

Make a resolution to get fit

With start of new year, local fitness centers offer wealth of classes and services

Story and photos by Jolly Sienda
221st Base Support Battalion Public Affairs Office

After the holidays are over and spring nears, a popular New Year's resolution often includes shedding a few pounds. Everyone has good intentions to exercise and with the start of the year there is no better time to check out the many fitness activities available at 221st Base Support Battalion fitness centers in Wiesbaden and in Dexheim.

"For the entire month of January, the Tony Bass Fitness Center in Wiesbaden is giving Microfit Assessments for only \$10 for a 45 minute session," said Suzanne Dale, Tony Bass fitness coordinator.

"The assessment uses a computerized cycle ergo meter which is a bicycle that you can set and calibrate with weights, access your heart rate and compute the maximum oxygen intake during exercise. This also rates the muscle strength, flexibility and skin fold scale (or body fat) that a person has," she said.

"The test tabulates a score ranging from poor to excellent and gives instructions on how a person can improve his or her fitness. The test is pretty easy and will tell you a lot," Dale added.

"One thing to remember is before your test, don't have any caffeine products for at least four hours beforehand," she said.

There are 25 fitness classes offered throughout the 221st BSB fitness centers.

"Several new classes that we have not tried before will start in January," said Dale. "We are really excited about offering something new to the community."

"On Tuesday and Thursday evenings from 5 p.m. to 5:30 p.m. there is an Introduction to Fitness class. This is geared for anyone just getting back into fitness or maybe they have never exercised before," she said.

"There are a lot of requests for yoga, so starting at 7:30 a.m. we will offer yoga," she added.

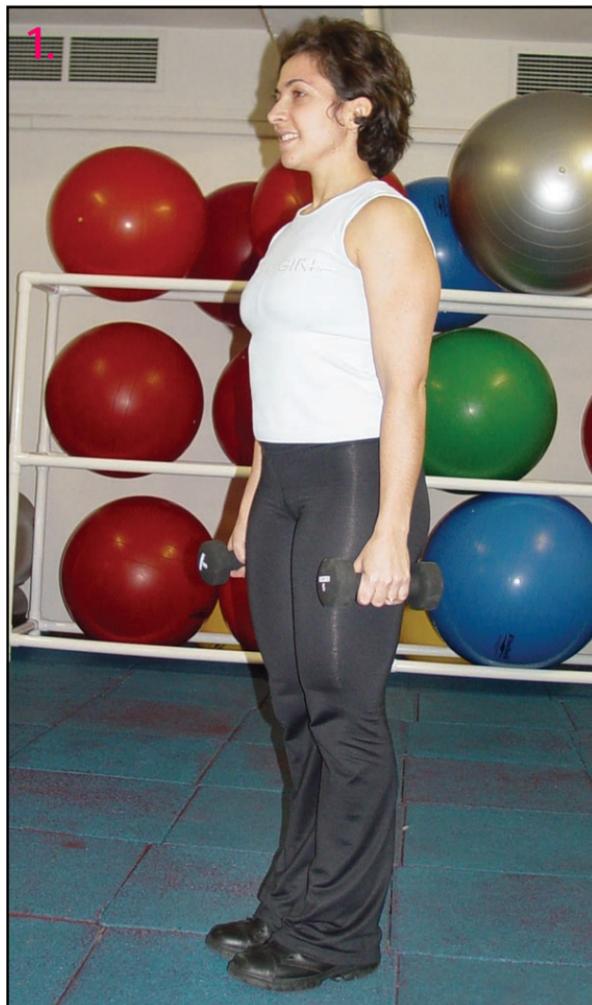
"We're one of the few fitness centers in Europe that offers Pilates classes," Dale said.

Pilates was developed by Joseph Pilate. Pilate, a weak child, overcame his disabilities by using a combination of gymnastics, dance and karate. The focus of Pilates is centering through the body, muscle of the core and learning how to breathe through one's abdomen. This practice helps to lengthen and strengthen the body, kind of like a dancer.

"In February and March we will offer Western Style Sport Karate for ages 14 and older," said Dale. "We're also going to bring back by popular demand, Fitness Boot Camp. This was really a hit last year. The program is high intensity, incorporates military style drills, push-ups, sit-ups, jump rope and sport drills."

All classes are \$2 per class, and monthly schedules are available for pick up at the fitness centers or to view on the Community Information Network, cable channels 2 or 4 for those living in housing or the barracks.

"We also have some great services that the public may not know about. Personal trainers are available by appointment. A personal trainer will give an individual a baseline fitness assessment to pinpoint the goal that the individual



Local fitness experts recommend the "walking lunge" exercise as a simple, easy-to-do toning exercise that brings rapid results. Begin the exercise in an upright position standing tall.

wants to achieve. It's kind of like having a buddy system and built-in motivator," said Dale.

The Community Activity Center offers several kinds of massage treatments — Swedish, Leg and Foot Massage using foot flexology; Myo Facial Release Massage which works with the sheath, clear white connective tissue that encases a muscle; and the Dream Massage which is a lighter touch than the Swedish Massage.

The massage treatments range in price from \$25-60 for 30-90 minute sessions.

"We also want the public to know that representatives from Tony Bass Fitness Center are available to do workshops and speak at Family Readiness Group meetings or for any military unit," said Dale.

"To start the new year right, here is an exercise that you can do anywhere and get results," said Dale. "The walking lunge is a step-through lunge that you can do with or without weights. It really tones the hips and gluts."

"It is a great exercise to do after you have had your first child. The goal is to work up to three sets of 20-60 reps," she said.

How to do the 'walking lunge'

Editor's note: See the accompanying photographs on this page and the opposite page on how to perform the walking lunge exercise.

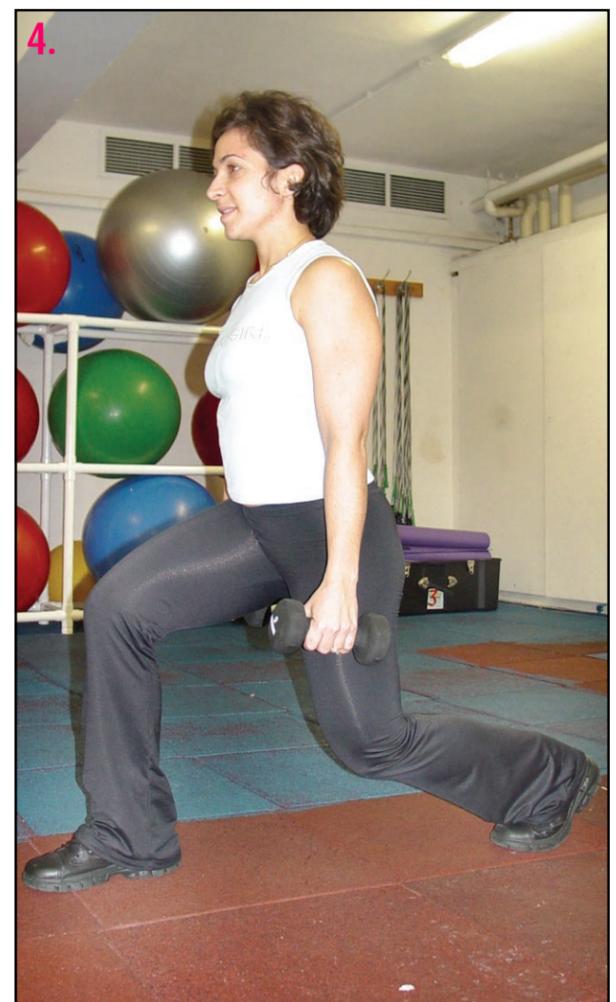
The exercise involves stepping forward on the left leg, keeping most of your weight on the front leg while maintaining knee and ankle alignment.

Lunge forward, being careful not to let your back knee touch the floor.

Lunge up and down and release the back leg. Change to opposite leg and repeat.



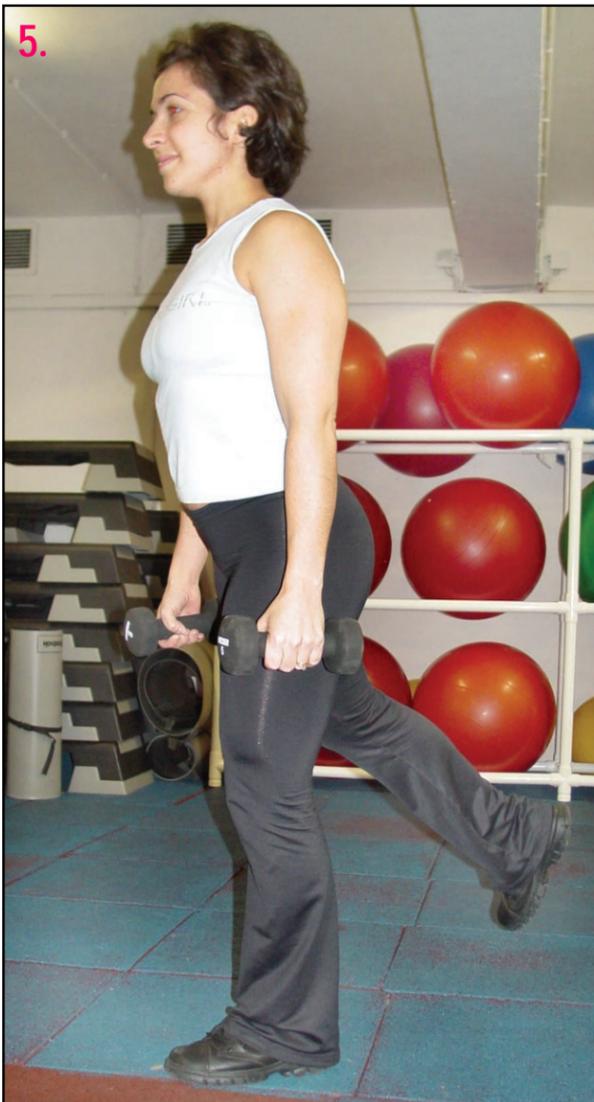
As you proceed to the next position raise up right leg and maintain weight on left leg before lunging forward.



The next step is to shift even more weight onto the right leg feeling the burn and lifting slightly off your left heel.



Step forward with the right leg before lunging forward on the right leg. Tension should be felt on the right leg.



Perform the exercise several times before switching to the opposite leg and working up to 20-60 reps on each leg.

Outdoor adventures

Wiesbaden Outdoor Recreation offers a host of skiing and snowboarding trips in Europe during the winter and spring months

By Jolly Sienda

221st Base Support Battalion Public Affairs Office

Living in Europe during the winter months can be a blast if you include a ski trip with Wiesbaden Outdoor Recreation.

From October through May, the team at Outdoor Recreation offers trips every weekend to let community members enjoy the slopes in Germany, Austria and Switzerland.

“We’re able to go even in the late spring,” said James Desormeaux, Adventure Program manager. “Glacier skiing in Austria at Kaprun is awesome. There are peaks well over 10,000 feet. This enables people to ski, snowboard or just kick back and enjoy the snow well into May.”

Certified instructors

“If you have never skied before, we have certified ski instructors who will help you learn,” said Desormeaux. “There are also lessons available at many of the ski resorts that we go to.”

When you sign up for a trip with Outdoor Recreation it is advisable that you let the Outdoor Recreation team know what your level of skiing is so that if an instructor is needed, one will be scheduled to go on the trip.

Outdoor Recreation has a full range of skis, poles, boots, safety helmets and snowboards to rent for children as well as adults. Special instructional skis are also avail-

able designed to help teach people how to ski, enter a turn, complete a turn and not sit back on the skis, which is a natural tendency that many skiers have.

“Snowboarding has really gotten popular,” said Desormeaux. “Snowboarding is fresh, innovative and gutsy, and the people out there snowboarding are really pushing the envelope to have fun,” said Desormeaux. “Taking on a half pipe is a real rush. One time I had conquered a three foot vertical drop off, which gave me butterflies in my stomach,” said Desormeaux.

Getting in shape

“Getting in shape prior to skiing and snowboarding does help. Having good balance, strong legs and calves, flexible torso movement and strong arms will give you the tools you will need to be a good skier or snowboarder. It’s a full body workout, and if you already run, jump rope and press weights that’s a plus,” said Desormeaux.

Ski and Snowboard trips through Outdoor Recreation vary from a one day trip to several overnights. On a one day trip the price of the trip includes transportation and usually your lift ticket. Overnight stays include transportation, accommodations with breakfast and usually lift tickets.

The Wiesbaden Outdoor Recreation Office is located on Wiesbaden Army Airfield, Building 1046. The hours are Monday to Friday 10 a.m. to 6 p.m. and Saturday 8 a.m. to noon. The phone number is civ (0611) 705-5760.

“If you have never skied before, we have certified ski instructors who will help you learn.”



Photo by Karl Weisel

Skiers and snowboarders can tackle some of the most famous slopes in Europe thanks to the many programs offered through local Outdoor Recreation centers. Equipment rental, advice and instruction is also available.

Local Soldiers earn Purple Hearts

Story and photos
by Jolly Sienda

221st Base Support Battalion
Public Affairs Office

Gen. B.B. Bell, U.S. Army Europe commander, awarded Purple Hearts to two local Soldiers at Dexheim's Rhinelander Club Dec. 31.

Master Sgt. Royce Ray, Headquarters and Headquarters Company, 1st Armored Division, and Spc. Victor A. Baquero Duran, 123rd Maintenance Battalion, earned the awards for valor, superb soldiering and injuries as a result of hostile action against U.S. Soldiers in Iraq. The two were involved in separate three-vehicle convoy ambushes in Baghdad on July 3 and on Oct. 3.

"It all happened so fast," said Ray. "We had stopped our convoy. Our commander sensed that there was danger ahead. We were about to turn around when the lead vehicle was disabled by an IED (improvised explosive device) on the road.

"All of a sudden shooting erupted and Rocket Propelled Grenades were flying toward us. We jumped out of our vehicles to take cover," said Ray.

Since August Ray has been in and out of physical therapy at Landstuhl Regional Medical Center for neck and back injuries sustained by the ambush.

"I broke my arm in three places



Spc. Victor A. Baquero

and it blew both of my eardrums. I now have holes in my eardrums and have two surgeries left," said Baquero. "We engaged pretty quickly. In less than 10 seconds the IED went off right in front of me. It felt like hot wind. I was in a state of shock and was covered in my own blood. Your body wants to quit, but somehow you keep going. Sand and dust clogged my throat and vision.

"I was taken to 125th Forward Support Battalion and then went to a U.S. military hospital in Baghdad," he said. "Two hours later I was medevaced to Landstuhl Regional Medical Center where I have been receiving treatment for my injuries."

"The Purple Heart was the idea of our first senior leader," said Gen. B.B. Bell. "General George Washington envisioned the Purple Heart

with a piece of colored cloth attached to the Soldier in the form of a medallion to recognize Soldiers in combat. (Brig.) Gen. Martin Dempsey (1st AD commander) signed the certificates for these two fine Soldiers and I am so proud to be able to award the medals to Master Sgt. Ray and Spc. Baquero with their families here.

"Every Soldier down there is an infantry Soldier, man or woman, irregardless of the fact that the Soldiers are trained to do other jobs for the Army. Every Soldier is prepared to engage the enemy and accepts the responsibility with great energy," Bell said.

"I am just full of pride for these Soldiers. They are doing exactly what we expect, expertly. When all of the Soldiers come home, you will see them, and you will feel your chest just burst with pride," said Bell.

"This is the longest in 20 years that my husband has been home," said Petra Ray, Royce's wife. "He's seen a lot of combat and is a veteran of Desert Storm. We are just so glad he's here with us and is all right. It was the only Christmas present we wanted."

Baquero will be celebrating soon too, when he marries his fiancée, Isabel Saraiva. Isabel stood by his side during the ceremony and is learning quickly about the ins and outs of military life.



Gen. B.B. Bell, USAREUR commander, poses for a photo with Master Sgt. Royce Ray and his family after presenting him with a Purple Heart in Dexheim Dec. 31 recognizing his actions while serving in Iraq.

By Daring Deeds Battalion Christmas

Santa makes surprise visit to Baghdad

By Capt. Wayne F. Rush
Headquarters and Headquarters
Battery, 1-4th Air Defense Artillery

The By Daring Deeds Battalion celebrated Christmas with a week-long series of events at the Radwaniyah Palace and on Baghdad International Airport. From divi-

sion-level events to battalion activities, Soldiers had something to look forward to every day leading up to Christmas. The week-long celebration began with karaoke on Dec. 19.

A variety of music was offered from country to pop and classic

rock. Everyone who attended appeared to be having a good time and were able to belt out one of his or her favorite songs.

Christmas shopping also was available at the compound with an Iraqi Bazaar. Iraqi vendors set up their wares on the palace grounds allowing Soldiers to make local purchases free from potential risk. A variety of former regime merchandise and cultural collectibles were for sale.

On Christmas day the festivities began with a midnight candlelight service, followed by a 5K run. Santa arrived on the scene complete with white beard and a sleigh instead of a Humvee with a bag of goodies for the soldiers. The grand finale of the day was the Christmas dinner which was prepared with care including turkey, ham and a variety of pies.

A series of division level religious observances were also available for the soldiers to attend

throughout the Christmas week. Christmas caroling and Christmas Eve services provided a little Christmas spirit.

Christmas day began with a

prayer breakfast at the Bob Hope Dining Facility and special guest speaker.

Archbishop Edwin O'Brien presided over Midnight Mass.



Although Santa came dressed in a U.S. Army uniform, the goodies he distributed in Baghdad to Soldiers on duty were much appreciated.

221st BSB –Wiesbaden, Wackernheim, Dexheim

Community news notes ... Community news notes

AFAP Conference

The 221st Base Support Battalion's Army Family Action Plan Conference will be held Feb. 4-6 at the Community Activity Center on Wiesbaden Army Airfield. Facilitators, recorders and transcribers are needed. Free child care will be provided for volunteers. Call May Ferguson, AFAP manager, at civ (0611) 380-7721 for details.

University seminar

The University of Maryland offers a seminar titled "Symbolism in Fairy Tales," English 289I/389I, in Mainz-Wackernheim Feb. 7-8. Stop by your local Education Center to register for upcoming Term 3 classes.

'Lilies of the Field'

Wiesbaden's Amelia Earhart Playhouse presents the comedy, "Lilies of the Field," Feb. 19-21, 26-28 and March 4-6 at 7:30 p.m. Tickets are \$10 or 10 euros for adults, \$5 or 5 euros for students and senior citizens. Purchase tickets at the playhouse at civ (0611) 816-2473, the Wiesbaden Army Airfield or Hainerberg USOs.

Kick the habit

The Wiesbaden Community Health Nurse will conduct a tobacco cessation program starting Feb. 11.



Photo by Sgt. Daniel R. Wyatt

A shot from the brass

Brig. Gen. Elder Granger, commander of the Europe Region Medical Command and U.S. Army Europe command surgeon, administers a flu shot to Tony Horowitz at the Wiesbaden Health Clinic. Granger visited the new Wiesbaden \$6 million health facility Dec. 21. It opened in October. Further renovations are ongoing at the Wiesbaden clinic. Horowitz's wife, Lt. Col. Naomi Horowitz, dental clinic commander, and Lt. Col. Ronald Keen, Wiesbaden Health Clinic commander, observe the proceedings.

The course runs for eight weeks and follows the American Lung Association "Freedom From Smoking" format. The course will be held in

Building 1526 on the Wiesbaden Army Airfield from 5-6 p.m. Use of medication during the course is possible. Call civ (0611) 705-5332.

Spouses welcome at inprocessing

Spouses of Soldiers are encouraged to attend inprocessing with their sponsor at the Welcome Center. Classes include safety, Army Community Service and Army Family Team Building, education, force protection, beginning German and more. For more information call mil

337-5419 or civ (0611) 705-5419.

Housekeeping service

The Army and Air Force Exchange Service offers housekeeping services for Hainerberg, Crestview, Aukamm, Dexheim, Mainz-Kastel, Wiesbaden Army Airfield and Finthen housing areas. People living off post may also be eligible for this service. Call civ (0171) 751 2762, (06732) 933 326 or email squeakyclean@t-online.de.

Flu shots available

Free flu shots are available at the Immunization Clinic at Wiesbaden Health Clinic for civilians and family members. The Immunization Clinic is open Monday, Tuesday, Wednesday and Friday from 8-11:30 a.m.; 1-4 p.m. Monday, Wednesday and Thursday; and from 1-5:30 p.m. Tuesday. Be sure to bring your shot records. For more information call mil 337-6633/7413 or civ (0611) 705-6633/7413.

BOSS meetings

Better Opportunities for Single Soldiers meets the first and third Thursday of each month in Room 210 at the Welcome Center at Wiesbaden Army Airfield.

Boss Night

Let the boss pick up the tab every fourth Thursday of the month at the Victory Point Bar during Boss Night at the Wiesbaden Community Activity Center.

Breastfeeding support

La Leche League is an international organization dedicated to helping mothers breastfeed through mother-to-mother support and information. The Rhein Main area LLL meets the fourth Friday of the month at 10 a.m. at the USO Cottage in Hainerberg Housing. Call civ (06134) 188 825 for more information.

Tax preparers sought

The Wiesbaden Tax Center is looking for volunteers to prepare tax returns. All volunteers will be offered free certified training Jan. 20-23. For more information call mil 337-4722 or civ (0611) 705-4722.



Photo by Jolly Sienda

Army Family Team Building

Lt. Col. Christopher Franks, 221st BSB commander, and Anita Saab, Army Family Team Building program manager, serve cake in observance of the ninth anniversary of the AFTB program at the Wiesbaden Community Mail Room. The cake was donated by AAFES.

Post notes

Test on weekends

The Baumholder drivers testing station is now providing orientation, testing and replacement licenses on weekends. Orientation are from 8 a.m. to noon and testing is from 1-4 p.m. Replacement licenses will be issued from 8 a.m.-3 p.m. Jan. 24 and 31.

Education Center

The world is looking for the Superstars of tomorrow. The center recommends the Intro to the Theater College course being offered by the University of Maryland. For more information call mil 485-6178.

Future talent

Baumholder's Army Education center provides for future accountants through the University of Maryland's Principles of Accounting course beginning in January.

Call the college representatives at mil 485-6178 for more information.

Central issue

The Central Issue Facility will be closed for its semi annual inventory Jan. 26 through 30. The facility will only handle emergencies during this period. For more information call mil 485-7470.

VA briefings

A representative from the Department of Veterans' Affairs will provide information on a wide variety of veteran's benefits during two-hour briefings beginning at Baumholder's Army Career and Alumni Program office on the following dates:

Feb. 18, March 16, April 27, June 8, July 12, and Aug. 3. for more information call civ (06783) 6-6741 or mil 485-6741.

Job corner

The following employment positions are available in the Baumholder military community. The listing includes job title, grade and closeout date.

Job listings are also available online by visiting the Civilian Human Resources Management Agency website at www.chrma.hqsareur.army.mil. For details call mil 485-6735.

Appropriated funds

Food Service Worker (Multiple Positions)(7408), GS-2, 222nd Base Support Battalion, Food Service Branch, closeout Jan. 30.

Supervisor Counseling Psychologist-0180, Social Worker 0185(0180), GS-12, 104th Area Support Group Alcohol and Drug Abuse Prevention and Control Division, closeout Jan. 23.

Dental Assistant(0681), GS-4, European Regional Dental Command, Landstuhl Dental Activity, Baumholder Dental Clinic, closeout June 16

Motor Vehicle Operator (Postal Operations Finance Clerk (5703), GS-5, closeout June 6

Clinical Nurse(0610), GS- 9, Landstuhl Regional Medical Center, USA Health Clinic Baumholder, Ambulatory Outpatient Services, closeout June 30

Misc Clerk/Assistant & Misc Clerk/Assistant (OA)(0303), GS-4,6, Various Organizations in Baumholder, closeout June 30

Mail Clerk (MVO)(0305), GS-4, Baumholder, closeout, June 30

Nonappropriated funds

Operations Clerk, NF-2, close-

out 21 Jan.

Custodial Worker, NF-2, closeout when filled

Recreation Aid, NF-1, closeout June 30

Child and Youth Program Assistant, NF-1,2, closeout June 30

Bar Assistant, NF-2, closeout June 30

Food Service Worker, NF-3-4, closeout June 30

Recreation Aid/Lifeguard - Head Lifeguard, NF-1, closeout June 30

Cook, NF-4,5,6, closeout June 30

Host nation positions

Chambermaid / Zimmermaedchen, grade 03, closeout Dec. 31, Baumholder

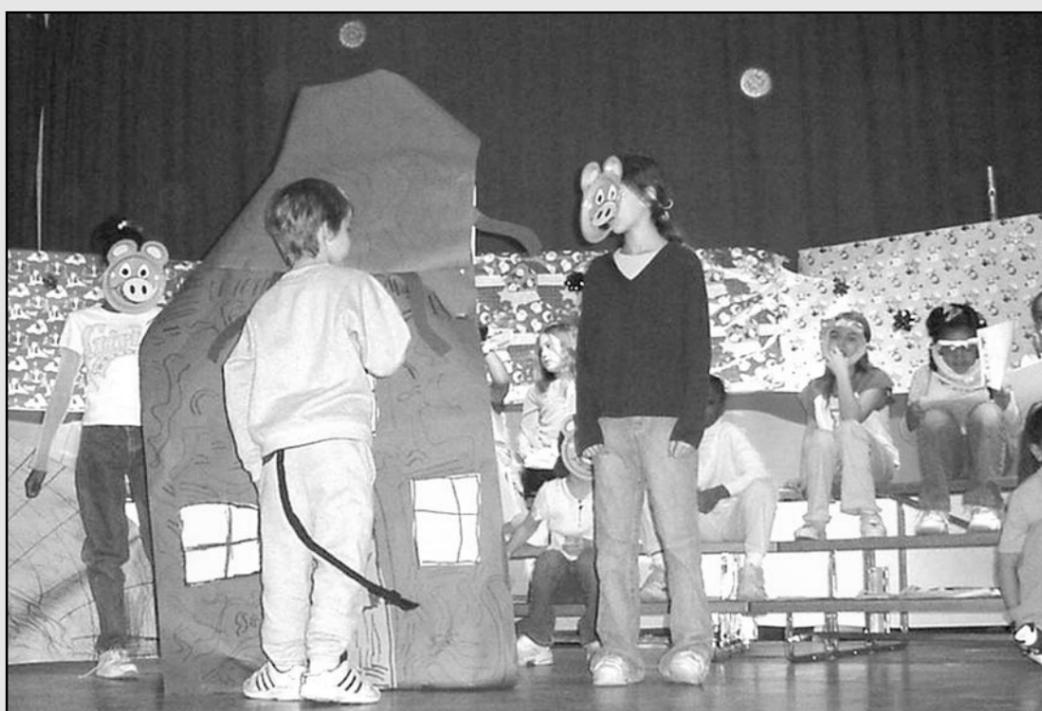
Wage Group Skilled Positions/ Gelernte Handwerksberufe, grade 4/5/6, closeout Dec. 31, Baumholder, Idar-Oberstein, Neubrücke

Positions for Kitchen Personnel/Positionen fuer Kuechenpersonal, grade 2/3/4, closeout Dec. 31, Baumholder, Idar-Oberstein, Neubrücke

Food Service Worker/Food Service Worker Leader Ladenhilfe/ Ladenhilfenvorarbeiter, grade 2/3, closeout Dec. 31

Job fair

A nonappropriated funds job fair is scheduled from 10 a.m. to 3 p.m. Jan. 27 at the Baumholder Rod and Gun Club. Potential employees can learn about the numerous positions available in the Baumholder community as well as apply for a job and receive an interview on the spot.



Contributed photo

Students belonging to Wetzel Elementary School's newly formed Drama Club play out a scene from "The Three Piggy Opera." All performers were second- and third-grade students.

Wetzel challenges West End

The Wetzel Elementary School students proved that London's West End isn't the only place to see quality English theatre in Europe curing their Performances of "The Three Piggy Opera" and "Three Billy Goats Gruff" Dec. 17.

Under the direction of Jacqui Gustaferra and assisted by student teacher, Nicole Curtis, Wetzel's newly formed Drama

Club put on this dual performance for audience members who enjoyed the entertaining retelling of these two well-known tales, all done in song form.

Simple costumes and a basic set formed the background for the performance, put on entirely by second- and third-grade members of the Drama Club.

The charming stories were told through both group and individual

singing performances.

Members of the cast included: Deonna Wiley, Dee Donaldson, Stephanie Stai, Emma Sword, Jamie Straughn, Micah Perez, Colton Petty, Donneisha Mitiella, Sara Fete, Kayla Harbison, Tamara York, Jusseth Flores, Alyssia Archer, Chase Williams, Deneisha Smits, Kayla Isbell, Hannah Fraiser and Ty Coufal.

Soldiers improve quality of life

The children came out in droves as the U.S. Army vehicles pulled up along the sidewalk in the Hayy Karkh district of central Baghdad.

They are always excited to see Coalition soldiers, and this day was no different. The kids swarmed the soldiers as they walked across what was formerly a rotten community dump, where trash was piled in five-meter-high mounds.

Some children were hanging and swinging on the arms and legs of the uniformed Americans, and some were trying on the soldiers' Kevlar helmets. All the children were smiling, laughing and cheering to see their soldier friends again.

This was not one of the regular, multiple weekly visits the troops make to Hayy Karkh, however. But rather, it is a culmination of months of planning, coordination, assessments and hard work.

Soldiers from the 422nd Civil Affairs Brigade, an Army Reserve unit from Greensboro, N.C., alongside soldiers from 4th Battalion, 27th Field Artillery Regiment, 1st Bri-

gade Combat Team, Task Force 1st Armored Division, have set their sights on improving the quality of life for the neighborhood's residents.

The soldiers had arrived to celebrate the grand opening of the recreational areas that were cleared and furnished by U.S. Army personnel.

On two city lots that used to contain nothing but trash and sewage, now stand two soccer fields and an assortment of brightly colored playground equipment.

"Historically, this is one of the worst areas in Baghdad in response to U.S. Army presence here," said Sgt. Jason Shinn, noncommissioned officer with the 422nd. "Because of that, and the fact that it is very densely populated and there is no place for kids to play, we wanted to do something here."

Most of the progress being made in Baghdad is at a level beyond what the children and their families can easily see, said Shinn. The Coalition forces have made huge

strides in government, administration and security concerns, but Shinn and his team wanted a tangible, visible answer to the question: "What are the American soldiers doing for me?"

"We wanted something that meets a need, and something that families can see on their level," Shinn said, "to see that we care about them, and we are here to help them."

Capt. Scott Sinclair, civil military affairs officer for 4th Battalion, 27th Field Artillery Regiment, 1st Brigade Combat Team, 1st Armored Division, has been working in the same central Baghdad community for several months. As well as being responsible for security in the area, he and his unit have also played a role in making the soccer field-clearing project happen.

The challenge facing Task Force 1st Armored Division, said Sinclair, is to bring a neglected community infrastructure up to a healthy operating standard without doing every bit of the work for the Iraqis.

New coordinator geared up, ready to go

By Julie Gowel
*Army Community Services
 marketing manager*

Strassburg has a new outreach coordinator and she is geared up and ready to empower the community with the confidence they need to explore the surroundings of their home and experience the local customs and courtesies of the Idar-Oberstein neighborhood.

Traudel Krämer took over the family support office in Strassburg Jan. 5. The office is open Mondays, Wednesdays and Fridays from 8:30 a.m.-12:30 p.m. and for special events such as cooking classes, craft classes, and support group meetings. Additionally, members of the Strassburg community can take advantage of internet access in the FSO to check email and surf the web.

Krämer is a German native who received her Bachelor Degree in social services in 1986. She has worked in a number of different professions prior to becoming the Outreach Coordinator for Army Community Service in Strassburg including store manager, kindergarten teacher, and project manager. Her most recent position was host nation liaison coordinator for Tricare in Landstuhl. It was also her first job with the United States Army.

Strong foundation

Since joining the ACS team in October, Krämer has been working hard to establish a strong foundation for running the Strassburg outreach office. She enjoys a number of activi-



Traudel Krämer, Strassburg outreach coordinator, taps out a few notes at her new office.

ties and looks forward to sharing all her talents with the community.

Members of the Strassburg community are in for a treat now that they have someone so dedicated and caring to bring activities and information to their doorstep. Krämer will be posting ACS monthly

calendars in the FSO and aiding in the scheduling of appointments with ACS for the Strassburg neighborhood. She will also be holding classes and other fun events.

But Krämer and the Strassburg FSO needs your help. If you have any special talent or skill that you

would like to share with members of your community, contact Krämer to learn more about teaching classes in Strassburg. Join Krämer Jan. 28 from 9-11 a.m. for a grand re-opening coffee reception at the Strassburg FSO. Bring along your ideas for fun and interesting classes

for the Strassburg community.

For more information about the new Strassburg Family Support Office and all the services available, or to offer your services to the Strassburg community, call Krämer at mil 485-8632 or civ (06783) 6-8632.



Photo by Jeanne McDonald

Loot Camp winner Staff Sgt. James Masisak (center), accepts his \$25,000 check. Left to right are Gary Burton, AAFES general manager Ramstein/Vogelweh; Col Shelley Richardson, AAFES commander; Masisak; Mike Ruben, Burger King manager; and Lt. Col. Todd A. Buchs, 222nd Base Support Battalion commander.

Baumholder Soldier wins big Burger King bucks

By Jeanne McDonald
*Army and Air Force Exchange Service
 Europe Public Affairs Office*

The latest Burger King "Loot Camp" winner, Baumholder's Staff Sgt. James Masisak was presented a \$25,000 check for spelling the word M-O-N-E-Y.

Masisak, a squad leader from Company C, 2nd Battalion, 6th Infantry Regiment, recently returned from deployment in Iraq to have knee surgery. While recovering he frequently went to the local Burger King for breakfast. There he began playing Loot Camp.

The way the game works is that recruits are immediately "enlisted"

when they make a purchase. At that time customers peel back the top portion of the game piece and either find a collectible letter or an instant win message.

Collectible letters should be saved to try to spell the word "M-A-J-O-R" or the word "M-O-N-E-Y." A customer who collects all five letters in "MAJOR" is eligible to claim the \$250,000 prize; a customer who collects all five letters in "MONEY" is eligible to claim one of 10, \$25,000 prizes.

When asked what he'll do with the money, Masisak smiled and said, "Maybe I'll buy a Harley."

Caregivers learn 'mental' first aid

By Ignacio "Iggy" Rubalcava

222nd Base Support Battalion
Public Affairs Office

A lethal sniper awaits soldiers in Baumholder as they return to families and friends from the shooting war in Iraq. Casualties are expected on the civilian and military side of the community.

Suicide, one of the most lethal mental snipers can fall down the most hardened war veteran or any other member of the community for that matter.

To ferret out this stealth killer of the mind, Baumholder has provided an army of caregivers with the skills they need to apply mental bandages to those who may be contemplating suicide.

Rear detachment commanders, family readiness group liaisons and persons in other various key positions completed two days of Applied Suicide Intervention Skills Training in December.

"This is a very good class," said Sgt. Andreas Cramer VonClausbruch, a member of Headquarters, Headquarters Detachment, 47th Forward Support Battalion rear detachment commander for two companies who also fills in as the S-1, S-4 and performs numerous other tasks during the course of deployment. "It taught me a lot of tools to use for intervention, not just prevention. I recommend it to everybody that's coming back from down range," he said. I know that I'll definitely be looking a little closer and listening a little closer to other people and their problems. I recommend this course for everybody," said Cramer VonClausbruch.

"This should be an ongoing thing to make sure we don't leave anybody out there struggling by themselves," he said.

Dying for first aid

Suicide affects everyone. To throw a few statistics out, more than 30,000 Americans kill themselves each year. Research studies in the United States show four to five percent of the population has



Photo by Ignacio "Iggy" Rubalcava

Staff Sgt. Pamela Robinson, Headquarters, Headquarters Company, 2nd Brigade Family Readiness Liaison, attempts to talk a "jumper" down from a bridge, a scenario that is part of the Applied Suicide Intervention Skills Training offered to persons in key positions. The classes are actually open to all who are interested.

attempted suicide during their lifetime. Other equally disturbing statistics reveal that one in nine has seriously considered suicide. Persons bereaved by suicide are also eight times more likely to commit suicide.

No protection

Men and women of all ages, occupations and socioeconomic groups are at risk. There is no safe haven from suicide. The key to suicide prevention is trained caregivers who are ready, willing and able to get involved with each individual at risk. The must learn to recognize individuals who are at risk and must know how to intervene and prevent suicidal thoughts from becoming suicidal behaviors. That's what numerous Baumholder individuals learned in their ASIST classes last month.

"I'm learning how to interact and intervene during possible suicides. It's an outstanding class and I wish more people could attend," said Staff Sgt. Pamela Robinson, Headquarters, Headquarters Company, 2nd Brigade Family Readiness Liaison.

"From the first to ten minutes in here yesterday until this point it's been enlightening. We've shared a lot of feelings and we've share a lot of information," she said.

The course also creates a sense of daily awareness. "Just the little comments that we say that we're really not thinking about like 'Go on and do it,' or 'I'll give 'em a weapon,' are things that could irritate somebody because we really don't understand where their frame of mind is," said Robinson. "This course helps you to see that these comments are, one, unprofessional and not very helpful to anybody," she said.

What's a life worth?

How can you put a price tag on life? A study in the United States showed each youth suicide resulted in an average loss of 53 years of life and \$432,000 of economic productivity - that totals to a staggering 262,000 lost years and \$3.19 billion each year. Canada reports that 12 percent of hospital critical-care and 2 percent of insurance pay-outs are suicide related. These are cold sta-

tics that are tepid alongside the even colder emotional costs of suicide. A spouse, son, daughter, friend or co-worker or fellow soldier can't be replaced. As those who have experienced such loss will attest, it is the emotional costs which demand our involvement in preventing suicide.

They will find a way

The vast majority of those planning suicide will find some way to signal their intent. Most suicidal people are looking for another option. They don't want to die. But preventing suicide takes two people - a helper and the person at risk. Government reports in Canada, the United States, United Kingdom and Finland, by the European World Health Organization and the United Nations emphasize that caregiver competence is a critical component in any large scale suicide prevention program.

"We also learning that 30 percent of the individuals who may commit suicide may never say anything whereas the other 70 percent may voice their opinion if they're

thinking of committing suicide," said Robinson.

"So with the smart remarks that people tend to make, they could be affecting that 30 percent. So, here we've learning how to just help people more than what we could imagine.

"I think that this is very valuable. I really appreciate this class," said Robinson.

Preparing caregivers

ASIST is designed to help all caregivers become more comfortable, competent and confident when dealing with persons at risk. Suicide can be prevented through the actions of prepared caregivers. Just as "CPR" skills make physical first aid possible, training in suicide intervention develops the skills used in suicide first aid. ASIST is a two-day intensive, interactive and practice-dominated course designed to help caregivers recognize and estimate risk, and learn how to intervene to prevent the immediate risk of suicide.

"We're getting the opportunity to put the skills to practice, not just to say well here's the information," said Robinson. Interaction within the class by the use of scenarios helped the caregivers understand what it feels like to be in that situation and how to talk somebody out of committing suicide.

"I really just appreciate this course, I really do. We have a small unit so it's like, who's going to go? Who has time to go? Nobody really has time to go. But you make time because it is an important issue. And it's like the colonel was saying, (Lt. Col. Todd A. Buchs, 222nd Base Support Battalion Commander) 'You don't want to wait 'till things happen. You want to be able to adjust and help somebody before it's to late.' And that's really what's important. You want to be 'profensive.'"

So as Soldiers return to Baumholder, a fortified column stands ready to ASIST in the battle against the deadly mental sniper - suicide.

ASIST modules help caregivers master skills

Applied Suicide Intervention Skills Training is designed to help all caregivers become more comfortable, competent and confident when dealing with persons at risk. Prepared caregivers can help prevent suicide. Unprepared caregivers tend to deny, avoid, even stigmatize persons at risk. That is what society has traditionally done. All evidence indicates that unprepared

caregivers continue this dangerous tradition. Training is required to turn denial, avoidance and stigmatization into vigilance, understanding and help.

To facilitate training, ASIST is broken down into five learning modules:

□ Introduction - sets the tone, norms, and expectations of the learning experience.

□ Attitudes - sensitizes participants to their own attitudes towards suicide. Creates an understanding of the impact which attitudes have on the intervention process.

□ Knowledge - provides participants with the knowledge and skills to recognize and estimate the risk of suicide.

□ Intervention - presents a model for effective suicide inter-

vention. Participants develop their skills through observation, supervised simulation experiences and role playing.

□ Resourcing/Networking - generates information about resources in the local community. Promotes a commitment by participants to transform local resources into helping networks.

Emphasizing structured small-

group discussions and practice, the course uses case-studies, work books and two award-winning audiovisuals.

Participants receive a 110-page Suicide Intervention Handbook and a full color, laminated pocket card featuring intervention and risk estimation principles. They serve as living refreshers of the work shop learning.

African drum, dance theater performs

Hot on the heels of the Vegas style variety show Body and Soul that came to Baumholder Jan. 10 comes yet another troop of professional entertainers. The rhythmic African Bi-Okoto Drum and Dance Theatre has received the green light to perform for the United States military forces in Europe for the second year in a row and they are coming to Baumholder Feb. 10. The free performance begins at 11:30 a.m. at the Rheinlander and the entire community is invited.

United States Armed Forces Entertainment, the sponsor of the tour, chose Bi-Okoto Drum and Dance Theatre from hundreds of available entertainment groups from around the country.

Seven artists from the organization (Mario De Juan, Marvin Hawkins, Adebola Olowe, Jeunita Olowe, Cheryl Pongo, Kwame Pongo, and Tim Stegmaier), will depart Cincinnati, Ohio on Jan. 28 for performances in the United Kingdom, Norway, The Netherlands, Belgium and Germany.

According to information on their web site, "The purpose of the tour is to entertain the troops overseas and lift their spirits and morale to help maintain their readiness and effectiveness while serving in defense for our country.

"Bi-Okoto is to help provide a touch of home to our military men and women abroad and to remind them they are remembered and loved by those here at home in the United States."

Bi-Okoto Drum and Dance Theatre was established in 1994 as a professional African dance company comprised of highly talented artists and was incorporated in August 1996 as a 501 (c) (3) non-profit multicultural performing arts organization in the state of Ohio.

Their mission is to preserve traditional African drum and dance heritage and promote cultural understanding by educating audiences of all ages about African countries through language, music and movement for a better appreciation of diversity. The organization is committed to sharing knowledge, building long lasting cooperative relationships with their com-

munity patrons, and developing professional artists that will produce quality productions.

A majority of the artists were born into African families and are custodians of African arts and culture: Bi-Okoto members are now "ambassadors" of traditional African music and dance.

Over the years, we have expanded their repertoire and performance schedule. Bi-Okoto presents an eclectic repertoire of more than 90 authentic traditional dances, music, dance-dramas, operas and new contemporary works from Nigeria, Ghana, Togo, Benin, Mali, Guinea, Senegal, Kenya and South Africa.

Their repertoire ranges from classical staging of "Orisa" (The Festivals of the Gods) to the contemporary works of Nobel Laureate "Wole Soyinka's El'Eshin Oba" (Death and the King's Horseman). As the dance group worked vigorously to expand and improve their repertoire, they earned a reputation as one of the country's finest professional African traditional dance companies.

Their company has been praised by the dance community and the media for the works they have created and produced, and also for being the only authentic African dance company in the Tri-state area, (Ohio, Kentucky and Indiana).

The organization has performed nationally in many states such as California, Washington D.C., Virginia, New York, Alabama, Mississippi, Chicago, New Jersey, Nebraska, and in 1998 Disney World's opening of Animal Kingdom and McDonald's commercial spots. They have toured internationally representing Nigeria in South Korea's Youth Festival, Presidential welcomes in Italy, Germany, Bulgaria and France.

In January 2003, Bi-Okoto was selected by United States Armed Forces Entertainment for a five-week military tour in the United Kingdom, Norway, The Netherlands, Germany and Belgium. Seven artists performed for the troops on American and United Nation bases in honor of Black History Month, and now, they're back.

Adebola * Jeunita * Kwame * Cheryl * Tim * Mario * Marvin
EUROPE TOUR 2004
United Kingdom * Norway * Netherlands * Belgium * Germany

IACS relocates, customer service streamlined

The Installation Access Control System registration station for U.S. identification card holders is now co-located with the 90th Personnel Services Battalion identification card section in Building 8743, room 37 (in the waiting room of the identification card section). For more information call mil 485-6083. This move has eliminated the need for appointments to register with

IACS. Customers can now register in IACS immediately after receiving a new identification card.

Persons replacing a stolen or lost identification card that was previously registered must reregister with their new card. Those who have not registered are encouraged to do so now and avoid long waiting periods when the soldiers return.

Office hours are Monday through Friday from 8–11:45 a.m. and 1–4:15 p.m. the office is closed on U.S. federal holidays

The IACS station for installation passes remains at the same location in downtown Baumholder, Ausweiler Strasse 1. For pass information call mil 485-6291 and for more details about IACS registration call mil 485-7141.

Herald Union correction

In the Dec. 23 edition of the *Herald Union* a photo appeared on Page 10 showing Girl Scouts taping holiday messages to send down range to deployed parents. The person doing the taping was misidentified as an assistant parent for the Baumholder Girls Scouts. She is in fact Mariam Torres, overseas committee chairperson for the Girl Scouts of America Overseas for Baumholder.