

221st BSB – Wiesbaden, Wackernheim, Dexheim

Schools help students cope with deployment extension; VTC planned

By Lauren O’Gara
Special to the Herald Union

When the Department of Defense announced that 1st Armored Division units would be extended in Iraq, members of the Wiesbaden community let out a collective gasp. A large group of Soldiers from the 1st AD was due back home within a week of the announcement. Soldiers of the 1st AD have served in Iraq since spring of 2003 and now aren’t expected to return home until late summer.

Despite the news, a positive light is beginning to shine. Both the schools and community have been working hard to boost the morale of the families.

“The schools in communities affected by the extension are working hard to retain a sense of normalcy for children of deployed parents,” said Frank O’Gara, a Department of Defense Dependents Schools spokesperson. “DoDDS has issued deployment and reintegration goals that specify the roles and responsibilities of principals, psychologists and teachers during these trying times.”

Elementary schools are making sure spouses are still taking an avid interest in their children’s studies. Aukamm Elementary School will keep their Media Center open one morning a week during the summer to promote family-based leisure and learning time. They also sponsor Parent Nights that include family events such as bingo and line-dancing.

High schools are trying to take the additional pressure off the already stressed-out students. According to Ben Arcila, Gen. H.H. Arnold High School psychologist, the counseling staff has acted as a support system to many teens of deployed parents.

“We are dealing with students on an individual basis to talk about concerns and issues they have,” Arcila said. School officials have also concentrated on helping students on the D and F list, who often have a deployed parent, to cope and bring their grades up.

Dan Parker, son of Staff Sgt. Robert Parker, was dismayed to learn that his father was going to stay in Iraq until mid-August, three



Photo by Mike Smiley

Family members wave during last year’s Gen. H.H. Arnold High School graduation. After the deployment of several Wiesbaden units last year, Department of Defense Dependents Schools and the 221st Base Support Battalion teamed up to provide a video teleconference ceremony for the families and deployed Soldiers. Following the news of the extended deployment of 1st Armored Division, officials intend to repeat the service for this year’s ceremony.

months after his original return date.

“I miss talking to him about everyday things, having him come to soccer games, just normal stuff,” said Parker. Though he misses the little things about his father, he said he does see the big picture.

“The Soldiers give the Iraqis clothes, food and freedom. As long as my dad returns safely, the mission is worth his sacrifice,” Parker said.

Perhaps the hardest hit by the news of the redeployment were those students preparing to graduate this year, whose parents will now miss their long-awaited high school graduation.

Last year’s successful video teleconference of Gen. H.H. Arnold’s graduation ceremonies has prompted DoDDS officials to once again partner with the military to host another VTC of graduation ceremonies at four 1st AD communities — Wiesbaden, Baumholder, Hanau and Giessen.

This way Soldiers can see their sons and daughters graduate from locations down-range.

The Wiesbaden community is also providing support for the spouses and families left behind. Scheduled VTCs take place at the 1st AD Headquarters at Wiesbaden Army Airfield for a few minutes of one-on-one time.

Family Readiness Group leaders host meetings and provide spouses and families important updates as well as a wide variety of activities they can get involved in throughout the community.

A six-month deployment was a sacrifice, then a year became a stretch, and now the “Welcome Home Daddy” banners scattered about the 1st AD communities are being put away until later this summer. But members of the 1st AD communities are doing their best to keep their chins up, their heads held high as they gear up for the eventual homecoming of sorely missed friends, spouses and parents.

Summer fun planned for youths

By Karen Edge

221st Base Support Battalion Public Affairs Office

Wiesbaden's Child and Youth Services program is gearing up for the 2004 summer camp season which opens June 14 and runs through Aug. 13. Registration is currently under way.

University students working as Camp Adventure counselors arrive June 6 to receive CYC training and will be ready to open the summer camp season with a blast.

Weekly activities and experiences being offered include themes such as "Fintastic" jamboree, enchanted emerald city of Oz, outrageous Olympic odyssey and top secret missions and expeditions, secret agents, spies and private eyes, Uncle Sam's stately salute and a bugapalooza bas. These adventures are planned for school-age children, ages 5 to 12.

"It's anticipated that this summer's camp activities will be nothing less than awesome for the children and the youth of the 221st Base Support Battalion. The program will augment the School Age Services program, combining tracks with Camp Adventure themes to create the Ultimate Adventure of Summer," said Denise Faison, CYC director.

"The Youth Services program provides fun for youths in middle school and high

school, grades six through eight and nine to 12, respectively. A special feature this year is that we will join many of the Dexheim and Wiesbaden programs, to expand the options for older children as well as provide many more opportunities to travel," she said.

All specialty camps are open to middle and high school children and are free to all participants. Children of 1st Armored Division Soldiers will have priority for participation in these camps. Specialty camps are available to children enrolled in the CYC program.

These include Space Camp, from Aug. 15-29 in Transinne, Belgium; Teen Adventure Camp July 19-23 at Camp Heritage in Grafenwöhr; and Ropes Camp in Bitburg. Trips will be offered every other week with additional seats available for parents, FCC providers and community residents who are CYC-enrolled.

"Our younger children will not be left out of the fun and travel this summer," Faison added. "While they have fewer away trips, both the preschoolers and kindergartners will enjoy such trips as the Opel Zoo and the Fasanarie."

For more information and a copy of the SAS summer schedule visit the Central Enrollment Office in Building 7790 in Hainerberg Housing.



Photo by Cassandra Kardeke
A young child takes a ride on a slide during Child and Youth Services' Kinderfest last month. CYC has plenty of activities planned for community youths during the summer months.

CYC happenings

The Child Youth Services Center is planning several sports camps for area children and young adults. A special Cheerleading Camp is in the works for sometime in the July-August time frame.

◆ A free three-on-three basketball tournament is scheduled for June 4, from 7-9 p.m. in the Youth Services Gym, Building 7775.

◆ There is an End of School Block Party slated for June 10, in the Youth Services building.

◆ Movie Night is June 11 and will feature an action-thriller from 7-9 p.m., also in the Youth Services building.

◆ Basketball registration begins June 21. Games start July 10 and run through Aug. 14 with the season finale.

◆ Parent's Nights Out are scheduled for May 22, June 12 and July 17. The Wiesbaden Army Airfield Child Development Center hosts Opportunity Days for 1st Armored Division families every Thursday from 8 a.m. to 5 p.m. Call mil 337-5522 for reservations.

Wiesbaden happenings

May 25 Bouldering with Outdoor Recreation

May 26 Frankfurt shopping trip with Outdoor Recreation; Employment Fair at the Community Activity Center

May 27 ACS Travel Fair; free bowling

May 28-29 Amsterdam trip with Outdoor Recreation; "Art" production at the Amelia Earhart Playhouse

May 29 Rheinland Pfalz mountain biking with Outdoor Recreation; 20-K Bike and 10-K Fun Run with 221st Fitness Center; Dachau concentration camp tour with Outdoor Recreation

May 29-31 Scuba diving with Outdoor Recreation

May 30 Dining out with Kontakt Wiesbaden

June 2 Kontakt Wiesbaden meets at Kleinfeldchen Restaurant; Kontakt Dexheim meets at the Single Soldier Lounge

June 3 Free bowling

June 3-6 Inline skating with Outdoor Recreation

June 4 3-on-3 basketball tournament with Youth Services

June 5 Fishing with Outdoor Recreation

June 6 Scuba diving or hiking with Outdoor Recreation

June 8 Shopping trip to Koblenz with Outdoor Recreation

June 9 Shopping trip to Michelstadt with Outdoor Recreation; Kontakt Wiesbaden meets at Kleinfeldchen

June 10 End of School Block Party with Youth Services; Free bowling

June 11 Military Spouse Appreciation Day; movie night with Youth Services

June 12 Bingo bowling in Dexheim; Parents Night Out

June 14-18 Vacation Bible School in Dexheim

June 17 Free bowling.

Well-earned recognition

Volunteers inspire by example

By Rushanda Farmer
Special to the Herald Union

Much the way steel reinforces concrete to make a structure strong, the work of volunteers strengthens a community. Their efforts were celebrated at the annual Volunteer Recognition Ceremony at Wiesbaden Army Airfield April 28.

Of 1,444 active volunteers, 760 were recognized during the ceremony at the Community Activity Center. Volunteer contributions were especially important this year because they helped support the families of deployed Soldiers. Together they volunteered a total of 29,670 hours with a dollar value of \$452,176.

Volunteers serve in various capacities, and their contributions to the quality of life in the Wiesbaden community are immeasurable. Volunteering isn't simply nice to do, it is necessary to maintaining services in the community. What would our lives, our communities, our country be like without people from all walks of life — people from small businesses, faith-based organizations, low-income communities, families, youth and older adults — volunteering to extend a helping hand to those in need?

Volunteer opportunities are widespread throughout the Wiesbaden community. The Army Volunteer Corps program needs hard-working volunteers to assist with data entry and filing. The Mobilization and Deployment, and Family Advocacy Program offices need volunteer administrative assistants. Coaches are always in demand for youth sports, and instructors are needed to teach

sports and fitness classes. Volunteers are continually needed and appreciated.

National Volunteer Week, a national tradition since 1974, raises awareness of the vital contribution volunteers make to their community. This year's theme, "Volunteers In-

spire by Example," reflected the power volunteers have to inspire not only other people to volunteer, but the people they serve.

Community members interested in volunteering should call the volunteer coordinator at mil 337-5034/5754 or civ (0611) 705-5034.



Photo by Cassandra Kardeke
Without the help of volunteers mail would pile up fast at the community mailroom at Wiesbaden Army Airfield.

221st BSB – Wiesbaden, Wackernheim, Dexheim



Photos by Cassandra Kardeke

Action and adventure await vacationers at several Center Parcs throughout Europe. Left: An instructor looks on after showing a youth how to ride an all-terrain vehicle. Above: Zipping through the sky on a wire is just one of several daring activities vacationers can sign up for. Below: Climbing up a 30-foot tower is one thing, but learning how to rapel down is quite another. Vacationers can sign up, get instruction and enjoy many adventurous and relaxing activities year-round.

Resort caters to families

**Commentary by
Cassandra Kardeke**
221st Base Support Battalion
Public Affairs Office

It started out a little like an episode of the “Mission Impossible” television series.

My mission — to find a weekend getaway that was appealing, affordable, relaxing for me and exciting for my teenage son. The trick was not to have my wallet self-destruct before the vacation was completed.

After days of searching through travel agency brochures, advertisements and websites my husband found a clue to the ideal getaway.

For four days I could unwind, enjoy the sauna, get a massage and wander trails around a lake while

our teenager was busy rappelling from 30-foot towers, going white-water rafting, quad racing and enjoying other activities.

With 19 parks throughout Germany, the Netherlands, Belgium, France and Great Britain, Center Parcs seemed liked just the thing we were seeking — vacation packages for families at reasonable rates.

The www.centerparcs.com website features information in English on all of their parks and services. Each park has a variety of accommodations ranging from small cabins for two people to larger cabins and villas for large groups.

To save money, vacationers can bring their own linens and towels or for an extra fee have the park supply what is needed. Most of the cabins come equipped with a kitchen, cooking and eating utensils, bedroom, bathroom and living room. Meals can also be purchased with the room. Most of the parks offer an “All American Breakfast” buffet package as well as a buffet dinner. Several parks also feature more than one restaurant.

Once our cabin was booked and the meals taken care of, we began planning our recreational activities. I knew immediately when I saw a Japanese spa and garden and personal massages available at De Huttenheugte, a Center Parcs facility in the Netherlands, that it was where I wanted to spend the majority of my time. Fortunately there were also plenty of activities to



keep a teenager busy.

Each park offers an action pass which allows for three activities. It’s best to order an action pass for each full day there. Action passes cost €20. Waiting until you arrive to choose which activities to participate in is recommended. Included with your reservation is unlimited use of the indoor water park for each person in your group.

Once you arrive, you will find little use for your car. All services and activities are on the park grounds and within walking or biking distance. Bicycles are available to rent by the day, weekend or week or you may choose to bring your own.

With summer right around the corner this is a good time to start planning your vacation. Check out the June 8 issue of the *Herald Union* for another vacation spotlight.



Vacation spotlight



Arrows point out the directions to services and activities available at a Center Parc resort in the Netherlands.



Capt. Jacob Brown, a dentist with the Wiesbaden Dental Clinic, and Korrie Grahmann, dental assistant, perform an oral exam on a patient.

Clinic urges patients to be seen before 1st AD returns

Story and photo by
Karen Edge
221st Base Support Battalion
Public Affairs Office

Active duty family members needing dental care are encouraged to get it now, before the return of the 1st Armored Division, said Wiesbaden Dental Clinic officials.

The clinic is currently staffed with Reservists, but they won't be here much longer, and once the 1st AD returns appointments will be limited.

"The priority of care is for active duty personnel. Family members are in the next level, followed by retirees and finally Department of Defense civilians, who have to pay for services rendered," said Lt. Col. Naomi Horowitz, Wiesbaden Dental Clinic commander.

"When 1st AD returns from their deployment, I anticipate a massive influx of active duty care. Many of our family members who have dental insurance may seek care on the

economy because appointments will be hard to make at that time."

The American Dental Association recommends that a child be seen by a dentist as soon as his or her first tooth erupts or no later than the first birthday. Adults and children should visit a dentist regularly, with two cleanings recommended yearly.

"The need for a dental cleaning is based on the oral status of the child or adult. If there is no dental plaque, calculus or gingivitis, a dental cleaning is not necessary. Once again, the diagnosis is based on the condition of the oral cavity," Horowitz said.

"Patients should first schedule a dental exam to determine what his or her dental needs are. We can schedule appointments once we have a treatment plan."

United Concordia Dental Insurance covers all dental cleanings, dental fillings, root canals and extractions up to

\$1,200. For crowns and dentures there is a 50 percent co-payment. All of the dental treatment received on the economy is completed on a reimbursement basis.

Detailed instructions are available at the dental clinic, which is open Monday through Friday from 7:30-11:15 a.m. and 12:30-4:15 p.m.

Emergency dental care is also available through the Wiesbaden Dental Clinic.

"Many people forget that we are available for emergency dental care," said Horowitz. Emergency dental care is just that, however, and a follow-up appointment must be made. The on-call dentist will provide basic care, but the patient will have to return for any in-depth work.

Anyone with a dental emergency after hours can call the Wiesbaden Military Police desk at mil337-5096 or civ (0611) 705-5096 to get in touch with the on-call dentist.

221st BSB – Wiesbaden, Wackernheim, Dexheim

Community news notes

Free bowling

Spouses and families of deployed Soldiers can bowl for free at both the Wiesbaden and Dexheim Bowling Centers every Thursday from 3-6 p.m. during Iron Family Bowling. Shoe rental is also free. Contact your Family Readiness Group leader to obtain your Special Programs Pass.

Baseball players wanted

The Dreieich Vultures, a German baseball club located near Frankfurt, seek players and coaches. The club features baseball and softball teams of all ages for both men and women. Players of all skill levels are welcome. For more information send an email to president@vultures.de or call civ (06074) 861 650.

Career at home

Stay at home with your children and have a career. Join the 221st Base Support Battalion Family Child Care program. Receive free training and nationally rec-

ognized accreditation. For more information call mil 338-7729 or civ (0611) 380-7729.

Job availability

The Women, Infants and Children-Overseas Program has an opening for a full-time administrative assistant in the Wiesbaden WIC-O Office. If you like working with mothers, babies and children, have some computer experience and organizational skills, this may be the job for you. Fax your resume to mil 338-7836, civ (0611) 380-7836 or call mil 338-7837, civ (0611) 380-7837.

Fishing with CDC

The Dexheim Child Development Center will celebrate National Fishing Week June 1-7 with fishing trips to the Rhein River. Call mil 334-5667 or civ (06133) 69 667 for details.

School registration

Registration for all Wiesbaden schools is now in progress for next school year. Even if your child is

currently a student, you must re-register for the coming school year. Limited registration is also available online at www.registration.eu.odedodea.edu. For more information call mil 337-7004 or civ (0611) 705-7004.

Bingo bowling

The Dexheim Bowling Center hosts Bingo Bowling June 12 from 1-8 p.m. Bowl a strike in specific frames for your choice of free prizes and tours.

Office closure

The Wiesbaden Transportation Office, Transportation Motor Pool and Property Book Office are closed on all U.S. holidays as well as upcoming German holidays May 31 and June 10-11.

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.

Help needed for Girl Scouts

The Girl Scouts are in need of a new Overseas Committee chairperson. This is a full-time volunteer position. For more information call civ (0611) 174 852.

Meet at Rheinblick

Hold your next gathering at the Rheinblick Golf Course. The conference facilities are free when combined with a catering package. Rheinblick also offers unit tournament packages starting at \$20 per person which include lunch, equipment rental and a range token. For more information call mil 336-2816.

Outdoor Rec tours

Join Wiesbaden and Dexheim's adventure experts at Outdoor Recreation for trips to **Paris, Disneyland Paris, kayaking, Legoland Germany, Six Flags Holland** and **white water rafting in Austria**. For dates or to sign up for a trip call mil 337-5760 or civ (0611) 705-5760.

New commander

Members of the Wiesbaden community are invited to attend a change of command ceremony for the Wiesbaden Contracting Center June 9 at 10 a.m. at the Community Activity Center on Wiesbaden Army Airfield.

Tax assistance

The Tax Assistance Center is available for all Soldiers, civilians and family members to help prepare 2003 tax returns. Located at Heer Strasse 31 in Building 1255, the Tax Center is open from 9 a.m. to 4 p.m.

Monday through Thursday, from 9-11 a.m. and 1-4 p.m. Friday. The office is closed daily from 11:30 a.m. to 1 p.m. for lunch. For more information call civ (0611) 705-6506.

Family inprocessing

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

Youth sponsorship

Teens in grades six to 12 are needed to act as ambassadors to other teens moving into the 221st Base Support Battalion area. Youth sponsorship training will be held at Army Community Service, Building 7790, Room 22 from 3:30-5 p.m. July 7, Sept. 8 and Nov. 10. For more information call mil 337-5034 or civ (0611) 705-5034.

Bundespost Office

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. to mail letters and packages. Customers can no longer pay bills through the Bundespost.

Spouses welcome at inprocessing

Spouses of Soldiers are encouraged to attend inprocessing with their sponsor at the Welcome Center. Inprocessing is an important tool in integrating new Soldiers and families into the Wiesbaden community. Classes include safety, Army Community Service and Army Family Team Building, education, force protection, beginning German and many more. For more information call mil 337-5419 or civ (0611) 705-5419.

BOSS meetings

Better Opportunities for Single Soldiers meets the first and third Thursday of each month at 2 p.m. at the BOSS Center, Building 1052 at Wiesbaden Army Airfield.

Massages available

Massages by a certified massage therapist are available at the Community Activities Center and Tony Bass Fitness Center at Wiesbaden Army Airfield. To schedule an appointment call mil 337-5943 or civ (0611) 705-5943. Massages are also available at Dexheim Fitness Center. For an appointment call civ (06133) 925 558.

Veterans briefings

The Army Career and Alumni Program offers information on a wide variety of veterans benefits available to Soldiers and their family members. Briefings will be held in Wiesbaden June 3 and 24, July 21, Aug. 12 and Sept. 9. Call the ACAP office at mil 337-5709 or civ (0611) 705-5709 to sign up.

Aerobics classes available

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, \$2 each, are held at the Tony Bass Fitness Center on Wiesbaden Army Airfield.

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.

Couple communication

Learn skills for effective talking, listening, conflict resolution and anger management to help you and your partner build a more satisfying relationship. Couples communication workshops are held at Army Community Service, Building 7790, Room 23, in Hainerberg Housing. For more information call mil 337-5297 or civ (0611) 705-5297.

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.

AFTB for youth

The Army Family Team Building program offers classes and workshops for youths. Upcoming classes include Organizational Skills/Time and Meeting Management, Military Acronyms/Protocol and Flag Etiquette, and Financial Management and Budgeting. Classes are limited to 15 students and are offered at Army Community Service, Room 22 after school. To sign up or for more information call mil 337-5754 or civ (0611) 705-5754.

222nd BSB – Baumholder, Neubrück, Strassburg

Child and Youth Services

Child Care

Child Care is available for the Family SRP scheduled on May 28 at 9 a.m. at the dispensary CDC. Call mil 485-7003 for reservations.

Hourly child care

Families of E-5 deployed Soldiers can now receive 10 free hours per month of respite care. Call for reservations.

Infants to kindergarten care is offered at the Dispensary and Strassburg CDCs.

Kindergarten care is offered at Wetzel and Smith CDC.

First through sixth grade care is offered at Wetzel SAS, mil 485-7475; Smith SAS, mil 485-6641 and Neubrück SAS, mil 485-7731.

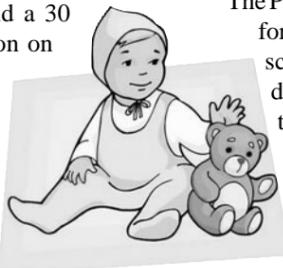
ACS

Classes, meetings

Army Community Service offers the following support group meetings, classes and special events in May. Reservations for all classes may be made by calling mil 485-8188.

Food for thought

Come to the Family Readiness Group room in Wetzel every Friday from 8:30-10:30 a.m. when Army Community Service presents Food for Thought. A free hot breakfast, free child care and a 30 minute presentation on a topic of interest to military spouses is offered. A project for the kids to help them cope with deployment is also presented. Call ACS to make reservations at mil 485-8188.



Register now

Register for the Army Volunteer Corps and the Baumholder Buddy program every Tuesday in May at the Baumholder commissary. The next registration is May 25. Registration will also be held May 27 at the community mail room and May 28 at the post exchange.

Deployment group

There is a deployment support group meeting May 26 from 9-10 a.m. at the Rheinlander.

FRG forum

A Family Readiness Group forum is scheduled for May 26 from 11:30 a.m. to 12:30 p.m. in the Army Family Team Building classroom. Participants are encouraged to bring a brown bag lunch. A microwave

Baumholder happenings

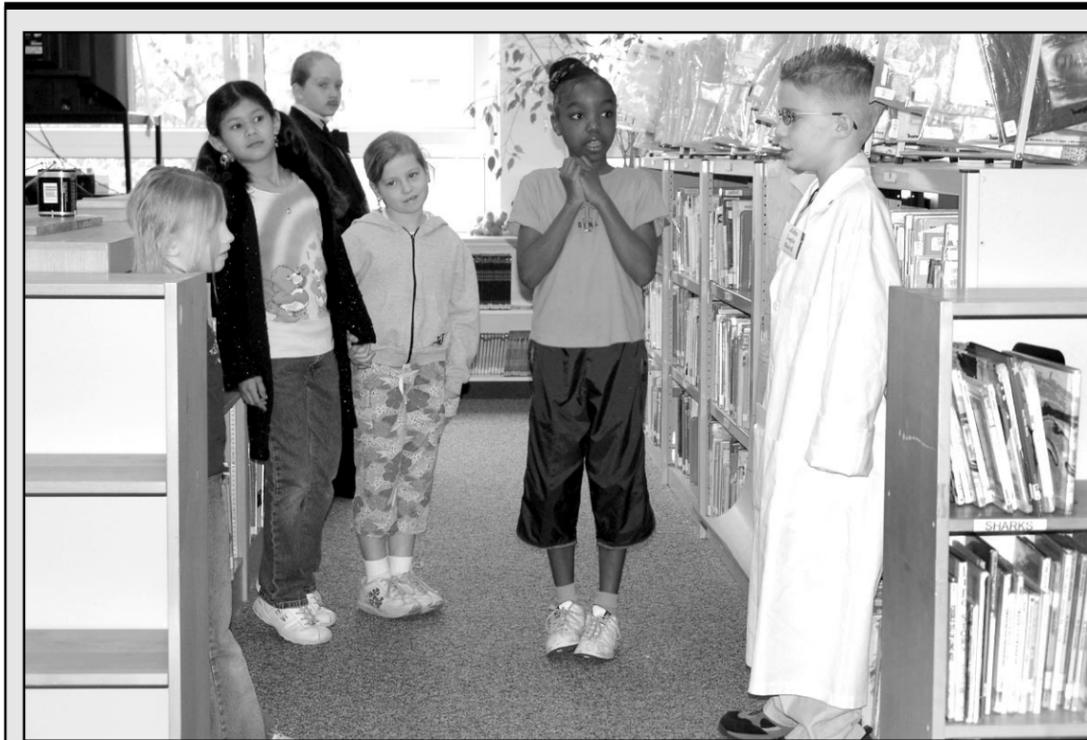


Photo by Ignacio "Iggy" Rubalcava

Living inventor tells it like it was

Students at Smith Elementary School listen as a "living inventor" tells them about his childhood, his life and the benefits of his invention. Each participating fourth- and fifth-grade student picked an inventor, researched the inventor's life and then had to become the inventor. Each student had a list of four questions they were responsible to have answers for. The project tied into the Department of Defense Dependents Schools science and social studies programs, and since the students had to write their scripts it also augmented the school's language arts and writing programs.

oven is available.

Playgroup

The Parents and Tots Playgroup for children from birth to pre-school meets every Monday from 10-11:30 a.m. at the Iron Kids play group room in Building 8222.

Nurturing parents

Empowering Nurturing Parents, a group for nurturing class graduates to continue their learning meets every Tuesday from 10-11:30 a.m. at the Iron Kids play room in Building 8222.

Coffee break

The Spouse's Coffee Break, a support group for all military spouses, meets every Wednesday and Friday from 10-11:30 a.m. at the Iron Kids play room in Building 8222. Participants are encouraged to bring their children.

Equality

Together – But Equal roles is available May 27 from noon to 2 p.m. at ACS.

Parent training

Training Your Parents focuses on helping youth resolve family issues and it is offered every Thursday from 3:30-5 p.m. at ACS, Build-

ing 8746. The class is offered to adolescents 8 to 12 years old and a similar program for teens is available Fridays from 3:30-5 p.m.

Commissary

Case lot sales

Commissary case lot sales are being offered at Strassburg, Neubrück and Baumholder May 28-30.

Strassburg sales are May 28 from 11 a.m. to 6 p.m. and May 29 from 11 a.m. to 4 p.m.

Neubrück sales are May 28 from 11 a.m. to 6 p.m. and May 29 from 11 a.m. to 5 p.m.

The Baumholder sales are May 29 and 30 from 10 a.m. to 7 p.m.

For more information call mil 485-6666.

Win a car

The Baumholder commissary holds a Frito Lay drawing May 26. The grand prize is a Mustang automobile.

Chapel

Operation FEED

Operation FEED, Families Enduring Extended Deployment, is a

community chaplain's sponsored event to assist spouses with Soldiers downrange to deal with the challenges of the extended deployment. Operation FEED will offer a free overnight stay at Hambachtal Retreat Center for spouses and their children. There will be short seminars on various topics of interest to spouses. Activities are also planned for children. Limited reservations are available so call today to make your reservation at civ (06783)6-1570.

Operation FEED dates are June 29-30, July 6-7, 13-14 and 20-21.

Dining facilities

Family dinners

Come out for family night dinners at the 2nd Brigade and Strassburg dining facilities. Dining facilities offer nutritious meals at a reasonable price, with a wide variety of menu items to choose from. Both dining facilities offer their family night dinner May 27 from 4:30-6 p.m.

All dining facilities serve brunch on weekends and U.S. holidays from



9:30 a.m. to 1 p.m.

Education Center

College courses

Registration for college and adult education programs for Term V runs through June 4 at the Education Center, Building 8332. Term dates are June 7 to July 30. A variety of credit and noncredit courses are being offered.

Operation Health

Operation Health is now under way at the Digital Learning Center. The course is offered Mondays and Fridays from noon to 1 p.m. and runs for eight weeks. Come and join the others who are changing their bodies and minds.

Post exchange

Free cappuccino

Rent three new releases at the regular price and receive a free cappuccino May 27. The Shoppette holds an Outdoor Living Sale May 28-31.

Shoppette patrons can register now to win an M&M beanbag. The drawing will be May 29 at 2 p.m. For more information about exchange offers call mil 485-6275.

Calendar

Holidays, events

May 25, Town Hall Meeting, 4 p.m. at the Rheinlander

May 26, LINKS, 10 a.m. at the Rheinlander

May 28, USAREUR training holiday

May 31, Memorial Day and German holiday (no school)

May 27, Whitsun market at St. Wendel

May 29, Flea Market at Metz, France

May 29, Team Triathlon Competition at Kusel

May 29-30, Volksmarch at Reichweiler.

Business Operations Division

Free bowling

Strikers offers free bowling every Thursday from 3-6 p.m. for families of deployed Soldiers.

Strikers specials

Monday Night Madness is offered 5-11 p.m.; Tuesday Nifty Fifties Night is 5-11 p.m.; Wild Wednesdays are at 5 p.m. with a \$5 cover charge and 25 cents games; Early Birds Bowling is on Thursdays from

222nd BSB – Baumholder, Neubrücke, Strassburg

Baumholder happenings

11 a.m. to 2 p.m.; Thursday Color Pin Bowling is from 6-11 p.m.; Friday Kids' Night Out is from 6-11 p.m.; Saturday Cosmic Bowling is featured from 8 p.m. to 1 a.m.; and Sunday Family Bowling is 1-9 p.m.

Cinema night

Shooters offers a Kids' Cinema Night on Thursdays beginning at 5 p.m.

Rudy's

Grab Bag Night is held every Thursday from 5-10 p.m. at Rudy's in Strassburg. For every purchase of \$5 or more, customers can grab for a chance to win a prize.

Community Recreation Division

Adventure trips

Outdoor Recreation offers the following adventure trips in May.

May 28-31, Scuba trip to Croatia
May 28-31, White water rafting in Austria.

To participate in any of these trips call mil 485-7182.

Free shuttle

A free shopping shuttle to the Ramstein and Vogelweh exchange facilities is offered by Outdoor Recreation. Advance reservations are required and may be made by calling Outdoor Recreation at mil 485-7182.

Trips are offered to Ramstein on Tuesdays and to Vogelweh on Thursdays. Call Outdoor Recreation for departure times. A coupon for 20 percent off purchases and a coupon for \$2 off lunch will be offered to 14 people per trip.

Be creative

Arts and Crafts offers a scrap booking club and instruction session May 26.

Express shuttle

A free Saturday express shuttle is offered to families of deployed Soldiers. Call mil 485-6115 beginning the Monday prior to the trip. The following trips are planned:

May 29, Miramar Swim Adventure in Weinheim.

Visit Mickey

A sightseeing trip to Disneyland Paris is scheduled May 29. Call mil 485-7182 for details.

Rolling Hills Athletic Club

Free family swim nights are offered Fridays from 6-9 p.m. through July.

Swim nights feature games and activities for kids.

Rolling Hills Golf Course/Pro Shop

Thursday Night Golf Scrambles are now under way. Sign up in the Pro Shop from 3-5:30 p.m. for a shotgun start at 6 p.m. Entry fee is \$10, nonmembers pay greens fees.

Titleist day

A Titleist demo day is scheduled May 30 from 11 a.m. to 4 p.m. A 10 percent discount off non-clearance Titleist items will be offered.

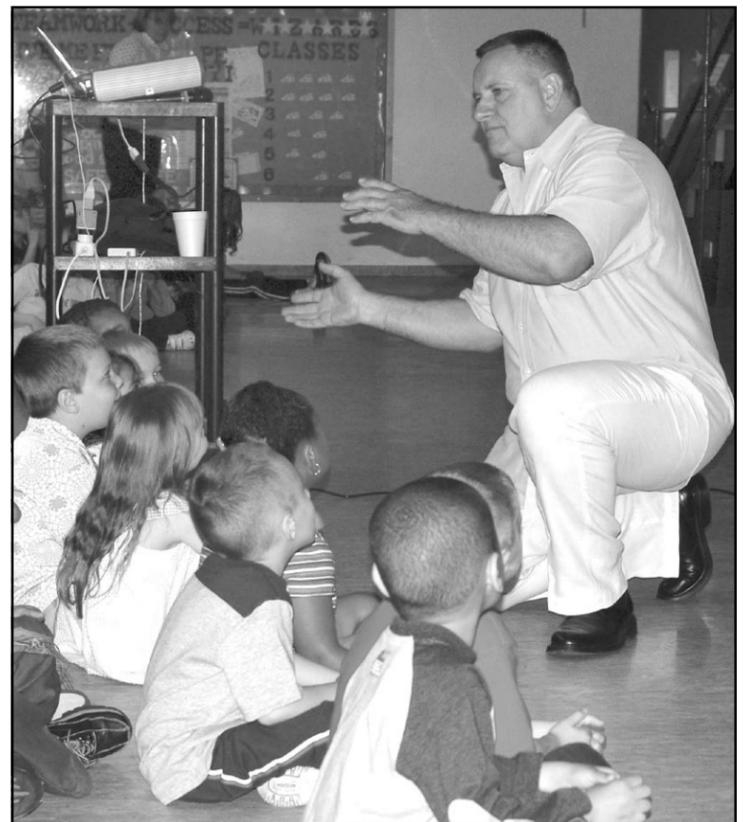


Photo by Ignacio "Iggy" Rubalcava

Children's author Michael Sampson entertains children at Wetzel Elementary School with stories about his travels around the world which he writes about in his children's books. He came to Wetzel Elementary on May 17 to share his books and to inspire students to write and read. While here he also held a book signing session at the BookMark.

Strikers opens with quality to spare

By Ignacio "Iggy" Rubalcava
222nd Base Support Battalion Public
Affairs Office

A sign reading "Enter at your own risk," would not have been so out of place on the rusty metal fire doors that used to greet visitors to Baumholder's old bowling center. These doors are now a thing of the past. They have been replaced by pane glass windows and a kinder, friendlier entrance. Above the doors hangs a neon sign proclaiming the bowling center's new name, Strikers. Inside it's a whole new bowling center from top to bottom, and it happened in only three months.

Almost 200 residents turned out for opening day when speeches, prizes, free food and yes, free bowling passes were the order of the day.

"It's been a goal of ours here at the BSB for some time now ... to bring a better quality of life here to the Baumholder community, because the bottom line, when it all comes down to it, we owe it to our families, we owe it to our Soldiers who are downrange right now serving their country, said Lt. Col. Todd A Buchs, 222nd Base Support Battalion commander, during the opening ceremony for Strikers on May 11.

Buchs then thanked Russell Hall, Installation Management Agency-Europe director, and Col. George A. Latham, 104th Area Support Group commander, for the support they provided.

"First of all, Mister Hall ... saw the need for this. Upon my request for a facility, once we found out the new facility was going to be put on hold, he immediately answered the plea and said we're going to make something happen down in Baumholder," said Buchs.

"Secondly, ... Col. Latham, the 104th ASG commander, again, making it happen with funds out of the ASG to make up the difference, because in the beginning, we had about \$600,000 set aside to do this and as most of you know, you can't renovate like we've done inside here for \$600,000. It cost substantially more than that. He was able to put a lot of things aside at the ASG and make this happen. So to Col. Latham and the ASG, I will always be thankful for making this happen," said Buchs.

Buchs pointed out that the facility was completely renovated from wall to wall and ceiling to floor. "That happened because of the initiative, of specifically one person, Tony Blevins, 104th ASG projects manager," said Buchs. "He turned what I would call a rat hole into one of the nicest bowling centers around right now, and he did it in three months time," said Buchs.

Also present for the grand opening were Morale, Welfare and Recreation representatives from IMA-E and AMF, who was responsible for providing much of the bowling equipment in the facility.

Bob Kouril, representing MWR/IMA-E, provided up front money and a lot of the money to change out the equipment. "He gave us his support from the IMA-E level, so this facility has been touched from the highest level because they recognize the need to make it better down in Baumholder," said Buchs.



Photos by Ignacio "Iggy" Rubalcava

Visitors enjoy food and drinks during the grand opening of Strikers, Baumholder's renovated bowling facility.

Of course, you can't renovate or upgrade a bowling facility without upgrading the equipment. That's where AMF representative Tony Huggins stepped in to get the job done. "Tony and AMF were basically at the mercy of other subcontractors working in this facility. There were things that had to get done before his folks could step in and do their job. He brought his people in and they worked weekends. I believe they even worked during Easter ... to make this facility get done on time," said Buchs.

Buchs also thanked Dan Hill, AMF worldwide military manager, for his support with the project.

And what's a bowling center without a snack bar? "We've put food out there but now the real food is gonna kick in," said Buchs. Brad Puterbaugh, an employee of the Community and Family Support Center, Branded Theme Concepts of Alexandria, Va., was the man who made sure the Strike Zone snack bar was ready on time. "He's been through every phase of this renovation as 'Strike Zone Brad.' Because of what he's done, we're able to open up the Strike Zone today so we can pump out that great food from now on," said Buchs.

"Berry Pensky works with Brad and he's the actual trainer," said Buchs. "He's teaching our people to turn a hamburger into steak. Because of what Berry has done, you're not gonna get Billy Bob the hamburger flipper. We're gonna get the chef," said Buchs.

Glen Baldrige, a representative of the FEM Corporation, played a key role in procuring furniture and equipment, but Buchs also turned to him when he needed fast results.

"He's the guy I could turn to and say 'Glen, I need to cut through the red tape, and I need to make something happen fast.' Like

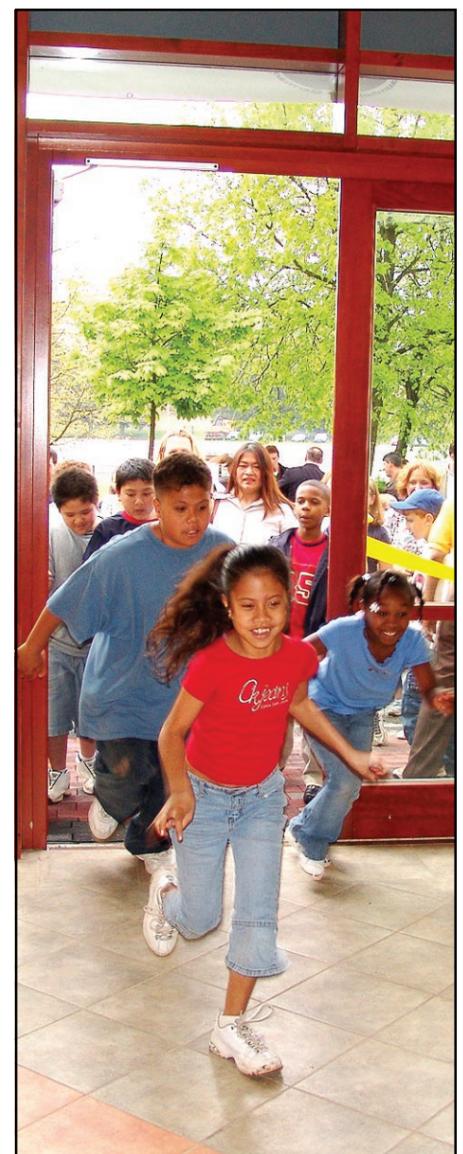


Customers dig into all the free food and goodies during the grand opening of Strikers, Baumholder's bowling facility.

any other corporate business out there, there's money involved. But the bottom line is he cut through the red tape and he made things happen fast. Glen assisted in getting some of the equipment, furniture and other things inside the bowling center and getting it quickly. He's also helped with other projects in the community," said Buchs.

Rounding off the opening ceremony was a guest appearance by Three Men and A Tenor, a musical quartet from Michigan that was on tour entertaining military audiences in Germany. Earlier that day they had entertained Baumholder students at the playhouse. For the opening festivities they rendered their version of the national anthem.

After the yellow ribbon was cut by Buchs, Blevins and Les Quick, Strikers manager, the rush was on to see who would be first at the buffet line.



Customers rush into Strikers right after the ribbon cutting that marked the official grand opening of the renovated bowling facility.

Shooters takes aim at Soldiers, families

By Ignacio "Iggy" Rubalcava

222nd Base Support Battalion
Public Affairs Office

If you're looking for a club that features techno, R&B, rock or even

country music, you'll have to go off post, about 50 yards off post, to the all new Shooters dining and dancing club. Shooters is located on the site of the old Rod and Gun Club. This latest renovation, geared

to improve the quality of life for Soldiers and families on Baumholder, marks a turning point for the facility which has stood for more than 30 years. Gone is the old honky tonk, dive-

like atmosphere of the past. "We have a whole new atmosphere, new music, lots of new fun in the ballroom, plus we still have our restaurant open for lunch and for dinner and we're still doing home deliveries," said Mary Jane Spreier, Shooters manager.

"Formerly, as the Rod and Gun Club, we were known for more of a country atmosphere, just playing country music. Now we're playing all kinds of music, everything anybody wants, for everybody," said Spreier.

A misconception seems to have developed in the community that Shooters is just a family restaurant, but nothing could be further from the truth. "We cater to the entire community," said Spreier. "We serve lunch as we always did and yes, we now offer dining with a family atmosphere, but Shooters is

also about nightly entertainment, with music for everyone. Tell us what you want and we'll feature it," said Spreier.

The new look includes glittering walls and ceiling, two brand new bars, one in the ballroom and the other in the restaurant. A fog machine pumps out steam onto the dance floor where pulsing neon lights reflect off the clouds of artificial smoke to create an atmosphere compatible with any type of entertainment Shooters has lined up.

With all the renovation and changes, fishing and shooting enthusiasts should not feel left out, the pro shop is still there offering the same quality service as before. "The pro shop is the only part of the Rod and Gun Club now located in the Shooters building," said Spreier.

"The club opens at 9 p.m. but the lunch and dinner hours for the family restaurant vary.

Lunch is offered Monday through Friday from 11 a.m. to 1:30 p.m.

Dinner is Mondays, Tuesdays Wednesdays and Thursdays from 4:30-9 p.m.; Fridays and Saturdays from 4:30-10 p.m.; and Sundays from 5-9 p.m.

Breakfast is from 10 a.m. to 1 p.m. on Saturdays and Sundays.

Home delivery is offered during the lunch and dinner hours.

For all the details about what Shooters has to offer call Spreier at mil485-6345.



Photo by Ignacio "Iggy" Rubalcava

Doug Mehler, Shooters assistant manager, tests the dance floor lighting system and fog machine at the all new Shooters Dining and Dancing club. The club offers lunch and dinner as well as entertainment.



Photo by Ignacio "Iggy" Rubalcava
Customers enjoy lunch in winter garden at the all new Shooters Dining and Dancing club.

Gear up for better health

By Coty Smith

Operation Health coordinator

Get ready. You have been put on notice. Within the next few days you could be on the road of change headed to the state of better health. The Baumholder Health Clinic, Baumholder Education Center, Health Promotion and other Baumholder services have come together to supply the right training and equipment for that journey.

Operation Health is designed to provide participants with the knowledge and support to effect healthy lifestyle changes resulting in healthier weight and fitness levels.

A supportive and experienced team along with a psychologist, dietitian and other knowledgeable speakers will lead a series of presentations, discussions and group activity every Monday and Friday from noon to 1 p.m. for eight consecutive weeks. This intensive eight-week program will emphasize the four basic elements of weight loss: behavior modification, exercise, nutrition and relaxation.

Participants will begin by taking

a series of fitness and blood assessments to define health risks and create realistic personalized goals.

The class will conclude with the same assessments to document participant progress. But "Operation Health" does not end there. Six months later there will be a final inspection to make sure you have maintained the tools that were issued for better health.

Team members, Debbie Faerber, program manager; Coty Smith, coordinator; Chris Sorrells, Health Promotion; Capt. Mike Frizelle, health provider; and Daniel Washington, fitness manager, are driven by a strong desire to help the people in the Baumholder community to achieve better health. Sign up today and be a part of Operation Health. It could be the beginning of a healthier you.

Operation Health is free to soldiers and civilian ID card holders at any fitness level. For more information call or visit Debbie Faerber, mil 485-6664, at the Baumholder Education Center.