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THE POWER OF 1

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The Citizen

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Thursday, September 18, 2014 Sustaining & Supporting the Stuttgart U.S. Military Community Garrison Website: www.stuttgart.army.mil Facebook: [facebook.com/USAGarrisonStuttgart](https://www.facebook.com/USAGarrisonStuttgart) stuttgartcitizen.net

2014 FEST SEASON SPECIAL EDITION



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U.S. Department of Veterans Affairs

1 CALL
can make a difference.



Military Crisis Line

In Europe: Call 0800 1273 8255 or DSN 118

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www.facebook.com/USAGarrisonStuttgart

Col. John P. Stack
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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Publisher:

AdvantiPro

AdvantiPro GmbH
www.advantipro.com

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

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

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

Corinna Pongraz
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



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Taking your life into your own hands

Commentary by Alicia Yanchisin
USAG Stuttgart Safety Office

First, I'd like to start by saying safety professionals do not take pleasure in having to approach someone to tell them they are not following the rules.

Truthfully, you never know how a person is going to react – some are apologetic and others ... not so much.

With that being said, I want to share an experience I had several weeks ago as I left my office on Panzer Kaserne.

I noticed two young men ride past me on their bicycles and couldn't help but see that neither of these young men was wearing the required bike helmet and both were wearing prohibited ear buds/headphones.

Now, I could have blown it off as some might have, but I felt it was my duty to speak these young men, so I followed them into the Shopette and found one of them in the military clothing section.

I approached him, introduced myself and told him what I had observed. I asked him if he was a military member or a dependent.

The young man was polite and told me he was a dependent. He stated he was unaware that bike helmets are required on U.S. military installations. He also stated he didn't know that earphones/buds were prohibited when riding a bike, skateboard, roller-skating/

blading, walking or running on, or adjacent to, a road.

I asked him to follow the rules in the future and I went on to locate the other young man and explained the requirements to him as well.

I am not sure how the two made it home that day as I didn't stick around to watch.

I hope they made the right decision and pushed their bikes home, but realistically, they probably rode home.

This incident has made me more aware of bicyclists as well as people walking, running, skating and skateboarding on post and in the weeks since this incident I have seen numerous people who are also "unaware" or "just don't care" about these requirements.

It's a problem on all of our installations here in Stuttgart, from what I have observed.

I continue to see cyclists with no helmets and wearing headphones as well as pedestrians and runners wearing headphones or talking on the phone with little regard for their surroundings.

Obviously, the safety office staff and the Military Police can't be everywhere all the time, so who's responsibility is it to ensure everyone is aware of the rules and follows them?

Commanders, managers, supervisors, sponsors, parents and yes, even individuals are responsible for knowing the rules, following the rules and, when

necessary, enforcing the rules.

The reason for the rules is simple: years upon years of documented statistics that support the use of helmets when riding bicycles.

The Insurance Institute for Highway Safety reports on their website the most serious injuries among the majority of those killed are to the head, thus highlighting the importance of wearing a bicycle helmet.

According to IIHS statistics from 2009, not wearing helmets accounted for 89 percent of bicycle-related deaths in people older than 16 years-old and 91 percent of total bicycle-related fatalities.

Additionally, the University of Maryland Medical Center has been conducting research on pedestrians hit and seriously injured or killed while wearing headphones or using other listening devices when walking on or near roadways.

The UMMC study revealed serious injuries tripled from 2006 to 2012 and 75 percent of victims died from their injuries. The study goes on to say that young adult males are in the highest risk category.

The bottom line is that these rules are in place to protect the members of our community and everyone must follow them.

For more information on the regulatory requirements, please contact the Garrison Safety Office at DSN 431-3134.

Transcom: Know your POV shipping entitlements

U.S. Transportation Command

Many service members may not know of their entitlements when shipping personal vehicles as they move overseas or return stateside, according to U.S. Transportation Command officials.

“Our customers have reasonable expectations on the delivery of their vehicles,” said Air Force Brig. Gen. Paul H. Guemmer. “I know I do.”

Guemmer is the Deputy Director (Military) for the Strategy, Capabilities, Policy, and Logistics Directorate at Transcom, which is headquartered at Scott Air Force Base, Ill. He is responsible for DoD’s transportation strategy across the entire Joint Deployment and Distribution Enterprise, to include infrastructure, long-range programs, future requirements, coalition integration, and mobility partnerships with industry.

Military Surface Deployment and Distribution Command is the Privately Owned Vehicle program manager and Transcom is the global POV contract administrator. These two commands work closely together in managing and monitoring this critical quality of life contract.

ADDRESSING ISSUES

In August 2014, SDDC and Transcom stood up a team of transportation experts to quickly address the most significant challenges and concerns military customers are facing when shipping their privately owned vehicles, known as POVs. On May 1, 2014, International Auto Logistics, known as IAL, assumed responsibility for the Global Privately Owned Vehicle Contract, also known as GPCIII. Under the terms of the contract, IAL is responsible for processing, transporting and storing vehicles owned by military personnel and Department of Defense civilian employees bound for, or returning from, overseas duty assignments.

SDDC officials have acknowledged that the transfer to the new POV contractor did not go as smoothly as it could have. They want customers to know that SDDC is aware of and understands the issues some of them have experienced while shipping their privately owned vehicle, adding that solving those issues is the command’s No. 1 priority. They also want their customers to know what SDDC and Transcom are doing to help resolve these issues and facilitate a smoother and more effective transition to the new contractor.

CUSTOMER EXPECTATIONS

Guemmer listed reasonable customer expectations as on-time delivery, professional and timely customer service, a damage-free vehicle and compensation for damages if they occur, and rental cars.

WHAT HAPPENS WHEN EXPECTATIONS AREN’T MET?

“There is a system of recourse in place,” Guemmer said. “For vehicles overdue fewer than seven days, the first step is for military members to contact the local personal property, personnel support detachment or finance office.”

Guemmer, who also heads Transcom’s Privately Owned Vehicle Fusion Cell, explained that reimbursement for rental cars for military members for those first seven days is capped at \$30 a day or \$210 a week, based on DoD’s Joint Travel Regulation. The government then deducts those charges from IAL’s bill.

He pointed out that if rental car rates exceed that amount for days one through seven, an inconvenience claim can be submitted to the contractor, International Auto Logistics. The JTR entitlement does not apply to DoD civilians, but they can get rental car reimbursement by filing an inconvenience claim with IAL.

FILING CLAIMS FOR REIMBURSEMENT

“Military members inconvenienced

beyond seven days because of a missed delivery date can file a claim with IAL,” Guemmer said. “They, and DoD civilians, can also file an inconvenience claim for temporary lodging if vehicle delivery is delayed.”

IAL will consider reimbursement for amounts exceeding entitlements on a case-by-case basis and based on circumstances, provide reimbursement.

“Although IAL pays for inconvenience claims for lodging and rental car expenses, customers can file for other expenses with proper documentation and rationale for IAL’s consideration,” Guemmer said.

For vehicle damages, IAL provides customers an option for on-site settlement for claimed damage. Claims for additional damage can be reported within a reasonable period. The military claims office will not pay out for the same damages.

CUSTOMERS DESERVE BEST TREATMENT

“Our personnel deserve the best treatment from us and those we contract to serve with us,” Guemmer said. “Customers who are not getting what they deserve when dealing directly with IAL can always get in touch with the contracting officer representative at the vehicle processing center or by emailing the USTRANSCOM POV Inspector General Customer Support Team.”

He added, “Our assessment teams and contracting officer representatives have surveyed container freight sites and every vehicle at those facilities. We are reconciling our data with IAL’s to ensure information on the IAL website is accurate and timely.”



Photo by Shutterstock.com

YOUR VEHICLE IS OUR VEHICLE!

IF YOU SHIPPED YOUR PRIVATELY OWNED VEHICLE (POV) AND IT HAS BEEN DELAYED:

DELAYED?

Less than 7 days

Please contact your local Finance Office/ Personnel Support Detachment or Personal Property Office for reimbursement of rental car expense not to exceed \$30 per day.

More than 7 days

Contact International Auto Logistics (IAL) TO FILE AN INCONVENIENCE CLAIM.

DAMAGED? PLEASE CONTACT IAL TO FILE A DAMAGE CLAIM.

NEED HELP? CONTACT IAL CUSTOMER SERVICE

TOLL FREE: (855) 389-9499

EMAIL: claims@ialpov.us

CUSTOMER SERVICE EMAIL: customerservice@ialpov.us

Frequently Asked Questions are available at: WWW.PCSMYPOV.COM

ALSO

Contracting Officer Representatives (COR) found at each Vehicle Processing Center can help ...

... along with the USTRANSCOM POV Inspector General Customer Support Team who can be reached via email at: usarmy.scott.sddc.mbx.pov-ig-response@mail.mil.

TOGETHER, WE DELIVER

Source: U.S. Transportation Command Public Affairs / www.transcom.mil



Tour Stuttgart with Capital City Visitation Program Oct. 6



Stuttgart military community members leave Stuttgart's New Castle following a tour during last year's Capital City Visitation Program. The program is designed to introduce U.S. service members and their families to Stuttgart and the state of Baden-Württemberg.

Story & photos by Carola Meusel
USAG Stuttgart Public Affairs Office

When military families move to Germany, they may experience a degree of culture shock after their arrival. Experts say the best way to cope is to learn about the new culture: its history, architecture, even the political system.

For those people looking to gain a better understanding of Germany, the Capital City Visitation Program is a good place to start.

The CCVP was established in 1993 by the U.S. Forces Liaison Office Baden-Württemberg to introduce U.S. service members and their families to Stuttgart and the state of Baden-Württemberg, according to Sean Schulze, U.S. Forces liaison officer.

"The program is designed to give participants a glimpse into German political structures and culture to make them feel more comfortable when leaving the military installation," Schulze said. "When they learn about Germany on the local level, the country may become less foreign to them."

Since its inception, some 3,000 service and family members from Heidelberg, Karlsruhe, Mannheim and Stuttgart have participated in the program, which is supported by the Baden-Württemberg State Parliament and the city of Stuttgart.

Typically, the day starts at the Baden-Württemberg State Parliament; however, since the parliament is

currently undergoing construction, the tour will be conducted throughout other administrative buildings. Here, participants will learn about Germany's 16 states and the parliament's political functions.

At the new plenary chamber, patrons can participate in a mock plenary meeting and voting session for the parliament's president.

The voting session will be followed by a USFLO presentation on the post World War II period and German/American relations in Stuttgart.

"We aim to provide some information on why the U.S. Forces are stationed here," Schulze said. "Stuttgart played a major role in German/American relations after World War II."

The presentation gives an overview on the end of World War II, the Allied Forces and specifics on the U.S. Forces' presence in Stuttgart when they assumed control of the city July 8, 1945. The Speech of Hope, or Stuttgart Speech, given by U.S. Secretary of State James F. Byrnes Sept. 6, 1946, at the Stuttgart State Theatre, will also be discussed.

According to USFLO, the speech set course for post-war engagements between the U.S. and Germany. In his speech, Byrnes promised that Germany would be rebuilt and not be divided economically and that the Germans would be allowed to govern themselves democratically.

"The visit at the parliament

motivated me to learn more about the political parties, the election process and workings in Germany. It was interesting to see about similarities and differences between the American and German political systems," said Moses Burrell of U.S. Army Garrison Stuttgart's Directorate of Plans, Training, Mobilization and Security, who attended the tour in 2013.

"Overall, the program really gave people an idea of what Germany and Stuttgart is all about."

During the second part of the program, after a Swabian lunch serving, patrons will be taken on a city tour during which they will see Stuttgart's New

Palace, the Schlossplatz (square), the Old Castle, Schillerplatz (square) and "Stiftskirche," or collegiate church.

The tour will continue at the town hall, where patrons will be welcomed by a city representative with a glass of "Sekt," or sparkling wine, made in Stuttgart. The official welcome will be followed by the screening of a short video about Stuttgart.

The tour will conclude at Stuttgart's "Markthalle," or market hall. At the art nouveau-style building, where patrons can stroll through colorful displays of locally grown and imported vegetables, meats, cheeses, spices, chocolates, baked goods and more.

"I truly enjoyed all the information provided on historical buildings and landmarks during the city tour," said Virginia Kozak of the Student Affairs Office of Patch American High School, who attended last year's event.

According to Kozak, she also encouraged other Stuttgart military community members to participate in the program since it's a great way to learn about Stuttgart, its' history and politics.

"For me, CCVP was a fantastic experience," Kozak added.

The next Capital City Visitation Program will be offered Oct. 6. Participants will be picked up 8:30 a.m. at the Exchange bus stop on Panzer Kaserne to take the bus to the State Parliament. The tour lasts until 5 p.m.

The event is open to all ID card holders.

To sign up, email usarmy.stuttgart.im-com-europe.mbx.usag-stuttgart-media@mail.mil, Subject line: "CCVP Sign-up."

Sign up by Sept. 24. The first 40 signing up for the event will be accepted to participate and will be notified by email.



Mike and Virginia Kozak look at vegetable displays at Stuttgart's "Markthalle," or market hall, during Capital City Visitation Program in 2013. The Markthalle opened its doors to the public in 1914 and offers fine foods from all over the world.

2014 CFC-O kicks off this month

USAG Stuttgart Public Affairs Office

The opportunity to give to a favorite charity through the Combined Federal Campaign-Overseas began Sept. 8. The CFC-O is the annual workplace giving campaign for the Department of Defense's five overseas unified combatant commands.

In 2013, DOD CFC-O donors pledged nearly \$11 million to reach out with life-saving and life-enriching services that benefit millions of people.

Find your charity

Contributors are sure to find a cause they are passionate about among more than 2,600 national and international charities in the CFC-O catalog.

Pledging through the CFC-O gives those serving overseas a chance to extend their service and touch the lives of people across the nation and around the world. Charities depend upon the generosity of CFC-O contributors to give help and hope to those in need.

Give to the community

Contributors also have the option to give directly to the Stuttgart military community through the Family Support and Youth Program fund.

These FSYP donations are returned to the garrison and invested in quality of life programs for service members, federal civilians and their families. The CFC-O does not withhold any administrative fees from FSYP donations, so donations go right to work in the community.

Universal giving

Additionally, for the first time, the Office of Personnel Management has authorized Universal Giving, which expands contributors' giving options to pledge to any national, international, or local charity not denied participation in the CFC. Prior to offering this nationally, OPM piloted a universal designation system during the 2011 and 2012 campaigns in Chicago, Alabama and Portland, Or.

Now, any federal employee has the option to give to any participating CFC charity they choose, without regard to geographic boundaries. All campaigns must honor their donors' valid Universal Giving pledges. The complete, searchable charity list is available online at cfcoverseas.org.

Paperless options

The Defense Finance and Accounting Services myPay system offers contributors the opportunity to electronically pledge via payroll allotment. In addition, the CFC-O eGiving system allows contributors to complete a one-time or monthly recurring paperless contribution via credit card, debit card or transfer from a checking or savings account.

Donors who choose not to give electronically still have the option of using a traditional paper pledge form. However, research shows that it costs approximately \$14 per paper pledge form for processing. Using the electronic systems saves those costs and enables more of a gift to go to the designated charities.



Online options

Contributors can access their giving options at cfcoverseas.org by clicking the "Donate" button.

CFC History

Fundraising for charitable organizations in the Federal workplace can be traced to the late-1940's, but

by signing Executive Order 10927 in 1961, President John F. Kennedy officially authorized the U.S. Civil Service Commission to regulate fundraising in the Federal service.

For more information about the history of the CFC, visit <http://cfcoverseas.org/history>.

Ask a JAG

By Capt. Austen Swaim (U.S. Army)
Stuttgart Law Center

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.

Question: "I just arrived to Germany. What legal issues should I look out for?"

Cell phone contracts: Under German law a cell phone customer may be able to prematurely terminate their cell phone contract if they are moving to a place where that cell provider cannot offer their

services. To get around this, many cell phone providers reject early termination by arguing that the customer can use the cell-phone all over the world. This may be true but it won't be cheap! We advise that before signing any cell phone contracts you understand the terms and know when you must terminate the contract in order to avoid it auto-renewing for a year or more.

Other kinds of contracts: Additionally, A lot of people do not realize that they are supposed to return the hardware (fancy cell phones, HD-Receiver, Smart Card etc.) to the provider or at least to offer to return it to them at the termination of a contract. If the customer fails to do so, they can be charged for these items.

How to terminate a contract: You must know the terms of the contract you are signing. If the terms are in German and you cannot read German, don't sign the document! For instance, sometimes the contract provisions require a written termination (by post) with the signature on it. If a customer fails to terminate in this way, the contract may continue.

Also, keep in mind that if a dispute over whether a customer properly terminated their contracted arises, the burden of proof that the company received the termination letter is on the customer/sender. The best way to avoid this type of issue is to send signed, written termination letters via the German postal system with a delivery and return receipt ("Einwurf-Einschreiben mit Rueckschein").

Question: "I heard sometimes people get a TV or pet tax and that I need to register in my local Rathaus. Will I get taxed and what is a Rathaus?"

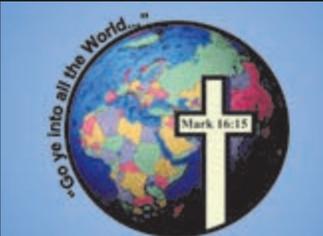
Individuals with NATO-SOFA status (that is Servicemembers and US Civil Service employees and their command sponsored dependents), are generally excluded from the Rathaus registration requirements in Germany. A Rathaus is the town hall and administration office for your city or town. However, if you purchase property in Germany beware that you may be subjecting yourself to registration requirements. Similarly, most individuals with NATO-SOFA status are exempt from the TV tax and the pet tax. If you do receive a letter for the TV tax please come to the Legal Assistance Office on Kelley Barracks in Building 3312 for assistance.

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
Schockenriedstrasse 42 | 70565 Vaihingen
www.bible-church-of-stuttgart.com



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Nursery provided each service
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Pastor F. Moser
Pastor's Phone: 0160-9278-8754
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Tuesday: Desayuno de Mujeres en Español/Ingles
Wednesday: LifeGroup (informal setting)
Friday: Youth Meeting
*Please contact us for times and locations or visit our website


Pastors Alex & Evelyn Morales
Email: pastor@stuttgartchurch.com
Call us: 0152-5954-5304, 0152-3872-8324

WWW.STUTTGARTCHURCH.COM

STUTTGART MILITARY COMMUNITY CHURCH



MEETING AT WENDE PUNKT
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01732 388433
WWW.SMCCCHURCH.DE

JOIN US!
SUNDAY EVENINGS 5:00PM

A PLACE YOU CAN CALL HOME



FINANCIAL AID ADVICE SEPT. 24

The Panzer Education Center will hold a financial aid day Sept. 24 from 10 a.m. to 4 p.m. in Building 2915, Panzer Kaserne. Financial aid advisors will provide information about loans, Pell Grants, MyCAA, scholarships and the use of Veterans Administration benefits in conjunction with other federal financial aid.

Students can also complete a 2014-2015 Free Application for Federal Student Aid with one-on-one assistance, but will need to bring specific documents. More details on the documents can be found by clicking the 'help' tab at www.fafsa.ed.gov.

A community member who attends the workshop and applies to University of Maryland University College will have the \$50 application fee waived.

For more information, contact the Stuttgart UMUC Europe field representatives at 431-2303/civ. 07031-15-2303 or email stuttgart-europe@umuc.edu.

KIDS IN THE KITCHEN SEPT. 19

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" Sept. 19 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.

ARE YOU REGISTERED TO VOTE?

U.S. Army Garrison Stuttgart will promote voter registration and absentee voting by conducting a Voting Emphasis Week Sept. 29 through Oct. 6.

Midterm elections are scheduled for Nov. 4.

During Oct. 1-5, Voting Assistance Officers from local units and agencies will provide assistance and voter registration and absentee ballot request forms to all voters, whether military, civilian, contractor, retiree or family member, at the following locations:

- Oct. 1, 11 a.m. to 2 p.m., Broadway Cafe, Kelley Barracks
- Oct. 2, 11 a.m. to 2 p.m., Commissary, Kelley Barracks
- Oct. 3, 11 a.m. to 2 p.m., Robinson Barracks Post Office
- Oct. 3, 10 a.m. to 4 p.m., Panzer Exchange
- Oct. 4, 11 a.m. to 4 p.m., Panzer Exchange and Patch Commissary
- Oct. 5, 11 a.m. to 4 p.m., Patch Commissary.

For more information on voting, visit www.fvap.gov.

BAKE COOKIES, CAKES FOR A CAUSE

The Stuttgart Community Spouses' Club needs volunteers to provide home-baked goods in support of the Pfennig Bazaar's Great American Bake Sale. Proceeds from this event support many worthy causes in Stuttgart.

Drop off baked goods Sept. 29 from 8 a.m. to 2:30 p.m. at the front offices of Robinson Barracks Elementary/Middle School, Patch Elementary School, Patch High School

and Böblingen Elementary School, or in the lobby of the Kelley Theatre.

To volunteer or for more information, e-mail the SCSC Special Events Chairwoman at scsc.specialevent@gmail.com.

GAWC NEEDS VOLUNTEERS

The German American Women's Club will hold its annual Pfennig Bazaar fundraiser, Stuttgart's largest and oldest indoor flea market, Sept. 30 and Oct. 1.

The bazaar will be held at the Liederhalle, Berliner Platz 1-3 in downtown Stuttgart. Sales hours are from 9 a.m. to 8 p.m. on Sept. 30 and from 9 a.m. to 5 p.m. Oct. 1.

Proceeds will benefit the German and U.S. military communities. Fifty percent of the money raised will be donated to youth and student exchange programs. The remaining funds will be divided between German and U.S. projects, organizations, schools, athletic programs and youth clubs.

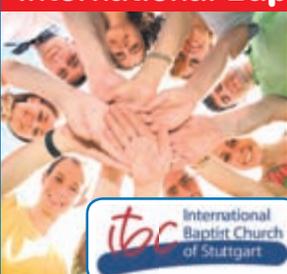
There are many volunteer opportunities for individuals and groups, from setting up the booths and goods on Sept. 29, to helping with logistics, sales, security and crowd control, and donating baked good for the bake sale at the bazaar. Volunteers can sign up at www.gawc-stuttgart.org.

The GAWC continues to accept donations of clothing, sportswear, toys, shoes, handbags, decor, household items and electronics for the sale. Donations may be dropped off at collection bins located next door to the Patch Thrift Shop in Building 2332 and on Kelley Barracks in Bay 3, next to the Kelley Theatre.

CELEBRATE THE NAVY BIRTHDAY

The Stuttgart Navy Ball will take place Oct. 25 at 6 p.m. in Sindelfingen. This year's festivities will turn back the clock to World War II and honor the Women Accepted for Volunteer Emergency Service --or WAVES-- the first women to serve in the U.S. Navy. For more information, 591-0221/0964-1705910221 or visit www.facebook.com/navyballstuttgart.

You are important at:
International Baptist Church of Stuttgart



Worship Services
Sunday - 0930 & 1130
Saturday - 1800
AWANA: Sunday 1700
Pastor's Bible Study/Prayer Meeting: Wednesday 1900

Other Opportunities:
Small Group & Bible Studies
Men's, Women's & Young Adult Ministries



Untere Waldplätze 38 • 70569 Stuttgart-Vaihingen
(across the street from Patch)
www.ibcstuttgart.de • 0711 - 687 - 4365

5K BUDDY RUN/WALK

USAG Stuttgart plans to host a 5 kilometer fun run/walk 9 a.m. Oct. 4 to raise awareness during Domestic Violence Awareness month. The run/walk will start and end in front of the Patch Fitness Center, is free to all participants and is open to service members, civilian employees, family members and retirees. Registration opens 8 a.m., but no numbers will be issued and the event will not be timed.

BANK CLOSURE, OCT. 3

Friday, Oct. 3 all Community Banks will be closed in observance of German Unification Day.

JEWISH HOLY DAYS

Join the Stuttgart Jewish military community for High Holy Day services.

Rosh Hashanah services will be at the Patch Chapel
 • 7 p.m. Wednesday, Sept. 24
 • 9:30 a.m. and 5 p.m., Thursday, Sept 25
 • 10 a.m. and 7 p.m., Friday, Sept. 26.

Yom Kippur services will be at the Patch Chapel
 • 7 p.m. Friday, Oct. 3, 10 a.m.
 • 5 and 7 p.m. break-the-fast pot luck Saturday, Oct. 4.

Sukkot celebration will be at the Panzer Chapel fellowship hall 6 p.m. Wednesday, October 8.

Simchat Torah services will be at the Panzer Chapel annex on 7 p.m. Friday, Oct. 17.

Please contact info@stuttgartjewishcommunity.com for more information.

BEHAVIORAL HEALTH

The Stuttgart Health Clinic's Behavioral Health Department is currently open to active duty and family members for medication management and only to active duty personnel for therapy.

Family members who wish to be seen in the Behavioral Health clinic for their medications will still need to seek therapy care off-post.

However, this may change, so we recommend for patients to call the clinic at 06371-9464-1615 to check on our current access to care for

family members of active duty service members.

For those not eligible for care in the Behavioral Health clinic, there are on and off-post resources available through International SOS at 0800-589-1599 (outside Germany-0044 20 8762 3834).

For more information, please contact the Stuttgart Health Clinic Chief of Behavioral Health.

SAFETY DAY

USAG Stuttgart will host a Safety Day on Friday, 19 September, from 10 a.m. – 3 p.m. at Kelley Barracks in the parking lot next to the German Kantine, building 3362.

Activities are to include a beer goggle rodeo, vehicle seatbelt/impact demonstrator, fire extinguisher trainer and fire/rescue demonstrations. Various community agencies will be on site to present valuable safety and health information.

NEW WORSHIP SERVICE SCHEDULE

U.S. Army Garrison Stuttgart Religious Support Office announced its latest worship service schedule Sept. 3.

Protestant Sunday services
 • 8:30 a.m., Panzer Chapel (Liturgical Service)
 • 10 a.m., Robinson Barracks Chapel (Building 116)
 • 10:30 a.m., Panzer Chapel (Contemporary)
 • 11 a.m. Patch Chapel (Collective Protestant)
 12:30 p.m. Panzer Chapel (Gospel Service)

Catholic Mass
 • Monday 11:45 a.m., Patch Chapel
 • Tuesday 11:45 a.m., Patch Chapel
 • Wednesday 11:45 a.m., Kelley Hotel
 • Thursday 11:45 a.m., Panzer Chapel
 Saturday 5 p.m., Panzer Chapel
 Sunday 9 a.m., Patch Chapel
 noon RB Chapel
 5 p.m., Patch Chapel

Jewish service
 First and third Friday 7 p.m., Patch Chapel

DO YOU QUALIFY FOR WIC?

The Women, Infants, and Children Overseas Program

helps pregnant women, new mothers and young children eat well, learn about nutrition and stay healthy.

WIC provides nutrition education and counseling, breastfeeding support and nutritious foods.

Nutrition education is the cornerstone of the WIC Program.

For more information, call 431-3362/civ. 07031-15-3362 or stop by the WIC Overseas office in Building 2915, Panzer Kaserne.

TARP BRIEFINGS

The 66th Military Intelligence Stuttgart Field Office will hold Threat Awareness and Reporting Program briefings in September at the following locations:
 • Sept. 18, Patch Chapel;
 • Sept. 19, Panzer Chapel;
 • Sept. 23, Kelley Events Center (Building 3312).

Briefings in English will be offered at 10 a.m. and 1 p.m. and should last approximately one hour.

The briefing is an annual requirement for all Defense Department employees, contractors and service members. Family members are not required, but highly encouraged to attend.

If an organization requires a brief in German, contact the Stuttgart Field Office at 591-5001.

NEW BIG CHAPTER

Blacks in Government (BIG) a national, nonprofit organization of government workers committed to excellence in government through equality of opportunity, has established a chapter in the Stuttgart community.

The Stuttgart chapter's mission is to promote equality and opportunity by advocating equity in public service for African Americans and other minorities while promoting equality and excellence through empowerment, employee advocacy and professional development.

To join the Stuttgart chapter, send an email to big.stuttgart.chapter@gmail.com.

Send your announcements to editorial@stuttgartcitizen.com.

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The power of 1

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U.S. Department of Veterans Affairs

One small act can make a difference in the life of a veteran or service member in crisis.

Every year, organizations across the country recognize September as Suicide Prevention Month. This year, the Veterans Crisis Line is asking you to think about the power of one and consider the many ways a single act can give Veterans access to confidential support and resources.

For Veterans going through a difficult time and their loved ones who are concerned about them, a single call, chat, or text can be a critical first step. One conversation with a Veteran about how he or she is doing can open the door to services and support.

Everyone can be the person who makes a difference in a Veteran's life, and connecting with support doesn't have to be hard. Here in the Stuttgart U.S. military community, the Military Crisis Line can help.

FREE, CONFIDENTIAL RESOURCES

The Military Crisis Line/Veterans Crisis Line is a free, confidential resource that service members, veterans and their families and friends can access any day, anytime. Trained professionals — some of them Veterans themselves — are ready to listen, 24 hours a day, 7 days a week, 365 days a year. Since launching in 2007, the Veterans Crisis Line has answered more than 1.25 million calls and made more than 39,000 lifesaving rescues.

The U.S. Department of Veterans Affairs counts on grass-roots networks and community organizations to spread the word that support is just a call, click, or text away — because one small act can make the difference.

IDENTIFYING SIGNS OF CRISIS

VA urges groups and individuals nationwide to stay alert for signs of suicide risk. The first step in preventing suicide is understanding the

warning signs; people may show signs of risk before considering harming themselves. Warning signs include:

- Hopelessness, feeling like there's no way out
- Anxiety, agitation, sleeplessness, or mood swings
- Feeling like there's no reason to live
- Rage or anger
- Engaging in risky activities without thinking
- Increasing alcohol or drug abuse
- Withdrawing from family and friends

The presence of the following signs requires immediate attention:

- Thinking about hurting or killing yourself
- Looking for ways to kill yourself
- Talking about death, dying or suicide
- Self-destructive behavior such as drug abuse, weapons, etc.

If you notice these warning signs, tell a Veteran about the Veterans Crisis

Line, or make the call yourself. Here in Europe, call 0800 1273 8255 or dial DSN 118 and then press 1. Chat online at VeteransCrisisLine.net/Chat for confidential support, 24 hours a day, 7 days a week, 365 days a year.

SPREAD THE WORD

This Suicide Prevention Month, show how the power of one single act can save a life.

Visit VeteransCrisisLine.net/ThePowerof1 to download free Suicide Prevention Month materials, including flyers to print and distribute, digital ads to display on your website, and content to post on social networks or publish in newsletters. Learn how you and your community can work together to prevent suicide.

No one can do everything, but everyone can do something. We are all part of the solution, and it starts with one small act.

Visit VeteransCrisisLine.net to learn more.



Signs of suicide: Watching your buddy's "6"

By Capt. Donell L. Barnett
U.S. Army Public Health Command

You are helping to reduce suicides in the Army.

Soldiers at every rank continue to make efforts to help their buddies who might be struggling with thoughts of hurting themselves. We must continue to support our fellow Soldiers because one suicide is too many.

All branches of the military have ramped up suicide prevention efforts. One example of this is the Army Applied Suicide Intervention Skills Training (ASIST), which focuses on recognizing opportunities for leaders and buddies to intervene.

The ASIST program encourages

leaders to monitor common risk factors for suicide such as:

- Failed or strained intimate relationships
- Previous suicidal behaviors, thoughts or attempts
- Behavioral health problems

Additionally, leaders, family members, buddies and friends can intervene when there are warning signs such as:

- Changes in behavior like eating and sleeping habits, or work performance
- Suicide-related talk, hints or expressing a wish to die
- Isolation or withdrawal from social situations

The Army also has collaborated with various institutions to help understand Soldiers

who experience suicidal behavior. The Army Study to Assess Risk and Resilience in Servicemembers (STARRS) project has studied suicidal behavior in the Army, and the preliminary findings are noteworthy:

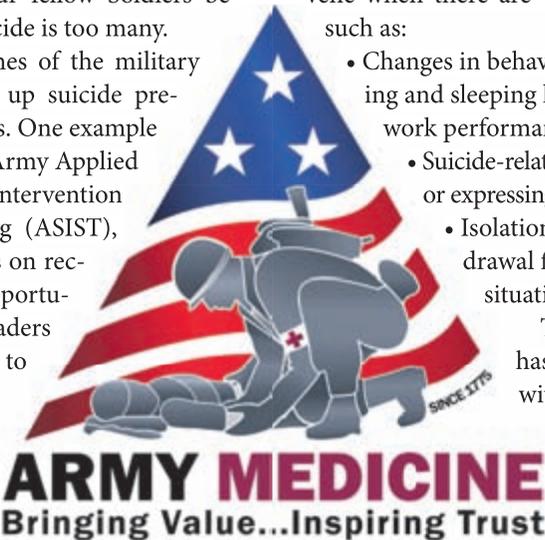
1. Fourteen percent of Soldiers have considered suicide at some point in their lifetime.
2. There is a strong relationship between receiving a rank demotion and suicide risk, especially for Soldiers who have been recently demoted.
3. Life role problems (e.g., problems with home life, work performance, social life or close relationships) are also associated with increased suicide risk and other behavioral health problems.

Other studies also highlight increased suicide risk for Soldiers with early life traumatic events, financial problems and non-deployment related factors such as adjusting to a new unit and family-related stress.

Many factors can lead to suicidal

behaviors. Still, you do not have to be a behavioral health provider to know when something is wrong or something has changed. You are in the best fighting position to watch your buddy's "6":

1. Have the courage to ask. It's better to upset someone than to lose a life.
2. Familiarize yourself with the suicide warning signs and what they might look like in different MOS's and duty locations.
3. Recognize that everyone feels defeated at times and when combined with life stressors, it can be difficult for your buddy to get out of a slump by himself or herself.
4. Know where help is. If your buddy is concerned about going to a behavioral health provider, advise him or her to talk with a chaplain, medical provider or an anonymous crisis hotline.
5. Be willing to escort and support your buddy throughout the process; you might be the lifeline that he or she needs.



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Join the voices for recovery: Speak up, reach out

By BethAnn Cameron
U.S. Army Public Health Command

National Recovery Month is observed in September to raise awareness and educate communities about the prevention, treatment and recovery resources available for mental and substance abuse.

According to the 2012 National Survey on Drug Use and Health by the Substance Abuse and Mental Health Services Administration, more than 22 million people over the age of 12 were addicted to alcohol or drugs; 2.8 million people abused both alcohol and illegal drugs; and 14.9 million people abused alcohol.

Some military service members also have problems with alcohol and drugs. The 2011 Health-Related Behaviors Survey of Active Duty Military Personnel indicated that 8.4 percent of those surveyed drank five or more drinks on the same occasion. Ten percent of service members reported drinking at work and 11.3 percent indicated having problems because of drinking. Misuse of prescription drugs was reported by 1.3 percent of active duty personnel. The negative consequences of excessive alcohol and drug use take a toll on military service members' lives. It affects work performance, morale and mission. Physical and mental health,

as well as families, are affected.

Each day, millions of Americans take steps toward recovery from alcohol and drug addiction. During National Recovery Month, people are encouraged to speak up about addiction and celebrate those in recovery.

According to SAMSHA, recovery is a process of change. Individuals work to improve their own health and live a meaningful life to achieve their full potential. Recovery from an addiction to alcohol or drugs is a complex and active process that involves others. The National Council on Alcoholism and Drug Dependence estimates that as many as 20 million people are living in recovery.

Recovery from addiction requires a personal commitment to change. Just like other chronic diseases, such as diabetes, the earlier a person gets help the better. The longer alcohol or drugs are abused, the more important it is to intervene. It involves a process of healing. It involves participating in an intervention to overcome dependence.

SAMSHA states four major domains that are needed to support recovery:

- **Health:** Managing one's disease leading to healthier physical and emotional lives.
- **Home:** Having a stable and safe

place to live

• **Purpose:** Having meaningful daily activities, such as a job, school, volunteer activities and contributing to society.

• **Community:** Having relationships and social networks that provide support, friendship, love and hope.

Recovery is not just for the person who abuses alcohol or drugs. It is also involves participation of family and friends.

Be part of the solution. Understand the addiction process of alcohol and drugs. A person's addiction can affect family members and friends. They can see the negative effects and damage caused by a person who is actively drinking or using drugs. They can recognize the signs of alcohol or drug abuse, which can lead a person into needed treatment. It is important that family and friends recognize their own feelings and reactions when dealing with a loved one who is abusing alcohol or drugs, so as not to enable their behavior.

Be supportive. Resilience is important for recovery. Physical, social, emotional and educational supports lead to and build resilience. Support and encouragement from friends and family can be critical in leading people to get help and/or treatment. Stigma, such as, being

National
Recovery Month
Prevention Works • Treatment is Effective • People Recover
SEPTEMBER 2014

25
YEARS

viewed as weak, prevents individuals from seeking help. Recognize and challenge stigmas that stand as barriers to recovery.

Alcohol and drug addiction remains a serious challenge in our country. With support, people who are seeking help make steady progress each day. Join the voices for recovery.

Promote National Recovery Month activities within your community. Speak Up. Reach out. Give hope to those still struggling with this disease. Resources for treatment and support are available.

The SAMHSA National Helpline, 1-800-662-HELP offers 24-hour free and confidential information on alcohol and substance abuse and referrals for treatment. The Army Substance Abuse Program at your installation offers support for recovery. TRICARE also offers programs and resources for alcohol and drug abuse.

To learn more about National Recovery Month, go to <http://recoverymonth.gov/>.

Preventing slips, trips and falls is easy!

Slips, trips and falls are often portrayed with a comical theme in cartoons and movies. However, in the real world, slips, trips and falls are one of the leading causes of accidents in the workplace. These mishaps can lead to painful injuries for the worker and millions of dollars in lost workdays and worker's compensation claims. Nearly all accidents resulting from a slip, trip or fall in the workplace can be prevented if every employee will follow some simple guidelines:

- Always wear shoes that have slip resistant soles. Smooth soles will surely increase your risk of slipping and falling.
- When required, wear approved safety (steel-toed) shoes or boots.
- HOUSEKEEPING is critical in preventing slips, trips and falls in the workplace. Keep floors free of dirt and debris at all times and attend to spills or leaks immediately. Keep walkways and aisles free and unobstructed at all times. A minimum

width of 28" should be maintained for all walkways unless they are leading to or through an exit, then it must be 36".

- Never step on/over loose paper, cardboard, or any material that is placed haphazardly on floors.
- Look out for tripping hazards such as changes in floor surfaces (uneven floor joints, flooring to carpet, damaged carpet or flooring, and power cords).
- Use extra caution when walking up/down stairs and ramps. Always use the handrails when they are provided!
- Never carry loads, which block your vision of the floor in front of you.
- Never run or engage in horseplay at work.
- Always keep your file cabinet and desk drawers closed.
- Pay attention to what you are doing and where you are going. Don't allow yourself to get distracted.
- Report damaged flooring immediately to your supervisor or by calling the DPW @ 421-6200.
- Barricade unsafe areas using cones

or caution tape to prevent others from entering.

- During inclement weather, pay special attention to the flooring inside doors, as rain, mud, sand may get tracked into the building and create a slipping hazard.



USAG STUTTGART
S F E T Y
CORNER

What's happening in FMWR

FALL BOWLING LEAGUE DEADLINE

Sign up at the Galaxy Bowling & Entertainment Center, Panzer Kaserne, by Sep. 19. Last chance to join the Tuesday Night Mixed, Wednesday Night Men's, Thursday Morning Ladies, Friday Night Mixed League, Saturday Morning Youth. Weekly fees plus current USBC card applies. For more information, call 431-2575/civ. 07031-15-2575.

PLAY BEST BALL

Get your team together for the Fall Scramble at the Stuttgart Golf Course on Sep. 20. Fee includes your golf cart, on course contests, prizes and food after golf. For more information, call 431-2774/civ. 07141-879-151.

SKYDIVING

Tandem skydive with Outdoor Recreation on Sep. 20. Package includes transportation, equipment, instruction session, and one tandem jump. Videos available for purchase. Participants must be 14 years old to jump. Price = \$265 (up to 90kg or 200 lbs), \$295 (91 - 100 kg or 201 - 220 lbs), \$315 (101 - 110 kg or 221 - 242 lbs). For more information, call 431-2774/civ. 07031-15-2774.

CAMP & CANOE WEEKEND

Join Outdoor Recreation for a relaxing weekend of canoeing and camping between Sep. 20-21. \$99 (ask about youth rate), price includes transportation, camping equipment, canoe equipment, instruction, and guide. Trip departs 9 a.m. on Saturday and will return late afternoon on Sunday. For more information, call 431-2774/civ. 07031-15-2774.

TAILGATE FLEA MARKET

Discover treasures at this flea market in the Main Exchange parking lot on Panzer Barracks on Sep. 27 from 9 a.m. - noon. For more information, call 430-2110/civ. 0711-680-2110.

FALL PHOTO SEASON

Have your portrait taken in front of the beautiful Fall colors of the German countryside through the The Photo Studio, Patch Barracks between Oct. 1 - 31. The Photo Studio will offer outdoor and studio portrait sessions. For more information, call 430-2328/civ. 0711-680-2328.

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

COMING TO PATCH THEATER

- September 18** — Guardians of The Galaxy (PG-13) 6 p.m.
- September 19** — No Good Deed (PG-13) 6 p.m., A Walk Among The Tombstones (R) 9 p.m.
- September 20** — X-Men Days Of Future Past in 3D (PG-13) 2 p.m., No Good Deed (PG-13) 5 p.m., A Walk Among The Tombstones (R) 8 p.m.
- September 21** — Dolphin Tale 2 (PG) noon, No Good Deed (PG-13) 3 p.m., A Walk Among The Tombstones (R) 6 p.m.
- September 22** — No Good Deed (PG-13) 6 p.m.
- September 23** — Closed
- September 24** — Let's Be Cops (R) 6 p.m.
- September 25** — If I Stay (PG-13) 6 p.m.
- September 26** — The Maze Runner (PG-13) 6 p.m., This is Where I Leave You (R) 9 p.m.
- September 27** — The Maze Runner (PG-13) 2 p.m., This is Where I Leave You (R) 5 p.m., The Expendables 3 (PG-13) 8 p.m.

- September 28** — Dolphin Tale 2 (PG) noon, The Maze Runner (PG-13) 3 p.m., This is Where I Leave You (R) 6 p.m.
- September 29** — The Maze Runner (PG-13) 6 p.m.
- September 30** — Closed



© 2014 - MGM / New Line Cinema
Mia Hall (Chloë Grace Moretz) thought the hardest decision she would ever face would be whether to pursue her musical dreams at Juilliard or follow a different path to be with the love of her life, Adam (Jamie Blackley). But what should have been a carefree family drive changes everything in an instant, and now her own life hangs in the balance. Caught between life and death for one revealing day, Mia has only one decision left, which will not only decide her future but her ultimate fate.

Family and MWR Advertisement

stuttgart.armymwr.com



FITNESS

5TH ANNUAL AMAZING RACE
Sep. 20 • 9:30 a.m.
Patch Fitness Center

Fun and entertaining challenges that promote both health & wellness. Limited to 25 teams. Register at Patch Fitness Center until September 12. Fee is \$40 per team. Must be 18+, an ID card holder and have a bike & helmet in order to participate. Prizes for 1st, 2nd & 3rd place winners.

DSN 430-7136 /CIV 0711-680-7136



TRAVEL

THREE CASTLE TOUR
Sep. 27 - 28 • 7 a.m.
Outdoor Recreation, Panzer Kaserne

Join Outdoor Recreation for a 3 castle tour weekend! Enjoy the beauty of the Hohenschwangau, Neuschwanstein, and Linderhof castles. Trip includes transportation, overnight lodging, 1 breakfast, and castle entrance tickets. Trip package is \$199 (youth rates available).

DSN 431-2774 /CIV 07031-15-2774



STORAGE

MOTORCYCLE STORAGE
Sep. 30
Auto Skills Center, Panzer Kaserne

Auto Skills Center will offer winter motorcycle storage for a fee of \$30 per month. All fees must be paid in advance for the entire storage period. The storage period will begin September 30, 2014 and end March 31, 2015. Storage agreement form can be downloaded at: www.stuttgart.armymwr.com.

DSN 431-2555 /CIV 07031-15-2555

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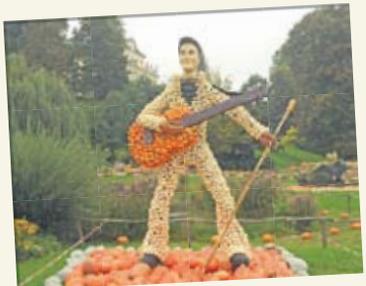
2014 Stuttgart area

Ludwigsburg "Kürbisausstellung" The World's Largest Pumpkin Festival



The World's Largest Pumpkin Festival in Ludwigsburg. — Photo courtesy Kürbisausstellung-Ludwigsburg

DATES: Friday, Sept. 5 – Sun, Nov. 2
TIMES: Festival: 9 a.m. – 8:30 p.m. daily
 Restaurant booths: 10:30 a.m. – 5:30 p.m. daily
 Souvenirs & farmer's market: 10 a.m. – 6 p.m. daily
LOCATION: Blühendes Barock/Ludwigsburg Castle
 Mömpelgardstrasse 28, 71640 Ludwigsburg
COST: Adults €8.50 for adults
 Children 15 years old and younger €4.20
 Family tickets (two adults and two children 15 years old and younger) €23.



Get out and see the sights at the Ludwigsburg "Kürbisausstellung," the world's largest pumpkin festival – you might even catch a glimpse of the king himself. — Photo courtesy Kürbisausstellung-Ludwigsburg

The Ludwigsburg Kürbisausstellung, or pumpkin festival, runs at the Blühende Barock garden area at the Ludwigsburg Castle.

This year, the exhibition's motto is "Pumpkin Royal" featuring royalty from almost every genre to include the "King of Rock 'n' Roll," "King of Thieves," "The Frog Prince," and many more.

More than 150 tons of pumpkins and over 500 different varieties from all over

the world, ranging from edible to decorative, will be featured throughout the event.

Visitors can also sample pumpkin-inspired foods and drinks ranging from pumpkin "Flammkuchen," soup and spaghetti to pumpkin burgers, strudel, "Maultaschen," popcorn pumpkin candy and sparkling wine.

During the "Kürbisregatta," or boat race, canoeists in caved pumpkins will participate in a race at the lake in front of the castle Sept. 21 at 1 p.m.

The European championship for the heaviest pumpkin will be held Oct. 12 at 1:30 p.m.

A Halloween pumpkin carving session will be held Oct. 25 at 11 a.m.

Umbrian and Provençal Market Tübingen



Stock up on all kinds of goodies at the Umbrian and Provençal Market Tübingen. — Photo courtesy www.umbrisch-provenzalischer-markt.de

DATES & TIMES: Thursday, Sept. 18, 1 p.m. – 10 p.m.
 Friday and Saturday, Sept. 19 – 20, 10 a.m. – 10 p.m.
 Sunday, Sept. 21, 11 a.m. – 8 p.m.
LOCATION: Historic downtown Tübingen

Tübingen will host the Umbrisch-Provenzalischer Markt, or Umbrian and Provençal Market in the city's historic downtown area.

Representatives from Tübingen's partner cities Aix-en-Provence, France, and Perugia, Italy, will offer delicacies ranging from baguettes and bouillabaisse, to pasta and "porchetta" (pork roast), along with other delicacies, jewelry, pottery and interior decorations.

Visitors can also indulge in local Swabian dishes during the event.

Outdoor Festival at Feuersee Lake Stuttgart-West

DATES & TIMES: Thursday, Sept. 18, 5 p.m. – 10 p.m.
 Friday, Sept. 19, 4 p.m. – 10 p.m.

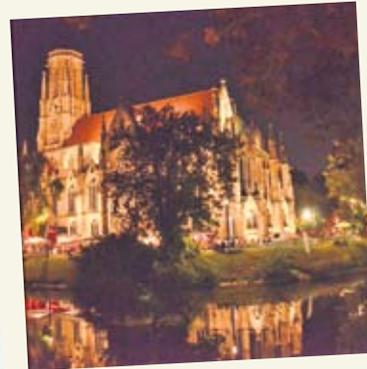
Saturday, Sept. 20, 10 a.m. – 10 p.m.
 Sunday, Sept. 21, 11 a.m. – 7 p.m.
LOCATION: In the Stuttgart West district, around the Feuersee Lake and Johanneskirche

More than 80 designers and artists will present their latest art, design and fashion works Sept. 19 and 20 during the "Dekumo Cabana" market.

High wire performances across the Feuersee Lake will be featured Sept. 20 at 2 p.m., 4 p.m. and 6 p.m.; Sept. 21 at 1 p.m., 3 p.m. and 5 p.m.

Illuminated remote-controlled boats will be released on to the Feuersee Lake Sept. 20 at 7 p.m.

Patrons will be entertained with live bands throughout the event. Activities for children, food and beverages will be available.



The outdoor festival at Feuersee Lake, Stuttgart-West, is held near the grounds of the Johannes Church. — Photo courtesy event organizers

Big Sounds Music Festival

DATES & TIMES: Friday, Sept. 19 – 21, various show times
LOCATION: Kongresshalle
 Ida-Ehre-Platz, 71032 Böblingen
COST: Outdoor shows: Free
 Indoor shows: between €30 and €45

Music lovers can enjoy brass music performances ranging from classic and jazz to rock.

On Sept. 20 at 2 p.m., 3:15 p.m. and 4 p.m. concerts will be held outside the Kongresshalle and are free of cost. On Sept. 21, free concerts will be held at 11 a.m., 1:30 p.m. and 4 p.m.

Tickets can be purchased by calling civ. 0711-9979-9999, or at the following locations:

Ticketcenter Sindelfingen (at Breuningerland), Tilsiter Str. 15, 71065 Sindelfingen

Eventbüro Tickets, Stadtgrabenstraße 10, 71032 Böblingen
 Kreiszeitung Böblinger Bote, Bahnhofstraße 27, 71034 Böblingen
 i-Punkt, Marktplatz 1, 71063 Sindelfingen
 Kreiszeitung Böblinger Bote (at Sterncenter), Mercedesstraße 12, 71063 Sindelfingen

Vaihinger Herbst Fall Festival



The Vaihinger Herbst fall festival — Photo courtesy modus_vm GmbH

DATES & TIMES: Friday, Sept. 19, 6:30 p.m. – 11 p.m.
 Saturday, Sept. 20, 10 a.m. – 11:30 p.m.
 Sunday, Sept. 21, 11 a.m. – 9 p.m.
LOCATION: Around Vaihinger Markt, the Vaihingen Rathaus and Schwaben Galerie mall

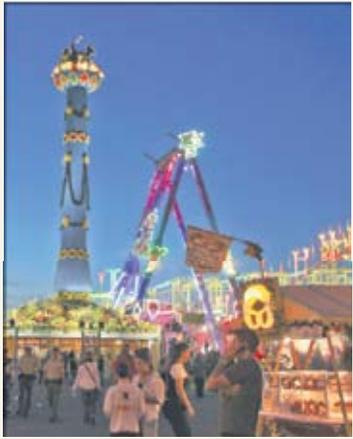
The Vaihinger Herbst fall festival will run along the "Vaihinger Markt" market square, the district's town hall and the Schwaben Galerie shopping mall.

During the three-day festival, visitors can enjoy international and Swabian food, as well as live bands playing rock, pop, reggae and jazz. Juggling, fire, comedy, dance and artistic performances will be offered, as well.



lea fall fest season

Cannstatter Volksfest



An American and German soldier trade hats and name tapes during the Soldier's Fest, a special event held on the grounds of the Cannstatter Volksfest each year. — U.S. Army Photo



Enjoy the many amusement park rides at the Cannstatter Volksfest — Photo courtesy in Stuttgart/Thomas Niedermüller

DATES & TIMES: Friday, Sept. 26 – Sunday, Oct. 12, Mondays – Thursdays, 12 p.m. – 11 p.m. Fridays, 12 p.m. – 12 a.m. Saturdays, 11 a.m. – 12 a.m. Sundays, 11 a.m. – 11 p.m. Special hours:

Friday, 26 Sept., 3 p.m. – 12 a.m. Thursday, Oct. 2, 12 p.m. – 12 a.m. Friday, Oct. 3, 11 a.m. – 12 a.m.

LOCATION: Cannstatter Wasen Mercedesstraße 50, 70372 Stuttgart

The annual “Cannstatter Volksfest” festival will be held at the Cannstatter Wasen fest grounds in Bad Cannstatt.

The Cannstatter Volksfest is the second largest Volksfest in the world and offers eight fest tents and the “Almhüttendorf,” a reconstruction of a typical Bavarian-Austrian alpine village.

Visitors can enjoy grilled chicken and live bands. Rides, as well as a variety market, and family days with reduced entrance fees are also offered.

For more information visit www.cannstatter-volksfest.de

Ludwigsburg Antique Market

DATES & TIMES: Saturday, Sept. 27, 11 a.m. – 6 p.m.

Sunday, Sept. 28, 11 a.m. – 6 p.m.

LOCATION: Ludwigsburg Antique Mile in the historic downtown

For antique lovers and collectors, the “Ludwigsburger Antikmeile,” or antique mile, in the historic downtown area will be the place to be this weekend.

More than 150 vendors from Germany and all over Europe will offer furniture, paintings, toys, books, glass, historic typewriters, cameras, telephones, sewing

machines and more.

French ceramics as well as porcelain and silver from England (17th to 19th century) and historic trains will also be displayed. Food, music and entertainment will also be offered.

Waiblingen Light Festival

DATE & TIMES: Saturday, Oct. 4, 7 p.m. – 11 p.m.

LOCATION: Downtown Waiblingen

Waiblingen will host the “Waiblingen leuchtet” Light Festival. The downtown area will be artfully illuminated.

Light shows and installations, live music, dance performances, food and beverages will be offered, as well.

All stores will be open until 11 p.m.

Fellbacher Herbst Fall Festival



The Fellbacher Herbst is one of the largest fall festivals in Baden-Württemberg. — Photo courtesy Stadt Fellbach

DATES & TIMES: Friday, Oct. 10, 2 p.m. – 11 p.m.

Saturday, Oct. 11, 11a.m. – 12:30 a.m.

Sunday, Oct. 12 & Monday, Oct. 13, 11a.m. – 12 a.m.

LOCATION: Downtown Fellbach

The Fellbacher Herbst is one of the largest fall festivals in Baden-Württemberg.

Visitors can sample wines from the middle Neckar region and enjoy Swabian meals in various wine booths throughout the fest.

The official opening parade will be held Oct. 11 from 2-3 p.m. in downtown Fellbach.

On Oct. 12, all stores in the downtown area will be open from 12:30-5:30 p.m.

Visitors will also have the chance to watch a fireworks display at 8:30 p.m. on the same day.

Filderkrautfest Cabbage Festival



Filderkrautfest Cabbage Festival — Photo courtesy Stadtmarketing LE

DATES & TIMES: Saturday, Oct. 18, 2 p.m. – 11:30 p.m.

Sunday, Oct. 19, 12 p.m. – 11:30 p.m.

LOCATION: Downtown Leinfelden and Echterdingen areas

Visitors can enjoy cabbage-inspired products ranging from salads, noodles, “Schupfnudeln,” or Swabian potato noodles, to burgers and meat plates.

Live bands and dance performances will be offered throughout various fest tents, barns, restaurants and wine booths.

Cabbage-shredding and cabbage-carrying competitions will be held as well.

Stuttgart Nacht

DATES & TIMES: Saturday, Oct. 18, 7 p.m. – 2 a.m.

Sunday, Oct. 19, 12 p.m. – 11:30 p.m.

LOCATION: Downtown Stuttgart

COST: €15 advance, €17 at the event (includes transportation)

“Stuttgart Nacht,” or Stuttgart Night, will feature more than 70 events such as concerts, lectures, theater and club parties in and around downtown Stuttgart.

Tickets cost €15 when purchased in advance and €17 at the event, and include transportation along with admission into every location.

Shuttle buses will run all night from the Stuttgart Stadtmitte (Rotebühlplatz), Tagblattturm and Siegle-Haus.

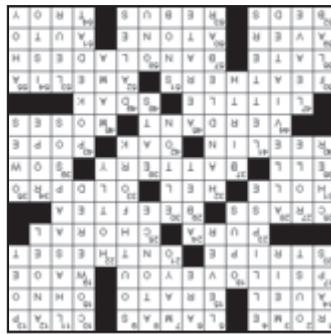
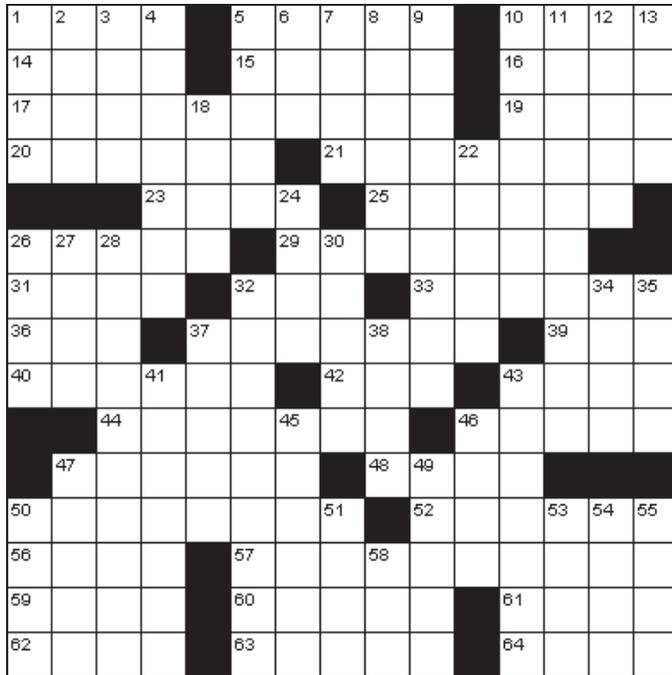
For more information, or to purchase tickets, visit: www.stuttgartnacht.de, or call civ. 0711-601-5444.

Tickets can also be purchased during the event at all participating event locations.



Cannstatter Volksfest — Photo courtesy in Stuttgart/Thomas Niedermüller

Crossword Puzzle



This week's solution.
Courtesy of thinks.com

- ACROSS**
- 1 The Eternal City
 - 5 Himalayan holy men
 - 10 Applaud
 - 14 "Clan of the Cave Bear" author
 - 15 Muse of lyric poetry
 - 16 Cry of dismay
 - 17 1964 Beatles hit
 - 19 Emolument
 - 20 Narrow band
 - 21 Doing a film shoot
 - 23 Aqua ____
 - 25 For a group of singers
 - 26 Boorish
 - 29 Old-fashioned cold remedy
 - 31 Green target
 - 32 Norse underworld queen
 - 33 Seasoned veteran
 - 36 Plumbing joint
 - 37 Power source
 - 39 Miss Piggy?
 - 40 Land, as a fish
 - 42 Sturdy tree
 - 43 "The Dunciad" poet
 - 44 Green
 - 46 Biblical lawgiver
 - 47 Diminutive
 - 48 Black Hills state: Abbr.
 - 50 Plumage
 - 52 Aviator Earhart
 - 56 Better than never?
 - 57 Asian nation
 - 59 Declare
 - 60 Make amends
 - 61 Model T, e.g.
 - 62 Hospital capacity
 - 63 Picture puzzle
 - 64 Priam's domain
- DOWN**
- 1 Hard knocks
 - 2 Evict
 - 3 Dayan contemporary
 - 4 Curved shape
 - 5 Archimedean machine
 - 6 Metric area unit
 - 7 Actress Virginia
 - 8 Immediately
 - 9 "Dallas" ranch
 - 10 Cringed
 - 11 Small terriers
 - 12 Divine messenger
 - 13 Writer of verse
 - 18 Composer's work
 - 22 With fervor
 - 24 Aid a felon
 - 26 "Believe" singer
 - 27 Acting job
 - 28 Relieved
 - 30 ____ John
 - 32 Moustache type
 - 34 Lasso
 - 35 Is in debt
 - 37 Nativity
 - 38 Consumes
 - 41 Correspondence
 - 43 Prodded
 - 45 Make bubbly
 - 46 Baby doll's cry
 - 47 Go away
 - 49 Valleys
 - 50 Excess flesh
 - 51 Snooty one
 - 53 French possessive
 - 54 Analogy words
 - 55 Mariner's cry
 - 58 African antelope

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Have fun with the locals



Wilhelma Tag

Sun, Sep 21
Stuttgart, Wilhelma Zoo

The Wilhelma Zoo offers Wilhelma Day every year on the first Sunday after the summer vacation. This year on September 21 you can enjoy a day in the Zoo where you can see animals being feed and gather information about each animal you see from Snow Leopards to Elephants. Children can ride the ponies between 11am and 3pm. For more information about the fun events visit www.wilhelma.de

EVENTS

Sports in the park

Now – Sun, Sep 28
Stuttgart, various city parks
Come to Stuttgart's Sports Im Park where you can get fit until September 28. Sports in the park offers many one-hour sports activities (forty per week) which are free, require no registration, and are suitable for all ages and fitness levels. The activities include tai chi, pilates and yoga (bring your own mats), gymnastics, health sports, tango and so much more. For more information visit www.stuttgart.de/sportimpark

Wine village fest

Now – Sun, Sep 21
Heilbronn, city center
As of September 12, the Heilbronn wine village fest is upon us, which is considered to be the "coziest" wine village in Germany. More than 300 wine producers from the region will present their products and of course also offer one or the other to taste. A special atmosphere gives the village its Heilbronner feel with colorful floral decorated stands. Entertainment, including 5 different bands, will be providing music. For more information visit www.heilbronn-marketing.de

Adidas Rock Stars

Sat, Sep 19 – Sun, Sep 20
Stuttgart, Porsche-Arena
See the Adidas Rock Star competition from September 19 to September 20.

The Adidas Rock Star is a top-class invitational contest for the world's best bouldering athletes. This event combines elite sports with live music turning a climbing competition into an exciting sports show. For more information visit www.adidas-rockstars.com

Wine fest

Fri, Sep 19 – Sat, Sep 20
Waiblingen, Elisabeth-und-Hermann-Zeller-Platz
Enjoy a creative and culinary weekend with wine in Waiblingen from September 19 to September 20. To add to the great taste of wine, why not enjoy Flammkuchen straight out of the oven. Live soul, jazz and swing music will liven up the atmosphere. For more information visit www.waiblingen-erfrischt.de

Sauna day

Wed, Sep 24
Filderstadt, Fildorado
Autumn is upon us so what better way is there to relax than being at the sauna. September 24 is sauna day at Fildorado. Enjoy a day in the sauna relaxing while you revive your senses. For other methods of relaxation visit www.fildorado.de

Ritter Sport chocolate factory

Fri, Sep 26
Waldenbuch, Ritter Sport chocolate factory
Let's get interactive at the chocolate factory in Waldenbuch on September 26 and gather all the information you have ever

wanted to know about chocolate. Enjoy the diversity of Ritter Sport. For more information visit www.museum-ritter.de

Goldener Oktober (street festival)

Sat, Sep 27 – Fri, Oct 3
Kirchheim unter Teck, city center
Every year as the summer comes to an end and autumn greets us, the city of Kirchheim has a fest. Join in the fun from September 27 to October 3 and enjoy a great program where children can go to the petting zoo and draw pumpkins, while adults can enjoy the street fest. For more information visit www.kirchheim-teck.de

Wine tasting

Thu, Oct 2
Vaihingen, Eselsburg
Enjoy a drive through the countryside and see the colorful vineyards on October 2 in Vaihingen. Regardless of the weather, you can enjoy a nice day of wine tasting at the Eselsburg, while driving in a covered tractor-drawn carriage.

Opening of Mercaden

Thu, Oct 2 – Sat, Oct 4
Böblingen, Mercaden
Ladies get ready! On Thursday, October 2, the new shopping center in Böblingen will open its doors for the first time. On over 24,400 sqm you will be able to find various shops like H&M, S. Oliver, perfume stores and much more. Be ready to storm the shops and find great bargains. For more information visit www.mercaden-boeblingen.de

SPORTS

Soccer

Sat, Sep 20
Stuttgart, Mercedes-Benz Arena
VfB Stuttgart is playing against TSG Hoffenheim at 15:30 on Saturday, September 20. Prices start at €27. For more info and tickets visit www.tickets.vfb.de

Basketball

Thu, Oct 2
Ludwigsburg, MHP Arena
See The MHP Riesen play against the Telekom Baskets Bonn on October 2 at the MHP Arena. For more info about the game visit www.mhp-riesen-ludwigsburg.de

CONCERTS

Mando Diao

Wed, Nov 26
Stuttgart, Porsche-Arena
Mando Diao is a Swedish rock band that got their breakthrough with the release of the album Hurricane Bar. They will be performing on November 26 in Stuttgart. Ticket prices start at €45.90. For more ticket info visit www.eventim.de

Gas Light Anthem

Thu, Nov 13
Stuttgart, Porsche-Arena
The Gaslight Anthem are an American rock band from New Brunswick, New Jersey, formed in 2006. They are performing on November 13 in Stuttgart. Ticket price is €34.75. For more info visit www.eventim.de

More events on: www.militaryingermany.com

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Youth Activities

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



Photo by Autumn Cearní

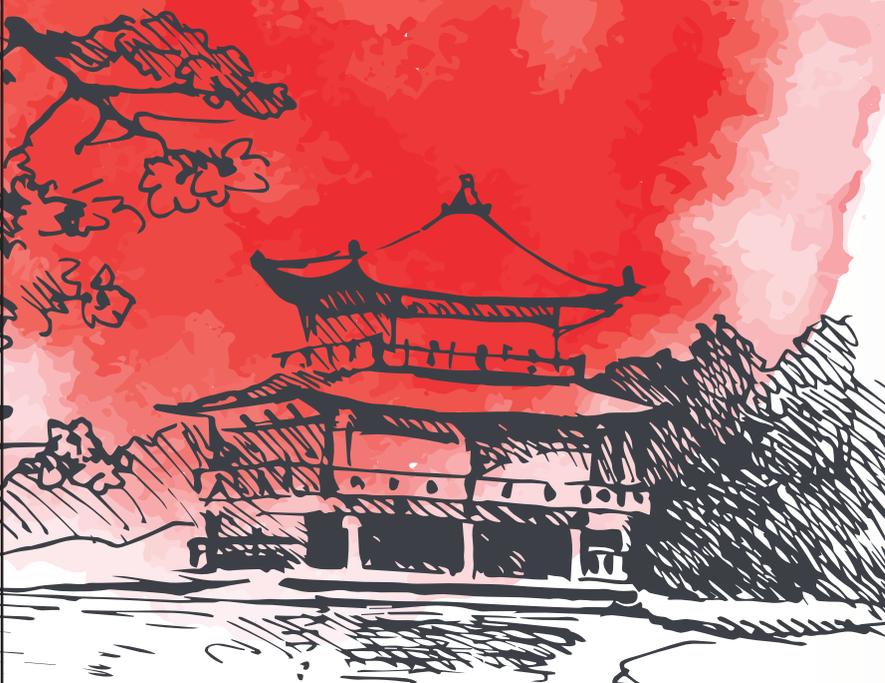
Reading connects!

by Kjersti Strong

Students at Böblingen Elementary Middle School were asked to read selected books this past summer for their Summer Reading Celebration. They had the opportunity to share their thoughts about the books in their classrooms. The entire school celebrated in the gymnasium. In the picture Sean Rhodehamel dances with Ms Rodriguez, the principal. Just like the author of one of the books read once said "Reading connects us!".

Sudoku Puzzle

Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contains each of the numbers 1 through 9 once.



		9		7			8	
7		3						
	5			6				
	7			5		4		
5		6			7			
	1				6			8
				4				7
2			8		3	1		
	4							2

2	6	9	5	7	8	3	4	8
5	1	3	6	8	4	9	5	6
7	9	4	2	8	3	6	1	5
8	1	4	2	3	9	6	7	5
5	3	6	4	8	7	9	2	1
8	7	2	1	5	9	4	6	3
6	4	2	8	3	9	6	5	7
4	5	7	1	8	3	2	4	6
6	2	9	1	5	7	8	3	4

This weeks solution!
 Courtesy of
www.puzzles.ca/sudoku.html

Pumpkin bread from fresh pumpkin

Story by Dennis Weaver

Contributing writer

So you grew pumpkins this year. Or maybe you will buy some to decorate the house or yard. Don't throw them out; use them for baking. With pumpkin puree, you can make great baked goods from bread, to pies, to muffins. Sure you can buy canned pumpkin from the store but fresh is better, healthier, and you'll save money.

While we're biased toward fresh pumpkin, quite frankly, in many recipes we have a hard time telling the difference between fresh and canned. And we often use commercially canned pumpkin for the convenience.

Most recipes call for pumpkin puree but that's not the only way you can use fresh pumpkin. You can grate fresh pumpkin and add it to your bread or muffins. It's even good in a casserole or in a soup. Grated pumpkin will give you attractive flecks of orange in your bread or muffins and a little chewier texture. But since most recipes call for puree, here's how to prepare it:

1. Cut a sugar or pie pumpkin in half. (Some thin-walled pumpkins are stringy and not as good for baking.) Remove the seeds. Place the halves in a baking pan, flesh side down with 3/4 inch of water in the pan. Bake for 1 1/2 hours at 350 degrees or until the flesh is tender. (For small quantities, you can cook the pumpkin in the microwave.)

2. After the pumpkin has cooled, scoop the flesh out, place it in a food blender, processor, or your food mill and process it until it is smooth. If stringy filaments remain, strain it.

3. Often, especially from smaller or immature pumpkins, the puree will not be thick enough — a spoon should stand upright in the puree. To thicken, place the puree in a saucepan and cook, stirring often, until the puree becomes thicker. Use as you would canned pumpkin. Extra puree freezes well.

If you are in a hurry, you can cook your pumpkin in the microwave or steam it on the stovetop. Cooked this way, it seems to have a higher water content than when baked. That's okay but you will need to cook it down on the stovetop to remove some of the water — at least for some recipes.

In some recipes, it doesn't matter whether the puree is thin. If you add a thin puree to a yeasted bread recipe, you'll have to add a little more flour to compensate. That's not a problem. If you are making pancakes, the thinner puree just means less water or milk to get the same consistency. On the other hand, if you are making cookies or scones or muffins, balance matters. You can add more flour or less liquid and it may turn out okay but you won't know without trying.

PUMPKIN BREAD RECIPE

In the following bread recipe,

you may use a thinner puree. Just be prepared to adjust the amount of flour that you use to accommodate different moisture contents of the pumpkin puree.

This is a great pumpkin bread recipe! It has an attractive orange color, it's moist, and it's packed with nutrition and flavor. We usually make it with white bread flour but you can substitute whole wheat flour. (If you use all whole wheat, add several tablespoons of wheat gluten.) The recipe calls for raisins but walnuts make it a great pumpkin bread also.

This bread is not sweet like a dessert bread. You can add more sugar if you like. If you choose, add one cup of chopped walnuts. Incidentally, try this bread toasted with red current jelly. It is terrific!

INGREDIENTS

- 5 1/2 to 6 1/2 cups white bread flour (you can substitute up to 3 cups whole wheat flour)
- 1/4 cup brown sugar
- 1 seven-gram packet of instant yeast
- 1 1/3 cup warm water, 110 degrees
- 1 tablespoon cinnamon
- 1/2 teaspoon ground cloves
- 1 teaspoon ground ginger
- 1 cup pureed pumpkin or canned pumpkin
- 1/2 tablespoon salt
- 6 tablespoons melted butter
- 1 1/2 cups raisins, golden raisins, or currents

DIRECTIONS

1. Place half the bread flour,

sugar, and yeast in the bowl of your stand-type mixer. Add the warm water and beat with a dough hook until it is partially mixed. (The purpose of this mix is to hydrate the yeast.)

2. Add the rest of the flour, the spices, the pumpkin, the salt, and the butter. Knead with the dough hook at medium speed for four minutes. When the dough comes together, add the raisins and continue beating for the remainder of the four minutes or until the gluten is developed. You will likely need to adjust the moisture level either by adding flour or water. Place the dough in a greased bowl, turn once, and cover. Set the bowl in a warm place and allow it to double in size.

3. Grease two 9 x 5-inch loaf pans. Form two loaves, cover them, and let them rise until doubled and puffy.

4. Bake at 350 degrees for 25 minutes or until done. The internal temperature should be at 190 to 200 degrees. Remove the loaves from the pans and let the bread cool on a wire rack.

Baker's Note: The pumpkin in this bread makes it very moist. Pumpkin has a very mild flavor and acts as background for the spices and this has a mild bread combination of spices. Add more spices if you prefer.

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German Ford Focus Wagon 2013, \$17,500, susan.dean@yahoo.com, 06202/5778214, 6-sp man., inc. snow tires w/ wheels, parking asst, A/C dual ctrls, heated fr. seats, navi system, approx 35 mpg gas, auto wipers, power wndws, silver, excellent cnd

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Lookin for Sportster parts or a bike which needs some work, basket case or sittin longer time too. BT Ultra Classic perhaps too. Just make me your offer what you have and we will see.2wheelmecanic@web.de

ANNOUNCEMENTS
All ads and pics on class-world.com

German - American Christian Fellowship, r.loucks@icloud.com, Attention to anyone in the Stuttgart area who might be interested in connecting with other Christian believers. We want to start a weekly fellowship group. All are welcome!

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ELECTRONICS
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AFN Decoder 9865 HD, €200, AFN Decoder 9835 \$75 Euro/ Email kseonline@hotmail.com,

Camerabag Crumpler "Messenger bag" for digital mirror reflex camera and equipment. Only used once, original price EURO 100, €50 OBO, coemser@gmail.com **See pics on class-world.com

Keyboard from ASUS, black, with number pad, brand new, never used before! €5, coemser@gmail.com **See pics on class-world.com

Zelda Twilight Princess, Wii game, perfect condition, like new!, €15, copongracz@gmail.com

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

New Metal Detector, Look for gold and silver coins, jewelry or old war relics while in Europe. New MPX Digital detector retail price \$699, only \$250, 0175-449-8922

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

Sony S890 Bass Reflex Speakers, 2 Sony Bass Reflex Acoustic Lens 4 way 4 speaker system. Price is negotiable., \$200, omarrstanley@aim.com



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

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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

Bible books etc, \$40, isabell_1_98@yahoo.com

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

Antique wall tree \$100. See KA classified web site for photo... Call Rex at 01602137652

Banana Republic Shirt, grey and white. Brand new, never worn before, with original tag. Original size small, but is more medium, loose fit!, €8, pics on class-world.com, coemser@gmail.com

Big/tall red glass vase, perfect... Big/tall red glass vase, perfect to put on the floor. Highlight nice flowers with this beautiful vase and give your liv/din rm a nice touch! €5, coemser@gmail.com **See pics on class-world.com

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

Engleby from Sebastian Faulks! Great book. €2, pic on class-world.com, coemser@gmail.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. €12, 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

Candleholder: Nice candleholder, Candleholder: Nice candleholder for 4 tea lights. Perfect for your living room! €8, pics on class-world.com, coemser@gmail.com

Coffee Cup Wonder Woman - perfect as a present for your girlfriend, mother or close friend who is the "wonder woman" in your life! €6, coemser@gmail.com

Electric Lawn Mower, \$350, omarrstanley@aim.com, Like new. Used one summer. Has driven rear wheels for those uphill mowing places. 1800watt, 48 centimeter cutting radius.

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

Labtop or plate table. Perfect when sitting on couch eating for to place labtop on. 017622987498

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

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

Leather bomber jacket for boys, fake. worn once. EU size 134., \$10, isabell_1_98@yahoo.com

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

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

Pore Cleanser from Tchibo, €5, coemser@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

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

Pumps "Easy Spirit": Black, perfect condition, only used once! Size 8.5 M, €8, coemser@gmail.com **See pics on class-world.com

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

ROTJ Imperial Shuttle, This is a vintage 1983 / 1984 Boxed Unused Complete article. The box has been opened but that's it. No play use of any kind, its complete.

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



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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. €12, 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

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

FURNITURE

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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

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

Antique corner desk. See photo on KA classifieds web page. Contact Eric and Mia at 063759949674., €150, eyates9761@aol.com

Antique French armoire with mirror doors. Louis IV style. See photo on KA classifieds web page. Contact Eric and Mia at 063759949674., €800, eyates9761@aol.com

Antique reproduction secretary desk. See photos on KA classifieds web page. Contact Eric and Mia at 063759949674., €120, eyates9761@aol.com

Beautiful roll top computer desk, €3000, Originally built for Apple IIe (also available!). Front right opens to slide out compartment for printer or fax etc. 1,62 m wide, 92 cm deep, 1,30 m high. Contact 015736124923 francuml@yahoo.com

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Dresser pine wood, \$70, isabell_1_98@yahoo.com or 017622987498

Couch / Daybed, nice and comfortable, only used for guests in past. Perfect condition, from a non-smoker, pet-free household. Need to sell because we will have a baby & need the room! Pick up only. €60, copongracz@gmail.com,

German double bed from IKEA with 2 small bedside tables. Mattresses and slatted frame are not included. Great condition. For pick up only! Located in 67657 Kaiserslautern. Asking €100. Call Jacky 0179 - 535 28 27

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 Weinweiler. Pics are online at www.class-world.com. 06302-7556 after 6 pm or klaus.wuttke@gmx.de

Sleeper Sofa, Queen size sleeper sofa, must pick up at Luxembourg American Cemetery. \$50.00, cahilldd@yahoo.com or (00352)26361883

Wooden bookshelf. See photo on KA classifieds web page. Contact Eric and Mia at 063759949674., \$150, eyates9761@aol.com

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Metal Dog Kennel, \$100.00, cahilldd@yahoo.com, 2 meters X 2 meters X 1.3 meters, galvanized metal, gate and roof, expandable, comes apart for shipping, must pick up at Luxembourg American Cemetery

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

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