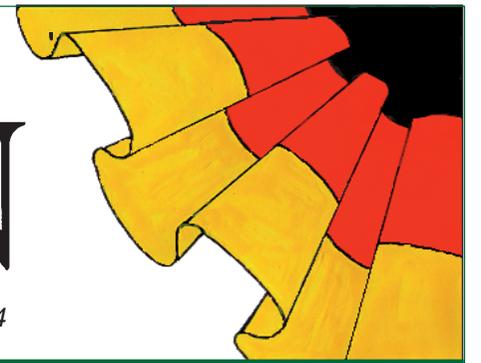




# THE CITIZEN



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The 6th Area Support Group Newspaper

Aug. 24, 2004

Stuttgart, Oberammergau and Garmisch, Germany

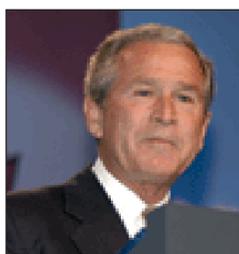


## Taking a bite out of crime in Stuttgart

Page 6

*Spc. Melvin Murray of the 554th Military Police Company and Dax, a Belgian Malinois, demonstrate the effectiveness of military working dogs during Stuttgart's Aug. 7 National Night Out event on Patch Barracks. (Photo by Melanie Casey)*

### INSIDE THIS EDITION



Pages 8 & 9

#### Changes in store for military in Europe

President George W. Bush announces plans for sweeping changes in the U.S. military's global force posture.



Page 10

#### Marathon, music coming to Stuttgart

Area youth will again be the beneficiaries of Stuttgart's annual 24-Hour Marathon and Music Fest.

## Thorns 'n Roses

From community submissions



### Roses to:

**Silke Daniels** of the Civilian Personnel Advisory Center on Kelley Barracks. Processing paperwork is never the highlight of one's day, but Ms. Daniels was the epitome of professionalism during my recent visit to her office, and her customer-oriented efforts ensured that I was on my way without delay.

**The staff members of the Pass & ID and IACS offices** on Patch Barracks. I have needed to visit these offices on more than one occasion in the past few months, and every time I have been treated with the utmost courtesy and been taken care of in a timely and efficient manner.

**The 6th Area Support Group Provost Marshal's Office and Safe Neighborhood Awareness Program,** for their efforts to provide an excellent "National Night Out" Aug. 7 on Patch Barracks.

This family-friendly celebration was both informative and entertaining, and I have no doubt that our community is a safer place today because of the individuals who organized and staffed this event.

(For more about the Night Out, see page 6.)

### Thorns to:

**Nonresident drivers who park in "residents-only" parking lots** adjacent to stairwell housing buildings on Patch Barracks.

I realize that finding a spot on Patch can be a challenge, but taking a reserved spot away from a resident is *not* the answer to this dilemma.

E-mail comments to [citizen@6asg.army.mil](mailto:citizen@6asg.army.mil) or fax them to 421-2570/civ. 0711-729-2570.

# Denying deaths diminishes us all

By Hugh C. McBride

**O**f all the successes the U.S. military has achieved during Operation Iraqi Freedom, without a doubt the most amazing fact is that no American service members have yet been killed in action.

Or so some among us would prefer that we all believe.

In a letter to the editor published in the Aug. 3 edition of Stars and Stripes, Chief Warrant Officer 4 Kenneth W. Wilson – writing from Taji, Iraq – chastised the paper for printing a daily listing of U.S. deaths in that country.

"No wonder people want us out of here," Wilson wrote. "Please get rid of the death toll reminder or put it in the sports area with the rest of the scores for the day."

Now, I can't begin to comprehend what would prompt an active-duty Soldier in a war zone to compare dead service members to baseball standings, but I am all too familiar with the "rationale" behind Wilson's plea to spare us the more untidy details of the global war on terror. It's because we're stupid.

One of America's greatest writers once observed that "the test of a first-rate intelligence is the ability to hold two opposed ideas in mind at the same time and still retain the ability to function."

It's probably a good thing for F. Scott Fitzgerald that he's been dead for more than 60 years, because this line of thinking would likely get him laughed out of what passes for enlightened public discourse today.

And nowhere is the polarization of the American mind more apparent than in our reaction to news coming out of Iraq.

Now, I realize that some opponents of America's involvement in Iraq will use any setback there as evidence of our nation's failure – and who will dismiss any good news as the propaganda of a corrupt regime.

But I'm more concerned by those who believe that the stupidity of the American people is so severe that the only way to maintain support for the troops is to sanitize what we know about them.

Mere months after the world paused on the 60th anniversary of D-Day to commemorate the nearly incomprehensible sacrifices of the World War II generation, the general assumption seems to be that the modern American lacks the intellectual capacity to comprehend that war involves death.

Wilson is far from a lone voice calling for the suspension of unpleasant news in deference to "the good of the cause."

When Ted Koppel devoted the April 30 edition of "Nightline" to a reading of the names of the more than 500 service members who had at that point died in Iraq, the Sinclair Broadcast Group preempted the show on its eight ABC affiliates on the grounds that Koppel was fostering "a political agenda designed to undermine the efforts of the United States in Iraq."

Brent Bozell, president of the watchdog group Media Research Center, termed Nightline's public acknowledgement of the dead "nothing but anti-war propaganda."

I can only imagine the contempt with which Bozell regards the grieving mothers who have the nerve to fly those gold star flags in their windows for all the world to see.

I realize that it is logistically impossible for every dead service member to be afforded the national honors offered to such dignitaries as the late President Reagan – but I have no doubt that they are all worthy of the effort.

At the very least, we have the responsibility to know each of their names, to acknowledge all of their sacrifices.

Stalin was only half right – no matter the number, *every* death is a tragedy. But more tragic still would be a nation that was willing to look the other way.

## ON THE STREET

# 'What do you think of the media coverage of the war in Iraq?'

– Compiled by Mildred Green and Jen Stephan



**David Lonkhurst**  
(Civilian)

I watch CNN because I find it favorable toward the United States and coalition forces.



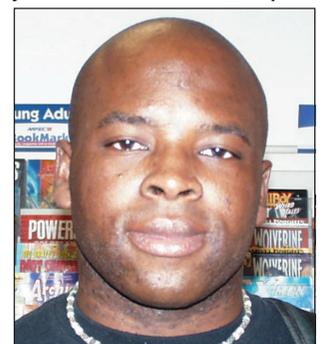
**Lory Papson**  
(Civilian)

Pay close attention to where the story is coming from and decide for yourself if it's unbiased.



**Maj. James Demchsak**  
(Army)

If you pick one source you'll get that source's opinion on what they think will sell newspapers or attract viewers.



**Spc. Dale Taylor**  
(Army)

I think that everything is kind of vague.



**Terri Alejandro**  
(Civilian)

It would be nice to see more positive news like the rebuilding efforts.



**Sgt. First Class Ricky Lewis**  
(Army)

They are bringing you coverage you don't normally see. It gives you a different perspective.



**Monica Haschak**  
(Civilian)

The media is using the war in Iraq and its coverage to manipulate the public and promote its own agenda.



**Col. Dennis D'Angelo**  
(Air Force)

We have the opportunity to listen to a multitude of sources to become better educated. It's only one sided if we let it be.

# THE CITIZEN

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

*Public Affairs Officer*  
**Jennifer Sanders**  
[pao@6asg.army.mil](mailto:pao@6asg.army.mil)

*Editor* **Hugh C. McBride** [citizen@6asg.army.mil](mailto:citizen@6asg.army.mil)  
*Assistant Editor* **Melanie Casey** [caseym@6asg.army.mil](mailto:caseym@6asg.army.mil)

*Reporter*  
**Mildred Green**  
[greenm@6asg.army.mil](mailto: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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[www.stuttgart.army.mil](http://www.stuttgart.army.mil)



Troy Sullivan

**Saddle up for Subway**

Members of the Stuttgart military community celebrated the grand opening of the Patch Barracks Subway with a mini-fest in the parking lot outside the former location of the Book Mark. Subway is open for business Mondays to Saturdays, 10 a.m. to 8 p.m., and Sundays, 10 a.m. to 7 p.m.

# Back Lot Club to close

## Building slated to be razed in October

**6th Area Support Group Release**

Due to recent fire and safety inspection findings, in addition to other efficiency initiatives, the Back Lot Club located on Patch Barracks will close its doors in October.

Throughout a prolonged decision-making process concerning the Back Lot, it was determined that the exorbitant amount of resources required to bring the facility up to standard would impact on numerous other community programs within the 6th ASG area of responsibility.

Additionally, the 6th ASG has been continuing to search for ways to streamline certain operations in an effort to maximize efficiency in its MWR programs.

Most services currently being offered in the facility will be maintained; however, they will be relocated to the Patch Community Club, which is located in close proximity to the Back Lot.

“By consolidating the operations, it enables us to offer better programming to meet the needs of the commu-



Melanie Casey

One of three MWR club facilities on Patch Barracks, the Back Lot Club is slated to close and be demolished, with most services relocated to the Patch Community Club.

addition of the traditional Sunday morning pancake breakfast.

The ability to transfer most of the services currently being offered in the Back Lot to another nearby club operation will minimize any impact to customers, and plans are already under way to increase all types of programming and entertainment to better serve the population.

Once the building has been demolished, the Stuttgart military community will benefit by the reallocation of that property to much-needed parking for medical and dental clinic customers.

nity,” said Mark Cauthers, 6th Area Support Group Morale, Welfare and Recreation Operations Chief.

Cauthers said the 6th ASG will continue to work directly with customers to improve and expand the Patch Community Club to offset the loss of the Back Lot.

“We are listening to our customers, and we welcome the opportunity to continue working with them,” Cauthers said.

Improvements already underway in the Community Club include the installation of air conditioning and the

Don't miss the 6th Area Support Group Sports & Fitness Europewide Boxing Tournament

# Summer Knockout

**August 28**

Patch Fitness Center Gymnasium  
(Doors open at 6 p.m., First match begins at 7 p.m.)

\$5 for Ringside Seats  
\$3 for General Admission



## News & Notes

### Area closures, changes

- The **Kelley Barber Shop** will be closed Sept. 6 to 17 for annual vacation.

- **TKS** will open a new office on Robinson Barracks Sept. 10 in the CX, building 146. The office will be open Fridays, 4 to 7 p.m., and Saturdays, 11 a.m. to 7 p.m.

- Traffic will be diverted near Robinson Barracks from 8 p.m. Aug. 27 until 5 a.m. Aug. 30. The intersection of Roter Stich and Auerbachstrasse will be partially closed during this time. Motorists should expect some delays.

### Clubs welcomes newcomers

- The **Stuttgart Community Spouses' Club** will hold its annual Welcome Event Sept. 21, 6:30 p.m., in the Swabian Special Events Center. Attendees can learn all about the SCSC and how it supports the community. The club is open to spouses of all military ranks and civilians.

For an application visit [www.stuttgart.army.mil/scsc](http://www.stuttgart.army.mil/scsc) or e-mail [SCSCmembership@yahoo.com](mailto:SCSCmembership@yahoo.com).

For more information call Pam at 07157-532-513.

- The **German American Women's Club** will hold its annual Welcome Tea Sept. 16, 10 a.m., in the Patch Barracks Community Club.

The cost for members is 9 euro. Prospective members are invited to attend as guests. Reserve your spot by Sept. 10. To make a reservation call Margit at 0711-674-2122.

- The 6th Area Support Group **Protestant Women of the Chapel** will hold a Fall kickoff event Sept. 9, 9 a.m. to noon in the Swabian Special Events Center.

Come out for a morning of food and fellowship. Childcare will be available.

For more information call the Chaplain's Office at 430-5000/civ. 0711-680-5000.

### Volunteers needed for bazaar

The German American Women's Club is seeking volunteers for its annual Pfennig Bazaar Oct. 4 to 8.

Workers are needed to help with setup and take down duties as well as working the stands. To volunteer call the Pfennig Bazaar co-chairs at 0711-120-2451 or 0711-489-4928.

### Breast cancer fundraiser planned

The Böblingen Community Activities Club is now planning its annual Breast Cancer Awareness fundraising event, which is slated for Oct. 16. Community members who would like to volunteer to help organize the event and donate items for the auction are needed.

To volunteer or for more information call Cindy at 0711-699-2727 or Edie 07158-987-8215.

### Scouts seek new cubs, leaders

Membership in Cub Scout pack 324 is open to boys in grades 1 to 6 who live in the Patch Barracks area, including those who are homeschooled or attending non-DODDS schools. Now is a great time to join so you don't miss out on the summer activities.

Adults are also needed to serve as den leaders and help run activities. For more information e-mail [Cubpack324@netscape.net](mailto:Cubpack324@netscape.net).

### 6th ASG seeks CFC coordinators

All tenant units in the 6th Area Support Group must provide a unit coordinator and alternate unit coordinator for the upcoming Combined Federal Campaign-Overseas by Aug. 31 to the CFC-O project officer.

For details call Bob Rainbolt at 421-4395/civ. 0711-729-4395 or e-mail [rainboltr@6asg.army.mil](mailto:rainboltr@6asg.army.mil).

### Red Cross hosts golf tournament

The Stuttgart American Red Cross is holding the Red Cross Classic golf tournament Sept. 6 at the Stuttgart Golf Course in Kornwestheim.

The format is 4-person scramble and several prizes will be awarded. Entry forms are available at the course and must be submitted to the Red Cross on Panzer Kaserne by Sept. 3. Volunteers for the event are still needed.

For details or to volunteer, call Eric at 431-2818/civ. 07031-15-818, or e-mail [eric.ingram@cmtymail.6asg.army.mil](mailto:eric.ingram@cmtymail.6asg.army.mil) or stop by the office in building 2949 on Panzer Kaserne.



Camp Adventure counselor Tony McDonald takes a pie in the face courtesy of Maria Boretti, 8, during the Garmisch KidsDay celebration Aug. 6.

## 'To talk, listen & create memories' Garmisch celebrates KidsDay

Story & photo by Jen Stephan  
Contributor

Aug. 6 was a day for kids to grab the steering wheel and for adults to take a backseat ... or even, perhaps, a pie or two in the face as Garmisch School Age Services sponsored its first KidsDay Celebration.

Put on the nation's calendar three years ago through the efforts of the Boys and Girl's Clubs of America and KidsPeace, KidsDay is set aside to remind adults of the importance of spending unrushed, quality time with not only their own children, but any child in need of mentoring.

Like many parents attending the Garmisch event, Jessica Franklin, mother of three children in the SAS program, admitted that the day's celebration was her first introduction to KidsDay.

"I honestly had never heard of KidsDay before," she said, "but I think it's a good reminder for parents to get to really know their kids."

### Meaningful time together

After a kid-pleasing lunch of pizza and hot dogs, participants gathered in the center of the main room of Garmisch's Youth Services and listened to nine-year-old Dion Davis read the National KidsDay Proclamation.

He then led the adults through the Official KidsDay Pledge – a vow from the adults to the kids promising that they would "spend meaningful time together, talking, listening and creat[ing] a memory."

The idea of bringing KidsDay to Garmisch belongs to the CYS Facility Director and Program Coordinator Melanie Resto.

Arriving in Garmisch eight months ago after a successful career with Youth Services on installations in Europe and Asia, Resto had been celebrating KidsDay since its inception and was excited to introduce it to the Garmisch community.

"Everybody knows Mother's Day and Father's Day," she said, "Even Grandfather's and Secretary's Day. KidsDay should be just as important – I think they should even make cards." Though this last statement was said with a smile, Resto gave the impression that Hallmark might very well be hearing from her in the near future.

Since this year's KidsDay celebration was a first

*KidsDay is an official day set aside to remind adults of the importance of spending unrushed, quality time with not only their own children, but any child in need of mentoring.*

for Garmisch, Resto decided to keep the event on a smaller, more local scale. But that didn't mean it couldn't be fun.

Led by a troop of enthusiastic counselors from Camp Adventure and Youth Services, there were plenty of games and activities for children of all ages.

Participants sang chants, raced relays, had their faces painted and even took part in a watermelon-eating contest.

Nalin Myhand, 6, was most impressed, however, with the "Throwing a Pie in a Counselor's Face" event.

"We got to throw pie in people's faces. That was the most fun," he said gleefully. This sentiment was shared by Dion Davis and Tori Brandt, 7, who added, "Today was nice because [my parents] could be working, but they came here to spend time with me instead."

Resto said she plans to expand the event next year. Having successfully included children from a local orphanage in a past celebration on another installation, she intends to include underprivileged children from the Garmisch area in next year's event.

It's also her hope that those who participated in this year's celebration return next year and encourage others to come. "I hope KidsDay in Garmisch mushrooms into something even bigger," she said. "Christmas shouldn't be the only special day in a kid's life."

For more information about KidsDay or to take a "Meaningful Time Checkup" visit the KidsDay Web site at [www.kidsday.net](http://www.kidsday.net).

## NEWS & NOTES

### Medical representatives visit

• Representatives from the **Ramstein Medical Clinic** will be in Oberammergau Sept. 7 (in the NATO School Recreation Center) and in Garmisch Sept. 8 to 10 (in the dental clinic, building 203 on Artillery Kaserne).

A doctor will be available for well-baby exams, pap smears, medication refills, health assessments for Child Development Center and Youth Services physicals and general check-ups.

This service is for U.S. service members, their families and retirees. Civilians will receive a free consultation, but no treatment or immunizations. However, children of civilians can receive sports physicals free of charge.

To make an appointment in Oberammergau call 440-2311/civ. 948-11-102. For an appointment in Garmisch call the Tricare office at 442-2816/civ. 08821-759-816.

• Representatives from the **Ramstein Optometry Clinic** will be in Garmisch Sept. 7 to 10 in building 203, room 5 on Artillery Kaserne.

Schedule an appointment by calling the Ramstein Central Appointment line at 479-2273/civ. 06371-462-273.

### Legal assistance in Garmisch

Representatives from the Stuttgart Law Center will be in Garmisch September 21 and 22. Hours for walk-in powers-of-attorney and notary are 9 a.m. to 12:30 p.m. and 1:30 to 3 p.m. Attorney consultations are available by appointment only.

For details or to schedule an appointment call 421-4152/civ. 0711-729-4152.

### Register for school, bus transportation

• Visit the Garmisch American School to register your child for the upcoming school year. Bring a copy of the sponsor's orders, child's birth certificate and shot records.

Hours are Mondays to Fridays, 7:30 a.m. to 4 p.m. For more information call 440-2611/civ. 08821-750-611.

• Register children now for school bus transportation to the Garmisch American School or Munich International School. Stop by the school between 7:30 a.m. and 4 p.m. to register.

For more information call 440-2576/civ. 08821-750-576.

### APO closes for holiday

The Army Post Office on Artillery Kaserne will be closed Sept. 3 and 6 in observance of the U.S. Army, Europe, training holiday and Labor Day.

No incoming or outgoing mail will be available on these days. Normal operations will resume Sept. 7.

### Teacher's aide position available

The Garmisch American School is accepting applications for a kindergarten teacher's aide. The GS-4 position entails 15 hours per week and offers no benefits. Applicants must be U.S. citizens. Download an application at [www.bav-dso.eu.odedodea.edu](http://www.bav-dso.eu.odedodea.edu) or pick one up at the school.

For more information call 440-2611/civ. 08821-750-611.

# Employment ends for summer hires

## *Stuttgart program completes another successful season*

Story and photo by Mildred Green

Participants in Stuttgart's 2004 Summer Hire Program celebrated their last official workday with parents and supervisors during a season-ending luncheon Aug. 6 in the Patch Barracks Community Club.

About 150 summer hires, ranging in ages from 14 to 23, spent six weeks working full-time with organizations throughout the community.

### *The 'real world'*

Along with the advantage of earning a paycheck, summer hires also had the opportunity to get a first-hand look at what it would be like to work in their chosen career field.

Tamara Stovall, a rising senior at Patch High School and a summer hire in the 6th ASG Morale, Welfare and Recreation Marketing Office, said that her experience in the program gave her a glimpse into what life could be like after high school.

"[The program] gave me a preview of how it will be when I get out into the real world," said Stovall.

Before she went to work for the marketing office, Stovall said, she had no idea how much work went into the posters, pamphlets, magazines and other promotional materials that she sees throughout the 6th ASG.

"I appreciate stuff I see in the community a lot more now that I have actually seen how it is created," she said.

Summer Hire Carey Williams said that while working for the 6th ASG Claims Office, he, too, had quite the learning experience.

"[The program] gives you the opportunity to see what you want to be when you get older," Williams said.

### *Taking responsibility*

Adding to her duties as a summer hire, Adama Lamon, who worked for the installation coordinator's office on Kelley Barracks, was given the responsibility of organizing the summer hire luncheon.

A junior at PHS, Lamon said she was in charge of every aspect of the event, including the decorations, agenda and entertainment.

With help from fellow summer hires Chris Meyers and Alex Jester, Lamon said all details for the luncheon were completed on time. During the luncheon, Lamon and Meyers performed a skit that they wrote together.

Though Lamon said she kept quite busy all summer, she said that she enjoyed her experience and developed skills that will help her beyond the summer.

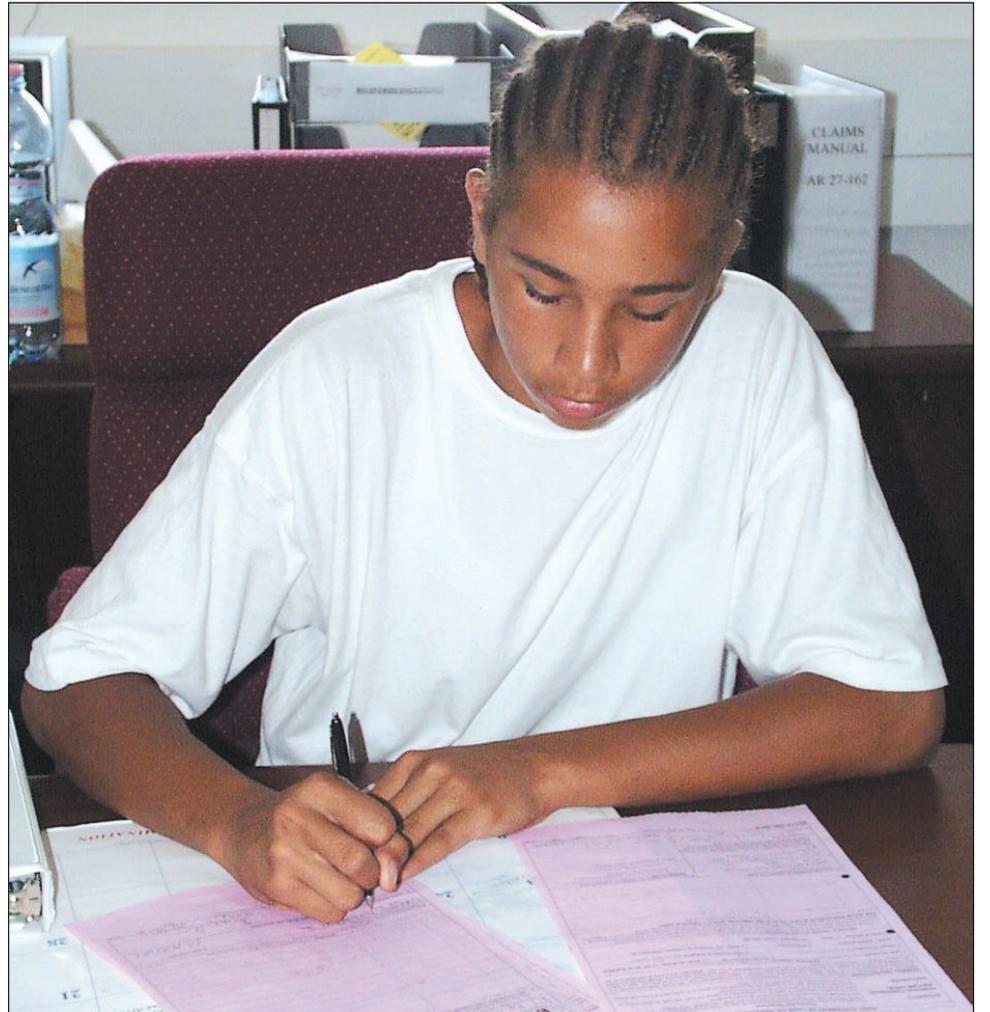
"[Working at the IC's Office] taught me responsibility," Lamon said.

After the meal was served, all of the summer hires were recognized for their efforts and presented with certificates.

Jose Deschamps, summer hire program coordinator, said he believes the program benefits both the youth and their employers.

Deschamps said that if the supervisors do a good job of teaching and the students are willing to learn, "[the program] gives summer hires a great opportunity to see what's expected out of an employee."

"It can only help participants in the long run," he added.



**Carey Williams, a sophomore at Patch High School, works on claims while employed at the 6th Area Support Group Claims Office on Kelley Barracks during the 2004 Summer Hire Program. The program ended with a celebration luncheon Aug. 6 in the Patch Barracks Community Club.**

## *'Aunt Peggie' helps students take state tests*

By Rudi Williams

American Forces Press Service

When it comes to getting information for parents, students and educators about different state high school test requirements, nobody does it better than "Aunt Peggie."

"Peggie" is actually research consultant Peggie Watson, who updates the Military Child Education Coalition Assessment Resource Center Web site whenever she finds new information about state testing requirements.

The center evolved out of parents' requests for help.

At the high school level, when a student is moving from one state to another and going from one assessment program to another, it's extremely important to have as much information about that program as soon as possible, Watson said. That's especially true if it's going to count for graduation purposes, she added.

Watson noted that the role of assessment and accountability has intensified with the implementation of the No Child Left Behind legislation. "States have progressed to

meet the mandates of No Child Left Behind," she said.

According to the state education commissions, as of July 14, 30 states are fully meeting the annual reading-test requirement and 29 states meet the annual math-test requirement, Watson said.

By 2008, Watson added, 24 states will have exit-level exams – 21 will have standards based on end-of-course tests and three states will have minimum-competency exit exams.

"We have information for every state, the District of Columbia and the Department of Defense Education Activity schools," said Watson, who calls herself "a military brat" because her father was an Army artilleryman.

"We have Internet links to the major assessments, locations of standards, curriculum guides and the calendar for assessments," Watson said.

"Sometimes I find samples of released tests," she said. "Some states, like Texas, have released tests you can download or take online."

For details visit [www.MilitaryChild.org/assessment](http://www.MilitaryChild.org/assessment).



(Clockwise from top left) Child fingerprinting kits, hands-on equipment displays, discussions of police techniques, games, driver's tests for young community members and demonstrations of military working dogs in action were just some of the many law-enforcement attractions at Stuttgart's 2004 National Night Out.

## National Night Out 2004

# Community safety takes center stage on Patch

Story & photos by Melanie Casey

Members of the Stuttgart military community learned how to "take a bite out of crime" Aug. 7 in Patch Barracks' Washington Square.

Sponsored by the 6th Area Support Group Safe Neighborhood Awareness Program and Provost Marshal's Office, Stuttgart's annual National Night Out celebration included military equipment displays, police dog demonstrations and drug and crime prevention informational booths as well as a free barbecue courtesy of the Defense Commissary Agency and the 6th ASG Morale, Welfare and Recreation.

The event was held to enhance community members' awareness of crime and drug prevention, said the PMO's operations sergeant, Staff Sgt. Michael Dodson.

"Ultimately," Dodson said, "we want the community to view the police not as people walking around with guns on their hips, but people who can be approached for help."

The event, traditionally held on the first Tuesday evening in August, was moved to Saturday afternoon so more community members could have a chance to attend, Dodson said.

The switch seemed to work. Military and civilian employees and their families stopped by in droves to learn more about law enforcement, check out military police and *Polizei* equipment, test out the "drunk goggles," and watch Dax the police dog in action.

Seth Stevens, 11, who tried to walk the line while wearing the drunk goggles (which simulate a blood-alcohol level of 2.0), said the attempt was a learning experience. "It's hard to do," Stevens said. "You can see the line but you can't land on it."

Drug Abuse Resistance Education, SNAP, Ponds Security and German *Polizei* from the *Bereitschaftspolizei* in Göppingen had informational booths – and lots of freebies – set up for the afternoon-long event.

PMO officers were also on hand to assist with fingerprint and DNA identification kits for children.

### Security starts in our neighborhoods

- The Safe Neighborhood Awareness Program is always looking for volunteers to help keep our installations safe.

- For more about SNAP in Stuttgart call 421-4615/civ. 0711-729-4615. In Garmisch call 442-2558/civ. 08821-759-558.

*Inspiring character and conduct*

**Girl Scouts celebrate 'Great women, great girls'**



Melanie Casey

**A young Girl Scout freezes, waiting for the shout of "green light" during a game of "red light/green light" during the annual Girl Scout camp.**



Tammy Randle

**A group of Brownies work together to make leather bookmarks during the Girl Scout camp held Aug. 10 to 13 on Panzer Kaserne.**



Monica Zazworsky

**Melissa Taylor (right) readies MacKenzie Taylor for a horseback ride Aug. 10.**



Tammy Randle

**Meghan Randle sneaks a peek at the floor while rock climbing at the Panzer Gym.**

By Melanie Casey

**R**ock climbing, horseback riding and basketball. While these may sound like some of the recent Olympic events held in Athens, they are just a few examples of the many events offered at this year's Girl Scout Camp Aug. 10 to 13 on Panzer Kaserne.

One hundred and twenty three girls ages 5 to 17 and more than 50 volunteers from 12 different area troops participated in this year's camp.

Activities ranged from sports-themed events such as horseback riding, aerobics and jazzercise to arts and crafts, games, music, drama and individual unit time. The week was capped with a Friday night sleepover for junior- level and above girls.

The theme of this year's camp was "Great women, great girls," said Camp Director Beth Rosenwald. "Having a camp that includes all local girl scouts lets them get to know each other as a community of girl scouts rather than just different individual units," she said.

Each day of the 4-day camp began and ended with a ceremony that included songs, skits and dances. On one of the mornings, 6th Area Support Group Commander Col. Gwendolyn Bonéy-Harris stopped by to offer her support to the girls and the camp.

Bonéy-Harris, who spent eight years as a Girl Scout herself, said that being a part of the organization helps gives young women independence and makes them feel sure about being a woman.

"As you grow up," she said to the group of assembled campers, "you'll see that you'll take something [positive] away from the Girl Scouts."

Bonéy-Harris' appearance, "was a good boost [to the girls] to see what they can be," Rosenwald said.

But for the time being, the girls are just enjoying their scouting experience. "You get to do all sorts of fun things," Megan Taylor said of being a girl scout.

*For more information about local Girl Scout groups, call the Girl Scout registrar at 0711-305-7246 or e-mail Stuttgartgsregistrar@yahoo.com.*

*For more information about the Girl Scouts, visit [www.girlscouts.org](http://www.girlscouts.org).*



Girls in kindergarten through 12th grade:  
Do you want to learn what being a Girl Scout is all about?

**Stuttgart Girl Scout Rally**

**Sept. 1, 6 to 8 p.m.,  
Patch Community Club.**

*For more information call the Girl Scout registrar at 0711-305-7246 or e-mail [stuttgartgsregistrar@yahoo.com](mailto:stuttgartgsregistrar@yahoo.com).*

# Bush announces intent to realign forces

## 'Significant portion' of realignment plan involves forces now in Europe

By Gerry J. Gilmore  
American Forces Press Service

A "significant portion" of U.S. troop moves caused by a reworking of America's global military posture "will come from Europe," a senior Defense Department official said.

Any redeployment of U.S. troops from Europe to the United States or elsewhere, the official told Pentagon reporters, will involve heavy armor and infantry units now based in Germany.

### Stryker brigade to Germany

As part of the realignment of U.S. forces around the world announced Aug. 16, by President Bush, the official noted that an Army Stryker brigade would be sent to Germany, where the official said a "very substantial" U.S. military ground presence will remain, to join a restructured 5th Corps.

The official said DoD wasn't ready to discuss exact numbers of troops and units affected by realignments, saying that Bush's mention of numbers would do for now.

In his morning address at the Veterans of Foreign Wars convention in Cincinnati, Bush said that over the next decade, about 60,000 to 70,000 uniformed personnel, and about 100,000 family members and civilian employees would be redeployed from overseas bases to the United States.

### Years of planning

Plans to rearrange U.S. military force posture around the world have been in the works for the past three years, the senior DoD official noted.

Numbers of troops affected by force structure changes in the Pacific theater under the plan "won't be very dramatic," a senior U.S. State Department official noted at the Pentagon press briefing.

U.S. forces in South Korea already are slated to move away from the demilitarized zone and out of the capital city of Seoul to locations further south.

The State Department official emphasized that any redeployment of U.S. troops in Europe is "not aimed at Russia."

"It's not our goal to have a shift of our forces to the east" from Germany, the senior DoD official explained, noting that U.S. troops would likely rotate in and out of eastern Europe to conduct joint exercises with allied nations.

Any realignments from Germany are unlikely to occur until fiscal 2006, another senior DoD official said.

### Stateside bases affected

The realignments, in conjunction with the upcoming base realignment and closure process, the official said, will improve America's military power projection capabilities as well as ease the turmoil experienced by military families because of frequent change-of-station moves.

## Bush: Changes to benefit military, families, taxpayers

By John D. Banusiewicz  
American Forces Press Service

The United States will redistribute forces now stationed at overseas locations "where the wars of the last century ended," President George W. Bush announced Aug. 16.

The president's announcement came during an address to the national convention of the Veterans of Foreign Wars.

"The world has changed a great deal," Bush said, "and our posture must change with it for the sake of our military families, for the sake of our taxpayers, and so we can be more effective at projecting our strength and spreading freedom and peace."

America's current force posture in Europe, Bush explained, was designed to guard against Soviet aggression. "The threat no longer exists," he said.

The decision to redistribute forces comes after three years of study and consultations, Bush said, the result of which will be "a more agile and flexible force."

As the new global posture takes shape over the next 10 years, Bush said, more U.S. troops will be stationed at, and deployed from, bases in the United States.

"We'll move some of our troops and capabilities to new locations so they can surge quickly to deal with unexpected threats," Bush said. "We'll take advantage of 21st century military technologies to rapidly deploy increased combat power."

In addition to strengthening existing alliances and building new partnerships, Bush said, the new plan will reduce stress on military personnel and their families.

"Although we'll still have a significant presence overseas, under the plan I'm announcing today, over the next 10 years we will bring home about 60,000 to 70,000 uniformed personnel and about 100,000 family members and civilian employees."

Senior DoD officials said the Defense Department also is deliberating which stateside military bases to recommend for closure or realignment under the Base Realignment and Closure Act of 2005.

For more information about the planned realignment of U.S. forces visit the Department of Defense Web site ([www.defenselink.mil](http://www.defenselink.mil)) or the Army Public Affairs Web site ([www.army.mil/arnews](http://www.army.mil/arnews)).



President George W. Bush meets with Soldiers assigned to the Joint Security Area, Camp Bonifas, South Korea, Feb. 20. Bush announced Aug. 16 his intention to realign the U.S. military's global posture, a plan that could result in the relocation of up to 70,000 troops, primarily from Germany and South Korea.

Jeremy Kirk

## EUCOM to remain vital presence

### Wald foresees stability in Stuttgart as forces realign

By Melanie Casey

Though the U.S. military presence in Germany will undergo significant changes as indicated in President George W. Bush's Aug. 16 force realignment announcement, the deputy commander of U.S. European Command said Stuttgart will remain a vital presence in the military's global force posture.

Addressing members of the U.S. and international media Aug. 19 in the Swabian Special Events Center on Patch Barracks, Gen. Charles Wald said he doesn't foresee significant changes to EUCOM's presence in Stuttgart — adding that the military population here could even rise as commands are consolidated and troops are shifted throughout Europe.

Though the Germany-based 1st Armored Division and 1st Infantry Division are expected to be relocated back to the States as part of Bush's announced plan to move as many as 70,000 troops from overseas locations to stateside bases, no movement from Germany is expected until fiscal year 2006 at the earliest. The realignment process is expected to take at least a decade.

Though EUCOM will remain in Stuttgart, the command's end-state plan calls for a 39-percent reduction of forces in Europe.

Information provided by the command outlined planned adjustments in the EUCOM area of responsibility force structure, capabilities and command and control, including the following:

- **U.S. Army, Europe** — USAREUR Headquarters and V Corps will merge into what will be called "Task Force Five," three standing Joint Task Force Headquarters Maneuver brigades will be stationed in Grafenwohr, Germany, and Vicenza, Italy, as well as an Eastern European regional presence.
- **U.S. Air Forces in Europe** — Retention of strategic European en-route airlift support structures and a balance of rotational and permanently-assigned forces. Ramstein Air Force base will remain and there will be "no significant changes to airfields in Europe," Wald said.
- **Naval Forces, Europe** — The merger of Naval Forces, Europe and 6th Fleet into one Joint Task Force Headquarters.
- **Headquarters, Marine Corps Forces Europe** — "Status quo:" continued use of rotational forces.
- **Special Operations Command, Europe** — While many of the other commands reduce in size, SOCEUR will increase in structure. Plans include the collocation of subordinate units within a sub-Saharan Africa operational reach. "When it's all said and done," Wald said of the trans-

formation, "the United States will have more military capability than we do today [and] can engage with a lot more countries. We're committed to NATO and we'll provide more security for the United States and NATO."

EUCOM's Strategic Transformation proposal includes forward-deployed and rotational forces using a variety of types of bases including the following:

- **Joint Main Operating Bases**, which are permanently-manned, well-protected and have enduring family support facilities (such as Ramstein Air Force Base).
  - **Joint Forward Operating Sites**, which are scalable, support only a small permanent presence and have no family support facilities (such as Eagle Base, Bosnia).
  - **Joint Cooperative Security Locations**, which are host-nation facilities in tactical locations with little or no permanent U.S. personnel presence (such as Gao, Mali).
  - **Joint Positioning Sites**, which are readily assessable and enablers for rotational and expeditionary forces (such as Camp Darby, Italy).
- "We don't plan to build any new bases whatsoever," Wald said, adding that existing bases can be improved and the U.S. has access to "multiples" of CSLs in the EUCOM area or responsibility.

For more information visit [www.eucom.mil](http://www.eucom.mil)

## Troops, families to have 'plenty of notice' before realignment begins

By Samantha L. Quigley  
American Forces Press Service

The first message I would pass to troops and their families is that they needn't pack their bags," a senior Department of Defense official said about President George W. Bush's Aug. 16 announcement of plans for a global realignment of U.S. armed forces.

Bush indicated in his speech that the movement of 60,000 to 70,000 uniformed personnel, mostly from Europe, and 100,000 family members stateside wasn't out of the question. The president added that a "very substantial" U.S. military ground presence would remain.

Andrew Hoehn, deputy assistant secretary of defense for strategy, reassured service members and their families that any changes would not be made in haste.

"This is something that's going to take place over a period of time," Hoehn said in an interview with the Pentagon Channel and American Forces Press Service.

Troops and families will have "plenty of notice" before realignment plans are implemented, he said.

"It is our intention that these are changes that need to take place. But we're going to do them in a time and in a pace that all the parties are going to have sufficient information that they can act upon and they can plan," he said.

### Focus on families

Questions regarding the impact of the force realignment on troops and their families are significant factors for planners, Hoehn said.

"The president is very concerned with the welfare of our forces," Hoehn said.

"It is a real statement about the concern for the welfare of our service members and for their families to bring that kind of predictability, that stability to their lives, that so many seek," he said.

Hoehn said the president made it clear that realigning the U.S. military was a process that would take 10 years to complete.

### Enhanced stability

Hoehn said some changes being considered are longer tours of duty and fewer permanent-change-of-station moves over a career.

This means that service members' spouses can pursue employment options and keep their jobs longer, kids can stay in schools longer, and families and children have more time with grandparents and aunts and uncles.

"Of course we have missions that we're all going to be carrying out and will be called upon. And when duty calls, we'll respond," he said.

The decisions regarding any impact on forces returning to the United States are going to be taken inside of the Base Realignment and Closure process, Hoehn pointed out.

DoD's internal work on that is already un-

"These are changes that need to take place. But we're going to do them in a time and in a pace that all parties are going to have sufficient information that they can act upon and they can plan."

Andrew Hoehn  
Department of Defense

der way, but the BRAC commission doesn't form until May 2005.

Once the BRAC commission makes its recommendations, Congress — which has and will continue to play a vital role in realigning the armed forces — will have to make a decision.

Hoehn said the government won't have a final decision on the disposition of forces until about a year from now.

He also said that funding for any adjustments that may have to be made would have to be secured. This pushes any actual changes out at least a year to 18 months.

Some of these changes involve the stateside movement of a large number of troops. These troop movements could include the return to the States of two heavy divisions currently stationed in Germany, Hoehn said.

These divisions would be replaced with a Stryker brigade, which combatant commanders feel is more fitting to face the challenges the United States is confronting overseas, Hoehn said.

### Speed & agility

This strategy falls in line with the realignment strategy of making American forces lighter, faster and more agile.

"The threat that we thought we would confront in Europe is one that is no more," Hoehn said. "I think it was right and appropriate in the immediate aftermath of the Cold War that we not make any drastic adjustments, because we wanted to make sure that those changes were lasting ones."

Now the country faces new challenges and must retool its fighting forces to meet those challenges head on, he said.

The Department of Defense has established a special e-mail address for members of the military community who have questions about the realignment process. Inquiries should be sent to [gpquestions@osd.mil](mailto:gpquestions@osd.mil).

Let the fun – and fundraising – begin

# 24-Hour Marathon and Music Fest set for Sept. 10-11

By Melanie Casey

One of the Stuttgart military community's highest-profile annual fundraisers is adding a new twist to its title this year: music.

The 24-Hour Marathon and Music Fest kicks off with an opening ceremony Sept. 10, 11:30 a.m., on Patch Barracks' Husky Field. Runners begin their treks at noon and continue through noon the following day.

This year's fest will not only include runners logging hundreds of laps around the track, but also live music, activities for children and a raffle.

The name of this year's event was changed in order to attract more participation and promote awareness of the entertainment options, said Da Niel Schneider, president of the 24-Hour Marathon and Music Fest committee.

Local bands Apathy, Kitchen Pass and American Pie are slated to appear along with country musician Barry P. Foley.

## Funds for the community

As it has done every year for the past 14 years, this year's event will bring the community together to generate funds for Stuttgart-area youth organizations.

The 2003 event garnered more than \$14,500, which was distributed to 13 different youth organizations, Schneider said.

Recipients in past years have included the Cub Scouts, Boy Scouts, Girl Scouts, Stuttgart Piranhas Swim Team, Teens Against Tobacco Use and Drug Abuse Resistance Education.

With the exception of a small amount saved to fund start up costs for next year's event, "all funds acquired by the marathon will go directly back into the youth organizations that request funds," Schneider said.

Applications for funds are available at [www.stuttgart-community-marathon.com](http://www.stuttgart-community-marathon.com).

Though marathon funds are raised via a

variety of means (including T-shirt sales, concession sales and pledges and donations collected by runners), the primary source of funds is the sale of marathon shirts, Schneider noted.

T-shirts this year cost \$12 for children's sizes and \$16 for adult sizes. Sweatshirts are also available for \$25.

Runners and non-runners alike can contribute to the cause by buying a shirt during the event or in advance by calling Susie Blanchard at 430-7255/civ. 0711-680-7255 or e-mailing [blanchas@eucom.mil](mailto:blanchas@eucom.mil).

"[Shirt sales] are where our money comes from," Blanchard said. "If you can't run, that's okay – just buy a shirt."

## A long and winding road

Participants may run as individuals or as part of a team. Although there is no limit as to how many members can make up a team, one runner must be on the track at all times.

Many teams opt to erect tents on Husky Field to camp – and encourage their teammates – through the night.

At the conclusion of the event, awards will be doled out in the following categories: most team participation; most team miles; oldest average team; youngest average team and Ironman.

## Still time to sign up

The committee is in the process of forming a team for each U.S. European Command directorate, Schneider said, but teams do not have to be part of EUCOM to participate.

"[Teams] need only to be affiliated with the Stuttgart military community," Schneider said. "If members don't have a team within their organization, we will be more than happy to find a team for them to participate with."

For more information call Schneider at 430-6501/civ. 0711-680-7501 or visit [www.stuttgart-community-marathon.com](http://www.stuttgart-community-marathon.com).



Melanie Casey

Community participants raise their banners as they prepare to cross the finish line at the end of Stuttgart's 2003 24-Hour Marathon. The annual fundraising event returns to Stuttgart Sept. 10 to 11.



courtesy EUCOM

Cait Gamble (right) and Susie Blanchard display this year's 24-Hour Marathon T-shirt. Gamble designed this year's logo.

## Panzer Bowling Center now hiring

The new bowling center on Panzer Kaserne is opening in October – and applications are now being accepted for all positions.

Pick up an application at the following locations:

- The CARE Fair – Aug. 28, 10 a.m. to 2 p.m., in the Patch Community Club.
- The Non-Appropriated Funds Job Fair – Sept. 8 and 9, 10 a.m. to 2 p.m., in the Panzer Bowling Center.

For more information call 421-2191/civ. 0711-729-2191 or visit [www.chrma.hqsareun.army.mil](http://www.chrma.hqsareun.army.mil).



# Project seeks new ways to treat military-related stress

## *Study compares standard care vs. stress inoculation training*

By Austin Camacho  
American Forces Press Service

One unavoidable fact about military action is that service members will have to deal with traumatic stress. The Defense Department is working to find the best way to help troops deal with the harmful effects of the stress people face in combat. One part of that effort is a treatment trial called Project DE-STRESS.

Project DE-STRESS – Delivery of Self Training and Education for Stressful Situations – is an attempt to improve early care for victims of traumatic stress, said Lt. Col. (Dr.) Charles Engel, director of the Deployment Health Clinical Center at Walter Reed Army Medical Center, where a treatment trial is taking place.

The research study is a randomized clinical trial investigating two different computer-assisted approaches to treating Post Traumatic Stress Disorder. It is designed, officials said, to compare two different kinds of treatment: stress inoculation training and standard care.

Both military doctors and Department of Veterans Affairs physicians use standard care most often to help veterans, said Project DE-STRESS Coordinator Victoria Bruner.

“Standard care, sometimes called supportive counseling, involves allowing the person to vent, to identify feelings and to validate their experiences,” Bruner said. “Most people receive standard supportive care.”

### *Alternative, innovative approach*

The alternative approach, stress inoculation training, also has been used for a long time, Bruner said.

“This training is widely used in the military,” Bruner said. “If you know a person is going to be exposed to something harmful, like extreme stress, you teach them the skills to deal with that exposure. It’s just like getting an inoculation against a disease.”

Project DE-STRESS compares these two well-documented interventions to find out which is best for reducing the long-term consequences people may experience after their exposure to military trauma.

What makes this treatment trial innovative, Bruner said,

“There are indications that the level of distress related to trauma will be higher this time than it was after the Gulf War, because this is a longer war involving more extended and intense combat. There is also the uncertainty associated with the peacekeeping role that comes into play.”

Lt. Col (Dr.) Charles Engel  
Walter Reed Army Medical Center

is that it makes use of cutting-edge technology.

By using Web-based training, the researchers introduce a degree of portability and ease of access that would otherwise be impossible.

“Computer-based interventions give the person the opportunity to work on their own, with guidance, in the privacy of their own homes,” Bruner said. “And our project is set up so that each patient is monitored every day by a trained therapist.”

Engel added that computerizing the process helps service members avoid any perceived stigma associated with going to a psychologist or psychiatrist for help.

“It provides service members with a chance to make their own gains in their own way before having to seek specialty care,” Engel said. “Many people are reluctant to seek specialty care. In the military setting, there’s a lot of concern that if they visit specialists with these sorts of problems, it will affect their careers.”

The study is open to beneficiaries of the DoD health care system who are experiencing mild to moderate symptoms as a result of military-related trauma.

Patients who are bothered by memories or dreams of trauma or experiencing anxiety, depression or trouble sleeping also may be accepted into the program.

Engel, the principal investigator for the project, said he

thinks stress trauma could be worse for those currently deployed to Iraq than it was for those who went in 1991.

“There are indications that the level of distress related to trauma will be higher this time than it was after the Gulf War, because this is a longer war involving more extended and intense combat,” he said. “There is also the uncertainty associated with the peacekeeping role that comes into play.”

That’s a strong motivation for experts to find the best way to help those who suffer from stress trauma. But Bruner said patients in both groups will receive help. In the standard care group, people have access to educational material.

The training could increase an individual’s stress hardiness, Bruner said, and she likened it to other military training. “[It’s] sort of like doing push-ups, except this can build up your stress defensive muscles.”

Project DE-STRESS is scheduled to continue until August 2005. Aside from the introductory session, patients will receive private evaluations at the end of the program, three months after it ends, and again six months afterward.

For more information about Project DE-STRESS, visit the Walter Reed Army Medical Center Web site at [www.wramc.amedd.army.mil](http://www.wramc.amedd.army.mil) or the Deployment Health Clinical Center site at [www.pdhealth.mil](http://www.pdhealth.mil). This article originally appeared on [www.defenselink.mil](http://www.defenselink.mil).

## *Fear, stress also affect military kids*

By Rudi Williams  
American Forces Press Service

Educators always try to help children overcome their fears. But when they work with military kids, they find all kinds of fears they hadn’t encountered before.

Among the many fears military kids have are fears about their parents’ safety and fears about their adjustment in a new school environment, retired Maj. Gen. Charles F. Bolden Jr. told more than 400 educators, administrators, top military leaders, students and parents attending the Military Child Education Coalition conference in Colorado Springs, Colo., in July.

Young people “sometimes have a fear of even sharing their experiences with their classmates, for a number of different reasons,” Bolden said. Typical fears include being considered to be “stuck up,” or thought of as being better than their classmates, he added.

“There’s nothing enlightened about shrinking so that other people won’t feel insecure around you,” Bolden said. “It’s our obligation – it’s our heritage – to help kids understand that they are good, and that they’re valuable.”

Children need to be taught that they can do things to help the other kids around them without being fearful, he continued. “We need to dare them to achieve,” Bolden said. “We have an obligation to the kids with whom we work to help them understand that heritage, to help them understand the obligation to dare to achieve.”

Taking risks is important, Bolden said, and failure is an inevitable byproduct of a daring spirit. And that’s not bad, he added. Children need to fail, he said, because it will help them grow.

This article originally appeared on [www.defenselink.mil](http://www.defenselink.mil).

# Anxiety disorder treatments available, effective

## Medications, therapy help relieve symptoms for millions of sufferers

(Note: This is the third and final article in a series of articles about anxiety disorders and their treatments.)

By Melanie Casey

**A**n anxiety disorder diagnosis can be disheartening. Most people with an anxiety disorder suffer in silence for months or even years, either not realizing what is wrong or knowing something is wrong yet under the impression that they can handle the problem themselves.

But at some point, many individuals suffering from an anxiety disorder come to realize that the problem is bigger than they are and seek help.

But not all do. Some people still feel – and fear – the stigma of the diagnosis of a “mental illness,” and continue to suffer alone. However, anxiety sufferers are far from alone: According to the National Mental Health Association, more than 19 million Americans suffer from this very treatable problem.

### Complex causes

Research suggests that many anxiety disorders develop as the result of that unreturnable gift from one’s parents: genetics. National Institute of Mental Health-supported studies, for instance, show that “genes play a role in the origin of anxiety disorders,” and a child whose parent has an anxiety disorder is three and a half times more likely to develop a disorder himself.

Several parts of the brain are responsible for the “highly dynamic interplay that gives rise to fear and anxiety,” according to the NIMH booklet entitled “Anxiety Disorders.” But heredity isn’t the only answer as to why one person develops anxiety and another doesn’t. Other factors – such as a person’s environment, development and behavior – come into play. “Like heart disease and diabetes,” the NIMH booklet states, “these brain disorders are complex.”

### Treatments

Admitting that there is a problem is often the first step on the journey toward recovery. A primary care provider is where many patients begin this journey, but some choose to go directly to a psychiatrist, psychologist or other mental health provider.

Short-term treatment for anxiety includes fast-acting medications known as benzodiazepines (including alprazolam and lorazepam). These medications “relieve symptoms quickly and have few side effects,” according to the NIMH. However, they are usually prescribed only for a short while because users tend to develop a tolerance to them.

### Long-term care

For long-term anxiety disorder care, there are generally two types of treatments – medication and therapy – and many times the approaches are used together.

It is important to remember that not all anxiety disorders are the same and therefore

not all treated in the same way. Thus, it is important to determine the specific problem before treatment begins.

One of the most commonly-prescribed medications for anxiety is antidepressants, which have proven to be effective for both anxiety disorders and depression.

The newest family of antidepressants is the selective serotonin reuptake inhibitors, or SSRIs, and includes fluoxetine (Prozac), paroxetine (Paxil) and sertraline (Zoloft).

SSRIs are often the preferred first choice of anxiety disorder medication because they have proven to be safe, effective and have fewer long-term side effects.

An older family of antidepressants is the tricyclics and includes clomipramine and imipramine. Although as effective as SSRIs, the tricyclics often cause dizziness, dry mouth and weight gain.

The oldest class of antidepressants is the Monoamine oxidase inhibitors including phenelzine and tranylcypromine.

Individuals taking these drugs are put on a restrictive diet because this type of medication can interact with some foods – as well as other medications – which can be dangerous interaction.

### Don’t give up

One thing to remember when taking an antidepressant is that it may take several weeks to start feeling better. Some individuals with anxiety may determine that the medicine is not working and, especially if they are experiencing some unpleasant side effects, may discontinue it before it has a chance to be effective.

Not all antidepressants will react the same way for each person. Therefore, it is important to remember that if one medicine can’t be continued, another should be tried. It may take several trials of different drugs before the right one is found. “It often happens that people believe they have ‘failed’ at a treatment, or that the treatment has failed them, when in fact it was never given an adequate trial,” according to information in NIMH’s “Anxiety Disorders” booklet. “If one treatment doesn’t work, the odds are good that another one will ... so don’t give up hope.”

### Therapy

Psychotherapy involves ‘talk therapy’ with a trained mental health professional, such as a psychiatrist, psychologist, social worker or counselor. There are two

*It often happens that people believe they have ‘failed’ at a treatment, or the treatment has failed them, when in fact it was never given an adequate trial.*

basic types of therapy used for anxiety disorder patients: cognitive and behavioral.

Cognitive therapy involves changing the thinking patterns that keep people from overcoming their fears; behavioral therapy attempts to change people’s reactions during anxiety-provoking events.

A key element of behavior therapy, according to the NIMH, is exposure – in which a patient confronts the thing he or she fears and learns to respond appropriately.

The goal of cognitive and behavioral therapy “is to reduce anxiety by eliminating beliefs or behaviors that help to maintain the anxiety disorder,” according to the NIMH. Therapy should last about 12 weeks, and may include group therapy, but it may be longer or shorter as needed.

Medication and therapy are often prescribed together for anxiety disorders, and for many people, according to the NIMH, “this is the best approach to treatment.”

### Local treatment options

In the Stuttgart and Garmisch communities, Tricare allows for eight unmanaged visits to a mental health provider without a referral, said Tricare Regional Nurse Case Manager Linda Glynn. This means that someone with an undiagnosed and unmanaged

anxiety disorder can make his or her own appointment with an off-post provider.

However, Glynn suggests that patients get a referral from Tricare first. Tricare offices can supply patients with a provider list, set up an appointment and give directions to the provider’s office as well, she said.

The Tricare office in Stuttgart is located just behind the Stuttgart Army Health Clinic on Patch Barracks in building 2300. For more information about Tricare in Stuttgart call 430-4309/civ. 0711-680-4309. The Garmisch Tricare office is in building 203 on Artillery Kaserne. For more information about Tricare in Garmisch call 442-2816/civ. 08821-759-816.

A visit to a physician at the Stuttgart Health Clinic is also an option. Doctors there can prescribe medicine and refer patients for off-post care as needed.

Dr. Stephen Warsh, a SHC physician, said that he regularly sees patients who suffer from anxiety disorders. To schedule an appointment call 430-8610/civ. 0711-680-8610.

In Garmisch, a visit to a family services specialist from the Family Advocacy office in building 250 on Artillery Kaserne may be a first step.

For more information call 442-2584/civ. 08821-759-584.

### Online anxiety disorder resources

National Mental Health Association

[www.nmha.org](http://www.nmha.org)

National Institute of Mental Health

[www.nimh.nih.gov](http://www.nimh.nih.gov)

# ACS helps families thrive in military community

*Variety of courses designed to improve personal and leadership skills*

Story & photo by Mildred Green

Designed to help families through all stages of military life, the 6th Area Support Group Army Community Service offers a diverse program for individuals who wish to enhance personal growth and improve their abilities to function within family units.

Army Family Team Building, led by Army Family Action Plan and AFTB Coordinator Lori Everly, is made up of volunteers who teach courses designed for all members of the community – not only military spouses.

AFTB training, Everly said, is available to service members, family members and civilian employees from the Army, Navy, Air Force and Marine Corps – active-duty, reserve component and retirees – who have a desire to learn more about the military and also develop their personal and professional skills.

More than 40 courses are available through AFTB in three different levels, Everly said, with classes ranging from military customs and courtesies to leadership skills.

In order to provide flexible, customized training, courses can be held in a traditional classroom setting or can be adapted to address the needs of military-related organizations such as family readiness groups.

For those who prefer the convenience of



Everly

learning from the comfort of their own homes, level-one and level-two classes can even be taken online, Everly said.

“Each class can be structured to meet the needs of our community, whether you’re looking for a one-hour seminar or a full day of programming,” Everly said. “AFTB provides that kind of flexibility.”

A military spouse herself, Everly said she has come to recognize the value of support networks that address the needs of service members and their families.

“[That] is what Army Family Team Building is about,” Everly said. “Spouses teaching spouses the military way of life.”

## AFTB Courses

### Level One - Surviving Skills

- Designed to help anyone who is interested in updating personal skills and readiness.

### Level Two - Thriving Skills

- Designed to help family members pursue life skills that promote leadership and reduce problems in family readiness groups and units.

### Level Three - Arriving Skills

- Provides an opportunity for family members to learn the skills to lead and help others.

*Volunteers, past instructors or master trainers are needed to teach AFTB classes in Stuttgart.*

*For more information call Everly at 430-7176/civ. 0711-680-7176 or visit [www.stuttgart.army.mil](http://www.stuttgart.army.mil) (click on Army Community Service, then Army Family Team Building).*

*In Garmisch call Patty Howe at 442-2777/civ. 08821-759-777.*

Don't miss Stuttgart's

## C.A.R.E. Fair

*(Community Activities Registration and Education Expo)*

Aug. 28

10 a.m. to 2 p.m.

Patch Community Club

- Learn about the many opportunities available in the Stuttgart military community.

- Meet representatives from more than 50 area organizations.

- Sign up for local classes, clubs and activities.

*For more information call Army Community Service at 430-7176/civ. 0711-680-7176 or visit the ACS office on Patch Barracks (building 3307, 2nd floor)*

## AAFES, Napster bring digital music to military community

Army and Air Force Exchange Service Release

**N**apster, an online music subscription service that enables fans to sample the world's largest and most diverse online collection of music, announced an agreement with the Army and Air Force Exchange Service that gives all branches of the military access to the innovative Napster 2.0 music service through the CentricMall.com Web site.

AAFES is making Napster's huge catalog of legal music – more than 750,000 tracks – and community features available to over 11.5 million active, reserve and retired military personnel and their families.

In addition, Napster offers authorized exchange customers specially discounted rates on both its subscription service and Napster Light download store.

AAFES expects that delivering music through the Internet will help provide the latest entertainment to troops in deployed locations. "It is always great when AAFES can deliver another service to our customers ... wherever they are," said AAFES Commander Maj. Gen. Kathryn Frost.

"When we learned of the demand for digital music within the military community, particularly from overseas, we immediately dedicated resources to meeting that need," said Chris Gorog, chairman and CEO of Roxio and Napster.

"All members of the armed forces and their families can now securely and safely access their favorite music when they want it, wherever they are in the world," Gorog said.

Napster is the first digital product to be offered on CentricMall.com, a password-protected Web site featuring more than 40 online vendors that can be accessed only by authorized exchange customers.

Customers can access the Napster service through the Exchange Online store. Military customers can access the Centric Mall site through the following Web sites:

- [www.aafes.com](http://www.aafes.com)
- [usmc-mccs.org](http://usmc-mccs.org)
- [navy-nex.com](http://navy-nex.com)
- [www.centricmall.com](http://www.centricmall.com)

In addition to Napster's regular payment methods, the service accepts the Military Star card.

*For more information about Napster visit [www.napster.com](http://www.napster.com).*



*Bethany Shana and Tim Frost take advantage of the USAFE EMSS's Learning Resource Center.*

## Patch-based Air Force squadron opens Learning Resource Center

Story & photo by Melanie Casey

**L**ooking for a 'cool' place to check e-mail, study online or just surf the Web?

Stop by the U.S. Air Forces in Europe European Mission Support Squadron's new Learning Resource Center in the basement of Patch Barracks building 2308.

The center boasts five new state-of-the-art Pentium 4 computers complete with headphones, flat screen monitors, DSL connections, speakers and CD burners. A printer is also available, and there is no charge to use any of the equipment.

The USAFE-funded center officially opened Aug. 1. Similar Learning Resource centers are located in EMSS detachments in Naples and Supreme Headquarters Allied Forces Europe in Belgium.

The room is for leisure use, said

EMSS Director of Operations Maj. Robinn Johnson. Visitors can surf the Internet, play games, shop online or study. "It can be used for anything," Johnson said. "It's an ideal place for individuals looking for a quiet place."

The room, located next to the EMSS testing center, is monitored by EMSS personnel and users must sign in.

If there are others waiting, users are limited to 30-minute sessions. However, if no one is waiting, they can use the computers indefinitely, Johnson said.

Air Force members and their families are told about the new room at weekly newcomer briefings.

The intention of the new center was to provide a resource for Air Force personnel and their families who are geographically separated from an Air Force installation, but everyone in the community is welcome to use the center, said EMSS

Commander Col. Karen Taylor.

"It's a good place for people to go, especially if they're new to the area, who need computer access," she added.

"It's very helpful," said Tech. Sgt. Tim Frost, a Stuttgart-area newcomer who uses the new room regularly. "I know when I start college, this will be a quiet place to get work done."

And in one of the few air-conditioned buildings on Patch, the new Learning Resource Center is truly a 'cool' place to be.

The EMSS Learning Resource Center is open Mondays to Fridays, 8 a.m. to 5 p.m. If it garners enough use, operating hours may be extended, Johnson said.

*For more information about the USAFE EMSS Learning Resource Center, call Staff Sgt. Hope Reales at 430-8015/civ. 0711-680-8015.*

## New system at Ramstein enhances safety, efficiency of military flights

By Tech. Sgt. Mona Ferrell

U.S. Air Forces in Europe News Service

**T**hanks to a new software-based program being implemented at Ramstein Air Base, terminal instrument procedures specialists will soon be able to support flying missions within U.S. Air Forces in Europe's area of operations more efficiently and with increased safety.

The new system, called the Global Procedure Designer, provides a better evaluation of obstacles and terrain in the arrival and departure path for aircraft, said Capt. Mack Coker, air procedures flight commander for USAFE.

"TERPs specialists basically develop road maps for the sky," Coker said. "Pilots need to be aware of any obstacles and terrain in their path, and we're responsible for establishing and updating those flight procedures."

While the job used to entail tedious calculations that would take hours or days to do by hand, the new software-based system can provide a more complete evalua-

tion of obstacles and terrain in a fraction of the time.

"The new system can evaluate 23 million terrain and obstacle points, so (it) is much more thorough and correct [than the existing system]," Coker said.

USAFE's terminal instrument procedures facility is the first organization in the world to implement the new system, Coker said. However, the program has been in development nearly seven years and is going to be released to all Air Force major commands after specialized training has been completed.

An example of a new procedure being developed using this software will give Ramstein aircrews the capability to fly down to 50 feet above the ground (without sight of the ground), as they maneuver for landing in inclement weather, said Master Sgt. Whit Morrison, Air Force Flight Standards Agency training and international instrument procedures chief.

Andrews Air Force Base, Md., is the only other Air Force base that has that capability, Morrison said.

"[This system] is like going from driving a Volkswagen Beetle and moving up to a Ferrari," Morrison said.

*\* Celebrate Women's Equality Day Aug. 26 \**

**Congressional resolution created observance**

National Women's History Project

At the behest of Rep. Bella Abzug, the U.S. Congress first designated Aug. 26 as "Women's Equality Day" in 1971.

The date was selected to commemorate the 1920 passage of the 19th Amendment to the Constitution, granting women the right to vote.

This was the culmination of a massive, peaceful civil rights movement that had its formal beginnings in 1848 at the world's first Women's Rights Convention in Seneca Falls, N.Y.

Women's Equality Day not only commemorates the passage of the 19th Amendment, but also calls attention to women's continuing efforts toward full equality.

Workplaces, libraries, organizations and public facilities now participate with Women's Equality Day programs, displays, video showings and various other activities.



For more information visit the National Women's History Project Web site at [www.nwhp.org](http://www.nwhp.org).

**Women in Government**

Percentage of women in lower or single legislative houses (for example, the U.S. House of Representatives) as of June 30.

- *Rwanda: 48.8%*
- *Norway: 36.4%*
- *Germany: 32.2%*
- *Vietnam: 27.3%*
- *Mexico: 22.6%*
- *China: 20.2%*
- *United Kingdom: 17.9%*
- *United States: 14.3%*
- *France: 12.2%*
- *Italy: 11.5%*
- *Turkey: 4.4%*
- *Saudi Arabia: 0%*

Source: Inter-Parliamentary Union ([www.ipu.org/wmn-e/classif.htm](http://www.ipu.org/wmn-e/classif.htm))

*Women: Get out the vote*

By Cheryl D. Stovall  
Contributor

Although women were granted suffrage in 1920, the voting rate remained fairly low until after World War II.

During the war, women moved into the workforce in very large numbers, and therefore, increased their political activity.

Concerns about benefits and wages for women entering the labor force was a catalyst for women to learn more about the political process.

As more women began to vote, it became apparent that they voted differently than men. This is where the term "gender gap" was born.

The gender gap is the difference between the political attitudes of women and men. Researchers and political pollsters quickly discovered that women were more concerned with social welfare spending, civil rights, peace and environmental concerns.

The gender gap is an integral part of the election process. It is responsible for

**Voter registration drive scheduled for Stuttgart**

✓ Sept. 7 to 10 during lunch hours

✓ Black Stallion Inn Dining Facility, Patch Barracks

turning the tides of many elections since the early 1990s.

Women now have the best opportunity since the 1920s to exercise their political clout. More women hold political seats at the local, state and national levels than ever before in history.

Women look to the political process to address multiple issues and cut across special interest lines. Politicians are already courting women voters. They realize that women's votes are essential to win office this year.

In order to preserve the gains that women have made throughout history, it is imperative to vote this year and every year.

**Women on the Web**

The sites below are but a few of the online resources dedicated to women's issues.

The National Women's Hall of Fame  
[www.greatwomen.org](http://www.greatwomen.org)

About.com's Women's History Page  
<http://womenshistory.about.com>

National Women's History Museum  
[www.nmwh.org](http://www.nmwh.org)



Women's International Center  
[www.wic.org](http://www.wic.org)

The United Nation's 'WomenWatch' Project  
[www.un.org/womenwatch](http://www.un.org/womenwatch)

Women's History Review  
[www.triangle.co.uk/whr](http://www.triangle.co.uk/whr)