

221st BSB – Wiesbaden, Wackernheim, Dexheim

Photo right: Youngsters enjoy one of the many amusements at the Wiesbaden Fourth of July celebration. Photo below: Olivia Marcus, age 7, starts off her Fourth of July festivities by getting her face painted at the Child and Youth Services tent.

Photos by Cassandra Kardeke



Good times on July 4



Rebecca Harris (left) and Tara Shaw dance during the sumo electric slide competition at Wiesbaden Army Airfield's Fourth of July celebration. Photo left: DJ Spike Richardson helps get the party started.

Playing it safe

Summer brings on increase in accidents

By Safety "Bob" Pierce

221st Base Support Battalion Safety Officer

Now that the weather is beautiful in the midst of summer, many people find themselves working in the yard and around the house.

However thousands of injuries happen every year as a result of mishaps related to electric tools, ladders and lawnmowers.

On a national average approximately 145,000 people end up in an emergency room because of ladder mishaps each year. More than 60,000 people are treated annually for lawnmower injuries such as burns, dismemberment, electric shocks, falls and thrown objects from power garden tools such as trimmers, lawn edgers and pruners.

To avoid a visit to the emergency room ensure the proper use of lawn and garden equipment and be aware of basic safety guidelines when using these tools. Following the precautions and the manufacturer's instructions can help the tools last longer as well as allow the entire family an enjoyable summer season.

Fire prevention

A thorough cleaning inside the house is more than just a good feeling that comes with maintaining the appearance of your home. It also helps protect you and your family in the event of a fire.

While clutter does not start fires it does become fuel for a fire. The more fuel, the harder it is for the fire department to extinguish. It also makes it more difficult for those in the home

to escape when a fire does break out.

Another important step in household cleaning is to eliminate the household chemicals used in the home. Several standard cleaners, paints and common household chemicals can fuel a fire just as much as clutter and become even more dangerous.

Make sure you store and dispose of the chemicals after use and only maintain the amounts you need.

If you have any questions about reducing the risk of fire in your home call the fire inspector at mil 337-5883 or civ (0611) 705-5883.

For information about hazardous household waste disposal call the Directorate of Public Works at mil 337-5100 or civ (0611) 705-5100.

Keeping them safe in Baghdad



Spc. Marc Mensing checks a visitor's documents at the Baghdad International Airport.

1-4th ADA soldiers oversee security at airport's busiest checkpoint

By Spc. Shauna McRoberts
1st Armored Division Public Affairs Office

It's a sweltering day. Dust swirls in the wind. Cars and trucks line up to drive onto the grounds of Baghdad International Airport.

They're all trying to get through Checkpoint One watched over by the soldiers of Wackernheim's 1st Battalion, 4th Air Defense Artillery.

The "Daring Deeds" Battalion is responsible for all the checkpoints for BIAP, but Checkpoint One sees the most traffic. Hundreds of vehicles drive through the gates each day, said 1st Lt. Jason Legro, a platoon leader with Battery A.

Vehicles carrying military personnel can enter as long as the passengers have identification, but every non-military vehicle has to be searched.

"We do thorough vehicle searches," said

Legro. "One person will search and another will watch over him and pull security."

More than 20 soldiers man the checkpoint. Two Bradley fighting vehicles provide protection.

Each battery pulls a 24-hour shift every third day. Soldiers spend their days off resting and preparing to go back out again.

Focused on mission

Despite the heat and the dust, soldiers are focused on this mission. They have put up camouflage netting over their Bradleys to provide a little shade from the powerful sun. They are also provided with ice to keep their water cool.

"It's hot, but we're doing a good thing for BIAP," said Spc. Orbin Gonzalez, a Bradley driver with Battery A, 1-4th ADA. "We're keeping the people inside safe, so they can focus on their own missions."

1st AD soldiers open firing range in Iraq

DISCOM inaugurates Camp Dogwood Range with firepower

By Spc. Christopher Stanis
1st Armored Division Public Affairs Office

It was lock, stock and smoking barrels for 1st Armored Division's Division Support Command soldiers July 4 with the grand opening of Camp Dogwood Range.

"Guts and guns — that's what made America free," said Command Sgt. Maj. Patrick Douglas, 1st Armored Division Support Command sergeant major. "So it is appropriate that we are shooting guns on this 227th celebration of freedom."

The range was built so soldiers could practice their marksmanship and test fire their weapons to ensure mission capability, said Col. Kenneth Dowd, DISCOM commander. "We want to be sure (soldiers') weapons will work before going on operations," he said.

Though the main purpose of the range is for soldiers to stay qualified on individual weapons systems, opening day brought soldiers the opportunity to fire some weapons they don't normally use such as

Russian RPK machine guns and AK-47 assault rifles.

"We want soldiers to be familiar with these weapons systems," Douglas said. Soldiers may have to use any weapon available on the battlefield, he said.

Douglas added another unusual weapon to the arsenal for the day's range—a 1930s style single-barreled Winchester shotgun along with shotgun shells custom made for Uday Saddam Hussein, son of former Iraqi dictator Saddam Hussein

The three-hour range was open

for any DISCOM soldier who wanted to show up, and, according to Douglas, there was a turnout of about 60.

"The familiarization with the foreign weapons was great," said Spc. Benjamin Gray, Headquarters and Headquarters Company, DISCOM.

Gray said that he wouldn't trade his M-16 for any of the foreign weapons he test fired at the range.

"The AK-47 is powerful, but it's only good for up close (fighting) because it doesn't have much control," Gray said. "The M-16 is deadly accurate."

"We received a lot of positive feedback," said Douglas. "This was the chance of a lifetime."



Assuming command in Iraq

Lt. Col. Richard Reid accepts the 1-4th Air Defense Artillery battalion colors from Brig. Gen. Rhett Hernandez, assistant 1st Armored Division commander for support, during the 1-4th ADA's change of command July 11 at the Baghdad International Airport in Iraq. "I am ready and anxious to lead all of you," Reid told his 1-4th ADA soldiers.



Col. Kenneth Dowd, DISCOM commander, aims a 1930s-style, single-barreled Winchester shotgun custom made for Uday Hussein as Command Sgt. Maj. Patrick Douglas readies an AK-47 assault rifle for firing at Camp Dogwood Range.

Children's theater rocks playhouse

Youths take center stage in 'Schoolhouse Rock Live! Junior' production

Story and photos by Karl Weisel
104th Area Support Group Public Affairs
Office

Schools may be closed for summer, but one Wiesbaden school house remains open for business — and it's rocking hard.

Some 20 youths participating in the Children's Summer Theater Workshop at the Amelia Earhart Playhouse are gearing up to launch their production of "Schoolhouse Rock Live! Junior." The musical, inspired by the popular 1970s animated, educational television series, is chockfull of songs such as "Three is a Magic Number," "Just a Bill" and "A Noun is a Person, Place or Thing" aimed

at making learning fun while entertaining theater-goers of all ages.

"It's fun entertainment," said Carol Money, the show's director and playhouse assistant. "It features the favorite songs from the 'Schoolhouse Rock' educational TV program."

"It's about a teacher named Tom who needs help because he's scared about teaching on his first day," explained cast member Jasmine Cash, age 10. "But then some strange people jump out of his TV into his recreation room where they help him get his confidence back."

"The 'Schoolhouse Rock' kids come out of his TV and help him get ready," said Money, explaining that Tom's imaginary friends share their educational know-how through song and dance to prepare Tom for his first day of teaching.

"There are a lot of kids working very hard, and it's going to be a fun show," added Cash.

"This is my first musical," said Marcus Sattler, age 12, describing school plays and other productions in which he has performed. "The children's theater workshop is good. I'm learning things and having a good time. I've learned about stage direction and all of my lines. ... So far I like musicals the best."

"I learned a lot about stage makeup," said Julia Peckens, age 11. "I like the dancing the most and the fact that everybody gets a part. I also think we made new friends during the workshop."

Peckens' "new friend," Samantha Housel, age 12, described the impact the television show had on her and other youngsters through TV and videotapes — "You just sing the songs and you remember things."



Members of the cast rehearse a number during the Children's Summer Theater Workshop.



Interplanet Janet (Rachel Rodriguez) and Neptune (Marcus Sattler) have a few words during a rehearsal for "Schoolhouse Rock Live! Junior."

Those "things" include lessons about the Bill of Rights, the planets in the Solar System, the multiplication tables and language arts.

"My mom sings them more which also helps stick them in my head," said Peckens. "It's going to be great," said Housel.

"Schoolhouse Rock Live! Junior" will be featured at the Wiesbaden theater July 25, Aug. 1 and 2 at 2 p.m.; July 24, 26 and 31 at 7:30 p.m. Pick up tickets at the Hainerberg and Wiesbaden Army Airfield USO offices, Mainz-Kastel's Autohouse Haese or the Amelia Earhart Playhouse.

Tickets are \$8 for adults and \$5 for chil-

dren, senior citizens and students. Come with a group of four and get \$1 off each ticket.

The theater is located in Building 5312 on Konrad-Adenaur Ring. Call mil 336-2473 or civ (0611) 816-2473 for reservations.

Upcoming auditions

Adults are invited to audition for "Something Different," an evening of short American comedies to be directed by Wiesbaden military community volunteers. Auditions will be held at the Amelia Earhart Playhouse Aug. 4 and 5 from 7-10 p.m. Backstage help is also needed. Call the theater for directions and more information.

221st BSB – Wiesbaden, Wackernheim, Dexheim

Community news notes ... Community news notes

New hours

Several facilities on McCully Barracks in Wackernheim have new hours of operation. The McCully Fitness Center is now open Monday to Friday from 6 a.m. to 8 p.m., Saturday and Sunday from 8 a.m. to noon. It's open from 6 a.m. to 8 p.m. on training holidays and is closed on federal holidays. Call mil 334-4737 or 4725 for details. The McCully Library is now open Monday, Wednesday and Friday from 10 a.m. to 7 p.m. It's closed for lunch from 2-3 p.m. Call mil 334-4783. The McCully Auto Skills is now open Thursdays from noon to 8 p.m. and Saturdays from 10 a.m. to 6 p.m. Call mil 334-4880.

ACS celebration

Join Army Community Service staff during their free birthday celebration July 31 from 11 a.m. to 2 p.m. at the Wiesbaden ACS, Building 7790 in Hainerberg Housing. Enjoy plenty of games for the entire family, giveaways and food.

Force protection training

The 221st Base Support Battalion Force Protection Office and 66th Military Intelligence Brigade will conduct Antiterrorism, Force Protection Awareness and Subversion And Espionage Directed against the Army briefings Aug. 6, 13 and 20 from 2-3 p.m. at the Taunus Theater at Wiesbaden's Hainerberg Shopping Center. All soldiers, Department of Defense civilians and local national employees are required to attend the training once a

year. Family members age 16 and older are highly encouraged to attend. Participants should coordinate with their chain of command to select a date. For more information call civ (0611) 705-6462.

Job openings

The Wiesbaden community thrift shop seeks a manager, bookkeeper and cashier. Stop by the thrift shop for details. Army Community Service seeks someone with a registered nurse degree to work with its new parent education program. Call Dr. Vidal at civ (0611) 532 9842. *(Courtesy of James Federline, U.S. Forces Liaison Office)*

Just Single Parents

Join the Single Parent Support Group to meet friends, share ideas and provide support to other single parents every first and third Wednesday of the month from 11:30 a.m. to 12:30 p.m. at Dexheim Army Community Service. A free lunch is provided. Call mil 334-5716 to let them know you are coming.

FRG training

Army Community Service hosts a Family Readiness Group networking session July 23 from 10-11 a.m. and FRG Basic Leader Training July 25 from 10 a.m. to noon. To sign up call mil 337-5754 or civ (0611) 705-5754.

National Night Out Aug. 5

The 221st Base Support Battalion hosts its second annual Safe



Neighborhood Awareness Program National Night Out Aug. 5. This year's theme is "Stop Juvenile Delinquency." The event will kick off with fun and games, music, food and drinks at Wiesbaden's Hainerberg Shopping Center. To take part in the events register with the community volunteer coordinator at Army Community Service in Hainerberg Housing or with the SNAP coordinator in Building 1023W, Room 4 (basement), on Wiesbaden Army Airfield. Help prevent crime and juvenile delinquency in your neighborhood. Call mil 337-6209 for more information.

Dealing with deployment

Learn coping strategies during

separation from your spouse. Prepare yourself for difficult questions from your child and get ideas for fun family activities. A dealing with deployment class is offered the second Tuesday of each month at 1 p.m. and the third Tuesday of the month at 7 p.m. at Wiesbaden Army Community Service in Building 07790 in Hainerberg Housing. Call civ (0611) 705-5034 for details.

Free German classes at Dexheim ACS

Dexheim Army Community Service offers free German language classes for beginners every Wednesday and Thursday from 6-8 p.m. Call Dexheim ACS at civ (06133) 69-716 to register.

Teaching youth

Wiesbaden Child and Youth Services seeks instructors for ballet, gymnastics, guitar and other performance arts. Call civ (0611) 705-5383 or stop by the Wiesbaden CYS in Building 07790 in Hainerberg Housing.

Hearts Apart

Dexheim Army Community Service offers a "Hearts Apart" support group for spouses of deployed

soldiers every Tuesday at 1:30 p.m. Free child care is provided if reserved in advance. Call mil 334-5716 or civ (06133) 69-716 for more information.

Protestant Women of the Chapel

Protestant Women of the Chapel hold a Dog Days of Summer Potluck Brunch Aug. 7 and Chapel in the Park Aug. 14 at the Hainerberg Chapel from 10-11:30 a.m. Reserve child care through Aug. 7. Call mil 337-1570.

Tot play group

The parent and tot play group meets July 25 and 28 from 10–11:30 a.m. at the Iron Kids Playground in the bottom floor of the legal office. This class is an interactive play group designed to teach parents developmentally appropriate play and to help children improve their social, cognitive and motor skills. The group meets every Monday, except holidays.

Relocation help

If your spouse is currently deployed but has received orders to relocate, don't delay planning and organizing your move. Family members can take care of many move-related tasks before the spouse returns to Baumholder.

Baumholder Army Community Service invites spouses to schedule individualized relocation planning consultations. Whether the service member is currently deployed or in Baumholder, spouses can obtain the same quality assistance as the service member. ACS will provide a comprehensive packet about the new location, as well as information to help organize a smooth move. Relocation assistance is available whether the move is a permanent change of station or the service member is retiring or separating from the Army.

Call ACS at mil 485-8188 or civ (06783) 6-8188 for information and to schedule an appointment.

A winning resume

Baumholder ACS offers a resume writing class. This class assists job seekers prepare and write a winning resume, cover letter, thank-you letter and follow up letter. The class is offered the last Friday of every month from 9-11 a.m.

To sign up for classes or for more information call ACS at mil 485-8188 or civ (06783) 6-8188.

School lunch

Applications for the 2003-2004 school year school lunch program are now being accepted for all kindergarten and school age children, including all Sure Start students, Mondays through Fridays from 8 a.m. to noon at ACS, Building 8746, Room 3. Applicants will be required to show proof of income (sponsor's latest end of the month Leave and Earning Statement/pay stubs for spouse's income), Kindergeld amounts, child support and appointment orders to the Baumholder community (showing the student's name) in order for ACS to determine eligibility.

Applicants may apply for the school lunch program after noon but it would be best if they come during the designated hours. For more information call Donna

Post notes



Photo by Sharon Wyland

Participants of the International Cooking class sample their culinary creations at Army Community Service. All participants are motivated to produce a quality product as they must sample their own work.

ACS is really cooking

Army Community Service's multicultural support programs have been offering several German and American cooking classes since May that have proven to be popular among Baumholder's family members.

The next class is July 31 at Baumholder ACS and features German sauerbraten day. A typical German meal of sauerbraten (marinated beef roast) will be prepared, along with rotkohl (red cabbage) made from scratch and spätzle (Southern German pasta) and knödeln (dumplings).

The lunchtime classes meet

from 11 a.m. to 1 p.m. in the ACS kitchen/lounge.

The evening classes are from 6 - 8 p.m. in the ACS kitchen/lounge.

Other classes at Baumholder include German rouladen on Aug. 28 and German stuffed peppers Sept. 25.

Classes at Strassburg Kaserne include German rouladen on Aug. 8 and German stuffed peppers Sept. 22.

Reservations are required and class size is limited to 12. Call ACS at mil 485-8188 or civ (06783) 6-8188 to reserve your slot.

Call ACS for dates and times of international cooking classes at

Neubrücke and Strassburg.

All cooking classes are provided free of charge. Supplies and ingredients will be supplied by ACS. Participants will assist in the preparation and cooking of all dishes. Each participant will receive a handout containing the recipes, a glossary and translation help pertaining to the day's recipes.

For safety reasons children are not allowed. Day care is not provided.

ACS is also looking for volunteers who want to teach others how to cook or bake a favorite international dish.

Vielma at civ (06783) 6-8188.

Just for 'newbees'

Newcomers Orientation and Welcome classes are offered by ACS. The class runs three days and runs from 8:30 a.m. to 2:30 p.m. Newly arrived spouses can learn about German customs and culture, the German and American communities in Baumholder and go shopping and dining in Idar-Oberstein. They are also introduced to the local public transportation system and the German language. The class concludes with a day of Army Family Team Building. Contact ACS for

more information or to sign up for this class at civ (06783) 6-8188.

Be a buddy

Representatives from the Baumholder Buddies and Installation Volunteer Coordinator's Office will be available at the post exchange every payday. This is an opportunity for the community to become more aware of the volunteer opportunities available in the community. Those willing to participate as a Baumholder Buddy have an opportunity to sign up and receive their free Uncle Sam pin for agreeing to be a volunteer in their

community.

Command honors

Sarah Goldfeder Schmidt was recently presented with the Commander's Award for Public Service by Lt. Col. Todd A. Buchs, 222nd Base Support Battalion commander. Schmidt has been a member of the Baumholder military community since 1998. During her five years in the Baumholder military community she has been involved in such organizations as the Red Cross, Army Community Service, Baumholder Community Spouses Club, Army Family Action Plan-

ning, AWAG and Iron Kids Playground.

Volunteer honors

Kimberly McHugh has been recognized as the Volunteer of the Quarter for March through May. A total of nine adults were nominated for Volunteer of the Quarter. Of those nominated McHugh volunteered more than 100 hours in supporting the 1st Battalion, 6th Infantry Regiment Family Readiness Group, the Cub Scouts, Smith Elementary School, St. Michael's Catholic Church and Baumholder Community Spouses Club.

New craft class

The Installation Volunteer Coordinator's Office will soon offer an organized volunteer-instructed craft class. The class will also provide an opportunity for community volunteers to network with other volunteers and discuss issues relating to volunteering in the military community. Crafts will vary based on availability of volunteer instructor, skill and the demand for the craft. For more information contact ACS at civ (06783) 6-8188.

Teachers needed

Baumholder's Adult Education Program is looking for teachers for the English as a Second Language, Conversational German and Sign Language programs. Call Bill Badger at mil 485-8891 for more information.

Advisers visit

The academic adviser from the University of Maryland will visit the Baumholder Army Education Center Aug. 20. To make an appointment call mil 485-6178.

Tuition aid

Army tuition assistance now pays 100 percent of tuition expenses for soldiers, with an annual fiscal year cap of \$4,500 and a per semester hour cap of \$250. Call the education center today at mil 485-8891 for more information.

University rep

The University of Oklahoma field representative from Ramstein Air Base visits the Baumholder Army Education Center on the first Wednesday of each month from 11 a.m. to 3 p.m. They may be reached daily at mil 480-6807.

Get your GED

The Army Continuing Education Services offers a variety of programs to assist soldiers in obtaining their college degree. College level testing, GED testing and testing for certification or licensure are available.

Tutoring is also available. Stop by the Army Education Center for more information.

Curfew: Child safety lies with parents

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

With summer well under way, the issue of curfew and child supervision has come again to the fore. The bottom line to safeguarding children in military communities is that the responsibility lies with parents and guardians.

It is expected that in all cases parents and guardians will provide the necessary safety, shelter, guidance and other life needs to ensure proper development and well-being of children under their care, according to guidance issued by Lt. Col. Todd A. Buchs, 222nd Base Support Battalion commander.

To ensure that children are not exposed to neglectful or harmful conditions that can adversely affect their growth, development, health or safety, several guidelines have been established. These guidelines will help ensure that parents, guardians, professionals and laypersons cooperate to protect the safety of children.

Both the USAREUR child-supervision policy and the 222nd BSB supplement to that policy are based on a child's grade in school, not the child's age, with the exception of local curfews as outlined below. During the summer children are considered to be in the grade they have just completed. In all cases, parents are responsible for assessing the individual capabilities of their children, especially if the children have special needs,

before deciding on appropriate supervision options.

Above all, children, regardless of age, will not be left unattended in circumstances involving potential or actual risk to their health or safety.

Children have varying abilities even if they are in the same school grade group. Therefore, children are capable of handling different degrees of responsibility. Again, parents are responsible for assessing the individual capabilities of their children.

Basic guidance

Children in the fifth grade and below require direct supervision at all times, with the exception of those in a playground or yard with immediate access (sight or hearing distance) to adult supervision. Kindergartners may not walk to school or other supervised activities alone. Children in the fifth grade and below may not supervise kindergartners walking to school or supervised activities.

Children in the sixth grade and above may be left alone, but not overnight, and may baby-sit siblings if they have ready access to adult supervision. Children in sixth and seventh grade must have home-alone training provided by Child and Youth Services or some other source.

Children in the seventh grade and above may babysit children other than siblings.

Children in the 12th grade may babysit siblings overnight for no more than two con-

secutive nights. The Red Cross babysitting course is strongly recommended for all children who provide childcare.

Children in 10th through 12th grades may be left alone (self-monitored care) for up to 48 hours. A neighbor or friend must check on them at least every 12 hours. Parents and guardians must consider carefully the amount of responsibility their children can successfully assume before leaving them unattended. Parents are responsible for ensuring that the children have access to telephone numbers of responsible adults in the event of an emergency. It is strongly recommended that caregivers plan for any emergency to include risks to medical and personal safety.

Parents and guardians who leave children unattended should provide the child with a key, emergency phone numbers (for police, fire department and dispensary), a phone number where parents can be reached, the expected time of return, and the name and phone number of an adult who can be reached immediately in the event of an emergency. The designated adult must be aware of his or her responsibility. Parents or guardians should notify the designated adult by phone or in person before departure.

Curfew policy

Children 13 years and younger will be inside their own or someone else's quarters from 9 p.m. to 6 a.m. unless they are supervised by a parent, guardian or family member

18 years of age or older.

Children 14-17 will be inside their own or someone else's quarters from 11 p.m. to 5:30 a.m. unless they are supervised by a parent, guardian or family member 18 years of age or older.

Exceptions to this policy are children who are returning home from a community facility, a youth services program, official employment or responding to a bona fide emergency.

Within the Baumholder community, anyone leaving children unsupervised under inappropriate conditions may be referred to the Military Police. Reports of possible neglect should be directed to the MP desk sergeant at mil485-7546/7547 or civ (06783) 6-7546/7547.

Because of developmental differences, chronological age or grade level will not be the only factor in determining lack of proper supervision or neglect. All cases will be assessed on their own merit.

Children who meet the criteria for the Exceptional Family Member Program require special supervision.

Children who are in the care of a certified family child care provider, who has entered into a contract with the children's parents for such care, will be supervised by the FCC provider according to established guidelines and procedures.

For more information call mil 485-8188/6468 or civ (06783) 6-8188/6468.

Suffer from back attacks? Attack back

By Capt. Nicole Koppenhaver

Clinical specialist in Neurologic Physical Therapy

Are you one of the 60-80 percent of Americans who have complained of a backache? Have you also experienced it more than once? Wouldn't it be nice to never experience back pain again or to prevent it from happening in the first place? In Western society low back pain disability is on the rise with \$75-100 billion spent annually to treat chronic symptoms. Most back pain is benign and non-specific. Less

than one percent of low back pain is due to serious spinal disease and less than five percent is true sciatica.

What are the risk factors for low back pain? Heredity and gender make little difference when it comes to incidence of low back pain, but there are some personal and occupational risk factors you can control.

Using poor body mechanics places increased stress on spinal structures leading to pain.

What you can do? Use appropriate lifting techniques (keep object

close to your body, pivot with your feet, lift with your legs) and maintain good posture during all daily activities.

Physically fit individuals may make a more rapid recovery from back pain and be less likely to develop chronic pain and disability.

What you can do? Initiate or continue with regular aerobic activity 20-30 minutes three to five days per week.

When your "core muscles" are not able to stabilize your spine in proper alignment during daily activities, increased stress is placed

on spinal structures which can lead to pain and degenerative changes.

What you can do? Strengthen deep abdominal and back muscles to reduce unnecessary stress/strain.

Muscle tightness can increase spinal curvature and reduce optimal alignment of your spinal column.

What you can do? Stretch daily holding each for 30 seconds.

It is known that individuals in distress are more likely to complain of non-specific low back pain.

What you can do? Find out what is causing stress in your life and try to reduce it.

Incorporate stress management techniques into your lifestyle such as relaxation breathing, exercise and a balance of work and play.

There is a higher risk for people who smoke three or more packs a day. Smoking results in poor oxygen transport, interferes with intervertebral disc nutrition, is associated with poor physical fitness, and is accompanied by continued bouts of coughing which raises intra-abdominal pressure placing undo stress on spinal structures.

What you can do? Stop smoking.

The strongest known predictor of a further episode of low back pain is the history of previous episodes. Don't let back pain disable you. Attack back and prevent future back attacks.

To learn more about prevention and management of low back pain contact physical therapy at mil 485-6357 to sign up for a free educational class.

Briefly

Clinic closes

The Baumholder Health Clinic will be closed Aug. 1 for their organization day. Patients are asked to plan on making appointments on an alternate day.

Get a 'headstart'

Headstart classes are offered again weekly from 9 a.m. to 5 p.m. Mondays through Wednesdays at the education center. The classes are open to family members and

soldiers and offer students an opportunity to learn some of the German language and go on a field trip to Trier.

Register by noon on Friday the week before attending class by calling Donna Stone at mil 485-7574.

Child care is the responsibility of the parents as it is not provided by course coordinators. Students must complete all classroom work to participate in the field trip to Trier

and receive a certificate. Transportation to the education center and lunch are also the responsibility of the student.

Gate closes

The Rod and Gun gate will be closed to traffic and pedestrians for safety reasons July 26 from 10 a.m. to 5 p.m. because of skeet range activities. For more information call Bianca Bowen at mil 485-7141.

222nd BSB – Baumholder, Neubrücke, Strassburg

Community celebrates American pride



Photos by Ignacio "Iggy" Rubalcava

Baumholder's unpredictable weather had no effect on the American Pride Celebration on the Fourth of July. At its peak, the entire parking lot was filled with partygoers who came out to celebrate.



Family members compete in a deployment inspired event that pitted them against each other to see who could pack a box to APO standards the fastest. The winner was allowed to keep everything in the box to ship down range.



Children try their luck at the ring-toss booth that featured one of the best bargains at the American Pride celebration – 10 rings for \$1 and each contestant a guaranteed winner.



An obstacle course keeps the younger crowd occupied while parents mingle with their friends and enjoy the food, fun and entertainment. The day concluded with a traditional fireworks display.



The talent of these young ballet dancers charmed the audience early on during Fourth of July celebration.

222nd BSB – Baumholder, Neubrücke, Strassburg

Task Force 1-35 forms line in sand to protect soldiers in Iraq

Story and photo by Spc. Christopher Stanis
1st Armored Division Public Affairs Office

There is a thin line between the soldiers in Baghdad's city center and the vagrants who want to harm them, but crossing that line is like passing through a brick wall.

That line is the soldiers of Company A, 2nd Battalion, 6th Infantry Regiment.

Assigned to Task Force 1-35 for this deployment, the soldiers guard the front gate of the coalition compound in the heart of the Iraqi capital.

Everybody has a mission and this is just one of the many for Company A, said Cpl. Jonathan Gibson, a team leader with the company's 2nd Platoon.

Each platoon works 48 hours in a 12-on-12-off format on the gate, then moves to one of the other missions, which could be patrols or guarding checkpoints.

While on the main gate they thoroughly search nonmilitary vehicles and local nationals entering

the compound, checking for proper identification.

"If the employer is legitimate," Gibson said, "they'll have the proper means to get their workers passes."

In addition to filtering who enters the compound, the guards must also keep the flow of traffic moving

past the gate, especially when there is a mob protesting the presence of the United States in Iraq.

They hold up signs saying "America go home" and "No George Bush," Gibson said.

"They feel that us being here, we are an occupying force and we're

not going to give them the chance to have their own government," the La Porte, Texas, native added. "There's a lot of confusion on that part."

Though Gibson doesn't feel very threatened during demonstrations, he said his team can't let their

guard down.

"That's when they like to hit," he added, "when we're all unfocused."

Gibson said a big asset at the gate has been the translators.

"These guys are working out really well," he said. "They understand us and ... they know we're trying to help these people"

Like many of the other soldiers in his unit, Gibson has only been able to correspond with his wife through letters, but if he got the chance, he wouldn't tell her what he's doing here.

"I'd tell her the basic stuff," he said. "But, I don't think she'd like to hear the dangerous stuff ... it would just make her worry more."

All in all, everyone understands that there is a job to do, and as a team they stay focused on it.

"We keep each other alert by word of mouth — 'Hey, watch for hands. Watch for this guy over here. What's that guy with the bag doing over there?'" Gibson said. "There's a lot of cross talk amongst this platoon, and it keeps us wide awake."



Photo by Spc. Christopher Stanis

A 1st Armored Division soldier pulls security at the front gate of the coalition forces compound in the city center of Baghdad.