

Post notes

City cleanup

The city of Baumholder holds its annual cleanup March 16 starting at 8:30 a.m. Persons interested in assisting should meet at the Baumholder lake to have sacks and other cleanup materials issued. Participants are invited after the cleanup for food and drinks next to the Westrichhalle. Persons or organizations wishing to help may call Public Affairs at mil 485-1600.

Get ready to hunt

The Baumholder hunting course opens April 8. The course runs for eight weeks and requires 10 or more people. Get your friends together for some great fun. Gun rental is available. The cost for the course is \$50 per person. Call Brandt Gardner at civ (06783) 6-6202.

Have a laugh

Come out to the Rod and Gun Club for a night of laughs on March 20 as Comedy After Dark returns this month. The show begins at 8 p.m. and will feature Jennifer Wrubel, Sinck, and Brooklyn Mike. Tickets are \$10 in advance and \$12 at the door. Get your tickets now at Leisure Car Rental, the Rec Emporium, or the Rod and Gun Club.

This show is for mature audiences and ID cardholders only.

Dive into the fun

Youth Services is sponsoring a trip to swim at the Pyramide for middle school students March 16. The cost is \$8 per person plus spending money. Call for more information at mil 485-7003.

Glamour and fun

Bring the whole family to the Baumholder fashion show March 30 at the Rheinlander Convention Center. Admission is \$12 for adults and \$6 for children 6 to 11 years old. Children 5 and under enter free. Learn all about fashion wear from sporty to business and casual to dressy and enjoy finger foods, music and more. To find out more, call mil 485-8779.

Pump some iron

The Baumholder Powerlifting Invitational is March 23 at 10 a.m. at the Mountaineer Fitness Center. Weigh-ins are from 8-9:30 a.m. Entry fee is \$10. There will be awards for the top two lifters in each division. Call mil 485-7176 to find out more.

Fight night

The USAREUR Boxing Coaches and Officials Clinic will be held at Baumholder March 7-9. Boxing night will be March 9 starting at 7 p.m. with weigh-in and physicals

from 10 a.m. to 1 p.m. Admission is \$3 and free for kids 12 years old and under. The U.S. Forces Europe Boxing Championship will be at the Hall of Champions May 3-5 and Baumholder Boxing Day will be June 15, so stay tuned for more details on all these events.

Smack that ball

Unit level volleyball season starts March 18. Sign up at the sports office by March 11. Call mil 485-7176 to find out more.

Irish fun

Celebrate St. Patrick's Day for two nights at the Baumholder Rod and Gun Club. The party begins at 10 p.m. March 15 and 16. Catch the Irish spirit with music, dance and a bit o' the green at the Rod and Gun Club.

Focus on life

The Living In Focus Everyday, or LIFE, weekend is coming March 7 through 10. It is an intense spiritual renewal weekend workshop of Christianity provided by chaplains and lay people that guides participants back to the basics of Christianity.

Christ's servant hood and self-sacrificing love through the cross is the central message and experience during the workshop. As a result of attending the workshop, several past attendees have had their broken relationships restored and have found spiritual renewal.

There is a \$25 registration fee and there is no child care available. Persons interested may call Chaplain (Maj.) Robert Swalve at mil 485-7352 or civ (06783) 6-7352. If there is no answer leave a message on the answering machine.

Tee off

The Baumholder American Red Cross hosts its first annual Memorial Challenge Golf Tournament starting at 8 a.m. May 24 at the Rolling Hills Golf Course. The registration fee is \$30 and includes lunch. There will be awards and raffle prizes. This is a scramble format tournament. Stop by the Red Cross to register or call civ (06783) 6-1760 or mil 485-1760.

Work at the deli

The Deli and bakery at Baumholder's commissary has positions available for reliable, flexible, customer-service oriented workers. Applications for these positions are available at the deli or bakery counter at the commissary.

Contract position

There is a contract position open for a computer lab instructor with

Youth Services to assist children in grades 6 through 12. The contractor will be responsible for providing after school, weekend, and summer computer lab assistance and technical guidance to the youth of military and Department of Defense civilians enrolled in Youth Services. The contractor must have either applied knowledge of Microsoft Windows, Novell Networks, networking concepts and the Microsoft Windows based applications or be a certified Novell administrator. The contractor must be able to troubleshoot problems with the students' computer hardware and software, server hardware and software and other components for the local area network. For more information call mil 485-8249/7276.

Auto exams

The next Automotive Service Exams will be offered at Baumholder in May. Tests must be ordered from the Education Center before March 8. Call Julie Langford at mil 485-6487 for more information.

Field rep visits

The University of Oklahoma field representative from Ramstein Air Base will visit the Baumholder Army Education Center March 6 from 11 a.m. to 3 p.m. People wishing to discuss Oklahoma's graduate degree programs are invited to meet with the university's representative. The representative may be reached daily at mil 480-6807.

DANTES testing

The Baumholder Army Education Center has limited DANTES and military testing sessions available. Persons interested should call mil 485-6487 for more information or to schedule any desired testing. Walk-in testing is currently not available.

work available

Central Texas College is seeking individuals with a bachelor's degree to teach basic skills classes and to provide academic tutorial assistance to soldiers in preparation for testing. Also needed are individuals capable of teaching Headstart German classes. Call Micky Tyler at mil 485-6487 for more information.

tuition assistance

Up front tuition assistance is now available for active duty soldiers in Europe for college courses from-a-distance, taken with an American regionally accredited college in the United States. Call Bill Badger at mil 485-6487 for more information.



Photo by Ignacio "Iggy" Rubalcava



Photo by Ignacio "Iggy" Rubalcava

100th day of school

Top photo, wearing 100 day shirts, David Diaz and Victoria Herbert, students from Gloria Finch's first grade class at Smith Elementary School, practice their reading skills. Above, Juanita Whittaker, a first grade teacher at Smith Elementary School, listens as Haley Elias recites several words from her reading book. The first graders celebrated the 100th day of school Feb. 13 and to commemorate the event, each brought a collection of 100 small things to school. As they were busy gathering their collections the students learned to count by 1's, 5's and 10's to 100. Finch and Whittaker, joined their students and wore commemorative 100 day t-shirts to celebrate the occasion. Hang in there kids, as of March 5, there's only 69 more school days.

AFN surveys audience

What's your favorite kind of music? The folks at AFN Kaiserslautern, Z-FM 100.2, want to know, so they're asking everyone to log on to the Interactive Customer Feedback (ICE) website to rate favorite music formats.

"We need to know what people like to listen to, because if we're playing what our audience likes to hear, we know that they'll also hear the community information we put out between songs," said TSgt. Mike Burnette, the station's morning show DJ.

Several music types are offered for you to choose from, but AFN wants to know your top

two choices. They'll combine that information with other survey results to help them determine the type of music you'll hear during the day. "We really want the community to weigh in with their desires," said Station Manager MSgt. Chris Kelly. "We're here to provide service to the KMC, and giving people the chance to tell us what they want is an important part of that service."

Log on to the AFN Radio ICE Comment Card at <https://www.mil.ramstein.af.mil> and click on "Communications" or go to ice.disa.mil and follow the links to Ramstein Air Base and the "Communications" category.

Opportunities to aid community abound

The Baumholder community offers a variety of volunteer opportunities for people who wish to donate their time and assistance. The following are just a few of the volunteer positions available.

Army Community Service has openings for Month of the Military Child and Family Fun Fest volunteers. ACS also provides help with child care costs for its volunteers. Call April Barnett at mil 485-8188 for details.

Army Family Team Building is looking for volunteers to fill the position of instructor supervisor. They are always looking for master trainers and instructors and they provide instructor training. They can also help with child care costs. Call April Barnett at mil 485-8188 for more information.

Baumholder American High School is looking for volunteers to monitor the hallways during lunch, mentor and tutor students. For details call Terry Toone at mil 485-7590.

The Baumholder Community Spouses Club is looking for volunteers to help with the BCSC Spring Bazaar. All volunteers will have the chance to enter an exclusive raffle for vendor prizes. Sarah Schmidt has the details. Call her at mil 485-1760/6313.

Child and Youth Services is looking for volunteers to help initiate the Boys and Girls Club programs in the Baumholder community. They are looking for people to help during the week or on weekends. Call Steve Ferguson at mil 485-8249 for more information.

Basketball and soccer coaches for all age groups are in great need.

The sports program offers free training and certification, as well as discounts on registrations for parents with children in the program. Call Mike Ritchey at mil 485-6968 to find out how you can help the youth of the community.

Family readiness groups throughout the community are looking for volunteers to help support unit events and programs. Many of these positions offer volunteers the experience of administrative, managerial and other skills that look great on a resume. Call your family readiness group leader to find out what is available in your readiness group.

The finance office is looking for volunteers to help in their offices with travel, budget and other financial matters. Call Diana Ruiz at mil 485-6824.

The Girl Scouts are looking for troop leaders for all areas, especially in Wetzlar, Neubrücke and Strassburg. They are also looking for a new Lone Troop committee chair. Sue Oppliger at civ (06782) 6892 or Ileana Arvelo at civ (06781) 35130 have more information.

Outdoor Recreation is looking for a volunteer to be a climbing wall instructor. They are also looking for volunteers to help around the office with trips and activities. Call Werner Graf at mil 485-7182 for details.

The sports and fitness program always needs volunteers for their community level sports programs. Get more information by calling Emma Robinson at mil 485-7176.

For more information about volunteering, call Tracy Grice, installation volunteer coordinator, at mil 485-6565 or civ (06783) 6-6565.



Photo by Melissa Izzo

Sgt. Derrick Nelson, a tax assistant from 1-6 Infantry Battalion, helps a customer at the Baumholder Tax Center prepare his tax return.

Tis the season - tax season

Tax season is here. The dreaded tax day may not be until April 15th, but why wait? The Baumholder Tax Center is now open and will remain open until June 30. The BTAC is located at Building 8670, next to the Community Bank and is open 9 a.m. to 5 p.m. Mondays through Thursdays and 9 a.m. to 3 p.m. Fridays.

Appointments are now available by calling mil 485-6506 but simple tax returns such as the 1040EZ can be prepared on a walk-in basis. The BTAC offers tax assistance preparation for federal and state income taxes, as well as electronic filing.

The advantage of electronic filing is that it is more accurate than paper returns, and you get your refund faster, usually within four weeks.

The service is free to all service members, their family members and eligible Department of Defense and Department of the Army civilians. IRS-trained personnel will prepare both federal and state tax returns. Why pay a commercial preparer when the BTAC is free? The BTAC often saves customers more than \$200 in tax preparation fees.

You must bring your W-2s, social security cards, a copy of your

2000 tax return and all other tax documents you have such as 1098 and 1099 tax forms. Upon arrival at the BTAC, you will be asked to complete a simple questionnaire. This questionnaire enables the BTAC's personnel to quickly expedite your tax return. The BTAC wants your business and looks forward to serving you. If you have any questions concerning BTAC contact the legal assistance office at mil 485-6506.

If your tax paperwork is lengthy or complex, call the center at mil 485-8644 to schedule an appointment.

ACS at a glance

Emergency relief

Army Emergency Relief is conducting its annual fundraising campaign now through May 15.

For 60 years, AER has assisted more than 3 million soldiers and their families in times of financial emergency. AER has been available to soldiers, wherever they have been stationed and whenever aid was needed. Last year, everyone's contributions enabled AER to assist more than 57,000 soldiers with almost \$39 million in emergency assistance.

On Sept. 11, AER was one of the first relief organizations to begin providing assistance to the families of comrades killed at the Pentagon.

AER has continued this mission daily since then.

As it has always been said, and will remain, soldiering is an affair of the heart.

All contributions are fully tax deductible. Donors may make their contributions to the general assistance fund or they may target their contributions to specific programs such as education scholarships or widow assistance.

Donors needing information about administrative matters pertaining to bequests should contact HQ AER, Attn: Deputy Director for Finance.

For more information on the AER campaign, contact the Army Com-

munity Service AER officer at mil 485-8188, or your local unit representative. Interested persons can also visit the AER web site at: <http://www.aerhq.org>

Money to be had

Family Subsistence Supplemental Allowance is available to soldiers, who qualify, to supplement their income. Eligibility is based on household size and income. For more information on this new program call the FSSA financial readiness specialist at mil 485-8188 or visit the FSSA web site at <https://www.dmdc.osd.mil/fssa>

Team building

Army Family Team Building is

offering the following training in March:

AFTB Level I, March 6, 8:30 a.m. to 2 p.m.

AFTB Level I, March 19-22, 6-9 p.m.

For information and reserva-

tions to set up training for yourself, unit or family readiness group, please call the AFTB office at mil 485-8542.

If child care is needed, students must sign up for classes two weeks in advance.

Picky customers visit dining facility



Photo by Ignacio "Iggy" Rubalcava

Sgt. Major Eric Engmundson and Master Sgt. Latanya Williams, 5th Corps Food Service inspectors, check the cleanliness of a cooking tray at the 2nd Brigade Dining Facility. The facility is currently in the running for the 5th Corps Philip A. Connelly Award.



Photo by Ignacio "Iggy" Rubalcava

Sgt. Major Eric Engmundson, 5th Corps Food Service inspector, watches Spec. Sheldon Terry, a cook at the 2nd Brigade Dining Facility, prepare ingredients for the noon meal.

By Ignacio "Iggy" Rubalcava

*222nd Base Support Battalion
Public Affairs Office*

A couple of customers dropped in recently at the 2nd Brigade dining facility and started getting really picky about the food and overall cleanliness of the facility. They asked the cooks how they prepared their meals and even noted small details like the availability of home made biscuits as opposed to the Pillsbury variety.

They observed the attendants as they went about their task of keeping the facility clean and orderly and even asked other customers how satisfied they were with the

food and service.

The cooks, managers and attendants that operate the dining facility took it all in stride. They didn't even flinch when these customers went upstairs into the kitchen to see how the next meal was being prepared.

These two picky customers were 5th Corps Food Service inspectors. After March 15 when the last facility is inspected and the points are totaled, the highest scoring facility will receive the 5th Corps Philip A. Connelly Dining Facility Award, an excellent incentive for providing quality food and keeping your customers satisfied, even the picky ones.

Two other large-category facili-

ties are in the running with Baumholder for the 5th Corps award. The 2nd Brigade facility was selected as the best in the 1st Armored Division in December, 2001, making it eligible for 5th Corps competition.

"The key things in an inspection, especially for the Philip A. Connelly program, are customer satisfaction, closely followed by safe food handling practices," said Sgt. Major Eric Ingmundson 5th Corps Food Service inspector. "The cooks have to be handling the food safely. The people out front have to be enjoying the food. Those are the two really critical components of a dining facility inspection," said Ingmundson.

"...Our main mission is to provide the soldiers with the best quality and nutritional meal."

The facility is 72 food personnel strong but because of the many commitments of the brigade, the facility often operates with much less than that, according to Sgt. 1st Class Angel L. Ortiz, dining facility manager.

"Our mission is a stringent one because we support the entire brigade and all other units that come here to train in the area. Of course, our main mission is to provide the soldiers with the best quality and nutritional meal," said Ortiz.

The dining facility opened Nov. 24, 2000 and the first meal served was the Thanksgiving Day meal. At that time, the 2nd Brigade was preparing to deploy to Kosovo and several food service personnel were preparing to deploy with the brigade. Despite the manning shortfall, food service personnel pressed on and have been keeping the soldiers fed at their new facility ever since, earning various unit and individual awards along the way. The cooks, managers and attendants are now setting their sites on 5th Corps honors.

"Competition really promotes teamwork," said Ingmundson. "It also promotes education because of the different command levels that come and judge and hold them to standards. A lot of times it enlightens them to what the standards are. It really produces a better overall facility in virtually every aspect of the operation," he said.

The Philip A. Connelly takes in

every aspect of food service, including the dining facility attendants. "They're actually overlooked a lot of the time but their contribution is tremendous because they clean the entire dining area, keep the salt and pepper shakers filled, wipe the spills, clean all the pots and pans that the cooks have to cook with. They're a big part of the team," said Ingmundson.

Although every dining facility team may operate like a fine tuned machine, with the cooks providing excellent cuisine and the attendants keeping the facility spotless, often times the difference between a good facility and a great facility comes down to command support.

"I'm not talking about support from the food service channels," said Ingmundson. "It's the brigade commanders, the battalion commanders, the ones that have access to money. We in the food community don't have actual dollars that we can dedicate to a facility. That comes from the commanders so command support would separate one from another. With so many terrific cooks out there, a lot of times it comes down to the money. So any dollars spent here, will be spent wisely," he said.

Living museum brings history to life

By **Ignacio "Iggy" Rubalcava**

222nd Base Support Battalion
Public Affairs Office

Sir Isaac Newton recited his theories of physics and gravitational motion while standing beside him, Adolf Hitler chillingly retold all the accounts of all his conquests and atrocities.

Across the hall, clothed in a white Greek toga with a wreath of olive branches resting upon his head, Aristotle, the philosopher, scientist and "Great Thinker," explained how he helped determine the orientation and content of western intellectual history. Further down the hall an air of tranquility engulfed "The Great Wayshower" Budda, as he sat on the floor, his legs crossed in a lotus position.

In all, 24 historical characters lined the hallway, each one eager and ready to account for his or her greatness in time.

It was a virtual living museum featuring some of the most influential persons in history, orchestrated by Janet Kennedy and her sixth grade students at Smith Elementary School.

Titled the, 100th Day Celebration Living Museum, fellow students and teachers passed through

the living museum throughout the day and asked the historical figures a variety of questions from those listed on the wall behind each student. All it took was a tap on the shoulder and the historical characters sprang to life, reciting their name, where and when they were born and numerous biographical points of interest.

Each student selected his or her own historical figure, studied him or her diligently and formulated 10 questions for the visitors to ask of them. They also developed costumes for their characters. Queen Elizabeth had a flowing gown, Jesus Christ was dressed in a traditional white middle eastern frock, while Hitler's brown shirt adorned with a swastika cross on his arm left no doubt as to his identity.

Kennedy explained that the idea of a living museum is not new. "We took the original concept, incorporated some of our ideas into it and just made it better," she said.

It was titled the 100th Day Living Museum in observance of the 100th day of school. Traditionally, the kindergarten and 1st grade students celebrate the 100th day of school, explained Kennedy, but the project would have been too difficult for them to accomplish.



Photo by Ignacio "Iggy" Rubalcava

Rachel Brooks, portraying Sir Isaac Newton, explains the theories of physics and gravitational motion to students, teachers and parents visiting the living museum at Smith Elementary School.

To prepare the students for their historical time warp, Kennedy read passages to her sixth graders from a book titled The 100, A Ranking of the Most Influential Persons in History, by Michael H. Hart. Each day,

she read from the book and the students became more and more interested in the characters. "They wanted to know so much more about these people," she said. "We have persons in our museum from the

beginning of time," she said. "We hope that when the kindergarten and first grade students see this, they will remember it when it comes time for them to take on a similar project," said Kennedy.

Think nutrition

By **Elisabeth Kadlec, RD and Julie Snodderly**
WIC Overseas

March is National Nutrition Month. The motto that the American Dietetics Association is using this year is "Start Today for a Healthy Tomorrow." The ADA has also written four key messages for people to reflect on.

Americans of all ages benefit from making healthful eating, physical activity, and life-style choices.

Trying new foods and new physical activities can jump-start your plans for health.

Personalize the Food Guide Pyramid as your road map toward eating a variety of foods, using moderation when selecting portion sizes, and balancing your choices over time.

Taking the first step toward making healthful choices can be easy if you enlist help from friends and family.

For National Nutrition Month, we suggest that you do yourself a favor and choose one bad eating habit and change it. You are probably aware of what habits you need

to change.

For instance, maybe you don't eat five fruits and vegetables a day. Concentrate on incorporating more into your diet by adding a vegetable at dinner and have a piece of fruit for a midmorning snack. Perhaps you know your portion sizes are a little large. Purposely leave the main dish in the kitchen so you will have to physically leave the table to refill your plate. You are less likely to have another serving this way. Do you eat out for lunch frequently? Make healthier choices such as a sub sandwich, salad with low fat dressing or a lean microwave meal. Or, you can even pack your own lunch either the night before or give your self five to ten extra minutes in the morning to pack it!

There are many habits you can change. Just pick one at a time to work towards a healthy tomorrow. If you have any questions, a great website is www.eatright.org or ask your local dietitian.

Note: The key messages were taken with permission from The American Dietetic Association.

