

Recognize abuse early to help children

By Geraldine Wilson

Exceptional Family Member Coordinator

April is Child Abuse Prevention Month and community activities supporting the prevention of child abuse are in full force. Throughout the month, families will in one way or another experience some kind of involvement in one of these activities, but the focus of this article is not to mention those activities but to express the importance of Child Abuse Prevention Month.

Risk factors

What makes a special needs child at risk for child abuse? While the condition does not cause abuse, it can and often does contribute to mistreatment. Special needs children are at risk for abuse because they may be less able to defend themselves physically; less able to articulate the fact of abuse; unable to differentiate between appropriate and inappropriate physical contact, whether it be violent or sexual; and are more dependent on others for assistance or care and, therefore, more trusting, since dependency and trust often translate into compliance and passivity.

Some researchers suggest that children with disabilities may have increased vulnerability to abuse because of society's response to the disability, rather than the disability itself. Families with special needs children can experience additional stressors such as feeling unprepared to handle the care of a special needs child, including acceptance of that child as being different; having financial

or time limits stretched as additional medical/educational activities are suggested; and lacking necessary social supports or networks to work through the many concerns and situations that arise in providing care for this child and the rest of the family. All of these can result in increased vulnerability to abuse. A child with difficult behavior patterns, or communication difficulties may become a target for physical abuse. Children who are unable to communicate their needs may experience greater instances of neglect. The special needs child also can develop more extensive relationships of trust with greater numbers of people and be unable to distinguish when boundaries are being crossed, resulting in potential sexual abuse.

Identifying abuse

Indicators of abuse for children with disabilities are the same as indicators of abuse for their peers in the general population. Along with physical signs, two primary ways of identifying abuse are the child's reports and behavioral indicators. Children with disabilities may exhibit behavioral indicators of abuse that are not recognized as abusive by their caregivers. Changes in behavior may be attributed to their on-going problems, or inability to communicate physical limitations. Injuries resulting from physical abuse may be ignored if a child has visual or physical limitations. If a child has intellectual limitations, responsible adults may wrongly assume that the child is untrustworthy or easily suggest-

ible, especially if the report involves instances of abuse that seem unbelievable or improbable considering the circumstances of the child. Unless a child can communicate what happened, and "be believed," indicators of abuse for children with disabilities can be more difficult to recognize.

In the general population, child victims of abuse are at high risk for multiple problems, including depression, anxiety and low self-esteem. Consequences of abuse may be more pronounced in children with disabilities because of their already vulnerable physical and psychological state. Research has shown that the longer the abuse has gone on the more damage may result. Since the child with disabilities who is abused is less likely to be identified, he or she is likely to suffer more damage because of long term abuse. Abuse may exacerbate existing disabilities and cause additional permanent disabilities.

Who is the perpetrator? The perpetrator of abuse to the child with or without special needs is, in almost all cases, known to the victim. Persons who abuse children range from family members to professionals to para-professionals.

Preventing abuse

One of the major ways to prevent abuse is for our community to believe that abuse can occur with all populations of children. The goal of prevention is to intervene before abuse and neglect can occur. Several approaches have proven helpful including

teaching children personal safety skills to discourage abuse and making others aware of the child's knowledge; recognizing that the child is very dependent on the caregiver, parents should get to know all persons working with the child and observe interactions. The caregiver is in a position to provide or withhold daily necessities and the child may have trouble communicating this information to the parent; and since parents as well as other caregivers may be perpetrators of abuse, everyone who has a role in caring for the child with disabilities can participate in prevention training programs as well as programs for early identification and intervention.

A parent's response upon learning about abuse has a profound impact on the child. A parent, caregiver, or other supportive adult can best help the child if he or she remains calm, believes the child, assures the child that he or she did nothing wrong and encourages the child to talk about his or her feelings. Family participation in a recommended treatment program is very helpful. The goal of treatment is that the child remains his/her prior state of mental and psychological health and that the family members recover together.

Throughout the month of April, the Wiesbaden Army Community Service will offer a variety of classes to support the community's campaign against child abuse. For more information on preventing child abuse and classes and services available call mil337-5034 or civ(0611)705-5034.

Information for parents

Pregnancy support

The New Parent Support Program and Women, Infants and Children hosts a Pregnancy Support Group Thursdays from noon to 1:30 p.m. at the WIC-O office in Building 7005 in Crestview Housing. Bring a bag lunch and learn more about preparing for labor, breastfeeding and coping with the physical and emotional changes of pregnancy. For details call civ (0611) 532 9842.

Families needed

Host families are needed to house visiting students attending the Department of Defense Dependent Schools-Europe 2003 all Europe Drama Festival at H.H. Arnold High School April 27-30. Hosts must be prepared to provide some transportation, overnight accommodations and breakfasts for three days. For more information call mil337-6319 or civ (0611) 380-6319 during duty hours or civ (0611) 174 8474.

What to expect when expecting

The Wiesbaden Health Clinic

and the New Parent Support Program offer a Pregnancy at 28 Weeks Class for women in their third trimester of pregnancy. Learn more about labor and delivery and the joys and misconceptions of breast feeding. Classes are held the third Tuesday of the month from 1-4 p.m. For more information call mil 337-5723 or civ (0611) 705-5723.

Hourly child care

Hourly child care is now available at the Wiesbaden Army Airfield Child Development Center. The child must be enrolled through the Central Enrollment Registry before receiving care. For more information call mil 338-7592 or civ (0611) 380-7592. For reservations call mil 337-6282 or civ (0611) 705-6282. Reservations can be made up to one month in advance. Hourly child care pre-paid cards are available for purchase in blocks of 10 hours of care and can be purchased through the Central Enrollment Registry.

Adoption support

An Adoption Support Group meets the second Tuesday of the month at 7 p.m. at the Immanuel

Baptist Church in Wiesbaden. Topics include how to adopt overseas, choosing an agency, medical and developmental issues, post adoption support, home studies, Immigration and Naturalization procedures and cross cultural issues. For more information call civ (06775) 960 675 or (0178) 296 2102.

Supplemental aid

The Family Subsistence Supplemental Allowance program offers eligible active duty service members to increase the basic allowance for subsistence up to \$500 a month. Eligibility is based on gross income of the entire household. For more information call mil 337-5754 or civ (0611) 705-5754.

Free classes

The Wiesbaden Women, Infants and Children-Overseas program offers free educational classes the last Friday of each month. Infant through two-year-old classes are from 9-10 a.m. Classes for parents of three to five-year olds is from 10-11 a.m. Pregnancy and breastfeeding classes are held from 1:30-2:30 p.m. All classes are free and open to the

public. Call civ (0611) 380-7366 to sign up.

Extended hours

Wiesbaden Child and Youth Services Central Enrollment has extended its hours to 6 p.m. Monday through Friday. The 221st Base Support Battalion Housing Office is now open Saturdays from 8 a.m. to noon.

Parent programs

The New Parent Education and Support Program assists pregnant women and families with children up to age 4. Focusing primarily on a home visit program, NPESP also offers parent support groups, toddler playtime and parenting classes. All services are free, voluntary and confidential.

The New Parenting Playgroup meets every Friday from 9:30-11 a.m. at Dexheim Army Community Service.

The Single Parent Support Group meets the first and third Wednesday of every month at Dexheim

Army Copmmunity Service from 11:30 a.m. to 12:30 p.m.

Toddler Time is a play group designed to help parents discover how children learn and develop through play and positive group interaction. A group meets every Wednesday at the NPESP Training Room in the Women, Infants and Children Building (Building 07005) in Crestview Housing from 9:30-11:30 a.m.

The New Parent Support Group meets the first Wednesday of each month from 7-8:30 p.m. at Building 07005 in Crestview Housing. The group is a monthly gathering for parents-to-be and parents of newborns, infants and toddlers. An Infant and Toddler Parenting Class meets Tuesdays from 6-7:30 p.m. in Building 07005 in Crestview Housing. The structured class is designed to explore and answer parenting questions. For more information on this class and other parent support programs call mil338-7721, 337-5754 or civ(0611)380-7721/705-5754.



Month of Military Child under way

Wide range of activities around 221st BSB focus on community children

By Cassandra Kardeke
221st Base Support Battalion
Public Affairs Office

Several activities and events kicked off the Month of the Military Child, but the main event is yet to come.

Team 221st hosts a Kinderfest April 19 at the Youth Services complex in Hainerberg Housing for children of all ages.

Beginning at 8 a.m., April 19, families can register for the Youth Marathon and compete to win a family canoe trip from Outdoor Recreation. The Youth Marathon is a 5-kilometer family fun run/walk through Hainerberg Housing.

"This is something for the entire family, not just the kids," said Alicia Valdez, Youth Services special events coordinator. Everyone who enters the run and finishes will receive a T-shirt and a chance for a drawing for the canoe trip.

Registration starts at 8 a.m. in the General H.H. Arnold High School parking lot and the marathon will begin at 8:45 a.m.

Following the marathon, youth from ages 2-12 will get a chance to hunt for eggs and visit with the Easter Bunny. Sponsored by the Kontakt Club, Youth Services and the Protestant Youth of the Chapel,

the Easter egg hunt will be divided into four categories. Prize baskets will be available for each age group.

Information booths, the Whopper and Castle Hopper, games, face painting and displays will open up at noon throughout the Youth Services complex.

"We will have a fire department display, disc jockey, food and plenty of games and prizes throughout the day for the kids," Valdez said. A taekwon do presentation will be held at the YS gym from 1:30-2 p.m.

"We will also have a cheese cake bake off and ugly sneaker chili cookoff," said Valdez.

Anyone can enter either contest. All entries must be brought to the YS complex already made and ready to be judged. Registration for both contests begin at noon. Judging of the cheese cakes will begin at 1:30 and at 2 p.m. for the chili.

Ugly sneaker chili cookoff?

What exactly is an ugly sneaker chili contest? "No, you don't have to eat the chili out of your shoe," says Valdez. "Anyone wishing to sample chili that is in the contest must bring their ugliest, most disgusting sneaker to get a chance to taste the chili," she said.

Youth will also get a chance to compete in a Euro and American Youth Idol contest from 1-4 p.m. No registration is necessary.

"There's no pressure. We just want the kids to have fun," said Steve Huebner, Youth Services director. The Youth Idol contest will be set up karaoke style. Anyone wishing to participate can sign up on site.

Also in conjunction with the month of the military child, the Army and Air Force Exchange Service will host a Kid's Carnival April 26 from 10 a.m. to 9 p.m. at the Hainerberg Shopping Center.

"This is our way of recognizing military families and children and we have a lot of activities planned for the entire family," said Kimberly Back, AAFES representative in Mainz-Kastel. Events include free children's rides, the Whopper Hopper, story time and free candy from the Haribo vendor.

"There will be a cool skateboard contest, hoola hoop contest, baby race and all sorts of fun and games for everyone. We've even contracted out for some unique vendors, including an old-fashioned wooden toy vendor to be outside the PX during the carnival," she said.



Photos by Cassandra Kardeke

Photo left: Children consult the Easter Bunny before last year's Army and Air Force Exchange Service Easter Egg hunt. Photo above: Dee Catovic watches her daughter Lejla play during last year's Kinderfest in Hainerberg Housing. Photo below: Dixie Deacon laughs with Billy Ecoff during last year's Kinderfest.



221st BSB – Wiesbaden, Wackernheim, Dexheim

Local notes

Town Hall set

The 221st Base Support Battalion hosts a Town Hall Meeting April 16 at 5:30 p.m. at the High School auditorium. All community members are encouraged to attend to hear more about deployments, services and upcoming events and activities.

Installation access hours

The Installation Access Control System office hours are from 8 a.m. to 4 p.m. Monday to Friday at Building 1041 at Wiesbaden Army Airfield, Building 6212 at McCully Barracks and Building 6317 at Anderson Barracks. The office is closed on German and American holidays.

Installation Pass Office change

The Installation Pass Office is now located at the Military Police Station at Wiesbaden Army Airfield, Building 1006, and is open from 8 a.m. to 4 p.m. The office is closed on American holidays.

Volunteer ceremony

Team 221st hosts a Volunteer Recognition ceremony April 23 at 6 p.m. at the Wiesbaden Army Airfield Community Activities Center. All volunteers must be registered through the volunteer coordinator's office to receive credit for their volunteer hours.

Call mil 337-5034 or civ (0611) 705-5034 for more information.

Special Forces in Dexheim

A Special Forces briefing will be held in Dexheim. Enlisted soldiers from E-3 through E-6 in any Military Occupational Specialty, and officers, O-1 and O-2, are encouraged to attend. Briefings will be conducted April 21 at 5 p.m. and April 22 at 10 a.m. and noon in the Dexheim Education Center, Building 6326, Room 2. For details call the recruiting team at mil 379-6558/6559.

Book drive

The Hainerberg Child Development Center is hosting a book and magazine drive through April 30 for deployed soldiers. Donations can be dropped off at the Wiesbaden Army Airfield and Hainerberg Chapels, the PowerZone, the Wiesbaden Army Airfield Community Library or at Army Community Service.

Auditions

Children in kindergarten through 12th grade are invited to audition for the Missoula Children's Theater production of "Sleeping Beauty" April 21 from 3:30-5:30 p.m. at the Wiesbaden American Middle School. Assistant directors and stage hands are needed. For details call mil 337-5650 or civ (0611) 705-5650.



Photo by Cassandra Kardeke

Helping families during deployments

Liz Herms, Wiesbaden Commissary manager, passes out giveaways and information brochures to soldiers and family members during a Family Readiness Expo at the Dexheim Fitness Center April 2. Hosted by Team 221st Base Support Battalion and Dexheim Army Community Service, the expo focused on services and activities available to soldiers and their families during deployments.

Filing stateside or abroad, taxes must be paid by all

By Cathy Pulley-Ballard
Wiesbaden Tax Assistance Center

"I live in Germany. Does that mean I have to file taxes?" Yes.

What about my job on the economy? Do I have to report that income? My spouse works on the economy. Do we have to report that income on our tax return?

The answer to all these questions is "yes."

There are many complex issues pertaining to taxes for U.S. citizens and resident aliens living overseas, but one of the most common is

reporting income earned abroad. The Internal Revenue Service calls this "Foreign Earned Income." What is earned? Earned means that you worked for it, such as wages from a job, including income received for child care or part time work at the Army and Air Force Exchange Service. Earned income does not include interest or dividends. Interest and dividends must also be reported to the IRS, but it is not "earned" income.

"Foreign" income means that you earned it overseas. We are all

working in Germany, but this does not mean that all income is "foreign." Soldiers and U.S. government employees' (GS and NAF employees) income is not considered "foreign" income. You may be living and working in Germany, but you are actually working here under treaties and agreements between the United States and Germany. Because of these agreements, your income is not taxable by Germany and is not considered "foreign" by the IRS.

"Foreign" income means wages from a job with Raytheon (for example) or an independent contractor job (even if with a U.S. government entity, such as AAFES, if AAFES pays you as a nonemployee). This also applies to baggers at the commissary and Family Child Care providers. Their income is considered "foreign earned income."

If you have such income, check with your tax center. While you must report all income on your tax return you may be able to exclude up to \$80,000 of your foreign earned income from your tax return. This has implications for Earned Income Credit. If you exclude foreign earned income on your tax return you will not be eligible for EIC.

All income must be reported to the IRS. See your local tax center for any questions regarding foreign income.

Honor volunteers April 21

By Cassandra Kardeke
221st Base Support Battalion
Public Affairs Office

Not a day goes by that someone, somewhere isn't touched by the help of a volunteer.

The soldier and father who learns how to hold his new infant son by a Red Cross volunteer teaching a healthy baby and pregnancy class or the student getting extra help on a class project by a parent volunteer or a patient, sitting in a chair being screened by a volunteer dental assistant before the dentist begins his work.

Volunteers are not always on the front lines. You may not even recognize one when seeing one, but throughout the Wiesbaden military communities they are out there, making things happen every day.

"We have over 1,000 volunteers in our community doing things every day. Some are involved in a lot of activities others stay on the side lines and are just happy to help," said K.C. Bertling, 221st Base Support Battalion volunteer coordinator.

One such volunteer is Kim Cooper. Having started volunteering at her child's school in Kentucky less than two years ago, Cooper has found that the majority of her time is spent volunteering in the community.

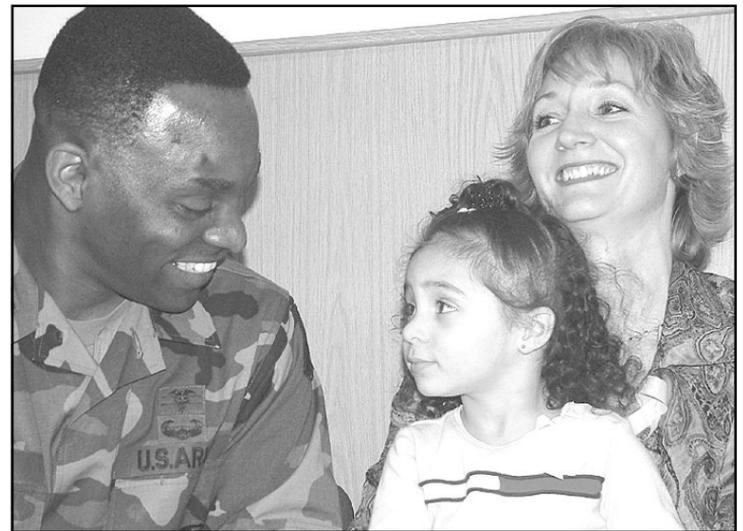


Photo by Cassandra Kardeke

Capt. Gary Cooper, 421st Medical Evacuation Battalion, his wife Kim and daughter Brielle laugh during a Family Readiness Group recognition ceremony. Kim volunteers in the community and with the FRG.

"Volunteering gives me a chance to do things I haven't done before," Cooper said.

"It started out as just doing things for the hospitality committee at the Hainerberg Chapel. Sometimes I don't realize just how busy I get," said Cooper. From just helping out here and there, Cooper fills her time teaching weekly Bible studies, helping with a monthly chapel potluck, working as a secretary for the Parent Teacher Student Association at the Middle School and

assisting with her unit's Family Readiness Group.

"Volunteers are really the heart of this community," said Lt. Col. Dennis E. Slagter, 221st Base Support Battalion commander, during a recent Red Cross volunteer recognition ceremony.

The 221st BSB will recognize all community volunteers during a ceremony April 23 at the Wiesbaden Army Airfield Community Activities Center (formerly the Catering Center) at 6 p.m.



Photo by Cassandra Kardeke

Forget me not

Anna Curlee of the 557th Medical Evacuation Battalion Family Readiness Group posts the latest FRG newsletter in the 421st Medical Evacuation Battalion's Yellow Ribbon Room. The room is open to unit family members 24 hours a day for staying in touch with deployed soldiers via email.

German community stands by Army

By Ignacio "Iggy" Rubalcava

222nd Base Support Battalion
Public Affairs Office

When a group of Germans showed up near the main entrance of Smith Barracks to demonstrate against the war in Iraq they were greeted by a number of Baumholder residents who showed up to stage their own counter-demonstration.

The anti-war demonstrators, who drove into Baumholder from Idar-Oberstein to stage their protest, arrived in a vehicle convoy, waving anti-war signs and breaking the calm by sounding their car horns.

The pro-American demonstrators, who assembled at the main entrance to Smith Barracks, were quite vocal as they waved American flags and brandished signs with German and American flags and the words "Baumholder, we belong together."

As the anti-war demonstrators peacefully approached the intersection of Prussman Avenue and Kennedy Allee, the counter-demonstrators positioned themselves in a chain-like formation while waving U.S. flags and posters and chanting anti-demonstrator slogans. Several onlookers and spectators spon-

taneously joined in with the counter demonstrators and also vocalized their displeasure with the out-of-town demonstrators.

"Although fewer in number, the pro-U.S. demonstrators sent a clear and strong message of solidarity with their American friends," said Bianca Bowen, who witnessed the demonstration.

"While they remained peaceful, I have no doubt that they were ready to confront the anti-war demonstrators. They displayed a sense of 'ownership' as they bonded together to support their American neighbors," she said.

One of the counter-demonstrators stated that the United States had been good to him for the last 15 years. Sigggi Zimmer, Berghof Hotel proprietor, made it clear that she and her staff are lifetime friends of the United States. "The same sentiments were shared by all the taxi drivers and the many other citizens who turned out to support their American friends," said Bowen.

Other pro-demonstrators included proprietors from the Sunshine Grill, Foto Hassdenteufel, local taxi drivers and numerous other Baumholder residents.

Although the anti-war demonstrators from Idar-Oberstein made



Photo by Bianca Bowen

Michaela Werle, a local taxi driver, brandishes an American flag and Sigggi Zimmer, Berghof Hotel proprietor, waves a U.S. and German solidarity poster during the recent protest near the main gate. The two were among local residents who turned out to support their American neighbors.

It clear that their demonstration was not against Americans but rather against the war, Baumholder residents took it personally.

Bowen noted that "in a clear and concise way, the pro-American

demonstrators proclaimed their friendship and their gratitude to the Baumholder Army population and conveyed to the visiting demonstrators they should or 'better' take their demonstrations elsewhere.

This is Baumholder. These are our U.S. friends.

"Witnessing all this gave me a sense of reassurance of what I had already suspected. Baumholder really is a unique place to be.

Child and youth

mil 485-7276

Goju lessons

Chinese goju youth classes are held Mondays and Thursdays from 6-7 p.m. at the Neubrücke Gym. The cost is \$30 each month and includes an official patch, testing, advancements, belts and certificates. Chinese goju is a combination of hard and soft elements in karate and kung fu. This discipline enhances flexibility, self-esteem and builds confidence. Learn from master instructor, Thomas Felder, who has 30 years of experience in martial arts.

Youth dine out

Your sixth- through 12th-grader can sample foods and experience cultures of nations around the world with Baumholder Youth Services. They'll be dining-out May 2 at a Korean restaurant in Kaiserslautern. The bus departs the Underground at 5:30 p.m. Reserve your seat in advance.

Youth swim classes

If your child is six months or older he or she can be enrolled for swim classes with Baumholder Child and Youth Services. Classes offered include: Parent/Child Water Orientation for six months to 3-year-olds; Preschool Swim Lessons for ages 3-5; and Level I, II, III, IV for ages 6 and up. Children can participate in synchronized swimming, water polo, stroke improvement and water safety. The cost is \$45 for eight classes. Classes are on Wednesdays and Fridays at the Baumholder indoor swim-

MWR roundup

ming pool. The registration fee includes a skill level certificate.

Rheinlander

mil 485-7507

Mother's Day brunch

Treat mom to an all-you-can eat brunch May 11 from 10:30 a.m. to 1 p.m. at the Rheinlander. The menu includes: omelets, waffles, eggs, bacon, sausage, pasta, pork roast potatoes, soup, salad buffet, dessert buffet and much more. The cost is \$12.50 for adults, \$9 for children 10-15 years old, \$6 for children 6-9 years old, and children 5 and younger eat for free.

Rudy's

mil 485-8602

Pool Tournaments

Rudy's pool tournaments are held at 8 p.m. on the first and last Wednesdays of every month. Prizes are awarded.

Pizza to order

Get American-style pizza with thick crust at Rudy's in Baumholder. They make their dough fresh daily and deliver to the surrounding area. Get a made-to-order, piping hot 13-inch pizza for \$8 plus \$1 per topping. You can also dine-in. Dining hours are Wednesday and Thursday from 6-9 p.m. and

Friday and Saturday from 6-10 p.m.

Rod and Gun Club

mil 485-6345

Hot, fresh pizza

Baumholder Rod and Gun Club serves and delivers made-to-order pizzas, starting at \$7.95 for a cheese pizza. Additional toppings are 50 cents each.

Right on cue

Pool tournaments at the Baumholder Rod and Gun Club begin at 7 p.m. every Wednesday. Prizes are awarded to the winners.

Gone country

If you love country and western, you'll feel right at home at Baumholder's Rod and Gun Club. Round up your friends for free country and western dance lessons every Thursday night and stop in for country music on Friday and Saturday until 4 a.m.

Rolling Hills

mil 485-7299

Spring Open

If golfing is your passion, play in the Spring Open with the Rolling Hills Golf Course. This event is set for May 17 with a 9 a.m. tee time. The entry fee of \$25 includes food and prizes. Nonmembers must pay a greens fee. Sign up in the pro shop no later

than May 14.

Demo Days on the course

Rolling Hills Golf Course offers an opportunity for players to try a variety of different clubs from several brands. Receive a discount on corresponding brand days in the pro shop. Demo Days are scheduled as follows: Titleist May 8 from noon to 6 p.m., Callaway May 10 from noon to 4 p.m., and Nike June 26 from noon to 6 p.m. Learn more about this event and others at www.baumholdergolf.com.

Open for lunch

The new Windmill Pub at the Rolling Hills Golf Course is open for lunch, serving daily specials from 11:30 a.m. to 1:30 p.m. Monday through Friday.

Unit-level golf pass

For \$400 you'll get one annual golf pass, one set of rental clubs and one driving range token to use within your unit. This is a perfect reward for Soldier-of-the-Month or simply to have available to sign out.

Bowling Center

mil 485-6569

Nifty Fifties

Enjoy 50 cent bowling at Nifty Fifties night every Tuesday from 4-11 p.m. at the Baumholder Bowling Center.

Five-for-five

The Baumholder Bowling Center charges \$5 for five games of bowling every Monday from 4-11 p.m. Five-for-five bowling welcomes all ages of bowlers.

Soldiers receive deployment notice

By Ignacio "Iggy" Rubalcava

222nd Base Support Battalion
Public Affairs Office

The soldiers of Baumholder's 2nd Brigade Combat team were recently told they would soon be deploying to Iraq by Maj. Gen. Ricardo S. Sanchez, 1st Armored Division commander.

"This division has already been called and you, every single one of you here is in the first force packages that we're going to deploy out of here," said Sanchez. The general flew into Baumholder to present the soldiers of the 1-6th Infantry Battalion, 2-6th Infantry Battalion and 1-35th Armor Battalion the Commanding General's Excellency in Gunnery Award in a brief ceremony on Minnick Field.

The commanders of 1-6th, 2-6th and 1-35, Lt. Cols. Jeffrey Bannister, James Boisselle and Richard Douglass, respectively, accepted the award on behalf of their soldiers.

After the presentation Sanchez told the soldiers to fall out and fall in on him next to the stadium bleachers. As the soldiers approached Sanchez said, "I'm proud of you, every single battalion meeting the standard that we have established for gunnery excellence.

"What better way for us to tell ourselves, to prove to ourselves, that we are prepared to go to war. There's no better way than to have every single one of you that is in a Bradley or a tank crew be able to have the confidence that when you get out there in the middle of that desert, in the middle of one of those

towns, you're going to be able to hit and kill on first round downrange. No better way. That's what you need to do and you need to sustain that because we're going to war," said Sanchez.

He said soldiers of Company C, 2-6th Infantry Battalion, were already on the ground and already fighting.

"So you're going to follow, we're going to follow, very rapidly, there is no doubt, absolutely zero doubt that this division will deploy. And we will deploy within the coming weeks," he said.

He explained to the soldiers that they would deploy alongside the commanders and other leaders they've trained with.

"You have to look to your left and your right. This is who you're going to fight with. The leadership that you have right now, that's who you're going to fight with. Nobody is changing. No commands are leaving, no first sergeants, platoon sergeants, no crews change out. This is the way we're going to stabilize to make sure that you can be effective on that battlefield," he said.

Sanchez pointed out the importance of maintaining and caring for their equipment.

"The equipment you have ... is the equipment you're going to live with. It's the equipment that you're going to fight with," he said.

He added that it was important to have a very good handle on the status of that equipment because "in battle, I guarantee you will be struggling to make sure that that equipment is ready to fight. Even if



Photo by Ignacio "Iggy" Rubalcava

Maj. Gen. Ricardo Sanchez, 1st Armored Division commander, talks to soldiers of the 2nd Brigade Combat Team after presenting Excellence in Gunnery Awards to three units from the 2nd Brigade Combat Team.

you're on the attack, on the move, you'll be fixing it because that is what will make the difference between survival and death on the battlefield," he said.

The general then addressed a more sobering topic. "There is no way that I can stand here in front of you and guarantee you that each and every one of us will come back alive. I can't do that. The enemy is resisting. We will have to fight him

and we'll have to kill him. But the one thing I can guarantee you is that every one of you will come back. ... We may not come back alive but we'll come back. And that is important. We must not leave a single soldier on the battlefield unaccounted for. That is a leadership responsibility and that's a fellow soldier's responsibility. And that's all about soldiers taking care of soldiers every minute of the day

in battle," said Sanchez.

"I'm real proud of you. I know you're ready. You've done some tremendous training. I've not seen a brigade combat team better trained than where you stand today. Whether it's tactics, whether it's gunnery, whether it's maintenance, you will have to maintain those standards because that will be the difference on the battlefield. I'm proud of you. Iron Soldiers."

Powers of attorney critical to deployment

By Capt. Catherine Lev
Baumholder Legal Office

A power of attorney is a legal document that authorizes another person to act on your behalf. When your representative has a correct power of attorney in his or her hands, different agencies may deal with them just like they would have dealt with you, if you were present. A power of attorney comes especially handy for deployed soldiers whose ability to conduct their own affairs is limited in an operational environment.

There are several different powers of attorney. The most common are reviewed below.

Military affairs power of attorney—allows your representative to do everything necessary to clear government quarters and travel back to the United States at the expense of the government. It also allows your representative to sign for quarters at the new duty station and receive household goods.

Finance power of attorney—allows your representative to make inquiries about your pay, receive your LES and stop/decrease allotments.

Banking power of attorney—allows your representative to make deposits and withdrawals to your account. Some banks accept this power of attorney and some don't. Many banks require specific language in their power of attorney or have their own form. You do not need that one if the account is held jointly by you and your spouse.

Power to register and operate a motor vehicle—allows your representative to babysit the vehicle in your absence. You need the VIN number of the vehicle to complete this power of attorney. It is not needed when the name of your spouse or other representative is on the registration. Separate Powers of Attorney are needed to ship and receive a motor vehicle.

"Barracks" power of attorney—is a power of attorney specifically designed for single soldiers living in the barracks. It allows a designated representative (usually the rear detachment sergeant) to supervise the packaging and storage of your belongings. A power of attorney for POV storage is often helpful for single soldiers as well.

Guardianship power of attorney/medical care power of attorney—is useful for couples with children. If something happens to the mother while the father is deployed, these two powers of attorney allow the representative to care for the children on the temporary basis until their permanent guardian comes from the United States and collects them.

General power of attorney—covers everything not addressed specifically. It is a powerful tool in the hands of the representative, allowing them to empty your bank account and borrow money in your name, among other things. You should not give anyone a

general power of attorney unless you trust that person unreservedly. Also, not all military and civilian agencies accept a general power of attorney. In Baumholder a general power of attorney allows your representative to a tax return for you and to get an AER loan.

Miscellaneous powers of attorney—is an power of attorney that covers an assortment of specific actions such as replacing a lost ID card and DEERS enrollment, applying for an AER loan, shipping a pet, etc. Since signatures of both parents are required to obtain a passport for a minor child, the parent applying for the passport needs a power of attorney from the other parent.

If you are a single soldier leaving a pet behind, you will need a power of attorney for veterinary care.

The Baumholder Legal Office provides powers of attorney on a walk-in basis for both soldiers and family members.

Restrictions lifted

Military postal officials have announced that the restriction on mailing rationed cigarettes and tobacco products, coffee and coffee products through the military postal services has been temporarily lifted for people deployed to contingency military post offices in Kuwait, Afghanistan and Turkey (APO 09341 only). For more details call Detachment A, 90th Personnel Service Battalion, at mil 485-6618.

Postal volunteers

Army post offices, consolidated mail rooms and unit mail rooms have volunteer opportunities available throughout U.S. Army Europe. Due to recent events, military postal personnel working in these functional areas have been deployed or used to support force protection requirements. This has had a tremendous impact on the work force at most postal activities.

Because of the current force protection level and possibly of this requirement extending to an undetermined time, volunteers may be needed throughout USAREUR in support of this critical postal mission.

Advisors meet

The Baumholder Youth Services parents advisory and assistance committee holds an organizational meeting at 5 p.m. May 8 in the Underground. The committee is a non-governing body established to advise and assist the youth services staff in selecting programs and activities to be offered. Committee members receive training on the mission and purpose of Youth Services as well as training in Boys and Girls Club of America and 4-H programs. The committee is an advocate for youth programs and serves as a liaison between Youth Services staff and members of the community. Some of the other functions of the committee include:

Help YS meet the needs of community youth;

Help get the word out on programs and activities;

Help improve the YS experience for children;

Help motivate other parents to get involved in YS programs.

For more information call mil 485-8249

Class added

A special in-between terms class, SOCY 105, Introduction to Contemporary Social Problems, has been added to the education center program. The class meets through May 23 Monday, Wednesday and Friday from 8 – 11:25 a.m. Call the education center for details.

Post notes



Photo by Mary Prost

That's so gross

Sandra Welch shows Neubrücke Elementary School children just how much fat certain foods contain during National Nutrition Month activities.

Free calls

Service Credit Union is offering the use of their video conference room free to active duty military stationed in or deployed to Germany.

Call family members, close friends and relatives living in the United States from Service Credit Union's overseas headquarters video conferencing room located in Pulaski Barracks, Building 2934. Family members can receive the conference call from Service Credit Union's corporate office at 2010 Lafayette Road, Portsmouth, NH.

The SCU video conference room will be available by appointment on weekends.

This is an opportunity to let your loved ones hear and see that you are doing well.

Anyone interested in using this free service or additional information about video conferencing can call mil 489-6001 or civ 0631-351-2010.

Bank closed

The Community Bank will be closed April 18 and 21 in observance of the German Easter holiday break. All automatic teller machines will be in operation as usual.

Memorial fund

Community Bank employees have established a memorial fund

for Capt. Christopher Seifert who was killed in the grenade attack at Camp Pennsylvania in Kuwait.

Seifert was stationed at Baumholder as a member of Headquarters and Headquarters Company 1-6th Infantry Battalion from 1998 to 2001. During this time his wife Theresa was employed at the Baumholder Community Bank until they departed in August 2001.

The memorial fund will remain open until June 1. The proceeds will then be forwarded to Seifert's wife. The memorial fund account number is 3691298927. Each donor is asked to leave their name with a bank associate to ensure that their name accompanies the proceeds.

Seifert left Baumholder in August 2001 for his new station at Fort Huachuca, Ariz. where he attended officer's training. The Seiferts then joined the 101st Airborne Division at Fort Campbell, Ky.

Seifert was then deployed to Operation Iraqi Freedom and was tragically killed, leaving his wife Theresa and their 4-month-old son Benjamin.

For more information call Maragaret Cook or Ingrid Lopez at mil 485-7575.

Finance hours

Baumholder's 8th Finance Battalion customer support hours have changed. Customer service hours

are now from 9 a.m. to 3 p.m. Monday, Wednesday and Friday and their cashier service is now Monday, Wednesday and Friday from 9 a.m. to 12:30 p.m. In and out processing hours remain the same, Monday through Friday from 8 a.m. to 3:30 p.m.

ACAP services

The Baumholder Army Community Alumni Program office hours are from 7:30 a.m. to 4:30 p.m. ACAP is also open during lunch to assist clients. Soldiers scheduled to separate can get information about their options at ACAP. ACAP offers pre-separation briefings, job assistance workshops and job assistance counseling that can help soldiers review their options and assess how the skills developed in the Army can be transferred into civilian life. Soldiers can make appointments for ACAP services at mil 485-6741/6330 or civ (06783) 6-6741/6330.

Preseparation

Soldiers must complete a mandatory preseparation briefing at ACAP no later than 90 days before their estimated date of separation. Appointments are available every day at 9 a.m. and require approximately an hour and a half.

Job assistance

ACAP offers job assistance

workshops and counseling to help with the transition from the military to the civilian job market. Two day workshops are offered by formal instruction every other Tuesday. The next workshops are April 15 – 16 and 29 – 30 from 8:30 a.m. to 4:30 p.m.

Job assistance can also be accessed through ACAP's computer system and covers such topics as how to create a resume, find jobs, network and interview. Clients can cover topics by computer at their own pace.

Call to schedule an appointment or drop by any afternoon to work with ACAP's computer-based job assistance tools. For more information, call ACAP at mil 485-674/6330 or civ (06783) 6-6741/6330.

Boxing update

The results of Baumholder's boxing invitational March 15 are as follows:

Welterweight, 147 pounds

Ross Ella, Baumholder, winner by decision vs. Noel Gorspe, Friedberg.

Lightmiddle Weight, 156 pounds

Raheem Johnson, Hohenfels, winner by a referee stopped action in the third round, vs. Curtis Ellcessor, Spangdahlem.

Jacob Henson, Friedberg, winner by decision vs. Earl Jordan, Ansbach.

Lapatrick Tucker, Hohenfels winner by decision vs. Charles Perry, Ansbach.

Light Heavyweight, 178 pounds

Tyralea Dixon, Baumholder, winner by a referee stopped action in the first round vs. Justin Johnson, Baumholder.

Vanthea Chhim, Baumholder winner by decision vs. Terrance Graves, Aviano.

David Smith, Baumholder, winner by decision vs. Michael Thian, Aviano.

Marty Alston, Aviano, winner by decision vs. Mark Roberts, Baumholder.

Heavyweight 201 pounds

Gregory Murphy, Ansbach, winner by decision vs. Jayson Hubbard, Baumholder.

Ezekiel Brown, Baumholder, winner by decision vs. Spencer Wilson, Hohenfels.

Benjamin Bradley, Hohenfels, winner by referee stopped action in the first round vs. Daniel Johnson, Baumholder.

Team scoring:

Baumholder, 41 points
Hohenfels, 17 points
Ansbach, 13 points
Aviano, 11 points
Friedberg, 10 points
Spangdahlem, 3 points
Heidelberg, 1 point

222nd BSB – Baumholder, Neubrücke, Strassburg



Photos by Ignacio "Iggy" Rubalcava

Getting ready to go

Staff Sgt. Susan Stewart, Headquarters and Headquarters Detachment, 47th Support Battalion, gives a vehicle a thorough dousing to prepare it for inspection at the Installation Staging Area as the unit deploys. Photo right: Soldiers of HHD, 47th SB, clean and conduct maintenance on a vehicle prior to having it inspected at the ISA.

