch Dec. 7. When the students return to school after the holidays, lunch will cost \$2.40.**



**During a Dec. 1 exercise on Panzer Kaserne, USAG Stuttgart Fire Chief Karl Dörsam (from left), Assistant Fire Chief Leonard Fagan, Director of Emergency Services Maj. Paul Goyne and Staff Sgt. Michael Moore test the new first responder equipment in the garrison’s mobile incident command post.**

# Technology enhances garrison emergency response capabilities

**Story & photo by  
 Gloria Colon-Buzatu**  
 USAG Stuttgart Public Affairs Office

**R**ecently, U.S. Army Garrison Stuttgart unveiled its latest tools to enhance its emergency management capabilities.

Emergency management and response personnel participated in a training seminar Nov. 29-30 and a table top exercise Dec. 1 to familiarize themselves with a web-based decision support software system, provided under the Defense Department’s Joint Project Manager Guardian-Installation Protection Program.

When a crisis occurs, the incident

commander is responsible for painting a realistic image for garrison leadership about what is happening at the scene.

The new system establishes a common operating picture between the incident commander and the garrison’s emergency operation center, according to Ron Kirkemo, USAG Stuttgart emergency manager.

Until very recently, the incident command post and EOC personnel communicated solely via radio.

“We had no means of visually producing something from the ICP and sending it to the EOC, and we do now,” Kirkemo said.

**See Technology on page 4**

**INSIDE  
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 EDITION**

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## Celebrating the holiday season

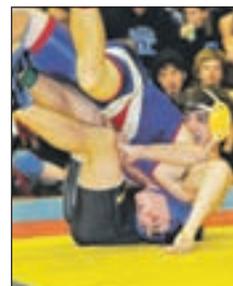
*USAG Stuttgart welcomed the holiday season at Kelley Barracks Dec. 1 with its Winterfest celebration featuring horse-drawn carriage rides and, best of all, Santa.*



**Page 14**

## PHS wrestlers aim to out-muscle opponents

*PHS wrestlers look to defend their Division I European championship crown this season, but rival Ramstein intends to give them a run for their money.*



## Army's Homefront

# Caring exemplifies the spirit of the holiday season

Commentary by Lt. Gen. Michael Ferriter

Installation Management Command commander

One of the world's greatest leaders was a gate guard who worked at the main gate of Fort Benning, Ga. What made Mr. McCoy so great was that he knew his job was more than checking ID cards. With his awesome attitude, he conveyed that he cared to every person passing through his lane.

Somehow he succeeded in making a difference just through his genuine message of "welcome home." I've talked with many people who came into contact with him — Soldiers, parents visiting their Soldiers, civilians going to work, and visiting retirees who were stationed at Fort Benning years ago — and all agreed. He made a difference.

We've all seen this type of inspired leadership on every installation. Showing that we care exemplifies



Lt. Gen. Ferriter

the very spirit of the holiday season.

The great thing about being part of the Army Family is that caring goes beyond the holiday season. It is day in, day out, year-round.

Margie and I and our four kids have lived and grown as a family on Army installations around the world. We've met many people whose sense of service far exceeded their job description — really dedicated people at a housing office, Youth Sports coaches, and Child Development professionals, to name just a few.

My family's experience is not unique. Every Soldier and family member can point to service providers on our garrisons who go out of their way to help.

The same sense of caring is why so many Soldiers, family members, civilians and retirees volunteer their time and talents across the installation. Our volunteers welcome newcomers. They plan outings for wounded warriors, build houses for disabled veterans, support survivors, help prepare families for deployment and throw welcome home parties.

Caring and selfless service is ingrained in our Army culture, and we are much stronger because of it.

To everyone who has extended a helping hand this past year, whether in a professional capacity or as a volunteer, thank you. Thank you for choosing to go the extra mile to make a difference for Soldiers, civilians and families.

Let's all enjoy what the season offers, wherever we are, and enjoy time with friends and loved ones. As we celebrate, let's remember those who are deployed and extend extra support to their families at home.

Let's also be mindful of those around us who may find this time of year more difficult. For those who need assistance, our installations provide a number of Soldier and family support services. If you are unsure where to go, start with Army Community Service or the chaplain's office.

From my family to you and yours, we wish you safe and happy holidays and a blessed new year.

*Editor's Note: Lt. Gen. Michael Ferriter assumed command of the U.S. Army Installation Management Command at Joint Base San Antonio Nov. 17. He is also assistant chief of staff for Installation Management.*

## CORRECTION

In the News and Notes item "Piranhas devour competition," (page 3 of the Dec. 1 issue), we incorrectly identified Stuttgart Piranha swimmer Eric M. Arrington.

This is the final edition of *The Citizen* for 2011 — we will return Jan. 12, 2012.

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## Commander's Column

# Wishing you a wonderful holiday

Commentary by Col. Carl D. Bird

USAG Stuttgart commander

As we enter the holiday season, Hope and I wish each of you in the Stuttgart military community the timeless treasures of the season: the warmth of home, the love of family and the company of good friends.



Col. Carl D. Bird

We also want to take this opportunity to thank the Soldiers, Sailors, Airmen, Marines and Coast Guardsmen and their families, the civilian and local national employees, and all the volunteers for their dedicated service to the nation and our community.

Throughout the year, whether at a school function, Scouting activity or a community event such as the Run 4 Life, or in the day-to-day business of managing a garrison, we've been awed by your selfless spirit and eagerness to serve, and energized by your dedication to duty.

We've also been deeply humbled by those who made the ultimate sacrifice for our freedom.

Each and every one of you has contributed to making the Stuttgart garrison a great place to live, and Hope and I are blessed to belong to such a caring and supportive community.

Because you all play an important role in our community, as you take time to celebrate, do so safely. Carefully plan your activities and be mindful of the possible hazards during this time of year.

Have fun at holiday parties, but don't drink

*Throughout this year, whether at a school function, a Scouting activity or a community event such as the Run 4 Life ... we've been awed by your selfless spirit and eagerness to serve, and energized by your dedication to duty.*

and drive.

Use a designated driver or take a taxi. Cab fare is a minor inconvenience compared with what could happen if you are caught driving intoxicated: loss of rank and pay for military, and stiff fines for civilians, not to mention having your driver's license suspended or revoked.

It's simply not worth the risk.

If you plan to travel, make sure that your vehicle has the proper tires for the weather and road conditions, and that you have the basics in your vehicle in case of an emergency.

And take care of your battle buddy.

Again, thank you for all you do and have a happy, blessed and safe holiday season.

# Stuttgart Law Center gets insider's view of German supreme court

By Susan Huseman

USAG Stuttgart Public Affairs Office

Good lawyers know the law; great lawyers know the judge.

It may be an old saying, but after the Stuttgart Law Center legal team's visit last month to the German supreme court, it still rings true.

On Nov. 3, a group of five attorneys and seven paralegals from the Stuttgart Law Center paid the Federal Court of Justice of Germany (Bundesgerichtshof, or BGH) in Karlsruhe a visit.

"The BGH is the highest court in the system of ordinary jurisdiction in Germany. It is the supreme court, or court of last resort, in all matters of criminal and private law," said Werner Sukup, a German attorney-advisor with the Stuttgart Law Center.

The legal team watched as the BGH rendered decisions on two criminal cases. They also had the unusual opportunity to speak to several of the judges who sit on the court.

"This visit was very special because spectators are rarely allowed to witness oral arguments at the high court," said Maj. Theo Voudouris, the Stuttgart Law Center officer-in-charge.

"Our group greatly appreciated the opportunity to question the justices on their decision-making process, why they decided to take certain cases, and the key differences in German appellate court procedures. The question-and-answer session was a unique learning experience, providing an insider's view of the German judicial system," said Voudouris.

Voudouris explained that as the local legal liaison authority for Stuttgart, he has the responsibility of assigning trial observers to German criminal trials involving U.S. personnel. He said the trial observers must have a keen understanding of the German criminal process and levels of appellate review.

*The question-and-answer session was a unique learning experience, providing an insider's view of the German judicial system.*

Maj. Theo Voudouris  
OIC, Stuttgart Law Center

"Our visit to the German supreme court allowed the trial observers and paralegals to witness the highest level of criminal review in Germany and develop their knowledge base on German criminal procedure and its historical underpinnings," Voudouris said.

The German system provided fewer courtroom theatrics than what might be found in U.S. courts, according to Capt. Jason McKenna, the Legal Assistance chief.

"The German court system is inquisitorial, meaning a judge or group of judges investigate the case to seek out the truth. Ours is adversarial ... the prosecutor and the defense represent their parties' positions before a jury or judge, to determine the truth of the case.

"It's a different way of doing things, but anytime you get the chance to compare and contrast, it's an interesting experience," he said.

*Editor's Note: Werner Sukup of the Stuttgart Law Center also contributed to this story.*

## News & Notes

### The most important gift

The Armed Services Blood program will host a Stuttgart Community Blood Drive on Dec. 20 from 10 a.m. to 3:30 p.m. in the Patch Community Club on Patch Barracks. Blood donors must be at least 17.

Walk in at your convenience or make an appointment at [www.militarydonor.com](http://www.militarydonor.com).

### Shuttle buses go on holiday

During the upcoming holidays, U.S. Army Garrison Stuttgart shuttle bus service will be suspended Dec. 24-26, Dec. 31 and Jan. 1.

For more information, call the USAG Stuttgart Directorate of Logistics at 431-3415/civ. 07031-15-3415.

### Meds, vitamins, nutritional supplements can't be imported

Did you know that host nation and custom regulations prohibit the importation of medication, vitamins and nutritional supplements through the Military Postal Service, in unaccompanied baggage and household goods?

The rule also applies to alcoholic beverages, animals, plants, cheese and cheese products, cigarettes and other tobacco products, coffee and coffee products, meat and meat products, and milk and milk products.

All incoming and outgoing mail is subject to inspection by German customs officials, and violators may be subject to fines and penalties.

For more information, see Army Regulation 550-175, U.S. Forces Customs Controls in Germany, or call the Stuttgart Customs officer at 431-2731/civ. 07031-15-2731.

### Watch out for pickpockets

The holiday season is a time when people buy gifts, eat out and go on vacation, and U.S. Army Europe Office of the Provost Marshal officials say that makes it a perfect time for thieves and pickpockets

Most victims are targeted in bars and clubs or in other crowded places, such as buses, train stations, airports, stores or restaurants.

To deter pickpockets at this time of year, officials recommend that people remain vigilant and not carry large amounts of cash if they can avoid it.

It is also good to be aware of distractions such as a stranger asking questions or someone helping you move packages to get on a bus or train. These actions might be staged to allow an accomplice behind you to pick your pocket, purse or backpack.

Satellite navigation devices are still the most popular item stolen from vehicles.

Officials offer a few more tips for people traveling this holiday season:

Don't advertise that you will be away from your home or barracks room. Only give the information to people who need to know.

Soldiers living in barracks should secure their personal belongings in a wall locker.

Make a list of your valuables and their serial numbers and take photos of them, to make it easier for the military police to recover any stolen goods.

**USAG Stuttgart Religious Services**  
*Holiday Service Schedule*

**Dec. 24**  
 5 p.m. Protestant Christmas Eve Candlelight Service, RB Chapel  
 5:30 p.m. Liturgical Candle Light Christvesper, Panzer Chapel  
 6 p.m. Protestant Candlelight Communion Service, Patch Chapel  
 8 p.m. Catholic Christmas Vigil, Panzer Chapel  
 10 p.m. Catholic Christmas Vigil, Patch Chapel

**Dec. 25**  
 8:30 a.m. Liturgical Christmas Communion Service, Panzer Chapel  
 9 a.m. Catholic Christmas Day Mass, Patch Chapel  
 10 a.m. Protestant Christmas Communion Service, RB Chapel  
 11 a.m. Protestant Christmas Worship Service, Patch Chapel  
 11 a.m. Combined Gospel, Contemporary and COGIC, Panzer Chapel  
 Noon Catholic Christmas Day Mass, RB Chapel

**Dec. 31**  
 8 p.m. Catholic Mass, Panzer Chapel  
 10 p.m. Combined Gospel and COGIC (Watch Night Celebration Service) Panzer Chapel  
 10 p.m. Catholic Mass, Patch Chapel

**Jan. 1**  
 9 a.m. Catholic Mass (Mary, Mother of God), Patch Chapel  
 5 p.m. Catholic Mass (Vigil of Epiphany), Panzer Chapel

Weekend services will continue as scheduled

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

Angels  
Garcelle  
Sampson,  
Tia Keene,  
Liz Hansis  
and  
Gianna  
Malloy  
sing "O  
Little  
Town of  
Bethlehem"  
during the  
production  
of "The  
Best  
Christmas  
Pageant  
Ever."



Photos by Joseph Mancy

### Shazaaamm!

The Stuttgart Theatre Center's production of Barbara Robinson's "The Best Christmas Pageant Ever," directed by Barb Heidt, is the story of a family of delinquent children who discover the Christmas story for the first time and help everyone else rediscover its true meaning. The play runs through Dec. 18.



The Herdmans hear the Christmas story for the first time.



Ralph and Imogene Herdman, played by Alec Basgall and Olivia Carroll, are Joseph and Mary in the Christmas play.

## Technology . . . . .

Continued from page 1

The decision support system increases incident reporting capabilities by providing database forms of checklists, supplies and personnel requests, and incident tracking.

It also includes a database library with research tools for first responders such as material safety data sheets and the U.S. National Institute for Occupational Safety and Health, and Emergency Response Guidebook.

The system facilitates effective and efficient incident management during a time when resources and manpower can be overwhelmed.

"Gathering information and assessing situations ... it's all there, so all you have to do is fill out the form," said Maj. Paul Goynes, USAG Stuttgart director of Emergency Services and incident commander.

Reports go to the EOC in real time so the garrison commander can be briefed to make decisions, added Goynes.

In an emergency situation, the garrison command would interface with host nation officials to report

the progress of an incident that occurs on any of the five U.S. military installations in the Stuttgart region.

The Dec. 1 chemical, biological, radiological, nuclear, and explosive — CBRNE — table top exercise scenario focused on a chlorine spill.

Weather conditions directly affect how a chemical hazard develops, according to the U.S. Department of Homeland Security.

Now, a portable weather station is part of the garrison's mobile command vehicle.

The tripod-style device is deployable, wireless, and updates the decision support system every 30 seconds with humidity, temperature, wind speed, wind direction and plume model reports from the scene of the incident.

"Weather hardware and modeling software allows us to determine the estimated area affected by a CBRNE incident," said Benjamin Loney, USAG Stuttgart director of Plans, Training, Mobilization, and Security, and the EOC battle captain.

"We can quickly understand what's happening and make more timely decisions and provide faster

incident response support," Loney added.

It's the goal of the USAG Stuttgart Fire Chief to include the decision support system in all emergency management planning and training opportunities.

The system has the latest version of the Emergency Response Guide, said Fire Chief Karl Dörsam.

Dörsam said if he enters the word chlorine in the search field, he'll have standard procedures from the emergency response guide, material safety data sheets and the National Institute for Occupational Safety and Health on how to control the situation, and safety measures for the incident.

Thanks to the JPMG-IPP, the garrison's emergency management program will continue to be refined and upgraded. As part of the package, two mass communication devices are projected to arrive by the end of 2012.

For more information on CBRNE preparedness, go to the Joint Knowledge Online Base Populace Awareness Course at [www.jpeocbd.osd.mil/ipp/base\\_pop\\_course/index.html](http://www.jpeocbd.osd.mil/ipp/base_pop_course/index.html).



# When severe weather hits, stay informed

Know what the road conditions are before you start your trip to work, and give yourself plenty of time to get there.

• For road conditions and school closure information, call DSN 431-3744 or civ. 07031-15-3744

• Visit [www.stuttgart.army.mil](http://www.stuttgart.army.mil) and click on the "Weather" link or the Facebook icon

• Listen to AFN (102.3 FM or 1143 AM)

**Fitness centers to host Lose to Win**

If weight loss, improved physical fitness and a healthy lifestyle are on your list of New Year's resolutions, sign up for the U.S. Army Garrison Stuttgart Lose to Win program. The 16-week competition rewards the person who can lose the most weight/body fat in a healthy manner.

All participants must attend an orientation and the initial weigh-in.

Orientation sessions will be held Jan. 17 from 11:30 a.m. to 12:30 p.m. in the Patch Fitness Center and Jan. 18 from 11 a.m. to 12:30 p.m. at the Kelley Fitness Center.

Weigh-ins will be held Jan. 19 at the Patch Fitness Center from 7:30-9 a.m. and 11 a.m. to 12:30 p.m. in the Kelley Fitness Center; Jan. 20 in the Kelley Fitness Center from 7:30-9 a.m. and from 11 a.m. to 12:30 p.m. in the Patch Fitness Center. Participants must be at least 18 years old.

For more information, call 430-5386/civ. 0711-680-5386.

**Due to PCS soon?**

The next scheduled permanent change of station/preseparation briefing will be held Dec. 21 at 1 p.m. in Building 2913 on Panzer Kaserne.

All service members and civilians departing within the next four to five months should attend. Information will be provided from various agencies including transportation/customs, medical, Tricare, dental, vehicle registration, housing and Army Community Service. Army personnel will also receive a briefing on finance issues.

All separating Army personnel must attend this brief-

ing to receive pre-separation information.

Advance registration is required. For more information and to sign up, call 431-2599/civ. 07031-15-1599.

**Start new year with 'Financial Peace'**

Deployments, moves and crazy economic times can create stress, worries and debt. Learn to refocus on savings and investments, and bring back peace into your life and relationships with Financial Peace University, a financial education series that promotes sound financial planning principles.

The USAG Stuttgart Chaplain's Office sponsors the class, which begins Jan. 11 and meets every Wednesday from 6:30-8:30 p.m. for 13 weeks at Panzer Chapel annex, Building 2940, Panzer Kaserne.

For more information, e-mail FPUstuttgart@yahoo.com.

**Resiliency training for high schoolers**

The U.S. Army Garrison Stuttgart Religious Support Office will sponsor a free resiliency training weekend for military family members in grades nine to 12.

The training will be held Jan. 13-15 at a conference facility near Panzer Kaserne. Twenty-five participants will be provided sleeping rooms and meals. Registration ends Jan. 6, but because space is limited, it is recommended that participants register early.

For more information, call 431-3078/civ. 07031-15-3078, or e-mail james.e.siegel.civ@mail.mil.

**Saturday mailings**

The Patch and Panzer Post



Mary "Tweedy" Knef

**'O Tannenbaum'**

Will and Lena Orozco select a Christmas tree with the help of Troop 324 Boy Scouts Matt Palmer (from left), Alex Carbajal, Jacob Hoeing and Ian Cass Dec. 3 on Patch Barracks. The Scouts did a brisk business, selling 139 trees on Saturday and the remaining stock of 21 trees on Sunday. The annual Christmas tree sale is the troop's biggest fundraiser of the year, and along with brat burns and donations, allows the troop to forgo charging troop dues.

Offices will be open on Saturday, Dec. 17, from 11 a.m. to 3 p.m.

The U.S. Army Garrison Stuttgart Consolidated Mail Room customer service windows will provide Saturday service on Dec. 17 from 11 a.m. to 3 p.m., and on Christmas Eve from 11 a.m. to 4 p.m.

Send community-wide announcements to stuttgart-media@eur.army.mil

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**Recycle your Christmas tree**

Christmas is over, the presents are unwrapped ... you're left packing up the lights and ornaments and wondering what to do with the Christmas tree.

The U.S. Army Garrison Stuttgart Directorate of Public Works suggests the following:

On Kelley Barracks, you can dispose of the tree in the bio container located at the DPW Repair and Services Branch, Building 3360 (behind Kelley Fitness Center). This area is accessible Monday to Friday from 7:30 a.m. to 3:30 p.m.

Recycling containers are also located on all USAG Stuttgart installations. Remember to place the tree in a corner of the recycling center and not directly in a bin.

For more information, call 421-6288 or 421-6135.



USAG Stuttgart Directorate of Public Works Environmental Division

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VAT

# Four generations committed to Boy Scouting

Story & photo by Joseph Mancy  
Special to The Citizen

If only 5 percent of Boy Scouts ever reach the rank of Eagle Scout, imagine the odds on a family claiming four generations of Eagle Scouts.

Fifteen-year-old Joseph A. Engelbrecht IV can.

Last month he joined his father, grandfather and great-grandfather in obtaining the rank of Eagle Scout, the highest advancement rank in Boy Scouting.

Scoutmaster Duke Whitten presided over a Court of Honor Nov. 17 in the Patch Community Club as members of

Boy Scout Troop 154 and several Eagle Scouts from the local area celebrated as Joe, with his father and grandfather at his side, donned the symbolic white neckerchief.

To achieve the rank, a Boy Scout must progress through the ranks, earn at least 21 merit badges in areas such as citizenship, communications, fitness, lifesaving, camping and first aid, serve in a troop leadership position, develop and complete a community service project, take part in a Scoutmaster conference and successfully complete an Eagle Scout board of review.

It was something Joe was destined for from the beginning — even before he was born — according to his mother.

“When I married my husband, I knew if we had a son, he’d be an Eagle Scout,” said Anna Engelbrecht. “I knew I was marrying into the tradition.”

But Joe said he never felt pressured. Scouting was always something he wanted to do.

“I heard so many stories from my dad and grandpa, I knew I wanted to join. Scouting is like making knights out of young boys,” he said.

Joe noted the long path to becoming an Eagle Scout wasn’t easy. His motiva-



Joseph A. Engelbrecht III places a white neckerchief around his son’s neck during a Boy Scout Court of Honor Nov. 17, making Joseph A. Engelbrecht IV an Eagle Scout, while his grandfather, Joseph A. Engelbrecht Jr., looks on. The Engelbrechts are a four generation Eagle Scout family.

“I couldn’t seem to make it until my grandpa said, ‘Do it for your dad in Iraq.’”

Joseph A. Engelbrecht IV  
Eagle Scout

tion wavered while his father was twice deployed to Iraq. “That was when I really slowed down,” he said.

That’s when his mother, sister and grandfather stepped in to help.

While attempting to earn a climbing merit badge, “There was this high wall where I kept slipping and falling,” said

Joe. “I couldn’t seem to make it until my grandpa said, ‘Do it for your dad in Iraq.’”

Joe’s perseverance was no surprise to his grandfather.

“I had the expectation that my grandson would become an Eagle Scout,” he said.

Sign up for news flashes: send an e-mail to stuttgartmedia@eur.army.mil, with the subject: “add me to your mailing list.”

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**Holiday schedules**

Most organizations and facilities in U.S. Army Garrison Stuttgart will be closed Dec. 26 and Jan. 2 in observance of the Christmas and New Year's federal holidays.

Because many facilities may have altered schedules during the holiday period, be sure to call ahead and verify a facility's hours of operations.

The following is a partial listing of additional closures and changes to operational hours:

- **Community Banks** — The Community Bank on Panzer Kaserne will be closed Dec. 24. All Community Banks in the Stuttgart military community will be closed Dec. 25, Dec. 26 and Jan. 6. The Panzer location will be open Dec. 31 from 9:30 a.m. to 12:30 p.m.

- **Stuttgart Law Center** — closed Dec 23-26 and Dec 30 to Jan. 2. The Claims Office will be closed Dec. 21-26.

- **Panzer Education Center** — closed Dec. 23 and 30; limited services Dec. 27-29.

- **Stuttgart Army Health Clinic and Dental Clinic** — closed Dec. 23-26 and Dec. 30 to Jan. 2.

Contact the Military Police in case of an emergency at civ. 0711-680-116. For immediate health care needs, call the Nurse Advice Line at civ. 00800-4759-2330.

- **USO** — in addition to federal holidays, closed Dec. 31.

**Combined Federal Campaign**

**Stuttgart Military Community Goal: \$500,000.00**  
**Raised to date: \$527,235.24**

**CFC** **105%**  
 as of Dec. 2.

**Thank you for your generosity**

**Gooooaaal!**

As of Dec. 2, the Stuttgart military community has exceeded its goal for the 2011 Combined Federal Campaign-Overseas by pledging \$527,235.24. Congratulations go to 52nd Signal Battalion, 554th Military Police Company, Patch Elementary School, Stuttgart Law Center and 52nd Aviation Regiment for obtaining platinum award status. Each unit achieved 85 percent participation and gave generously. The awards will be presented in early 2012. The campaign was extended to Dec. 15.

Graphic by Ron Miyashiro

- **Patch Dining Facility** — in addition to federal holidays, closed on Dec. 23 and 26, and Jan. 2.

- **1st Battalion, 10th Special Forces Group (Airborne), Dining Facility** on Panzer Kaserne — closed Dec. 19 to Jan. 2 and Jan. 13 and 16.

- **Army and Air Force Exchange Service** — The Patch Shoppette is the only facility open on Dec. 25.

The Exchange on Panzer Kaserne will be open Dec. 24 from 9 a.m. to 5 p.m.; Dec. 31, 9 a.m. to 7 p.m.; Jan. 1,

noon to 7 p.m.

- **Vehicle Inspection** — in addition to federal holidays, this facility will be closed at noon on Dec. 16 for a holiday function and on Jan. 6 for the German holiday.

- **Vehicle Registration** — in addition to federal holidays, this office will close Dec. 16 at noon for a holiday function and Jan. 6 for the German holiday.

- **All Stuttgart commissaries** will be closed Dec. 25 and Jan. 1. On Dec. 24, the Patch Commissary will be open from 8 a.m. to 4 p.m., the Kelley Commissary will be open from 9:30 a.m. to 4 p.m.; the Robinson Barracks Commissary will be open from noon to 4 p.m.; the Panzer Commissary will be

closed. On Dec. 31, the Patch and RB Commissaries will close at 6 p.m.

**RB Commissary has new hours**

Effective Dec. 18, the Robinson Barracks Commissary will be open Tuesday, Wednesday, and Friday through Sunday from noon to 8 p.m. The store will be closed Monday and Thursday.

For more information, call civ. 0711-699-45880.

**Free movies on RB**

The theater in the RB Club features free movies at 6:30 p.m.

- Dec. 17, "Crazy, Stupid Love" (PG-13)
- Dec. 21-23, "Spy Kids: All

the Time in the World" (PG)

- Dec. 28-30, "Rise of the Planet of the Apes" (PG-13).

For more information, call 421-3154/civ. 0711 680-3154.

**New Year's party at Bowling Center**

The Galaxy Bowling Center will host a New Year's eve party from 8 p.m. to 2 a.m.

The cost is \$25 for adults and \$20 for children, and includes food, bowling, shoes, prizes, and champagne at midnight. Tickets are on sale at the Galaxy Bowling and Entertainment Center on Panzer Kaserne.

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

**German classes start Jan. 9 at USO**

Conversational German language classes at the United Service Organizations will start on Jan. 9. A class schedule is available online at [www.uso.org/stuttgart](http://www.uso.org/stuttgart).

**RB Furniture Store hours to change**

Effective Dec. 18, the Robinson Barracks Exchange Furniture Store will be open Tuesday through Friday from 11 a.m. to 7 p.m., and Saturday and Sunday from 10 a.m. to 6 p.m. The store will be closed on Monday.

For more information, call civ. 0711-699-45880.

Send community-wide announcements to [stuttgart-media@eur.army.mil](mailto:stuttgart-media@eur.army.mil).

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## Deskside snacking: Eating well in the workplace is not impossible

Lt. Col. Twyla Leigh

U.S. Army Public Health Command

It's been a long day at the office. Visions of the vending machine flash through your mind. Caffeine and sugar are calling your name.

But before you head out to the break room, consider this: The additional 140 calories from a 12-ounce can of soda and 220 calories (or more) from a candy bar or bagged snack, if eaten on most work days, will create a weight gain of 25 pounds per year.

Substitute a diet soda for the sugary one, and you can still expect a weight gain of 15 pounds per year.

Add to that the extra calories we eat when someone brings in donuts or "goodies" to the office, and what about that desktop candy jar?

These office hazards add to inevitable weight gain that most of us blame on aging, heredity and/or metabolism.

We are not doomed to work in "obesifying" office conditions and can make positive changes to manage our health and weight. Be prepared for office pitfalls (even if you work from home) and plan ahead.

Here is a list of strategies to consider for a healthier work environment:

**Eat breakfast** — Breakfast skippers start the day at a disadvantage and they may start grazing early and feel they have no willpower to resist sugary and fatty foods that they might otherwise avoid.

**Bring healthy and portion-controlled snacks** — Prepare snacks the night before, portioning them out in snack bags.

Some examples of healthy snacks include roasted almonds; low-fat cheese wedges; fresh seasonal fruit such as apples, grapes, cherries or berries; fresh cut celery, cucumbers, bell peppers, grape tomatoes or baby carrots, with or without low-fat dressing; a couple of olives or slices of pickle; a hard-boiled egg; and low-fat, low-sugar yogurt.

When using prepackaged snacks, select 100-cal-



www.photos.com

**Fresh fruit makes a satisfying, healthy snack.**

orie low-fat popcorn, if a microwave is available.

**Eat mindfully.** No matter what you are eating, focus on the smell, taste and crunch. Don't eat and work, or look at your computer monitor, at the same time. This type of multi-tasking doesn't allow your brain to realize that you are satisfied with your snack, tempting you to keep grazing.

**Think thirsty, not hungry.** Have lots of cool water on hand to drink throughout the day. Many times we think we are hungry and overeat when we have not had enough fluids.

**Read labels.** Look at the contents of the vending machine. Ask the person who works with the vending company to add lower calorie, lower fat and higher protein snacks to the mix.

**Move more.** Take a walk. Stand up and stretch.

**Identify supportive co-workers** and share recipe ideas for healthy snacks. Encourage one another to eat healthy and exercise more.

**Change the office culture.** Model good eating habits. If you bring in a snack to share, make it a healthy one, such as fresh fruit, whole grains and low-fat foods. Suggest non-food rewards and celebrate your co-workers' successes with positive recognition and certificates of appreciation.



### Panzer Clinic moves to Patch Barracks this month

The Panzer Health Clinic will be moving to Patch Barracks on Dec. 27. All services, to include Behavioral Health, Optometry, Social Work Service, and Early Development Intervention Services, will relocate to the Stuttgart Army Health Clinic on Patch Barracks as a result of new facilities being constructed for each department.

Services in Optometry will be interrupted for a three to five day period, however, Behavioral Health, Social Work Service, and Early Development Intervention Services will provide uninterrupted services.

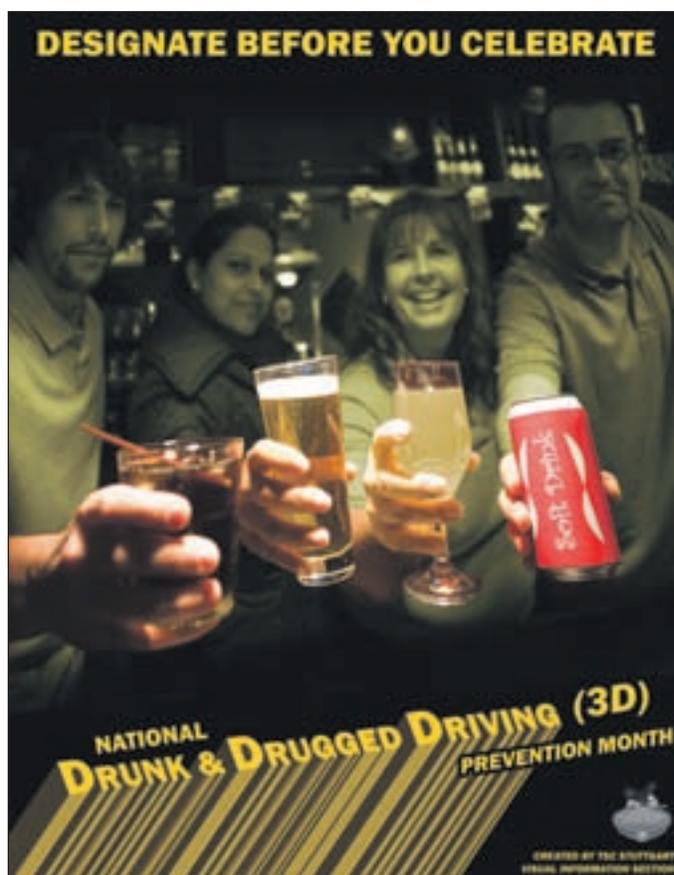
For more information, call 430-4332/civ. 0711-680-4332.

### Volunteer for Patient Family-Centered Care team

The Patient Family-Centered Care Volunteer Program at U.S. Army Health Clinic Stuttgart is looking for patients and family members who have received services at the clinic and who have the desire to use their experience to help other families in a variety of ways.

The main goal of the Patient Family-Centered Care Volunteer Program is to constantly improve understanding and communication between hospital staff and the families that are served.

For more information on the Patient Family-Centered Care Volunteer Program call Capt. Jonathan Wilwayco at 430-4501/civ. 0711-680-4501 or send an e-mail to jonathan.wilwayco2@amedd.army.mil.



## Holiday Safety: Chestnuts roasting on an open fire could burn your house down

*Christmas should be a time of joy and celebration, not sorrow. To ensure a safe and happy holiday season, here are a few things to keep in mind:*

Keep candles away from walls and drapes, and avoid using them in decorations or displays. Watch for dripping wax. Keep candles away from air vents or open windows where the flame can be fanned and ignite nearby flammables.

Check electric Christmas lights for frayed or damaged wires or loose connections. Never leave lights on unattended. Always unplug lights before leaving the house and do not leave them on while sleeping.

If buying a live tree, choose a fresh one without shedding needles. Water the tree daily. Do not place the tree near a source of heat such as a radiator. Try to place the tree near an outlet so that an extension cord is not needed for electric tree lights. If you use an artificial tree, make sure it is fire resistant.

USAG STUTTGART

**S F E T Y**

**CORNER**

# Control high blood pressure, keep 'silent killer' at bay

**By Maj. Benita Harris**  
U.S. Army Health Clinic Stuttgart

**H**ypertension, commonly referred to as high blood pressure, is the most common diagnosis in the U.S.

Hypertension is defined as a persistent elevated blood pressure and is diagnosed based on at least two measured blood pressures on separate clinic visits.

Blood pressure readings consist of systolic (heart at work) and diastolic (heart at rest) readings, which measure the amount of pressure exerted in the arteries as the heart pumps blood.

Multiple symptoms may occur from elevated blood pressure, including headaches, vision changes, dizziness and confusion.

Unfortunately, people often exhibit no symptoms, which is why hypertension is called the silent killer.

Untreated hypertension can lead to heart attack, stroke, heart failure, and organ damage to the kidneys and eyes.

Prevention decreases the incidence of hypertension and the associated negative health consequences.

The recommended screening for those with normal blood pressure is once every two years and annually for those in the prehypertensive range.

Lifestyle plays a significant role in blood pressure management. Risk factors that increase the likelihood of developing hypertension include obesity, smoking, sodium intake, alcohol use, stress, diabetes and elevated cholesterol levels.

- How can you reduce your risk?
- Stop smoking
  - Lose weight
  - Limit alcohol intake
  - Increase aerobic exercise (30-45 minutes most days. Consult your doctor before starting an exercise regimen.)
  - Reduce salt intake
- Blood pressure checks are performed on a walk-in basis at the Army Wellness Center Stuttgart and at U.S. Army Health Clinic Stuttgart.
- In addition, the Wellness Center provides tobacco cessation counseling, nutrition counseling and metabolic testing.



www.photos.com

You can have your blood pressure checked without an appointment at the Wellness Center on Patch Barracks.

For more information, or to make an appointment at the Wellness Center, call 430-2997/civ. 0711- 680-2997.

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# Toast the season at Germany's oldest 'Sekt' factory

Story & photo by Carola Meusel  
USAG Stuttgart Public Affairs Office

Americans may think beer is the national drink of Germany. However, when with German friends, some Americans may find that "Sekt," or sparkling wine, is considered the all-purpose drink to toast special occasions or simply the good times.

In 2010, some 440 million bottles of sparkling wine were sold in Germany, according to Eberhard Kaiser, spokesman for Kessler, Germany's oldest Sekt producer.

"The average German drinks 3.8 liters of sparkling wine per year, and most of it is consumed in the fourth quarter," Kaiser said.

During the holiday season, Sekt consumption is in full swing.

According to Kaiser, Sekt is not only used to toast to Christmas and the new year, but it also makes a favored present for family and friends.

Americans stationed in the greater Stuttgart area can find out more about the sparkling liquid at the Kessler "Sektmanufaktur," or factory. Here, patrons can tour the historic Kessler Building, which dates back to 1213, and sample and buy sparkling wines.

The history of Kessler Sekt began in 1826 with its founder, Georg Christian von Kessler.

Kessler was born in Heilbronn and later immigrated to France, where he became partner of the world famous Veuve Clicquot-Ponsardin champagne factory in Reims. After 20 years, he returned to Germany and founded its first Sekt factory in 1826, in Esslingen.

Since 1832, the Kessler factory has been located in the 800-year-old "Speyerer Pfleghof," a trade and administrative center of the Speyer Catholic chapter that owned monasteries and



*Piotr Wnukowski, a Kessler employee, slightly shakes and turns Sekt bottles during the riddling, or "remuage," process so that the lees settles in the necks of the bottles. Some 50,000 bottles are currently stored on riddle racks in the historic cellars of the Kessler Sekt factory in Esslingen.*

vineyards in Esslingen.

"To this day, this is the birthplace of every bottle of Kessler Sekt," said Kaiser. "The production, as well as the labeling and packing of the bottles, happens here."

The Kessler factory uses the traditional method of bottle fermentation for Sekt production.

The first step is a four-month-long fermentation of the grape juice, where the natural sugar of the grapes is converted into alcohol and the juice turns into light base wines. After that, the blend, known as the "cuvee," is assembled using varietal wines (wines from various vineyards).

This primary fermentation is followed by blending, then bottling, during which a second alcoholic fermentation occurs in the bottle. This fermentation is induced by adding yeast and sugar, or the "tirage." The tirage is followed

by capping the bottle with a crown cap. Two to three months into the second fermentation, the yeast transforms the sugar into carbon dioxide and alcohol.

After storing the bottles for a minimum of nine months, or for years, lees, or sediment, must be consolidated for removal.

The bottles undergo a process known as riddling, or "remuage." The bottles are placed on special riddle racks that hold them with the crown cap pointed down. Every day, the bottles are manually riddled so that the sediment settles in the neck of each bottle.

In the "disgorging" process, the neck of the bottle is frozen, the cap is removed, and the plug of ice containing the lees is removed.

The bottle is then topped with a mixture of base wines and sugar, a practice known as "dosage," before labeling and corking the individual Sekt bottle.

Kessler produces four main Sekt brands: "Hochgewächs," "Jägergrün," "Rose" and "Cabinet," which is Germany's oldest Sekt brand.

Besides the classic brands, Kessler also makes three separate sparkling wine creations each year, which vary in taste. However, as for the four traditional brands, Kessler aims to always preserve the original taste, according to Kaiser.

After all, many stories relate to these famous sparkling wines.

The "Rose" Sekt, for example, was the favorite drink of Queen Olga of Württemberg. King Wilhelm II of Württemberg enjoyed "Jägergrün" and, in 1956, the "Hochgewächs" became the official drink of Konrad Adenauer, the first chancellor of the Federal Republic of Germany. Kessler Sekt was served during several of his State receptions; even former president George H.W. Bush had a sip of the sparkling wine.

"In Germany, Sekt is always related to a special occasion and mainly defined by festiveness and sociability," said Kaiser. "... Sekt lifts the spirit and therefore makes the perfect drink to toast to Christmas and a happy New Year."

*The Kessler Sekt factory is located at Marktplatz 21-23, 73728 Esslingen. Visitors can tour some of the historic representational rooms of the factory and enjoy a glass of Sekt Monday through Friday from 10 a.m. to 5 p.m. and on Saturday from 10 a.m. to 4 p.m. (during the advent season from 10 a.m. to 6 p.m.) Kessler Sekt can also be purchased at the Kessler Karree, next to the Kessler factory. The Karree is open Monday through Friday from 11 a.m. to 7 p.m. and on Saturday from 10 a.m. to 4 p.m. For English guided tours, call civ. 0711-3105-9310 or e-mail [besucher@kessler-sekt.de](mailto:besucher@kessler-sekt.de). For more information, visit [www.kessler-sekt.de](http://www.kessler-sekt.de).*

Have a comment on garrison services?

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## What's happening in FMWR

### Bench press contest

The Panzer Fitness Center will sponsor a bench press competition Dec. 17 at 10 a.m. Register at all U.S. Army Garrison Stuttgart fitness centers. Participants must be 18 or older.

For more information, call 430-7136/civ. 0711 680-7136.

### Outdoor Rec trips

Go skiing and snowboarding with Outdoor Recreation.

- Dec. 30 to Jan. 2: Interlaken, Switzerland. The cost includes transportation, lodging, three breakfasts and equipment rental from Outdoor Recreation.

- Jan. 7: Ischgl, Austria. The cost includes transportation only.

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

### Register for kids' sports

Child, Youth and School Services spring sports registration will run Jan. 9 through Feb. 24.

Register your child for soccer and baseball at Parent Central Services, Building 2347, Patch Barracks.

For more information, call

430-7480/civ. 0711 680-7480.

### RB holiday film week

See free holiday films at the Robinson Barracks Theater. These movies start at 10 a.m.

- Dec. 19: It's A Wonderful Life
- Dec. 20: A Charlie Brown Christmas, Winnie the Pooh and Christmas Too
- Dec. 21: The Santa Clause
- Dec. 22: Miracle on 34th Street
- Dec. 23: A Christmas Story

For more information, call 420-6037/civ. 0711 819-6037.

### Take off to Berlin

Outdoor Recreation will head to Berlin Jan. 13-16 for two days in the city and a day at the Tropical Island indoor water park. Cost includes transportation, lodging, three breakfasts, entrance to the water park and a guide.

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

For more activities, visit [www.stuttgartmwr.com](http://www.stuttgartmwr.com). To get on the Family and MWR mailing list, e-mail [mwr.marketing@eur.army.mil](mailto:mwr.marketing@eur.army.mil).



## Coming to Patch Theater

**Dec. 17** — Puss In Boots (PG) 4 p.m., New Year's Eve (PG-13) 7 p.m., The Ides of March (R) 9 p.m.

**Dec. 18** — Puss In Boots (PG) 2 p.m., New Year's Eve (PG-13) 4 p.m., Real Steel (PG-13) 7 p.m.

**Dec. 19** — New Year's Eve (PG-13) 6 p.m.

**Dec. 20** — Happy Feet Two (PG) 4 p.m., Real Steel (PG-13) 6 p.m.

**Dec. 21** — The Ides of March (R) 6 p.m.

**Dec. 22** — Money Ball (PG-13) 6 p.m.

**Dec. 23** — Alvin and the Chipmunks: Chipwrecked (PG) 3 and 6 p.m., Sherlock Holmes: A Game of Shadows (PG-13) 9 p.m.

**Dec. 24** — Holiday festivities at 2 p.m., A Christmas Carol (PG) 4 p.m.

**Dec. 25** — Closed

**Dec. 26** — Alvin and the Chipmunks: Chipwrecked (PG) 3 p.m., Sherlock Holmes: A Game of Shadows (PG-13) 6 p.m.

**Dec. 27** — Shark Night (PG-13) 6 p.m.



Dr. D Studios

"Happy Feet Two" starts Dec. 20.

**Dec. 28** — The Thing (R) 6 p.m.

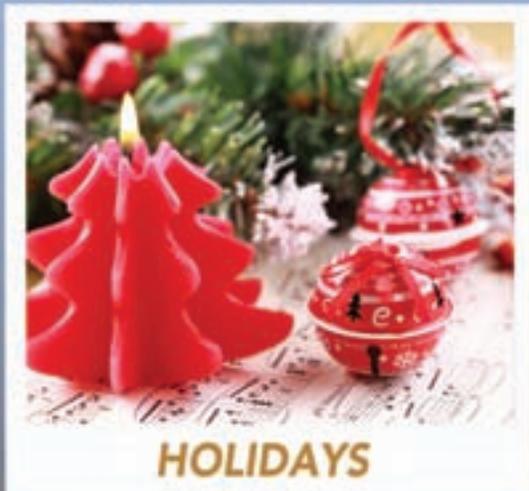
**Dec. 29** — Happy Feet Two (PG) 4 p.m., Johnny English Reborn (PG) 6 p.m.

**Dec. 30** — Footloose (PG-13) 3 p.m., Mission Impossible: Ghost Protocol (PG-13) 6 p.m., The Girl With the Dragon Tattoo (R) 9 p.m.

**Dec. 31** — Happy Feet Two (PG) 2 p.m., Footloose (PG-13) 4 p.m., The Three Musketeers 2 (PG-13) 7 p.m.

## Family & MWR Featured Events

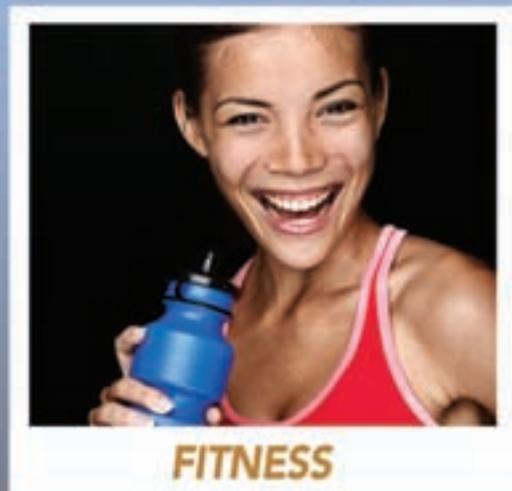
[www.stuttgartmwr.com](http://www.stuttgartmwr.com)



HOLIDAYS



CELEBRATION



FITNESS

### SONGS OF THE SEASON

Concert featuring Jennifer Buxkemper, accompanied by Alan Buxkemper. Free event. Family and MWR Holiday gift to you.

December 19 7:30 p.m.  
Stuttgart Theatre Center, Kelley  
DSN 421 3055 CIV 0711 729 3055

### BERLIN WEEKEND/TROPICAL ISLAND

Two days in Berlin, 1 day at Tropical Island Water Park. Limited seats.

January 13 - 16 7 a.m. ODR, Panzer  
DSN 431 2774 CIV 07031 15 2774

### NEW YEAR'S EVE PARTY

Ticket price includes bowling, party favors, midnight toast, finger foods, soft drinks, giveaways, and more.

December 31 8 p.m. - 2 a.m.  
Galaxy Bowling & Entertainment Center

### NEW YEAR'S EVE COMEDY SHOW

Comedian Scott Kennedy, seen on Comedy Central, comes to Stuttgart.  
December 31 9 p.m. Irish Pub at Galaxy Bowling & Entertainment Center  
DSN 431 2575 CIV 07031 15 2575

Free New Year's Shuttle Service to and from Galaxy. From Patch Washington Sq., 7<sup>th</sup> p.m. and 8<sup>th</sup> p.m.; From Kelley Hotel 7<sup>th</sup> p.m. and 8<sup>th</sup> p.m. Return times 12<sup>th</sup> a.m. and 2 a.m.

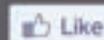
### LOSE TO WIN ORIENTATION

16 Week fitness program to lose weight and improve physical fitness.

January 17 11<sup>30</sup> a.m. - 12<sup>30</sup> p.m.  
Patch Fitness Center  
January 18 11 a.m. - 12<sup>30</sup> p.m.  
Kelley Fitness Center  
DSN 430 5386 CIV 0711 680 5386

### CYS SPORTS - SPRING REGISTRATION

Starts December 9  
Register at Parent Central Services  
DSN 430 7480 CIV 0711 680 7480





# Happy Holidays

*In keeping with the German holiday tradition, Barbara Borchers serves Glühwein in front of the Kelley Club during the Winterfest*

Joseph Mancy



Joseph Mancy

*Wyatt Brown, 3, is all smiles as he shares his Christmas list with Santa during Winterfest. Santa, though very busy this time of year, was able to attend many of the community's holiday events.*



Joseph Mancy

*Christmas carolers provide musical entertainment Dec. 1 during Winterfest on Kelley Barracks. The holiday celebration, sponsored by U.S. Army Garrison Stuttgart's Family and Morale, Welfare and Recreation, included photos with Santa, horse-drawn carriage rides, a train ride around the installation, the opportunity to purchase wreaths and holiday decorations, and indoor games.*

# Y ys



Joseph Mancy

*Brig. Gen. Arnold Gordon-Bray, the U.S. Africa Command deputy director of operations, makes welcoming remarks during the Winterfest Christmas tree lighting ceremony held Dec. 1 on Kelley Barracks.*



Mary "Tweedy" Knef

*Tammy Shimon and daughters Mindy (to her left) and Macie (to her right) get in a little Christmas shopping during the Patch Barracks Hometown Holiday held in the Patch Community Club Dec. 6.*



Sgt. Matthew Lyman

*Marine Cpl. Christopher Terrell welcomes Santa Claus to the 2011 U.S. Marine Corps Forces, Europe, and U.S. Marine Corps Forces, Africa, holiday party Dec. 3 at the Patch Community Club, where Marine's and their families shared a meal and celebrated the holidays with each other.*

*Ava Kneale, 9, from Brownie Troop 291, places Christmas ornaments Dec. 1 on a tree during the garrison-sponsored Winterfest on Kelley Barracks.*

Joseph Mancy



Joseph Mancy

*The Christmas tree on Kelley Barracks glows with LED lights and illuminates the tank on Oak Strasse during U.S. Army Garrison Stuttgart's Winterfest celebration Dec. 1.*



Joseph Mancy

*USAG Stuttgart Commander Col. Carl Bird, along with a crowd of more than 100, welcomes Santa to Winterfest.*

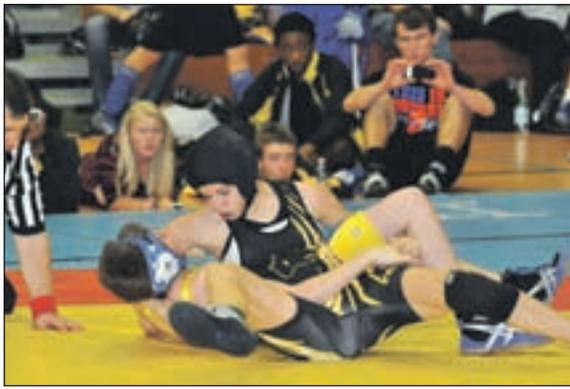


*Alyssa Jones, 5, takes a moment to enjoy the lighted Christmas decorations in front of the Kelley Theatre on Kelley Barracks Dec. 1 during Winterfest.*

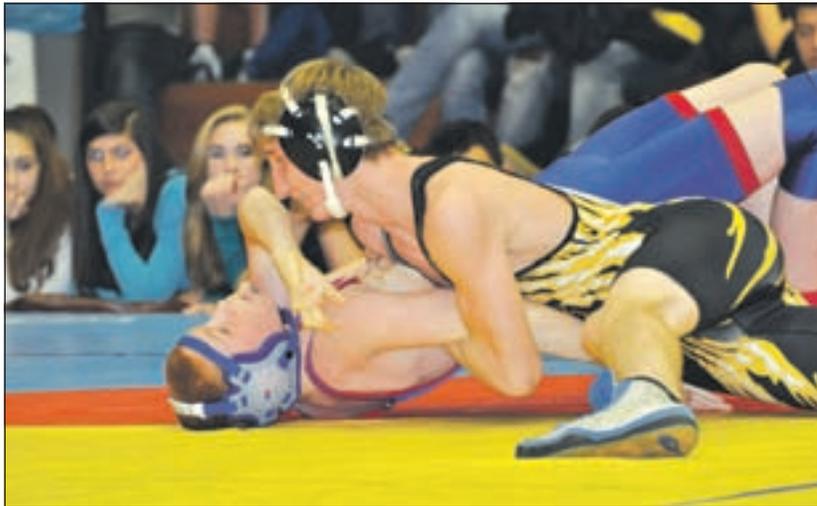
Joseph Mancy

*The Panthers' McKenna Fields wrestles Steven Hill of Ramstein during the first match of the season Dec. 3. Fields took second in the 106 pound division.*

Photos by Mary "Tweedy" Knef



*Panthers' Ross Wilson, 113 pound division, defeats Ramstein's Michael Wolfe during the team's first match of the season. Wilson, last year's 103 pound European wrestling champion, took second in the 113 division.*



*Patch's Jaden Fields pins Scott MacKenzie of Ramstein during an early match on Dec. 3. Fields went on to win his weight division.*

## Back on the mat

The Patch High School wrestling team, the reigning Department of Defense Dependents Schools Division I European champions, hosted its first match of the season Dec. 3. Ramstein, with 252.5 points, out-scored Patch (235), Heidelberg (146), Black Forest Academy (75) and Schweinfurt (9). Leading the Panthers were individual division winners' Isaac McIlvene, 120 pounds; Jaden Fields, 132 pounds; Jaden Wilstead, 152 pounds; Robert Mannier, 182 pounds; and Albert Suarez, 195 pounds.

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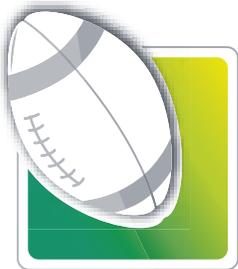


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Always Ready, Always Alert  
*Because someone is depending on you*





# Youth Activities

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



Photos by AmyRush



## Winter Concert

Patch High School's Band and Harmony Express perform before a packed gym at their Winter Concert, December 4.

## Winter Fest



Photo by AmyRush

Shawna and her sons, Quincy and Jaden (1st grade & 3rd grade German Immersion students at Patch Elementary School) await their performance at Winter Fest.



Photo by AmyRush

Frau Tessereau and the 3rd grade German Immersion students make final preparations before they sing at Winter Fest. Left to right: Anya Serfass, Sydney Anderson, Frau Tessereau, Alexia Calvert, Sawyer Christensen and Isabella Guzaldo.



Photo by AmyRush

Brownie Troop 570 sell baked goods at Winter Fest in order to raise money for their end of year celebration.

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

# Youth Activities



Courtesyphoto

## Holiday cards

Ms. Senna's kindergarten class from Boeblingen Elementary Middle School made holiday cards for wounded warriors.



Courtesyphoto

## Hat day

Ms. Senna's kindergarten class from Boeblingen Elementary Middle School celebrates hat day. From left Dylan DeMoss, Ella Finley, Cassie Bender and Kale Kerns.



Courtesyphoto



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## Holiday gift shop

LEFT: Boeblingen Elementary Middle School students shop at the PTA sponsored Holiday gift shop.

RIGHT: Boeblingen Elementary Middle School PTA treasurer, Jenny Gavin, helps students make purchases at the holiday gift shop.

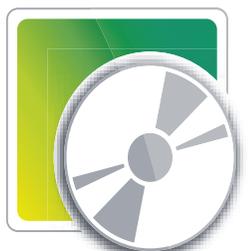


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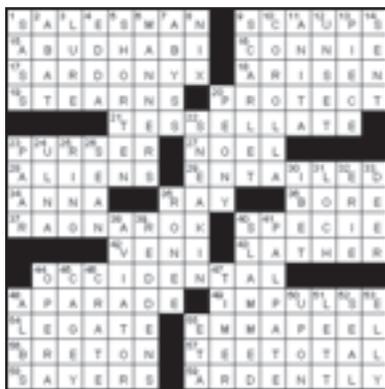
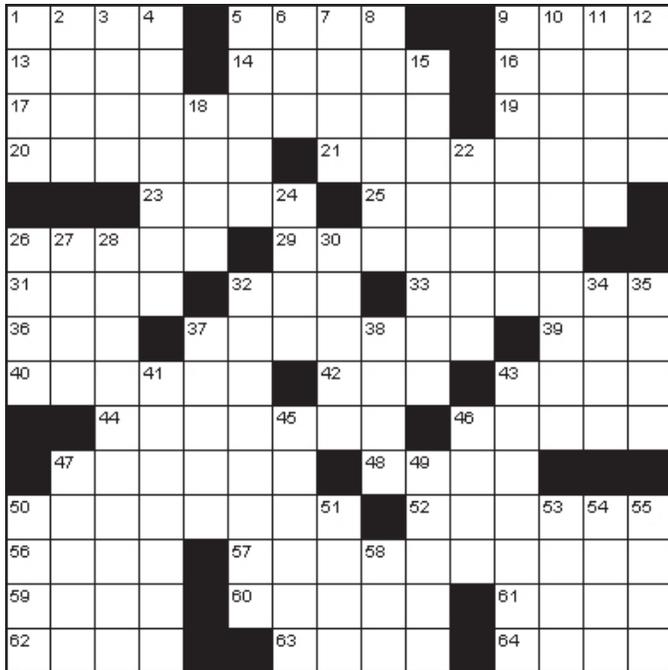


## Robinson Barracks Sixth Graders Celebrate America Recycles Day

On November 15th, 2011 around a hundred sixth graders participated in "America Recycles Day". Students started by picking up trash around the school. After picking the trash up, students gathered around the recycling bins to learn about what each bin was for and how it was used. Students learned about German Recycling laws and costs of garbage bins vs. zero to low costs of recycling bins. They are not only saving the environment but also saving money. Students then separated and recycled the trash they found. It was a fun to learn about recycling and help take ownership of their school. The activity that took place at Robinson Barracks Elementary & Middle School.



Crossword Puzzle



This is the solution to the crossword puzzle from Dec. 21!

ACROSS

- 1. Charged particles
- 5. Birthright seller, in Genesis
- 9. Twilight
- 13. Big Apple stadium
- 14. Earth
- 16. Ancient Peruvian
- 17. Pass out
- 19. “\_\_\_ Named Sue”
- 20. Idea
- 21. The 51st Psalm
- 23. Aquatic organism
- 25. Average
- 26. Struck, old-style
- 29. Stock up on again
- 31. Dwell
- 32. Not neg.
- 33. Countenance
- 36. French article
- 37. Wailing spirit
- 39. Powerful snake
- 40. Actress Candice
- 42. Assistance
- 43. Woeful cry
- 44. Sharpshooter
- 46. Glacial ridge
- 47. Worked hard
- 48. Aperture

DOWN

- 50. Keep
- 52. Iroquois League tribe
- 56. Foolhardy
- 57. Primitive hearing aid
- 59. Charles Lamb’s pen name
- 60. Cut and \_\_\_
- 61. Capri, e.g.
- 62. Butter portions
- 63. Bears’ lairs
- 64. “O \_\_\_ Mio”
- 22. Dog on “Frasier”
- 24. Presley’s middle name
- 26. Soft lump in yarn
- 27. Ore source
- 28. Tries a bit too hard
- 30. Writing assignment
- 32. Catered basely
- 34. Billy or Nanny
- 35. Comfort
- 37. Memphis street
- 38. Goes quickly
- 41. Honshu hostesses
- 43. Apollo’s twin sister
- 45. Composer Grieg
- 46. Japanese aborigine
- 47. Carefree song syllables
- 49. Noblemen
- 50. Get-ready work
- 51. A Great Lake
- 53. \_\_\_ facto
- 54. Big name in computers
- 55. Suit to \_\_\_
- 58. Countdown starter

## Eliana Brigitte Edquid

Eliana was born at 6:17 a.m. Nov. 12 at Klinikum Sindelfingen-Böblingen. She was 6 pounds, 3 ounces and 19.69 inches long. Proud parents are Maraquet and Marc Edquid who are stationed in Stuttgart, Germany.

### Birth Announcement

Send your birth announcement to the Citizen. Include your baby’s name, time and date of birth, hospital name, weight and length, parents’ first and last names, and the place where your family is stationed, along with a JPEG photo. Send information to: [pictures@stuttgartcitizen.com](mailto:pictures@stuttgartcitizen.com)

# The mystery behind mistletoe

by Susan Melnyk  
Contributing writer

In Germany, mistletoe is part of the holiday season and relates to mysterious legends and folklore.

The plant resembles an ever-green bouquet of branches with small, waxy white berries, and is found atop the crown of various trees.

Mistletoe is a parasitic plant that attaches to tree branches or shrubs. However, scientists discovered that mistletoe branches provide nesting for owls in North America and a variety of birds in Australia.

Although, the plant is considered poisonous to humans who ingest the berries, many animals depend on the leaves and young shoots for their diet.

Since the plant grows without a root system of its own, the Celtic druids believed the mistletoe had magical and medicinal qualities and was a gift coming directly

from the sun.

In the 13th century, mistletoe appeared in Greek mythology as the Golden Bough of Aeneas. The northern European version of the legend features Balder, god of truth and light, who was killed by his blind brother Hod, when Loki tricked him to shoot an arrow made of mistletoe at Balder during a festival.

Balder had been thought invincible; with even the axe of Thor being unable to harm him, but mistletoe was the Norse god's only weakness.

In the 18th century, mistletoe became part of Christmas traditions in English-speaking parts of Europe and in North America.

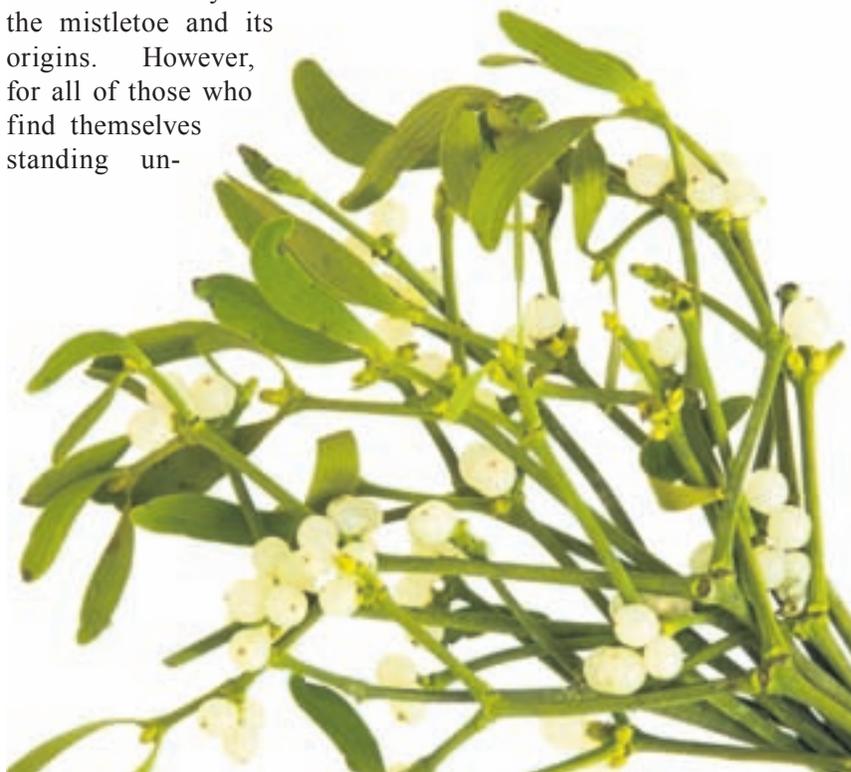
Here, the plant is trimmed from a tree and hung above the main doorway, or foyer, of a building until the following Christmas Eve to protect the home from lightning and fire.

According to a Scandinavian custom, a couple that meets under

the mistletoe is required to kiss and pluck a berry for each kiss. After all the berries have been plucked, the kissing privilege ends.

There are many tales related to the mistletoe and its origins. However, for all of those who find themselves standing un-

derneath a mistletoe with someone special, this may be a way to add a spark to the holiday season.



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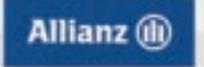
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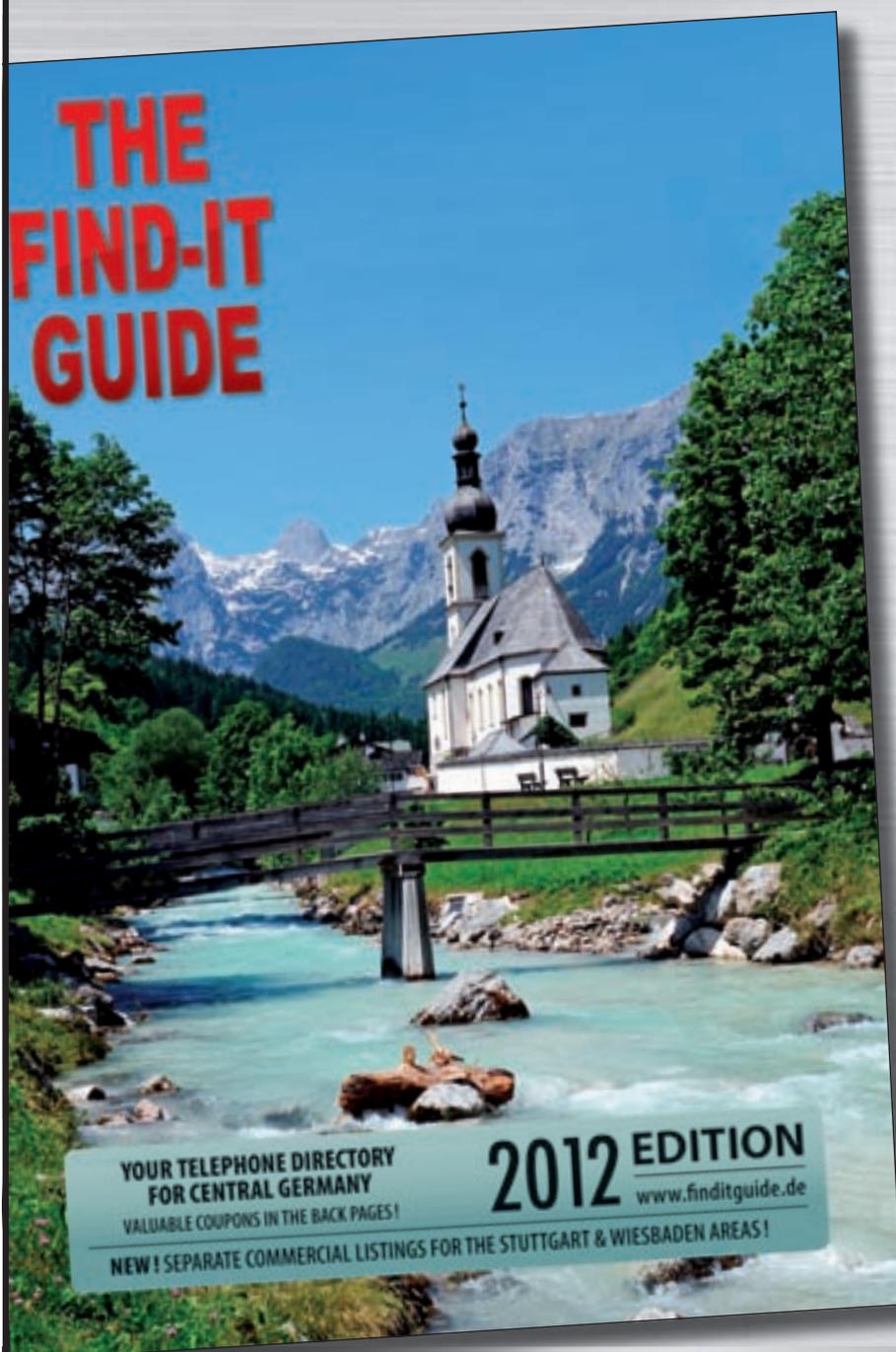
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