

THE CITIZEN



Vol. 33, No. 15

The 6th Area Support Group Newspaper

July 27, 2004

Stuttgart, Bad Aibling, Oberammergau and Garmisch, Germany

To defend and serve in Baghdad

*Stuttgart-area MPs
protect the peace in Iraq
(Page 14)*



Spc. Marco A. Dominguez of the Panzer Kaserne-based 554th Military Police Company keeps close watch on a house where a hostile gunman had been spotted minutes earlier in Baghdad, Iraq. (Photo by Maj. Mark Wright, 21st Theater Support Command)

INSIDE THIS EDITION



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'Boot camp' brings the beat to Patch

Would-be DJs and "DJanes" learn a few tricks of the trade during a demonstration workshop on Patch Barracks.



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Soccer squads celebrate friendship

German and U.S. soccer players face off in Sindelfingen to mark the 50th anniversary of the city's stadium.

Thorns 'n Roses

From community submissions

Roses to:

Maria Price and all the other AAFES employees who donated school supplies and clothing to Stuttgart's humanitarian aid project for Africa.

Your contributions are awesome, and will help to change lives for so many individuals in need.

Dave Bowman, the Patch Barracks installation coordinator, for working tirelessly to find additional storage space for donations for the Pfennig Bazaar. Dave has been a wonderful supporter of the Patch Barracks sorting room volunteers and, he never fails to provide solutions for any problems we have.

Walter Fritz and his Patch High School video production students, for their efforts and expertise during the broadcast of PHS' graduation ceremony to deployed troops. Thanks to your excellent work, families who were geographically separated were able to be together for this important occasion.

You made your school proud and your community grateful – thanks for a job well done.

Thorns to:

The Patch Barracks partiers who left their two dozen or so half-empty beer cans and bottles strewn about the woods behind Bowman Field.

Some of us who live on Patch enjoy this quiet little slice of nature. If you can't find a better place to drink, at least have the decency to pick up after yourselves so we don't have to do it for you.

E-mail comments to citizen@6asg.army.mil or fax them to 421-2570/civ. 0711-729-2570.

THE CITIZEN

Col. Gwendolyn Bonéy-Harris
6th Area Support Group Commander

Public Affairs Officer
Jennifer Sanders
pao@6asg.army.mil

Editor **Hugh C. McBride** citizen@6asg.army.mil
Assistant Editor **Melanie Casey** caseym@6asg.army.mil

Reporter
Mildred Green
greenm@6asg.army.mil

Contact Information

Office Location: Building 3307-W, Kelley Barracks
U.S. Army Address: Unit 30401, APO AE 09107
German Address: Gebäude 3307-W, Kelley Barracks,
Plieningerstrasse, 70567 Stuttgart
Telephone: 421-2046/civ. 0711-729-2046
Fax: 421-2570/civ. 0711-729-2570

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The Citizen is an offset press publication printed in 6,500 copies every two weeks.

www.stuttgart.army.mil

The private hell of panic disorder

Go away, go away, go away." This was my mental mantra. This is what I told myself over and over while in the throes of the frequent panic attacks I suffered for nearly 20 years. For nearly 20 years, I chose not to be treated.

Why untreated? Now, I like to fancy myself as a quasi-educated, intelligent person. I had done hours of research on my illness, and knew it was a real disease, one with a real cure.

But I, like many other panic sufferers, believed I could "handle it." I was tough, I told myself. Admitting I needed help was like admitting I was weak. If I just put my mind to it, I could do it alone.

But, as I finally figured out, I couldn't.

It started innocently enough. I was about 15 or 16 years old and went to get a haircut. Simple enough, right? No big deal. People do it all the time.

But as the hairdresser put that flimsy paper around my neck and draped that protective cape around my shoulders, I began to sweat. I began to tremble. My mind, along with my heart, began to race. I was trapped, and I was scared to death.

Of getting a haircut? You ask. Stupid, right? But I wasn't really scared of getting a haircut. My fear had nothing to do with a haircut. My first panic attack just happened to happen then.

Panic, I ultimately learned, is fear of fear: the fear of another unpredictable attack.

There is a point in a panic attack – right at the beginning, when you hope against hope that you can still will it away – where your mind starts to work against you.

"What's wrong with me?" was the question that came to mind. For 20 years, my answer was always the same: nothing. And nothing was ever wrong, externally.

But internally, I was living through a tornado of emotion. During that first attack, I knew I had to sit still, had to act normal, because how stupid would I look if I ripped that cape off and ran screaming from the beauty shop? What would those people think of me?

So I sat there. I sweated. My heart beat frantically. My arms and legs tingled. My fight or flight was kicking in, and I had nowhere to fly. So my body was fighting.

There is a point in a panic attack when your mind starts to work against you.

I thought, well, maybe I'll just drop dead right here. Wouldn't that be a fine obituary? Otherwise normal teen keels over in beauty salon, reason unknown.

But I never dropped dead. Not then, and not in the ensuing years I cowered to panic. Eventually, I think, panic sufferers realize they won't die during an attack. But it doesn't take away the fear that they could, and it certainly doesn't stop the attack from coming.

Long-term panic sufferers learn to become Oscar-caliber actors. We look normal on the outside, and can often function quite productively in society, but all the while a battle is being waged from within.

For me, the panic attacks never went away completely. Sometimes I wouldn't have one for months at a time, and was delusional enough to think I was "all better."

But you can't be all better when the problem lies in your brain chemistry. Most of the members of my family suffer from anxiety or depression – which I believe are very closely related.

Clearly, we have some seriously screwed up serotonin levels. It's my genetic curse, and there's not a whole lot I could – or can – do to change it.

About 10 years ago, I decided I needed help and went to the doctor. He put me on an antidepressant and told me it would take a few weeks to kick in.

Now, I'm about as anti-drug as you can be, and loathed having to put some foreign substance in my body in order to be "normal."

But I decided to give it a try. That night, I awoke in the middle of the night in the midst of a panic attack. In my own bed. In my own house.

That was a first, and naturally I associated it with the pill I had taken several hours prior. It's amazing how the mind works.

Of course, I never took another one, and I never went back to the doctor.

My worst point, and the beginning

For more about panic disorders see page 14.

of about two years of frequent, almost daily panic attacks, was about five years ago. I was driving to visit family who lived

several hours away.

As I merged onto the freeway, with miles and hours still to go, I had one of the worst panic attacks of my life, and they came back every hour or two for the whole trip.

I don't know how I did it, but I made it safely there (and yes, home again a few weeks later). But I vowed I would never drive on the freeway again.

And for nearly three years, I didn't. Now that's easy to do if someone else will drive when you take long trips.

But if you live in an area where you need to drive on the freeway (or risk an hour commute to work), you have a problem. I finally decided that I would be a slave to this fear no more.

I went to the doctor again—just my regular doctor, not a psychiatrist. He was completely understanding and wonderful. He put me on a low dose of a different medication, and this time, I stuck it out. And you know what? In just a few weeks, I started to get better. Within a few months, I was cured.

I haven't had one panic attack in more than two years.

Now, I still need this medicine, and I probably will need it forever, but so what? I'd rather have to pop an innocuous pill once a day than have sweaty palms over a trip to the mall.

If people judge me because my body chemistry is out of whack, then so be it. Do they judge diabetics who need to take insulin?

I've finally accepted the fact that panic is a part of who I am, and there's nothing I can do about it but embrace it and move on.

Now, I'm keeping up with the best of them on the interstate.

Now, I know I can do anything – okay, almost anything – and I'm not afraid.

The author of this commentary wished to remain anonymous.

ASK AN EXPERT

German finance regulations required officials to limit July 4 fest to U.S. ID cardholders

This edition's expert:

Dennis Maruska
6th Area Support Group
Director of Community Activities

Q: Why was Stuttgart's annual Independence Day Fest limited to U.S. identification cardholders this year?

A: New policies implemented by the Federal Ministry of Finance and the *Hauptzollamt* involved significant changes in the rules governing German-American friendship fests on U.S. military installations. In short, the new regulations now require communities who wish to host German-American fests to submit considerably more documentation regarding items for sale, entertainment, access control and individual vendors.

Have a question? Ask an expert!

If you have a question about a policy or procedure in Stuttgart or Garmisch, send an e-mail request to citizen@6asg.army.mil and we'll "Ask an Expert" for you.



We worked with our German fest contractor to compile the required documents by the federal deadline (60 days before the event).

However, a number of issues (for example, our contractor could not finalize sub-contracts with all vendors in time to collect and submit their information) made it impossible for all documentation to be submitted in time.

Not wanting to run afoul of German customs and fiscal laws – but desiring to have a place for our U.S. community members to celebrate the Fourth – we had to make this year's event an Americans-only celebration.

The 6th ASG leadership is aware of the inconvenience this change may have caused our host nation neighbors, and we are working to ensure that this situation does not occur again.

— 'Top cops' help set the standard —
**Stuttgart-area MPs honored
 by U.S. Army, Europe**

By Melanie Casey

The 6th Area Support Group Provost Marshal's Office boasts some of the best in the business.

In the past four months, three Stuttgart-based military police Soldiers have been named U.S. Army, Europe's, "Law Enforcer of the Month" by the U.S. Army Office of the Provost Marshal in Heidelberg.

The USAREUR-wide competition began in March and provides an opportunity for military police to be recognized for some of the things they do that might not normally be noted by other award programs, said Master Sgt. Ernest Von Reichenbach of the 6th ASG Provost Marshal's Office.

Each of the seven ASGs in USAREUR is eligible to nominate one MP per month. A board then reviews all of the nominees and chooses that month's winner based on his or her accomplishments during the previous month.

The winner gets a certificate that goes in his or her permanent record, and winning helps with promotion points and Noncommissioned officer evaluation reports, Von Reichenbach said. Local winners are also recognized at 6th ASG awards ceremonies.

A 'hard-charging' NCO

Miriam Rivera-Wagner, an investigator with the PMO Military Police Investigation Office, was selected as Law Enforcer of the Month for March – which was the first time the award was given.

Rivera-Wagner was nominated for her part in an investigation involving fraud at local AAFES facilities. She not only identified the unwitting victims of the scheme (which cost them thousands of dollars), but also the perpetrators. Furthermore, "she's a hard-charging NCO who consistently sets the standards for other NCOs to emulate," Von Reichenbach wrote in his nomination memorandum.

"I was just doing my job," Rivera-Wagner said of her win, "but it's good to be recognized."

Professional and mature

April's winner, Staff Sgt. Charles Stockwell, got the nod as Law Enforcer of the Month for his part in developing and incorporating a plan that brought together German Soldiers, borrowed military manpower and Pond's guards throughout the 6th ASG – including Garmisch – in order to have a more consistent and viable random antiterrorism measure program, control procedures and vehicle search standards. During this process, Stockwell "served as the PMO's eyes and ears," Von Reichenbach said.

Stockwell's knowledge of security, along with his profes-

'Getting three out of four [wins] was amazing ... my Soldiers are some of the very best in the regiment.'

Master Sgt. Ernest Von Reichenbach

6th ASG Provost Marshal's Office

sionalism and maturity, gave him an edge, Von Reichenbach noted.

'One of the very best'

Kevin Crain, June's Law Enforcer of the Month, is the Non-Commissioned Officer in Charge of the Military Police Investigation unit at the PMO – and previous winner Rivera-Wagner's supervisor.

Crain won for his role in helping to locate a community member's missing child near Robinson Barracks.

Less than 10 minutes after the call came in, Von Reichenbach said, Crain was setting up a substation on RB and coordinating with the German *Polizei*.

He was even given operational control of the situation – not standard procedure – because "he knew exactly what he was doing," Von Reichenbach added.

Crain is "one of the very best MPI agents I've ever worked with – he could pull a rabbit out of a hat," Von Reichenbach said.

Overall, Stuttgart's tally of three winners in the first four months of the USAREUR program is "amazing," Von Reichenbach said. "My Soldiers are some of the very best in the regiment."



Rivera-Wagner



Stockwell



Crain

News & Notes

Stuttgart fights crime with 'Night Out'

The Stuttgart military community will observe "National Night Out" Aug. 7, noon to 5 p.m., in Patch Barracks' Washington Square.

A law enforcement awareness event, the Night Out will feature information stations and displays by Stuttgart-area military police, German *Polizei*, and the Safe Neighborhood Awareness Program.

Additional attractions include a dunking booth, bouncing castle, fest tent and delicious barbecued food.

Football deadlines near

Stuttgart residents who would like to join the **community-level flag football team** should register in the Patch Fitness Center. There is no registration fee, but participants must sign up by July 31.

For details call 430-4512/civ. 0711-680-4512.

High school football players who intend to attend the European Football Camp Aug. 17 to 20 at Würzburg High School must pick up an application packet in the Patch High School main office.

The camp costs \$75. For more information visit www.hsfootballeurope.com or www.eteamz.com/patchfootball.com or e-mail duhartje@yahoo.com.

Legal Education Program set

Applications for the Army's Funded Legal Education Program will be accepted Aug. 1 to Nov. 1.

The program is open to active-duty officers in the ranks O-1 to O-3 who will have two to six years of active service by the time training begins.

Fifteen candidates will be selected to attend law school at government expense, pending funding, in the fall of 2005. They will remain on active duty during this time.

For more information contact the Stuttgart Law Center at 421-4152/civ. 0711-729-4152.

Swing into tennis with youth clinics

Child and Youth Services' Beginning Tennis clinics run through Oct. 1. The program is open to all CYS-registered children in seventh grade or above.

Clinics are held Mondays on Patch Barracks and Panzer Kaserne, Thursdays on Patch and Kelley Barracks, and Fridays on Robinson Barracks. For details call Ann Rodriguez at 431-2616/civ. 07031-15-616.

ACS hosts SNO classes

Find out what the community has to offer and learn useful information such as using the transportation system, basic German language skills and German culture with a free Stuttgart Newcomer Orientation class.

SNO classes are Aug. 9 to 13, Aug. 16 to 20 and Aug. 23 to 27 in Patch Barracks building 2307.

For more information or to register call Army Community Service at 430-7176/civ. 0711-680-7176.

AAFES, Chaplain's Office hiring

AAFES employment is available on Panzer Kaserne and Patch, Kelley and Robinson barracks. Open positions include store associates, warehouse workers and food service workers. All shifts are available.

For more information call 0711-720-3129. Pick up an application at any AAFES facility or apply online at www.aafes.com.

The 6th Area Support Group Chaplain's Office has several paid contract positions opening on all four local installations beginning Oct. 1.

For more information call Chaplain (Capt.) Holmes at 430-5000/civ. 0711-680-5000.

2003 CFC-O funds returned to Stuttgart



John Thibodeau

6th Area Support Group Commander Col. Gwendolyn Bonéy-Harris received a check from Global Impact President Rene Acosta for more than \$21,000 during a July 22 ceremony on Patch Barracks.

The money, which is earmarked for Family Support and Youth Programs in the Stuttgart military community, was raised during the 2003 Combined Federal Campaign-Overseas.

Europewide, the 2003 contributions for FSYP were nearly double those from the 2002 campaign.

The CFC is the only organization allowed to solicit federal employees on behalf of charitable organizations. Global Impact serves as the CFC-O campaign manager.

The 2004 CFC campaign is Oct. 4 to Dec. 3.

For more information about the Combined Federal Campaign visit www.cfcoverseas.org.

Don't forget to vote!

Register to vote in this November's presidential election by returning the Federal Post Card Application **by the end of September.**

Absentee ballots must be mailed **no later than Oct. 15.**



For details visit www.fvap.gov.

AFAP update: 5 problems resolved

Committee clears quality-of-life issues

The 6th Area Support Group's annual Army Family Action Plan conference is a means for community members to raise and propose solutions to quality-of-life issues within the U.S. military community.

The following updates highlight progress made on five issues raised during conferences in 2002, 2003 and 2004.

For complete updates on all active and closed issues visit www.stuttgart.army.mil (click Army Community Service, then AFAP) or call the AFAP Coordinator at 430-7176/civ. 0711-680-7176.

Issue # 6-02-27:

Medical/Dental central phone system

Scope: Medical and dental patients are consistently unable to make appointments by telephone. Presently, medical patients call one phone number to schedule appointments ... [and] customers experience an extensive waiting period when making appointments by telephone.

Conference Recommendation:

1. Replace current medical and dental telephone systems with a central automated system that will direct incoming calls to appropriate agencies for appointments.

Highlights of Progress:

- A new digital phone system – controlled from a central computer within the clinic – was installed in the Stuttgart Health Clinic Nov. 14, 2003, by personnel from the 52nd Signal Battalion.

- Three phone lines were initially dedicated to appointment scheduling. In January, four more lines were dedicated to the appointment desk.

Issue # 6-02-24:

Capacity of exchanges is insufficient

Scope: Limited product availability and poor customer service force community members to shop off-post or travel considerable distances to facilities on other installations.

Conference Recommendation:

- Consolidate and enlarge existing retail facilities.
- Train personnel to provide better customer service and advertise options such as special orders.
- Reduce product duplication from store to store.

Highlights of Progress:

- AAFES worked with store managers to follow up and retrain associates, and refresher training is required for all customer contact associates in both food and retail operations. Several projects have been completed in the last two years to upgrade and expand area facilities.

- Also, construction for a \$28 million shopping center on Panzer Kaserne is scheduled to begin in spring 2005.

Issue # 6-03-40:

Handicapped parking locations

Scope: The number, location and accessibility of handicapped spaces may not be in compliance with published standards. Unauthorized usage of designated spaces further decreases availability to handicapped individuals driving authorized vehicles.

Conference Recommendation:

- Increase penalty for unauthorized use.
- Conveniently relocate spaces closer to main entrances of facilities and allocate number of spaces based on patronage.
- Give handicapped spaces priority over other reserved parking.

Highlights of Progress:

- A penalty system is in place. Individuals who violate parking in handicapped spaces are ticketed by MPs and are assessed one point for each violation. Also, the 6th ASG commander reserves the right to immediately revoke anyone's driving privileges based on the offense prior to the 12 points cumulative cutoff point system.

- A plan is underway to relocate handicapped spaces. The most recent work was in front of building 2325 (Finance Row) on Patch Barracks.

Issue # 6-04-52:

Conflicting lunch times between service members and students

Scope: Due to conflicting lunch times between service members and high school students, a remedy is needed to alleviate frustrations between the two groups.

Conference Recommendations:

- Schedule different lunch periods for the different groups (students and service members) similar to what is done at the Patch Dining Facility to reduce the congestion at the Patch food court.

- Hire a German contractor in the Patch High School cafeteria in addition to the current AAFES contract, along the lines of an All-American Eatery, in order to vary the selection and quality of food to entice more students to eat on campus.

- Restrict off-campus lunch to 9th to 12th graders only.

Highlights of Progress:

- Department of Defense Dependents Schools currently provides staggered lunch break times for students. PHS students go to lunch at 11:10 a.m. and return to class at 11:50 a.m. They have the opportunity to eat at the school cafeteria, the dining facility or the food court. The majority of students eat at the school cafeteria.

- PHS students eat at the DFAC between 11:15 a.m. and 11:40 a.m. (to accommodate them prior to the facility's noon service for all community members). PHS students are provided an "a la carte" or a menu lunch of their choice by AAFES in the school cafeteria.

- AAFES already has approved projects to renovate and increase the capacity of the Burger King kitchen and to add a Subway on Patch.

Issue # 6-04-47:

Medical emergency service response time

Scope: Host nation response time to medical emergencies is unacceptable. Military communities are not supported by on-post medical response teams, nor are emergency transport vehicles located on each installation. There is no single, direct 24-hour line to emergency medical personnel dispatch. Uncertainty about procedures or improper handling of emergencies can be fatal.

Conference Recommendations:

- Provide an emergency transport vehicle and medical response team on each installation.

- Establish a single 911-type emergency number staffed by medical technicians and provide telephone stickers with numbers.

- Educate the community on emergency contact procedures.

Highlights of Progress:

- An established single emergency number (116) rings at the military police station on Patch Barracks. This number is the same across U.S. Army, Europe, as with fire and police emergencies.

The emergency contacts are published weekly in the Stuttgart Community Post, and emergency phone number cards can be obtained from Pass & ID, Installation Access Control System registration office, and Army Community Service.

- Installation maps have been issued to personnel at all installation access control points, and MP patrols provide escorts for emergency vehicles when available.

-information provided by Army Community Service

Get fit on post

Kelley Fitness Center
DSN: 421-2543
CIV: 0711-729-2543

**Mueller Fitness Center
(Garmisch)**
DSN: 440-2747
CIV: 08821-750-747

Panzer Fitness Center
DSN: 431-2724
CIV: 07031-15-724

Patch Fitness Center
DSN: 430-7136
CIV: 0711-680-7136

**Robinson Barracks
Fitness Center**
DSN: 420-6317
CIV: 0711-819-6317



Edelweiss on track for September opening

Garmisch resort aims to provide 'culture of higher expectations'

Armed Forces Recreation Centers Europe Release

With less than two months until the Sept. 15 opening of Armed Force Recreation Centers' newest resort, the staff and management of the Edelweiss Lodge and Resort have been continuing to prepare what they believe will be a very special destination.

"The fact that our timeline for opening is completely on schedule certainly heightens our excitement for opening day," said Richard LeBrun, Edelweiss's general manager.

"To think that guests will be enjoying these facilities in just a few months keeps us focused on our job of preparing this new hotel," LeBrun said.

Construction nears completion

An average of about \$1 million worth of work per week has taken place during the final phase of construction.

In the hotel entrance, contractors have intricately placed a complex pattern of stone floor tiles that will lead the first guests into the lobby, the heart and soul of the resort.

The lobby boasts a three-story chimney of chiseled stone pieces, distressed timber support columns and the relaxing flow of a waterfall behind the front desk.

Throughout the surrounding corridors crews have prepared each of the 330 guestrooms with natural wood furniture, specially designed lighting units and bed frames for large, comfortable mattresses.

In the resort's conference facility, technicians have been installing state-of-the-art sound systems, with acoustic levels designed for both optimal quality and sound-proof privacy.

While the construction of the hotel facility itself is important, it is just one part of preparation for opening.

Optimal customer service

Perhaps the most important work involves the development of a culture of higher expectations in customer service.

To create a team of empowered staff members, training has been offered to all employees on how to give optimal customer service, specifically with the new resort services in mind.



courtesy AFRC

As artists' renditions of its main lobby (left) and health spa (right) indicate, the Edelweiss Lodge and Resort aims to combine rustic Bavarian hospitality with state-of-the-art comfort and attractions.

Edelweiss Lodge and Resort Accommodation Rates

	E-1 to E-5	E-6 to O-3; GS-10 & below	O-4 to O-6; GS-11 & above	O-7 & above; NATO; SES personnel
Standard Room	\$69	\$86	\$96	\$99
Junior Suite	\$89	\$106	\$116	\$119
Deluxe Jr. Suite	\$99	\$116	\$126	\$129
Loft Suite	\$119	\$136	\$146	\$149
Deluxe Loft Suite	\$129	\$146	\$156	\$159

Prices listed for single or double occupancy. Children under age 17 stay free (depending on available space.)
No pets are permitted in AFRC facilities. All prices subject to change.
For more information visit www.afrc europe.com or call 440-2850/civ. 08821-729-127.

The Edelweiss Lodge and Resort Awareness Team continues to visit installations throughout U.S. Army, Europe, to explain the diverse vacations available to service members and their families once the resort opens in September.

"We want to make sure that all service members are aware

of the unique experience that Edelweiss Lodge and Resort will offer," said Sales Director Terry Hodges. "Our world class recreation programs, diverse choices in dining and atmosphere and other adventures that only the Alps can offer, hold a unique vacation experience for everyone."

U.S. Secretary of State addresses Marshall Center students via video

George C. Marshall Center Release

U.S. Secretary of State Colin Powell addressed students of the George C. Marshall Center's Program on Terrorism and Security Studies and Leaders of the 21st Century program via a 20-minute video teleconference July 9.

During his presentation, Powell discussed terrorism and other threats in the 21st century, and explored how to address these new threats in a changing world.

"The enemy called terrorism has been around for hundreds of years," Powell said. "It is not something new. But it is now reemerged in the world stage, in a way that is a threat to the entire civilized world."

Powell related his experience as chairman of the Joint Chiefs of Staff during the transition out of the Cold War, recognizing then the need to address new threats in new regions.

Because the students are future leaders, Powell stressed the need for them to study well and study hard to understand the nature of terrorism.

"The real value of a course such as one you're in is not just what you learn from the instructors, but what you learn from each other," Powell said.

"As I look out through this virtual means of communicating with you and look at that wonderful lecture hall that you all are in, it is with a great source of pride as to what we have been able to accomplish with the Marshall Center over the last 10 years of its existence."

Powell was involved in the creation of the Marshall Center, which was officially dedicated in 1993 in the wake of the collapse of the Soviet Union.



Powell

Young stars **shine** on Kelley stage

Stuttgart youth learn theater basics at annual workshop

Story and photos by Mildred Green

Several Stuttgart children had the opportunity to shine on stage during this year's first (of two) Summer Theatre Workshop for Young People held July 12 to 23 in the Stuttgart Theatre on Kelley Barracks.

For two weeks, 27 budding young actors ages 8 to 16 took part in a cultural workshop taught by Janet Ast, who was the Stuttgart's entertainment branch theater director for more than 20 years, from 1975 to 1998.

The entertainment branch's current theater director, Brett Harwood, assisted Ast with the workshop, along with Theater Specialist Susie Hare and summer hire Kelsey Russell.

Theater 101

During the first week of their foray into theater, the young thespians-in-training were introduced to theater fundamentals such as stage direction, characterization and design.

They also learned techniques to overcome stage fright and how to audition effectively.

Students even learned more specific aspects of theater such as standing and speaking on stage and working with lighting and props.

If children only experience acting through this workshop, Ast said, "they can get to know how to behave in theater and know what's expected ... and be comfortable."

The students had an opportunity to put their newly learned skills into practice during auditions held at the end of the first week. Several roles were cast in scenes from different theatrical productions, including Shakespeare's *A Midsummer Night's Dream* and Delia Ephron's *How to Eat Like a Child*.

The second week of training was dedicated to rehearsals and honing the skills learned the previous week. The students' 'final exam' was a performance on the last day of class.

Bringing words to life

The young actors were able to bring their own personalities to their characters, Harwood said. They took text, brought it to life and let their imaginations run wild, he added.

"It's amazing seeing 10-year-olds doing Shakespeare and loving it," Harwood said. "The average 10 or 15 year old doesn't get a kick out of Shakespeare, but these kids have taken Shakespeare in such a fun way that when they study it in school they'll enjoy it," he added. "If you make [theater] fun and positive, they're hooked."

Summer fun

A second workshop was scheduled for July 26 to Aug. 6. Both workshops were in such demand that the classes were expanded in order to give more children the opportunity to participate, Harwood said.

The students' enthusiasm for the theater has been encouraging, Harwood said. "It's great that they're interested."

Hare agreed, adding "[the kids] are learning something that can help them with public speaking or maybe with a future in theater."

The summer theater workshop training also helps "kids gain confidence," she said.

Several young participants agreed that one word could describe their experience at the workshop: fun.

Smiling, eleven-year-old Ben McCoy said, "my mother signed me up, but then I liked it a lot!"

New to acting and theater, potential future thespian Raquel Brown said she was really enjoying the workshop. "It's been really fun," Brown said, "especially rehearsing and acting."



Above: Colin Frosch, Amanda Lucas and Janyna Brunetti rehearse a scene from Delia Ephron's *How to Behave at School* during Kelley's Summer Theatre Workshop for Young People held July 12 to 23. This scene was one of several that students performed on the last day of the summer workshop.



Left: Actor Colin Frosch hands an imaginary unicorn a flower while rehearsing a scene from *The Unicorn in the Garden*. During the workshop, students were taught the fundamentals of theater and were given the opportunity to practice what they learned by performing a variety of scenes.

For more information about programs offered at Stuttgart's Kelley Theatre call 421-2796/2825 civ. 0711-729-2796/2825 or visit the Entertainment Center Web site at www.kelleytheatre.de.

Youth SNO classes

Age 9 to 12: Aug. 12, 9 a.m. to 4 p.m.

Age 13 to 18: Aug. 13, 9 a.m. to 4 p.m.

Army Community Service classroom,
Patch Barracks building 2307.

To register call 430-7176/civ. 0711-680-7176.

SPINNING TO A NEW BEAT

Patch YS demonstration proves DJ-ing not as easy as it looks

Story & photo by Melanie Casey



Double D was in the house. The Patch YS house, that is.

One of Germany's most popular DJs, Double D (also known as Vestax DJ School instructor Martin Huebscher) held a hands-on demonstration July 9 in the Patch YS for budding Stuttgart-area DJs and — as he calls them — “DJanes.”

Huebscher, who has more than 20 years of DJ experience, “knows it all,” said Vestax DJ School Chief Executive Officer Sebastian Quirnbach, himself a musician.

In addition to training up to 40 students per week in the art of DJ-ing, Huebscher also helped develop the program criteria and trains new instructors.

The 2-year-old Vestax DJ School is associated with the Modern Music School and holds workshops throughout Europe. The program, taught in four phases, takes three years to complete.

Students can specialize in Hip Hop, Techno or whatever style of music they choose, but they don't

Budding “DJane” Nadia English, 12, focuses on DJ Double D's instruction during the July 9 demonstration in the Patch YS.

‘ *Music is a way for [children] to vent their emotions. DJ-ing teaches them control and respect and gives them discipline.*

Thai Smith

6th ASG Child and Youth Services

just learn how to scratch and mix sounds together: They are trained in the business of DJing as well.

The training also qualifies for college credit in music production, Quirnbach said.

“[The training is] up-to-date music instruction. A lot of kids are closer to this than playing guitar or piano,” Quirnbach said. “Learning to DJ helps kids develop an ear for music. It's really a musical instrument.”

Thai Smith, lead program assistant for the Robinson Barracks School Age Services, brought Vestax to Patch because he said learning to DJ “helps [children] to vent instead of just hanging out. Music is a way to vent their emotions. DJing teaches them control and respect and gives them discipline.” Besides, he added, learning to DJ can lead to music and radio production. “It's an actual career,” he said.

To be continued

The demonstration wasn't a one-time deal. Smith has arranged for Patch YS Program Assistants Mack Lamp and Ralph Witticker to attend a four-day Vestax DJ boot camp Aug. 1 to 6 in Koblenz, Germany, so they can become certified instructors and hold their own workshops locally.

“We want to get the kids interested in [DJing],” Lamp said. “[The YS] needs clubs ... we may as well do something they like and bring different musical genres to the community.”

Smith's goal is to bring the training to “every military installation in Europe,” he said. “If the kids want to do it, they'll do it. They'll go downtown. [On post] is the best

place to do it.”

Not so simple

One thing the participants on hand for the demonstration learned was that DJing is not as easy as it looks.

Huebscher's hands-on demonstration included information about the necessary DJ equipment (two turntables and a microphone, slipmats, a mixer and, naturally, “old school” vinyl records) as well as musical instruction. Understanding musical structure, tempo, rhythm and style are essential to becoming a good DJ, Huebscher said.

“This program is unique,” Smith added, “[students] leave with the confidence to go out as a DJ.”

Although the audience was primarily male, Huebscher said he believes females' sensitivity to the audience makes them better DJs.

“If you control the technique, you control the people,” he noted.

Feeling the groove

Participants on hand July 9 learned to feel the beat by snapping their fingers to counts of four, eight and 16. They also were introduced to the proper technique for spinning records and mixing sounds.

A few even had the chance to stand behind the equipment and take a turn for themselves. “Overall it was good,” said Chris Holman, 17. “I learned some fundamentals. If the opportunity presented itself, I would be [a DJ] if I could.”

You don't learn to become a DJ in 15 minutes or one workshop, Huebscher noted. “It takes six months to a year at least,” he said, “we hope you fall in love with it ... we're here to give you the fire that burns you.”

FREE CONCERT

JULY 30, 6 P.M.

PATCH SKATE PARK

ROCK THE NIGHT AWAY

WITH LOCAL BANDS

12 ON THE METER AND APATHY



[Above] After 60 minutes of often intense competition, German and U.S. players gather for a gift exchange and group photo.



[Left] Mark Gahagan attempts to clear the ball from in front of the U.S. net during the second half of the July 10 match. The U.S. team relied on an aggressive defense to win the match, 5-3.



[Right] Representing the U.S. military, Lt. Col. William Crane of the 6th Area Support Group accepts a commemorative photograph from Lord Mayor Dr. Bernd Vöhringer of Sindelfingen during a pregame ceremony July 10. Both the ceremony and the daylong series of events in Sindelfingen's Floschenstadion marked the 50th anniversary of the stadium's construction, which was undertaken as a joint German-American project.

[Far right] George Graham, a member of the Stuttgart military community soccer squad, outjumps a German defender (and teammate Kewsi Adinkrah) for control of the ball during the second half.



Soccer squads celebrate 50 years of German-American friendship

Story & photos
by Hugh C. McBride

They may have been on opposite sides of the soccer pitch, but for the American and German players who faced off July 10 in Sindelfingen's Floschenstadion, "togetherness" was the word of the day.

A day of history

The contest between the Sindelfingen Stadthalle men's team and a squad comprised of members of Stuttgart's U.S. military community was part of a daylong series of events marking the 50th anniversary of the construction of the stadium.

A lasting testament to German-American cooperation, the stadium was built a half-century ago by German residents and U.S. military personnel who were stationed in the area.

During the 1970s, the structure was the site of an annual soccer match between the U.S. military and the German Bundeswehr, but local officials believed that the July 10 contest was the first such international faceoff in more than two decades.

In an acknowledgment of the Americans' role in the stadium's history, Lt. Col. William Crane, 6th Area Support Group director, Directorate of Plans, Training, Mobilization and Security, represented

Events such as this remind us of the historic and enduring friendship between the United States and Germany.

Lt. Col. William Crane
6th Area Support Group

the U.S. military at a pregame ceremony hosted by Sindelfingen Lord Mayor Bernd Vöhringer.

During the ceremony Vöhringer presented Crane with a commemorative plaque containing an aerial photograph of the stadium and a note of appreciation on behalf of the city of Sindelfingen.

Though the reduced U.S. presence since the military drawdown of the early 1990s means that far fewer Americans may be aware of joint projects such as the Floschenstadion, Crane noted that "events such as this remind us of the historic and enduring friendship that exists between the United States and Germany."

Friends on the field

Though the afternoon's main event pitted Germans against Americans, U.S. player/coach Bryan Buchta said the competitive nature of the contest didn't overshadow the collaborative event being celebrated.

"It was a very friendly match," Buchta said. "I think we set a good example. They want to play again, and we want to, too."

Buchta, who scored four goals to lead the Americans to a 5-3 victory, admitted that "we didn't want to lose," but noted that the team's top priority was "to set a good example from an American perspective."

Though the U.S. squad had only three weeks of practice before the July 10 contest, Buchta said the team's staunch defense and all-around aggressiveness allowed it to exceed expectations.

"I think we really surprised [the Sindelfingen team] — especially considering how quickly we put the team together," he said.

Building on the success of the Sindelfingen experience, Buchta said the team hopes to play additional matches against local German competition, and is looking to establish a core of 14 to 15 committed players for regular practices and contests.

For more information about soccer in Stuttgart e-mail bryan@healthybodies.us.

Dispelling the myth of anxiety disorders

(Editor's note: This is the first in a series of articles about anxiety disorders and their treatments.)

By Melanie Casey

Imagine suffering from an illness so debilitating you cannot leave your home.

Just the thought of stepping foot outside your comfort zone causes fear so deep-seated it causes you to hyperventilate, sweat and believe you are going to die.

It's called *agoraphobia*, and it's a medical condition caused by severe panic attacks – which in turn are often produced by the anxiety condition known as panic disorder.

Everyone feels anxious from time to time; it's completely natural to do so. In certain situations, it's even to be expected.

However, when anxiety worsens and persists for weeks and months at a time and starts to interfere with having a normal life, an anxiety disorder may be developing.

More than 19 million Americans ages 18 to 54 suffer from an anxiety disorder (including panic disorder, obsessive-compulsive disorder, post-traumatic stress disorder, generalized anxiety disorder and a variety of phobias) according to the National Institute for Mental Health. Women are twice as likely to be affected than men.

Half of all people who suffer from anxiety also suffer from depression, according to the National Mental Health Association. Self-medicating (the use of drugs and alcohol) is also a common complication in the disorder.

Years ago, the stigma of having an anxiety disorder could be humiliating as well as debilitating. For some people, it still is.

Years ago, individuals who suffered from untreated anxiety turned to drugs and alcohol to numb their pain. Some still do.

But the diagnosis of an anxiety disorder or other mental illness (including depression) is becoming more accepted by both the medical community and society as a true medical disorder – one, like any other disease, which stems from a biological cause.

Complex causes

Scientists today are helping to allay the myth that anxiety disorders are the result of "nerves."

Rather, the disorders "may develop from a complex set of factors, including genetics, brain chemistry, personality and life events," according to the Anxiety Disorders Association of America.

NIMH research, for instance, has shown that "several parts of the brain are key factors in the highly dynamic interplay that gives rise to fear and anxiety ... [and] like heart disease and diabetes, these brain disorders are complex and probably result from a combination of genetic, behavioral, developmental and other factors."

Panic disorder

Individuals who suffer from panic disorder have feelings of terror that strike suddenly, often with no warning, according to information from the NIMH. Many develop intense anxiety between episodes, worrying when and where the next attack will strike.

"Panic is fear without a cause," said Dr. Stephen Warsh, a primary care physician at the Stuttgart Health Clinic on Patch Barracks. "That's how you know it's panic."

A panic attack triggers the body's "fight or flight" response, Warsh said. Symptoms include a sudden, debilitating fear that seems to come from nowhere and which can lead to profuse sweating, shortness of breath, rapid heart rate, chest pain and fear of a heart attack or imminent death. Panic attacks are short-lived, usually lasting only about 10 minutes.

The disorder affects 2.4 million Americans, and there is a "big hereditary component" associated with its development, Warsh said. "It's a common problem," he added, noting that he sees patients with panic disorder in his office frequently.

The debilitating fear associated with panic attacks may lead some sufferers to avoid places or situations in which an attack had previously occurred.

Panic disorder can be easy to control, Warsh noted. The use of antidepressants can get rid of symptoms completely, he said, and therapy can help extinguish it altogether.

Specific phobias

Spiders. Flying. Elevators. Many people don't like these things, but they don't necessarily take extraordinary steps to avoid them.

However, if the sight of an arachnid or the notion of boarding a plane triggers a panic attack, then a phobia – a disorder afflicting 6.3 million Americans – may have developed.

"A specific phobia," according to the NIMH, "is an intense fear of something that poses little or no danger." But these phobias are more than just fears – they're extreme, irrational fears that can disrupt a normal life.

Most "adults with phobias recognize that their fear is excessive and unreasonable, but they are unable to control it," according to the ADAA phobia fact sheet.

For many individuals who suffer from a specific phobia, such as flying, short-term anxiety medicines are useful, Warsh said, but psychotherapy is helpful as well.

Tricare allows up to eight visits to an off-post mental health provider without a referral. For a list of providers or more information call the Tricare Service Center in Stuttgart at 430-8625/civ. 0711-680-8625 or in Garmisch at 442-2816/civ. 08821-759-816.

To schedule an appointment with a physician at the Stuttgart Health Clinic call 430-8610/civ. 0711-680-8610.

Online anxiety information resources

National Mental Health Association: www.nmha.org

Anxiety Disorders of America: www.adaa.org

Anxiety/PanicAttack Site: www.anxietypanic.com

Freedom from Fear: www.freedomfromfear.com

PTSD not limited to combat survivors

Post-traumatic stress disorder used to be called "shell shock," because veterans returning from combat often suffered from this debilitating mental disorder, which affects 5.2 million Americans.

But the condition is not reserved for war veterans: It can develop following any terrifying event, be it war, rape or a natural disaster.

"Anyone can get PTSD," said Dr. Stephen Warsh of the Stuttgart Health Clinic. Those who are biologically predisposed to anxiety may be more at risk.

Individuals with PTSD have often had their "consciences challenged," Warsh said, noting that he expects to see a rise in cases in the veterans returning from war in the Middle East.

"Things they believed to be true no longer are," he said, "and that upsets their universe."

Some people with PTSD relive the trauma, according to information on the NIMH Web site (www.nimh.nih.gov). These "flashbacks" can come in the form of what the sufferer perceives as real images, sounds and smells. He or she may even believe the event is occurring all over again.

PTSD is often accompanied by depression, sub-

stance abuse, or other anxiety disorders, according to information from the NIMH.

Although in most cases symptoms begin within three months, sometimes it takes years after the event for symptoms to appear.

Many veterans of Operation Enduring Freedom and Operation Iraqi Freedom have come home from combat and found themselves suffering from PTSD, but most refuse to seek help.

A recent study of 5,386 Soldiers and 815 Marines conducted by Col. Charles Hoge of the Department of Psychiatry and Behavioral Sciences, Walter Reed Medical Center, found that 18 percent of respondents from Iraq and 11 percent of respondents from Afghanistan were suffering from PTSD.

Less than half have sought treatment, citing such reasons as a perception of weakness or being treated differently on the part of co-workers and unit commanders.

5.2 million Americans ages 18 to 54 are diagnosed with PTSD. The best treatment for the disorder, Warsh said, is talk therapy and support.

-Melanie Casey

Former Stuttgart resident behind plot to kill Hitler

German colonel played key part in July 1944 assassination attempt

By Col. John R. Dabrowski

U.S. European Command History Office

Sixty years ago this month, a man with ties to Stuttgart almost assassinated one of history's most infamous despots.

Claus Schenk von Stauffenberg, a German army colonel whose family once lived at 17 Jagerstrasse in Stuttgart, was an important part of Operation Valkyrie, which came tantalizingly close to killing German Chancellor Adolf Hitler.

By July 1944, World War II was going very badly for the Third Reich. The Allies had landed in France the previous month, and the Russian Red Army had launched its offensive on the Eastern Front.

Stauffenberg, a professional army officer, an aristocrat and a Catholic, was disillusioned with the war and the atrocities carried out by the National Socialist regime.

Though he had been seriously wounded in North Africa in 1943 – losing his left eye, right hand, and two fingers on his left hand – he remained on active duty and was posted at Hitler's Eastern Front headquarters, the *Wolfshanz* (Wolf's Lair) near Rastenburg, East Prussia.

Once fully recovered, Stauffenberg became more involved with the resistance to Hitler and the conspiracy to forcibly remove him. An operation, code-named "Valkyrie," was devised to remove the Nazi leader from power, after which the German government would seek a separate peace with the Western Allies while carrying on the fight against Russia and "international Bolshevism."

Stauffenberg was not the only military officer involved in the plot to remove Hitler. Many other high-ranking officers – including Admiral Wilhelm Canaris, head of the German *Abwehr*, or military intelligence – had been conspiring for years to remove the man many sarcastically referred to as the "Austrian Corporal."



“Fate has offered us this opportunity, and I would not refuse it for anything in the world. I have examined myself before God and my conscience. It must be done because this man [Hitler] is evil personified.”

Col. Claus Schenk von Stauffenberg

photo & quote: www.joric.com/Conspiracy/CStauffenberg.htm

One of the men often mentioned to replace Hitler after the coup was Field Marshal Erwin Rommel, hero of the North Africa desert campaigns and not a member of the Nazi Party.

When Valkyrie was put into effect, Rommel was recuperating from serious wounds suffered July 17, 1944, when a British aircraft strafed his automobile in France.

The operation was carried out July 20, 1944, in the Wolf's Lair. Stauffenberg, who was scheduled to brief Hitler, planted a concealed time bomb in a briefcase in the conference room.

Prior to placing the bomb, Stauffenberg had to crimp an acid vial in the briefcase with a pair of pliers. The acid would then slowly eat away at the fuse and detonate the bomb after giving Stauffenberg time to get away uninjured.

Stauffenberg successfully placed and activated the bomb. However, fate stepped in, and another officer in the conference room bumped into the briefcase, then moved it away from its original spot to the other side of one of the thick wooden legs that supported the table.

When the bomb exploded, this leg absorbed the brunt of the explosion. Hitler, though injured, survived.

Stauffenberg witnessed the explosion from a distance, then flew to Berlin, where the rest of Valkyrie would be imple-

mented – including the arrest of top-level officials of the party, such as Goebbels, Goring and Himmler.

The plot began to unravel soon after Stauffenberg arrived in Berlin. Later that day, a radio broadcast from Rastenburg proved that Hitler had survived the blast.

The fuhrer's response was swift and brutal. Stauffenberg and his brother, Berthold, were arrested and executed. Canaris was also arrested and imprisoned, and was later executed by the Nazis during the closing days of the war.

One of the many other victims of this plot was Rommel, who was implicated by another officer. Hitler gave the field marshal a choice: a public trial, in which he would more than likely be found guilty, or suicide, after which he would be given a state funeral and the lives of his wife, Lucie, and son, Manfred (who would become mayor of Stuttgart), would be spared any harm.

Rommel committed suicide Oct. 14, 1944.

Though the plan to eliminate Hitler was a failure, Stauffenberg's effort was not forgotten. Historian Peter Hoffman said Stauffenberg's response to what he believed were unethical decisions by his leaders, "presents a continuing existential challenge to contemporaries and successors alike. This is the historical significance of the uprising."

Congress, allies involved in military realignment plans

By Kathleen T. Rhem

American Forces Press Service

Defense Department officials planning a global force-posture realignment are working closely with U.S. allies overseas and members of Congress.

"It was important . . . that this not just be a U.S. view of what the changes in the world would be, but what our allies think about that," said Andy Hoehn, deputy assistant secretary of defense for strategy.

"What kind of changes would they envision that would be right for the kind of security challenges that not only we face, but they face?" he asked.

Hoehn has visited Madrid, Spain; Rome, Italy; Ankara, Turkey; and Moscow, Russia, to get feedback on realignment proposals. The visit to Russia in particular showed that the United States is serious about moving past Cold War thinking, he said.

Overseas nations have been supportive of the United States' efforts to transform its armed forces, Hoehn said. "We're hearing a recognition that it is time that these changes take place, that we and our allies are confronting a different set of problems," he said.

Hoehn said he believes defense officials will be ready to present their proposals to President George W. Bush within the next few months. Once Bush makes his decisions on the realignment, negotiations will begin with foreign countries to bring about the changes.

Though details have not been released, officials have said U.S. forces will be aligned overseas based on flexible capabilities and the ability to rapidly deploy anywhere in the world.

Hoehn anticipates that moves to or from overseas locations might begin in late 2005 or early 2006.

In other words, Hoehn said, U.S. forces need to assume they won't fight where they're stationed, but rather will need to move to unanticipated locations to deal with unforeseen threats.

The overseas realignment process is "inextricably linked" to the work of the Base Realignment and Closure Commission in the United States, Hoehn said. "In a sense, they're two sides of a coin," he said.

In May 2005, military service and defense officials will make proposals to the BRAC Commission, which, in turn, makes recommendations to Congress.

"Ultimately, it's congressional support that we'll need to be able to accomplish these moves," Hoehn said. "So we have viewed Congress as a critical partner in our undertakings."

Hoehn said he anticipates that moves to or from overseas locations might begin in late 2005 or early 2006. The best place for service members and families to get information about impending changes, he said, is through their local commanders.

The complete text of this story may be accessed online at www.defenselink.mil.

Sailors, Airmen invited to join 'Army of One'

By Donna Miles

American Forces Press Service

A new Army program, Operation Blue to Green, seeks to recruit Airmen and Sailors who are leaving their service due to force reductions.

Plans call for the Air Force to reduce its numbers by 16,000 and the Navy by 7,900 by the end of 2005, while the Army is temporarily increasing its ranks.

Candidates for Operation Blue to Green are Airmen and Sailors in grades E-5 and below who qualify for an honorable discharge from active duty. According to the program's Web site, participation "is dependent upon your service's willingness to release you from your current active-duty obligation."

Marines and Coast Guard troops interested in the program must first complete their current active-duty service obligations before enlisting in the Army, the site advises.

New Soldiers recruited under Operation Blue to Green will go through a four-week "warrior transition course" being developed by the Army Training and Doctrine Command.

This new course in basic combat skills will substitute for the nine-week course currently used to train Airmen, Sailors and Coast Guardsmen enlisting in the Army, the Web site stated.

Bonuses will be offered to recruits for selected military occupational specialties, although details were not yet available.

An online information form encourages interested candidates to sign up for more information; however, a note on the site states that "until formal policies have been approved, Army recruiters cannot accept applications, process paperwork or reserve training seats."

For more information about Operation Blue to Green visit www.goarmy.com/btg/index.htm.

A long, hot day in the life of 'Ugly' platoon

Routine patrol quickly turns intense

Story & photo

by Maj. Mark Wright

21st Theater Support Command

Our job is to go out and get shot at," says Spc. Marco A. Dominguez, team leader for 3rd Platoon, 230th Military Police Company in Baghdad. "That's how we find them."

This was the introduction to a patrol that took place in and around the Baghdad area one hot, sunny day this June.

Spec. Dominguez is part of the "Ugly" platoon, on loan from the 554th MP Co. in Stuttgart, and now serving under the 230th in Baghdad.

Dominguez and his fellow Soldiers ride in M1114 "up-armored" Humvees that are bulletproof and can survive small- and medium- sized explosions from roadside bombs.

Gun turrets in the middle of the vehicles can hold medium or heavy machine guns to provide extra firepower when needed.

The MPs perform several missions that usually start out the same way: highway patrol.

"We'll start out just driving around, looking for IEDs [Improvised Explosive Devices] and ambushes," says Sgt. Jeff D. Young, another team leader with "Ugly."

"We'll also go out with recovery teams to bring back vehicles which were taken out by IEDs or just broke down," Young said.

On one recent Wednesday, "Ugly" has been out for less than 45 minutes when the vehicle gunners spot a hostile gunman on a rooftop next to the road. The gunman fires off a few rounds at the platoon with an AK-47 assault rifle.

One of the turret gunners responds with a short burst of fire, but quickly stops after the gunman vanishes from sight.

"Don't fire unless you've got a target," Dominguez yells. This is a very real concern for the platoon, as they have stopped in a fairly densely populated area of Baghdad.

The platoon members have heavy and effective weapons for dealing with hostiles, but the possibility of hurting innocent people with those weapons is always in the back of their minds.

In this case, the Iraqi police have responded quickly to the disturbance, and are preparing to move

Platoon members have heavy weapons for dealing with hostiles, but the possibility of hurting innocent people with those weapons is always in the back of their minds.

into the building where the gunman had been spotted.

The platoon's armored Humvees take up security positions on all four corners of the building to support the Iraqis as they go in.

Just as they do so, more shots are fired from outside the building – again directed at the platoon – although no vehicles are struck. Meanwhile, the Iraqi police can find no gunmen inside.

Frustrated, the platoon searches for the gunmen among the narrow streets of Baghdad. They find nothing, but the Iraqi police have succeeded in catching up with the gunmen, and a firefight ensues.

By the time the platoon races back to support the police, the gunmen have managed to break away – although the Iraqi police succeed in wounding one of them while suffering no losses of their own.

All this has happened within 90 minutes of "Ugly's" departure from home base at Camp Victory North.

The rest of the day passes more quietly, with the insurgents melting back into the city as the temperature passes 115 degrees.

"Ugly" rolls out on a recovery call, but when it arrives at the reported location, the vehicle is missing.

"The locals got to it," Dominguez says. "They'll strip it clean within minutes to sell."

The patrol returns to Camp Victory North around 5 p.m., in good time to allow the Soldiers a chance for dinner and some time to relax with a movie or a good workout in the battalion's gym.

They do their best to enjoy their time off and rest, knowing that tomorrow will be another "Ugly" day on the highways of Iraq.

Wright is the public affairs officer for the 21st TSC.



Members of the 230th Military Police Company's 3rd platoon (also known as "Ugly" platoon) team up with Iraqi police to track down a hostile sniper that had fired on a convoy just minutes before in Baghdad, Iraq. Soldiers from the Panzer Kaserne-based 554th MP Company are attached to the 230th in Iraq, where their daily patrol duties often bring them into contact with hostile anti-coalition forces. The Stuttgart Soldiers are the second contingent from the 554th to deploy in support of Operation Iraqi Freedom.

Military athletes Athens-bound

Service members to coach, compete in Summer Olympics

Thirteen members of the 2004 U.S. Summer Olympic team should feel right at home in their nation's uniform.

One wrestler, one marathoner, one hammer-thrower, two pentathletes and eight marksmen will trade Army green and Air Force blue for U.S. stars and stripes during the games of the XXVIII Olympiad Aug. 13 to 29 in Athens, Greece.

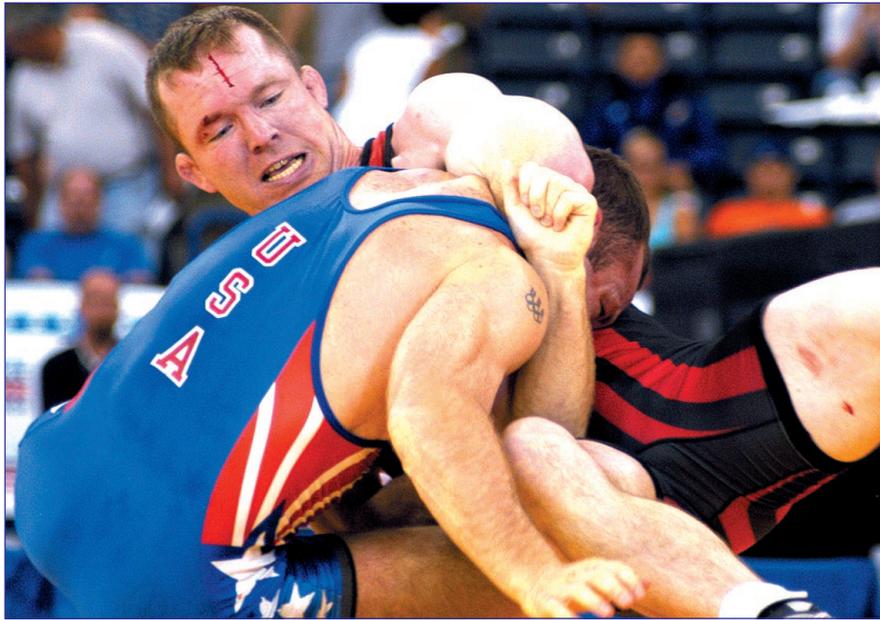
The Olympics' U.S. military contingent includes Soldiers from the active-duty ranks, Army National Guard and Army Reserve. The Army will also be represented by three coaches and the gunsmith for the shooting team. The lone Airman in Athens will be 1st Lt. James Parker, a hammer thrower.

"The highest level that an athlete can achieve is the Olympics," said Sgt. 1st Class Shawn Duloherly, who qualified for his first Olympics as a skeet shooter. "Being an Olympian is an honor, knowing that I will represent not only myself, but the country and the flag as well," he added.

Fellow shooter Maj. Michael Anti brings years of experience to his third Olympics, but he knows that his advice to his younger teammates can only take them so far.

"You can never fully prepare yourself for your first Olympic experience," Anti said. "It is bigger than I could imagine – there is an electricity in the air that I cannot explain."

In addition to performing on the world stage, two Army athletes will also be attempting to surpass the efforts of one of America's most famous Soldiers. 1st Lt. Chad Senior and Capt. Anita Allen will be competing in the modern pentathlon, a one-day, five-sport event in which George Patton placed fifth in the 1912 Olympic Games in Stockholm, Sweden.



Tim Hipps

Sgt. Oscar Wood takes down five-time national champion Kevin Bracken with a headlock before pinning him during the 2004 U.S. Olympic Wrestling Team Trials. Wood is one of 12 Soldiers who will represent the United States at the 2004 Summer Olympics in Athens, Greece.

No U.S. Soldier has ever earned an Olympic medal in modern pentathlon – a fact Senior knows all too well.

In the 2002 Games in Sydney, Australia, he was leading after three events when his horse refused two jumps during the equestrian competition.

"What sticks out most about [2002] was what might have been," Senior said. "I was just so close to winning, and then to lose it all so quickly. That will haunt me forever."

Service members & Olympians

Athletes

- Capt. Anita Allen – Pentathlon
- Maj. Michael Anti – Rifle
- Capt. Dan Browne – Marathon
- Staff Sgt. Libby Callahan – Pistol
- Sgt. 1st Class Shawn Duloherly – Skeet
- Sgt. 1st Class Brett Erickson – Trap
- Sgt. 1st Class James Graves – Skeet
- Spc. Hattie Johnson – Air rifle
- 1st Lt. James Parker – Hammer
- Sgt. 1st Class Jason Parker – Air rifle
- Sgt. 1st Class Daryl Szarenski – Pistol
- 1st Lt. Chad Senior – Pentathlon
- Sgt. Oscar Wood – Wrestling

Coaches

- Staff Sgt. Basheer Abdullah – Boxing
- Maj. David Johnson – Rifle
- Staff Sgt. Shon Lewis – Wrestling

This story was compiled from news releases by Tim Hipps, U.S. Army Community and Family Support Center Public Affairs, Paula J. Randall Pagán of the U.S. Army Marksmanship Unit, Accessions Support Brigade, and Tech. Sgt. J.C. Woodring of Air Force Print News.

For more information about the Olympics visit www.olympic.org or www.athens2004.com. For details about the Army World Class Athlete Program visit www.armywcap.com.