

Ancient art helps to calm modern warriors

Story & photo by Susan Huseman
 USAG Stuttgart Public Affairs Office

Millions of Americans have turned to yoga as a form of exercise, but here in Stuttgart, U.S. service members are using it to improve their resiliency.

The 5,000 year-old practice of yoga can help stressed-out service members restore their inner sense of peace and calm.

“People who have been down range are frequently in a state of hypervigilance — they have to be in order to do their jobs,” said Gabriele Evans, a local yoga instructor who

volunteered to teach three early morning classes as part of U.S. Army Garrison Stuttgart’s Suicide Prevention Month activities this month.

When service members return from deployments, “they have lost the ability to relax,” she added.

Yoga teaches that controlling one’s breathing helps control the body and quiet the mind.

“By focusing on the breath — slowing it down — Soldiers learn to claim the nervous system and reconnect to their bodies. It helps them to relax,” said Evans, who teaches Vinyasa yoga

See Yoga on page 4



Yoga instructor Gabriele Evans takes Soldiers from HHC, USAG Stuttgart, through a triangle pose during a Sept. 10 yoga class held in conjunction with the garrison’s Suicide Prevention Month activities. Evans will teach another free class on Sept. 24 at 6:30 a.m. in the Patch Fitness Center. All community members are invited to attend.



Personal stories, photos capture impact of 9/11

The morning of Sept. 11, 2001, will be forever embedded in American memory. Nine years later, a Stuttgart native and a Stuttgart community member remember the terrorist attacks on New York City and the Pentagon with stories, photos, and insights as to the attacks’ ongoing affects on the American nation.

See pages 10-11 for the story.

Tom Bloch

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Spouses open up about reintegration

After a deployment, military marriages need some TLC, especially when it comes to finances, support and patience with new changes.



Page 7

Send holiday greetings on TV, radio

Joint Hometown News Service will be in USAG Stuttgart Oct. 8 to record holiday greetings from community members to loved ones at home and overseas.



INSIDE
 THIS
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Commander's Column

ICE offers two-way communication for QOL improvement

Commentary by Col. Carl D. Bird
USAG Stuttgart commander

Everyone desires top-notch customer service, and I make it my business to find out if everyone in the community is getting such service.

There are many venues from which you can provide us with your concerns, issues and feedback, but there is none more effective than the Interactive Customer Evaluation program, better known as ICE.

I make it known at all community forums, as well as to people I talk with, that ICE is the program they should use to provide the garrison with feedback on our services.

While ICE allows service providers and facility managers to receive feedback on their customer service,

it also gives them an opportunity to supply immediate responses to those who submitted comments.

It is also a mechanism that we can use to identify systemic concerns before they become problems.

I personally read all ICE comments and follow the process our service providers go through to address the comments.

The Defense Department requires ICE comments to be replied to within five working days; however, Installation Management Command believes that the reply should be made within three working days.

A challenge we face in responding to ICE submissions is that not everyone provides a telephone number or an e-mail address.

If you provide this information and request a reply, you will receive one.

ICE comments can be submitted online by going to the garrison website at www.stuttgart.army.mil and clicking on the ICE icon.

We also provide hard copy ICE

My number one goal for the garrison's ICE program is to identify what is being done to address concerns, one way or the other.



Col. Bird

comment cards and drop boxes at various locations within the community.

My number one goal for the garrison's ICE program is to identify what is being done to address concerns, one way or the other.

We will establish an ICE section in *The Citizen* newspaper, starting with the ICE BOX below.

Each month, we will highlight some of the top comments submitted by community members, along with the actions taken by service providers to address those comments.

I will also address the ICE comments in more detail on my blog, located on the garrison website, and I

will solicit interactive feedback from the community.

It may take a little effort on your part to fill out an ICE comment card, and for the garrison service providers to address them, but if it results in better customer service and a better customer understanding of how the garrison operates, then I believe that is truly a win-win situation.

I encourage everyone to fill out an ICE comment for services that could be improved upon, as well as services that are outstanding.

We learn how to improve our services from constructive criticism, and we learn what services are working from positive compliments.

THE CITIZEN

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ICE BOX

USAG Stuttgart command addresses top ICE comments

Commercial Travel Office

Over the past few months, the Commercial Travel Office on Patch Barracks has received a large number of Interactive Customer Evaluation comment cards, many of which were negative concerning the service provided.

The main reason for this degradation of service was because an Army-wide CTO management contract was awarded to a new contractor. The ICE comments from our customers showed that this contractor could not provide the level of professional customer service required. The garrison staff worked very hard to show our headquarters that the CTO service was lacking. Based upon the feedback from our garrison, other garrisons and the Army review of performance, the CTO contract was re-awarded to the previous contractor and, since August, almost all of the numerous ICE comment cards submitted on the CTO were positive.

Passport Office

Our Passport Office, located on Panzer Kaserne, has also received a number of ICE comment cards over the past three months, many of which addressed the long wait times. The increase in waiting time was due to the departure of passport office personnel and the regular increase in workload during the summer PCS season.

Hiring and training passport personnel takes time, since personnel cannot handle passport information

until they have received training from the American Consulate in Frankfurt. We have hired new personnel and are in the process of training them. We have also rearranged our Military Personnel Division to create a standalone Passport Office. In the near future, wait times will decrease.

Patch Dining Facility — take-out meals for non-military personnel

The overwhelming majority of the ICE comment cards submitted on the Patch Dining Facility are positive. However, during the last three months, we have received quite a few cards on our discontinuance of take-out meals for non-military personnel. We decided to discontinue the service based on mission requirements and allocation of resources. The mission of the dining facility is to provide meals to service members living in the barracks on Patch Barracks and dining support to service members receiving Basic Allowance for Subsistence.

Resources were never allocated for take-out materials, although in the past, we purchased them with resources allocated for managing the garrison. In these fiscally constrained times, we do not anticipate receiving any additional resources and must restrict available resources to mission requirements. We had to discontinue this service, and we will not be able to reinstate it in the foreseeable future.



Thomas Limbächer, head mechanic for the Panzer Car Care Center, takes a closer look at an SUV engine on his first day of work at the garage Sept. 9. Limbächer was hired by AAFES, along with four fully qualified mechanics, from the German company Brixner. The partnership will shorten the time customers must wait for an appointment and allow the car care center to provide full service, by appointment, on Saturday.

Car Care Center doubles mechanics AAFES plans Panzer Vision Center, car wash next

Story & photo by Brittany Carlson
USAG Stuttgart Public Affairs Office

The waiting line to have a car fixed in U.S. Army Garrison Stuttgart just got a lot shorter.

As of Sept. 1, the Army and Air Force Exchange Service Panzer Car Care Center partnered with a German company called Brixner, which will provide more mechanics than ever before to the garage and shorten the waiting list for community members.

Brixner provides four fully qualified mechanics and a “meister” mechanic (head mechanic) to the garage, replacing two AAFES mechanics and two employees qualified for only oil and tire changes.

“We’re getting work done faster, no doubt about it,” said Derek Evans, car care center manager.

The car care center is still an AAFES operation, and prices will remain the same, according to Frank Niccoll, AAFES general manager. “The only difference is, we’re the first car care center that has decided to contract the labor side of the house to a German concessionaire [that] has an auto shop downtown,” he said.

The Brixner mechanics provide additional knowledge of European cars, he added. “It allows us to bring in more expertise in this field than ever before.”

Now, the garage is in full operation six days a week (weekdays from 7 a.m. to 6 p.m. and Saturday from 10 a.m. to 4 p.m.).

Additionally, customers can make regular appointments for Saturday, which was previously only for oil and tire changes on a first-come, first-serve basis.

Coming soon from AAFES

AAFES is scheduled to open a vision center in the Panzer Mall during the first week of December, according to Niccoll.

The vision center will provide customers with eye exams, prescriptions, contact lenses and a retail shop, where they can purchase glasses.

Family members enrolled in TRICARE Prime Europe will be fully covered for eye exams, according

to Dr. Eggie Lebron, the USAG Mannheim Vision Center optometrist, who will relocate to the Panzer Vision Center in December with his staff.

According to Stuttgart Army Health Clinic officials, close to 80 percent of enrollees at the Patch clinic are enrolled in TRICARE Prime Europe.

However, the clinic optometrist can only see family members, civilians and retirees on a space-available basis, so most are referred to off-post clinics.

This is partly why the vision center was started: many community members filled out Interactive Customer Evaluation, or “ICE,” comment cards last year suggesting a one, Niccoll said.

Family members not covered under TRICARE Prime Europe, as well as civilians and retirees, will be charged per visit at rates comparable to clinics in the U.S. They can send bills to their private insurance companies for reimbursement, Lebron added.

To accommodate the vision center, several vendors have changed location inside the Panzer Mall. In addition, a new concessionaire, Apriori, a women’s high-end fashion boutique, opened Sept. 15.

In the food court area, a Burger King will open Nov. 15.

AAFES is also looking to install a car wash on Panzer Kaserne in the near future, Niccoll said. He hopes to later build a gas station/shoppette, which will sell super unleaded, super plus and diesel fuel, next to the car wash within the next two years.

On Robinson Barracks, the current CX Mart, will become two separate stores: a Defense Commissary Agency-run commissary and an AAFES furniture store.

The furniture store will also carry beer, spirits, stationary and other items the commissary cannot carry, Niccoll said.

The project is expected to be completed in March 2011, without any break in service. “It will be seamless to our customers. That’s our commitment,” he said.

For more information, e-mail Frank Niccoll at niccollf@aafes.com.

News & Notes

CFC-O starts in Stuttgart

The 2010 Combined Federal Campaign Overseas season in U.S. Army Garrison Stuttgart will run from Oct. 4 to Dec. 3. The kick-off and cake-cutting ceremony will be at the Oct. 6 tenant’s meeting at the Swabian Special Event Center on Patch Barracks at 9 a.m.

Every fall, the CFC offers federal employees a way to “Make a World of Difference” by contributing to one or more of nearly 2,000 participating charitable organizations. In 2009, the Stuttgart military community raised more than \$83,000.

For more information on the USAG Stuttgart CFC-O, contact Elia Harris at 431-2406/civ. 07031-15-2406 or elia.harris@eur.army.mil.

September is Prostate Cancer Awareness Month

September is Prostate Cancer Awareness Month. Prostate cancer is the third most common cause of death from cancer in men. Men over 40 should see their health care provider if they have never been screened for prostate cancer and have a family history of prostate cancer.

For more information, visit the National Institute of Health website at www.nlm.gov/medlineplus/ency/article/000380.htm.

New guide offers self-help for personal security

A newly updated “Self-Help Guide to Antiterrorism,” created by the Defense Department’s Office of the Joint Chiefs of Staff, is now available to U.S. forces members in Europe.

The self-help handbook is filled with information and tips designed to help individuals and families increase their general level of personal security and build good habits for antiterrorism prevention on the road and at home.

The guide also includes information specific to family members and forms that can be filled in with customized information.

To download a copy of the guide, visit the U.S. Army Europe “vigilance” web page at www.hqusareur.army.mil/vigilance/default.htm.

Navigating MEB/PEB process

Service members new to the Medical Evaluation Board and Physical Evaluation Board process can request help through the MEB Outreach Counsel in the Wiesbaden Legal Center. Licensed attorneys are available to advise and represent Soldiers throughout the MEB/PEB process. For more information, call 337-4738/civ. 0611-705-4738.

Express mail, track your vote

New Department of Defense Express Mail labels are available at the U.S. Army Garrison Stuttgart post offices for community members to track their votes. Service members overseas may Express-return their absentee ballots free of charge from any military post office, U.S. Embassy or consulate with this label. After mailing your ballot with the stamp affixed, track your absentee ballot online at www.usps.com.

Submit your Federal Post Card Application for absentee voting on a yearly basis, and submit it to your election official.

For more information, call Mark Karraker, USAG Stuttgart postmaster, at 421-4149/civ. 0711-729-4149.

Yoga

Continued from page 1

at the Patch Fitness Center.

Evans took Soldiers from Headquarters, Headquarters Company, U.S. Army Garrison Stuttgart; 587th Signal Company, and Special Operations Command Africa, through sun salutations, a standing sequence, floor postures, balancing postures and a final relaxation.

"It turned out to be way more strenuous and challenging than you would think — given the slow, methodical movement," said USAG Stuttgart's Sgt. 1st Class Richard Cooke, after attending a class at the Panzer Fitness Center Sept. 10.

"The meditation portion at the end is amazing — just focusing and relaxing. That's hard for most military people to do," Cooke said.

While the Army has always promoted physical fitness, mental, emotional and social well being is the focus of the Army's Comprehensive Soldier Fitness program.

"CSF uses a five-pillared approach to create stronger, more resilient Soldiers, family members and civilians," said Cooke.

"The yoga class fell right in line with that — improving [Soldiers'] physical and, in some cases, spiritual fitness," he said.

Yoga has been used as a therapy for rape, domestic violence and other traumas. The Defense Department now uses yoga to help treat service members with Post

Traumatic Stress Disorder.

This month, Stuttgart yoga instructor Ashleigh Smith began teaching a class called Peaceful Warriors.

She said the class is primarily aimed at service members and their spouses who are dealing with the stress that military life brings.

"Yoga and the breathing exercises and deep relaxation that come with it teach the student about their own autonomy over their mind and body. You learn to slow your worries down," said Smith, who also teaches pre- and post-natal yoga classes.

Her class consists of gentle stretching for all ability levels and 25 to 30 minutes of deep relaxation using a guided meditation technique, call yoga nidra — the ancient art of intentional relaxation.

The technique slows down the practitioner's brain waves, Smith said. "It's great preparation for sleep, especially if you suffer from any type of insomnia."

Smith takes a trauma-sensitive approach to her class.

"We make yoga physically accessible to anyone with a physical limitation, for example a broken leg. We will find a way for them to participate," Smith said.

Trauma-sensitive yoga also uses a special language. "We use inviting, inquiring language to allow the [student] to experience their own body ... to re-associate the emotional body with the physical

body," Smith added.

It's a subtle concept, but includes phrases such as "when you are ready" and "if you like," and words such as "try" and "feel."

"The emphasis is not on demanding students to do what I tell them ... but to gently guide them through an experience with their own body," she said.

Practicing yoga is beneficial because it helps a person deal with stress in a functional way, she added.

"If you can do it on the mat, you can take it into a relationship or job. When you find yourself in a high stress situation, you can come back to that calming breath," Smith said.

Both instructors pointed out that service members are not strangers when it comes to using focused breathing.

"They already know how to use these techniques when they shoot," Smith said. "[Yoga] brings it into another part of their lives."

A free yoga class will be offered in conjunction with Suicide Prevention Month on Sept. 24 at the Patch Fitness Center at 6:30 a.m. All community members are invited to attend.

Peaceful Warriors yoga is offered every Thursday from 5:30-6:30 p.m. in the Panzer Chapel baptismal room at no cost. Free child care is available. Participants should bring a towel or yoga mat. For more information, e-mail Ashleigh Smith at centeryourselfyoga@yahoo.com.

Disability Employment Awareness Month

Honor cancer warriors at EEO event Oct. 1

USAG Stuttgart Public Affairs Office

U.S. Army Garrison Stuttgart will host a disability employment awareness observance and cancer awareness relay Oct. 1, to kick off National Disability Employment Awareness Month.

The events are sponsored by the USAG Stuttgart Equal Employment Opportunity Office Special Emphasis Program, in partnership with the USAG Stuttgart Religious Support Office and Panzer Contemporary Service Cancer Support Group.

"When you're affected by this disease, it's all about the support that you get from your friends and family and your community," said Alma Fowler, founder of the cancer support group and a cancer warrior herself.

A formal EEO observance will be held at the Patch Community Club Oct. 1 from 2-3:30 p.m. The guest speaker will be Ernestine Moya, director of the U.S. Army Europe G1 EEO.

The Run 4 Life cancer awareness relay activities will be held from 4 p.m. to midnight on Husky Field. The Cancer Awareness Survivor Ceremony will begin at 6 p.m., followed by the relay.

Between 4-6 p.m., food will be

available for purchase. Musical entertainment will be ongoing during the event.

According to the U.S. Equal Employment Opportunity Commission, cancer is considered a disability under the Americans with Disabilities Act of 1990 "when it or its side effects substantially limit(s) one or more of a person's major life activities."

Cancer survivors are invited to be part of the opening ceremony and/or run or walk in the "survivor lap," which will begin the relay.

Others can register a team to run or walk around the track during each hour of the event.


Community members can also honor someone who has been affected by cancer by registering to have their loved one's name written on a lumina: a paper sack with a lit candle inside. Luminarias will be placed near the track during the relay.


For registration forms, e-mail yasmin.a.rosa@eur.army.mil. Send all forms to usagstuttgarteeo@eur.army.mil. The deadline to register is Sept. 27.

For more information, or to register a team, call 430-5256/5312/civ. 0711-680-5256/5312.

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Local Boy Scout spearheads area beautification project

By Tywana Sparks
Special to The Citizen

For nearly three years, residents of the Kelley Barracks Housing Area on Ash Street came and went with no particular reason to stop and literally “smell the roses.”

For that reason, R.J. Weaver, 15, decided to leave his mark on his community, not only for his present neighbors, but for those in years to come, by installing a garden on Sept. 5, as part of an Eagle Scout Leadership Service Project. The garden, which includes a sign and bench, was placed at the entrance of Weaver’s housing area.

In order to become an Eagle Scout, the highest rank attainable in the Boy Scouts of America program, Scouts are required to complete a leadership service project that benefits an organization other than Scouting.

After brainstorming ideas with his father, Weaver developed the plan of creating a beautification project for his neighborhood. “We’ve lived here for almost three years now, and there’s nothing here that says ‘Wow, this is my house,’” Weaver said. “My plan was to welcome everyone back home after work and inspire them to be proud of where we live.”

Weaver began the planning process in July, which he said was the most difficult aspect of the project. The Boy Scouts of America’s official site lists this step as most important and it must be carried out before the project begins.

“Planning time has probably been the hardest part of the project because I have to create the project, write it all down, create the details, and get approvals from DPW (Department of Public Works), the installation coordinator, my scoutmaster, troop committee and district person,” he said.

After he finalized his plan, Weaver earned money to purchase materials for the garden through fundraising. The installation took around three weeks to complete and included help from Boy Scouts in Troops 154 and 44, as well as Webelos from Pack 324.

The garden is now a wonderful addition to the community, his mother, Amy Weaver said. “I’m excited about the fact that when we drive home or look out of the window, we can see the difference he can make in a community. Frankly, it brought tears to my eyes because I was so proud of what he can do for the community through Scouting,” she said.

Resident Tricia Huibschman was equally impressed with his efforts. “We



Courtesy of Amy Weaver

R.J. Weaver, 15, stands in the new Kelley Barracks Housing Area garden, an addition he initiated for his Eagle Scout Leadership Service Project.

just moved in this summer, and as a newcomer, it makes a huge difference to our neighborhood,” she said. “His initiative is quite impressive for a 15-year old. When I saw the Boy Scouts out here working, I was like, ‘Good for them.’”

Although the project is up for review before he can earn his Eagle Scout wings, Weaver is proud of his accomplishments. “Scouts has prepared me to do stuff on my own and be prepared for anything,” he said. “It’s helped with school work, working hard and doing

my best, which I do most of the time.”

The Stuttgart area has a very active Boy Scouts program, said Duke Whitten, Troop 154 scoutmaster.

“I invite anybody who’s new to the area, or if you have a Scout-age son, to visit any of the troops here,” he said. “We have great programs, we meet monthly and we support the community”

For more information on the Boy Scout program in Stuttgart, visit <http://boyscouttroop154.googlepages.com>.

We want you to “Show Us Your Ink!”

The Citizen staff members are looking for USAG Stuttgart community members with military-inspired tattoos who would like to be part of a photo essay on tattoos in a future issue of The Citizen. Suggestive or inappropriate tattoos will not be considered.

To apply, e-mail stuttgartmedia@eur.army.mil, and describe why your tattoos are important to you. Please include your contact information.

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Home again: *military spouses and reintegration*

Editor's Note: This is the second installment in a three-part series addressing how reintegration affects families in the military.

Story & photo by Brittany Carlson
USAG Stuttgart Public Affairs Office

Service members face specific challenges after a deployment, but they're not the only ones. Their spouses also have adjustments to make in order to build close family ties after a year of independence.

"It's a big transition not only for the Soldiers or service members, but also for their families," said Dr. (Lt. Col.) Eric Leong, chief of behavioral health for the Stuttgart Army Health Clinic. "Splitting apart is tough, but coming back together is hard, too."

Providing mutual support can help military couples tighten the bonds that were stretched during their time apart.

Changes on both sides

The first month or two after a deployment, military spouses may notice that their husbands or wives become annoyed at small things that did not used to bother them, Leong said. "It's everyday things — registering a vehicle, grocery shopping ..."

This may have to do with sleep deprivation, or the fact that the service member hasn't experienced day-to-day life in so long, Leong said.

Laura Burhans, a Navy Reserve nurse and Marine spouse, was prepared for this, since she has deployed herself, and understood how her husband felt when he returned from a year in Afghanistan in May.

"When you're deployed ... you don't have a lot of external demands. You just work, you eat, you sleep," she said. "Here, you work, you eat, you sleep, plus you have a lot of external influencers. You've got bills to pay, you've got family ... little things that were removed from you when you were deployed can feel like they're bombarding you."

When her husband, a Marine lieutenant colonel, arrived at home, it was as she expected. "He was tired ... physically and mentally tired," she said. "It doesn't take much to overwhelm him. You have to parse it out."

So, she planned ways to ease the transition.

"We had to schedule some quiet, alone time [for him] to reflect and change his mentality," she said. She also included him in the household chores little by little, and planned daily activities to do as a couple, such as having dinner or exercising.

However, even with advanced planning, it's not always easy pulling a husband or wife back into family activities, she added.

She advised other spouses not to be discouraged, if this happens. "Keep in mind, if they don't jump in 100 percent, it's not because they don't want to, it's not because they don't love their family. It just takes time to adjust," she said.

From the service member's perspective, they may notice that their spouse has become more independent and self-reliant. If the house has changed, they may feel like a guest, Leong said.

That is exactly what happened to Staff Sgt. Jay Harris when he returned from Afghanistan with the 554th Military Police Company in May. He had not lived with his wife, Elia, since 2006, due to unaccompanied tours and the deployment.

"I think the hardest part was the adjustment of living together again because I set up the house how I liked it," Elia Harris said. "The first three weeks, he was a little distant."

“Think about what the other person has gone through ... I think that will go a long way into making reintegration [smooth].”

Chaplain (Col.) Randall Dolinger
USAG Stuttgart command chaplain

However, instead of arguing, they agreed to talk about a compromise.

"You just learn how to communicate with each other without ... yelling at each other, criticizing each other or talking down," she said.

The couple rearranged the house together.

"Furniture can be moved around; it's not permanent," she added. "If we say things you can't take back, it's different."

Mutual support

Finding ways to support each other as a military couple is vital for marriages after a deployment, according to Chaplain (Col.) Randall Dolinger, USAG Stuttgart command chaplain.

Marital issues are the number one reason service members seek counseling from chaplains after a deployment, he said.

Often, the underlying cause is simple: Both the service member and spouse want a break. "When people serve a long time, they get tired of serving and they come back wanting to be served," he said.

He added, "It's really about thinking about the other person. It's hard to do that when all you can think about is, 'I've been gone for a year,' or 'I've been taking care of the kids for a year.'"

To be cared for, each must first take care of the other, he said.

"Think about what the other person has gone through. Think about what you're doing for them, and if you focus on that, I think that will go a long way into making reintegration [smooth]."

False expectations

Other contributors to marital strife during reintegration are the expectations service members and spouses have prior to the homecoming, Dolinger said.

Service members often imagine that everything will be exactly the way it was before the deployment, and are surprised to find that their spouses changed as well, he said. "They developed their own schedules, their own new habits."

A spouse may envision their returned husband or wife spending every free minute home with them. In reality, the service member may want to spend some time alone, or with battle buddies who they deployed with, he added.

Burhans, the Marine spouse, advised other spouses to be patient during this time. "Keep your expectations low, and try to develop a routine early," she said. "Know that it takes time, and try not to over-react when you run into those little conflicts."

Money matters

Discussing household finances after a deployment can be especially sticky.

Leong says couples often have strained marriages because of the way money was managed during the



Staff Sgt. Jay Harris says goodbye to his wife, Elia, as he heads to work Sept. 20. After Jay Harris returned from a deployment in May, the couple made some adjustments to ease the transition to living together again.

deployment.

A military spouse who has never managed a budget before might spend more money than usual during the deployment, Leong said. Or, a redeployed service member may come home and spend all of their deployment money on a new car or motorcycle.

"It's tough if you have a spouse [who is] very responsible ... [and] the other [who is] more carefree, spends more money. The responsible one gets angry that they can't pay the bills," Leong said.

The way couples handle money has major effects on their marriage, according to Utah State University professor Jeffrey Dew's research in "The State of Our Unions," a 2009 report released by the University of Virginia's National Marriage Project.

"In one study, feeling that one's spouse spent money foolishly increased the likelihood of divorce by 45 percent for both men and women," the report states.

These issues can be magnified during military deployments, when one person manages the money.

In addition, "there's always these unexpected things that pop up that civilians don't have to worry about," said Sylvia Allen, Army spouse, who enrolled in a budget management class with her husband after he returned from a 12-month deployment in May. "PCS moves are a big expense. Things come up — you need to get new uniforms."

Discussing the budget before and during the deployment can help couples avoid financial problems upon return, Dolinger said.

It's also important to discuss who should manage the finances after the deployment, he added. Sometimes, it's best for service members to first observe how the spouse handled things, then make a decision.

'Don't isolate yourself'

Although the return to married life can be a bumpy road, Leong encouraged couples not to give up, but to seek help when they need it.

Joining a local church or organization can provide support during the reintegration period, he said.

"Don't isolate yourself, don't isolate your family," Leong said. "Be connected to other people."

Hometown News to tape holiday greetings in Stuttgart Oct. 8

By Rich Lamance

Joint Hometown News Service

Three separate broadcast teams from the Joint Hometown News Service in San Antonio, Texas, boarded planes in early September to begin videotaping holiday greetings of service members and their families stationed overseas during the holiday season.

A JHNS team will be in U.S. Army Garrison Stuttgart Oct. 8 from 10 a.m. to 6 p.m. at the Panzer Main Exchange on Panzer Kaserne.

Service members and civilian employees from all branches of service, their family members, and Defense Department civilians are eligible to participate, according to Erich Schwab, this year's holiday greetings coordinator.

Community members can record several greetings, if they have family in more than one area. Each greeting will be 15-20 seconds. Most of these greetings will air from Thanksgiving Day through New Year's Day, so plan



A military family records a holiday greeting for loved ones during Joint Hometown News Service's visit to USAG Stuttgart last year.

Larry Reilly

messages accordingly. "Happy Thanksgiving" will quickly become obsolete.

According to Larry Gilliam, JHNS deputy director, when the teams return to San Antonio in mid to late October, production will run 24-hours-a-day, seven days a week.

Video and audio greetings are separated by state, and in some of the more populated states, such as California, Texas, Florida and New York, stations will receive the tapes or DVDs based upon region. Gilliam said an individu-

al's greeting normally will air multiple times during the holidays and usually on more than one station.

"In 2009, we mailed out close to 9,500 TV and radio greetings to 1,234 TV stations and 1,689 radio stations," Gilliam said. "Based upon the feedback we received from stations, over 52 million households watched the greetings on TV, and 21 million households listened to the greetings on the radio. And, those numbers are based just on the small percentage of feedback we received."

Holiday Greetings guidelines

- Bring your address book. You'll need family members' names, city, state and phone number for notification reasons.
- Service members must be in uniform. Family members should accompany their sponsor, unless their sponsor is deployed.
- Don't forget the holiday props, such as hats, bells or Christmas clothing.
- Lines will be longest during lunch and after work.
- When filming, relax. Be cheerful and in the holiday spirit.
- Keep hand gestures to a minimum and, of course, no profanity.
- Try writing down your main points on a 3 x 5 card, in case you become nervous and forget.

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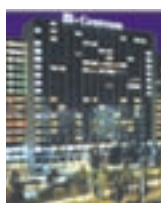


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Guardian Shield: EUCOM team trains to assist JTFs in emergency

By Dean J. Dominique
EUCOM Joint Training, Readiness and Exercises
& Brittany Carlson
USAG Stuttgart Public Affairs Office

If an emergency situation arose in Europe, a team of service members and civilians working for U.S. European Command Headquarters, stationed in U.S. Army Garrison Stuttgart, could be called on to assist with the U.S. response.

The team is EUCOM's Joint Enabling Team, or JET, and they assist by training the EUCOM Joint Task Force.

In order to stay sharp for such an event, key members of JET participated in Exercise Guardian Shield 2010, held at Rhine Ordnance Barracks Aug. 17-20.

Guardian Shield is a U.S. Army Europe training event designed to train the 7th Civil Support Command in joint task force and foreign consequence management operations.

In the exercise, the JET team helped set up and train the 7th CSC Joint Task Force to respond to an industrial accident in Poland, after the Polish government requested help from the

U.S. government. "We teach them how to be a JTF, how to report to EUCOM, and after 30 to 60 days, the JET comes back to USAG Stuttgart," said Dean Dominique, JET director.

A JTF is made up of members of different military branches who come together for a specific, limited objective, according to Joint Pub 3-33. JTFs are established on a geographical area or functional basis.

"As the JET, we bring our joint experience in order to help the JTF rapidly become fully operational. Once the JTF is up and running, we return back to Stuttgart and provide the JTF staff with a reach-back capability that continues to assist them to do their mission," Dominique said.

This was the first time the JET participated in Exercise Guardian Shield.

JET team members included subject matter experts from throughout the EUCOM staff: Dominique, a former Army ranger-qualified infantry and logistics officer and JET member before retiring last year; Maj. Todd Terral, joint operations center advisor; Maj. Daniel Sukman, joint planning expert; Navy Cdr. "Sparky" Conliffe, strategic logistics expert; Lt. Col. Daniel Davis and Maj.

The team members have full-time day jobs as members of the EUCOM staff. Then they get the call and jump into a phone booth to put on their JET suit.

Dean Dominique
EUCOM Joint Enabling Team director

Edmund Vasquez, foreign consequence management experts, and Lt. Col. Daniel Morgan, interagency adviser.

Besides helping the JTF hone their skills, the JET members were also able to gain perspective into how service members from other branches conduct operations.

For example, Conliffe, the team's only Navy member, brought the Navy's point of view and operational traditions to a team made up of mostly Army Soldiers and reservists.

"This was my first JET deployment," Conliffe said. "It gave me a new perspective, as a Navy pilot, to see how the Army organizes, plans and deploys."

Likewise, Dominique noted how challenging it is for people who normal-

ly work in EUCOM Headquarters with members of their own military branches to suddenly be part of a joint team.

"The team members have full-time day jobs as members of the EUCOM staff. Then they get the call and jump into a phone booth to put on their JET suit," he joked.

Guardian Shield 2010 has the 7th CSC leaning forward in preparation for future foreign consequence management missions. If it happens, the JET will be there to help them.

"We expect when we go back next year for Guardian Shield 11, that the 7th CSC will be that much better at it," Dominique said.

In addition the JET is better prepared to assist "if we have to go in the real world," he added.

Garrison news is now available via e-mail. To sign up for news flashes and briefs, send an e-mail to stuttgartmedia@eur.army.mil, with the subject: "add me to your mailing list."



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Trick-or-Treat date announced

The U.S. Army Garrison Stuttgart command has announced that Halloween trick-or-treating will be celebrated on Saturday, Oct. 30, from 5-8 p.m., since the evening of Oct. 31 is a school night.

Drug turn-in

Get rid of outdated prescription and over-the-counter medications (pills, ointments, sprays and syrups) the safe way on Oct. 15 at the AAFES mall on Panzer Kaserne. The U.S. Army Garrison Stuttgart Army Substance Abuse Program and the Stuttgart Army Health Clinic Pharmacy will host the turn-in site at the mall entrance from 1-4 p.m. Note: Narcotic medications must be turned in to the Health Clinic Pharmacy because of special handling requirements.

For more information, call Dr. Howard Krout at 431-2530/civ. 07031-152530.

Secure load training set for Sept. 28

A briefing on securing loads for vehicle transportation will be conducted Sept. 28 from 9-11:30 a.m. in English and from 1-3:30 p.m. in German at the Stuttgart Army Airfield, Building 3214 (postal warehouse) in the second-floor classroom. Sign up by Sept. 24.

For more information, call 431-3132/3133/civ. 07031-15-3132/3133, or e-mail usagstuttgart-safety@eur.army.mil.

Earn an MBA

The University of Phoenix in U.S. Army Garrison Stuttgart offers MBA face-to-face classes at the Panzer Education Center in Building 2915, Panzer Kaserne. Classes start Sept. 29.

For more information, e-mail Erin.Lipton@Phoenix.edu.

Donate blood

There will be a Stuttgart Community Blood Drive Oct. 14 in the Patch Community Club from 10 a.m. to 4:30 p.m.

To make an appointment



Brittany Carlson

CEO, pastor hosts 'revival'

Dr. Ron Archer, author, CEO and pastor, speaks on persevering through trials to U.S. Army Garrison Stuttgart community members during "A Revival in Stuttgart," three days of evening church services that he led with his son, Christopher (left front row), at the Panzer Chapel Sept. 6-8. Close to 800 community members attended, according to the USAG Stuttgart Religious Support Office, which sponsored the event. He also hosted a one-day men's conference, "Iron Sharpens Iron," Sept. 4 for 50 men.

to donate, visit www.militarydonor.com. Walk-ins are welcome.

College Fair

U.S. Army Garrison Stuttgart's Child, Youth and School Services will host a College Informational Fair on Oct. 1 from noon to 6 p.m. in Building 2915 on Panzer Kaserne. Representatives from Temple University; University of California, Berkeley; Globe College; Ball State University, and Armed Forces recruiters will be there.

For more information, call 430-7465/civ. 0711-680-7465.

Learn about insurance Oct. 15

Two federal employee "open season" briefings discussing insurance will be held Oct. 15 in the Patch Theater from 10:30-11:30 a.m. and 1:30-2:30 p.m.

Learn to baby-sit

The American Red Cross Stuttgart Office will offer a two-day baby sitter training/CPR class on Oct. 7 from 4-6 p.m. and Oct. 8 from 8:30 a.m. to 4:30 p.m. The cost is \$40. To register, stop by the ARC Of-

fice, Room 314, Building 2915, on Panzer Kaserne.

For more information, call 431-2812/civ. 07031-15-2812.

Visit BEMS auction

The Böblingen Elementary/Middle School Parent Teacher Association will host a furniture and collectibles auction and sale Sept. 25 in the BEMS gym. A preview/silent auction will begin at 10 a.m., followed by the live auction at 11 a.m.

For more information, call Meg Gilster at civ. 0171-778-0460.

Join SCSC

Join the Stuttgart Community Spouses Club and get

involved in the club's charitable, educational, social and recreational activities. The SCSC also hosts special activities such as a book club, wine tastings, bingo, and bridge.

For more information, e-mail scsc.president@yahoo.com.

Comedian, salsa group visit Oct. 16

Maria Costa's "Macho Men and the Women Who Love Them," a "comedic romp and musical stomp" show presented by Armed Forces Entertainment, will visit U.S. Army Garrison Stuttgart's Patch Community Club Oct. 16. Costa will provide adult comedy, accom-

panied by a Cuban congo band, singers and dancers.

For more information, call Martha Povich at 430-2110/civ. 0711-680-2110.

Volunteers wanted

Volunteers are needed for the 42nd Annual Pfennig Bazaar, hosted by the German-American Women's Club. Set-up will be Oct. 21 from 8:30 a.m. to 8 p.m., and the sale will run Oct. 22 from 9:30 a.m. to 8 p.m., and Oct. 23 from 9:30 a.m. to 6 p.m.

To volunteer, e-mail saxton-pfennigbazaar@yahoo.com.

Women's Career Workshop on Oct. 6

A Women's Career Development Workshop covering the "wow interview" will be held Oct. 6 from 10 a.m. to noon in Room 222, Building 2915, Panzer Kaserne. Registration is required by Oct. 4.

For more information, call the U.S. Army Garrison Stuttgart Equal Employment Opportunity Special Emphasis Program manager at 430-5256/civ. 0711-680-5256.

Retiree council seeks new president

The U.S. Army Garrison Stuttgart Retiree Council is looking for presidential candidates for a two-year term.

For more information, e-mail paul.griffen@eur.army.mil.

NOTE: Send your community-wide announcements to stuttgartmedia@eur.army.mil.

Stay safe at fests, in public areas

- The annual Bad Cannstatter Volksfest runs Sept. 24 to Oct. 10.
- Limit your alcohol intake. Do not drink and drive. If you do drink, be sure to bring a designated driver or use public transportation.
- To be safe in public areas, such as fests, be sure to keep a low profile; don't let your conduct brand you as a foreigner.
- Don't travel in excessively large groups. Smaller groups are less likely to be noticed.
- Be aware of your surroundings, and keep an eye out for suspicious individuals. If you think you are being followed, go to a secure area.
- Do not discuss military affiliation with strangers.

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Remembering 9/11

Stuttgart colonel recalls terrorist attack on Pentagon

By Carola Meusel

USAG Stuttgart Public Affairs Office

For military families waiting for household goods to arrive during a move, delays usually add more stress.

But sometimes, a delay can save your life.

That was the case for Col. Franklin Childress back in September of 2001, when he arrived in Arlington, Va., to start his first assignment at the Pentagon as the public affairs officer for the Army G-1 personnel office.



Col. Childress

His household goods were supposed to arrive at his temporary apartment on Sept. 5. However, after he had called the company on Sept. 4, he found out that something went wrong with the paperwork. The company offered him two new dates to finally deliver the household goods: Sept. 10 or 11. He told the company to deliver the boxes on Sept. 11 — a decision that saved his life.

On Tuesday, Sept. 11, 2001, four coordinated terrorist attacks hit the United States of America. Nineteen hijackers took control of four airplanes. At 8:46 a.m., American Airlines Flight 11 crashed into the north tower of the World Trade Center in New York City, followed by United Airlines Flight 175, which hit the south tower at 9:03 a.m. At 9:37 a.m., American Airlines Flight 77 crashed into the Pentagon. United Airlines Flight 93 crashed near Pittsburgh at 10:03 a.m., missing its original target, later determined to be the Capitol, the White House or Camp David. At 9:59 a.m. the south tower of the World Trade Center collapsed, followed by the north tower at 10:28 a.m.

Almost 3,000 people died that day from



Jens Schmidt

A helicopter circles the Pentagon, as smoke billows, two hours after the American Airlines Flight 77 crashed into the building (and into Col. Franklin Childress' office) Sept. 11, 2001.

these attacks.

"I was sitting on the balcony of my apartment in Crystal City on Sept. 11 at 9:37, waiting for the movers to deliver my household goods. I was really anxious to get back to work because I was new, and I wanted to make a good first impression," said Childress, now the U.S. Africa Command Headquarters director of public affairs, located in Stuttgart. "The movers weren't there yet. I was journaling, and I remember I heard something that sounded to me like a sonic boom. Well, it turned out later that this was the plane hitting the Pentagon."

At that time, he was not aware of what had happened only 51 minutes ago in New York City.

"About 35 minutes later, my pastor from Hawaii [his previous duty station] called me and asked 'Are you alright?' and I said 'What

do you mean?' He asked me if I had watched TV. I said 'no' and he told me to turn on the TV," Childress said.

He saw the replay of the two airplanes hitting the twin towers of the World Trade Center in New York and the airplane flying into the Pentagon. Then he saw the twin towers collapse.

"But still it was unbeknownst to me that the plane had actually hit my office at the Pentagon," Childress added.

The plane crashed into the first floor of the Pentagon's west side.

"My office was [on] the second floor at that time. The plane hit, exploded and killed everybody in that area," Childress said.

Altogether, 26 people from Childress' organization were killed, including his boss, all his co-workers in the front office and his sponsor. Childress had recently met all of these people during his in-processing.

In sum, 125 people lost their lives at the Pentagon that day and 59 were killed on the American Airlines Flight 77: a total of 184 people outside of the twin tower attacks.

Childress' initial thought was to put on his uniform, walk to the Pentagon and help. The area was already sealed off, and he was told that he could not do anything at that point. He walked back to his apartment. He still could not identify the area hit by the plane.

"I only saw the Pentagon burn. I was totally at [my] wit's end," Childress said.

Some of Childress' office mates, who were out of town that day, thought he was in the building, so he was counted missing.

"There was confusion on where everybody

was, and it was hard to make phone calls. It was a very busy time," he added.

One day later, more people were killed on the destroyed office building.

"God's hand spared me," Childress said.

There were many other people who survived the fact that Childress was not in the building on Sept. 11. The Childress family, including his wife and daughter, had moved to the D.C. area. They stayed in South Carolina until they found a place to live in Arlington.

"[In] any other scenario, I would have been there, accepting my fate. I would have been at the Pentagon."

Even nine years later, Childress still carries the survivor's guilt.

"You feel guilty because you should have been killed there; not the others. So I called to a meeting in Stuttgart and I died. It's a weird destiny that I was there for a reason," Childress said.

The following month, Childress attended funerals and memorial services. Besides that, America was in a tragic event and Childress had to coordinate personnel and troops for Afghanistan.

"For me, it was not easy to get into a daily routine as a soldier. They had worked with me for a long time. I was very close," Childress said.

Childress heard news about Sept. 11. It became a time to take people to the national mall to share their memories of the event, not only with his family but with the world.

"There are so many stories of people who were spared; it's amazing to think about all this. So many emotions from one event," Childress said. It was a hard time. On the other hand, it was incredibly inspiring. The United States came together and we saw us more united.

"The world community came together. The United States. Hearts of Americans," he added.

On Sept. 13, 2010, Childress celebrated his 50th birthday.

"Every day is a gift. I am alive another year. I am still here. It's a beautiful day," he said.

*Life is eternal; and love is immortal;
And death is only a horizon;
And a horizon is nothing
Save the limit of our sight.*

*Rossiter Worthington Raymond
19th century American poet*

'11 Pentagon

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Tom Bloch

Tom Bloch's photos of the New York City skyline, taken before and after the Sept. 11 terrorist attacks on the twin towers, capture the physical and emotional impact the loss of the towers has on the city today, nine years later. The photos are now on display at the DAZ.

Local photographer captures before/after images of ground zero

By Carola Meusel

USAG Stuttgart Public Affairs Office

The Deutsch-Amerikanisches Zentrum (German-American Center) in downtown Stuttgart currently features a photo exhibition called "Twin Towers Photo Twins" by Tom Bloch. The free exhibition is open from now to Oct. 7, Tuesday through Thursday, from 2-6 p.m.

Bloch, a local Stuttgart photographer, traveled to New York City between 1988 and 2000 and took several photos of the World Trade Center and the surrounding area. In March 2002, six months after the terrorist attacks of Sept. 11, he returned to New York to take more photos from the same angles, to visualize what

was missing.

"Tom Bloch's photos are a reinterpretation of the terrorist attacks of 9/11. These photos offer a new way of dealing with these traumatic events and our own remembrance," said Michael Weissenborn, director of the DAZ.

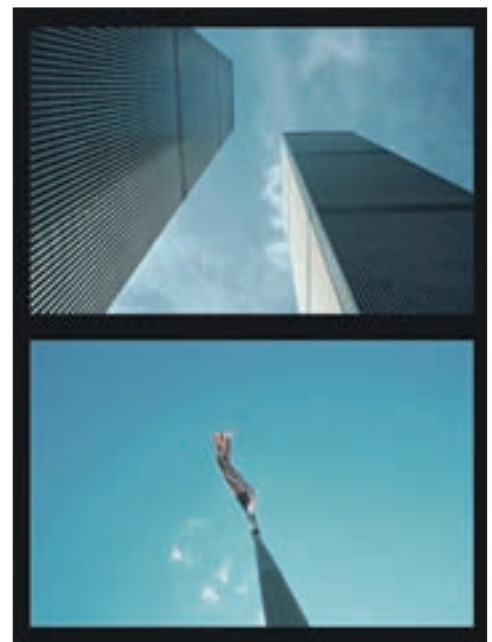
All images visualize — in a symbolic and dramatic way — the effects the events of 9/11 had on New York City. In looking at the "photo twins," viewers have the opportunity to reflect on the absence of the twin towers, formerly major landmarks in New York.

"I was in Spain when I heard about the terrorist attacks," Bloch said. "I was driving back to Germany from a trade fair and somewhere between Madrid and Stuttgart, I had that thought and felt the urgent need to return to New York to take more photos."

With the photo twins, Bloch developed a different way for visitors to reflect on Sept. 11, without using the shocking imagery that some other photos display.

"The exhibition is very moving. What true dedication to continuously go back to the exact same areas to take photos. Tom Bloch found the right angle and the right lighting to capture remembrance. No American will ever forget this tragedy — it's still burning," said James Palik, a photographer from California who visited the exhibit.

Bloch's photo twins are also part of the Na-



Tom Bloch

Bloch's symbolic pairing of a photo of the twin towers and today's ground zero is now on display at the DAZ in downtown Stuttgart.

Photographer Tom Bloch discusses his "photo twins" with Ulrike Weissenborn during the exhibition at the DAZ in Stuttgart Sept. 11.



Carola Meusel

tional September 11 Memorial and Museum's collection at ground zero in New York City.

"This feels right to me; the photos found their home now. The images are reflecting my personal way of dealing with 9/11 and they are for the people in New York," Bloch said.

Bloch lives in Stuttgart and is a freelance journalist, photographer and author.

For more information, visit www.twintowersphototwins.com or www.daz.org.

Don't be caught unprepared in an emergency medical situation while traveling. Be sure to bring your TRICARE Europe passport, carry emergency TRICARE phone numbers, and know the facts about what care you and your family are entitled to while away from your duty station.



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There is nothing worse than starting a trip, only to have the plans interrupted with an illness or accident.

Part of any travel plans should include the question "what if?"

Your plans should include a review of your medical coverage and what steps you must take if the need should arise.

Travel preparations

- Pack your TRICARE Europe Passport
- Keep your Defense Enrollment eligibility Reporting System information for you and your family current.
- Get any routine care before you travel and obtain adequate routine medications, which you should carry with you (not in your checked baggage). Any routine care obtained while traveling for Prime beneficiaries must be pre-approved by your Primary Care Provider or TRICARE Service Center.
- It is recommended that any non-TRICARE beneficiary traveling to Europe check with their insurance carrier to see what is covered overseas and/or obtain travelers insurance.
- If traveling to a foreign country, it is important to see if there are any recommended immunizations that you should get before you travel.
- Know the number for the U.S. Embassy or Consulate in countries you will be traveling in, along with local emergency phone numbers.

Emergency care

TRICARE defines an emergency as a medical, maternity or psychiatric condition that would lead any prudent layperson to believe that a serious

medical condition exists for which immediate medical treatment is needed to save life, limb, or eyesight.

Seek treatment immediately at the nearest military treatment facility or host nation hospital emergency room.

Active Duty personnel traveling on TDY/TAD or leave and Prime-enrolled family members should contact the TRICARE Global Remote Alarm Center immediately for assistance at civilian 0044-208-762-8429.

The alarm center can assist with locating appropriate medical care and emergency medical transportation, and provide a guarantee of payment to the treating facility whenever possible.

This is an expanded benefit — keep the phone number with you.

Standard beneficiaries should also seek care immediately at the nearest emergency room, but be aware that most facilities in Europe will require payment up-front. You would have to pay for the services received and file a claim with TRICARE for reimbursement in the region where you live.

Urgent care

TRICARE defines an urgent medical need as one for an illness or injury which does not require immediate treatment to avoid further disability or death, but requires professional attention and has the potential to become more serious if treatment is delayed longer than 24 hours.

TRICARE Prime beneficiaries should contact their TRICARE Service Center for guidance.

TRICARE Standard beneficiaries can seek care locally and pay as usual.

For more information, visit www.tricare.mil.

Health clinic hours to change Oct. 1

U.S. Army Stuttgart Health Clinic

From remodeling to the addition of an administrative wing, the Stuttgart Army Health Clinic continues to undergo major changes.

Col. Larry Connell, commander of the health clinic, has initiated a change in business hours which will commence on Oct. 1. The health clinic will now operate from 7 a.m. to 5 p.m.

The proposal allows patrons early access to the pharmacy, according to Connell.

This change was well-supported throughout the clinic, with the majority of patients arriving before 3 p.m. In addition to earlier opening hours for the pharmacy, more staff members will be available during the high-demand hours of sick call, rather than later in the day when very few patrons enter the clinic.

"Patient satisfaction and access to care are our main goals," Connell said. "The first week will be a test run to ensure patient satisfaction with the clinic's new hours."

In addition to the change in operating hours, the clinic will now be split into two teams: red and green. The larger teams will increase communication between doctors, improving patient care. As always, remember to update your Primary Care Manager as needed to ensure your continuity of care.

More clinic news

The health clinic will be closed on Oct. 8 and 11.

Clinic representatives will be available to discuss Healthcare Effectiveness Data and Information Set and diet during a Health Benefits Awareness Month booth at the Patch Commissary on Sept. 24 from noon to 4 p.m.

Flu Shots

FDA-approved influenza vaccines have arrived at the health clinic. The available vaccines include injectable Fluzone® for beneficiaries 6 months and older and intranasal Flumist® for beneficiaries between 2 and 49 years of age.

Vaccinations will be offered at central community locations and at select units.

The influenza immunization is mandatory for:

- All active duty military personnel
- Department of Defense Dependents Schools students and employees
- Child care providers and children in child care settings
- Defense Department civilian direct health care providers

Vaccine schedule

Sept. 13-14: Health care providers

Sept. 15-31: Service members, deployable civilians

Oct. 18-26: Schools, CYSS

Oct. 27 to Nov. 10: General population

This is
EUCOM Healthcare Benefits Awareness Month

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Hohenzollern offers kingly splendor (without the drive)

Story & photo by Larry Reilly
USAG Stuttgart Public Affairs Office

Visitors to Germany often seek out well-known castles to visit, such as those belonging to King Ludwig, in the southern part of Bavaria. However, there is a castle that's just as impressive as those, but within a one-hour drive of Stuttgart.

The Hohenzollern Castle is perched on top of an 855-meter hill on the outskirts of Hechingen and has been referred to as the most solid castle in the German realm and the "crown of all castles in Swabia."

This is truly a warrior's castle, built for a king.

Those who decide to take the hike straight up the hill or along the winding paths, instead of the shuttle bus from the parking lot, quickly find out just how difficult it must have been for an attacking warrior in medieval times to get to the castle.

The solid fortification of the castle must have truly hit attacking soldiers when they reached the main gate, known as the Eagle Gate. The challenge only became more daunting after they penetrated that gate, because they then had to penetrate three more gates, two with drawbridges, all along a winding road

that offered the castle's protectors plenty of vantage points to take out attackers.

However, it was probably the long, dark tunnel that extends from one gate to another where attacking armies lost most of their soldiers, as it offered defenders the ability to ambush or trap the enemy.

Soldiers lucky enough to maneuver their way through the tunnel faced the final tower gate and another highly fortified tower to battle.

Unlike those medieval soldiers, visitors walking through the final tower gate are treated to view of a courtyard that rivals many small German towns, with its tall walls and an open market area. In the castle's courtyard and surrounding grounds, visitors can take in the overwhelming beauty of the countryside, and realize why the castle and its magnificent view have been well worth fighting for.

The present Hohenzollern Castle is the third castle to be built on the hill, and, like most other castle tours, allows the public to view only a small section of the castle.

During the guided tour, which lasts nearly an hour, visitors view the ancestral hall, where the family lineage of past kings and their families covers the walls of a large room. The tour also includes



The Hohenzollern Castle is perched atop an 855-meter hill overlooking the Swabian Alb, and maintains its centuries-old fortifications.

the Count's Hall, the library, sleeping and dressing chambers, various parlors, the treasury room and the armory.

Those who do not take a guided tour can still visit the two chapels and the final tower, which holds several exhibits, and descend many feet below ground to see the structural layers of limestone that the castles rested on. They can also see

the underground casemates, which are bomb-proof vaulted cellar rooms that housed the knights during attacks.

To get to the castle, take B-27 past the city Tübingen. For information on prices and hours of operation, visit the castle's website at www.preussen.de/en/today/hohenzollern_castle.html.

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What's happening in FMWR

Buy, sell art

Stuttgart community artists and crafters can sell their handmade creations at the next Art and Espresso event, Oct. 14-16, at the Swabian Special Events Center on Patch Barracks. To become a vendor, e-mail Kelly Sarles, Arts and Crafts director, at kelly.sarles@eur.army.mil.

FMWR is hiring

The Nonappropriated Fund Human Resources Office at the Civilian Personnel Advisory Center is accepting applications for NAF positions. For vacancy announcements and the NAF Job Application Kit, visit <http://cpol-rehp.belvoir.army.mil/eur/cpac/stuttgart/index.htm>.

For more information, stop by NAF HRO, Building 2948, Panzer Kaserne, or call 431-3126/civ. 07031-15-3126.

Meet single Soldiers with BOSS

Come meet other single and unaccompanied service members at the next Better Opportunities for Single Soldiers meeting Sept. 28. Meetings are the second and last Tuesday of every month in Building 2331 on Patch

Barracks. For more information, call 430-5112/civ. 0711-680-5112.

Art therapist wanted

The U.S. Army Garrison Stuttgart FMWR Arts and Crafts department is looking for a volunteer art therapist to help develop a new program. For more information, e-mail kelly.sarles@eur.army.mil.

Hike highest waterfall in Black Forest with ODR

Hike the highest waterfall in the Black Forest (in Triberg) with Outdoor Recreation Oct. 2. The cost is \$25 for transportation, a guide, water and snack. For more information, call 431-2774/civ. 07031-15-2774.

Bowl 2 for 1

The Galaxy Bowling and Entertainment Center offers a Wednesday Fun and Food special: two games of bowling for the price of one and one slice of pepperoni, sausage or cheese pizza for \$1.50.

For more information, visit www.stuttgartmwr.com. Receive MWR updates by e-mailing mwrmarketing@eur.army.mil.



Coming to Patch Theater

Sept. 23 — Inception (PG-13) 6 p.m.

Sept. 24 — The Sorcerer's Apprentice (PG) 6 p.m., The Town (R) 9 p.m.

Sept. 25 — Despicable Me (PG) 4 p.m., Predators (R) 7 p.m., The Town (R) 9 p.m.

Sept. 26 — Despicable Me (PG) 2 p.m., The Sorcerer's Apprentice (PG) 4 p.m., Predators (R) 7 p.m.

Sept. 27 — The Town (R) 6 p.m.

Sept. 28 — Predators (R) 6 p.m.

Sept. 29 — The Sorcerer's Apprentice (PG) 6 p.m.

Sept. 30 — Predators (R) 6 p.m.

Oct. 1 — Legend of the Guardians: The Owls of Ga'Hoole (PG) 6 p.m., Cyrus (R) 9 p.m.

Oct. 2 — Legend of the Guardians: The Owls of Ga'Hoole (PG) 4 p.m., Salt (PG-13) 7 p.m., Cyrus (R) 9 p.m.



Universal Studios

Oct. 3 — Legend of the Guardians: The Owls of Ga'Hoole (PG) 2 p.m., Ramona and Beezus (G) 4 p.m., Salt (PG-13) 7 p.m.

Oct. 4 — Legend of the Guardians: The Owls of Ga'Hoole (PG) 6 p.m.

Oct. 5 — Cyrus (R) 6 p.m.

Oct. 6 — Ramona and Beezus (G) 6 p.m.

For more information, visit www.stuttgart.army.mil and click on "Patch Movies" on the sidebar menu.



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Fitness University: *separating fact from fiction*

Story & photo by Susan Huseman
USAG Stuttgart Public Affairs Office

Ask 10 people how to get in shape or lose weight and you'll probably get 10 different answers, none of them completely valid.

It's one of the reasons why Dena Taylor created University of Fitness, an educational program focused on health and fitness.

While fitness and nutrition fads are spread by word of mouth, the Internet, DVDs and magazines, "it does not mean they are accurate," said Taylor, fitness coordinator for the U.S. Army Garrison Stuttgart Family and Morale, Welfare and Recreation's sports and fitness program.

According to Taylor, many diets and over-the-counter fitness programs, while popular, can be dangerous.

"Don't buy into the hype. Just because something works for one person doesn't make it right for you," said Taylor, who is an exercise physiologist with a therapeutic background.

University of Fitness seeks to dispel fitness myths and arm students with scientific fitness principles that, if followed, improve physical fitness and athletic performance.

Taylor also seeks to address a laundry list of questions from fitness center customers about fitness, programming, nutrition and facilities, to include if the fitness centers offered towels or the locker rooms had hair dryers.

"There's a huge conglomerate of people who are not in the know, as opposed to those who are," she said.

Stacy Perez used to be one of the "nots."

Until Perez took University of Fitness, she was "scared of the gym."

"I was afraid I wouldn't belong. I didn't know what to do, what the appropriate attire was, what kind of shoes I needed ... I'm about as green as a person can be when it comes to the gym," Perez said.

In the class, Perez and 25 other students not only learned basic exercise science — they toured the Patch Fitness Center, learned how to calculate their target heart rates and caloric needs, tried out cardio and strength-training equipment, and sampled several group fitness classes.

"My favorite part of the class was the trip to the commissary," Perez said.

Taylor had arranged for the class to tour the Patch Commissary after hours and took the students up and down the aisles, teaching them how to read food labels with discerning eyes. "It changed how I eat," Perez said. "I'm getting away from chemicals and now use sea salt.

"But the best thing I learned was that the gym is a place where I feel comfortable. I do belong there."

While Julie Kochanski is no stranger to a gym, she is coming off of a prolonged hiatus. "It's probably been four years since I've worked out regularly," she said, adding that she'd gained a few pounds during that time.

Since graduating from the program in July, Kochanski now takes a weekly spin class, works out on the elliptical and weight machines, and does a lot of walking.

Her efforts are paying off. Kochanski has lost eight pounds.

"I'm not on a diet to lose weight, but on a diet to



FMWR Fitness Coordinator Dena Taylor (left) shows Capt. Timothy Mitchell, a University of Fitness graduate, the proper form when doing captain's chair leg raises.

fuel myself," Kochanski said.

But she points out University of Fitness is not about weight management. "Everyone wasn't there to lose weight. This was a nutrition and health class. That's what I really got excited about," she said.

The key for her is portion control. "I grew up in a very large family who ate big," she said. Where she once used to make a huge pot of pasta, enough for seconds or thirds, "Now, I make smaller portions."

Kochanski has changed how she shops, as well. "I do a lot more label reading and I'm looking for the right things," she said.

Before the program, Kochanski said if a product had "100 calories" or "fiber" printed on the label, she would grab it. "Now, I'm reading everything so I know what's going on the table."

Seeing students such as Kochanski and Perez "get it" is Taylor's ultimate reward.

"Everybody comes with different expectations and at a different level. My goal is meet them where they are at and get them started on a lifelong journey toward health and fitness," Taylor said.

Armed with the facts, thanks to University of Fitness, Kochanski and Perez are headed in the right direction.

Robinson Barracks Fitness Center will offer the University of Fitness program in October. Classes will be held Tuesday and Thursday from 9-11 a.m. in the RB Cafe. Registration closes Sept. 24.

For more information, call 420-6317/civ. 0711-819-6317.

SPORTS SHORTS

Tee off at Fall Golf Scramble

The Fall Golf Scramble at the Stuttgart Golf Course in Kornwestheim is scheduled for Oct. 2. The shotgun start begins at 10 a.m. Sign up as a team (preferred) or individually.

All golfers must have a valid handicap, or see the golf pro before the tournament. For more information, call civ. 07141-879-151.

Pumpkin Run set for Oct. 30

The 2010 Great Pumpkin Run, sponsored by the U.S. Army Garrison Stuttgart Family and Morale, Welfare and Recreation, will be held Oct. 30 at Husky Field on Patch Barracks. Both the 5K and 10K races will start at 10 a.m.

Participants must be age 6 or older for the 5K, and 15 years or older for 10K. Registration opens Oct. 1. No entries will be accepted after Oct. 24.

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

Camp Darby hosts Run to the Tower 12K Oct. 8

Camp Darby's annual Run to the Tower 12 Kilometer Fun Run will take place Oct. 8 this year, beginning at 9:30 a.m. in front of the Camp Darby parade field. The race will run along the Arno River and finish in front of the Leaning Tower of Pisa.

Medals will be awarded to the top three finishers in seven female and male categories at 11:15 a.m. by the tower.

The race is limited to 500 runners and walkers, with the first 300 registrants receiving Run to the Tower T-shirts. Registration is open from Sept. 27 to Oct. 6.

Registration forms are available online at www.usag.livorno.army.mil. Mailed registration forms must be received by ODR no later than Oct. 6.

For more information, call the USAG Livorno ODR at DSN 633-7775.

CASE offers student athletes scholarship opportunities

Competitive Athletic Sports Europe will hold an informational meeting on Oct. 2 in the Kelley Hotel Conference Room on Kelley Barracks from 7-8 p.m. The meeting is designed to give parents information on the organization and its plans for 2011.

CASE was established to offer student athletes in the European theater the opportunity to develop and participate in sports programs at the highest level and showcase their talents to various college recruiters and scouts.

For more information, contact Angela Johnson at caeaau@earthlink.net or civ. 01622-74-4731.

Join Fit for Life

Join the Fit for Life program and stay on track with your fitness goals. Participants will receive incentive awards when they reach their mileage goals. Participants can register any time during the program, which ends Dec. 31.

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

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3 bdms with balcony, Sindelfingen , 114 sqm	€ 1.350
4 bdms, top maisonette, open fire place, Gärtringen , 130 sqm	€ 1.350
3 bdms with balcony, Hildrizhausen , 110 sqm	€ 1.100
3 bdms with balcony, near the fields, Nufringen , 133 sqm	€ 1.000
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3 bdms, maisonette, open fire place, Weil im Schönbruch , 94 sqm	€ 1.100
3 bdms, top designer, exclusive kitchen, Wildberg , 130 sqm	€ 1.300

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Duplex-house, 5 bdms, Herrenberg , dog allowed, 160 sqm	€ 1.600
White Villa, 5 bdms, terrasse and garden, Wildberg , 230 sqm	€ 2.200
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