

# 221st BSB – Wiesbaden, Wackernheim, Dexheim

## European cuisine choices abound in Wiesbaden

Commentary and photos  
by Jolly A. Sienda  
221st Base Support Battalion  
Public Affairs Office

Living in Europe offers the taste buds a wealth of choices when it comes to sampling a range of national cuisines, and many restaurants in Wiesbaden prepare specialties from their native countries.

German fare is, of course, abundantly available. If you are in the mood for a big juicy schnitzel smothered in mushroom sauce with Bratkartoffeln (fried potatoes) try the Zur Hauptwache.

It's the restaurant with the Bitburg sign just off of Faulbraunenstr. 33, a connecting side street down from the Karstadt department store in downtown Wiesbaden. Zur Hauptwache is a local treasure that serves up homemade German and Yugoslavian dishes prepared fresh and with tender loving care.

Owner Vicky and her partner have run the eatery for two years and are happy to have American guests. She speaks perfect English and gladly accepts reservations for private parties such as farewell events and large groups. Call civ (0611) 451 128 any day after 4 p.m. to make reservations.

Or call ahead to request specialties such as homemade Sauerbraten, beef marinated for several days in spices, ginger and wine. Another specialty at Zur Hauptwache is beef Rouladen, marinated beef dressed with a sour pickle and Vicky's secret sauce that is wrapped, braised and slow cooked to perfection. The dish requires some advance notice, so call ahead.

The friendly atmosphere at Zur Hauptwache makes visitors feel right at home. A good selection of German brews is on hand as well as special Croatian peach schnapps to warm the body and soul.

Hankering for Greek cuisine? The Knossos Restaurant in Wiesbaden-Biebrich offers diners a culinary experience equivalent to a trip to Greece itself. A family owned institution in business since 1976, Knossos specializes in lamb dishes. The subtle use of fresh herbs and spices lends a rich Mediterranean flavor to each meal.

"Our specialty of the house is hot and cold appetizers,"

said Georgia Karatzoï Totolidis, a cousin of the Knossos' owner, Anastasias Totolidis. "We make paper thin zucchini and eggplant that are deep fried to a light crisp and served with tangy garlic tzatziki



Lamb dishes and fresh salads are prime attractions at Knossos Restaurant.



Lamb-lemon soup is a specialty at Knossos.

sauce. Fried and grilled feta cheese, calamari, stuffed grape leaves and homemade pita bread are also favorites of the house. Traditionally for a standard Greek celebration we arrange many types of appetizers on a large table and the dishes are shared by everyone. If you call ahead and have a party of three or more, we can easily prepare these foods for your party."

From homemade potato fries, tender lamb kabob and lemon soup to grilled lamb souvlaki, pork gyros and delicious Greek salads, you can find it all at Knossos.

To get there take the A-66 toward Wiesbaden-Biebrich. Exit the Autobahn right after passing the Henkel Sekt factory on the right. Off the exit turn left, crossing over a busy road that becomes Strasse

de Republic 3. Take a left on Wilhelm Tropp Strasse, just after the German police station, and then left again back onto Strasse de Republic. Knossos is on the left.

The restaurant is open Tuesday through Friday from noon to 2:30 p.m. and from 6 p.m. to midnight, Saturday from 6 p.m. to midnight. Knossos is closed on Monday. To make reservations or arrange a private party call civ (0611) 694 451.

You don't have to travel to Italy to get authentic Italian dishes. At Ristorante Da Elio the regional cooking comes from Abruzzo, the southeastern region of the country. While Abruzzo is off the beaten path for most American tourists, it is known for one of Italy's heartiest cuisines. Come with a healthy appetite because the portions are large.

Specialties include rich meat dishes and stews, enriched with spicy tomato sauces. Tuna dishes

are popular because Abruzzo lies along Italy's Adriatic coast. For starters try the antipasti Da Elio, named for owner Elio Donatelli. It is a delightful mixture of cold and hot appetizers such as baked eggplant, marinated peppers, tuna with capers and sweet honeydew melon wrapped in a thin blanket of Parma ham.

For a main course the spaghetti alla Carbonara served with egg, fresh parmesan cheese and salty bacon is really satisfying. Don't be surprised if the egg is served open face on top of the dish. Just mix it into the pasta and spoon in a healthy dose of grated parmesan.

The menu also features many worthy meat dishes ranging from veal and veal liver to pork and beef. Most are prepared with a rich, Abruzzo wine-based sauce and are very tasty.



Don't pass up the antipasti at Ristorante Da Elio.

Ristorante Da Elio also has 15 pizza selections from which to choose. Adventurous tastes won't want to miss the outstanding rucola pizza, baked on a thin crust with fresh organic rucola. The somewhat nutty, bitter flavor balances well with the fresh parmesan cheese, Italian ham and mozzarella cheese baked to a crisp.

If you have room for dessert try the homemade zabaglione, which is made with egg yolks, Marsala wine and sugar. The mixture is whisked until it hardens, baked and served in a sea of raspberry sauce. It melts in your mouth. Wash the repast down with a choice from the good selection of grappa, Italian liqueurs and wines, beer and other beverages.

Ristorante Da Elio has been in Wiesbaden for 28 years and offers comfortable outdoor terrace seating in the summer. It also seats 70 inside the restaurant. Reservations are encouraged for weekend dining.

Ristorante Da Elio is located at Scheffelstrasse 1 in Wiesbaden. From the 455 heading toward Wiesbaden Stadtmitte, go through the tunnel toward Hauptbahnhof — Rhein Main Halle 54, where the road becomes Gustav Stresseman Ring. Pass the Bahnhof on the left and the street becomes Kaiser-Friedrich Ring. Look for parking.

Scheffelstrasse is a side street across from Kaiser-Friedrich. The restaurant is on the corner with Ristorante Da Elio on the awning in pretty cursive script. Parking is available on Scheffelstrasse, but may be hard to find. Have euros on hand for a parking ticket if you snag a spot before 6 p.m.

For reservations and directions call civ (0611) 809 253. Ristorante Da Elio is open for lunch from 11:30 a.m. to 2:15 p.m. and for dinner from 5:30 p.m. to 11:30 p.m. They are closed on Wednesday.

## Wiesbaden Soldier receives valor award

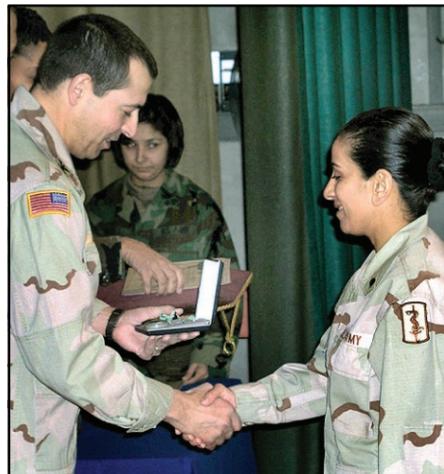
Story and photo by Spc. Kristopher Joseph  
V Corps Public Affairs Office

Spending any amount of time in Iraq these days is dangerous enough, but for some it can be particularly precarious.

Ponder this scenario, for instance: Imagine being a female, native-born Kuwaiti who wears a desert combat uniform with the American flag on its right sleeve, tasked to work in the crowded, often deadly streets of Baghdad — the immense capital of a country that once declared the U.S. an enemy and briefly took over her homeland and slaughtered her people.

For one Soldier in V Corps' 30th Medical Brigade, that scenario was reality for almost a year. But Spc. Abeer Abdulhade lived through that dangerous reality and was awarded a medal for valor for her actions on one particularly harrowing day.

Abdulhade, a light-wheeled vehicle mechanic assigned to the brigade's 557th Ground Ambulance Company at Wiesbaden Army Airfield, served as interpreter for 30th commander Col. Donald Gagliano during the unit's deployment in Southwest Asia. The special-



Col. Donald Gagliano, 30th Medical Brigade, presents Spc. Abeer Abdulhade with the Army Commendation Medal with "V" device for valor.

ist was born and raised in Salmia, Kuwait, and the colonel said her fluency in Arabic played a large role in the success of the brigade's deployment.

Gagliano called Abdulhade invaluable to the brigade's operations, especially in the

early stages of Operation Iraqi Freedom, when the 30th first crossed into Iraq and local interpreters were scarce.

Once the 30th's headquarters reached Baghdad, Abdulhade was assigned to a public health task force that helped provide Iraqi citizens with much-needed medical supplies. Her job was to transport those supplies to medical warehouses in the Baghdad area.

During one of those missions in early June, Abdulhade said, she was part of a four-Soldier team that arrived at a warehouse to find a crowd of about 300 Iraqis rioting outside the building. Abdulhade said the angry crowd was made up of warehouse workers who had come to get their pay from the warehouse's finance manager. But money disputes erupted, and two of the manager's sons fired AK-47 assault rifles into the enraged mob to protect their father and the \$2 million he was supposed to distribute.

Abdulhade and her team had already notified U.S. Military Police of the situation, but the team's officer in charge, Maj. Jon Kerstetter, a National Guard physician with the 109th Area Support Medical Battalion in Iowa City, Iowa, decided to take action.

Abdulhade and Kerstetter apprehended the gunmen and secured the \$2 million in their HMMWV. Abdulhade guarded the vehicle while the rest of the team — Capt. Shaun Stevens and Spc. Bonnie Olsen of the U.S. Army Reserve's 172nd Medical Logistics Battalion from Ogden, Utah — kept an eye on the unruly crowd until the MPs arrived.

"I was scared to death," Abdulhade said. "You have no idea what it was like to be one person guarding all that money from almost 300 people."

For her actions that day, Abdulhade received the Army Commendation Medal with "V" device for valor during a brigade awards ceremony at Nachrichten Kaserne Feb. 24. She also was awarded the Bronze Star Medal for her overall service during Operation Iraqi Freedom. Abdulhade said the team members with her that tense June day have also been recommended for medals for valor.

Despite the fear she says she felt that day, Abdulhade looked back at the event and the medal she earned and remarked on them with vast understatement.

"To be alive to receive these awards means a lot to me," she said.

### Reconnecting emotionally

## Retreats aimed at helping couples reunite

By Jolly A. Sienda

221st Base Support Battalion Public Affairs Office

Being separated during a deployment can be rough on anyone. But getting back together after a lengthy separation can be equally stressful.

To help out with family reunions, the 221st Base Support Battalion Chaplains Office will host several retreats for couples starting March 19. Retreats will include sessions on handling conflict and expressing one's feelings.

The retreats start on a Friday at a four-star hotel a short drive from Wiesbaden Army Airfield, said Chaplain (Capt.) Layden Colby, primary retreat leader. Lunch, dinner and one breakfast will be provided at no cost to the service member and his or her spouse.

"We have several properties that we have selected for the

retreats — all within an hour's drive of Wiesbaden," said Chaplain (Lt. Col.) Jon Tidball of the 221st BSB Chaplains Office. "All of the hotels are very comfortable, offering luxury accommodations, amenities and excellent food."

"People have a tendency to disagree about many issues, but they often don't hit upon the real issue that is nagging at them," said Colby, explaining that couples will learn different listening techniques and participate in role-playing.

"The purpose of the retreat is to offer an environment that will allow couples to reconnect emotionally with one another and renew their relationships. We want to create an image in the couple's minds that they are on the same team on the volleyball court — not on opposite sides," he said.

The retreats will focus on the relationship each individual

has with his or her faith and on handling change, said Colby. "Change is a scary proposition, and it is not easy to change. A year apart from one another can drive a wedge between people because people do grow and change," he said.

The retreat ends Saturday around noon after focusing on commitment and forgiveness. "Marriage is a commitment, a promise. We will examine the importance of keeping promises and the flip side of that, when a promise is broken and how to respond to our partner dealing with emotions we may feel," Colby said.

Over 20 couples have already signed up for the first retreat to be held this weekend and sign-ups are continuing for March 26-27. Anyone wishing to take advantage of the free retreat can call the Chaplains Office at mil 337-1570/5508, civ (0611) 705-1570/5508.

## Training essential for deployed Soldiers in Iraq

Story and photo by Cpl. Todd Pruden

372nd Mobile Public Affairs Detachment

Training and readiness play vital roles in today's Army. Instruction and training in basic combat skills are necessary to ensure Soldiers are prepared to deal with situations they may encounter in a combat environment.

The 1st Armored Division's 141st Signal Battalion's leaders felt it was necessary for its Soldiers to get a refresher-training course on basic Soldier skills in Baghdad. So during a recent afternoon, Soldiers donned their gear, grabbed their common task manuals and hit the training area.

"We have been here nine

months," said Sgt. 1st Class Andrew Clark, operations sergeant, Headquarters and Headquarters Company, and noncommissioned officer in charge of the training. "You can't help but have complacency set in. The last thing we want our Soldiers to do in the last three months is to get lazy and get hurt."

Clark stressed the importance of training, saying it is vital to keep his Soldiers ready and alert.

"We want to refocus the Soldiers' attention on basic skills," he said. "The hope is to bring them home alive."

Classes taught to the Soldiers included evaluating a casualty, recognizing and dealing with unexploded ordnance hazards, preventing and treating heat injuries,

risk assessment and management, weapons maintenance, mine sweeping, communicating via tactical radio and safely deploying a hand grenade.

Using land navigation skills to get to the training site added interest to the day's instruction. Each class was located at a specific grid coordinate that the Soldiers had to pinpoint and find in order to make their way to the instructions.

"Task Force 1st Armored Division's area of operations is Baghdad International Airport," said Staff Sgt. Jeremy Aiosa, a transmissions systems chief, who helped devise the idea to incorporate the land navigation portion into the training exercise.

"It gives a clear picture of the



Spc. Victor Wheeler, 141st Signal Battalion, marks the spot where a suspected mine is during a training exercise in Baghdad.

whole area and makes the Soldiers aware of their surroundings in case of an attack. Soldiers receiving the training find it beneficial, especially

while conducting the training in a combat environment," he said.

The three-day training is an annual requirement for Soldiers.

## FOCUS: Strategic Communications leverages Army story

By Spc. Lorie Jewell  
Army News Service

A Soldier tucks a plastic card displaying the Soldier's Creed and the Army values into his wallet.

At a school career fair, students pick up a brochure that describes the Army at war, and how it remains relevant and ready while moving from the current to future force. An action-filled video plays on a television screen, showing the Army's new Stryker infantry carriers on the move.

A senior leader tells the Army story to an audience of executives at a corporate function; a young sergeant shares his take on force stabilization at the family dinner table.

A grandmother surfing the web clicks on the Army's website to learn more about her granddaughter's new duty station.

From small, ordinary gestures and everyday conversations to eye-catching promotional materials and tactical speeches, strategic communications is the method by which the Army delivers its messages to those in and out of uniform. It's one of 17 focus areas Army leaders have developed as a means for strengthening efforts to win the Global War on Terrorism.

"It's about communicating to our audience what's going on in the Army, and explaining it in terms or concepts people can understand so that they can be a part of achieving the goal," said Col. Nelson McCouch, who heads the strategic communications division in the Office of the Chief of Public Affairs. "They can't support something if they don't know anything about it."

For example, a Soldier may hear the term "force stabilization" and, having read about it in a post newspaper, may understand it in more simple terms as "my family and I will stay in one place for longer periods of time."

"Expeditionary mindset" could translate into "I'm ready to go anywhere you need me to go, at any time, because I know I am well trained and my family is well taken care of."

The role of OCPA's strategic communications is to develop and implement plans for getting internal and external media to support the Army's campaign plan with articles that explain what's going on, McCouch said.

There are two other "legs" that support the effort to disseminate information — the Office of Congressional Legislative Liaison and

the Office of Strategic Communications. OCLL's strategic communications team is responsible for making sure the Army's messages are delivered to legislators on the Hill in a timely fashion, said Col. Wayne Sauer, who heads that office.

"The Army wants Congress to know what's going on so they can do something about it during the congressional cycle," Sauer said.

That involves working closely with congressional staffers. If legislators have questions on the Army budget, for example, OCLL makes sure they get answers. When newsworthy events happen — the Army's Comanche program being canceled, for instance — OCLL makes sure Congress knows about it before reading it in the newspaper, Sauer added.

"If they read something in the newspaper and the information doesn't match up, they already have our data on it," Sauer said.

In the Office of Strategic Communications, the mission to deliver the Army story is similar to OCPA. Whereas OCPA focuses on inform-

ing Soldiers, family members and the public at large through the media, STRATCOM's audience is expanded to target senior Army leaders — active and retired — business and social executives, and academic and think-tank representatives.

"We are trying to instill a culture of engagement so that everyone at all levels tells the Army story the

same way," said Patti Benner, STRATCOM director.

Benner's department works to develop long-term themes and messages, and how to deliver them over time periods that range from months to five years. OCPA focuses more on getting information out according to daily and weekly news cycles, McCouch said.

How messages are delivered by OSC falls to its outreach program, headed by Kay Stephenson. The program is tasked with building and strengthening relationships with national security decision makers or those with influence; the private sector and not-for-profit organizations; and academic institutions and communities. Its mission also involves providing information to the Army family.

Anyone who gets the Army message, understands it, supports it and passes it along, in essence becomes a partner with the Army, Benner and Stephenson said.

"We are arming our Army ambassadors," Benner said.

As technology continues to drive everyday life, the Internet proves to be a reliable tool for giving Soldiers, their families and friends, and the general public anything they could possibly want or need to know about the Army, where it's heading and how it plans on getting there, said Lt. Col. Mark Wiggins, director of the Army's web page ([www.army.mil](http://www.army.mil)) and senior leaders page, accessible to select personnel through Army Knowledge Online. The website operates under the STRATCOM umbrella.

"Whatever has been released to

the public, it's on the website," Wiggins said. "It's the place all of our audiences come to read about the Army."

Careful thought goes into how all of that information is presented. This is a nation at war, so the main stories and photos will reflect that, Wiggins said. The lead photo will have a Soldier in it. Every effort is made to portray the joint effort of the war. Wiggins is proud of the fact that there are links to each of the other service branches on the home page of the website.

The Army has had a presence on the Internet since 1995. The site was last overhauled in 2001, around the same time the "Army of One" brand was introduced. It averages just over 4 million hits a month from more than 140 countries, he said.

"We pay close attention to third-party evaluations and we are routinely ranked in the top 1,000 web sites in the world," Wiggins said. "When you have a global audience, you can't help but be strategic."

The ultimate success of strategic communications relies on all three departments working together to synchronize their efforts, officials said.

"The good news story in all of this is that with strategic communications, we have the methodology and plans to communicate to Army leaders, the Hill and the public what their Army is doing for America," Sauer said. "And that we're doing it in a very succinct and timely fashion." (Editor's note: The Army's 17 immediate areas of focus include: The Soldier; The Bench; Combat Training Centers/Battle Command Training Program; Leader Development and Education; Army Aviation; Current to Future Force; The Network; Modularity; Active Component/Reserve Component Balance; Force Stabilization; Actionable Intelligence; Installations as Flagships; Authorities, Responsibilities and Accountability; Resource Processes; Strategic Communications; Joint Expeditionary Army with a Campaign-quality Capability; and Logistics. To view a brief synopsis of each area visit [The Way Ahead.](#))

### Playhouse to feature 'The Elephant Man'

Wiesbaden's Amelia Earhart Playhouse presents the Tony Award-winning play, "The Elephant Man," March 31, April 1-3 and 7-10 at 7:30 p.m. Tickets are \$10 for adults and

\$5 for students/senior citizens. Pick up tickets at the Hainerberg and Wiesbaden Army Airfield USO offices or call the playhouse at civ (0611) 816 2473 for reservations.

# 221st BSB – Wiesbaden, Wackernheim, Dexheim

## Community news notes

### Special Town Hall

A special Town Hall Meeting will be held at the Community Activity Center March 23 at 10 a.m. for people wishing more information on reintegration. Child care is limited. Anyone wishing child care should call civ (0611) 705-5383 by noon March 22.

### Dining facilities open

The Dexheim and Wackernheim Dining Facilities are now open for all meals. Dexheim DFAC serves breakfast from 7-8:30 a.m., lunch from 11:30 a.m. to 1 p.m., dinner from 4:30-6 p.m. and brunch on weekends from 10:30 a.m. to noon and dinner from 4-5:30 p.m. McCully DFAC serves breakfast from 7:30-9 a.m., lunch from 11:30 a.m. to 1 p.m., dinner from 4:30-6 p.m. and brunch during weekends from 10 a.m. to noon and dinner from 1-3 p.m.

### Reunion classes

Army Community Service hosts reunion classes for families. Classes will be held in Room 22 at ACS, Building 7790, March 22 and 29 at 6:30 p.m. Call mil 337-5943/5754 or civ (0611) 705-5943/5754 to reserve a space. Child care is available; however, make reservations by noon the day before the class.

### Tax assistance

The Tax Assistance Center is available for all Soldiers, civilians and family members to file their tax returns. The center, located at Heerstr. 31, is open from 9 a.m. to 4 p.m. Monday through Thursday and Friday from 9-11 a.m. and 1-4 p.m. The office is closed from 11:30 a.m. to 1 p.m. for lunch. For more information call civ (0611) 705-6506.

### Spouse Club fundraiser

The Wiesbaden Community Spouses Club hosts Polish Pottery Bingo at the Community Activity Center March 19 at 6 p.m. For more information call civ (0611) 565 7164.

### Auditions for play

The Missoula Children's Theater hosts auditions for "Red Riding Hood" April 12. The performance will be held April 17. For more information call mil 336-2473 or civ (0611) 816-2473.

### Flea Market

Check out the bargains at the German-American Womens Club flea market March 27 from 10 a.m. to 5 p.m. at the Wiesbaden Kurhaus. This annual event helps raise money for various community activities.

### PWOC meetings

The Protestant Women of the Chapel meet from 6-7:30 p.m. Tuesdays and 9-11:30 a.m. Thursdays at the Hainerberg Chapel.

### German mail

The German Post Office at Wiesbaden Army Airfield is open Monday and Wednesday through Friday from 9:30 a.m. to 12:30 p.m.

### Teen sponsor classes

Teens in grades six to 12 are needed to become ambassadors to teens moving into the 221st Base Support Battalion area. Youth

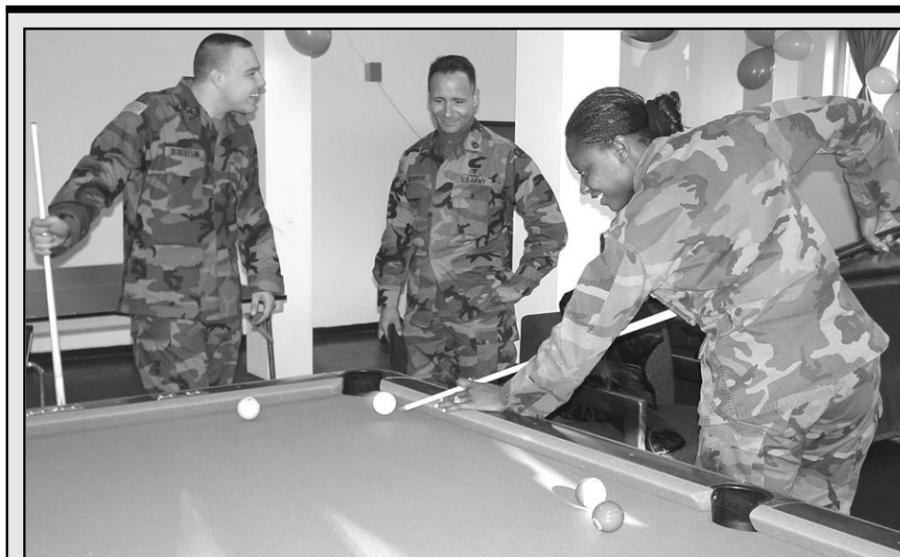


Photo by Cassandra Kardeke

### BOSS Center opens

Single Soldiers play a game of pool during the grand opening of the Better Opportunities for Single Soldiers Center at Wiesbaden Army Airfield Feb. 26. Equipped with pool and pingpong tables, large-screen television, DVD and video machines and a Play Station 2, the center opened in Building 1052 at the airfield. "This was a long time coming and way overdue for the single Soldiers here," said Laura Waid, Morale, Welfare and Recreation special events coordinator. The BOSS Center is open Tuesday and Wednesday from 6:30-9 p.m., Thursday from 4-9 p.m. and Sunday from 1-7 p.m.

Sponsorship training is held at Army Community Service, Building 7790, Room 22, from 3:30-5 p.m. May 5, July 7, Sept. 8 and Nov. 10. For more information call mil 337-5034 or civ (0611) 705-5034.

### Dexheim massages

Get a free massage during the grand opening of the new Massage Therapy Room at the Dexheim Fitness Center March 19 from 10 a.m. to 2 p.m. Schedule a massage appointment and receive \$5 off any massage service. Call mil 337-5943 or civ (0611) 705-5943.

### Red Cross classes

The Wiesbaden office of the American Red Cross hosts several classes throughout the month of March. **Cardiopulmonary Resuscitation** March 18, **Healthy Pregnancy/Healthy Baby** March 18, **Babysitting** March 20 and **Volunteer Orientation** March 25. Call mil 337-1760 or civ (0611) 705-1760.

### Kontakt Club

Learn more about the community and get active in upcoming events through the Dexheim Kontakt Club. Help is needed to plan an Easter egg hunt and welcome home ceremonies for the 123rd Main Support Battalion. The club meets at 6:30 p.m. the first and third Wednesday of the month at the BOSS Lounge, located behind the Area Support Team building at Anderson Barracks. Call mil 337-5772 or civ (0611) 705-5772.

### Spouse and family member inprocessing

As soon as the jet lag is over, sign up for spouse and family member inprocessing training with the 221st Base Support Battalion. Learn about services and activities available every Friday from 9 a.m. to noon. Call mil 337-5034/5754 or civ (0611) 705-5034/5754.

### 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 the service. Call civ (0171) 751 2762, (06732) 933 326 or email [squeakyclean@t-online.de](mailto:squeakyclean@t-online.de).

### Breastfeeding support

La Leche League is an international organization dedicated to helping mothers 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. Mothers with their nursing babies and mothers-to-be are always welcome.

### Trainers available

Personal trainers are available at the Tony Bass and Dexheim Fitness Centers to help customize a personalized fitness program. Cost is \$35 per session. For more information call mil 337-5943 or civ (0611) 705-5943.

### Couple communication

Learn skills for effective talking, listening, conflict resolution and anger management to help you and your partner build a more satisfying relationship.

Couple Communication workshops will be held at Army Community Services, Building 7790, Room 23, in Hainerberg Housing. For more information call mil 337-5297 or civ (0611) 705-5297.

### Veterans briefings

The Army Career and Alumni Program

offers information on a wide variety of veteran benefits available to Soldiers and their family members. The next briefing will be held April 6. Call the ACAP office at mil 337-5709 or civ (0611) 705-5709 to sign up.

### Family room available

The Tony Bass Fitness Center now offers a family fitness room fully equipped with treadmills, elliptical trainers and stationary bikes as well as a television, DVD player, tables, chairs and mats for the kids. Bring your own movies and fun activities for the young ones while you do your workout. Movie donations are also welcome.

### Aerobics classes

A wide variety of aerobics classes are offered at the Tony Bass Fitness Center every day. Learn how to do pilates, yoga, kickboxing and more. Classes are \$2 each and held at the Tony Bass Fitness Center and Aukamm Elementary School.

### Bridge players needed

Duplicate bridge players are invited to compete with the American Contract Bridge League every Wednesday at 7 p.m. at the Wiesbaden bridge club house located at Marktplatz 13. The club is located across the street from the Marktplatz church. For more information call mil 337-5190 or civ (0611) 307 834.

### Reunion for children classes

Wiesbaden's Social Work Services offers workshops for children age 7 and up. Reunion workshops for teens age 13-17 will be held March 17. All workshops are held at the Army Community Service cafeteria in Room 22 from 3-4:30 p.m. For more information call mil 337-5297 or civ (0611) 705-5297.

### Stress management

Wiesbaden's Social Work Services hosts stress management workshops at Army Community Services, Building 7790 in Hainerberg Housing, April 14 and 28 from 3-4:30 in Room 22. For more information call mil 337-5297 or civ (0611) 705-5297.

### Quarter bouncing tourney

In conjunction with Morale, Welfare and Recreation's Quarter Bouncer competition, the Victory Point Bar at the Wiesbaden Community Activity Center hosts quarter bouncing tourneys every Thursday at 5 p.m. A team selected by finalists from all participating facilities will then be chosen to represent MWR in Las Vegas in April. For more information call mil 337-5750 or civ (0611) 705-5750.

### Welcome briefing

Newcomers to Wiesbaden are encouraged to attend Army Family Team Building's Welcome to Wiesbaden classes held the first and third Monday of each month at the Newcomer's Information Center in Room 240 at the American Arms Hotel. Call mil 337-5754 or civ (0611) 705-5754 for more information and to register.



# Schools under accreditation scope

By Ignacio "Iggy" Rubalcava

222nd Base Support Battalion  
Public Affairs office

The quality of education that Baumholder's students are receiving is being placed under the microscope over the next three months.

All schools are receiving, or have already received, a visit from the North Central Association, the largest school-accrediting agency in the United States.

Smith Elementary School received a visit from the NCA team Feb. 11-13 and Wetzel was put to the test Feb. 17-19. Baumholder High School and Neubrücke Elementary School will have their visits in April.

"It went super. We got high accolades from them. They said our school fit the community perfectly," said Bill Rose, Smith Elementary School principal, after their visit from the NCA.

The official report will be sent out from the NCA in four to six weeks.

"If you didn't believe in God before you visited Smith, you would now," one of the inspectors told Smith educators.

"That was just really neat the way she said that," said Rose.

"They were just totally impressed with the caring that went out to the kids. We briefed them on the deployment and what's going on in the community too, but they didn't see that. They just saw loving, caring people, good kids and a good school," said Rose.

"Excellent," is how Debbie Brooks, Wetzel Elementary School principal, described the results of their accreditation visit.

"They want us to apply for another Sure Start class and that's



Photo by Ignacio "Iggy" Rubalcava

Amy Poole teaches Wetzel kindergarten students the proper use of vowel sounds by playing a recognition game.

what I'm working on right now because we think we're a needy community, so we could utilize another class.

"And then they wanted us to make some revisions to our plan by extending it to higher thinking levels. Our plan is to improve reading comprehension across the curriculum, and instead of just doing the basic comprehension of recall, they want us to use the higher levels such as applications synthesis and deeper understanding. So we're going to be in the process of making some revisions to our plan. We'll see what they have to say when we get the final report, but we did really well."

"Thanks for your thoughtfulness and help during our recent NCA visit. It was such a pleasure to visit Wetzel Elementary School. The staff, students and parents were friendly and eager to represent their school and community. Congratulations on the work you have done to raise student achievement," wrote Joan Roberts, NCA team leader, in a note to Brooks after visiting Wetzel.

"We need to try and improve parent participation in the School Improvement Plan and also try and get parents more involved in school," said Brooks. "But I have to say, at our reading night, a night for parents to come, Command Sgt. Maj.

Ann McDaniels and myself read our favorite childhood books and we had about 80 parents and kids here. We played reading games and really had a good time. Parents complimented this as they left. "I just think it's been a long hard deployment and maybe as the Soldiers return we'll see more participation in the school," she said.

All Department of Defense Dependents Schools are accredited by the NCA. The association accredits more than 9,000 public and private schools in 19 states and the Department of Defense Dependents Schools system overseas.

"DoDDS schools must meet high standards, and our schools always strive for continuous improvement," said Peggy Schmidt, DoDDS Kaiserslautern District Superintendent's Office public affairs officer.

At its heart, NCA is an accreditation and evaluation organization. To become a member of NCA, a school must meet NCA's standards, conduct a self-study and adopt a model of continuous school improvement that focuses on improving student performance over a five-year period.

Faculty members at Smith Elementary School say that this model focuses on improving student performance and must be accepted by the entire school staff. The continuous school progress committees of Smith Elementary School have spent the last two and a half years preparing for this visit.

The action plan and target goal statement of Smith is that "students will increase problem-solving skills across the curriculum," said Karen Hargrove, a teacher at Smith Elementary School. All students have been solving problems using the Understand, Plan, Do, Review process, known as "UP Doctor" by faculty and students.

Staff members have been planning and implementing lessons using the UPDR process on a regular basis. Problem solving strategies have been taught to improve skills across the curriculum, as well as lessons to improve social interactions. Parents have even been introduced to strategies that help their children solve problems by participating in family problem solving days that are held on a quarterly basis.

"This official accreditation is just one of the many ways that DoDDS works to provide the highest quality education possible," said Hargrove. "By meeting and even exceeding requirements set by the NCA, the staff of Smith Elementary is working daily to improve the education of all students," she said.

"Accreditation from a stateside agency means that our schools engage in a review by a third party, non-governmental association. This review takes place every five years with an on-site visit and through annual reporting by the school," said Schmidt.

The schools must work to meet standards of high quality by:

- \* Defining appropriate educational goals and providing educational programs to achieve them
- \* Maintaining a qualified faculty and an effective school organization
- \* Regularly assessing the quality of the educational program
- \* Responding to concerns of parents and needs of the local community
- \* Providing for continuity of quality programs
- \* Describing with accuracy the content of its services and programs
- \* Documenting continual educational growth for its students through the school improvement process.

"Official accreditation is just one more way that DoDDS works to provide a high quality education that is comparable to that found in stateside schools. By meeting and exceeding requirements set forth by NCA, our schools are regularly working to improve the educational achievement of all students," said Schmidt.



Photo by Ignacio "Iggy" Rubalcava

Children at Wetzel Elementary School pass by a yellow ribbon board decorated with the names of the many parents who are deployed in Iraq.

## Handcuffs, badges replace desert uniforms

By Ignacio "Iggy" Rubalcava

222nd Base Support Battalion  
Public Affairs Office

A company of artillery Soldiers from Missouri has deployed in support of Operation Enduring Freedom, but instead of desert camouflage uniforms they have been handed handcuffs, brassards and badges and are now patrolling the Baumholder military community.

They are the Soldiers of 2nd Platoon, Battery A, 1-129th Military Police Company (provisional) who have set aside their artillery pieces, retrained as Military Police and are now providing law enforcement services here while the 92nd MP Company prepares for a possible deployment.

"The law enforcement slice of the pie, that's what we're covering so that the other platoons that were covering law enforcement can prepare to go downrange if needed," said 1st Lt. Shannon Holaday, platoon leader.

Before deploying they completed a Military Occupational Specialty Qualification Course like any new enlistee and the noncommissioned officers completed a Basic Noncommissioned Officer Course or an Advanced Noncommissioned

Officer Course, whichever was commensurate with their grade and rank. So don't be misled, these are no second-string MPs,

They have also received law enforcement indoctrination, Baumholder-style, by those who know it best, the Soldiers of the 92nd MP Company.

"We went through a week of Baumholder specific law enforcement training where we focused on how things are done in this community," said Holaday. "That was all in the classroom, and then after that we went through about two-and-a-half weeks of OJT [on-the-job training] where we rode along with the MPs who are currently patrolling the road.

"We rode alongside of them the first half and watched them do their thing. In the second half we actually took over and drove, and they kind of shadowed us and helped us out if we needed any assistance," said Holaday.

"I can't tell you how good that OJT was, because until you actually experience some things you don't really put things together. The OJT, or the left seat, right seat, which is what they call it, for the last few weeks has been invaluable, and all my Soldiers tell me this," said

Capt. Tim Strohmman, company commander.

With all the classroom training and practical experience behind them, the Missouri National Guardsmen climbed into their cruisers and took over law enforcement duties for the Baumholder community March 1. "Our length of stay is approximately one year, but of course that's always subject to change based on the mission and other variables," said Holaday.

Doing business the MP way is a whole new way of thinking for these artillery men, but Holaday is confident that his Soldiers are well trained and focused on their mission.

"Initially we didn't really know what to think. You're asking an artillery unit to temporarily transition into an MP way of doing things. It's a different ideology. Artillery men are focused on the field, on doing things there, whereas MP training is not so. You want to keep peace in the community, keep order and show a presence in the community," said Holaday.

"It's just a different way of thinking. All of us didn't quite know what to think to start with, but everyone has embraced this mission and is doing very well with it now," said Holaday.

A question that springs to the fore from all of this is why retrain artillery Soldiers to become MPs?

"I think what the Army has found, based on the obvious recent events, is that there's a higher need for Military Police in today's environment. So they naturally sought out National Guard and Army Reserve Soldiers who could possibly help fill the MP need," said Strohmman.

"What they found is that some units that weren't being mobilized or utilized could fill the MP need. That's why they sought to convert some artillery units so that we could help out," he said.

Like any Soldier who deploys, they are separated from their families and of course they miss them.

"But as far as the mission is concerned, I think you ought to see them," said Strohmman. "They're motivated, they know they're making a difference and I think now that we've hit the ground and they're out of training and starting to do their law enforcement duties, we have landed and they're glad that it's happening.

"I think the general reaction at first was that some of them didn't understand the need and were probably really surprised to be retrained

as Military Police.

"I've always been a firm believer, though, that in times of uncertainty you place faith in the leadership," he said.

"Once we explained the situation, once we understood the situation, everybody learned to grasp the transition, so to speak, and they know what their mission is. They know they are to provide community law enforcement while others are going downrange. I think the reaction of uncertainty at first turned into a reaction of support," said Strohmman.

Strohmman explained that community law enforcement was just one aspect of their mission.

"While we're doing community law enforcement, the Soldiers who are going downrange have more time to train and complete their training so that when they do go downrange they'll be more prepared.

"I've explained that to my Soldiers and I take it to heart. I'm glad that we are doing something here in support of that because as you know, the more training or the better trained you are, the better you'll deal with situations. If that helps those Soldiers do their mission in Iraq then we can't help but be right," said Strohmman.



Photo by Ignacio "Iggy" Rubalcava

Meg O'Grady helps students prioritize their issues during the AFAP conference Feb. 19.

## ACS goes fishing

Army Community Services went fishing for new ideas Feb. 19 and 20 during the annual Army Family Action Plan conference. This year AFAP had a marketing plan and motto. FISH, which is short for Fresh Ideas Start Here, was this year's motto and it clearly tells the AFAP story.

Every year the AFAP staff organizes a conference that gives the community the opportunity to share quality of life issues with the installation and Army leadership.

Baumholder residents, civilians, family members, youth and military all had their chance to let their voice be heard at the annual AFAP conference.

AFAP is a grassroots initiative that allows anyone in the community to raise issues or submit recommendations about anything concerning the quality of life in Baumholder or within the Army community as a whole.

If an issue is beyond the scope of the local community it is forwarded to the next level of command for consideration at an AFAP conference at that level.

Delegates were selected to reflect the demographics of the community.

They were assigned to work groups that discussed the issues solicited from the community with the goal of obtaining resolutions.

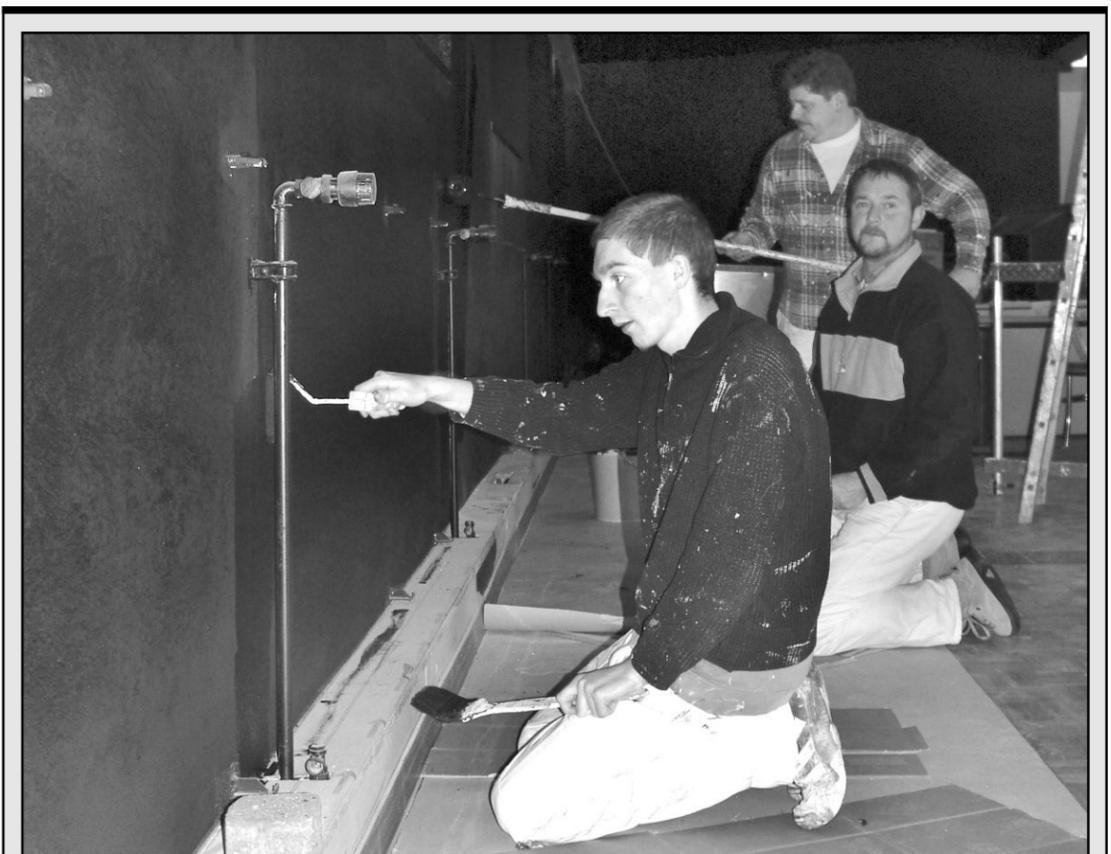


Photo by Ignacio "Iggy" Rubalcava

## Not your father's Rod and Gun Club

Contract painters apply new paint to the ballroom at the Rod and Gun Club that is scheduled to open in early May with a new high class disco look and concept, and even a new name. The club will be called Shooters and will feature dining and dancing and variety music including techno, rhythm and blues, rock and country. The new look will include glittering walls and ceiling, a brand new bar, neon lights and a bigger dance floor.

## Reintegration training a must for spouses

Across the Baumholder community, from Strassburg to Neubrücke and Smith to Wetzel, the word on the tip of everyone's tongue is redeployment. Baumholder Soldiers will soon return en masse, and it is time for everyone to gear up for their homecoming.

The Soldiers have been away from friends and families for almost a year so an acclimatization or as it has become known, a reintegration period, will be a must for every returning soldiers, officials said.

But soldiers are not the only ones who have been alone. Spouses and family members have had to deal with ample amounts of separation issues as well and will also need some time to reintegrate with their Soldier.

To help smooth out the bumps and waves of this delicate period, Army Community Service is conducting reunion/reintegration training for Soldiers and their spouses. ACS has offered this training since June 2003. Originally the program targeted spouses of deployed Soldiers, but in October 2003 the focus shifted to Soldiers as they were coming back to Baumholder. The program did an about-face Feb. 1, and focus is once again on the spouses and getting them ready for the reunion with their Soldier.

The goal of the reunion/reintegration train-



Photo by Ignacio "Iggy" Rublacava

The renovated Wagon Wheel Theater is filled to capacity during a Town Hall Meeting that doubled as a reintegration briefing where spouses were briefed on the seven-day reintegration plan by Lt. Col. Todd A. Buchs, 222nd Base Support Battalion commander.

ing is to reduce reunion stress, improve marital communication and teach family members how to recognize conflicts before they happen. All Soldiers are required to attend this training, but it is voluntary for spouses. ACS officials said they believe having both part-

ners in the marriage attend the training makes the adjustment back to daily life much easier on the family as a whole.

The reunion/reintegration training can and should be taken without the service member before he or she redeploys to

Baumholder. Since trainees will learn how to recognize signals and learn about potential behaviors that may indicate a need for help, it is better to have the knowledge before the Soldier's return. A discussion group deals with resolving family conflicts. This might include how to deal with a child's resentment to introducing the Soldier back into the family dynamic as a parent.

Another hot topic is communication. A point of interest there is how to cope with handling the finances jointly again. These are all issues that if thought about before redeployment, can save families from a lot of tension and frustration.

Any spouse can attend the training held every Wednesday from 8:30 a.m. to 1:45 p.m. by calling ACS and reserving a space. Child care is available provided the children are preregistered with Community Youth Services and reservations are made with ACS in advance. Family Readiness Groups are urged to contact ACS to schedule training as a group. ACS will even come to you. Ask your FRG leader to contact ACS and schedule your next meeting with ACS. Call mil 485-8188 or civ (06783) 6-8188 to reserve your space or learn more about conducting reunion/reintegration training at your next FRG meeting.

## Children: a military child's perspective

**Commentary by Chaplain Michael Joseph Cerrone III**  
*Special to the Herald Union*

Mothers have their day in May, and fathers have theirs in June. Since many military fathers and mothers have more than one or two youngsters, why not have a whole month for military children? Weather-wise "March comes in like a lion and goes out like a lamb." Maybe that's why Department of Defense officials suggested this month, thinking of children who, at first, fiercely oppose any move away from their friends and familiar surroundings, but, at the other end, find new friends and even happier times.

March should "march in" to an "upbeat drum" for a whole lot of us who are happy to be "Army brats," as I myself was during the 1950s and '60s. Of course, I don't mean that military children should be real brats by misbehaving or having a bad attitude. Military parents shouldn't have to become "lion tamers" in order to teach their chil-

dren respect, consideration, and cooperation. Parents do need to become "good shepherds" and model those human virtues and Army values, which enable children to become "gentle as lambs."

That's how the 19th century Italian priest, Saint John Bosco, envisioned the work of his religious society of priests, brothers and sisters. He intended his Salesians to be spiritual fathers and mothers, who train and educate disadvantaged boys and girls, not only to be competent workers and good citizens, but also to be saints — morally wholesome and spiritually holy. While he himself was still a young lad, he had a dream, wherein he tried to stop a crowd of boys from fighting with each other, by striking the instigator with his fist. His dream turned into a nightmare when the boys turned into a pack of raging wolves. Suddenly a beautiful lady appeared and the wolves turned into lambs, happily playing in the meadow. She told John that only by prayer, patience, and kindness could he transform young rowdies and

ruffians into gracious gentlemen. The beautiful lady was the Mother of Jesus. Her lesson to him is a great lesson for us all.

Growing up as an Army brat meant for me travel with my family to see fascinating places and experience a much wider world than most of my cousins did, who grew up and stayed their whole lives within a 50-mile radius of where they were born. Besides that, March is special to me because it's the month that my mother, an Army wife, gave me my first sister, born at Fort Dix, N.J. Among my duties as big brother was to protect and defend her against "all enemies, foreign and domestic," which included neighborhood bullies. The Army family of my childhood would eventually grow to five of us "brats."

But most of all, for my family and for most Army families in those years long ago, faithfulness to God and country was a way of life. Religiosity and patriotism were never conflicting virtues in my military childhood. In fact, my vocation as a priest in military ministry is rooted

in my family's relationship with the chapel community and our "paratrooper padres," for whom I frequently served at the altar of God. Pro Deo et Patria.

And, don't you know, that Pope John Paul II is himself the son of a career Army man? Speaking to military men and their families a few years ago, he said, "Thank you for your courageous pacification work in countries devastated by absurd wars or natural calamities, without being concerned about the risks you take... Be men and women of peace. And to do this fully, welcome Christ, the author and guarantor of true peace, into your heart. He will give you that evangelical fortitude which enables you to conquer the seductive temptations of violence. It is not easy to be a member of the family of a military man, because one must share the troubles his mission entails. However the family is the main support for each one of you. What is loved is defended, and where does one learn to love peace and life if not in the family?"

### Learning curve Education Center news

#### Computer literacy

Baumholder's Adult Education Program offers a Basic Computer Course beginning March 29. Call mil 485-8891.

#### Info systems

The University of Maryland has added the IFSM 300 Course titled Information Systems in Organizations to the next Term's schedule. Register by March 27. Call mil 485-6178.

#### Rock on

Idar-Oberstein is the ideal place to make practical use of the University of Maryland's upcoming course in geology. Register now at the education center.

#### Growing a child

Central Texas College offers a Child Growth and Development Course at the end of March. The course focuses on physical, cognitive, social and emotional domains of development. Call mil 485-6664.