

## Stuttgart students head back to school



Patch Elementary School Principal Nancy Hammack (center) and Assistant Principal Sheree Foster (far left), introduce themselves and go over school rules with students Aug. 27.

Susan Huseman



Mark J. Howell

Eileen Dickinson (from left), sister Fallon and Saffron Dantzer head to class at Robinson Barracks Elementary/Middle School Aug. 27.



Susan Huseman

Janice Venable, the school psychologist at Patch High School, assists junior Savannah Boyko in deciphering her class schedule.

Böblingen Elementary/Middle School second-graders Jordan White (left) and Ian McWilliams play during their first recess of the school year Aug. 27.



Carola Meusel



Navy Lt. Brad Snyder, of the U.S. Paralympic swim team, takes a break during a training session Aug. 18 at the Sindelfingen Badezentrum. USA Stuttgart played host to 34 swimmers Aug. 16-27 before the team headed to the 2012 Paralympic Games in London.

Dag Kregenow

## Garrison supports U.S. swim team headed to London

By Mark J. Howell

USAG Stuttgart Public Affairs Office

Navy Lt. Brad Snyder may have lost his sight after an improvised explosive device attack in Afghanistan last September, but he hasn't lost his vision ... a vision of himself atop a podium sporting Olympic gold.

After one bomb went off, Snyder rushed to aid his comrades, and in the process, stepped on another.

Snyder, 28, spent three weeks in intensive care, followed by five more recovering at home.

"It was relatively easy to come to grips with my injury quickly because I was in a high-risk position," said Snyder, a Navy explosive ordnance

disposal officer. "My friends and family were there with a lot of love and support, and that helped a lot."

Nevertheless, he found himself doing some soul searching.

"I asked myself, how can I continue my relevance and success I had in the Navy?" Snyder said. "The Paralympics program was the perfect way to do that."

Snyder, who grew up near the beaches of Florida and was a member of the Naval Academy swim team, has always felt comfortable in the water, and that's what he gravitated to after his injury.

That background and training helped him secure a No. 1 ranking in the 100-meter freestyle during the Paralympic Swimming Trials June 16.

See U.S. swim team on page 4

INSIDE  
THIS  
EDITION

Page 10

### Iconic landmark towers over city

Stuttgart's 217-meter tall TV tower, the first of its kind in the world, provides a bird's-eye view of the city and its surroundings to more than 300,000 visitors each year.



Pages 12-13

### No warrior stands alone

It takes courage to deal with psychological concerns in yourself or a fellow warrior. Reaching out is a sign of strength. Learn the warning signs and where to get help.



# Wiping out stigma of seeking help can reduce suicide

Commentary by Gloria Colon-Buzatu  
USAG Stuttgart Public Affairs Office

Since the release of the Department of Defense July 2012 suicide report, stories on suicide have been published almost daily. In the July 23 edition of Time Magazine, the article "The War on Suicide" said no program, outreach or initiative has worked in reducing the upsurge in Army suicides; Soldiers aren't seeking care due to the stigma associated with mental illness, and no one knows why nothing works.

These types of comments are a common thread throughout the media circuit.

It's fact that the military suicide rate now exceeds the U.S. national average and is highest in the Army, according to the Centers for Disease Control and Preventions.

It may surprise you to know that the U.S. Army Garrison Stuttgart isn't immune to cases of suicide.

In the past five years, there have been 36 attempts and/or direct suicidal statements, four of them successful (an active duty Soldier, an Army reservist, a contractor and a family member), according to USAG Stuttgart Provost Marshal officials.

The numbers are alarming, but there are programs and initiatives that are showing promise.

Recently, Dr. (Col.) Charles C. Engel, a DOD researcher, briefed the American Psychiatric Association on Re-Engineering Systems of Primary Care Treatment

in the Military (Respect-Mil), a program that integrates emotional and primary care at military clinics.

Since the program's implementation in 2007, about 63,000 Soldiers have been diagnosed with post-traumatic stress disorder or depression, two illnesses that contribute to suicide.

From August 2009 to December 2010, 31,000 of these Soldiers showed a clinical reduction in PTSD severity scores. Engel attributed the trend to increased contact between service members and care coordinators.

Engel, the Respect-Mil program director at Walter Reed National Military Medical Center, has also said that this model of care eases the stigma associated with behavioral health illnesses.

The stigma of seeking mental health care is real, but there are some leaders setting the example and speaking publicly about their own struggles: Gen. Carter Ham, Maj. Gen. David N. Blackledge, and Maj. Gen. Gary S. Patton.

All three have sought counseling to overcome the emotional trauma of their time in the Iraq war.

Even the garrison has a command policy that requires all commanders, senior enlisted leaders and directors at all levels to eliminate the stigma attached to service members who seek counseling.

And yet, the stigma remains.

I asked a colleague, an Army war veteran, why a command policy isn't enough. This Soldier said: "If you think you can bury it away [traumatic wartime experiences] ... you can't. I didn't trust the military programs for years. I feared losing benefits or not getting promoted ... but I finally found someone I could trust, and I sought help. I don't think my wartime nightmares will ever go away, but I know now how to channel the thoughts."

DOD has implemented more than 100 programs designed to help reduce the stigma that mental illness causes. The Real Warriors Campaign is one of those programs and offers resources, to include video profile testimonies, for the Army, Navy, Marines and Air Force, and family members.

When it comes to suicide prevention training,

military units in Stuttgart take it seriously.

Leaders are engaged with Soldiers one-on-one, conducting training on how to be vigilant so they (Soldiers or leaders) can pick up on the signals when a Soldier is having a problem or thoughts of suicide, according to Capt. Felix Castro, USAG Stuttgart Headquarters and Headquarters Company commander.

A positive thread in the prevention of suicide is social connectedness.

In 2011, the Stuttgart Army Substance Abuse Program began a new outreach initiative, Warrior Pride Challenge, to promote alcohol-free, adventure activities for service members, and in some cases, activities that include family members, too. This program is trending upward with favorable feedback.

The Stuttgart garrison Mobilization and Deployment Program provides support to military spouses — linking them to their Family Readiness Groups and community support programs. These programs enhance problem-solving and coping skills and improve relationships, which supports mental and emotional well-being.

As the 2014 Afghanistan draw down continues, more service members will be back in garrison facing a world that has changed in their absence. The family downrange isn't the same family a Soldier comes home to.

"Seeking help, sooner rather than later, is the first step toward better health," said Col. John Stack, USAG Stuttgart commander.

We know the stigma to seeking help is contributing to the problem, so let's stop dancing around this issue. It's clear to me that it comes down to authentic leadership.

It's not a simple order to change the culture of a 237-year-old Army. However, if we had more leaders like Ham, Patton and Blackledge encouraging service members to seek help by being transparent about their own issues, there would be more muscle behind the punch.

Let's all take a stand. Suicide is one enemy that can't be ignored.

## THE CITIZEN

Col. John P. Stack

U.S. Army Garrison Stuttgart Commander

Public Affairs Officer

Mark Howell

mark.j.howell4.civ@mail.mil

Command Information Chief/Editor Culture Editor

Susan Huseman

susan.j.huseman.civ@mail.mil

Carola Meusel

carola.e.meusel.ln@mail.mil

### Contact Information

Telephone: 431-3105/civ. 07031-15-3105

Fax: 431-3096/civ. 07031-15-3096

Email: stuttgartmedia@eur.army.mil

Website: www.stuttgart.army.mil

Office Location: Building 2949, Panzer Kaserne

U.S. Army Address: Unit 30401, APO AE 09107

German Address: USAG-S PAO, Panzer Kaserne,

Geb. 2949, 3rd Floor, Panzerstrasse, 71032 Böblingen

This newspaper is an authorized publication for members of the Department of Defense. Contents of The Citizen are not necessarily the official views of, or endorsed by, the U.S. Government or the Department of the Army. All editorial content in this publication is prepared, edited, provided and approved by the USAG Stuttgart Public Affairs Office. Private organizations noted in this publication are not part of Department of Defense.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement of the products or services advertised by the U.S. Army. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected. The Citizen is a biweekly offset press publication published by AdvantiPro GmbH. Circulation is 6,000 copies. For display advertising rates, call Sabine Vogl at civ. 0631-3033-5537, or email ads@stuttgartcitizen.com. For classified advertising rates, call Isabell Smith at civ. 0631-3033-5531, email class@stuttgartcitizen.com.

www.stuttgart.army.mil

## Thoughts on 9/11, our partners, sacrifices

Commentary by Lt. Gen. Mark P. Hertling  
U.S. Army Europe commander

A couple weeks ago Sue and I had the fantastic opportunity to join 57 wounded warriors from the U.S. and our European coalition partners on a bicycle ride at Bostalsee. It was an inspirational event. We now not only train and fight alongside our allies, but also heal and rebuild our confidence together.

As our long trail of bikes curved around the beautiful lake, I was reminded of how far we have come in the last decade since our national — and international — tragedy.

Eleven years ago, four planes deliberately crashed on our homeland and brought terror to our people. What we didn't know then was how many other nations also experienced tragedy

and loss in the World Trade Center, in the Pentagon, and in Pennsylvania. What we also didn't know at the time is how our partners, our allies, would come to our side to support our efforts and join the fight.

More than 90 percent of the International Security Assistance Force in Afghanistan comes from the European Theater.

It is with these partners that we now fight. It is with these partners that we will heal as the fighting comes to an end. And it is with these partners that we will continue to bring peace and security to the world in the future.

As we remember those who have fallen and think of those who are deployed on this tragic anniversary, Sue and I ask you also to remember our partners who have made significant sacrifices and endured hardships equal to our own.

Together, we will continue to fight for the dignity of mankind and together we will defend the liberties of people around the world.



Lt. Gen. Hertling



Department of the Army

*A chaplain from the 173rd Airborne Brigade Combat Team performs a communion service at an outpost overlooking the Tangi Valley in Afghanistan, recently. Chaplains are in an excellent position to help assist Soldiers who are going through difficult times.*

## Army-wide stand down to support suicide prevention, reduce stigma

By David Vergun  
Army News Service

Vice Chief of Staff of the Army Gen. Lloyd J. Austin III ordered an Army-wide suicide “stand down,” scheduled for Sept. 27, as a way to empower leadership to prevent further loss of life due to suicide.

The stand down is meant to familiarize all members of the Army family with the health promotion, risk reduction, suicide prevention, and comprehensive Soldier and family fitness resources available in the Army.

The stand down will also focus on how to improve the health and discipline of the force and reducing the stigma associated with seeking care for behavioral health issues.

The stand down was issued after Austin visited installations around the Army and listened to Soldier feedback and suggestions, said Walter O. Morales, chief of the Army Suicide Prevention Program.

“He realized more work was needed to address the issue of suicides in the Army and to ensure the awareness and training momentum continues,” Morales said.

The last Army-wide suicide prevention stand down took place in 2009. During that event, Morales said, the Army used the “chain teach” approach to push information down to Soldiers.

“For example, the Army required that specific training materials would be used and specific training requirements met, although some supplemental training was allowed, such as leader-led discussions,” he said.

This time, Morales said, the stand down will be different.

“Activities and training will be less prescriptive,” he said. “Commanders now have the flexibility to assess the needs of their units and customize the training and activities.”

Morales said some commanders might opt for a “fun walk” or run to get Soldiers, civilians and their families involved. They might follow that with an afternoon town hall meeting. Others may conduct risk assessments to better inform their training requirements for the training and sustainment portion of the stand down.

Although the stand down is just for one day, Mo-

rales said training and activities will be conducted throughout September, which is recognized in the Army as Suicide Prevention Month. Efforts will likely continue into October, particularly for the Reserve Component.

One of the main events slated for Sept. 27 is the “terrain walk.” Morales said that during the event, Army leaders at posts, camps, and stations will go on tours of their respective service support organizations, and will visit the caregivers there “who are in excellent positions to help Soldiers and their families who are most at risk.”

Providers include chaplains, clinicians, lawyers, social workers, financial advisors, family therapists, substance abuse counselors, military life consultants and psychologists. The purpose of the terrain walks, Morales said, is to let commanders know what kinds of resources are available, so they may in turn let Soldiers know what is available.

“We have so many good programs out there, but people often get lost in the shuffle — they know there’s help available, but it’s sometimes difficult finding out how to access it and find the appropriate points of contact,” Morales said.

The theme this year for suicide prevention month — “A healthy force is a ready force” — reflects the Army’s awareness that healthy people and mission go together, Morales said.

“We’re not just worried about suicides, we’re concerned with the overall fitness and well-being of our Soldiers, Army civilians and family members,” he said. “It is especially important that leaders lead the charge in changing the Army culture, wherever seeking help for suicide or other issues is stigmatized.”

In addition to the terrain walk and unit events, other suicide awareness activities are planned throughout September, including health fairs and resilience training.

A special Suicide Prevention Month webpage has been established on the Army Suicide Prevention website, which explains more, at [www.preventsuicide.army.mil](http://www.preventsuicide.army.mil).

*Editor’s Note: U.S. Army Europe, will conduct its stand down on Sept. 20.*

## News & Notes

### *DODDS-E students to be released early Sept. 14*

Students of Department of Defense Dependent Schools in Stuttgart will be released at 10:50 a.m. Sept. 14 (not Sept. 6, as previously reported) for an administrative half day.

### *GoArmyEd TA deadline nears*

Because of the Army’s fiscal year closeout, Sept. 25 (11:59 p.m. EST) is the last day for Soldiers to request tuition assistance through GoArmyEd, for classes that begin on or before Sept. 30. This enrollment cut-off has no impact on requests for courses that will start on Oct. 1 or later.

Tentatively-approved fiscal year 2013 enrollments are subject to the availability of funds.

For more information, contact the local Army Education Counselor at 431-2714/civ. 07031-15-2714, or your school.

### *All defense pay will go electronic by March 1*

A U.S. Treasury mandate will soon require the Defense Finance and Accounting Service to pay military, civilian and retired customers by electronic funds transfer. Beginning March 1, 2013, most DFAS customers will receive their pay directly to savings or checking accounts. Customers can get ahead of the rush by setting up direct deposit now.

Retirees and annuitants living in Europe will also be required to receive their pay directly to their saving or checking accounts. Local retirement services officers have the forms available.

### *Record your family holiday greetings Sept. 11-12*

A Joint Hometown News Service team will be in U.S. Army Garrison Stuttgart this month to tape holiday greetings.

The team will be at the Exchange on Panzer Kaserne Sept. 11 from 11 a.m. to 7 p.m. and at the Patch Barracks food court Sept. 12 from 11 a.m. to 7 p.m.

Service members, civilian employees, contractors and family members are eligible to participate. Military members must be in uniform. Greetings can be recorded in English and Spanish. Most greetings will air from Thanksgiving Day through New Year’s Day.

For more information, contact the USAG Stuttgart Public Affairs Office at 431-3099/civ. 07031-15-3099.

### *Alumni wanted for college fair*

The U.S. Army Garrison Stuttgart School Liaison Office is seeking college alumni to support its third annual college fair scheduled for Oct. 9 on Patch Barracks.

Volunteers will represent their alma maters and let college-bound high school students know what the schools can offer them.

For more information and specific requirements, contact Wayne “Joe” Holder at [wayne.j.holder.naf@mail.mil](mailto:wayne.j.holder.naf@mail.mil) or Brian Pappas at [brian.n.pappas.naf@mail.mil](mailto:brian.n.pappas.naf@mail.mil) or call 430-7465/civ. 0711-680-7465.

## Ask a JAG

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

**By Capt. Andrew Rouchka (U.S. Army)  
& Werner Sukup  
Stuttgart Law Center**

**Q: I heard that German authorities can serve official documents by regular mail. Is that true?**

A: Yes. You've essentially asked about a legal doctrine called "procedural due process," which requires courts or agencies proceeding against you to provide you notice and an opportunity to be heard. Ordinarily, U.S. law requires the plaintiff or authorities to show that a defendant was given notice or could not be reached despite certain, significant efforts. While you're in Germany, American authorities must serve documents in compliance with the Hague Convention. German authorities can proceed on much less.

The German system allows service by mail if the sender can provide postal confirmation that a letter was delivered to a specific box at an exact date and time. This confirmation constitutes official notice if you've provided that address or registered it in the German system.

Here's an unfortunately common situation: you provide your German address for a contract (phone, car repair, etc.). The company sends you a bill you don't agree with and don't fully understand, probably because both the contract and the bill are in German. If you ignore it, the company sends reminders and eventually files an action in court, which will cause you to receive a summons, payment order, and finally a writ of execution. In some cases, people have even gotten an arrest warrant before attempting to deal with the issue.

The legal system punishes you for ignoring official notice by taking away procedural opportunities at every stage. Understandably, a court will be reluctant to even hear your side of the original dispute if it already issued a summary judgment because you repeatedly failed to respond.

Remember, we are subject to German law while living here under the NATO Status of Forces Agreement. There is no legal defense for failure to check your German mailbox or understand the contents. Therefore, we strongly recommend that you check your mailbox at least twice a week and make sure you understand any bills or notices. Pay special attention if it has an official crest or letterhead or lists an amount of money. If you don't understand a bill or letter, ask for help from one of the many local nationals in the garrison or from Army Community Service.

If it looks like it might be serious, come to the Legal Assistance Office as soon as possible. Unlike a fine Sangiovese wine, legal problems do not get better with age!

*This column is not intended as individual or specific legal advice. If you have specific issues or concerns, you should consult a judge advocate at 421-4152/civ. 0711-729-4152.*



*Members of the U.S. Paralympic swim team stop at the Schlossplatz Aug. 22 during a tour of Stuttgart. USAG Stuttgart hosted the swimmers and their coaches from Aug. 16-27 for a pre-Paralympic Games training camp. The 2012 Paralympic Games, held in London, run through Sept. 9.*

Tom Franke

## U.S. swim team . . . . .

*Continued from page 1*

He is one of 227 American athletes who will compete in 19 sports at the 2012 Paralympic Games in London. He joins 19 other military veterans and active-duty service members who are on the team.

Snyder and his teammates will compete against a total of 600 swimmers who are vying for 148 medals in freestyle, backstroke, breaststroke and butterfly from Aug. 30 through Sept. 8.

U.S. Army Garrison Stuttgart recently hosted Snyder and 33 other Paralympic swimmers, along with their trainers and coaches, from Aug. 16-27, after the garrison was chosen by the Office of the Joint Chiefs of Staff to be the official training location for the team before the games.

The U.S. Olympic Committee and Department of Defense have a memorandum of agreement that allows for military support of para-athletes. Military involvement of the games was introduced by British government officials following World War II, to aid in the rehabilitation of wounded veterans.

Participation has grown exponentially since the first Parallel Olympics, or Paralympic Games, in 1960 and is now the second biggest sporting event in the world.

The garrison began preparing early this spring for the athletes arrival after the Family and Morale Welfare and Recreation directorate was informed of the selection. Along with arranging and providing logistical support, Family and MWR ensured that every swimmer



*Kelley Becherer (in dark suit), from Sheboygan, Wis., and Jessica Long, from Baltimore, Md., attack a climbing wall at the Sindelfingen Badezentrum during a training session Aug. 17.*

Dag Kregenow

had a local sponsor to help them while abroad.

"When our command found out that Brad was coming, we [Naval Special Warfare Unit] jumped at the opportunity to help out one of our Navy brothers," said Lt. Justin Farmer, who volunteered to sponsor Snyder during his training in Stuttgart.

Through his contacts, Farmer was able to reconnect Snyder to some of his Navy friends with whom he attended Explosive Ordnance Disposal School.

Though the athletes were focused on training while here, they were able to enjoy Stuttgart and German culture. Many of the swimmers toured the Ritter Sport Factory, Porsche Museum and local historical sites between training sessions.

"In the short amount of time we were here, we got an amazing taste of the history and culture of Stuttgart," said Snyder, who is a self-proclaimed history buff.

At a farewell dinner Aug. 25 on Patch Barracks, USAG Stuttgart Commander Col. John P. Stack spoke for the Stuttgart military community when he commented on the athletes' poise and tenacity.

"Your ability to overcome the limitations of your disabilities and excel at what you do is something we can all learn from," said Stack. "Know that everyone here in Stuttgart will be cheering you on as you go for the gold in London."

*Editor's Note: As of press time on Sept. 4, the U.S. Paralympic swimmers had won 19 medals: seven gold, five silver and seven bronze. Lt. Brad Snyder won a gold in the men's 100m freestyle and a silver in the 50m freestyle. Other gold medalists were Jessica Long (three), Kelley Becherer (two) and Mallory Weggemann (one).*

*"I asked myself, how can I continue my relevance and success I had in the Navy? The Paralympics program was the perfect way to do that."*

**Navy Lt. Brad Snyder**  
U.S. Paralympic swimmer

## Become a Patch Ski Club member

The Patch Ski Club will host a barbecue picnic Sept. 9 from 1-4 p.m. at Husky Field on Patch Barracks.

All ID cardholders interested in skiing or snowboarding are invited to attend and learn about the club's trips and activities.

Live music will be provided by Max Fracas.

For more information, visit [www.patchskiclub.com](http://www.patchskiclub.com).

## Join SCSC Sept. 18

The Stuttgart Community Spouses' Club will host a welcome event for all ID cardholders with appetizers, door prizes and a raffle on Sept. 18 at 6 p.m. in the Swabian Special Events Center on Patch Barracks. Potential members are invited to attend to learn about SCSC and its activities for the coming year.

For more information, email [scsc.memberships@gmail.com](mailto:scsc.memberships@gmail.com) or visit [www.stuttgartspousesclub.org](http://www.stuttgartspousesclub.org).

## School meal menus posted online

Looking for the September school meal menu? Visit the Exchange's website at [www.shopmyexchange.com/Community/Schoollunch](http://www.shopmyexchange.com/Community/Schoollunch).

## GAWC to host welcome event Sept. 20

The German American Women's Club Stuttgart will hold a

welcome event for prospective and returning members Sept. 20 at 10 a.m. in the Swabian Special Events Center on Patch Barracks.

Cost is €10. RSVP by Sept. 14 by contacting Helen Werum at [werum@arcor.de](mailto:werum@arcor.de) or calling civ. 0711-9979407.

For more information, visit [www.gawc-stuttgart.org](http://www.gawc-stuttgart.org).

## Learn German landlord and tenant laws

Attorneys from the Stuttgart Law Center will discuss German landlord and tenant law and some of the common legal problems that have been faced by Stuttgart military community members, during in-processing briefings scheduled for Sept. 13 and 27 at 10 a.m. at the Central Processing Facility, Building 2913, Panzer Kaserne.

For more information, contact the Central Processing Facility at 431-2599/07031-15-2599 or the Legal Assistance Office at 421-4152/0711-729-4152.

## Register for Praxis testing by Sept. 14

The Praxis Series tests measure teacher candidates' knowledge and skills. The tests are used for licensing and certification processes.

In U.S. Army Garrison Stuttgart, the first Praxis Series test will be administered Nov. 1 at the Education Center, Building 2915, Panzer Kaserne.

Interested testing candidates must submit their application by Sept. 14.

For more information, contact Kimberly Gonzales at 431-2417/civ. 07031-15-2417, or email [kimberly.a.gonzales19.ctr@mail.mil](mailto:kimberly.a.gonzales19.ctr@mail.mil).

## Learn about healthy cooking for diabetics

The U.S. Army Garrison Stuttgart's Exceptional Family Member Program, along with the Equal Employment Opportunity Office and the United Services Organization Stuttgart, will host a cooking class on healthy food choices for diabetics.

The class will be held Oct. 21 from 2-4 p.m. at Army Community Service, Building 2915, on Panzer Kaserne.

Registration starts Sept. 20.

For more information, contact the Stuttgart USO at 431-3505, civ. 07031-15-3505.

## Hispanic heritage observance set

The U.S. Army Garrison Stuttgart Special Emphasis Program Committee will host an observance for Hispanic American Heritage Month on Sept. 28 from 11:30 a.m. to 1 p.m. in the Kelley Club, Building 3000, on Kelley Barracks.

## Volunteers needed for Stuttgart 'Run4Life'

The U.S. Army Garrison Stuttgart Special Emphasis Program is seeking volunteers to plan the

Stuttgart Run4Life, scheduled for Oct. 26, in observance of Disability Employment Awareness Month.

The next coordination meeting is planned for Sept. 20 from 3-4 p.m. at the Directorate of Logistics conference room, Room 108, Building 2953, Panzer Kaserne.

## Women can learn self-defense Sept. 20

The U.S. Marine Forces Europe and Africa Family Readiness Office will host a women's self-defense class Sept. 20 from 6-8 p.m. in the Panzer Fitness Center, Building 2990.

Marine Corps Martial Arts Program instructors will teach effective self-defense techniques.

The class is open to all ID cardholders and is free of charge, but participants must register by Sept. 17.

For more information, contact [katherine.nelson@mfe.usmc.mil](mailto:katherine.nelson@mfe.usmc.mil).

## Stuttgart health clinic to stand down Sept. 20

The U.S. Army Health Clinic Stuttgart will be closed Sept. 20 for a suicide prevention stand-down day.

For immediate health care needs, call the Nurse Advice Line at civ. 00800-4759-2330.

Contact the Military Police in case of a medical emergency.

Send community-wide announcements to [stuttgartmedia@eur.army.mil](mailto:stuttgartmedia@eur.army.mil).

# German American club seeks volunteers for Pfennig Bazaar

By Susan Huseman

USAG Stuttgart Public Affairs Office

The German American Women's Club Stuttgart is preparing for its 44th annual Pfennig Bazaar to be held Oct. 12-13 at the Liederhalle in downtown Stuttgart.

The bazaar is considered to be Stuttgart's largest flea market, according to club officials, and is the club's main fundraising activity.

Last year the club raised €4,000 for charity, according to Liz Desmond, who serves as the American bazaar co-chair, along with Mary Nickle.

Fifty percent of the funds are used to support organizations that foster German-American and international relations, such as student exchange programs. The rest is divided between German and American projects and organizations.

Last year, service and private organizations in the Stuttgart military community, to include Boy Scouts, schools and athletic groups such as the Sitzmarkers youth ski club and Piranhas swim team, received financial support.

As the date for this year's bazaar draws near, the GWAC is recruiting volunteers to help set up and work at the bazaar.

"The amount of volunteers needed is amazing," Desmond said.

An army of volunteers are needed to unload the bags and boxes of donations and carry them to the appropriate stand inside the Liederhalle, unpack the merchandise and set up the selling stands on Oct. 10 and 11.

On Oct. 12 and 13, volunteers are needed to man the stands during the bazaar.

"We like to have three to five Americans per stand, per shift. There are three shifts each day, and there are 20 stands. It's a big endeavor," said Desmond.

Volunteers can select which shift and at what stand they wish to work, and the club will provide transportation for volunteers to and from the Liederhalle. Limited child care is also available.

The club will continue to accept donations through Oct. 1.

Donations of gently used, clean items (no 110-volt appliances or military-related items), may be dropped off at any time at collection bins located at the sorting room on Patch Barracks (next door to the Patch Thrift Shop in Building 2332) and on Kelley Barracks in Bay 3, next to the Kelley Theatre.

For more information and to sign up as a volunteer, visit [www.gawc-stuttgart.org](http://www.gawc-stuttgart.org).



Carola Meusel

GAWC members (from left) Margret Wahlandt and Alane Gordon-Bray work at the linen booth during last year's Pfennig Bazaar. This year, the bazaar will run Oct. 12-13.

# Steadfast vigilance prevents terrorism

By Shay Edwards

USAG Stuttgart Antiterrorism Office

As a military community, we are continuously reminded of the threat of a terrorist attack — on television, on the radio, in newspapers and on the web.

We hear, see and read public service announcements about the need to remain vigilant almost every day, and every year, we — service members, civilians, contractors, even dependents 14 years of age and older — are required to take Antiterrorism Awareness training.

Out of all this, two types of attitudes seem to develop.

The first is that an attack can occur anywhere and at any time and that we should do more to prepare.

The second is that too much attention is given to preventing terrorism, and an attack is unlikely to occur on a U.S. military installation.

Which is right?

The unfortunate truth is that a terrorist attack could occur anywhere and at any time, even on a U.S. installation.

The Department of State remains concerned about the continued threat of terrorist attacks, demonstrations, and other violent actions against U.S. citizens and interests overseas, according to a worldwide caution it issued on July 18.

No one can accurately predict the exact time and location that the next attack will occur.

However, some locations make better targets than others. Train stations, airports, shopping centers, nightclubs and schools are common locations for terrorist attacks because of the large numbers of people who can be found there. The public nature of these locations also makes them easier to gain access to more people.

The security measures put in place on U.S. installations generally make them more difficult targets.

The lack of public access makes reconnaissance of potential attack locations more difficult too, adding to the decreased likelihood of an attack.

However, this should not be cause for any community to ignore the possibility of an attack.

Adopting the attitude of “it won’t happen on my



www.photos.com

The 9/11 tribute lights illuminate the New York City skyline to commemorate the anniversary of the September 11 attacks.

installation” sets the conditions for a terrorist attack.

Complacency, ignorance and ignoring warning signs are exactly what leads to successful attacks. Those who adopt this type of attitude place themselves and the community at risk and ignore the possibility of an insider attacking the community.

It is the responsibility of everyone to educate themselves on the warning signs, to report suspicious activity, and to know what to do if an attack occurs.

Working together, reporting suspicious activity and exercising contingency plans does not make us invincible, but it clearly sets the conditions to make us less susceptible to an attack.

## Stallion Shake 2012 scheduled for Patch Barracks Sept. 22

USAG Stuttgart Directorate of Plans, Training, Mobilization and Security

U.S. Army Garrison Stuttgart will conduct Stallion Shake 2012, a full-scale all-hazards exercise, on Patch Barracks Sept. 22 from 10 a.m. to 2 p.m.

The exercise will test personnel from the garrison, its tenant units and first responders from the host nation, all who would react to an actual crisis situation on the installation.

Panzer Kaserne, Kelley and Robinson Barracks and Stuttgart Army Airfield will also be impacted by the exercise. Motorists can expect traffic delays when entering all installations from 8 a.m. to 4 p.m. on the day of the exercise.

Beginning the evening of Sept. 20 on Patch Barracks, traffic cones will be placed where concrete barriers will be positioned. The cones are intended to prevent vehicles from obstructing the placement of the barriers, as well as to prevent vehicles from being blocked into a parking lot.

Starting at 8 a.m. on Sept. 21, the concrete barriers will put in place, restricting some vehicle traffic and selected parking areas. They will not prevent entry to community facilities.

The Patch Library will open at 2 p.m. on Sept. 22. All other facilities will open according to their normal schedules.

Patch High School’s on-post sports events scheduled for Sept. 22 will be unaffected.

Those interested in volunteering as role players during the exercise should contact U.S. Army Garrison Stuttgart’s Army Community Service at 431-3362/civ. 07031-15-3362, no later than Sept. 13.

For more information, contact the USAG Stuttgart Emergency Manager at 431-2035/civ. 07031-15-2035.

### Eco-friendly car washing

Be kind to the environment while washing your car.

Washing a car in the driveway puts contaminated water into storm drains and wastes up to 140 gallons of water. Instead, use a commercial car wash that uses its own water recycling system, biodegradable soap and reusable towels.

Washing vehicles on pervious areas, such as cobblestones, is prohibited because they are not connected to a proper oil and water separator.

#### Vehicle washing facilities on post

- Kelley Barracks: Building 3390
- Stuttgart Army Airfield: Building 3217
- Patch Barracks: Building 2384



Going Green

USAG Stuttgart  
Directorate of Public Works  
Environmental Division

Advertisement

Advertisement

Advertisement

Advertisement



# Hot stuff

*Pvt. Tracey Gear, a Soldier with the 554th Military Police Company, experiences the effect of oleoresin capsicum (pepper) spray during Level One Contamination Training Aug. 23. Soldiers were sprayed in their faces with the OC spray, which causes skin irritation, swollen eyes and shortness of breath. They then performed tasks such as elbow and knee strikes, and defensive moves, while enduring the effects of the OC spray.*

Martin Greeson

## Resilience training for families, civilians

The U.S. Army Garrison Stuttgart Army Community Service will offer resilience training for family members and civilians Sept. 12 from 11 a.m. to 1 p.m. and Sept. 26 from 4-6 p.m. in Room 222 in Building 2915, Panzer Kaserne.

To sign up, call 431-3362/civ. 07031- 15-3362.

## Facebook virtual town hall set for Sept. 12

U.S. Army Garrison Stuttgart will host a Facebook virtual town hall meeting on Sept. 12 from 2-3 p.m. to answer housing-related questions. Fans of the garrison Facebook page can post a question for the housing staff to answer immediately during the event.

For more information, visit

[www.facebook.com/USAGarrison-Stuttgart](http://www.facebook.com/USAGarrison-Stuttgart).

## AFRICOM holds briefing for spouses

All U.S. Africa Command spouses (military, civilians and contractors) are invited to learn about the combatant command's mission and how their spouses contribute to it on Sept. 14.

A briefing, and question and answer session will be held in the Kelley Club from 9:30-11:30 a.m., followed by a lunch break, and at 1 p.m., a brief visit to the spouse's workplace.

To register, call Rebecca Po-blete by Sept. 10 at 421-3248/0711-729-3248.

## Discover Outdoor Rec

U.S. Army Garrison Stuttgart's Outdoor Recreation will hold an

open house on Sept. 13 from 10 a.m. to 6 p.m.

Customers can learn about adventure trips such as white-water rafting, rock climbing and paragliding; paintball; equipment rentals; and the Rod and Gun Club's gun rental and storage programs.

Outdoor Recreation is located in Building 2953 on Panzer Kaserne. For more information, call 431-2774/civ. 07031-15-2774.

## Due to PCS soon?

If you are relocating within the next three or four months, it's time to begin preparing for the move.

Permanent change of station/pre-separation briefings will be held Sept. 19, Oct. 17 and Nov. 14 at 1 p.m. in Building 2913 on Panzer Kaserne.

Army personnel will also receive a briefing on finance issues.

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

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

## Permits needed to sell cars to local nationals

U.S. ID cardholders who intend to sell their U.S. Army Europe-plate vehicle to local nationals must get a Permit to Transfer form at the U.S. Forces Customs Office before the sale takes place.

For more information, call the U.S. Forces Customs Office at 431-2731/civ. 07031-15-2731.

Send community-wide announcements to [stuttgartmedia@eur.army.mil](mailto:stuttgartmedia@eur.army.mil).

Advertisement

Advertisement

## Safety tips for joggers, runners

As with any outdoor activity, it is important to be aware of your surroundings. Never jog or run any place where you might feel uncomfortable or. It's always a good idea to run with a buddy.

Avoid jogging or running at night, since motorists may not see you, and it is difficult for you to see the ground. Remember roadways are designed primarily for vehicular traffic. Using sidewalks, training tracks and open fields is recommended.

### DO'S:

- Wear proper footwear.
- Begin a running program gradually.
- Stay away from vehicle traffic.
- Face oncoming traffic.
- Wear bright clothing at day and reflective clothing at night.
- Run in the morning or late evening during hot weather.

### DON'T'S:

- Run during peak traffic hours.
- Wear headphones when jogging near traffic.
- Over exercise.
- Continue if not feeling well.
- Wear plastic or rubber suits.
- Run with flow of traffic.

USAG STUTTGART

# SAFETY CORNER

# Summer reading program whets appetite for learning

Story & photo by Carrie Farrell

USAG Stuttgart Family and Morale, Welfare and Recreation

The Patch Library concluded its summer reading program with reading awards, participation prizes and an ice cream social on Aug. 7.

With a theme of "Reading is So Delicious," the program was designed to spark the literary appetites of young readers at 250 military installations across the globe.

After all, research has shown that students who read for fun outperform those who don't, and that reading five books over the summer can prevent academic loss.

The Stuttgart summer reading program also included an avenue for adults to participate, allowing entire families to get involved in the fun of reading.

Participation in the program matched — and exceeded — figures for last summer.

"It is incredible how much this program has grown, said Tracie Miller, the children's librarian, as she described how the program's popularity has swelled from 80 to more than 380 children over the last several years.

This year, the summer reading program was also held at the Robinson Barracks library.

The strength of the summer reading program can partly be credited to the additional location, plus a wide variety of creative activities.

Miller said the activities revolved around food or cooking, such as building with marshmallows and dry spaghetti, making trail mix and making a "flipping pancake" toy.



A young reader selects a "topping" from a "pizza" during an ice cream social celebrating the conclusion of the Patch Library's summer reading program Aug. 7, while two young girls wait their turns. Each topping was numbered and served to determine which prize a reader would receive. For every seven hours (up to 28) of reading, the participant earned a prize.

According to Miller, the most popular reads this year were "Magic Tree House" by Mary Pope Osborne, "Harry Potter" by J.K. Rowling, and Rick Riordan's "Percy Jackson," "Kane Chronicles" and "The Heroes of Olympus." Younger readers enjoyed books such as "Diary of a Wimpy Kid" and the "Fancy Nancy" series.

The conclusion of summer vacation doesn't mean that regular trips to the local library have to stop.

Story time is offered at the Patch Library every Thursday morning at 11:00 a.m., and the library has

planned several activities for the entire family.

Families can learn how to download to an eReader on Oct. 18, make trick-or-treat bags from duct tape on Oct. 28, and participate in Ductigami on Nov. 15.

To find out more about library services and activities, visit the Stuttgart MWR website at [www.stuttgart.mwr.com](http://www.stuttgart.mwr.com) or the Army Europe Libraries website at [www.library.eur.army.mil](http://www.library.eur.army.mil).

Editor's Note: Bridget Patrick, Military Community and Family Policy, also contributed to this story.

Advertisement

Advertisement

For the most current, up-to-the-minute information  
information  
**Like**  
USAG Stuttgart Facebook Page

Advertisement

Advertisement

# CYS Services camp proves to be an 'adventure'

Story & photo by Megan Clancy  
Special to The Citizen

Summer campers learned how to "Go Green" during Child, Youth and School Services' Camp Adventure program.

Children grew and harvested their own vegetables, went on nature walks and learned to recycle, at camps held from June 16 to Aug. 25 at the school age and youth centers on Robinson, Kelley and Patch Barracks, and Panzer Kaserne.

The campers also "went for the gold" with Olympic-type activities to emphasize fitness. The campers participated in an opening ceremony that involved an obstacle course, tug-of-war, soccer, dodgeball and a parachute game.

On other days, activities such as bicycle riding, dance routines and kickball, along with basketball, tennis, soccer and volleyball, kept the 2012 London Olympics in mind.

Field trips were a highlight of the summer and this year, school-age campers had the opportunity to go to the Wilhelma Zoo, Experimenta, Sensapolis, Tripsdrill, Schwaben Park

and Legoland.

Older campers found themselves with a myriad of choices, such as negotiating ropes courses, touring Schloss Solitude, learning the art of indoor climbing and shopping in Metzingen.

For Jalen Badiste, 11, who attended the school age camp on Panzer, the sports activities and field trips were fun, but his favorite part of camp was "hanging out with the Camp Adventure people and getting to know everybody," he said.

Likewise, campers Olivia, 8, and Dominic Munoz, 11, eagerly woke up each morning, according to their mother, Amanda.

"Both children are in German school, so it is a nice experience for them, because they get the American culture," Munoz said. "They love coming here. It gives them more of a sense of identity."

Camp Adventure is a college-credit based program where college students who study fields such as education or psychology become counselors for a few months — not for pay, but for 12 college credits and the experience of working with children.

The University of Northern Iowa-based program has been around since 1984, according to Andrea Post, a Camp Adventure project coordinator.

Camp Adventure looks for students who are energetic, outgoing and active, and who love children and learning. "If you are not right for the program, we won't take you," she said.

This summer, 17 counselors from universities across the U.S. took part in the U.S. Army Garrison Stuttgart program that included more than 2,000 children in grades one to 12.

The counselors prepared for camp through a 10-week professional recreation training program held during their spring semesters, Post said.

Once in Stuttgart, the counselors also helped to develop activities for Camp Adventure, said Deborah Mandrell, a USAG Stuttgart CYS Services child administrator.

"They work hand-in-hand with our trainers to develop programming, but they also have criteria — reports and so on — that must be turned in to their universities," Mandrell said.

Despite the workload, Sasha Britton, a counselor with the Panzer

*They work hand-in-hand with our trainers to develop programming, but they also have criteria — reports and so on — that must be turned in to their universities.*

**Deborah Mandrell**  
USAG Stuttgart  
CYS Services administrator

School Age summer camp, signed on for a second summer with "Camp A."

The art education major at the University of Toledo said Camp Adventure gave her the opportunity to acquire the much needed experience working with children before she becomes a teacher. "I really love this program," she said.



**OCTOBER 20**  
**HUSKY FIELD**  
**PATCH BARRACKS**  
**10K RUN 9<sup>00</sup> A.M.**  
**5K 10<sup>30</sup> A.M.**

**REGISTER & WIN**  
**OVER \$500 IN PRIZES!**  
**iPod nano, digital camera**  
**and more...**

**REGISTER BY OCTOBER 12**  
**AT PATCH FITNESS CENTER**



DSN 430 7136  
CIV 0711 680 7136  
www.stuttgartmwr.com



Call 431-2530 to speak to an ASAP counselor

Route 66

Hotel Schlossberg



**Safe Helpline**  
24/7 Confidential Support for the Red Community

Live 1-to-1 Help Confidential 24/7  
Call 877-995-5247  
Text\* 202-470-5546

For confidential victim assistance visit [www.SafeHelpline.org](http://www.SafeHelpline.org)

Kasmir Indisches

# High above ground: Stuttgart's TV tower

Story by Carola Meusel

USAG Stuttgart Public Affairs Office

For those not afraid of heights or who desire a bird's-eye view of the greater Stuttgart area, the "Fernsehturm," or TV tower, makes for an experience that's hard to surpass.

The 217-meter tower opened its doors to the public in 1956 and was one of the world's first TV towers.

Back then, the "Süddeutsche Rundfunk," broadcast station for the northern Baden-Württemberg district, planned to install antennas 200 meters above ground for better radio and television reception.

Originally, the plan called for antennas to be positioned on an iron-grid pole and secured with wired cable. That's when the Stuttgart construction engineer Fritz Leonhardt had the idea to build a TV tower. According to the Fernsehturm's website, [www.fernsehturm-stuttgart.com](http://www.fernsehturm-stuttgart.com), Leonhardt was the creator, designer and constructing engineer of Stuttgart's TV tower.

Leonhardt aimed to highlight the structure's aesthetics by combining technical innovations with opportunities for Stuttgart residents and visitors to also benefit from the tower. His plan not only accommodated better radio and TV transmissions, but included a visitor's platform and a restaurant atop the Fernsehturm.

Leonhardt, who specialized in bridge design, suggested the use of pre-stressed concrete, a material mainly used for constructing bridges, as a method to overcome concrete's natural weakness in tension.

Because it was not common to build a tower from pre-stressed concrete, the Fernsehturm was a risky and



Photo courtesy of SWR Media Services

Stuttgart's "Fernsehturm," or TV tower, opened in 1956 as one of the world's first TV towers. Today, the Fernsehturm is one of Stuttgart's most significant landmarks and offers a bird's-eye view of the city.

revolutionary endeavor because the structure had to resist winds, thunderstorms and possible earthquakes, according to the Fernsehturm website.

However, following a 20-month construction period, the tower was officially opened Feb. 5, 1956.

Today, the tower attracts more than 300,000 visitors a year and is one of Stuttgart's most important landmarks, according to Annette Schmidt of the SWR Media Services.

"To me, the Stuttgart Fernsehturm symbolizes home. When I see the tower I know that I am in my city," said Martin Kilgus, a radio journalist for SWR International in Stuttgart.

From the Fernsehturm's visitor platform at 150 meters, patrons can see it all: Stuttgart's downtown area, wine hills spanning along the Neckar River Valley, the "Schwäbische Alb," or Swabian Mountains, and the Black Forest and Odenwald areas.

Not only was the Fernsehturm the first of its kind worldwide, but also set the example for many other TV towers, such as the Sentech Tower in Johannesburg, South Africa, or the Space Needle Tower in Seattle, Wash.

*The cafe and bar "Oben," atop the tower offers coffee, cake, snacks and cocktails. The event area "Dazwischen" features theater, live music and entertainment. The restaurant "Unten" specializes in fine steaks. The Fernsehturm's beer garden, "Draussen," offers regional food and beverages.*

*The Fernsehturm is open Sunday through Wednesday from 9 a.m. to 11 p.m. and Thursday through Saturday from 9 a.m. to 2 a.m.*

*Tickets cost €5.*

*For English guided tours, call civ. 0711-929-14743.*

*For more information, visit [www.fernsehturm-stuttgart.com](http://www.fernsehturm-stuttgart.com).*

## At your leisure



[www.umbriisch-provenzalischer-markt.de](http://www.umbriisch-provenzalischer-markt.de)

*French cheeses are on display during the 2011 Umbrian and Provençal Market in Tübingen. This year's market will run Sept. 13-16.*

### Festivals

Tübingen will host the **Umbriisch-Provenzalischer Markt**, or Umbrian and Provençal Market, Sept. 13-16 in the city's historic downtown area.

On Sept. 13, the market will be open from 1-10 p.m., Sept. 14 and 15 from 10 a.m. to 10 p.m., and Sept. 16 from 11 a.m. to 8 p.m.

Representatives from Tübingen's partner cities Aix-en-Provence, France, and Perugia,

Italy, will offer delicacies ranging from baguettes and bouillabaisse, to pasta and "porchetta" (pork roast), along with other delicacies, jewelry, pottery and interior decorations. Visitors can also indulge in local Swabian dishes during the event.

Musical entertainment and street theater performances will be offered, as well.

A children's day will be held Sept. 15 from 10 a.m. to 4 p.m.

On Sept. 16, stores will be open from 1-6 p.m.

*For more information, visit [www.umbriisch-provenzalischer-markt.de](http://www.umbriisch-provenzalischer-markt.de).*

The **Feuerabend** street festival will be held Sept. 14 from 6-11 p.m. in downtown Sindelfingen.

The event will feature performances by fire breathers, artists and jugglers. Fashion shows and live music will be offered at the main stage at the Marktplatz.

While enjoying an evening filled with entertainment, visitors can also sample barbecue-style food.

All Sindelfingen stores will stay open until 11 p.m.

The evening will conclude with a firework display at 11 p.m.

The **Vaihinger Herbst** fall festival will run Sept. 14-16 along the "Vaihinger Markt" market square, the district's town hall and the Schwaben Galerie shopping mall.

On Sept. 14, the festival will be open from 6-11 p.m., Sept. 15 from 10 a.m. to 11:30 p.m., and Sept. 16 from 11 a.m. to 10 p.m.

During the three-day festival, visitors can enjoy international and Swabian food, as well as live bands playing a variety of music. Juggling, fire, comedy, dance and artistic performances will also be offered, as well.

All shops will be open Sept. 16 from 1-6 p.m.

*For more information, visit [www.stuttgart-vaihingen.info](http://www.stuttgart-vaihingen.info).*



modus\_vm GmbH

*A band performs during the 2011 "Vaihinger Herbst" fall festival. This year, the event will run Sept. 14-16 in downtown Vaihingen.*

The **Dürkheimer Wurstmärkt** is the world's largest wine fest and will run Sept. 14-17 at the "Brühlwiesen" in Bad Dürkheim.

The event will open Sept. 14 at 2 p.m., Sept. 15, 16 and 17 at noon. According to the Bad Dürkheim Tourist Information, it's "open end" for all four days of the fest.

Visitors can indulge in hearty food and sample local wines at historic "Schubkärchler" wine booths and all throughout the "Weindorf."

Two large wine tents and one beer tent will feature live music.

Fun rides, such as a Ferris wheel, bumper cars and a roller coaster, will be offered as well.

*For more information, visit [www.duerkheimer-wurstmarkt.de](http://www.duerkheimer-wurstmarkt.de).*

The **Rosstag**, or horse festival, will run Sept. 16 at Maichingen's downtown area and at "Reitanlage Kleines Egart" (barn).

The event will start at 10 a.m. A traditional parade with festively decorated horses and carriages will start at 1:30 p.m.

Live music, food and beverages will be offered, as well.

The Kleines Egart barn is located at Gutenbergstrasse 9, 71069 Maichingen.

# Shoulder to Shoulder

## FINDING STRENGTH and HOPE TOGETHER



Prevent Army Suicide

**Ask ★ Care ★ Escort**

Talk to your Chain of Command, Supervisor, Chaplain, or Behavioral Health Professional or call the National Suicide Prevention Lifeline 1-800-273-TALK (8255), press 1 for the Veterans Crisis Line

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

[www.militaryonesource.com](http://www.militaryonesource.com)

[www.preventsuicide.army.mil](http://www.preventsuicide.army.mil)

## You are not alone: Suicide prevention tools for warriors

If you are experiencing thoughts of suicide, know that you are not alone. Experiencing a traumatic event is common among service members who deploy to hostile environments around the globe.

Everyone reacts to traumatic experiences differently, and some service members may face emotional or psychological challenges such as feelings of anger, isolation, anxiety or guilt following the event or when they return home. These reactions, among others, can be common responses to extraordinary events.

However, for some service members, these feelings may be signs of more serious conditions, including depression, traumatic brain injury or post traumatic stress disorder.

Warriors coping with these concerns may feel like there is no escape from their symptoms, leading them to have thoughts of suicide.

Fortunately, suicide prevention tools that encourage resilience and recovery are available.

### How do I know if I am showing warning signs?

Contact a friend, family member, commanding officer, health professional or the Military Crisis Line immediately if you are:

- Thinking about hurting or killing yourself;
- Seeking access to pills, weapons or other means of harming yourself;
- Talking or writing about death, dying or suicide.

It is also important to seek out professional help if you are experiencing any of these signs of concern:

- Being unable to sleep or oversleeping;
- Withdrawing from friends, family or society;
- Increasing alcohol or drug use;
- Acting recklessly or engaging in risky behavior;
- Experiencing excessive rage, anger or desire for revenge;
- Having feelings of anxiety, agitation or hopelessness;
- Reliving past experiences;
- Experiencing dramatic changes in mood;
- Feeling hopeless.

### What tools can help me cope while I seek treatment?

The most important step in combating thoughts of suicide is reaching out for professional support, which is critical to recovering to peak performance.

The following tips can help you on your journey of recovery and resilience:

- Set manageable schedules for professional and personal goals and commitments.
- Consider writing in a journal to express pain, anger, fear or other emotions.
- Be social. Get together with peers, commanding officers, family, friends or other members of the community regularly.
- Stay physically fit by eating a healthy diet and getting sufficient sleep.
- Stay motivated in tough times by keeping your personal and career goals in mind.
- Use relaxation techniques to aid in stress management.
- Try to stay organized by creating a daily schedule of tasks and activities. Cross out tasks as they're accomplished so you can have a visual reminder of your achievements.

# No warrior stands alone

## Reaching out is a sign of strength

**TALK** to a trained health resource consultant 24/7 for free: Call 001-866-966-1020 or log on to [www.realwarriors.net/livechat](http://www.realwarriors.net/livechat)

**CONNECT** with other warriors, families and health professionals: [www.realwarriors.net/forum](http://www.realwarriors.net/forum)

**SPEAK** with a personal coach during transitions: [www.health.mil/intransition](http://www.health.mil/intransition)

**ENGAGE** with the Real Warriors Campaign community in social media: [www.twitter.com/realwarriors](http://www.twitter.com/realwarriors) [www.facebook.com/realwarriors](http://www.facebook.com/realwarriors)

The Real Warriors Campaign is an initiative launched by the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury to promote the processes of building resilience, facilitating recovery and supporting reintegration of returning service members, veterans and their families.

## Crisis Intervention Resources

Confidential help for the  
U.S. Army Europe community  
**Call 00800 1273 8255**  
DSN 118



**Wounded Soldier and Family Hot Line**  
overseas: DSN (312) 421-3700  
stateside: (800) 984-8523 or DSN 421-3700  
email: [wsfsupport@conus.army.mil](mailto:wsfsupport@conus.army.mil)



Trained, professional health resource consultants with expertise in psychological health and traumatic brain injury are available 24/7. Call 001-866-966-1020, chat online [www.dcoe.health.mil/24-7help](http://www.dcoe.health.mil/24-7help) or send an email to [resources@dcoeoutreach.org](mailto:resources@dcoeoutreach.org).

## You are your friend's biggest support

The loss of any warrior's life is a tragedy, whether it's in combat or in a different type of battle. Although relatively uncommon overall, suicide events occur across all service branches. Every suicide within the military community is ultimately preventable, and even one is too many.

That's why it's critical to speak up if you have concerns about the psychological well-being of a fellow service member. Use the information below to learn how to recognize when a warrior may be at risk of suicidal thoughts or behaviors, and what to do when you identify a problem.

### Warning signs of suicide: identify those at risk

You've been trained to identify sources of physical danger for yourself and your fellow warriors. You can also identify psychological concerns that may be affecting service members in your unit

or larger community by asking yourself some questions about individual's behavioral health.

Is someone you know showing these signs of concern?

- Previous suicide attempt or behavior that has led to self-injury;
- Significant relationship, financial, medical or work-related problems;
- Current or pending disciplinary or legal action;
- Substance misuse;
- Problems with a major life transition (retirement, discharge, divorce, etc.);
- Loss of a fellow warrior;
- Setbacks in military career or personal life;
- Severe, prolonged stress that seems unmanageable;
- Sense of powerlessness, helplessness or hopelessness;
- Behavior that isolates service members from friends and family members.

Suicidal thoughts are usually associated with psychological concerns that can be cared for, so proactively seeking support is the best way to ensure resilience and a positive outcome.

If your fellow service member is showing any of the above signs of concern, don't hesitate — have the strength to take action.

### Take action if you notice a problem

It takes courage to deal with psychological concerns in yourself or a fellow warrior. If the situation is urgent, use these resources to get immediate assistance:

- Call 00800-1273-8255 or DSN 118 for the European Military Crisis Line.
- Talk to a medic, chaplain or commanding officer immediately — they can support you in locating confidential care or support.

Source: Real Warriors at [www.realwarriors.net](http://www.realwarriors.net).

# BRING IT, Mudders



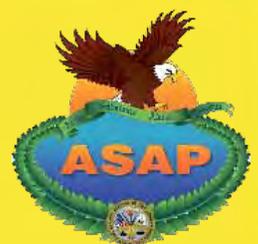
USAG Stuttgart Army Substance Abuse Program

## Warrior Pride Challenge

Natural terrain obstacle course at the Panzer Local Training Area

### Sept. 21, 9 a.m.

Call DSN 431-2530 or visit [USAGStuttgartWPC](#) on Facebook!



## What's happening in FMWR

### Parents can enjoy night on the town Sept. 14

U.S. Army Garrison Stuttgart Child, Youth and School Services will host a "Parents' Night Out" Sept. 14 at the Panzer Child Development and School Age center from 6:30-11:30 p.m. Sign up at Parent Central Services by Sept. 12.

For more information, call 430-7480/7483/civ. 0711-680-7480/7483.

### Sign up for golf club championship tee time

The Stuttgart Golf Course in Kornwestheim will hold its club championship Sept. 15-16. A luncheon and award ceremony will follow the final round.

For more information, call the course at civ. 0714-187-9151.

### Audition for 'Cinderella'

The award-winning Stuttgart Theatre Center will hold auditions for Rodgers and Hammerstein's "Cinderella" Sept. 10-12 in the Kelley Theatre.

The cast calls for six women,

three men and a chorus.

Auditions will be held for children 8-14 years of age at 6 p.m. Those 17 and older will audition at 7:30 p.m. Actors should be prepared to sing in a group with the musical director.

For more information, call the theatre office at 421-3258/civ. 0711-729-3258.

### 'It's not how far they go, but what happens along the way' ...

Cheer on adventure teams as they tackle challenges and tasks on Patch Barracks and Panzer Kaserne in U.S. Army Garrison Stuttgart's version of "The Amazing Race." The event starts at 9:30 a.m. at the Patch Fitness Center and ends in front of the Panzer Exchange, about two hours later.

For more information, call 430-7136/civ. 07011-680-7136.

For more activities, or to join the Family and MWR email list, visit [www.stuttgartmwr.com](http://www.stuttgartmwr.com) or [facebook.com/familyandmwr](http://facebook.com/familyandmwr).

## Coming to Patch Theater



**Sept. 7** — The Possession (PG-13) 6 p.m., Magic Mike (R) 9 p.m.

**Sept. 8** — Ice Age: Continental Drift (PG) 4 p.m., The Possession (PG-13) 7 p.m., Lawless (R) 10 p.m.

**Sept. 9** — The Possession (PG-13) 2 p.m., Lawless (R) 4 p.m., Magic Mike (R) 7 p.m.

**Sept. 10** — Lawless (R) 6 p.m.

**Sept. 11** — Magic Mike (R) 6 p.m.

**Sept. 12** — The Avengers (PG-13) 6 p.m.

**Sept. 13** — Dark Shadows (PG-13) 6 p.m.

**Sept. 14** — The Cold Light of Day (PG-13) 7 and 10 p.m.

**Sept. 15** — Ice Age: Continental Drift (PG) 4 p.m., The Cold Light of Day (PG-13) 7 p.m., Magic Mike (R) 10 p.m.

**Sept. 16** — The Dark Knight Rises (PG-13) 1 p.m., The Amazing Spiderman (PG-13) 4 p.m., The Cold Light of Day (PG-13) 7 p.m.

**Sept. 17** — The Cold Light of Day (PG-13) 6 p.m.



Warner Bros. Pictures

In "The Dark Knight Rises," the conclusion to Christopher Nolan's Batman trilogy, Christian Bale again plays the dual role of Bruce Wayne/Batman.

**Sept. 18** — The Dark Knight Rises (PG-13) 6 p.m.

**Sept. 19** — The Avengers (PG-13) 6 p.m.

**Sept. 20** — Diary of a Wimpy Kid: Dog Days (PG) 6 p.m.

For more movie listings, visit [www.shopmyexchange.com](http://www.shopmyexchange.com).

Advertisement

## SPORTS SHORTS

### Free yoga classes for Get Fit Day

Installation Management Command's Fitness Day will be observed on Sept. 15 in U.S. Army Garrison Stuttgart. In addition to the "Amazing Race," the Patch Fitness will offer several free yoga classes.

From 9:30-10:45 a.m., try advanced power Vinyasa yoga or beginner classical yoga, followed by a short break.

Then, from 11 a.m. to noon, take part in advanced Anusara yoga or beginner yoga basics.

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

### Youth skiing, boarding opportunities

Stuttgart's area Sitzmarkers Board and Ski Club, for seventh- to 12th-graders, will hold its general information and membership meeting on Sept. 10 at 5:30 p.m. in the Religious Education Center, Building 2332, on Patch Barracks.

Attendees will be able to sign up for the first trip to Hintertux, Austria, Nov. 9-12.

Club officials said the club strives to help young people develop "sound skiing and snowboarding skills in an organized environment where good conduct and discipline count as much as the ability to carve and catch air."

For more information, visit [www.sitzmarkers.org](http://www.sitzmarkers.org) or contact Stu Lewis, club president, at civ. 0711-680-7370.

### Play soccer with the best: Stuttgart Select

Stuttgart Select Soccer will open its first training session on Sept. 16 to players who could not attend the August tryout session.

Boys and girls, from ages 7-19 (birth years 1995-2005) are invited to participate at the session that will be held at the IBM Klub, Schönaicher Strasse 216, in Böblingen.

If interested, contact Stuttgart Select Soccer at [stuttgart-soccer@yahoo.com](mailto:stuttgart-soccer@yahoo.com) for age group training times.



Guest Judge Anja Langer raises the hands of the middleweight victors (from left), Heidelberg's James Stephens (second), Ramstein's Gavin Saiz (first), and from Schweinfurt, Shiloh Briggs (third), during the fifth annual USAG Stuttgart European Bodybuilding and Figure Championship held Aug. 25.

Carrie Farrell

## Bodybuilders serve up tips to success

By Donte Gordan  
Special to The Citizen

Thirty-four competitors flexed with poise during the fifth annual U.S. Army Garrison Stuttgart European Bodybuilding and Figure Championship Aug. 25, persuasively engaging one glistening deltoid at a time for an appreciative sold-out audience.

"A lot of people really admire the hard work, dedication and discipline these performers put in the gym and toward their bodies," said Marie Smith, a dedicated crossfit athlete who brought her young sons to watch the evening show at the Patch Fitness Center.

The athletes made it look easy, but they'll be the first to tell you the sport is all about preparation and self-control.

"Bodybuilding needs to be taken very seriously — this is not a joke," said Garrison Pollard, a Boston, Mass., native who has competed since 2007.

"You must be disciplined; not only throughout your workout regiment, but your diet, taking good care of your body and your mental state," he said.

And then there's nutrition. "The foods are what shape your body," said Pollard, who traveled from Heidelberg for the competition.

"Dieting is 90 percent of what you do as a bodybuilder; the other 10 is working out. Regardless of how you work out, if you don't eat right, you won't shape correctly," he said.

Diet seemed to be a running theme with all the competitors, highlighting the importance of giving a body the fuel it needs, along with heavy-repetition lifting, and cardio and core workouts.

"You have to be disciplined; take away the sugars, salts, and other things that can harm your body," said Michael Jackson, a native of Franklin, La., who represented the Warrior Preparation Center in Kaiserslautern.

"The most important thing when it comes to bodybuilding will always be your diet. Lifting weights, running, and other exercises are the easy part. It takes willpower, mental toughness and self-discipline to maintain a healthy eating regimen," Jackson said.

Bernard Pickett Jr., who represented Rhine Ordinance Barracks in Kaiserslautern, discussed his assortment of dieting necessities, cataloging muscle-building blocks such as chicken, turkey or chicken breast, fish and vegetables.

But there are times when he lets loose. "I may even have a diet soda as dessert," he admitted.

... If you don't eat right, you won't shape correctly.

Garrison Pollard  
Bodybuilder

Pickett, 43, said he has competed on and off for about 10 years, ever since he started bodybuilding.

"Working out has always been a big thing for me, especially being an athlete since the age of 16, but training for something like this didn't happen until later in my life," Pickett said.

He offered some sage advice for those who may be contemplating entering the sport.

"Take some time to think about it. Mental preparation is key, because this is something that needs to be taken extremely seriously. It's a great way to help your body and improve your dietary lifestyle," Pickett said.

"Be mentally ready, conduct your research, use the right tools and stay focused," he added.

Have a comment on garrison services?

ICE

Visit the USAG Stuttgart website at [www.stuttgart.army.mil](http://www.stuttgart.army.mil) and click on "Feedback."

*ADVERTISEMENT*

*ADVERTISEMENT*

*ADVERTISEMENT*

*ADVERTISEMENT*

*ADVERTISEMENT*

*ADVERTISEMENT*

*ADVERTISEMENT*

*ADVERTISEMENT*