

Post notes

Respite - take a break

Tired? Need a break from the chores of parenting or work? Army Community Service's respite care may help you make it through the day.

The ACS Exceptional Family Member Program office maintains a list of providers who are trained and credentialed to provide respite care services for children and adults on an hourly, daily or weekly basis.

The cost of this service is arranged between the customer and provider. Customers can be assured they will receive care from a dependable, caring individual, motivated by a desire to serve family members with disabilities or need a break from it all.

For more information about program call mil 485-8188 Monday through Friday from 8 a.m. – 5 p.m.

IACS made easy

The Installation Access Control System registration station for U.S. identification card holders is now co-located with the 90th Personnel Services Battalion identification card section in Building 8743, room 37 (in the waiting room of the identification card section). For more information call mil 485-6083. This move has eliminated the need for appointments to register with IACS. Customers can now register in IACS immediately after receiving a new identification card.

Persons replacing a stolen or lost identification card that was previously registered must reregister with their new card. Those who have not registered are encouraged to do so now and avoid long waiting periods

when the soldiers return.

Office hours are Monday through Friday from 8–11:45 a.m. and 1–4:15 p.m. the office is closed on U.S. federal holidays

The IACS station for installation passes remains at the same location in downtown Baumholder, Ausweiler Strasse 1. For pass information call mil 485-6291 and for more details about IACS registration call mil 485-7141.

Clinic appointments

The Baumholder Health Clinic has a new automated phone system that makes it easier for patients to make appointments. The system puts callers in a queue and tells them what order they are in and approximately how long they may have to wait to be helped.

The number for appointments is military 485-8080 or civilian (06783) 6-8080. For those who might be calling using the Siemens phones, these will not work on the system because they are seen as rotary phones and not touch tone. Callers should just stay on the line and they will be connected in the order that their call was received.

Dental assistants

Baumholder's American Red Cross is holding an orientation for persons interested in the Volunteer Dental Assistant Training Program Jan. 5 at 9 a.m. in the Red Cross building.

The orientation is mandatory for persons interested in participating in the program. Interviews will follow at 12:30 p.m. Jan. 5 at the dental clinic and the course begins Jan. 12. For more information call civ (06783) 6-1760.



Photo by Ignacio "Iggy" Rubalcava

A hot meal

A volunteer family member from Headquarters, Headquarters Battery, Division Artillery serves bread to a soldier participating in the Army Community Service reintegration program for soldiers returning from Iraq. Part of the program includes a free meal for all soldiers and their family members attending the program. ACS receives donations from numerous organizations to help fund the weekly luncheon.

M1 tanks are a force to be reconned with

Story and photo by
Spc. Chad D. Wilkerson
372nd Mobile Public Affairs
Detachment

BAGHDAD, Iraq – At the core of the 1st Armored Division's fighting force is the M1A1 Abrams tank and the soldiers who operate it.

Soldiers from A Company, 1st Battalion, 35th Armor Regiment, 2nd Brigade Combat Team, Task Force 1st Armored Division, man the M1A1 with pride and have put the tanks out on the streets of central Baghdad to inspire courage in the allies and fear in the enemy.

Capt. William T. Cundy, A Company commander, regularly accompanies his soldiers on evening patrols in the Abrams tanks through Zawra Park, Zawra Zoo and Ceremony Square in the Al Kindi and Al Harihiya districts of central Baghdad.

A Company's area of responsibility houses 15,000-25,000 people, as well as several historical monuments and important Iraqi cultural sites.

"All the parades that Saddam used to do came under the 'Arches



Capt. William Cundy, tank commander, far left, Sgt. Jermaine Brooks, gunner, left, Staff Sgt. Robert Tua, tank commander, right, Spc. Brian Witt, gunner, far right, with drivers Pfc. Chad Ace and Spc. Mark Carter (not pictured, in hatch), from A Company, 1st Battalion, 35th Armor Regiment, 2nd Brigade Combat Team, Task Force 1st Armored Division, roll through on patrol under the Arches of Victory at Zawra Park in central Baghdad Nov. 14. A Company is tasked with guarding several historical sites in Baghdad, Iraq.

of Victory' and through Ceremony Square," said Cundy. "This is one of the main historical areas for the Iraqi people, and it is our job to make sure it stays in pristine condition."

The Tomb of the Unknown Soldier, an amphitheater-shaped structure located on the park grounds, commemorates the Iraqi soldiers

who lost their lives in battle, said Cundy. The Arches of Victory, two massive sabers held by the hands of Saddam, stand above the helmets of fallen Iranian soldiers – those killed in battle against the Iraqi army.

Cundy and his team said they enjoy patrolling the streets and

monument grounds in their Abrams tanks because it gives them an opportunity to get out and see Baghdad's people and its history.

"Almost 99.9 percent of the Iraqi people want safety and security and want their children to have a better life than they have," Cundy said. "Unfortunately, there is that .1 percent that wants to cause trouble. Fortunately, however, there have been no problems in the park."

As the tanks rumble down the city streets at speeds slow enough to allow a few seconds of eye contact with pedestrians, the soldiers are met with a sea of stares. Even if the M1A1 were good for nothing else, it would still make one heck of a head-turner.

The stares soon turned to smiles as the soldiers waved to the seemingly hypnotized people on the street seven feet below them. The people eagerly wave back and smile.

"It is definitely an attention getter," said 2nd Lt. Sean Lyons, fire support officer for A Company. "We patrol to let the people know that we are here making their homes and neighborhoods safe. They can see

us and they can see the M1A1."

According to Spc. Brian Witt, gunner on tank "Aloha," the Abrams' purpose is understood as a strong deterrent to any would-be attackers.

"We do not use the tanks really often," Witt said. "Only if there is a riot or major disturbance do we roll out. At this point, people do not really pay attention to Humvees."

With a menacing growl, gargantuan mass and the firepower to back it up, the Abrams is definitely a crowd pleaser in A Company's patrol area. Cundy said that his soldiers know their tanks "through and through" and are proud to be able to ensure a secure future for the priceless monuments and landmarks, as well as the people, from behind the turret of the M1A1.

"The M1A1 Abrams is the premier battle tank in the world, and the American soldiers are the best trained, best equipped troops in the world," Cundy said. "We are here to maintain a peaceful and stable Iraq, and if anyone wants to challenge that, my soldiers are always ready."

Toys R Us makes military children smile

By Ignacio "Iggy" Rubalcava

222nd Base Support Battalion
Public Affairs Office

Children really have something to smile about on Baumholder because they are getting their share of \$1 million worth of free toys. That's the price tag on the amount of toys donated by Toys R Us through a partnership with Boys and Girls Clubs of America and sponsored by ABC's Good Morning America.

The toys are intended for children in all U.S. Army Europe communities, especially those with parents who may be deployed. Thousands of boxes filled with toys were received at the Army Child and Youth Services Headquarters in Heidelberg.

"As soon as I found out the toys were in I was one of the first people down there to get them," said Steve Ferguson, Baumholder Youth Service manager.

"We received roughly 400 boxes of toys that are being distributed by the Torch and Keystone Clubs here," he said.

Numerous toys were handed out to children during the annual community tree lighting ceremony and more will be given away to children during the breakfast with Santa session Dec. 13 at the Neubrücke Youth Center from 10 a.m. to noon.

"We are also looking at supporting several other activities during the holidays," said Ferguson.

"Very little distribution guidance was given. As long as they go to children affiliated with the military, they may be distributed in any manner that the community decides on," he said.

The Baumholder Community Spouses Club is also expected to receive some of these toys for their Angel Tree program. The toys will be used for unclaimed angel ornaments on the tree.

The chapel community is also in line to receive some of these toys for distribute to their congregations.

The toys are broken down into four categories by age group. There are toys for preschool, school age, middle school children and teens.



Photo by Jürgen Ruppenthal

Jacob Cox, Kevin Forehand and Alecia Lakley conduct an inventory of the 400 boxes of toys donated to Baumholder children by Toys R Us. The more than 740 toys range from board games to playdoh. Other children who assisted with the inventory were Ann Kelli Montano and Chelsea Brown

1st AD receives sniper training in place

By Spc. Ryan Smith
372nd Mobile Public Affairs
Detachment

BAGHDAD, Iraq — For most people, the U.S. Army Sniper School at Fort Benning, Ga., conjures up images of soldiers in camouflage sneaking around the densely wooded training grounds of western Georgia, learning to kill the enemy stealthily with high-powered rifles.

However, the rural woodlands of the southeastern United States have little in common with the sun-scorched desert of Iraq, and cannot compare to the bustling urban setting of cities such as Baghdad. So, rather than sending troops to Fort Benning for sniper training, the 1st Armored Division has requested the school to come to Iraq. Three sniper instructors from the school, a mobile training team, have brought their weapons, equipment and other teaching materials to Baghdad, where they are training a group of 20 1st Armored Division sniper candidates.

Though MTTs are designed to travel to teach sniper students at locations away from Fort Benning, this is the first time an MTT has trained soldiers in a combat zone since the Vietnam War, according to Sgt. 1st Class Clark Swedberg, senior instructor for special projects, U.S. Army Sniper School. The advantages of bringing the school into the environment where units are conducting combat op-

erations are clear. Soldiers have experienced the conditions of the environment, and can use the sniper training to better react to situations they may encounter.

"The wind is a lot different here than at Fort Benning," Swedberg said. "It makes a big difference for soldiers to learn to deal with it here where they will experience it later. We can identify any other problems and fix them now."

Swedberg said he's noticed another advantage to training snipers in this environment: "They're already in a combat frame of mind." Though the sniper school is a five-week course at Fort Benning, the mobile course is about a week shorter, Swedberg said. However, the students will be taught everything they would if they were taking the course stateside.

The sniper school is not just about shooting, either. The sniper candidates spend time in the classroom and in the field learning about reporting intelligence information, calling in close air support, mortars and artillery, and being an over watch for whatever element they are assigned to, Swedberg said.

"One of their biggest assets is in their ability to provide information from reconnaissance and observation," said Master Sgt. Alec Lazore, master gunner, 2nd Brigade Combat Team, 1st Armored Division.

Bringing the sniper school to Baghdad also serves to replenish



Photo by Spc. Ryan Smith

1st Armored Division sniper trainees take aim at targets downrange to zero their rifles at a range near Baghdad.

critical war-fighting skills, Lazore said. "We've been here six months, and 1st Armored Division requested the school because we've lost trained soldiers due to natural attrition like PCS and ETS (permanent change of station and expiration of time in service)." By replenishing snipers who are trained to operate in this environment, 1st Armored Division will be able to support its forces for the remainder of their deployment here.

Furthermore, the sniper candidates' training has gone beyond simply learning to handle environmental conditions in Iraq. As they went into a range in the desert outside Baghdad to zero their weapons Oct. 22, the snipers found themselves looking through their scopes at the remaining most wanted members of Saddam Hussein's regime, including Saddam himself. The sniper instructors placed wanted posters of the 55 most

wanted on the targets the sniper students were to use for zeroing their weapons.

"It's a good thing," Lazore said. "It serves two purposes. The picture squares are perfect for the trainees to use to get a tight shot group. And it gives the soldiers a chance to see the most wanted through a scope." Lazore added, "Maybe one day these guys will get out there in the real world and see someone from that list through their scope."

Safety 'bullets' help motorists survive winter

The love affair between automobile owners and their "significant" purchase is about to go sour because car owners are neglecting the winter needs of their vehicles.

Driving in the winter means snow, sleet, and ice that can lead to slower traffic, hazardous road conditions, hot tempers and unforeseen dangers. To help you make it safely through winter, here are some suggestions from the National Safety Council to make sure that you and your vehicle are prepared.

Weather

Regardless if it is 20 degrees Fahrenheit below zero or 90 degrees Fahrenheit above — weather affects road and driving conditions and can pose serious problems.

It is important to listen to forecasts on radio, TV, cable weather channel, or forecasts in the daily

papers. If inclement weather hits Baumholder, road conditions and other related announcements such as school or work delays will be announce on the new Baumholder Information Channel.

Your car

Prepare your car for winter. Start with a checkup that includes:

- Checking the ignition, brakes, wiring, hoses and fan belts.
- Changing and adjusting the spark plugs.
- Checking the air, fuel and emission filters, and the PCV valve.
- Inspecting the distributor.
- Checking the battery.
- Checking the tires for air, sidewall wear and tread depth.
- Checking antifreeze level and the freeze line.

Your car should have a tune-up (check the owner's manual for the recommended interval) to ensure better gas mileage, quicker starts

and faster response on pick-up and passing power.

Necessary equipment

An emergency situation on the road can arise at any time and you must be prepared. Following the tuneup, a full tank of gas, and fresh anti-freeze, your trunk should carry:

- A properly inflated spare tire, wheel wrench and tripod-type jack
- A shovel
- Jumper cables
- Tow and tire chains
- A bag of salt or cat litter
- Toolkit

Essential supplies

Be prepared with a "survival kit" that should always remain in the car. Remember to replenish it after each use. Essential supplies include:

- Working flashlight and extra batteries
- Reflective triangles and brightly-colored cloth
- Compass
- First aid kit
- Exterior windshield cleaner

- Ice scraper and snow brush
- Wooden stick matches in a waterproof container
- Scissors and string/cord
- Non-perishable, high energy foods like unsalted canned nuts, dried fruits, and hard candy.

In addition, if you are driving long distances under cold, snowy, and icy conditions, you should also carry supplies to keep you warm such as:

Heavy woolen mittens, socks, cap, blankets

Stranded

Do not leave your car unless you know exactly where you are, how far it is to possible help, and are certain you will improve your situation.

To attract attention, light two flares and place one at each end of

the car a safe distance away. Hang a brightly colored cloth from your antenna.

If you are sure the car's exhaust pipe is not blocked, run the engine and heater for about 10 minutes every hour or so depending upon the amount of gas in the tank.



To protect yourself from frostbite and hypothermia use the woolen items and blankets to keep warm.

Keep at least one window open slightly. Heavy snow and ice can seal a car shut.

Eat a hard candy to keep your mouth moist.

For more information call the 222nd Base Support Battalion Safety Office at mil485-1670 or mil (06783)6-1670.

Community



Photo by Bernd "Bernie" Mai

Thanks...Santa?

Alicia and Kasey West receive a surprise from the Weihnacht Mann (Christmas man) during an event sponsored by the City of Baumholder fasching club and lifeguard association Nov. 30. More than 25 American children of deployed soldiers and their family members were treated by these two organizations to an afternoon German-American children's Advent coffee. About 200 people attended this special event at the Bruehlhalle that included treats for young and old as well as an afternoon of entertainment.

Rolling Hills Golf Course

Building 8888, Wetzel Housing
mil 485-7299

Stop in and get a frosty deal during the December winter sale. Throughout the month, you can get great deals on putters, Nike golf clubs and other golf accessories.

Army Community Services

Building 8746, dispensary
mil 485-8188

Army Community Service is starting a new Toy and Book Exchange program for families arriving in the Baumholder Community.

The Toy and Book Exchange program gives families the opportunity to come to ACS and get "new-to-you" items. A lot of toys and books are needed to get this program off the ground! Donations are gladly accepted at ACS Monday through Friday during normal business hours. For more information contact the Baumholder Army Community Service Office.

Volunteers needed

Baumholder's youth programs need your expertise, time and effort. The youth programs rely on volunteers for their existence. In the sports program, commissioners and coaches are needed as well as assistance with equipment maintenance. The centers need chaperones, instructors, and program leaders. Do you have a special talent or skill? Come share your knowledge with the youth in our community. We need your assistance in making our programs a success. Teens can also volunteer. Contact your local youth center to learn how you can help.

Job corner

There's work to be had

The following job positions are available in the Baumholder military community. The listing includes job title, grade, and closeout date.

Job listings are also available online by visiting the Civilian Human Resource Management Agency, Headquarters, US Army, Europe at <http://www.chrma.hqusareur.army.mil>. For more local information call mil 485-6735.

Appropriated fund positions

Motor Vehicle Operator (Postal Operations Finance Clerk), GS-5, Dec. 31, 2003.

Dental Assistant, GS-2, 4, Dec. 31, 2003.

Motor Vehicle Operator (Postal Operations Finance Clerk), GS-5, Dec. 31, 2003.

Food Service Worker, GS-2, Dec. 31, 2003

Clinical Nurse, GS-9, Dec. 31, 2003

Electronic Tax Filing Clerk, GS-4, Dec. 31, 2003

Nonappropriated funds positions

Recreation Aid, grade 1, Dec. 31, 2003.

Child and Youth Program Assistant, grade 1,2, close Dec. 31

Bar Assistant, grade 2, Dec. 31

Food Service Worker, grade 3,4,

Dec. 31

Recreation Aid, Lifeguard-head lifeguard, grade 1, Dec. 31

Cook, grade 4, 5, 6, Dec. 31

Local national positions

Chambermaid/Zimmermaedchen (PT30 Hrs p.w.), grade 3, Dec. 31

Wage group skilled positions / Gelernte Handwerksberufe, grade, 4, 5, 6, Dec. 31

Positions for Kitchen Personnel / Positionen fuer Kuechenpersonal, grade 2, 3, 4, Dec. 31.

Employment orientation class

Take advantage of the employment orientation class offered at the Army Community Service Office December 16th. This class includes valuable insights into the employment opportunities in the Baumholder community and it's surrounding area. Participants in this free class will receive information concerning military spouse preference, defining federal and private sector opportunities, application procedures, basic Resumix start-up information and volunteer possibilities. This class will equip family members with the tools and resources necessary to find employment within the community. Call mil 485-8188 or civ (06783) 6-8188 to reserve a space in this class.



Photo by Bernd "Bernie" Mai

On the left, shoppers clad in traditional modern day attire shop for armor and pottery while medieval vendors in their medieval attire admire all the polyester and digital cameras parading before them during the first medieval market at Burg Lichtenberg.

Medieval market draws hundreds

Hundreds of modern day Christmas market goers were instantly transported back to days of yore during the first medieval Christmas market at the Burg Lichtenberg youth hostile Nov. 29 and 30. Minstrel singers in colorful costumes playing a variety of string instruments mingled among knights, lords, peasants and tourists with digital cameras and camcorders, entertaining one and all.

"The affect was spectacular,"

said Bernd Mai, a visitor at the market. "I feel like I've stepped back in time. The costumes are very authentic," he said.

Burg Lichtenberg, the site of the market, was built in the 12th Century.

It encompasses 423 square meters of land, making it one of the largest fortresses in Germany. It is one of the main attractions in the Kusel/Baumholder region and its atmosphere of days gone by easily

complemented this medieval spectacle.

Historical costumes and exhibits were a perfect backdrop for time travelers looking for that special Christmas gift. A variety of food specialties and drinks were available to curb the most discriminating appetites.

There was also a performance by the knights of Glantaeler, complete with sword play, a fire-eater, and falconry.