

# 284th BSB – Friedberg, Giessen

## 'Experts' help soldiers prepare to deploy

### Transportation specialists travel to Giessen to provide assistance

A team of five soldiers from Detachment 2 of the Military Traffic Management Command from Fort Eustis, Va., arrived in Giessen in March to assist the 1st Armored Division's Engineer Brigade; 16th Engineer Battalion; 2nd Battalion, 3rd Field Artillery Regiment; and 284th Base Support Battalion in their deployment preparations.

The reservists, part of the 1394th Deployment Support Brigade and including two officers and three noncommissioned officers, were sent to Germany to assist U.S. Army units as subject matter experts on preparing unit vehicles and equipment before movement to ports of embarkation.

"We are reservists, but we are all experts in the deployment procedures particular to rail, sea and air transport, said team chief Maj. John Lewis, who works in the real estate business in the civilian world. "Our mission is to ensure these units here deploy without any frustration." Frustration is a transportation term meaning equipment gets stuck at the port, rail site or motor pool after failing an inspection, Lewis added.

"Our mission has increased since 9/11. Before that date we maybe spent 30-60 days doing active duty training," said Lewis. "But everything changed after that date, and now we have a world mission, which means we help all Army units deploying and redeploying worldwide. We are one of the rare units that is working independently because we are not attached to any unit."

"We can deploy within a moment's notice. We go from one location to the next, find the experts in that area and assist them with their deployment," said Staff Sgt. Isaiah Montgomery, transportation coordinator and retired correctional officer.

"The first step now is to meet with the

battalion commanders, unit movement officers and hazardous material noncommissioned officers and talk about critical tasks such as documentation and packing requirements for hazardous cargo, the packing of vehicles and containers, the location of labels and paperwork during shipping," he said.

"The proper documentation is very important, especially when it comes to sensitive items such as weapons and communication. If the paperwork is not within the standards the units will have problems at the port or airfield. Our mission is to assist them so that this will not happen," said Staff Sgt. John Blas, a transportation specialist, who works with power lines in his civilian job.

"All of us have completed numerous missions. My last experience was with the K4 redeployment from Kosovo and Macedonia. We prepared 1,500 pieces of cargo without any frustration," Blas said.

"In the coming weeks we will inspect all equipment and containers prior to loading the train and making sure that all units get their equipment when there are arriving at their destination," said Montgomery.

"We will advise the units on how to properly pack equipment, on the regulations on what's authorized on a vessel, how to properly segregate hazardous materials and how to secure equipment, for instance that sensitive items go into a container," Lewis said.

"Sometimes we only have a few days to get everything ready, but for this mission we stay until the units deploy," said Blas.

"At the end of the day I'll send an email to the commanders as well as the other team in Friedberg and let them know lessons learned or issues we found throughout the day so that they know where we are standing, and



Photo by Alexandra Williams

Staff Sgts. John Blas, (from left) Isaiah Montgomery and Maj. John Lewis measure a vehicle.

they can prepare accordingly," Lewis said.

The MTCM detachment also has experience in conducting Installation Staging Area operations and will be assisting the 284th BSB in validating their current standard oper-

ating procedures.

"We aren't afraid to get dirty and assist the units any way we can," said Lewis. (Alexandra Williams and Capt. Garth K. Winterle collaborated on this report.)

### Old Ironsides reopens to rave reviews

Tony Mawson, Army and Air Force Exchange Service general manager, (from left) Pvt. 2 Angelo Capatijuco of the 127th Military Police Company and 1st Armored Division 1st Brigade executive officer Lt. Col. Greg Reilly cut the ribbon during the reopening ceremony of the Old Ironsides Theater March 14 in Friedberg. More than \$400,000 were invested by the 284th Base Support Battalion's Directorate of Public Works to provide soldiers and families with a state-of-the-art movie theater facility, officials said. As a special reopening treat patrons only had to pay \$1 to watch movies all weekend long.

Photo by Petra Roberts



## Youngsters discover the fun of cooking

### School-Age Services staff share culinary expertise

By Alexandra Williams  
284th Base Support Battalion  
Public Affairs Office

Children crowded around a kitchen table at the Giessen School-Age Services listening attentively to program assistant Eloise Clark. The youngsters, age 6-12 who were attending a "Kids in the Kitchen" class, didn't want to miss a word of Clark's cooking instructions.

"This morning we taught them how to prepare a nutritious, healthy snack with food from the vegetable, protein, bread and fruit group," said Clark. "In the afternoon I will show them how to prepare an after-school snack with mayo, peanut butter, jelly and bread and how to make a drink out of bananas, juice and low-fat yogurt. The idea is to teach them basic cooking and preparation techniques while they are preparing a balanced snack."

"It's a lot of work keeping the different age groups busy but we can handle it. The parents appreciate the class, and the kids are having fun and learning something," she said.

The SAS normally offers before and after school care for students in grades one to sixth. "On school



Photo by Beatrix Kaup

Eloise Clark observes as Alandria Haynes tastes a dip she prepared during a Kids in the Kitchen class.

days we provide them with homework labs, computer research, games, art activities and a snack, but since today is a non-school day I wanted to offer a different activity," said Clark.

"I've been offering the program in Butzbach on a regular basis and it's been very successful, so I decided to offer it in Giessen to see how it goes," she said.

"Cooking is a lot of fun. My

favorite part was preparing the yellow and white stuff (deviled eggs filling)," said 6-year-old Alandria Haynes.

"My favorite part was cutting the veggies," said 9-year-old

Courtney Staten.

"Cooking is a lot of hard work. I think now that I know how to prepare some dishes I will help my mom more often. That will make her happy," said 7-year-old Bria Cook.

"I like cooking. I mixed sour cream and Ranch dressing today," said Deandre Boles, age 7. "I enjoyed myself a lot because cooking is fun. Now I can help my mom more often."

"We divided the children into groups, and all of them have different duties. While some helped me preparing the morning snack, others had to serve the snack. We will do the same after lunch when I show them how to prepare the after school snack," said Clark.

"I don't like to cook but I like serving food. At first I was scared to serve the other kids but now I like it. I will serve food at home now; that will make my mom happy," said 8-year-old Nafis Lymon.

"I think serving the other children was a good idea because like this we learn how to set the table and how to serve," said 10-year-old Sarah Bennet.

"Cooking is just one part of the lesson. We also teach them table manners, how to set a table and the American and European way of how to cut with a knife and how to use a fork," said Clark. "What they don't know yet surprise for her, like for her birthday, I can cook for her," said Staten.

"We will offer cooking classes in Giessen more often," said Clark. "The next series of cooking classes we have scheduled for Butzbach SAS (will be) during spring break."

## Programs for children

### Preschool story time

The 284th Base Support Battalion Library presents preschool story time every Friday at 10 a.m. at the Bad Nauheim Community Center through June 20. The program is free and open to all toddlers and parents in the 284th BSB. The story time at the Butzbach Outreach Center has been cancelled. For more information call mil 343-1740.

### Prepared childbirth class

A prepared childbirth class will be held April 5 and 12 from 10 a.m. to 3 p.m. at the Butzbach Outreach Center, Building 6543 in Roman Way Housing. For de-

tails call Giessen Army Community Service at mil 343-7618 or Friedberg ACS at mil 324-3465.

### Parent and Me Playtime

Wetzlar's Parent and Me Playtime has been cancelled due to lack of participation. All other visits will be continued and telephone contacts will remain. For details call mil 343-6591.

### Children festivals in Butzbach, Giessen

The 284th Base Support Battalion hosts Kidsfests April 19 from 11 a.m. to 4 p.m.

in Butzbach and April 26 from 11 a.m. to 4 p.m. in Giessen in recognition of the Month of the Military Child. The theme is "Year of the Teddy Bear," and activities include face painting, a bounce house obstacle course, lawn games and prizes, a photo opportunity with the Easter Bunny, a bubble table and the story mobile. As part of the child safety program children can get their fingerprints and photos taken.

The Safe Neighborhood Awareness Program coordinator will be available. For more information call the Directorate of Community Activities at mil 343-1550.



## Teens get first taste of adult life

### Job fair offers students sense of responsibility

By Alexandra Williams  
284th Base Support Battalion  
Public Affairs Office

A Summer Hire job fair Feb. 14 at Giessen Middle/High School gave students a sneak preview of summer employment opportunities.

“Normally students put in their resume and are placed according to their skills — or agencies request a student by name because they already worked with him or her,” said Tina Sandell, 284th Base Support Battalion schools liaison officer. “I wanted to make the program more realistic, so I came up with the idea of letting students go through interviews to apply for the job they are interested in.”

Dan Adams from the 284th BSB Army Community Service gave students an interviewing technique class to help them improve their interview skills. “During the fair they had a chance to talk to different agency representatives to look at what each agency does and to see if they are interested in working there,” said Sandell. “Once they decided what field they are interested in they could do three interviews, each between three to five minutes long.”



Photo by Alexandra Williams

Ed Scott of the 284th BSB Youth Services in Butzbach explains the duties of youth services employees to Melissa Archuleta during the summer hire job fair.

Students and agency representatives welcomed the idea of getting to know one another and to interview applicants before the hiring process.

“It’s beneficial for both sides because it helps to discover what interests the students may have such as working with people and if

the organization he or she has in mind provides that,” said Benjamin Sugui, 284th BSB safety officer. “You also get to know the person you will be working with. It helps the students to make a decision on where they want to work and to avoid placing a student in a job he or she might not like.”

“I think it’s an advantage for us to look at the different jobs being offered and to find out details firsthand,” said eighth-grader Zachary Hodges.

“Being able to ask questions about the jobs gave me an insight on what these people do and what I will be able to do when I am work-

ing there,” said ninth-grader Melissa Archuleta. “My last interview was with the Safety Office. I think that is an interesting field because you get to go to different places, look at everything to check for safety and help other people. At first I was nervous, but now I feel good about myself. I went through the interviewing process and I was treated like an adult.”

“I spoke to representatives from the CDC (Child Development Centers), SAS (School-Age Services) and ACS (Army Community Service) in Friedberg, but I don’t have a preference. The employers were able to get to know me better which helps them when they get ready to hire students this summer,” said eighth-grader Benita Gross. “I was nervous because I don’t like to be in the spotlight. However I feel independent because I am able to look for a job on my own.”

“I found out what the offered jobs are about so I won’t take a job I really don’t want to do,” said ninth-grader Melody Fehlmann.

“I feel better about myself because I was treated like an adult and not as a child. Applying for a job and being interviewed is a good experience and will help me later on in life,” said Hodges. (Editor’s note: See page one for Summer Hire application procedures.)

## Community spotlight ... Community spotlight

### Thank you to VFW

Members of the Giessen High School Lady Griffin Basketball team extend a warm thank you to Kevin Porter and the Veterans of Foreign Wars Post 5122 for the donation of \$344. The VFW presented the team with the money to help the girls with lodging at the Division III South Regional Tournament.

### BOSS trip to Amsterdam

The Better Opportunities for Single Soldiers program hosts a trip to Six Flags Holland and Amsterdam April 19-20. The cost is \$120 per person or \$110 for single soldiers and includes bus transportation, entrance fee for Six Flags Holland, one overnight including dinner and breakfast. Tickets can be purchased at the BOSS Center, Building 3637, on Friedberg’s Ray Barracks or at the Friedberg or Giessen Outdoor Recreation Centers. Call Frank Rojas at mil 324-3158 for more information.



### Jobs at Arts and Crafts

Friedberg Arts and Crafts seeks instructors for quilting, clothes-making and ceramics classes. Instructors may choose to become regular employees or serve as Non Appropriated Fund contractors. For more information call mil 324-3266 or civ (06031) 813 266.

### Contractor sought at ACS

The 284th BSB Army Community Service seeks a contrac-

tor to develop a community needs assessment. A copy of the job description and qualifications can be obtained from ACS in Giessen or by email. Some of the qualifications require a Ph.D. in Psychology, Sociology or Social Work; experience developing needs assessments and interpreting the findings; knowledge of treatment services for domestic violence and experience providing clinical services to families. Resumes should be submitted by April 30 to ACS in Building 3 on the Giessen Depot. For more information call Perry Tripp at mil 343-7618 or civ (0641) 4027618.

### VA benefits briefing

A Veterans Affairs benefit briefing will be held in Building 7 on the Giessen Depot April 14 from 9-11 a.m. For more information or to schedule an appointment with a VA representative call the Army Career Alumni Program office at mil 343-9332.

### Comedy, concert at theater

Giessen’s Keller Theater presents “Shirley Valentine,” a play by Willy Russell, April 4-5, 10-12 and 17-19 at 7 p.m. The “Stars of the Keller Theater” perform in concert April 6 and 13 starting at 7 p.m. The two-hour show features song, music and dance by the theater’s volunteers and includes solos, duets, trios and instrumental pieces. Auditions for the William Shakespeare comedy, “The Taming of the Shrew,” will be conducted April 22 and 23 at 7 p.m. For more information call mil 343-6515.

### Bowling in Giessen

The Giessen Bowling Center hosts lunchtime bowling

Monday to Friday from 11 a.m. to 1 p.m. for 75 cents a game for soldiers in uniform. Pay \$1.75 per game during Red Pin bowling every Tuesday from 6-9 p.m. Get a strike with red head pins and win free games. Every Thursday from 6-9 p.m. is Family Night and one lane costs \$15 for three hours. Disco Bowling is held every Friday from 10 p.m. to 1 a.m. Participants must be 18 years or older. For more information call mil 343-6172/7702.

### New Friedberg Auto Crafts hours

The Friedberg Auto Crafts Shop is open Saturday and Sunday from 10 a.m. to 6 p.m., Monday and Tuesday from noon to 6 p.m., Thursday and Friday from noon to 8 p.m. It’s closed on Wednesday.

### Giessen trial defense service

Trial defense service is now available at the Giessen Legal Center every Friday from 11 a.m. to 2 p.m. The defense counsel is available for chapters, Article 15s and pending courts-martial clients.

### Schiffenberg Castle 5-K Run

The 284th Base Support Battalion Sports and Fitness Office hosts a Five-Kilometer Run April 26 at the Schiffenberg Castle in Giessen. The cost is €15 without a T-shirt or €20 including the T-shirt. Registration takes place from 9-10:45 a.m., with a pre-race briefing following at 10:45 a.m. and the race starting at 11 a.m. For more information call the Miller Hall Fitness Center at mil 343-7201.

## Boss bowling tournament scores a strike

### Single soldiers enjoy stress-relief activities

By Alexandra Williams  
284th Base Support Battalion Public Affairs Office

A recent Better Opportunities for Single Soldiers bowling tournament gave soldiers a welcome break from deployment preparations.

"We held tournaments in Giessen and Friedberg so soldiers could have a good time without traveling back and forth," said BOSS program coordinator Spc. Joseph Scott of Headquarters and Headquarters Detachment, 284th Base Support Battalion.

"We wanted to give them a break from the daily routine. They train and prepare for deployment every day, but sometimes it's hard for single soldiers to get away from work because they live and work by their work," said Frank Rojas, BOSS morale and welfare representative.

"I was surprised by the outcome of the registration. In each location we accepted 60 soldiers. During the registration I had to turn people away because we already had more soldiers than open slots, and Giessen had to do the same. That shows us that there is a need for soldiers to get away for a while and to just have fun," Rojas said.

BOSS vice president Spc. Timothy Ferch of Headquarters and Headquarters Company, 16th Engineer Battalion, was pleased with the turnout. "This is the second biggest BOSS event we have had so far. More and more soldiers start to join us when we are offering activities. BOSS in Giessen used to be small and we never had any big events going on, but in the past two years things have changed. More soldiers come to our meetings and make suggestions on what we could do. Our goal is to lift their spirits and to strengthen them. It's good to see them having a good time."

"The BOSS program in Giessen underwent a great improvement. The tournament is a great morale booster and it was easy to convince fellow soldiers to participate. I think most of them are happy to get together and have fun," said Staff Sgt. Joseph Ingle, Company A, 16th Engineer Battalion.

"BOSS in Giessen has really improved in the past two years since I arrived here," said Spc. Robert Turk, Company B, 16th Engineers. "At first we had nothing going on, but now they are offering more activities. Since then I regularly attend BOSS activities. To me



Photo by Alexandra Williams

About 120 soldiers in Giessen and Friedberg participate in the BOSS bowling tournament March 13. Most soldiers welcomed the tournament as a break from deployment preparations.

it's not a problem to hang out with other soldiers as long as we are not in a working environment. I always tell my fellow soldiers about the activities because it helps them get out of the barracks."

"Such activities are a great stress relief. They can just relax and forget about work for a while," said Staff Sgt. Charles Pearson of Company A, 16th Engineers.

"Sponsoring a bowling tournament is great because I like bowling. I came here because now I have people I can bowl with and I get to hang out with the guys," said Pfc. Jefferson Carbajal, also from Company A.

"I like bowling and the competition. I think that this event today is a great stress relief," said Spc. Aron Golden, Battery B, 2nd Battalion, 3rd Field Artillery.

"It's my first time attending a BOSS event," said Pfc. Robert Hurt, also of Battery B. "I came here because I love bowling. I've been bowling for at least 10 years now, and I always wanted to be a professional. It's good to congregate with others, and as long as it is not work related this kind of get-together is a big stress reliever."

"The guys really have fun and it brings up their morale. The single soldiers in our company often do trips together too," said Spc. Justin Peterson, Company C., 16th Engineer Battalion BOSS representative. "A few weeks ago we went to Cologne. It's important to have some fun."

"The BOSS program is great," said 1st Armored Division Engineer Brigade Command Sgt. Maj. Iakomo Falaniko. "Today's tournament is a great thing. Soldiers have a

chance to take some time off their busy schedule and just have a good time. BOSS gets 100 percent support from me because they are offering great stuff for the guys. Today all command sergeants major and first sergeants

from Giessen are here to support BOSS and the soldiers."

"I think hosting a tournament is a great idea. It makes me feel good to sit back and see that my soldiers are having a good time," said 2-3rd Field Artillery Regiment Command Sgt. Maj. Johnny Covington.

"When we divided the soldiers into groups we went by how they registered and not by unit. The intent is that they mingle and get to meet soldiers from other units," said Scott.

"This is the only BOSS event I attended because we are doing so much training, and I don't have the time I need to do all the things I want to do. I will try to attend more activities because I think they are also in favor for your unit because you meet soldiers from other battalions and that's important when we deploy," said Spc. Max Tarkington from Company C, 16th Engineers.

"Such events are good because we can do some bonding, and it brings the soldiers closer together," said Pfc. Charles Ceideburg of Company A., 16th Engineers.

"We are offering a few more activities before we deploy, and we are also working on activities to do once we are at our deployment destination," said Ferch.

For more information on upcoming events call Frank Rojas in Friedberg mil 324-3158 or Sgt. Aaron Eckert in Giessen at mil 343-8602.



Photo by Alexandra Williams

### German-American target practice

Staff Sgt. Tracey Robinson of Headquarters and Headquarters Detachment, 284th Base Support Battalion, demonstrates the correct use of the M-9 pistol to 284th BSB commander Col. David J. Bender and Butzbach's mayor Oswin Veith at the Butzbach Range. Bender invited Veith, a lieutenant colonel with the German Reserves, to the range in support of German-American partnership.

### BOSS corner

BOSS hosts a trip to Six Flags Holland and Amsterdam April 19-20. The cost is \$120 per person or \$110 for single soldiers and includes bus transportation, entrance fee for Six Flags Holland, one overnight including dinner and breakfast. Tickets can

be purchased at the BOSS Center, Building 3637, on Friedberg's Ray Barracks or at the Friedberg or Giessen Outdoor Recreation Centers.

BOSS meets every last Tuesday of the month alternating locations between Giessen and Friedberg. For more information call Frank Rojas at mil 324-3158.

# 414th BSB – Büdingen, Hanau

## 'Home is here' Commander vows to 'do everything we can to help'

By Lt. Col.  
**Jerry L. Mraz**  
414th Base Support  
Battalion commander



The 414th Base Support Battalion has helped deploy hundreds of soldiers to the Central Command region since January. Hanau's husbands, wives, fathers and mothers, friends and neighbors now serve in support of Operation Iraqi Freedom.

Our thoughts are always with them. Still our efforts remain firmly focused here, on the families our soldiers leave behind and the soldiers who have yet to leave. Our efforts are focused on you.

The next few weeks and months will no doubt be difficult. Some of you are acting as single parents. Some wait to hear from their soldier. Others are preparing for a long separation. Many are lonely and worried. War is hard on families.

I know that some of you are thinking about returning to the United States so you can be close to your extended family. It is normal to want to gather close to those we love in times of hardship. But we hope you choose to stay here. We are not your family, but we are your Army family. That may sound trite, but the Army reaches out to take care of families. The soldiers, civilians and volunteers of the BSB cannot make this war easy for you, but we will try to make it easier.

We have increased our security measures since the beginning of the war. You may have noticed German border patrol agents at the gates. Other measures you won't notice or see, but your safety is being guarded.

A battery of experts is prepared to offer you assistance, support and information. Last weekend we hosted a Deployment Fair to explain what we can do and how to find us. Army Community Service,

the Red Cross, the Hanau Legal Center and agencies throughout the BSB were on hand to prepare families for the months to come. For those who missed this fair, I want to point out a few highlights.

Our Army Community Service staff has stepped up their

routine services to provide more deployment specific support. They are prepared to offer financial assistance, play groups, support networks, clothes for infants and young children, education on single parenting and deployment stress in children, contacts for Family Readiness Groups, and Internet connections to exchange email with family and units downrange. The ACS staff is dedicated to you and interested in your concerns.

Family Readiness Groups are collecting and broadcasting information about their units so family members are connected to their soldiers.

The Legal Center has seen or will see every deploying soldier to ensure he or she has the powers of attorney, wills and legal support needed before leaving. Family members who need legal assistance can also contact the center directly. An article about deployment related legal concerns is posted on our website at [www.hanau.army.mil](http://www.hanau.army.mil).

The Housing Office has clear guidance for families who are thinking about an extended trip back to the United States or who wish to vacate their quarters. We hope, again, that you choose to stay.

Whatever your choice, we will do everything we can to help. We have posted deployment-related phone numbers on our website: [www.hanau.army.mil](http://www.hanau.army.mil). Or simply call our information and referral number at mil 322-8965 or civ (06181) 88-8965 and we will direct you to the right person. Please call us.



Photo by Melody Joy Fields

### New trash cans promote recycling

Judith and Kenneth Brown fill out a housing survey on facility improvements around the 414th Base Support Battalion. One of the new trash receptacles which will replace dumpsters was on display at the information booth. The 414th Base Support Battalion Directorate of Public Works and Housing Office have begun replacing dumpsters with individual trash containers. "The large refuse containers created an unsightly appearance in the housing areas," said facilities coordinator Raul Brown. "They are being removed and replaced with a new refuse and recycle system. We have already finished construction at the Fliegerhorst Housing Area, and in a short period will begin issuance to residents." The new trash system encourages recycling as well as improving the "curb appeal" of government housing, officials said.

### To access U.S. installations

## IACS registration kicks off April 3 in Hanau

Registration in the Installation Access Control System will begin April 3 for all ID card and installation pass holders in the 414th Base Support Battalion. Soldiers, civilians, their family members and other Department of Defense ID card holders will register in Building 21 on Pioneer Kaserne. Local national employees, contractors and other installation pass holders will register in Building 24 on Pioneer Kaserne. Hours

of operation will be from 8 a.m. to 6 p.m.

Soldiers must bring their current orders and any extensions to be registered, said Staff Sgt. David R. Henson, IACS program manager for the 414th BSB Provost Marshal's Office. "Family members can come in on their own if they have a copy of their sponsor's orders," he said.

Civilian employees must bring their current ID and either

a copy of the SF-50 or a recent Leave and Earnings Statement.

Installation pass holders must bring their current passes and an authorization memorandum from their sponsoring organization as well as their passport or *Personalausweis*.

Customers will be seen on a walk-in basis, but units or organizations can arrange times for block processing by calling Henson at mil 322-9022 or civ (06181) 88-9022.

## Students learn gift of giving

### Donations aid young refugees

By Melody Joy Fields  
414th Base Support Battalion  
Public Affairs Office

Argonner Elementary School students donated hundreds of toys to refugee children during a two-day toy drive organized by the Parent Teacher Association. The drive was coordinated to support Heart Scent Ministries, an organization which works with several refugee shelters in Hanau.

Students were asked to bring toys from their own collection, "to give to kids who don't have any toys," said one third-grade student.

"The kids who gave the toys gave something of their own," said Shaun Herndon, founder of Heart Scent Ministries and the spouse of a local Department of Defense Dependents Schools teacher. "It's more meaningful if you have to give something up. Maybe they'll understand what the refugees gave up because they gave up not just one toy, but all their toys, their cars, their homes, their language, their culture, everything. They gave up their lives."

About 145 refugees from over a dozen countries live in Hanau's transitional shelters. Most fled their homes to escape wars or political and religious persecution. Herndon carries a stack of papers, each one listing the name, age, shoe and clothing sizes of a refugee along with a short story of where they came from and why they left. Most of the pages have photos attached, although some refugees refuse to be photographed, still fearing capture by their nation's secret police, said Herndon.

"Abdullah is from Algeria," Herndon said, pointing to one photograph. "He's 18. He told us he left

because he was not a true Muslim and he wasn't in the police force, so he was in the middle of the fighting. The Muslim group took him and cut him with a long knife that was hot on his shoulder and his back. It was horrible. Then they killed his mother and his brother. He escaped, and he is now in Germany."

Another photo is of Jan, who fought in the Syrian war for a year and a half before escaping with his sister and brother-in-law. "They left because the Syrian government didn't want educated people and didn't want Christians," said Herndon.

One page without a photo gives the shoe and coat size of Roel from Iran. Roel worked as a helicopter mechanic. Another coworker knew that Roel was a Christian and asked him about his faith. "Roel didn't want to talk to him at work because they could be caught and killed," said Herndon, "so he took him to his home after work where he could talk about Jesus and be safe. Somehow the police found out."

Roel was taken into police custody. "His family, a wife and two daughters, didn't know what was going to happen to him. They didn't know if he would be killed or just sent to prison. He was tortured. But somehow he was let out of prison. They left everything behind and escaped that night. They left two houses, cars, his good pay. Their lives are more important."

### Not forgotten

Starting over in Germany, however, is not easy for many of the refugees.

"I just go to the refugees and visit them," said Herndon. "They love visitors. They love just know-



Photo by Melody Joy Fields

This mother and daughter collected donated toys for several families who live in the same shelter. Some families still fear they will be caught by their country's secret police and are therefore shy of strangers and cameras.

ing that somebody cares for them and they're not forgotten. From there I take their individual needs.

"They want jobs, but that's the

thing I can help them with the least," she said. Jan works at a bakery for 90 cents an hour. Roel has made repeated efforts to find work, but

the employers refuse to interview him, lose the applications or simply tell him to come back later. "He just wants to work."

Without work, little things such as toys and new clothes are hard to come by. Herndon accepts donations on the refugees' behalf, but encouraged the parents and students from Argonner Elementary to bring their donations to the refugees themselves.

"They get to see how the people live. The refugees get to visit. And maybe it will touch their hearts to want to visit again."

The students were eager to give their toys to the refugees. One boy carried a prized yellow Tonka truck around the large group of children until he finally found a boy his age to give it to. A young girl repeatedly pressed a toy into the hands of a small child who was too shy to take it. Eventually the shyness wore off, and the refugee children filled their arms with toys for themselves and their neighbors.

"I think the children were overjoyed to have something that would be their very own," said Herndon. "And I think that made the parents happy, because they can't afford to give them these toys."



Photo by Sgt. Gregory F. Withrow

### Into the sunset

Blackhawk helicopters of 2-501st Aviation make their way between Friedberg and Baumholder during training with the 1st and 2nd Brigades. "This was an outstanding training exercise for the Iron Knights as we prepare for possible deployment," said Lt. Col. James Schrote, commander.

# 414th BSB – Büdingen, Hanau

## Millions struggle with substance abuse

### Experts offer tips during Alcohol Awareness Month

By Jeffrey L. Whitesell  
Alcohol and Substance Abuse Prevention coordinator

Drinking is a problem for millions of Americans.

April is Alcohol Awareness Month, a national grassroots effort to support education, intervention and treatment for alcoholism and alcohol-related problems. The National Council on Alcoholism and Drug Dependence has led this event annually since 1987 in order to raise awareness about the negative consequences of drinking.

Most Americans do not realize how extensive or damaging substance abuse is in our culture. Alcohol and substance abuse affects over 23 million Americans. More than half of all adults have a family history of alcoholism or problem drinking. More than 9 million children live with a parent dependent on alcohol or drugs. Alcohol use is involved in crime, homelessness, teen pregnancy and domestic violence. Alcohol contributes to over 100,000 deaths annually, making it the third leading cause of preventable mortality



Photo illustration by Karl Weisel

Help is readily available for those coping with a substance abuse problem.

in the United States.

Abstinence from alcohol and drugs is the surest way of not becoming involved in a substance abuse related incident. For those who still choose to drink, there are guidelines that can reduce the chances experiencing a problem due to alcohol.

**Drink only when in a good mood.** Avoid drinking when angry, depressed or upset. Alcohol may make the drinker feel better for a while, but doesn't deal with underlying problems. Alcohol can accentuate negative feelings, making a person more depressed or angry.

**Drink only occasionally.** Do not set a pattern to your drinking. Regularity causes drinking to become routine and tolerance for alcohol to increase. Increasing tolerance means a person will need more alcohol to experience the same effect once achieved through lower amounts.

**Know how much you are drinking.** Measure the amount of alcohol you are consuming. Limit your blood alcohol level to no more than .05. The Department Health and Human Services places limits on responsible alcohol consumption for an average man at no more than two drinks per day. For an average woman the limit is no more than one drink per day. In any case do not drink every day.

**Never participate in high-risk behavior after drinking.** Also never drink and drive.

The Hanau and Büdingen Community Counseling Centers are staffed by certified substance abuse professionals. They can help community members regarding education, evaluation and treatment of alcoholism and other drugs related problems.

Soldiers, civilians and family members are encouraged to contact the CCC during normal duty hours to arrange for a confidential and comprehensive alcohol usage abuse screening and evaluation. In Hanau call mil 322-8911/8762. In Büdingen call mil 322-4796.

## Around the community ... Around the community

### CACs for civilians

The Hanau ID Card Office on Pioneer Kaserne (Building 5) will be open April 4 from 8 a.m. to 3:30 p.m. to issue Common Access Cards to Department of Defense civilian employees and contractors. All other people will be serviced on a space-available and case-by-case basis. Call Mr. Anderson or Ms. Griffin at mil 322-8793 for more information.

### Dental assistance program

The American Red Cross will accept applications April 14 through May 13 for the Hanau Dental Clinic's dental assistant training program. The program will run from June 2-30. Call mil 322-1760 or civ (06181) 88-1760.



### Thrift Shop closes

The Hanau Community Spouses Club Thrift Shop at Wolfgang Shopping Center is temporarily closed. All consignment dates will be extended accordingly. For further assistance leave a message at mil 322-8847 or civ (06181) 88-8847 and someone will call back.

### Reduced DFAC hours

The Pioneer Dining Facility has new hours of service. Weekdays, breakfast is served from 7-8:30 a.m., lunch from 11:30 a.m. to 1 p.m. and dinner from 4-5:30 p.m. except on Thursdays when dinner is from 3-4:30 p.m. Weekends and holidays the facility is open from 10 a.m. to noon for brunch and 3:30-4:30 p.m. for supper.

### New pass office

The Installation Access Control Office will be closed April 1-2 to move to its new location, Building 24 on Pioneer Kaserne. The new office will reopen April 3 for registration of all installation pass holders into the new IACS system. Department of Defense ID card holders can begin IACS registration April 3 in Building 21, Room 8b, on Pioneer Kaserne. (See page 20 for details.)

### Pre-register for school

Pre-registration for all students in kindergarten through 12th grade for the 2003-2004 school year will be held April 18 at all Hanau area schools. Contact your school for exact times.

### CYS registration

Community children can participate in activities ranging from martial arts to ballet by registering with Hanau Child and Youth Services. Call the central registration office at civ (06181) 88-9144, mil 322-9144 or stop by Building 20 on Pioneer Kaserne for information.

### Fix up the car for spring

Hanau Auto Crafts, Building 625 on Grossauheim Kaserne, is open Tuesday through Friday from 1-9 p.m. and weekends from 9 a.m. to 6 p.m. Stop by for while-you-wait oil change service, basic car care classes, detailing service and self-maintenance. Need a tow? Auto Crafts will tow your car wherever you need to go. Prices start at \$45. Call civ (06181) 88-8247/88-8625 or mil 322-8247/8625 for an appointment.

### Internet cafe

Stay in touch with family and friends through computer links at the Internet cafe at the Cyber Zone in the International Club on Fliegerhorst Kaserne. The Internet cafe is open Monday through Wednesday from 9 a.m. to 5 p.m. and Thursday and Friday from 9 a.m. until 2 a.m. the next morning. Weekend hours are Saturday from 5 p.m. to 2 a.m. and Sundays from 5-11 p.m.

### Get crafty

The American Sampler Craft Shop on Wolfgang Kaserne offers a full range of classes in April including a Ukrainian Egg Decorating class. Put those beautiful eggs in a handmade basket from the Cape Cod Blueberry Basket or Harvest Basket Class. Enroll for the Bunny Trail Baby Quilt Class or make a cuddly bunny called Hortence Hare. For details call mil 322-8082.

### Country Easter Brunch

The Hanau Rod and Gun Club will host an Easter Brunch April 20 from 9 a.m. to 2 p.m. The cost is \$12 for adults, \$6 for children ages 5-9 and free for children under 5. Enjoy eggs, sausage, bacon, creamed beef, potatoes, honey roasted ham, chicken in wine sauce, roast beef, rice, vegetables and more. Call civ (06181) 51 485 for details.

### Babysitting class

The Galaxy Teen Center is offering a babysitting class April 11 from 9 a.m. to 4 p.m. Anyone interested should contact the Red Cross at mil 322-1760 or civ (06181) 88-1760 to sign up.

### Hispanic Employment Committee meets

The next Hispanic Employment Program Committee meeting will be held April 24 from 6-7 p.m. at the Pioneer Fitness Center. Interested individuals are invited to attend and membership enrollment is welcome. Participants will advise the 414th Base Support Battalion commander and the Equal Employment Opportunity officer on matters affecting the employment of Hispanic Americans, and work on developing methods to overcome barriers to equality of employment opportunity for Hispanics.

### Easter egg hunt April 17

Protestant Women of the Chapel and Awana children's club will sponsor a community-wide Easter egg hunt April 17 from 4-6 p.m. Come out for an afternoon of family fun, food and games. Comedian Carol Simpson will be there to entertain. Festivities will be held at Pioneer Chapel and the adjacent football field. Call civ (06051) 828 655 or (06181) 520 277 for details.

