

**FEATURE**

**AVOID FINES**  
with an international  
driver's license. — **PAGE**



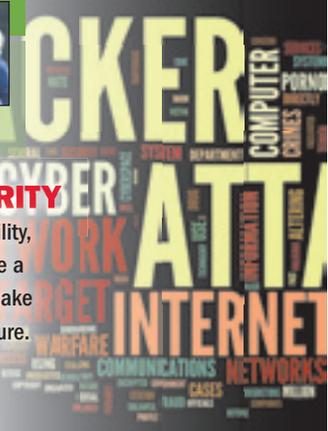
**NEWS**

**HIRING OUR HEROES**  
helps service members  
find meaningful employment. — **PAGE 3**



**FEATURE**

**PHS ATHLETES**  
stay 'classy' during  
final fall season. — **PAGE 10**



# The Citizen

**CYBERSECURITY**  
is a shared responsibility,  
and everyone can take a  
few simple steps to make  
the Internet more secure.  
— **PAGE 8**



## German sausages — more than just brats

Mannfred Hähle, master butcher and proprietor of Hähle Butcher and Catering in Böblingen, displays a tray overflowing with smoked sausages, bratwursts and the local regional favorite, Seitenwurst, which is very similar to the frankfurter. For a primer on the sometimes adventurous culinary world of German sausage, see our feature this week on page 12. — *Photo by Greg Jones, USAG Stuttgart Public Affairs Office.*

**OPINION: CHILDHOOD TRAUMA**  
Preventing child maltreatment and domestic abuse is everyone's business in the Stuttgart military community. — **PAGE 2**

**ASK A JAG: CELL PHONES**  
Should you sign a contract for a cell phone or choose pay as you go? The Stuttgart Law Center gives you the rundown. — **PAGE 5**

**HEALTH: BREAST CANCER**  
Breast cancer is the second most common kind of cancer in women. About 1 in 8 U.S. women will get breast cancer at some point. — **PAGE 9**

**SAFETY: CHILD RESTRAINTS**  
Are you familiar with the German safety laws governing child restraint devices for privately owned vehicles? — **PAGE 10**



### European daylight saving time ends Oct. 26

Most of Europe will move its clocks back one hour when daylight saving time ends Sunday, Oct. 26. In Germany, daylight saving time ends at 3 a.m. local time (set clocks to 2 a.m.). In the U.S., daylight saving time will end Nov. 2 at 2 a.m.

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**Col. John P. Stalk**  
U.S. Army Garrison Stuttgart Commander

**R. Slade Walters**  
Director of Public Affairs

**S.J. Grady**  
Command Information Chief/Managing Editor

**Greg Jones**      **Carola Meusel**  
Writer              Writer

**USAG Stuttgart Public Affairs Office**  
Building 2949, Panzer Kaserne

**Army Post Office Mailing Address:**  
Unit 30401, APO AE 09107

**German Mailing Address:**  
Panzer Kaserne, Geb. 2949, 3rd Floor, Panzerstrasse,  
71032 Böblingen

**Telephone:** +49 (0)7031-15-3105, DSN 431-3105  
**Fax:** +49 (0)7031-15-3096, DSN 431-3096  
**Email:** editorial@stuttgartcitizen.com

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**John Thompson**  
Managing Director  
Telephone: +49 (0) 631-3033-5530  
Email: john@advantipro.de

**Corinna Emser**  
Production Manager

**Newspaper Layout/Designer**  
**Alexander Pütz**  
Dipl. Designer (FH/University of applied sciences)

**Display Advertising Contact**  
**Jaqueline Samad**  
Telephone: +49 (0) 631-3033-5537  
Email: ads@stuttgartcitizen.com

**Classified Advertising Contact**  
**Janina Wuttke**  
Telephone: +49 (0) 631-3033-5531  
Website: www.class-world.com

**Mailing Address:**  
AdvantiPro GmbH  
Europaallee 3  
67657 Kaiserslautern

# Nurturing relationships essential to preventing child maltreatment

**Commentary by Sonia Greer**  
USAG Stuttgart Army Community Service

In recognition of October as Domestic Abuse Awareness Month, U.S. Army Garrison Stuttgart's Army Community Service and the Family Advocacy Program would like to remind the community about the significance of a multifaceted approach in supporting a healthy family unit.

Research shows that families are happiest when the following protective factors are in place:

- Supportive family environment;
- Nurturing parenting skills with consistent household discipline;
- Stable family relationships;
- Adequate access to health care and social services; and
- Communities that support parents and take a vested interest in preventing child abuse.

To ensure our community's continued strength and resilience, we want to encourage families to reevaluate their relationships. Do you have the healthiest approach in regards to your family dynamics? Are you aware of the affect that exposure to unhealthy relationships has on your children and the impact that exposure can have on their attitudes about healthy relationships?

Are your fostering self sufficiency and healthy habits in your personal and family life?

Preventing child maltreatment and domestic abuse is everyone's business in the Stuttgart military community. Adverse child experiences have the

lifetime of the traumatized children. The researchers based their calculations on only confirmed cases of physical, sexual and verbal abuse and neglect, which child maltreatment experts say is a small percentage of what actually occurs.

## Preventing child maltreatment and domestic abuse is everyone's business in the Stuttgart military community.

propensity to impact a young person long after the harmful exposure has been resolved. Trauma in the early years and adolescence can correlate to social, emotional and cognitive impairment which can increase the likelihood of health risk behaviors for our youth. Adverse child experiences research also links youth who are exposed to risky behaviors well into adulthood at an elevated risk for repeat exposure to violence, criminal activity and chronic illness as a result.

According to the Centers for Disease Control and Prevention, just one year of confirmed cases of child maltreatment costs \$124 billion over

Healthy relationships start at home and Family Advocacy can offer support with various life enrichment programs. Our services include new parent support through home visitation, couples enrichment, parenting education and healthy ways to manage emotions.

*If you want more information about building resiliency through education on an individual or organizational level, call ACS at 431-3362/civ. 07031-15-3362. For more information on the impact of child trauma on our society, visit the CDC website at [www.cdc.gov/violenceprevention/childmaltreatment/consequences.html](http://www.cdc.gov/violenceprevention/childmaltreatment/consequences.html).*

# Send Your Vote Home

Make sure you mail your absentee ballot today!

[www.fvap.gov](http://www.fvap.gov)



Veterans and National Guard and Reserve job seekers meet with representatives of more than 90 companies seeking to hire veterans and reserve forces members during a Hire Our Heroes job fair in New York last year. Hiring our Heroes is a U.S. Chamber of Commerce program that brings together private industry and government agencies to focus on connecting transitioning service members and vets with employment opportunities. — *Photo by Maj. Alvin Phillips, New York Army National Guard.*

## ‘Hiring Our Heroes’ job fairs to come to Germany

USAG Stuttgart Public Affairs Office

Hiring Our Heroes, a nationwide initiative to help veterans, transitioning service members and military spouses find meaningful employment, will sponsor its first hiring events outside of the U.S. next month.

A European Theater Transition Summit will be held at Ramstein Air Base Nov. 3 and at U.S. Army Garrison Bavaria in Grafenwöhr Nov. 5-6.

The summit at Ramstein will be held in the Ramstein Officer's Club and starts at 9 a.m. A networking reception follows at 4:30 p.m.

USAG Bavaria's event will be held in Building 134 and starts Nov. 5 at 5 p.m. with the transition summit and networking reception, and continues

on Nov. 6 at 10 a.m. and includes the hiring fair.

The summits are hosted in partnership with the U.S. Chamber of Commerce Foundation's Hiring Our Heroes program, the U.S. Department of Veterans Affairs, the U.S. Department of Labor, the U.S. Department of Defense, the U.S. Air Force, the U.S. Army, and the American Chamber of Commerce-European Union.

Each summit will feature seminars, roundtables, panel events, recruiter training, networking opportunities, and facilitated discussions focused on supporting service members, veterans and military spouses as they better position themselves to compete for employment opportunities.

Each will culminate with a Hiring

Our Heroes job fair, where service men and women will be given the opportunity to step into video interviewing booths, “tell their story” and demonstrate to employers why they will be a great fit for a potential job opportunity.

“This marks an extraordinary step for Hiring Our Heroes, to be able to help the men and women who are serving our country thousands of miles from home,” said Eric Eversole, vice president at the U.S. Chamber and executive director of Hiring Our Heroes. “Transitioning from the military is made even more challenging when you’ve been serving abroad, and these summits will go a long way toward helping service members and their spouses with that process.”

According to a U.S. Chamber of Commerce Foundation Program release, the summits are designed to educate recruiters and community leaders on best practices in recruiting and retaining military employees, while also helping service members and military spouses prepare for the civilian workforce.

Previous summits have been held in Fort Bliss, Texas; Fort Campbell, Ky.; Fort Bragg, N.C.; and Camp Pendleton, Calif., reaching more than 4,000 transitioning service members, veterans, and military spouses. A summit at Joint Base Lewis-McChord, Wash., is scheduled for Oct. 21-23.

*For more information and to register, visit [www.uschamberfoundation.org/event/eucom](http://www.uschamberfoundation.org/event/eucom).*

### News & Notes

#### Off-post uniform policy changes

A change to the U.S. Army Garrison Stuttgart Off-Post Uniform Wear effective Oct. 10 means that service members are no longer permitted to eat meals off-post while in uniform. The purpose is to reduce the U.S. military signature off post and prevent service members from being targeted by lone wolf terrorists or terrorist groups.

This policy applies to all Department of Defense personnel assigned, attached, or in transit in the

USAG Stuttgart area of responsibility.

To read the complete policy, visit [www.stuttgart.army.mil](http://www.stuttgart.army.mil) and follow the “Command Policies” link.

#### AFN conducts streaming, video-on-demand survey

In addition to the television services the U.S. military has grown accustomed to receiving from the American Forces Network, AFN is now in the exploratory stage of also delivering programming to its audience via the mobile experience; streaming and on-demand services.

As this is a major undertaking, AFN has posted a short questionnaire at [www.myafn.net](http://www.myafn.net) to determine

audience viewing habits, preferences, and their current capability to receive a streamed and/or AFN video-on-demand service.

The questionnaire takes less than five minutes to answer and is available through Oct. 24.

#### Girl Scout Gold Award

Kayla Reagan, a former Patch High School student and Girl Scout Troop # 009 member who relocated to the U.S. over the summer, was recently awarded the Girl Scout Gold Award.

The Gold Award represents the highest achievement in Girl Scouting, recognizing girls who demonstrate extraordinary leadership through

projects that have sustainable impact in their communities.

Reagan's service project involved cleaning up the Patch Barracks dog park, holding a dog jog 5K fun run, and creating a YouTube video about dog care.

#### USAREUR band and chorus to perform Oct. 17

The U.S. Army Europe band and chorus will perform a fall concert Oct. 17 at 7 p.m. at the “Das K” Kulturzentrum at Stuttgarter Strasse 65, 70806 Kornwestheim.

Tickets are €12 and can be purchased at the door or online at [www.reservix.de](http://www.reservix.de).

## Celebrating Hispanic culture



Dancers with the Adelitas Tapatias Dance Group perform a traditional dance during U.S. Army Garrison Stuttgart's Hispanic Heritage Month observance Oct. 7 at Patch Fitness Center. The observance included informative cultural displays, a display of flags, dance demonstrations, a food sampling and comments delivered by guest speaker Air Force Col. Isacc Davidson, chief of U.S. European Command's Personnel Strength Division. — *Photo by Greg Jones, USAG Stuttgart Public Affairs Office.*

## Schools to observe Red Ribbon Week Oct. 23-31

USAG Stuttgart Public Affairs Office

Red Ribbon Week, October 23-31, is the nation's oldest and largest drug prevention awareness program.

Red Ribbon Week started in 1985 after the death of Drug Enforcement Agency Special Agent Enrique Camarena who was brutally murdered by Mexican drug traffickers he was investigating.

Today, millions of children wear red ribbons in honor of Camarena and pledge to live drug free.

In U.S. Army Garrison Stuttgart the Army Substance Abuse Program, Adolescent Support and Counseling Service counselors and School Liaison Officers will team up with the local schools to host events designed to increase awareness of the destruction caused by alcohol, tobacco, other drug abuse and violence, educate on ways to avoid using alcohol and other drugs and alert families and community members to programs and services available in the community to treat substance abuse problems.

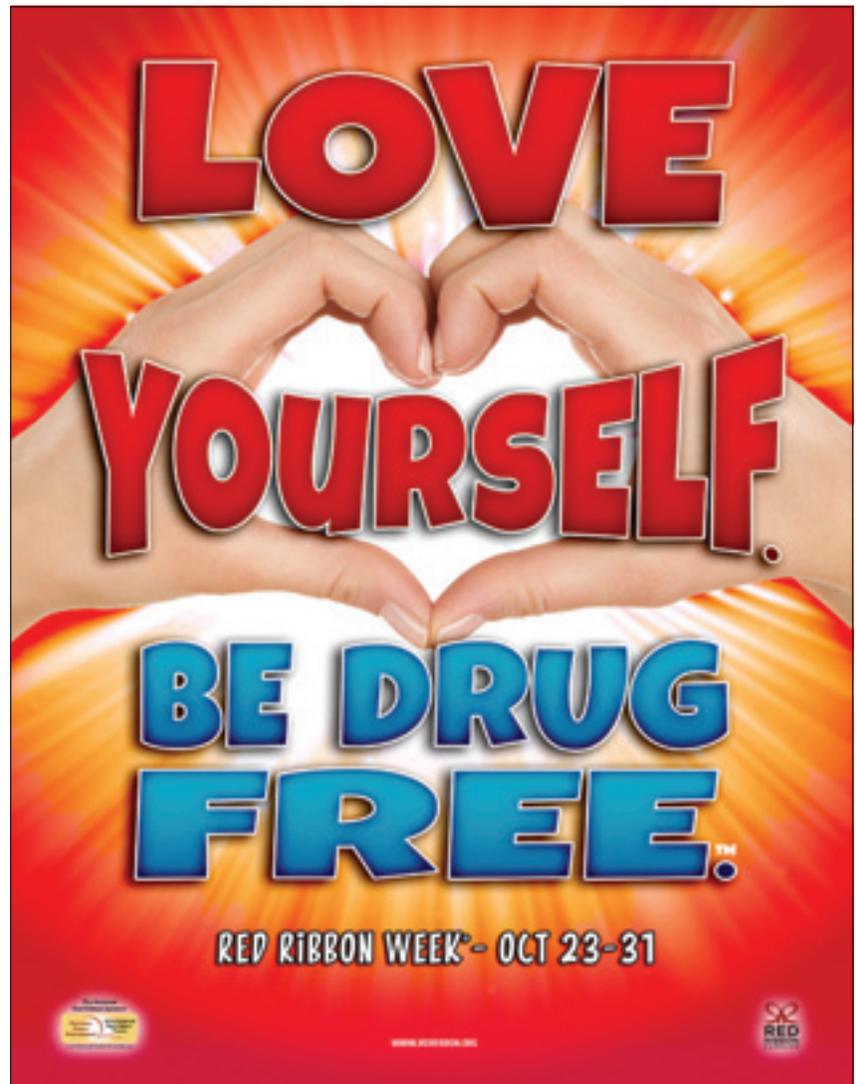
"We hope to tie in evidence-based research and education with fun, interactive activities to make learning fun," said Emilie Reed, an ASACS counselor who works with Patch High

School students and middle school students at Böblingen Elementary/Middle School.

According to Reed, parents can use Red Ribbon Week as a way to start a conversation with their children about drugs and alcohol.

She and the other ASACS counselors offer the following tips for parents to increase the protective factors to help keep teens free from alcohol and other drugs:

- Be available and talk openly with your child about his/her problems.
- Spend quality time as a family and get help for problems that arise.
- Set clear rules and limits with children about where they can go and who they can be with.
- Monitor your children's activities and peers.
- Provide clear, consistent discipline without being too extreme.
- Show your child empathy and help them form positive values.
- Support and be actively involved in your child's education.
- Encourage your children to try their best in school and plan for the future.
- Encourage your kids to actively participate in their school's Red Ribbon activities.



# Traveling? International licenses recommended

## Three quick stops, and €21 could save you €500 on your next road trip

By Greg Jones  
USAG Stuttgart Public Affairs Office

Although it is commonly known as an "international license," the international driver's certificate is not really a license in its own right, but rather an international verification that the holder has a license that is valid and accepted by the European Union.

Regardless of whether it is a license or not, having one is definitely worth the effort, since being caught without the certificate can cost as much as €500, according to Emmanuel Redeit, the supervisor of the Stuttgart Driver's Testing and License Office. He said the current fee for the international license is €16.

"We have had some drivers get

fined €500 in France for driving without a license," he said. "It's very expensive, and the international license costs less than €20, and there is no test involved."

The process of obtaining an international license is not difficult and can be completed with brief stops at three locations that should take most people just a couple of hours one weekday morning or afternoon. Although the driver's testing office helps with the process, the certificate is actually issued at local city offices throughout the Stuttgart area.

To get an international license one must first hold a U.S. Army Europe Certificate of License, commonly known as a USAREUR driver's license, (though this also is not a license, but rather a certificate of license). It is important to note that you must be in possession of your permanent, hard plastic USAREUR license, not the temporary paper license issued at the time of testing.

USAREUR license holders can start the process of getting an international license at the Stuttgart Driver's Testing Office on the third floor of Building 2913 on Panzer Kaserne. The staff will complete and stamp a form that serves as an application for an international license. Applicants must provide a German mailing address, not an Army Post Office address. For incoming personnel still residing at a hotel, the hotel address is acceptable.

The staff will also provide information

sheets about the various issuing offices throughout the Stuttgart area. These information sheets have driving directions, maps, contact numbers and opening hours for each location.

The next thing needed is a passport photo. These can be obtained at a number of local businesses, but the easiest location for most is right across the street from the driver's testing office, at the photo booth at the Panzer Exchange. Photos cost €5 and can be obtained on the spot.

Finally, with the application and passport photos in hand, you can head to the local city office in your area and obtain your international license. As long as the office is not too busy, the process usually takes about 10 to 20 minutes, and you walk out with an international license. Calling the office ahead of time to confirm opening hours, or possibly to make an appointment, is recommended.

Going through this process can save a lot of money and frustration in the long run for personnel driving internationally. Technically speaking, the USAREUR license is supposed to be accepted in 25 NATO countries, including most of those in which drivers have had problems in the past. In all practicality though, it is easy for a driver to get cited and fined by local law enforcement in any of these countries, and the process of trying to fight the legal fight is probably not worth it, according to Redeit, who as the

driver's testing supervisor, gets reports from drivers on a regular basis about this issue.

"You could be driving in France, for example, and get pulled over by a police officer who doesn't read English or German," he said. "Although technically your USAREUR license should be good enough, he might fine you because he doesn't recognize the license. For less than €20 and 20 minutes, it's just easier to get the international license and save the trouble."

### 1) USAREUR driver's license

—You must have your U.S. Army Europe Certificate of License before applying for an international license

—NOTE: You must have the actual hard plastic license, not the temporary paper certificate issued at time of testing.

### 2) Application form

— filled out and stamped by the Stuttgart Driver's Testing and License Office. (Make sure to provide a German mailing address, not an APO.)

### 3) Passport Photos (two)

—the quickest and easiest way to get these is probably at the Panzer Exchange, right across the street from the driver's testing office.

## Ask a JAG

Stuttgart Law Center

**Q: I need to get a personal cell phone. Should I sign a contract or buy a prepaid phone?**

**A:** From a legal perspective, your safest bet is to buy a prepaid phone because you won't form a binding legal relationship with your provider. However, your personal needs may warrant a contract that can save you money in the long run, especially if you want a smart phone. Be careful though, as there are some common pitfalls.

Under German law, a contract renews automatically unless a party cancels it. You'll make an expensive mistake if you assume that a two-year contract, which just covers your tour in Germany, lasts for only two years. The two-year period means simply that neither party is allowed to

cancel for the first two years. Normally, you can cancel the contract with written notice at least three months before the contract is up for renewal. In fact, you could submit your cancellation notice on the first day of the contract, but if you wait until the last day you'll be on the hook for another year. We see this issue with other contracts too, including Bahncards, and Internet and home phone providers.

You could also find yourself in a jam if you lose or break your phone, as this does not release you from your contractual obligations or allow you to cancel the contract early. Also, the company will probably replace the SIM card for a fee, but you'll have to buy a new phone unless you had insurance that will pay for it.

We recommend for several reasons that you carefully read any contract before signing it. First, the companies

change their contracts constantly, offering promotions but sometimes also charging fees or limiting your ability to cancel. Second, you cannot rely on what the salesperson tells you, especially if it conflicts with a clause of the contract. Third, you'll be held to the terms of the contract, whether you read and understand it or not. Take the time to get it translated if necessary, and make sure you know what you're signing. Last, and perhaps most important, if the contract is only in German or has provisions that are only in German, make sure you find out what it says. It is not a defense that you did not understand a contract because it was in another language ... we are in Germany after all.

Finally, don't assume you'll be able to terminate the contract early with military orders. Here in Germany, without the protections of the Servicemembers Civil

Relief Act, you're left with the terms of your individual contract. Some contracts contain a military clause, but most do not. Although some cell phone providers will allow a customer to cancel if they are moving to another country where the cell service is not available, many German companies have businesses overseas and will not allow you to cancel because your phone will also work, for instance, in the United States.

In summary, your decision depends on your individual needs and circumstances. You might save money using a contract, but make sure you know what you're getting into.

**Editor's Note: Do you have a legal question you would like to see answered in a future edition of The Citizen? If so, contact "Ask a JAG" at [ines.k.liefers2@mail.mil](mailto:ines.k.liefers2@mail.mil).**



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\*Please contact us for times and locations or visit our website



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SUNDAY EVENINGS 5:00PM



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A PLACE YOU CAN CALL HOME



**CYBERSECURITY AWARENESS OCT. 27**

The Army Europe Information Technology Training program will offer two free cybersecurity awareness briefings Oct. 27 in the Patch Theater. A morning session will be held from 9-11 a.m. and an afternoon session from 1-3 p.m.

Attendees will learn how to take charge of their online safety by protecting personal information; creating strong, secure passwords; using security software; and understanding how data is shared.

The briefings are open to service members, department of defense civilian employees, contractors and family members.

For more information, call AE-ITT at 431-3103 / 07031-15-3105.

**WIC TO HOST KIDS IN THE KITCHEN OCT. 24**

Children ages 3 to 5 and their parents are invited to join the Women, Infants and Children program for a morning of storytelling, prizes and "cooking" Oct. 24 from 10-11 a.m.

Kids in the Kitchen will be held in the United Service Organizations kitchen in Building 2915 on Panzer Kaserne. Participants do not need to be WIC recipients to attend. Space is limited.

For more information and to reserve a spot, call civ. 07031-15-3351.

**REPORT ON-POST DUMPING**

Stuttgart military community members living off-post are not allowed to dispose of garbage or recyclables on any U.S. Army Garrison Stuttgart installation.

This applies to all military, civilian, local national and contractor personnel, as well as family members who live off-post.

For civilians who violate the policy, administrative actions range from a warning letter from the garrison commander to a bar to the installation. Military personnel are subject to the Uniform Code of Military Justice.

While on-post trash collection points are monitored by Military Police patrols, community members are encouraged to report violators by notifying the MP Desk Sergeant with the offender's license plate and the location of the offense. Call 430-5262/civ. 0711-680-5262 to report.

**SIGN UP FOR ATHOC ALERTS**

AtHoc is a telephonic alert system that can send a text message and phone call to large number of Department of Defense personnel in a short period of time. It is used to notify the DOD community assigned to U.S. Army Garrison Stuttgart's area of responsibility of emergency or crisis situations such as an active shooter, bomb threat or hazardous chemical spill.

AtHoc is not intended to be used for notifying the local community of weather alerts or demonstrations. This information is disseminated through the garrison Facebook page, online Citizen and via email to a unit's 24 hour desk Center.

AtHoc is intended to only be used for serious incidents that affect the safety and security of personnel within the USAG Stuttgart footprint.

Sign up for AtHoc alerts by contacting your unit's Antiterrorism Officer or by contacting the USAG Stuttgart Emergency Manager at 431-2032 / 07031-15-2032.

**OU OFFERS NEW MASTER'S DEGREE**

The Panzer Education Center has announced a new degree program for the Stuttgart military community; the University of Oklahoma will offer a Master of Education in Instructional Leadership and Academic Curriculum.

All courses will be taught on site at the Ed Center by professors from the University of Oklahoma, Norman campus.

Enrollment begins Nov. 3. For more information, contact the OU Stuttgart Site Director at the Education Center, Building 2915, Panzer Kaserne, or call 431-3304/civ. 07031-15-3304, or send an email to apstuttgart@ou.edu.

**DUE TO PCS?**

For those who plan to relocate to a new duty station this year, the U.S. Army Garrison Stuttgart Central Processing Facility will host permanent change of station/preseparation briefings on Nov. 19 and Dec. 17 at 1 p.m. in Building 2913 on Panzer Kaserne.

Service members and civilians departing should register to attend a briefing as soon as they know they are PCSing.

Information will be provided from agencies such as transportation, customs, health and dental clinic, Tricare, vehicle registration, housing and Army Community Service. Army

**Bible Church of Stuttgart**

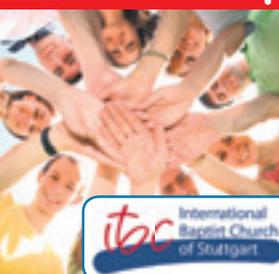
*Holding Forth the Word of Life Phil. 2:16*



Sunday School 9:30 a.m. Sunday Morning Worship 11:00 a.m.  
Fellowship Coffee 10:30 a.m. Thursday Prayer Meeting 7:00 p.m.

Pastor Bob Matthews | cell: 0176-567-34427 | office: 0711-93388243  
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personnel will also receive a briefing on finance issues.

All separating Army personnel must attend this briefing to receive pre-separation information. Advance registration is required.

For more information and to sign up, call 431-2599 / civ. 07031-15-2599.

**FEDERAL OPEN SEASON BRIEFING**

The Federal Benefits Open Season begins Nov. 10 and runs through Dec. 8.

The American Foreign Service Protective Association will hold an Open Season briefing for federal employees Oct. 22 from noon to 1 p.m. in the Patch Theater. Topics to be covered include how health care reform affects federal employees, qualifying life events, and federal employee health benefits program and initiatives.

Guidance on the Federal Flexible Spending Account Program, Federal Employees Dental and Vision Insurance Program and the Federal Employees Health Benefits Program are available online at [www.opm.gov](http://www.opm.gov).

**HALLOWEEN EVENTS**

This year, Halloween falls on Friday, Oct. 31.

The U.S. Army Garrison Stuttgart Directorate of Emergency Services has set the **Trick or Treat** hours for 5-8 p.m. for all on-post housing areas.

Better Opportunities for Single Service members will host a **haunted house** Oct. 30-31 at the Swabian Special Events Center. Ages 8-15 will be admitted from 6-7 p.m. Those 16 and over will be admitted from 8-9:30 p.m. The entrance fee is \$1 for 8-15, \$3 for 16 and over.

For more information on the haunted house, call 430-7136/0711-680-7136.

The Galaxy Bowling and Entertainment Center will host a **Halloween party for children** Oct. 25 from 2-4 p.m. Those in costume will get a free game of bowling and free shoe rental.

**TICKETS ON SALE FOR MARINE BALL**

The Stuttgart military community is invited to join U.S. Marine Corps Forces Europe and Africa for the 239th Marine Corps Birthday Ball to celebrate the Marine tradition of honor, courage and commitment Nov. 22 from 5 p.m. to 2 a.m. in Stuttgart.

Tickets are on sale through

Nov. 15. Cost for E1 to E is €50; E7 to O4, €60; O5 and above, and guests, retirees and civilians, €70.

For tickets, contact the Kelley Barracks representative at 421-5305; Panzer Kaserne representative at 431-2097/2243; or the Patch Barracks representative at 430-4983.

**DONATE BASKETS FOR SCSC AUCTION**

The Stuttgart Community Spouses' Club will hold its annual basket auction on Nov. 14 at 6 p.m. at the Patch Community Club.

Units, clubs and other organizations can get involved in this philanthropic event by designing and donating a themed basket that will be auctioned at the event. The proceeds will help the club provide grants and scholarships.

Donated baskets must be completed and delivered by Nov. 12.

Tickets to the event go on sale Oct. 22.

For more information, email [scsc.luncheons@gmail.com](mailto:scsc.luncheons@gmail.com) or visit [www.stuttgart-spousesclub.org](http://www.stuttgart-spousesclub.org).

Send your announcements to [editorial@stuttgartcitizen.com](mailto:editorial@stuttgartcitizen.com).

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# Breast cancer: know the risks



October is Breast Cancer Awareness Month. About 1 in 8 women born today in the United States will get breast cancer at some point. — Photo by Shutterstock.com

**Centers for Disease Control and Prevention**

Other than skin cancer, breast cancer is the most common cancer among American women. Getting mammograms regularly can lower the risk of dying from breast cancer. If you are 50 to 74 years old, be sure to have a screening mammogram every two years. If you are 40 to 49 years old, talk to your doctor about when to start and how often to get a screening mammogram.

**WHAT ARE THE SYMPTOMS?**

Different people have different warning signs for breast cancer. Some people do not have any signs or symptoms at all. A person may find out they have breast cancer after a routine mammogram.

**Some warning signs of breast cancer are:**

- New lump in the breast or underarm (armpit);
- Thickening or swelling of part of the breast;
- Irritation or dimpling of breast skin;
- Redness or flaky skin in the nipple area or the breast;
- Pulling in of the nipple or pain in the nipple area;
- Nipple discharge other than breast milk, including blood;
- Any change in the size or the shape of the breast;
- Pain in any area of the breast.

Keep in mind that some of

these warning signs can happen with other conditions that are not cancer.

**WHAT ARE THE RISK FACTORS?**

The main factors that influence your risk for breast cancer include being a woman, being older (most breast cancers are found in women who are 50 years old or older), and having changes in certain breast cancer genes (BRCA1 and BRCA2). In addition, studies have shown that some other factors may also influence your risk.

**Factors that decrease your risk**

- Being older when you first had your menstrual period;
- Starting menopause at an earlier age;
- Giving birth to more children, being younger at the birth of your first child, and breastfeeding your children;
- Getting regular exercise;
- Maintaining a healthy weight.

**Factors that increase your risk**

- Long-term use of hormone replacement therapy;
- Personal history of breast cancer or non-cancerous breast diseases;
- Family history of breast cancer (on either your mother's or father's side of the family);

- Treatment with radiation therapy to the breast/chest;
- Exposure to diethylstilbestrol (DES);
- Dense breasts by mammogram;
- Drinking alcohol;
- Night-shift work.

Most women who get breast cancer have no known risk factors and no history of the disease in their families.

Although breast cancer screening cannot prevent breast cancer, it can help find breast cancer early, when it is

easier to treat. Talk to your doctor about which breast cancer screening tests are right for you, and when you should have them.

For more information, visit [www.cdc.gov](http://www.cdc.gov).


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# Panthers strive to make final year a success

As the new high school on Panzer Kaserne is set to open next fall, Patch High School sports teams are doing their best to make their last year at Patch memorable before they must hang up those "PHS" uniforms for good.

With homecoming right around the corner, they are off to a fantastic start:

## GOLF

Sophomore Jordan Holifield now has two individual European championships under his belt, having won the 2014 championship Oct. 9 at Wiesbaden with 101 points.

The top players from Germany, Italy, England and Bahrain competed, but Jordan was not to be denied as he led the tournament from start to finish, winning by 10 modified Stableford points above the second place player, said Coach Phillip Carson.

The co-ed team of 22 golfers was captained by Holifield and seniors Alec Basgall, Candace Carson and Meredith Stuber, who provided excellent leadership by displaying integrity, discipline and example throughout the season, according to Carson.

## FOOTBALL

The Panthers started the season on a high, crushing Kaiserslautern 41-20. However, despite a heart breaking 45-0 loss against undefeated Ramstein Sept. 20, the Panthers bounced back to beat Vilseck 21-13 Oct. 4 in overtime, then trounced Lakenheath 51-7 Oct. 11.

This means the Panthers are currently tied for second place with Ramstein.

The Panthers have an excellent chance of getting to the Division I post-season playoff on Oct. 25. Win or lose however, senior captain Joshua Puentes said he is looking forward to "leading the guys out, victory or loss."

The Panthers are set to play undefeated Wiesbaden Oct. 18 for homecoming.

## TENNIS

The boys tennis team is undefeated



Panthers cornerback Jacob Milton (#89) keeps his eye on the prize during the game against Ramstein Sept. 20. — Photo by Jake Whitten, Patch High School.

so far, having soundly defeating Vilseck, Ansbach, Hohenfels, Ramstein and Kaiserslautern.

The Lady Panthers are 4-1, with a 3-6 loss against Ramstein Oct. 4.

"Perfect practice makes perfect. As long as they constantly improve, and they have the desire to improve, then winning will come," Coach Walter Fritz said.

The Panthers will face Black Forest Academy and Hohenfels at home Oct. 18. Europeans will be held in Wiesbaden Oct. 23-25.

## CROSS COUNTRY

Both the boys and girls teams are undefeated this year.

Last year, the boys placed first at the European Championships and are looking forward to repeating it this year.

"The focus is on getting faster," Coach Phillip Bailey said, and with a variety of workouts like hills, sprints, and distance days, the runners are doing just that.

Returning European champion Mitchell Bailey, a senior, has posted the third fastest time in Europe with a time of 16:56 Oct. 4 at Hohenfels.

Last year the Lady Panthers placed second in Europeans, and Coach Blake Little said he hopes to meet or beat that by "changing some of the workouts so

they do not become stagnant."

Lady Panther Julia Lockridge leads the pack in Europe so far with a time of 19:53 against at Hohenfels Oct. 4.

For the Oct. 18 homecoming Patch will host Kaiserslautern, Ansbach, Black Forest Academy, Bitburg and Baumholder. Europeans will be held Oct. 25 at Baumholder.

## VOLLEYBALL

The Lady Panthers, who placed third in Europeans last year, are currently in second place with a record of 8-1.

Coach Michael Rebino has big plans for the team. "The expectation is to get to the championship game. They are good enough ...," he said.

Of note, sophomore Janie Greenberg was selected as one of Stars and Stripes' Athletes of the Week for Sept. 29.

During homecoming, Patch will play host to the Black Forest Academy and Ramstein. Then the Lady Panthers are on the road to Wiesbaden for the final game of the regular season Oct. 25.

Europeans are scheduled Oct. 30 to Nov.1 and will be held in Kaiserslautern.

*Editor's Note: Megan Brown is a PHS career practicum intern who works for the USAG Stuttgart Public Affairs Office.*



PHS senior and golf co-captain Alec Basgall drives from the first hole during a home match against Vilseck and Kaiserslautern at the Stuttgart Golf Course in Kornwestheim Sept. 25. — Photo by Greg Jones, USAG Stuttgart Public Affairs Office.



Lady Panther Julia Lockridge leads the team to victory during a match with Vilseck, Ansbach and Hohenfels at Hohenfels Oct. 4. Both the boys and girls cross-country teams are undefeated this year — Photo courtesy Patch High School.

## Child Safety Seats

German law states that children 12 years old or younger, or shorter than 150 centimeters (4 feet, 11 inches), are required to use suitable child-restraint devices that have been approved by either the ECE-R 44/03, ECE-R 44/04, or Department of Transportation when these children are transported in a personally owned

vehicle. Children must be seated in a rear seat if the POV has one.

Children under 13 years old who weigh more than 22 kilograms (48 pounds) will use booster seats or other suitable approved devices designed for use with a vehicle's three-point (lap and shoulder) seatbelts. Booster seats

will not be used with two-point seatbelts (lap belts).

POVs equipped only with two-point seatbelts in the rear seats must transport a child weighing over 22 kilograms (48 pounds) in a suitable approved device secured in the front seat with a three-point



seatbelt. Additional children weighing over 22 kilograms (48 pounds) will be secured using the two-point seatbelts in the rear seat.

# What's happening in FMWR

## BOWLING NEWS

The Galaxy Bowling and Entertainment Center offers several family-friendly events this month.

• Join Family and MWR during Customer Appreciation Day Oct. 18 from 1-4 p.m. for free cosmic bowling and prize drawings every hour at the Galaxy Bowling and Entertainment Center.

• A children's Halloween party will be held Oct. 25 from 2-4 p.m. Children in costume will receive a free game of bowling and free shoe rental, along with Halloween treats.

• Bowl in costume from 5 -10 p.m. on Oct. 31 and receive free shoe rentals.

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

## THE ADDAMS FAMILY MUSICAL

Celebrate the spirit of Halloween with a performance of "The Addams Family" musical. Wednesday Addams, the princess of darkness, has fallen in love with a sweet, smart young man from a respectable family. It's every father's nightmare!

Performances will be held Oct. 17, 18, 24, 25 and 31 at 7:30 p.m., and Oct. 19 and 26 at 3 p.m. at the Stuttgart

Theatre Center, Kelley Barracks.

The minimum age to attend this show is 5 years old.

For more information, call 421-3055/civ. 0711-729-3055.

## HALLOWEEN PORTRAITS AT THE PHOTO STUDIO

• Vamp up your social media networks with a scary portrait Oct. 22-31 at the Photo Studio on Patch Barracks. Each 15 minute session will provide an image edited for the social media of your choice and delivered via email or CD.

• Have Halloween spooky portraits taken Oct. 31 from 3-7 p.m. The set will be spooky, but child-friendly.

For more information, call the Photo Studio at 430-2328/civ. 0711-680-2328.

## GREAT PUMPKIN 5K AND 10K

There's still time to register for the Great Pumpkin 5k and 10k race Oct. 25. Register at the Patch Fitness Center by Oct. 19 and pay \$15 per person, \$40 per family. From Oct. 20-23 fee increases to \$20 per person, \$50 per family.

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

For more Family and MWR events, visit [www.stuttgart.armymwr.com](http://www.stuttgart.armymwr.com).

# COMING TO PATCH THEATER

October 16 – No Good Deed (PG-13) 6 p.m.

October 17 – The Boxtrolls in 3D (PG) 6 p.m., Dracula Untold (PG-13) 9 p.m.

October 18 – The Boxtrolls (PG) 3 p.m., The Judge (R) 6 p.m., Dracula Untold (PG-13) 9 p.m.

October 19 – Guardians of The Galaxy (PG-13) 4 p.m., Dracula Untold (PG-13) 7 p.m.

October 20 – This is Where I Leave You (R) 6 p.m.

October 21 – Closed

October 22 – The Judge (R) 6 p.m.

October 23 – Maze Runner (PG-13) 6 p.m.

October 24 – St. Vincent (PG-13) 6 p.m. Fury (R) 9 p.m.

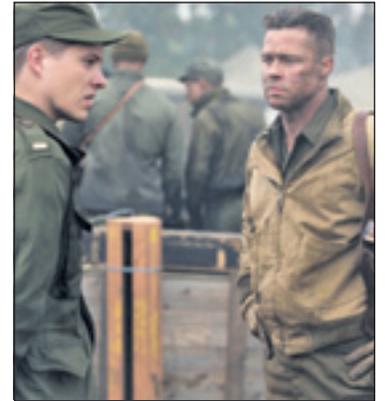
October 25 – St. Vincent (PG-13) 3 p.m., Dracula Untold (PG-13) 6 p.m., Fury (R) 9 p.m.

October 26 – Alexander and the Terrible, Horrible, No Good, Very Bad Day (PG) 4 p.m., Fury (R) 7 p.m.

October 27 – Annabelle (R) 6 p.m.

October 28 – Closed

October 29 – Fury (R) 6 p.m.



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**Fury** is set at the very end of World War II, in April 1945. As the Allies make their final push in the European Theater, a battle-hardened army sergeant named Wardaddy (Brad Pitt) commands a Sherman tank and her five-man crew on a deadly mission behind enemy lines. Outnumbered and outgunned, Wardaddy and his men face overwhelming odds in their heroic attempts to strike at the heart of Nazi Germany.

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# The absolute wurst: A pr



## Streichwurst

Streichwurst, or spreadable sausage includes familiar pates like liverwurst (Leberwurst in German) and more exotic selections like a spreadable blood sausage. Liverwurst is probably the most common in Germany, but comes in a much wider variety than just your basic liverwurst spread back in the states.

By Greg Jones  
USAG Stuttgart Public Affairs Office

Traditional wurst, or sausage, in Germany developed, as in other cultures, as a way of preserving meat harvested in summer, in a way that it would last over the long winter months when fresh meat was more scarce.

In modern times marked by year-round availability of plentiful food, wurst is now a choice, not a necessity, and when chosen it can be an absolute delicacy. In fact, the English word 'delicatessen' or 'deli' derives from the

German word 'Delikatessen' which means fine food or delicacy.

"Sausage has always been a practical solution," explains Master Butcher Manfred Hähnle, proprietor of Hähnle Butcher and Catering in Böblingen, a family-run business for over 150 years. "But for many years now, it has been more than just practical. People add spices, try different techniques, and really, make it an art form. Each generation of butchers tries to take it just a little bit further."

Although there is an almost endless variety of types of sausage and

ways in which it is served in Germany, wurst can be broken down roughly into three categories; bratwurst, scheinwurst and streichwurst (see above for details).

### Tips for buying and eating: Buy it Tuesday, eat it by Thursday

German sausages tend to contain much fewer preservatives and most butcher stores do not keep the meats very cold. When you buy fresh sausages or meats from a butcher, plan to consume them in a few days, and certainly no longer than a week. Since

## Scheinwurst

Scheinwurst, or sliced sausage is the of the styles very closely resemble those of meats similar to bologna, and ham are staple less variety of coarse sausages that are sliced sandwiches of bread or rolls. The meat in and bologna to meats a little more foreign and tongue.

the holding times may vary among the different types, it never hurts to ask the butcher when you buy it. They'll be glad to let you know how long it should keep.

### Grams, not pounds

Because the prices are almost always based on weight in grams (very occasionally some will be priced by piece), it helps to know how to estimate amounts when buying sausage. An average sized bratwurst is about 100-150 grams, and these are sold by the piece, but usually priced by

# Primer to German sausage



German version of lunchmeat, and some available in America as well. Salami, luncheonables. But, alongside these basics is an endless thin and usually served on open faced these can range from the very plain ham to most American palates, such as blood

weight. For the lunchmeat, 200 grams is a little less than a half pound, and will usually make four or five open-faced sandwiches. The liverwurst and similar spreads are sold by the tube, but often priced by weight.

## Many butchers don't speak English

To get the best sausage it's usually a good idea to forego the large grocery store chains and seek out the local butcher shop, but this can be a linguistic challenge, as many of them speak little or no English. For those instances, here are a few tips:

Learn German numbers, including hundreds, and use the point and nod method. If you have some idea of what you are looking at, this will get you what you want (or close to it).

'Rind' is German for beef, 'Schwein' means pork, and 'Lamm' is lamb. 'Gefluegel' is poultry, and among poultry, 'Hänchen' is chicken, and 'Puten' is turkey.

Asking for 'Aufschnitt' will get you a variety of assorted lunch meats. Usually you'll get relatively tame selections, and not the blood, tongue and other more adventurous meats.

## Bratwurst

Literally translated means cooked sausage. This is probably the most famous type of sausage and the one with which many Americans are most familiar. These types of sausages are often regional, and many large cities boast well-known versions of bratwurst including the ubiquitous Frankfurter, and Nuremberger. Locally, a regional favorite called Seitenwurst, is very similar to a frankfurter.

## Cooked, or raw?

Some bratwursts will come cooked and some will be completely raw. You can usually visually tell the difference, but when in doubt, it never hurts to ask if it has been cooked by pointing and saying "Gekocht?" Raw bratwursts must be thoroughly cooked, where as those that are already cooked can be just warmed up, or grilled briefly to taste. Also, smoked sausage is not actually cooked, but instead cured and prepared by smoking. It is technically 'raw' but can be eaten as is.

## A hands-on approach

One thing that may take some Americans by surprise is the more relaxed handling techniques used by food handlers in Germany. When you go to the butcher, do not be surprised when they grab the products with their bare hands. You may even have the same person handle money and then use their hands to prepare food etc. This is common practice in Germany, and can make butcher-fresh meats and sausages something advisable only for those with a culinary sense of adventure.

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# Have fun with the locals



## events

### Cabbage festival

Fri, Oct 17 - Sun, Oct 19

Leinfelden-Echterdingen, city center

Don't miss the Filderkrautfest (Filder cabbage festival) in Leinfelden-Echterdingen taking place in various locations in the city center on October 17 and 19. More than 40,000 visitors are attracted by the delicacies made of the Filderkraut (a special type of cabbage) every year. Enjoy also concerts, a parade and some crazy competitions such as cabbage slicing. For more info see [www.leinfelden-echterdingen.de](http://www.leinfelden-echterdingen.de)

#### EVENTS

##### Stuttgart night

Sat, Oct 18

Stuttgart, city center

Come to Stuttgart's city center and enjoy musical delights with exclusive live shows and cultural highlights at Stuttgart Nacht (Stuttgart Night) on October 18 from 7 p.m. to 2 a.m. Discover Stuttgart by taking a city tour. There will be 70 different types of shows ranging from theater, dance, movies, exhibitions, tours, readings, and parties in only one night! Shuttle bus tickets are included in the price of the event. Tickets are €15 in advance and €17 at the box-office. For more information visit [www.stuttgartnacht.de](http://www.stuttgartnacht.de)

##### Bonbon Museum tour

Sat, Oct 18

Vaihingen an der Enz, Bonbon Museum

If you love candy then the Bonbon Museum (candy museum) is where you'll want to be. You will learn who the first people were to have bonbons and where they were originally produced and sold. Enjoy the candy tour and also purchase a few bits. The opening hours are 9 a.m. to 6.30 p.m. For more information visit [www.bonbon-museum.de](http://www.bonbon-museum.de)

##### Kite festival

Sun, Oct 19

Tübingen, Österberg

Enjoy a great family day at the Drachenfest (kite festival) at Tübingen's Österberg on October 19. Hundreds of colorful kites will soar high in the sky. There will be a "kite hospi-

tal" for the kites that need fixing. Cakes and coffee will be provided. No admission! For more info see [www.stuttgart-tourist.de](http://www.stuttgart-tourist.de)

##### Swabian Whiskey tasting

Fri, Oct 24

Stuttgart, Steigenberger Hotel

Experience a very special Whisky tasting at the Davidoff Lounge at the hotel Steigenberger Graf Zeppelin on October 24 at 7 p.m. Hans Gerhard Fink will be presenting a variety of local Whisky types but also his own creation 'Swabian Highland-Whisky'. Mineral water and delicious snacks are included in the price (€78). For tickets see [www.stuttgart-tourist.de](http://www.stuttgart-tourist.de) or call Stuttgart's Tourist Information Bureau at 0711/2228253.

##### Model railroad, doll and toy market

Sat, Oct 25

Böblingen, Congress Center

The international Eisenbahn-, Puppen- und Spielzeugmarkt (model railroad, doll and toy market) takes place in the Congress Center Böblingen on October 25 from 11 a.m. to 3.30 p.m. Discover real rarities at this annual event. Due to the huge variety of antique toys from all over the world, the market is the biggest of its kind in Europe. For more info see [www.theurers-spielzeugmaerkte.de](http://www.theurers-spielzeugmaerkte.de)

##### Kleiberesen wine fest

Sat, Oct 25 - Sun, Oct 26

Löwenstein, Weinhaus Löwenstein

Come to Löwenstein and enjoy a glass of wine from the vineyards of the Weinsberg

valley. On both days you will be able to taste various wines or enjoy a cup of coffee with homemade cake. Try other specialties as well. Free admission. For more info visit [www.weinsbergertal-winzer.de](http://www.weinsbergertal-winzer.de)

##### Wine Fest

Sat, Oct 25 - Sun, Oct 26

Lauda-Königshofen, Gerlachshofen

If you still are looking to grab a glass of this year's wine come to Lauda-Königshofen from October 25 to October 26. For more info visit [www.tourismus-wertheim.de](http://www.tourismus-wertheim.de)

##### Gänse fest

Sun, Oct 26

Backnang, city center

Have fun at the Gänse Fest (goose festival) with parade on Sunday. Clubs, bands and theater groups will present themselves with different types of shows. You can also find 180 different specialty stands and of course a large selection of food! Shops will be open for shopping from 1 p.m. For more information visit [www.backnang-stadtmarketing.de](http://www.backnang-stadtmarketing.de)

##### Sunday shopping

Sun, Oct 26

Metzingen, Outletcity

Enjoy a special Sunday at Outletcity Metzingen from 1 p.m. to 6 p.m. on October 26. This place is all about clothes, shoes, accessories and lifestyle. In this shopping center, more than 100 brands like Armani, Calvin Klein, Adidas and Swarovski are offered. A child care program is provided as well from 12.30 p.m. to 6 p.m. For more information see [www.outletcity.com](http://www.outletcity.com).

#### SPORTS

##### Soccer

Sat, Oct 18

Stuttgart, Mercedes-Benz Arena

If you are a soccer fan and live in the Stuttgart area, come and see VfB Stuttgart play against Bayer 04 Leverkusen. The game starts at 3:30 p.m. Ticket prices start at €18.50. For more info visit [www.vfb.de](http://www.vfb.de)

##### MMA

Sat, Nov 8

Stuttgart, Carl Benz Arena

If you like Mixed Martial Arts then come to Stuttgart on November 8. There will be a mixture of Boxing, Kickboxing, Muay Thai and Karate. The fight starts at 7 p.m. and ticket prices start at €25.35. For more information visit [www.eventim.de](http://www.eventim.de)

#### CONCERTS

##### Linkin Park

Tue, Nov 4

Stuttgart, Hanns-Martin-Schleyer Halle

Linkin Park will perform on November 4 in Stuttgart. A rhythmic crossover between rock, metal, rap and electronics defines the sextet. For tickets visit [www.eventim.de](http://www.eventim.de)

##### Lenny Kravitz

Fri, Nov 7

Stuttgart, Hanns-Martin-Schleyer Halle

Lenny Kravitz is going on his Strut tour. Get your tickets soon. The show start at 8 p.m. Ticket price starts at €71.90. For more information visit [www.eventim.de](http://www.eventim.de)

More events on: [www.militaryingermany.com](http://www.militaryingermany.com)

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Biddy Early's Irish Pub, Marienstraße 28, 70178 Stuttgart, 0711-6159853, [info@biddyearlys.com](mailto:info@biddyearlys.com)

## AUTOS

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

**2011 Audi A4 Avant Quattro** Premium Wagon. This is a beautiful loaded vehicle \$28499, [info@usedcarguys.net](mailto:info@usedcarguys.net)

**2011 BMW528i Aut**, \$32000, Contact: [jansen.froede@gmail.com](mailto:jansen.froede@gmail.com), or [mob015123594789@gmail.com](mailto:mob015123594789@gmail.com). Automatic, US Spec, Fully loaded, excellent condition. 5Seat, 4Dsedan 35Kmi/55Kkm Inspected 8 October 14. Nextserv:05/15

**2011 Jeep Patriot Sport 4x4**, \$17999, Vehicle will be perfect for you to travel Europe with, power windows, power locks, cruise control and so much more. [info@usedcarguys.net](mailto:info@usedcarguys.net)

**2011 Mercedes E 350**, \$33999, This vehicle was voted #1 luxury car in 2011, it is loaded, luxurious but sporty. [info@usedcarguys.net](mailto:info@usedcarguys.net),

**2011 Kia Sorento EX AWD**, \$22,499, wonderfully clean and spacious vehicle, 3rd row seats power windows, power locks. [info@usedcarguys.net](mailto:info@usedcarguys.net),

**2012 Audi A3 2.0 T S-Line**, \$22,999, wonderfully loaded vehicle is a must see. [info@usedcarguys.net](mailto:info@usedcarguys.net),

**2012 Ford Escape Limited**, \$21500, sun roof, power door and power locks and lots more. [info@usedcarguys.net](mailto:info@usedcarguys.net)

**2012 Ford Taurus SEL**, \$20499, Take z moment to view this great vehicle, it is a low mileage vehicle with a 3.5 V6 With an automtaic transmission. [info@usedcarguys.net](mailto:info@usedcarguys.net),

**2012 Volvo XC60 T6 All Wheel Drive**, \$29,999, power windows, power locks, sunroof, navigation system , [info@usedcarguys.net](mailto:info@usedcarguys.net),

**2013 Dodge Charger Daytona**, \$31499, Beautiful sporty car with lots of power and loads of extras. [info@usedcarguys.net](mailto:info@usedcarguys.net)

**2013 Nissan Altima SL**, Automatic transmission with Navigation and loads more \$26499, [info@usedcarguys.net](mailto:info@usedcarguys.net),

**2014 Ford Focus**, \$17,499, This vehicle is practically brand new, it only has 4500 miles, power windows, power locks. [info@usedcarguys.net](mailto:info@usedcarguys.net),

**2015 Audi Q5**, \$42,698, The Audi Q5 was voted best luxury vehicle in its class 2014. Nothing comes close to the comfort and drive you get in this luxury compact SUV. Rhys Bull Email: [rbull@militarycars.com](mailto:rbull@militarycars.com), Cell: 015750747507

**2015 Toyota Corolla**, \$21,542, A re-designed body style gives the 2015 Toyota Corolla a brand new look to a vehicle with a reputation for reliability and longevity. Contact me. Rhys Bull Email: [rbull@militarycars.com](mailto:rbull@militarycars.com) Cell: 015750747507

**2015 Volkswagen Golf**, \$24,740. The car that was voted 'World car of the year 2013' is here and is packing a new punch! Bluetooth; turbo engine; leatherette seats; touch screen. An amazing price. Contact me. Rhys [rbull@militarycars.com](mailto:rbull@militarycars.com)

**4 Michelin Tires** 205/55 R16H with rims, Tires are like new, only 3 years old. €250.00, Contact Larry Johnson at telephone 0711-758-78903 or e-mail [larry\\_johnson12000@yahoo.com](mailto:larry_johnson12000@yahoo.com),

**4 Michelin winter tires** 205/55R16H, \$250.00, [larry\\_johnson12000@yahoo.com](mailto:larry_johnson12000@yahoo.com),

**Audi A-4** , [ddundkk@hotmail.de](mailto:ddundkk@hotmail.de), 4 Door , 5 Speed , Green , \$ 1700 obo, ali rims , Phone 0175-3213199

**BMW 316 I** , Black , Coupe, Power Stering , ABS , Elec Windows , \$ 1700, Elec Locks , Elec Mirrows , Elec Sunroof , Winter Tires , Great Running Car, My Ph Is 0175-3213199 Email --[ddundkk@hotmail.de](mailto:ddundkk@hotmail.de)

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# Introducing Local Businesses



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On the menu you will find carefully selected dishes, including carefully prepared fresh sushi, sashimi and tempura along with typical appetizers such as Japanese mushrooms with grated radish, seaweed salad, Japanese dumplings, grilled tuna with soy marinade all the way to Sukiyaki, will tickle your taste buds. The team at Kicho is looking forward to welcoming you for lunch and dinner.

The restaurant's opening hours are:

Mon-Sat noon – 2 p.m. & 6-11 p.m., Sun & Holidays 6-11 p.m.

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# AUTOS

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

**Daihatsu Sirion** 2007, 4 Door, €2900, 5 Speed, ABS, Air Cond., Air Bags, None Smoker, 1 Owner, CD Player, Elec Windows And Locks, Keyless Entry, Dealer Maintenance, German TUV, Winter Tires New, -0175-3213199- ddundkk@hotmail.de

**militaryingermany.com**

**Fiat Brava**, 4 Door, 5 Speed, KMS 113,000, \$ 1200. my email -- ddundkk@hotmail.de-- Phone # 0175-3213199

**Fiat Punto 1998**, 4 Door, 5 Speed, Gold Met, \$ 1550, My Ph Is 0175-3213199 And We Deliver Any Where, and US Inspection Is Guaranteed Email Is --ddundkk@hotmail.de-

**Opel Astra**, 4 Door, 5 Speed, Burgery, 0175-3213199, KMS 130,000 \$ 1400, My Email Is --ddundkk@hotmail.de

**Ford Alloy wheels** 165/60-14 summer tires. And 155/70-13 winters all tired mounted for sale. Asking \$300.00. For Photos, tdallas09139@yahoo.com or call, 017638451093

**Mercedes 270 CDI**, \$11000, Mod. 2005, Autom., 177 HP, Ger.spec., AC, all leather, rain sens, el wind, el seats, CD/Radio, + more. Well taken care of. Great car. All insp. Avail. 26Sep14. Cell 015156345219 / joanl@online.de,

**Mercedes Benz A140** 4DR SD Classic 2000, \$5,000, tipdog65@hotmail.com, 5 speed manual transmission, 164,291 KM, 4 Cylinder. Passed inspection Sep 2014.

**Mercedes C200 CDI**, model 2005, second owner, well maintained with papers. Power, steering, breaks, windows, doors, seats. AC, CD, ABS, Cruise control, six gears, new tires on alloy wheels, new battery. 50miles to a gallon. Light blue metallic. Nonsmoking. Garage kept. Top condition car. Very reliable. Asking €7250 obo. 0172-6762717

**Opel Amega**, Automatic, \$ 1750. 4 Door, Burgery, KMS 170,000, Air Cond, Ali Rims, Air Bags, ABS, Elec Windows And Locks, My Ph Is 0175-3213199 and Email ddundkk@hotmail.de

**Volvo S-40**, Turbo 1999, \$1900, KMS 151, 400, Air Cond, Air Bag, 5 Speed, 4 Door, Silver Met, Elec Windows And Locks, ABS, Power Stering, Sunroof, My Ph Mr Drake 0175-3213199 -- ddundkk@hotmail.de,

**2000 BMW R1100RS**, €3000, mcdonalds.dutch@yandex.com, Condition:Used Year:2000 Exterior Color:Purple Make:BMW Engine Size (cc): 1,085Model: R-SeriesVehicle Title: Clear Sub Model (Optional): R1100 RS For Sale By: Private Sell

**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

**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

# ADOPTION

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

**Adopt while stationed overseas!** www.adopt-abroad.com Adoption Intl & foster care, home studies. Hague accredited. Caseworkers in Germany. US 1-888-687-3644

# ELECTRONICS

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

**AFN Cisco D9865** Satellite receiver, \$250, ann-rick-lechner@t-online.de,

**Cell Phone HTC S1** works world wide no contract required. €150.00, spvendor@gmail.com,

**German DVD player**, \$10ea, Nordmende 220v. Play German/some American DVDs. Remote included. 01737433016

**Internet TV Box** for US/UK Channels. New. Over 400 channels for US & UK and over 1000 Movies for free. €399, 0151-639-84025,

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

**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, ccoptiongracz@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

# FOR SALE

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**2007 Gibson Les Paul Classic** in sunburst finish. Excellent condition, no scratches or damage. Original documentation and Gibson Les Paul hard case included. Contact jeffgw@gmail.com

**220 volt transformer**. 1 X 75 watt for \$20. Contact Eric and Mia at 063759949674.

**Aeropostale Hoodie. Turquoise-blue**. Lettering "aero" and zipper at the front. Size M. Barley worn. For pics see www.class-world.com. €13. janina.wuttke@gmx.de

**Aeropostale long sleeve**. Blue with colored letters in pink, yellow, green showing the label name. Size M. Barley worn. Good condition. For pics see www.class-world.com. €9. janina.wuttke@gmx.de

**Beautiful Pine Sleigh Crib**, \$125, Delta Luv sleigh crib. Comes with stabilizer kit, so not a dropside! Converts to toddler-bed. Caster wheels, chew guards, 5 adjustable heights, mattress not included. Gender-neutral. 01737433016

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**Used 2009 Yamaha YZF-R6** for Sale, \$, jostonharry3830@gmail.com,

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**FOR SALE**

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**Bitburg Beer Glasses**, 3 different styles, 18 glasses each style, will sell separately !!! quantity discount if you buy all :-). Make offer. info@generalconsultants.de

**Bracelet - Brown**, handmade! 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, pics on class-world.com

**Bracelet - Gray/Black**, handmade. 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, pics on class-world.com

**Diono Radian R100** Convertible Carseat/Booster, \$200, Diono Radian R100 convertible car seat. RF up to 40 lbs, FF up to 100 lbs. Used in 2nd car, comes with 2 carrying straps for easy travel and diono piddle pad. No accidents. 01737433016

**Engleby from Sebastian Faulks!** Great book., €2, pic on class-world.com, coemser@gmail.com

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

**Large 220V refrigerator**, \$250, 4 years old, ann-rick-lechner@t-online.de

**Guild D4-12 acoustic guitar**. Perfect condition! Excellent rich, room-filled tone. Guild hard case included. Contact jeffgw@gmail.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 "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

**Handbag: Classy black** leather bag. Hardly used, perfect condition!, pics on class-world.com, €15, 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](http://www.class-world.com). Contact janina.wuttke@gmx.de

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**Pack and Play Like New**, \$35, Jungle-print/brown. Gender-neutral, with carrying case. 01737433016

**Martin D-16GT acoustic guitar**. Excellent condition with no scratches or damage. Solid mahogany back and sides with Sitka spruce top finished in a polished gloss. Martin hard case included. Amazing sound! Contact jeffgw@gmail.com

**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, lsabell\_1\_98@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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**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

**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

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**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](mailto:copongracz@gmail.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](mailto: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](mailto:copongracz@gmail.com)

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**The Notebook from Nicholas Sparks** - wonderful book!, €2, pic on [class-world.com](http://class-world.com), [copongracz@gmail.com](mailto:copongracz@gmail.com)

**Travel baby gate**, \$25, Rolls up for travel, can be pressure mounted in openings between 35" and 55.5" 01737433016

**T-Shirt "America"**, perfect condition, like new, size small! €5, [copongracz@gmail.com](mailto:copongracz@gmail.com) \*\*\*pics on [class-world.com](http://class-world.com)

**Zooper To Go High Chair**, \$80 OBO, Zooper To Go high chair. Perfect for tiny German kitchens! 5-pt harness, adjustable footrest. Fixed-tray comes off for cleaning, food-catcher net and seat pads machine-washable. Folds Flat. 01737433016



**FURNITURE**

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

**Antique 100 y.o.** German china cabinet, matching dining table with 4 chairs. See photo on KA classifieds web page. Contact Eric and Mia at 063759949674. €950, [eyates9761@aol.com](mailto:eyates9761@aol.com)

**Antique Bench**, Antique bench with cushion seat, storage space and wheels. See photo on KA classifieds web page. Contact Eric and Mia at 063759949674. €600, [eyates9761@aol.com](mailto:eyates9761@aol.com)

**Antique corner desk**. See photo on KA classifieds web page. Contact Eric and Mia at 063759949674. €150, [eyates9761@aol.com](mailto:eyates9761@aol.com)

**Antique reproduction secretary Pine wood wardrobe**. Good condition only normal traces of usage. Massif construction. Width: 263cm, Depth: 60cm, Height: 225cm. Side and middle parts are 30mm thick. 2double leaf doors and 1 normal door. Cloth rails in the two big parts of the wardrobe. In the middle part is one original shelf and 4 self built-in shelves. €100 obo. Wardrobe is dismantled and can be picked up in Winnweiler. Pics are online at [www.class-world.com](http://www.class-world.com). 06302-7556 after 6 pm or [klaus.wuttke@gmx.de](mailto:klaus.wuttke@gmx.de)

**Belgium Oak Buffet** - Circa 1920. Hand carved, with Brass Handles, Leaded Glass, and Inlaid Tiles. A beautiful addition to any home. Call Bill @ 0151-511-90027.

**Collection of Daggers and Knives WW2**, \$, [sayonarahappy7@gmail.com](mailto:sayonarahappy7@gmail.com), Im about to sell my collection of Daggers and Knives from WW2 the price needs to be discussed coz they are many and they all different..

**Grandfather Corner clock**, \$2,000, [spvendedor@gmail.com](mailto:spvendedor@gmail.com), This clock is made for a corner! Black Forest clockwork with 3 melodies Window with facet cut



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**Two glass doors** with swinging hinges and double basin sink (blue) with faucet. \$50 each. 016092788754.

**Wooden bookshelf**. See photo on KA classifieds web page. Contact Eric and Mia at 063759949674. \$150, [eyates9761@aol.com](mailto:eyates9761@aol.com)



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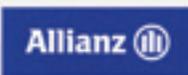


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