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The Citizen

Tuesday, December 23, 2014 Sustaining & Supporting the Stuttgart U.S. Military Community Garrison Website: www.stuttgart.army.mil Facebook: facebook.com/USAGarrisonStuttgart

stuttgartcitizen.com

Musical merriment for the holidays:



Musicians Editha Konwitschny (left), Patrick Siben and Markus Bodenseh of the Stuttgarter Saloniker String and Swing Orchestra play a St. Nicholas concert at the Exchange on Panzer Kaserne Dec. 6. This eclectic group plays classic, folk, jazz, swing, opera, Latin, rock, pop and funk. — *Photo by Carola Meusel, USAG Stuttgart Public Affairs Office.*

COMMENTARY: HAPPY HOLIDAYS

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High fructose corn sugar has been linked to obesity and is found in many foods and drinks — **PAGE 10.**

GOING GREEN: CFL CLEANUP

Fluorescent lighting can save energy, but when the bulbs break, proper cleanup is critical to the environment — **PAGE 10.**

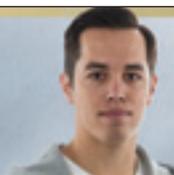
SAFETY: FIREWORKS

Prohibited on base, fireworks can be dangerous. Taking these precautions may reduce the risk of accidents or injuries — **PAGE 10.**



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A holiday message from the Garrison Commander

We find ourselves now in the midst of the season in which we celebrate a number of holidays that reflect the diversity, faith, and values of our nation. As brothers and sisters in arms, the nation's values are our values, and this season is in some ways even more precious to those of us who serve in the armed forces or support friends and family who serve. Many are called to serve in contingency operations worldwide. Still others are stationed overseas, but separated from extended family and friends back home in the U.S.

It is in this season that I consider myself particularly lucky to serve in our armed forces. Because when we don't have our regular family during the holidays, we can always count on our Army, Air Force, Marine and Navy family. I see it everywhere I go throughout the Stuttgart military community this time of year. Whether it's a community tree lighting, a unit holiday party, or a USO holiday event, these events are more like family gatherings than community events. That's what makes me so glad I live here —that family atmosphere that you feel throughout this entire community.

And while we are on the subject of family, I urge everyone in this community to treat their brothers and sisters in arms just like real family, perhaps even better. Because whether you are an active duty service member, a supportive family member, a Soldier for life or one of our hard-working civilians, you are a part of this brother and sisterhood of arms.

I encourage each and every one of



Col. JOHN P. STACK

Commander, USAG Stuttgart

you to look out for your fellow community members just like you would your own brother or sister, or child or mother. Would you let your brother drive home from the family Christmas dinner after too many cups of eggnog? If you saw your sister clearly having too much to drink on New Year's Eve, would you let her continue, or would you say something to her? If your mother was clearly down in the dumps with more than just the winter blues, wouldn't you ask her what's wrong, see what you can do for her, maybe even try to get her to someone who can help?

I hope the answer to all of these questions is that you would reach out to help your family. I hope also that you will reach out and help your military family as well. When your co-worker leaves the office party after several cups of eggnog, offer to call them a cab, encourage them to accept

a ride home or some other alternative to driving. When your battle buddy in the barracks has clearly had too much to drink and is looking for more, reach out to them and encourage them to stop. When that Soldier, Sailor, Airman, Marine or Coast Guard member in your office can't seem to get out of the dumps, don't just leave them on their own, try to help them get the help they need.

Spending time with family is not the only thing the holidays mean. The close of one year moves our focus to the challenges of the year to come. As the community moves forward on projects such as the school construction project on Panzer Kaserne and we continue to support several major, multi-service commands, this community will face challenges and opportunities.

Units in this military community provide support to multiple contingency operations. These challenges will continue in the New Year, and we will have the opportunity to rise to new challenges as a community.

Earlier I mentioned the strong sense of family I feel in this community and I want to reiterate that. These are not just empty words. I truly feel it in every experience I have in this community, both the joyous and the challenging. So, through these upcoming joyous holidays, and into the exciting opportunities the new year will offer, on behalf of USAG Stuttgart I want to wish the entire Stuttgart military family the very best.

Be safe, happy holidays, and happy New Year!

DON'T LET GETTING BUSTED FOR DRUNK DRIVING BECOME ONE OF YOUR



THEY'LL SEE YOU BEFORE YOU SEE THEM.





Tree lighting

Above and right: USAG Stuttgart Family and Morale, Welfare and Recreation hosted a Christmas tree lighting at Robinson Barracks Dec. 6. The tree lighting ceremony included carolers, hot chocolate, and a visit from Santa Claus — *Photos courtesy USAG Stuttgart FMWR.*



Stuttgarter Saloniker on American Forces Network

Patrick Siben (back), musical director of the Stuttgarter Saloniker ensemble, and violinist Johannes Krampen, play the “Schlittschuhläufer-Walzer,” or “The Ice Skater’s Waltz,” by French composer Émile Waldteufel, during the AFN Stuttgart morning show’s Culture Corner Dec. 4. — *Photo by Carola Meusel, USAG Stuttgart Public Affairs Office.*



News & Notes

Ebola fighters named Time’s 2014 Person of the Year

Time has chosen the Ebola fighters as its 2014 Person of the Year.

“Ebola is a war, and a warning. The global health system is nowhere close to strong enough to keep us safe from infectious disease, and ‘us’ means everyone, not just those in faraway places where this is one threat among many that claim lives every day,” Time officials said in explaining its decision.

“The rest of the world can sleep at night because a group of men and women are willing to stand and fight. For tireless acts of courage and mercy, for buying the world time to boost its defenses, for risking, for persisting, for sacrificing and saving, the Ebola fighters are Time’s 2014 Person of the Year.”

Other finalists included the Ferguson protesters, Vladimir Putin, Taylor Swift and NFL Commissioner Roger Goodell.

DOD releases second quarter suicide information

The Department of Defense released the quarterly suicide report for the second quarter of calendar year 2014 earlier this month.

The report summarizes suicide counts for all services and components during the months of April through June of this year. Counts were down in all components from the first quarter. There were 70 suicides among service members in the active component, 14 suicides among service members in the reserves, and 20 suicides among service members in the National Guard.

The report also shows annual suicide rates and counts for 2012 and 2013.

The report is intended to communicate the department’s suicide data on a routine basis. A breakdown of second quarter, 2014, suicide counts and resources for service members and their families, who may be facing challenges, can be found www.suicideoutreach.org

Additional information is available on the Suicide Prevention Office website at www.suicideoutreach.org.

Army offers ADPAAS assistance in wake of Super Typhoon Hagupit

Service members with family in the Philippines affected by Super Typhoon Hagupit can request assistance through the U.S. Army Disaster Personnel Accountability and Assessment System

online at <https://adpaas.army.mil/>. Super Typhoon Hagupit has been entered in ADPAAS and specific assistance or information is available. ADPASS standardizes a method for the Army to account, assess, manage, and monitor the recovery process for personnel and their families affected and/or scattered by a wide-spread catastrophic event. ADPAAS provides valuable information to all levels of the Army chain of command, allowing commanders to make strategic decisions which facilitate a return to stability.

No Citizen Jan. 8

The Stuttgart Citizen, a bi-weekly publications, will not be published Jan. 8. The next edition will be on stands Jan. 22. In the meantime, important news, updates and other community information can be found online at www.stuttgartcitizen.com.

Teens take top honors in cyber defense competition

U.S. Army Garrison Stuttgart Public Affairs Office

Members of the Stuttgart Civil Air Patrol recently placed first and second in the CyberPatriot All Service Gold Division competition Dec. 7.

CyberPatriot is a global cyber defense competition created to inspire high school students toward careers in cybersecurity or other science, technology, engineering or mathematics disciplines. During the competition, students play the role of informational technology security specialists, reacting to or preventing attacks on a business or government agency computer system.

Andrew Brabazon, Xochitl Hernandez, Lewis Moorhead and Jennifer Weaver took first place as the Mighty Griffins, followed by The Demon Chasers, consisting of fellow cadets Jonathan Brabazon, Trey Hernandez, Jordan Hosler and Nigel Scott.

Both teams entered the Gold Division with strong results from the first round of competition held in October. Then, the Stuttgart teams finished tops in Europe and ahead of more than 400 other teams worldwide, qualifying them for the Gold Division.

Both teams will now compete in the finals to be held March-11-15.

“This field of cybersecurity has a great future ahead of itself with the passion and knowledge this future workforce will bring,” said Bill Brabazon, the Stuttgart Civil Air Patrol commander.

Brabazon, a civilian employee with U.S. Africa Command, said the team members, active high school wrestlers, football players and part-time college students, showed true dedication as



The Demon Chasers (from left), Jordan Hosler, Trey Hernandez, Jonathan Brabazon and Nigel Scott compete during the initial round of the CyberPatriot competition Oct. 26 at “Cyber Central,” the home of Coach Joey Hernandez. — Photo by Wendy Hernandez

they also had to contend with the time zone difference, finishing rounds at 11 p.m. on a Sunday night to be back at school Monday bright and early.

“This is our first year competing and the team was amazing. A big reason for our success is the passion our coach, Joey Hernandez, instilled in the team through a security boot camp and weekly cybersecurity seminars up

to the competition,” he said.

Hernandez, an AFRICOM civilian cybersecurity manager, said that the cadets never ceased to amaze him.

“The methods they used to analyze, research, triage and secure system vulnerabilities on multiple operating systems to include Windows, Server variants, Linux (Ubuntu), and Cisco networking devices were methodical

and fluid,” Hernandez said.

“The seniors on the team ... have shown the ability to be successful should they pursue a career in cybersecurity; I’d be grateful to work with them as colleagues in the future,” Hernandez added.

For more about CyberPatriot, visit www.uscyberpatriot.org.

Report shows Army making progress in SHARP efforts

Army News Service

Army efforts to change command climate and increase training have resulted in a decrease in sexual assaults as well as an increase in reporting of these crimes, a recently released report shows.

“The Army still has the prevention of sexual assault as its number-one priority,” said Dr. Christine T. Altendorf, director of the Army Sexual Harassment/Assault Response and Prevention program, or SHARP, office.

“We have put a lot of focus and effort on this in the last couple of years, and we do believe we are making progress,” Altendorf said. “Do we still have more things to do? Yes. Will we

continue to do more things? Yes. But we are making progress.”

The numbers showing progress come from a report exceeding 1,100 pages given to the president earlier this month by the secretary of defense. The report details the efforts of the military services to curb sexual assault.

According to the Army’s portion of the document, reporting of sexual assault is up, Altendorf said. Additionally, she said, the prevalence of sexual assault is going down. What that means is that now, more Soldiers are willing to report that they have been sexually assaulted, she said, At the same time, anonymous surveys of Soldiers show that fewer sexual

assaults have actually occurred.

According to the report — an anonymous prevalence report, administered every two years — the number of sexual assaults against female Soldiers has decreased from 7.1 percent of the force in fiscal year 2012, to 4.6 percent in fiscal year 2014. Sexual assaults against male Soldiers increased slightly, from .8 percent in fiscal year 2012, to 1.2 percent in fiscal year 2014.

At the same time, surveys show that reporting of sexual assaults has gone up. Of the total number of estimated sexual assault victims in fiscal year 2012, only about 14 percent made a report. In fiscal year 2014, that number increased to 23 percent.

A sexual assault involves “offenses ranging from abusive sexual contact to rape,” as spelled out in the report.

“The decline in prevalence combined with the increase in reports, suggests the Army’s efforts to prevent sexual assault and reduce the stigma of reporting are having a positive effect,” the report concludes.

Altendorf said the Army must focus equally now on prevention of sexual assault, not just taking care of victims.

“We don’t want this to happen at all,” she said. “This goes back to really focusing on that climate of dignity and respect and that is what we have to really try to institutionalize if at all possible.”

Local support can help you stick to fitness resolutions



If one of your New Year's resolutions is to get fit, there are plenty of resources in the Stuttgart military community that can help you. — *Photo illustration by Shutterstock.com*

U.S. Army Garrison Stuttgart Public Affairs Office

If you are like most people, you look to the new year as a chance to start fresh. Experts estimate that one in three Americans resolve to better themselves in some way every January.

If one of your goals is to take better care of yourself and get healthy, you don't have to go it alone.

Locally, U.S. Army Garrison Stuttgart has a plethora of programs and resources designed to help keep

you active so that you can be at your prime physically.

The Family and MWR Sport and Fitness team will kick off the New Year with three free programs that provide support and accountability to its participants.

LOSE TO WIN

Lose to Win is the local community's version of "The Biggest Loser," a reality show where contestants attempt to lose the most weight. Lose to Win is a 16-week competition to determine who can lose the most weight and

body fat in a healthy manner while encouraging participants to adopt healthy lifestyle habits. Categories include men, women and teams of two.

Registration and a mandatory initial weigh-in will be held Jan. 7 at the Patch Fitness Center from 7:30 a.m. to 9 a.m. and at the Kelley Fitness Center from 11 a.m. to noon.

The program will conclude in May.

TOUR DE STUTTGART

Tour de Stuttgart is a 10-month program designed to increase fitness levels through indoor and outdoor

cycling.

Participants will track their miles of indoor and outdoor cycling, and will earn a T-shirt when they reach the 500, 1,000, 1,500, and 2,000 mile points. Participants can earn miles from indoor cycling classes, commuting to work, recreational cycling and while on a trainer.

The tour kicks off Jan. 24 with a free, three-hour long Spinathon at the Patch Fitness Center from 9 a.m. to noon.

See FITNESS on Page 8

On the Blotter

August

In late August a service member rented a vehicle from a local car rental. He failed to return the rental. On Oct. 10, he went to the car rental outlet, believing he had left personal property there. The car rental representative informed him that he owed over €2,000. The service member paid, but has yet to return the vehicle.

An investigation revealed that in August a civilian employee sold a vehicle on the economy without paying customs taxes, resulting in a few hundred dollars in tax evasion.

Sept. 30

A service member terminated his active duty service, but continued to reside in family housing on Robinson Barracks and used his USAREUR driver's license to rent a car. Investigators found out that the individual had submitted false clear-

ing papers to the VAT office, Housing and Vehicle Registration Office.

Nov. 7

A service member reported that his wallet was stolen from his unsecured and unattended vehicle while it was parked off post.

Nov. 19

The Böblingen Trash Center found a variety of contraband, to include ammunition and flares. Dumping such items is illegal. If you require assistance in disposing of such items, the Provost Marshall's Office has an amnesty box and may be able to assist.

Nov. 20

A family member was apprehended for shoplifting makeup at the Panzer Exchange.

Nov. 29

A service member was apprehended by the German police for assault, and drunk and disorderly conduct in connection with an incident that occurred near downtown Stuttgart.

Nov. 30

A civilian employee was apprehended after a verbal altercation became physical with injuries occurring to both individuals involved. The German police were dispatched to the scene.

Dec. 5

A service member was apprehended by the German police in the early hours for drunk and disorderly conduct, and resisting apprehension in connection with an incident that occurred outside a nightclub.

Dec. 8

A family member failed to use caution when driving and damaged the vehicle of another family member.

Dec. 10

A family member was apprehended under suspicion of shoplifting makeup from the PX. Pursuant to U.S. Army Garrison Stuttgart Policy Letter #50, the individual's full privilege ID was confiscated and a limited privilege ID was issued.

On the Blotter is compiled by the U.S. Army Garrison Stuttgart Directorate of Emergency Services and the Stuttgart Law Center. Entries may not be completely accurate and are not adjudications of guilt or innocence of any person. If you have information regarding any of the crimes above, please call the USAG Stuttgart Military Police Desk at 430-5262/civ. 0711-680-5262.

Bible Church of Stuttgart

Holding Forth the Word of Life Phil. 2:16



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Fellowship Coffee 10:30 a.m. Thursday Prayer Meeting 7:00 p.m.
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YouthGroup, 17:00
LifeGroup, 19:00

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Sunday Evening.....6 pm
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VEHICLE REG ANNOUNCES CLOSURES

Vehicle Registration will be closed Jan. 19 for the federal holiday. The facility will close at noon on Jan. 30 for inventory.

ROBINSON BARRACKS THRIFT SHOP TO CLOSE

The Stuttgart Community Spouses' Club has announced that it will close the Robinson Barracks Thrift Shop on Feb. 14. The thrift shop will continue to accept donations through Jan. 10, but is no longer accepting consignments.

Those with current consigned items may leave them through the end of their contract terms, or may pick them up without a surcharge.

The thrift shop on Patch Barracks will continue to service the military community.

WISE CREDIT WORKSHOP OFFERED

Learn how to use credit wisely in a course scheduled for Jan. 7 from 2:30-4 p.m. at Army Community Service. Participants will learn how to choose and apply for charge accounts, credit cards, and installment loans and how to responsibly manage these accounts. Participants will also learn the importance choosing credit wisely and how to use it to their advantage. Army Community Service is located in Building 2915, Panzer Kaserne,

PLAN AHEAD FOR HOLIDAY CLOSURES

Most organizations and facilities in U.S. Army Garrison Stuttgart will be closed Dec. 25-26 and Jan. 1 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:

Army and Air Force Exchange Service — On Dec. 24, most facilities will close early. The Exchange on Panzer Kaserne will be open from 8 a.m. to 5 p.m. On Dec. 25 and Jan. 1, all facilities, with the exception of the Patch Express, will be closed.

The complete holiday schedule for all Stuttgart Exchange facilities is available at www.stuttgartcitizen.com

Stuttgart commissaries — All commissaries will be closed Dec. 25 and Jan. 1.

On Dec. 22, the Robinson Commissary will be open from noon to 8 p.m.

On Dec. 24, the Patch Commissary will be open from 8 a.m. to 4 p.m., the Kelley and Panzer commissaries 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 Robinson Barracks Commissary will be closed Dec. 26.

On Dec. 31, the Patch Commissary will close early at 6 p.m. The Robinson Barracks Commissary will be open from noon to 6 p.m.

Community Banks — The banks on Patch and Kelley Barracks, and Panzer Kaserne will be open from 9 a.m. until noon Dec. 24 and 31.

On Dec. 27, the Panzer location will be open from 9:30 a.m. to 1 p.m.

All Community Banks in the Stuttgart military community will be closed Dec. 25 and 26, and Jan. 1 and 6.

Shuttle buses — Buses will not run Dec. 24-25 and 31, and Jan. 1.

U.S. Army Health Clinic

Stuttgart — The clinic will be closed Dec. 25-26 and Jan. 1-2. The Tricare Service Center will be closed Dec. 24-26 and Dec. 31 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.

Stuttgart Dental Clinic — The dental clinic will be closed Dec. 25-26 and Jan. 1-2.

USAG Stuttgart Housing Office — The housing office will be closed Dec. 24-26, and Dec. 31 to Jan. 2.

Vehicle Registration — Vehicle Registration will be closed Dec. 24-26 and Jan. 1. The facility will close at noon on Dec. 31 for inventory.

Privately Owned Vehicle Inspection Station — The POV inspection facility will be closed Dec. 24-26 and 31, and Jan. 1.

1st Battalion, 10th Special Forces Group (Airborne), Dining Facility — The DFAC will be closed through Jan. 2.

Stuttgart Law Center — The Stuttgart Law Center will be closed Dec. 25-26 and Jan. 1-2.

USO Stuttgart — The USO will be closed Dec. 24-25, 27 and 31, and Jan. 1 and 3.

Panzer Education Center — The education center will be closed Dec. 24-26 and 31, and Jan. 1.

U.S. Forces Customs Office — The customs office will be closed Dec. 25-26 and Jan. 1.

Gas authorizations can be obtained at the MP Station on Patch Barracks after duty hours and on weekends/holidays.

Personal Property Processing Office — PPO will be closed Dec. 25-26 and Jan. 1-2. Customers will be served by appointment only Dec. 24 and Dec. 31 because of limited manning.

Official Travel — SATO will close at noon on Dec. 24 and 31. The office will be closed Dec. 25-26 and Jan. 1-2.

Drivers Testing and Training Station — DTTS will be closed Dec. 24-26 and 31, and Jan. 1-2.

Base Operations Maintenance — The BASOPS Maintenance facility will be closed Dec. 24-26 and 31, and Jan. 1-2.

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www.cfcstuttgart.org
pastor@cfcstuttgart.org (0176) 8418 5896

Central Issue Facility — CIF will be closed Dec. 25-26 and Jan. 1. Because of limited manning, the facility will offer service by appointment only Dec. 24 and 31, and Jan. 2.

Installation Property Book Office — IPBO will be closed Dec. 24-26 and 31, and Jan. 1-2.

PLAN FOR HOLIDAY CLOSURES IN GERMANY

Most German schools will break for the holidays from Dec. 22 through Jan. 7.

On Dec. 24 and 31, most stores will close between 2-4 p.m.

All stores and businesses will be closed Dec. 25 and Dec. 26, the first and second Christmas days. Banks will also be closed Dec. 24 and Dec. 31.

Deutsche Post Offices will close Dec. 24 and Dec. 31 between noon and 4 p.m. Patrons are advised to check the websites of the respective post offices before visiting a facility.

All stores, banks and post offices will be closed Jan. 1 and Jan. 6.

PLAN FOR JANUARY HOLIDAY CLOSURES

Most organizations and facilities in U.S. Army Garrison

Stuttgart will be closed Jan. 19 in observance of the Martin Luther King Jr. federal holiday.

CHAPEL HOLIDAY SERVICES DEC. 19

Chanukah, Patch Religious Education Center 6:00 p.m.

Dec. 24
Catholic Christmas Eve Masses: Panzer Gym 5 p.m., Patch Chapel 9 p.m.

Christmas Eve Candle Light Service, Patch Chapel, 6 p.m, RB Chapel, 7:30 p.m.

Dec. 25
Catholic Christmas Day Mass, RB Chapel, 10 a.m.

Dec. 31
5 p.m. Catholic New Year's Eve Masses: Panzer Chapel 5 p.m., Patch Chapel 6:30 p.m.

Jan. 1
Holy Day of Obligation, Catholic New Year's Day Mass RB Chapel 5 p.m.

RSO SEEKS CHILD CARE PROVIDERS

Paid child watch care providers are needed for Sunday chapel services and for programs held during the week. Applicants will need to complete background checks and CPR training. A child watch care coordinator is also needed.

For more information

on how to apply, contact the Religious Support Office at 431-3079/civ. 07031-15-3079, or stop by Building 2948, Panzer Kaserne.

VOLUNTEERS FOR TAX OFFICE

The Stuttgart Law Center's Tax Office is seeking volunteers with prior tax preparation experience to assist the Stuttgart military community in filing tax returns during the 2014 income tax filing season.

Through the Volunteer Income Tax Assistance program, Internal Revenue Service representatives will provide formal tax preparation training.

For more information, call the Stuttgart Law center at 421-4152/2609 or civ. 0711-729-4152/2609.

EO SEEKS VOLUNTEERS FOR OBSERVANCES

The U.S. Army Garrison Stuttgart Equal Opportunity Office seeks volunteers to organize an observance scheduled for Jan. 9 for the Martin Luther King, Jr. federal holiday and for Black History Month on Feb. 26. Interested parties should attend the weekly

planning meetings held every Tuesday from 2-3 p.m. in the Patch Chapel.

For more information, call the Equal Opportunity Advisor

at 430-7945 or civ. 0711-680-7945, or 0162-297-5922.

Send your announcements to editorial@stuttgartcitizen.com.

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Germans observe New Year's Eve traditions

By Petra Lessing

86th Airlift Wing Public Affairs

People throughout the world celebrate New Year's Eve with a variety of traditions to welcome the arrival of the New Year.

In Germany, New Year's Eve is called "Silvester." The name refers to a pope in the fourth century, Silvester I, who was bishop in Rome from 314 A.D. and died Dec. 31, 335. Later he was canonized and since 354, the church celebrates the day of Dec. 31.

Traditionally, that night, Germans like to have dinner in a restaurant, watch a theater performance, attend a festive dance or have a party with friends at home.

People celebrating at home usually observe old German traditions. At midnight, they wish each other the very best for the New Year, propose a toast and then go outside to shoot firecrackers. This noise-making tradition goes back to former times, when people wanted to scare away evil demons so they could not do any harm to them in the coming year.

Another custom is to give little pigs, chimney sweepers, horseshoes or four-leaf clovers made of marzipan, chocolate, wood or porcelain. These

symbols are lucky mascots.

In ancient times, when people still believed in gods, they made sacrifices. They brought eggs, chickens and pigs to the altars hoping the gods would treat them nicely, send them rain for their vegetables on the fields and not too much snow in winter.

The horseshoe originates from a time when farmers used horses to plow fields. In those times, horseshoes were placed above the door to protect the family from fire and lightning.

The chimney sweeper frees the way to the top of soot and dirt and brings fresh wind. Also with the cleaning of the chimney, the chimney sweeper banned the danger of fires and therefore was seen as lucky mascot.

The four-leaf clover is supposed to bring luck but only when being found and not being searched for. The clover is known to have that power of luck because it is so scarce. Also, it can be looked at as a salutary cross. Besides a Christian symbol, it was seen as a Celtic cross, which was the sign for protection. In general, the four-leaf clover is a world symbol, showing the four directions and combining the four elements. It is said to prevent strokes of fate, raise students' efficiencies and be advantageous for gamblers.



A favorite tradition of many Germans is to melt small amounts of lead and drop them into cool water. The shape that forms is supposed to provide a prediction of things to come in the new year. Kits are sold with everything needed, including a guide that helps decipher the prophetic meaning of different shapes — *Photo by Shutterstock.com.*

Another custom is to melt lead, pour it into water and wait to see what designs come out. Each design has a different meaning for the future. The lead can be bought in a package together with a list telling what each design or symbol means.

Traditions continue the first day of the New Year. It is said that people shouldn't get up late, because, if so,

they will sleep poorly all year long and have bad dreams. On New Year's Day, children receive huge pretzels, the "Neujahrsbrezel."

Throughout the following days, the phrase "Prost Neujahr!" can be heard whenever people meet again for the first time that year. It means a toast to the New Year and good luck.

FITNESS

Continued from Page 5

FITNESS FEST

The Fitness Fest, scheduled for Feb. 7 from 9 a.m. to noon at all fitness centers, gives participants the opportunity to try out a variety of free, shortened group fitness classes such as Zumba, yoga and indoor cycling, and meet the instructors.

ARMY WELLNESS CENTER

The Stuttgart Army Wellness Center on Patch Barracks provides prevention programs and services designed to build and sustain good health and improve the overall healthy lifestyles of its clients. Programs are evidence-based and use state-of-the-art equipment.

FITNESS ASSESSMENTS

Oxygen consumption is measuring during exercise to assess the participant's degree of cardiovascular fitness. Muscular strength, body composition and flexibility tests complete the comprehensive fitness assessment.

METABOLIC TESTING

This simple test measures one's

resting metabolic rate. The air you breathe out is analyzed to determine exactly how much oxygen your body consumes. Once completed, your metabolic rate is used to calculate a calorie range for weight loss, weight maintenance, or even weight gain.

BIOFEEDBACK SESSIONS

Individually paced biofeedback sessions will teach you how to recognize and manage your stress levels. By using interactive computer technology, you will see your stress management skills improve over time.

FITNESS CONSULTATION

A fitness consultation will help you assess your fitness program and set realistic goals.

SETTING GOALS

According to experts, people who explicitly make resolutions are 10 times more likely to attain their goals than people who don't explicitly make resolutions.

A simple method to ensure that you are setting good goals is to use the Specific, Measurable, Attainable,

Realistic, and Timely (SMART) method.

If the goal is SMART, it stands a much better chance of being achieved.

- **Specific** — Define the expected end result clearly. What are you going to achieve and what should it look like when it is completed?

- **Measurable** — Incorporate short-term or small measurements along the way that can gauge progress toward the end goal. Mark progress along the way.

- **Attainable** — Ensure that the end goal can be achieved. Getting commitment to an unachievable goal will be difficult and could doom the project to failure before it begins.

- **Realistic** — Define appropriate expectations and assign the required resources. Do not overload resources with unrealistic workloads.

- **Timely** — Set deadlines for the goal. Clearly state a point in time when the goal should be met. Establishing an end point on your goal will give you a clear target for which to strive.

The Stuttgart Army Wellness Center is located in Building 2337 and is open from 7:30 a.m. to noon, and

from 1-4:30 p.m. Monday through Friday. For more information, call 590-1601/civ. 06371-9464-1601.

For more information on Family and MWR Sports and Fitness programs, visit www.stuttgart.armymwr.com.

Popular resolutions

According to the University of Scranton's Journal of Clinical Psychology, the top resolutions for 2014 were:

1. **Lose weight**
2. **Getting organized**
3. **Spend less, save more**
4. **Enjoy life to the fullest**
5. **Staying fit and healthy**
6. **Learn something exciting**
7. **Quit smoking**
8. **Help others in their dreams**
9. **Fall in love**
10. **Spend more time with family**



USAG Stuttgart hosts indoor soccer tournament

Special Operations Command Africa won the USAG Stuttgart unit-level indoor soccer tournament hosted here Dec. 8-9. Six teams competed in this single elimination tournament, with U.S. European Command J-4 taking second place, and Marine Forces Europe and Africa coming in third. — Photos by Sgt. Russell Midori, Marine Forces Europe and Africa Public Affairs Office.



We wish everyone a Super Holiday Season!

Dear Readers,

We hope you enjoy this last edition of the The Citizen for 2014.

AdvantiPro, the publisher of The Citizen, will close its offices from Monday, December 22 through Friday, January 2. The first 2015 edition of The Citizen will be distributed on Thursday, January 22. AdvantiPro would like to thank all of its readers for the great support we have enjoyed in 2014.

We are very proud to serve U.S. Army Garrison Stuttgart and the military community!

AdvantiPro

Study suggests link between fructose and obesity

National Health Information Center

Fructose — a kind of sugar found in a wide variety of foods and beverages — may encourage overeating, new research suggests.

Fructose may be best known to consumers in the form of high-fructose corn syrup, which has long been added to manufactured foods from sodas to cookies.

Distinct from sugar known as glucose (produced by the natural breakdown of complex carbohydrates), fructose is also a "simple" sugar and a natural component of fruit.

However, "in a series of studies we have found that when compared to glucose, the simple sugar, fructose, is a weaker suppressor of brain areas that help control appetite and the motivation to eat," said study co-author Dr. Kathleen Page, an assistant professor of clinical medicine at the Keck School of Medicine of the University of Southern California in Los Angeles.

In other words, people are more likely to remain feeling hungry after a meal with lots of fructose versus one with lots of glucose.

Prior research has indicated that, when compared with glucose consumption, ingesting fructose sparks a smaller release of hormones such as insulin that give rise to a sense of being full, according to background information with the study. Recent investigations have also suggested that only glucose, not fructose, curtails hunger by slowing down activity in a specific region of the brain (the hypothalamus), the researchers said.

The small, new study builds on both findings.

More than two-thirds of American adults are overweight or obese, which puts them at risk of heart disease, type 2 diabetes and certain cancers. Many experts believe that changes in U.S. food production, including widespread use of high-fructose corn syrup, are to blame.

For the current effort, the researchers enlisted 24 men and women ages 16 to 25 to participate in a hunger exercise where participants were instructed to consume a drink sweetened with either glucose or fructose. Then they were asked to view images of various foods and indicate the degree to which they felt hunger. The exercise took place while each was hooked up to a functional magnetic resonance imaging scanner in order to track real-time brain activity in a "reward" center of the brain known as the nucleus accumbens.

Hunger was greater among those who had consumed the fructose drink, the authors found. At the same time, the fructose mix provoked greater activity in the targeted brain region, which translated into a greater desire to eat.

However, Page stressed that the current findings are "preliminary." More work is needed before broad conclusions can be drawn about how sweeteners in manufactured food products actually influence hunger and the overall risk for obesity, she said.

For example, "it's important to note that both fructose and glucose are found in almost equal quantities in both high-fructose corn syrup and table sugar,"



Researchers believe that drinking beverages or eating foods made of high-fructose corn syrup may encourage overeating. — Photo by Shutterstock.com.

Page said. "We don't yet know whether the brain responds differently to high-fructose corn syrup compared to glucose or sucrose [table sugar]."

And a trade association representing the corn refining industry in the United States countered that the study doesn't reflect real-life consumption.

"The subjects in this study were given large amounts of pure fructose and pure glucose separately, which almost never occurs outside a laboratory setting," the Corn Refiners Association said in a statement. "While those who received pure fructose may have reacted as if they were less sated, these study conditions did not correspond to anything like a natural setting in which people normally would be consuming roughly equal amounts of glucose in combination at the same time."

But Lona Sandon, a registered dietitian and assistant professor of clinical nutrition at the University of Texas Southwestern Medical Center at Dallas, said the study findings are consistent with other research.

"We have known for quite some time that the insulin response to glucose in the bloodstream is a normal response to signal the brain and body that calories have been consumed," Sandon said. "Fructose does not trigger the same response of insulin."

The interplay between glucose and insulin is probably an important part of weight regulation, she added.

The bottom line, said Sandon, is that added sugars bring no nutritive value to foods. Her advice? "Choose whole, nutrient-rich foods and whole grains most of the time."

Start New Year's off with a bang ... safely

Fireworks are incredibly popular in Germany on New Year's Eve.

However, it's important to keep in mind Army in Europe Regulation 600-1, which states private fireworks are not permitted on any Army installation in Europe.

But if you live off-post, there are a few safety tips you should follow.

- ★ Light fireworks in a field away from homes or power lines.
- ★ Always have a fire extinguisher nearby, if something goes wrong.
- ★ Never relight a firework that didn't go

off the first time.

- ★ Make sure kids and pets are a safe distance away from the fireworks.
- ★ Always have an adult present when lighting fireworks.
- ★ Pay extra attention to pets that may be present.



Be careful and have a safe start to the New Year!

Going Green: how to clean up a broken CFL

USAG Stuttgart Directorate of Public Works Environmental Division

Energy-saving light bulbs, luminescent screen tubes and compact fluorescent lamps contain small amounts of mercury sealed within the glass tubing. A broken bulb can release mercury vapor. To reduce exposure to mercury

vapor, follow these cleanup and disposal steps:

- Have people and pets leave the room.
- Close off the room to the rest of the house and open a window to air the room for 10-15 minutes.
- Shut off fans and the central heating/cooling system, if applicable.

- Wear gloves and scoop up glass fragments and powder using stiff paper or cardboard. Use sticky tape to pick up any remaining fragments and powder.

- Do not use a vacuum cleaner. Vacuuming could spread mercury-containing powder or mercury vapor.

- Place all materials, including gloves

and tape, in bag or jar, and seal it.

- Dispose at the nearest recycling center, if off-post. On-post residents should take the jar to a hazardous waste collection point.

For more information, visit the U.S. Environmental Protection Agency at www.epa.gov.



What's happening in FMWR

KING AND QUEEN OF THE HILL

In this monthly handicap bowling tournament, bowl three games anytime during the month (through May) for only \$12. The top five men and women bowlers will compete in a stepladder roll-off. Winners of the roll-off will then compete in a final tournament May 31. For more information, call the Galaxy Bowling and Entertainment Center at 431-2575/civ. 07031-15-2575.

GO SKIING, SNOWBOARDING

Outdoor Recreation offers a ski/snowboard day trip to Montafon, Austria, Jan. 10. The registration deadline is Jan. 2. A weekend trip to Oberammergau and Garmisch is scheduled for Jan. 17 and 18. Price includes transportation, lodging (based on double occupancy), breakfast, shuttles and equipment rental from Outdoor Recreation. Registration deadline is Jan. 9.

On Jan. 19, a day trip to Feldberg is planned. Registration deadline is Jan. 14.

For more information call Outdoor Recreation at 431-2774/civ. 07031-15-2774.

PARENTS' NIGHT OUT

A Parents Night Out is scheduled for Jan. 16 from 5:30-11:30 p.m. at the Patch Child Development Center and School-Age Center. Snacks and age-appropriate activities will be provided.

Register with Parent Central Services by Jan. 14.

For more information, call 430-7480/civ. 0711-680-7480.

STUTTGART YOUTH NEWCOMERS ORIENTATION

This program is offered Jan. 22 from 3:30-7 p.m. and Jan. 23 from 10 a.m. to 4 p.m. and orients newcomers in grades six to 12 to their new community. Participants will visit some of Stuttgart's downtown attractions, tour the Stuttgart military community, learn to navigate German public transportation, and learn about German customs and language. All participants must be registered with Child, Youth and School Services.

For more information, call Parent Central Services at 430-7480/civ. 0711-680-7480.

For more Family and MWR events, visit www.stuttgart.armymwr.com.

COMING TO PATCH THEATER

December 23 — Closed

December 24 — Closed

December 25 — Closed

December 26 — Into The Woods (PG) 6 p.m., Unbroken (PG-13) 9 p.m.

December 27 — Into The Woods (PG) 3 p.m., The Hobbit: Battle Of The Five Armies (PG-13) 6 p.m., Unbroken (PG-13) 9 p.m.

December 28 — Into The Woods (PG) 4 p.m., Night At The Museum: Secret Of The Tomb (PG) 7 p.m.

December 29 — Into The Woods (PG) 6 p.m.

December 30 — Closed

December 31 — Into The Woods (PG) 4 p.m., The Hobbit: Battle Of The Five Armies in 3D (PG-13) 7 p.m.



© 2014 - Walt Disney Pictures
Into The Woods

Based on the Tony-winning original musical by James Lapine and Stephen Sondheim, the movie tells the story of a baker and his wife's quest to break a witch's curse in order to start a family. Along the way, they encounter several well-known fairy tale characters, and together they learn what happens after "happily ever after."

Family and MWR Advertisement

stuttgart.armymwr.com



RING IN THE NEW YEAR!

NEW YEAR'S EVE PARTY
Dec. 31, 8 p.m. - 2 a.m.
Galaxy Bowling & Entertainment Center

Bring in the New Year close to home with your family and friends of all ages. Get your tickets now! Only \$30 for adults 19+ and \$20 for children 6-18. Children 5 and under are free! Price includes bowling, shoe rental, food, soft drink, party favors and champagne! Tickets at the door will be \$32.50 for adults 19+ and \$22.50 for ages 6-18.

DSN 431-2575, CIV 07031-15-2575



FREE GOLF LESSONS

GET HOOKED ON GOLF IN 2015
Jan. 3 & 17, 10 - 11:30 a.m.
Stuttgart Golf Course
Aldingerstr. 975, Kornwestheim
(Offered every other weekend through April!)

Interested in learning how to golf? Come to the Stuttgart Golf Course for free golf instructions taught by a professional. This includes an "Intro to Golf" and a facility orientation. Range balls & club usage are free. All beginners welcome! Open to all ages with a U.S. I.D. card. Beginners only please.

CIV 0151-625-04877



SKI TRIPS THIS MONTH

JANUARY SKI/BOARD TRIPS
Outdoor Recreation, Panzer Kaserne

Jan. 10: Montafon, Austria
Jan. 17-18: Oberammergau & Garmisch Overnight
Jan. 19: Holiday trip to Feldberg, Germany
Jan. 24: Serfaus, Austria
Jan. 31-Feb. 1: Interlaken overnight w/night sledding

DSN 431-2774 /CIV 07031-15-2774

To follow us on Facebook go to www.facebook.com/familyandmwr and



Stuttgart Panthers bring CYSS trophy



By Alan Bal
Special to The Citizen

Culminating an undefeated season by winning the Installation Management Command-Europe Child, Youth and School Services football championships, the Stuttgart Panthers brought the IMCOM-E trophy back to Stuttgart for the first time in five years.

The Stuttgart Panthers defeated the Stuttgart Saints 19-0 in the final game of the tournament Nov. 8. The Panthers had advanced through the playoff semi-finals by beating the

Wiesbaden Wildcats and the Saints ousted the Wiesbaden Warriors, opening the way for an all Stuttgart showdown in the championship game.

Through most of the first half, both teams traded big offensive and defensive plays, neither team quite being able to breach their opponents' end zone. The Panthers struck first with just under 30 seconds left before halftime as halfback Ben Nix hit wingback Dominic Garcia for an electrifying 97-yard touchdown pass.

"We knew we needed the momentum going into the half" said Panther Head Coach Jason Holder. "We had

several penalties against us and just had a 100 yard interception for a touchdown called back. It seems like every time I looked at the yard markers it was like first and 30 yards to go."

Defensive back coach Kurtis Garcia had recommended the team try the risky halfback pass and the gambit paid off hugely, according to Holder.

"It was a huge momentum shift for us going into the second half," Holder said.

In the second half, the Panthers offense really found its footing and started to churn out yardage with two more scores from quarterback Jake

Holder on an 11-yard quarterback keeper. Then halfback Ben Nix sealed the deal when he ran in for a 35-yard touchdown.

Holder credited the team's success throughout the season not only to the dedication of the players and coaching staff, but also to the supportive community.

"The Stuttgart Child Youth and School Age Services' sports were there with us the whole way making sure the fields and equipment were always ready for us," he said. "That's a lot of work, so we couldn't have done it without the community support."

rophy home with undefeated season



Main photo: Sporting pink socks in honor of Cancer Awareness Month in October, Stuttgart Panthers quarterback Jake Holder (#12) makes a handoff to fullback Brian Stiemke (#1) deep into Kaiserslautern Seahawks territory during a regular season game of the 2014 Installation Management Command CYS Services football season. — Photo by Vinnie Yacono. Group photo: The Stuttgart Panthers youth football team culminated their undefeated season by returning the IMCOM-E CYS Services football trophy to Stuttgart for the first time in five years. — Photo courtesy Stuttgart Panthers.

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

Youth Activities



WEIHNACHTEN IM SCHUHKARTON

(Christmas in a shoe box)

5th Grade Service Project

For this service project students had to decorate and wrap shoe boxes. Members of our local PES FEA (Federal Education Association) donated shoe boxes, items to place in the boxes, and wrapping paper for students to wrap boxes. Some students decided to stuff their boxes with toys, treats, school supplies, toiletries, winter accessories, and books. On November 22nd, several parents and students took the wrapped boxes and supplies to Franziskusstube (a local soup kitchen for the homeless in downtown Stuttgart) and helped stuff the boxes.

With help from the community, approximately 260 boxes will be delivered to Slovakia this holiday season. Because of the number of boxes and items donated, a second orphanage will receive Christmas boxes also.



Photo by Amy Rush



Photo by Amy Rush

Holiday Spirit



Photo by Beth Koons

ST. NICK VISIT

Christmas is a great time to be in Germany, ask any kindergardener at Patch Elementary School. The German tradition of a visit from St. Nick was witnessed by the four kindergarden classes at the school. St. Nick came and surprised the children on Friday, December 5th. The boys and girls were mesmerized as St. Nick read aloud his observation of their behavior from his golden book. For every good student St. Nick drew a chocolate Santa from his sack, no switches at this school.

*Anna Ingalls, KG teacher,
Patch Elementary School*

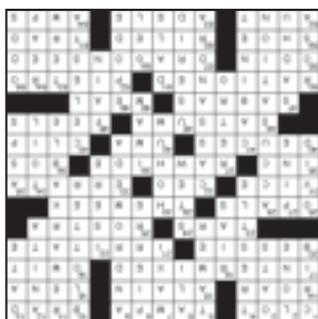


Photo by Beth Koons



Photo by Beth Koons

Crossword Puzzle



This week's solution!
Courtesy of thinks.com

ACROSS

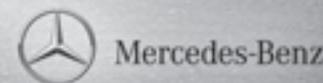
- 1 Coagulate
- 5 Florida seaport
- 10 Carpenter's nail
- 14 Bellow
- 15 Actor Delon
- 16 Melodious Horne
- 17 Blended
- 19 Skip
- 20 Jazz singer Smith
- 21 Peeve
- 23 Salts
- 25 Platforms
- 26 Milky gems
- 29 Biblical inheritors
- 31 Number two
- 32 Business VIP
- 33 Correction list
- 36 Business letters?
- 37 Clint Eastwood TV western
- 39 Cattle genus
- 40 Low cards
- 42 Actress Thurman
- 43 Film fragment
- 44 Small orange
- 46 Has a hunch
- 47 Israeli natives
- 48 Repast
- 50 Given limited quantities
- 52 Peter in Italy
- 56 Major Norse deity
- 57 Pearl Buck novel
- 59 Nursery-rhyme home
- 60 Irritated
- 61 Jazz style
- 62 Female relative
- 63 Fred Astaire's sister
- 64 Rock concert equipment

DOWN

- 1 Corn holder
- 2 Unaccompanied
- 3 Dinner for Dobbin
- 4 Bridge support
- 5 Less exciting
- 6 Boxing great
- 7 Ankle-length skirt
- 8 Peter in France
- 9 Constellation near Cassiopeia
- 10 Desktop item
- 11 Extraordinary
- 12 Ekberg of films
- 13 Palm fruit
- 18 Creeks
- 22 Grenoble's river
- 24 Ragout
- 26 "Amores" poet
- 27 Resin source
- 28 Charge
- 30 Bored exclamation
- 32 Prophetess of Greek myth
- 34 Hard work
- 35 Deadly snakes
- 37 Fashionably nostalgic
- 38 Muslim leader
- 41 Presidential advisors
- 43 Keyboard instrument
- 45 Logging-on requirement
- 46 Gladly, old-style
- 47 Hindu holy man
- 49 Classic poem
- 50 Painter Bonheur
- 51 Chip's cartoon chum
- 53 Expression
- 54 Harvest
- 55 Gambler's concern
- 58 Type of toothpaste

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2012 Volvo XC60 RDesign, \$31,700, bultinck@me.com, 32, k miles, Excellent Condition, Black Sapphire Metallic T6, 325 HP, AWD, US Spec, Soft-beige/Off-black Sports Leather, Platinum, Climate, Tech Pkgs, DVD/Nav. Rob 015238729020

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2013 Hyundai Sonata Limited Loaded, \$21999, comes with power windows, power locks, navi, sunroof and loads more. info@usedcarguys.net

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4 Michelin Winter Tires with Rims, 205/55R16H have been used in 3 winters totaling approximately 6000 miles. Asking €200.00. Contact Larry Johnson at telephone 0711-758-78903 or e-mail larry_johnson12000@yahoo.com,

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Have fun with the locals



The Rock 'N' Roll Wrestling Bash

Sun, Dec 28

Stuttgart, LKA-Longhorn

See the Rock 'N' Roll Wrestling Bash on December 28 in Stuttgart. This is a show that you have never seen before dramatizing the act of the wrestlers. The focus is on flamboyant storylines in an adrenaline fueled performance. Ticket price is €22.90. The event starts at 8:30 p.m. For more information www.rockandrollwrestlingbash.com

EVENTS

New Year's party

Wed, Dec 31
Stuttgart, Sky Beach Parkdeck
 Looking for a cool place to celebrate New Year's Eve? Come to Stuttgart's Sky Beach. Glühwein, long drinks, and more will be served and a DJ will provide hot beats to keep the evening going. Minimum age is 18 and tickets cost €26.50. The party starts at 10 p.m. See www.skybeach.de for info.

Magic Christmas in Alsace

Now – Wed, Dec 31
Colmar, City Center
 The Magic of Christmas in Colmar is an old fashion traditional Christmas market that goes on until December 31. Let yourself be amazed by the 5 different magic Christmas markets in a unique setting in the Alsace. Purchase anything from arts and crafts to mulled wine, and even your fresh Christmas tree. The little ones will have the opportunity to ride the carousel and post a letter to Santa. Children will be singing Christmas songs on small boats in the petite picturesque Venice. To find out more visit www.noel-colmar.com or www.colmar.ingenie.fr.

Ice skating

Now – Thu, Jan 1
Stuttgart, Wintertraum
 Grab your skates and bundle up for a day on the ice. You, friends and family can ice skate in Stuttgart at Wintertraum until January 1. Opening hours are 11 a.m. to 11 p.m. Children cost €3 (children under the age of 6 are free) and adults €6. For more information visit www.winter-stuttgart.de.

World Christmas circus

Now – Tue, Jan 6
Stuttgart, Cannstatter Wasen
 The traditional Weltweihnachtszirkus Stuttgart (World Christmas Circus) will take place at Cannstatter Wasen until January 6. It is part of the tradition, that winners of the "Golden Clown" prize from the Circus festival in Monte Carlo present their program in the Weltweihnachtszirkus. This year's highlight will be the world premiere of the biggest parrot show in the world with 50 birds. For more info tickets and dates see www.weltweihnachtszirkus.de.

Shadowland

Tue, Jan 6
München, Prinzregententheater
 Be fascinated by the American dance group Pilobolus showing their shadow theater München on January 6. With acrobatic tricks the dancers create the strangest figures with their bodies from elephants to castles behind movable canvases. The show tells the wonderful story about a teenage girl who wants to be treated as an adult but nobody understands her. In her dreams she experiences the hard life in Shadow Land, haunted by scary creatures. Hurry to get tickets at the starting price of €62 at www.eventim.de.

Festival of illusions

Fri, Jan 9 – Sun, Jan 11
Sindelfingen, Stadthalle
 The festival of illusions will take place at the Stadthalle Sindelfingen from January 9 to 11. National and international magicians will enchant the audience with exclusive shows by mentalists and illusionists. The shows start at 8 p.m. on Friday and Saturday, and at

3 p.m. on Sunday. Tickets from €18 can be purchased at Easyticket. For more info see www.festival-der-illusionen.de.

Steiff museum exhibition

Now – Sun, Jan 11
Giengen an der Brenz, Steiff Museum
 The Steiff museum has an exhibition for toys by the brand "Steiff" which will be shown only until January 11 due to remodeling. This brand has been very popular with children and collectors for more than 100 years. See the first toy made of felt by Magarethe Steiff, a cute elephant, "Teddy" the most famous cuddly toy in the world and a huge caravan of life size toys. For more info see www.steiff.com.

CMT Vacation Exhibition

Sat, Jan 17 – Sun, Jan 25
Stuttgart, Messe Stuttgart
 Visit the "CMT Urlaubs-Messe" (holiday fair), the world's biggest fair for tourism and leisure at the Landesmesse Stuttgart from January 17 to 25. More than 2,000 exhibitors from 100 countries will present new trends, hotels and foreign cultures. Discover new travel destinations from city and adventure trips to luxury beach holidays and experience the culture of this year's partner countries Romania, the Seychelles and the region Kvarner in Croatia. For more info see www.messe-stuttgart.de.

Tao – The Samurai of the Drum

Mon, Jan 19
Stuttgart, Theaterhaus
 Experience a unique mix of traditional drumming and exciting choreography by the successful Wadaiko ensemble "TAO – The Samurai of the Drums" at the

Theaterhaus Stuttgart on January 19. The Japanese ensemble has already enthralled more than 6 million people in 20 countries with the combination of traditional and modern rhythms. For more info and tickets visit www.eventim.com.

SPORTS

New Year's run

Wed, Dec 31
Backnang, Marktstrasse
 What better way to stay fit than to join the New Year's run on December 31 in Backnang. If you are looking to join, the registration deadline is December 22. Should you miss the deadline why not just come as a spectator. The main run is 10 km long and the mini marathon is 2.5 km. The run starts at 11 a.m. For more information visit www.backnang-silverlauf.de

Ice hockey

Fri, Jan 2
Stuttgart, Eiswelt
 See an exciting ice hockey game between the Stuttgart Rebels and EHC Zweibrücken on January 2 at 8 p.m. Ticket prices start at €8. For more info see www.stuttgarter-ec.de.

CONCERTS

Queen and Adam Lambert

Fri, Feb 13
Stuttgart, Hanns-Martin-Schleyerhalle
 Queen and Adam Lambert join forces. See how Queen and Adam combine the music style from today and add a new twist to songs by Queen. Ticket prices start at €79.55. The show starts at 8 p.m. For more information visit www.eventim.de

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Rayman Raving Rabbits, Wii game, perfect condition, like new! €10, copongracz@gmail.com, **See pics on class-world.com

SmackDown vs. Raw 2010, Wii game, like new!, €12, ccopongracz@gmail.com **See pics on class-world.com

Steering wheel "Microsoft Side-winder Force Feedback" for your PC! Love to play auto games? Wanna feel like yr r driving for real? Then dont miss this!, pics on class-world.com, €20, copongracz@gmail.com **See pics on class-world.com

Super Mario Galaxy, Wii game, perfect condition, like new! €15, copongracz@gmail.com **See pics on class-world.com

The Bigs Baseball, Wii Game, perfect condition, like new! €8, coemser@gmail.com **See pics on class-world.com

The Bigs2 Baseball, Wii game, perfect condition, like new!, €10, copongracz@gmail.com **See pics on class-world.com

Aeropostale long sleeve. Pink. On the front are pictures of peaces signs and the label name is shown. Size M. Barley worn. Good condition. For pics see www.class-world.com. €9. jani.na.wuttke@gmx.de

Beautiful hand-made felt shoulder bag in purple with flower design, medium size, jenniferwilking@hotmail.com

Bicycle Trailer, for 2 kids, rarely used, excellent condition, suitable for all bikes, €50, for pics go to class-world.com, jenniferwilking@hotmail.com,

Black knitted pullover. Size XS but fits also for size M. €5. See www.class-world.com for pictures. janina.wuttke@gmx.de

Bracelet - Brown, handmade! Beautiful accessory for any ocaton, any outfit. Treat yourself to something nice or bring a smile to your best girl friends. €10, copongracz@gmail.com, pics on class-world.com

Bracelet - Gray/Black, handmade. Beautiful accessory for any ocaton, any outfit. Treat yourself to something nice or bring a smile to your best girl friends. €10, copongracz@gmail.com, pics on class-world.com

Bracelet, gold plated and silver with small stones between. Worn once for a Xmas party. €10, for pics please see class-world.com, s.vogl75@web.de

Dark green Roxy Jeans. Size 30. Find pictures at www.class-world.com. €10. janina.wuttke@gmx.de

Caution: Some Classified ads have become a target for scams. Please be cautious if potential buyers offer you payment methods other than cash.

Alarm lock for scooter, €10, see pic at www.class-world.com, contact Jacky 0179/5352827

Scooter helmet, black €10, size S/M, see pics at www.class-world.com. Contact Jacky at 0179-5352827

Scooter helmet, white, size S/M, see pics at www.class-world.com, for pick up only, €25 - Call Jacky 0179 - 535 282 27

ANNOUNCEMENTS
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Canon Legria HFR26 PAL HD Camcorder 28X zoom, It's in mint condition never dropped or scratch. I am selling because I barely use it. It has 2 SD card slots. Battery life is alright but you can pick up a 2nd cheap \$200, ss2day@gmail.com.

Metal Slug Anthology, Wii game, played once, perfect condition - like new!, €15, copongracz@gmail.com **See pics on class-world.com

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GAP Sweatshirt: Perfect condition, like new. Size small., €5, coemser@gmail.com

Green suade handbag. With three compartments. Zipper top. \$20 017622987498 please leave a message if I do not answer. isabell_1_98@yahoo.com

Handbag "Alexander": Brown, leather bag, hardly used, perfect condition! €8, pics on class-world.com, copongracz@gmail.com

Handbag "clutch style": Love to go out and dont want to use a big handbag? Dont miss out on this small, black bag. Perfect for going out at night!, €3, pics on class-world.com, copongracz@gmail.com

Handbag: Classy black leather bag. Hardly used, perfect condition!, pics on class-world.com, €15, copongracz@gmail.com

Handbag "Esprit brand": Small bad, black leather, ideal if you only need to carry few things around with you like purse, cell phone etc., €5, pics on class-world.com, copongracz@gmail.com

Hollister strapless top. White color, size M. With ribbons to tie a bow on the back. €15. For pics see www.class-world.com. Contact janina.wuttke@gmx.de

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Long necklace with a heart & butterfly pendant, different stones. For pics please see www.class-world.com, €5, s.vogl75@web.de

Men's Mountain Bike - like new! \$75, gbutter503@gmail.com, bought new for \$110 from PX in Aug during TDY assignment, only used twice. Like new, comes with bike pump. Perfect for teenage and up.

Necklace with a cross pendant, color is bronze/brown, for pics please see www.class-world.com, €5, s.vogl75@web.de

Necklace, fashion jewelry, black, different pearls & stones, \$5, s.vogl75@web.de

Need a special Christmas Present for that special collector a Beautiful The United States Commemorative Presidential Collection, \$90.00, spvendor@gmail.com,

Nice dark brown leather Jacket, size S, perfect condition, 150€, s.vogl75@web.de

Nice necklace with heart-pendant in silver. New, nether worn. For picture please see class-world.com. €5, s.vogl75@web.de

Numbers book, Vibrate color story book for children learning to count. Good condition, €3, isabell_1_98@yahoo.com

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

Oversized Cardigan from Review. Black and white stripes. For pictures visit www.class-world.com. €10. janina.wuttke@gmx.de

Peavey bass guitar, Wooden bass guitar from Peavey. Location Rodenbach. Only serious inquiries please. 35", neck-through body, claro walnut top back & headstock veneer, 2vfl active pickups, hipshot hardware, case included, Isabell_1_98@yahoo.com

Pmauriat PMSA 86 UL alto sax, \$2100, alexd4life@yahoo.com,

Pumps, black, hardly worn, great condition, size 9M!, €5, pics on class-world.com, copongracz@gmail.com, pics on class-world.com

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SALE FOR SALE

All ads and pics on [class-world.com](http://www.class-world.com)

Sandals "Anne Klein": Classy s..., Sandals "Anne Klein": Classy shoes, brown leather, great to wear at work or for going out at night. Only slight signs of usage. Size 9M, €5, pics on class-world.com, coemser@gmail.com

Set of three pink vases, different shapes but matching in color, perfect for shabby-chic feature or to upcycle. €10, jenniferwilking@hotmail.com

Shamballa Bracelet - Black/Gray, handmade, adjustable in size, fits almost every wrist. Beautiful accessory for any occasion, any outfit. Treat yourself to something nice or bring a smile to your best girl friends. €12, copongracz@gmail.com

Shamballa Bracelet - Brown/Creme, handmade, adjustable in size, fits almost every wrist. Beautiful accessory for any occasion, any outfit. Treat yourself to something nice or bring a smile to your best girl friends. €15, copongracz@gmail.com

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

Shamballa Bracelet - Lilac/white, handmade, adjustable in size, fits almost every wrist. Beautiful accessory for any occasion, any outfit. Treat yourself to something nice or bring a smile to your best girl friends. €10, coemser@gmail.com

Shamballa Bracelet - Purple/white, handmade, adjustable in size, fits almost every wrist. Beautiful accessory for any occasion, any outfit. Treat yourself to something nice or bring a smile to your best girl friends. €10, copongracz@gmail.com

Striped hand-made felt shoulder bag, large, trend colors, perfect gift, €30, for pics see class-world.com jenniferwilking@hotmail.com

The Notebook from Nicholas Sparks - wonderful book!, €2, pic on class-world.com, copongracz@gmail.com

Transportation Box "Skudo IATA", Size 4 (L 68cm, B 48cm, H 51cm) Brand NEW, still in box not even opened as I ordered 2, \$50, for more details go to <http://www.petobel.de/nobby-transport-box-skudo-iata-grau-no000210032401> s.vogl75@web.de

T-Shirt "America", perfect condition, like new, size small! €5, copongracz@gmail.com ***pics on class-world.com

Various music CDs for sale, all from the 2000er years. Single CDs from Nelly Furtado, Christina Aguilera etc. for €3, music samplers like Bravo Hits and The Dome €4. For a picture of the selection see www.class-world.com. Contact janina.wuttke@gmx.de

Wetsuit - Shorty, Women, black/orange, size small, fast drying, €15, for pics please see class-world.com s.vogl75@web.de

FURNITURE

All ads and pics on [class-world.com](http://www.class-world.com)

Beautiful China cabinet with two adjustable glass shelves and two draws. bwg58@icloud.com

Clock, \$170.00, spvendor@gmail.com,

Hummel figurine, 2 original Hummel figurines like new, no scratches, no marks. See pics at www.class-world.com. numbers: 141/I & 142/II – each €100 – buy both for €180 – contact Mary at 0171-6934512

Queen Sleeper Sofa, \$50, ca hilldd@yahoo.com, call 0035226361883 for details

Roll top computer desk, solid oak, €1500, or best offer. Sembach Area pls call 06302 5554 - Answering Machine or 0157 36124923

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FURNITURE

All ads and pics on class-world.com

Sideboard, grey/silver from Möbel Martin, has some scratches and marks, for pick-up only, see pics at www.class-world.com - €20. Contact Jacky at 0179 - 535 28 27

Mini Schnauzers for Adoption, 2 female and 2 male. Owner of the mother and father, both A.K.C. Will be ready for a new home by Dec. 20th and will have all shots up to 8 weeks. \$700, 015118982240

Registered Bulldog puppies Ready now, €500, coolbaby557@gmail.com,

Transportation Box "Skudo IA-TA", Size 4 (L 68cm, B 48cm, H 51cm) Brand NEW, still in box not even opened as I ordered 2, \$50, for more details go to <http://www.petobel.de/nobby-transport-box-skudo-iata-grau-no000210032401> s.vog175@web.de

Large Dog Carrier, \$150, 48"L x 32"W x 35"H. Only used once. Paid \$225 at PetSmart. Near Ramstein. trvloenen@gmail.com

classified world
Your German-American flea market
www.class-world.eu

Dog Kennel, \$100, cahilldd@yahoo.com, call 0035226361883 for details.

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www.finditguide.com



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VERNISSAGE THURSDAY – 5 P.M.

ANTIQUÉ & ART

International exhibition for antiques and contemporary art

Jan. 15-18, 2015
Messe Sindelfingen

Thu 5 – 9 p.m., Fri-Sun 11 a.m. – 6 p.m.

www.antik-kunst-messe.de

The Antique and Art show will be taking place at Messe Sindelfingen, from the 15 - 18 January 2015. This will be an inspiring combination of antiques and contemporary art exhibited over two floors. On the ground floor of the fair, art of the past will come to life, with high quality antique jewelry, elegant furniture, china, antique art and many other exciting treasures for the visitors. Judging by recognized experts ensures top security when purchasing from the fair.

Upstairs offers an exclusive collection of over 300 original works by the eccentric Spanish artist Salvador Dali. An aesthetic highlight is the "Art Trilogy" on Saturday. Fair visitors will get a free tour of three galleries and museums close by in a stylish classic bus with exclusive tours on site. The tour starts on Saturday, 17 January at 6 p.m. at the main entrance of the Messe Sindelfingen.

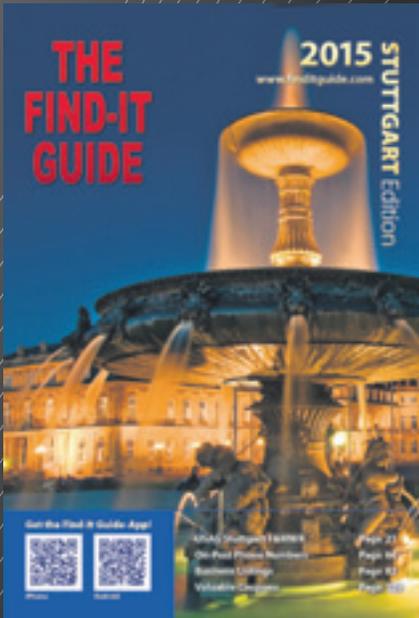
A piece of royal furniture: the precious desk, exhibited by Georg Britsch, was custom-made for the first king of Württemberg King Friedrich Wilhelm Karl for use at the Neuen Schloss Stuttgart.



Messe Sindelfingen
Mahdentalstr. 116
D-71065 Sindelfingen
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