

Town hall meeting

The next Baumholder community town hall meeting is at 7 p.m. June 25. Town hall meetings are always held the last Tuesday of every month and the location differs each month. For exact location details call mil 485-1500.

Job opening

There is an immediate part-time job opening at the Baumholder Digital Training Facility for an assistant digital training facility manager.

The job is open to U.S. identification card holders who are computer literate with current software applications, such as MS Office, Windows etc. Applicants must have hands-on experience installing, configuring, troubleshooting and repairing computer software and hardware components.

To apply contact Ingrid Sparks at mil 485-8290 or civ (06783) 6-8290. Fax resumes to mil 485-8291 or civ (06783) 6-8291.

Breastfeeding

The La Leche League of Baumholder meets June 18, at 10 a.m. in the Red Cross classroom, located on the third floor of Building 8125. The discussion topic will be Family and the Breast-fed Baby. Accredited leaders will also be available to address specific breast-feeding concerns. Meetings are free and babies and children are welcome. For more information civ (06381) 996645 or civ (06783) 903777.

School registration

School registration for all students is currently under way. The following documents will be required for new students starting the 2002-03 school year.

- Sponsor's orders (orders as-

Post notes



Photo by Ignacio "Iggy" Rubalcava

Combined Endeavor

The U.S. contingent to Combined Endeavor marches off the parade field after the closing ceremony proceedings. The eighth annual Combined Endeavor communications exercise was held at Camp Aulenbach May 9 – 23. The 222nd Base Support Battalion, however, was busy making support preparations almost two weeks before the exercise began. Forty nations participated in this exercise that tests and helps integrate the communication procedures among the participating nations. About 900 military members participated in the exercise.

signing sponsor to Baumholder)

- Travel orders with student's name
- Assignment of family housing letter indicating the housing area.
- Passport and birth certificate
- Social security card of student(s)
- Original shot record

● School records if hand carried Kindergarten and first grade requirements include:

- Birth certificate
- Shot records
- Social security card

Kindergarten students must be five years old on or before Oct. 31, 2002.

First grade students must be six years old on or before Oct 31, 2002.

Asthma support

The Exceptional Family Member Program at Army Community Service sponsors the first Asthma Support Group meeting June 12 from 6 - 7:30 p.m. in the ACS conference room. This meeting is open to all individuals who cope with family members who have Asthma or who want to learn more about Asthma.

ACS encourages all families to attend especially if they have children enrolled in the Exceptional Family Member Program. For more information call ACS at mil 485-8188 or civ (06783) 6-8188.

Country cookout

This is even better than your Dad's barbecue. A country cookout is scheduled June 14 at the Rod and Gun starting at 5 p.m. The afternoon is filled with games, and plenty of food. Take a ride on the mechanical bull, pan for gold, or relax with a game of horseshoes. For more in-

formation call the club at mil 485-6345.

Summer camp

Celebrate nine weeks of fun, fun, and more fun at Summer Camp with Baumholder School Age Services June 17 through Aug. 16 from 6 a.m. to 6 p.m. Activities planned include eight different field trips, swimming, in-line skating, fishing and a whole lot more. To enroll contact central enrollment in Building 8743 or call mil 485-7003.

ADHD support group

An Attention Deficit Hyperactivity Disorder support group meeting is scheduled for June 20 from 6 p.m. - 8 p.m. at the Army Community Service conference room. The guest speaker will be Dr. Allan Bloom, early developmental intervention services psychologist. The session is open to all families interested in learning more about ADHD. For more information call mil 485-8188 or civ (06783) 6-8188.

Scholarship winners

Mu Psi Omega Chapter of Alpha Kappa Alpha Sorority, Inc. congratulates this

Year's scholarship recipients, Lauren Brooks of Baumholder, Lauren Riney and

Rebecca Sanders of Heidelberg and David Dowty and Shenna Pendarvis of Wuerzburg. The stu-

dents were required to complete an application, including an essay. The selections were made based on essays, financial need and involvement in extracurricular activities. Mu Psi Omega hosts an awards ceremony June 1 in Bamberg to honor and recognize the recipients and their achievement.

AAFES is hiring

Baumholder's Army and Air Force Exchange Service is looking for food service workers for Burger King, Popeyes, Baskin Robbins, Anthony's Pizza and Taco Bell. Workers are needed for both day and night shift and starting pay is \$7.58 an hour. Persons interested may stop by the Human Resources Office in Building 8402 and fill out an application. The HRO is open Monday through Friday from 9 a.m. – 5 p.m. For more information call Lisa Poulin at mil 485-7334.

SATO needs help

The Baumholder SatoTravel Office is looking for someone with experience as a travel agent. If you are interested please drop off a resume at the SatoTravel Office during office hours. For more information stop by SatoTravel Office or contact Army Community Service at mil 485-8188.

Happy Father's Day

Spend a day on the lake with Dad and let him know how much you care. For more all mil 485-6345.

Lets go golfing

The annual Rolling Hills Golf Course Commander's Cup will be held June 29. Tee off is at 9 am sharp. Call mil 485-7299 for more details.

Softball

The community and unit level softball tournament is scheduled July 4-5. Teams must sign up by June 25. The first six teams from each category that pay the fee will be entered in the tournament. Call mil 485-7176 for more information.

Shopping in Poland

Need an excuse to buy more pottery? Outdoor Rec is going shopping in Poland June 21-23. Reserve your space now! Call mil 485-7182 for more information.

Infant development

Parents with infants are invited to the infant development class on June 13 from 10 a.m. to noon. The guest speaker, Laura Parr, is an expert in Infant Brain Development and her topic will be What Babies Need, discussing how to make children smarter and improve the bond between family members. This class will be held at the Baumholder New Parent Support conference room, inside the Women, Infants and Children center. Children and spouses are welcome.



Contributed photo

Women of the 2002 U.S. Army Soldier Show kick up their heels doing the Can-Can in the racy segment adapted from Moulin Rouge, the movie.

Soldier Show

High energy entertainment for all

The Department of the Army Soldier Show is coming to Baumholder July 9 at the Hall of Champions. Admission is free. Call mil 485-6115 for more information.

The U.S. Army Soldier Show is a high-energy MTV-style 90-minute live musical review showcasing the talents of active duty soldiers who are selected by audition from throughout the Army. They are amateur artists who have a passion for music, dance and performing. They come from infantry, artillery, transportation, military police, medical, intelligence, armor, aviation, signal and other tactical units

The show is put together in six weeks, and then tours for six months.

New cast members are selected

each year. Aspiring soldiers worldwide submit application packages that include videotapes, biographies, photographs, and letters of recommendation from their commanders. Soldiers must have an outstanding record in their units as well as demonstrate musicality, movement, stage presence, and versatility.

The modern version of the show originated in 1983 as an outgrowth of several soldier shows existing in various Army commands with soldier talent selected from world wide competition. In 1998, the Army celebrated the 80th anniversary of the debut of the first Army Soldier Show in 1918 and the 15th anniversary of the modern Army Soldier

Show.

The motto, mission and philosophy of the show were established during World War I by a Russian immigrant, Sgt. Israel Berlin (Irving Berlin): "Entertainment for the soldier, by the soldier." The first Army Soldier Show, Yip Yip Yaphank, conceived and directed by Berlin, appeared on Broadway in 1918.

The Army Soldier Show was reincarnated during World War II on Broadway under the title This is the Army, written, directed and produced by Berlin. Cast and crew were all members of U.S. Army Special Services Company 1. The 1943 film version featured a military cast starring, among others, Ronald Reagan, Gene Kelly and Joe Lewis.

ACAP update

ACAP services

Army Career and 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 leave the military 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.

Pre-separation brief

Soldiers are required to complete a mandatory pre-separation briefing at ACAP no later than 90 days before their separation date. Appointments are available every day at 9 a.m. and last about 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. Workshops are offered by formal instruction every other Wednesday. The next workshop is June 19 from 8:30 to 4:30 p.m.

Job assistance can also be accessed through ACAP's new computer system and covers such topics as how to create a resume, find jobs, network and interview. Cli-

ents 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, contact ACAP at mil 485-6741/6330 or civ (06783) 6-6741/6330.

Spouses can ACAP

Any family member of a soldier scheduled to ETS is eligible to receive services from the Army Career and Alumni Program. Orders are not needed and the sponsor does not have to be present for the spouse to attend ACAP classes or to receive assistance from ACAP counselors. Even if a soldier is deployed, spouses can still receive ACAP assistance in Baumholder.

ACAP offers job assistance workshops and professional counselors to help advise during the career transition process. Counselors will help clients think through issues such as a civilian budget, searching the job market, writing a resume, and preparing for job interviews. Take advantage of ACAP services now to begin planning for the future.

Call to schedule an appointment at mil 485-6741/6330 or civ (06783) 6-6741/6330.

See your VA rep

Soldiers contemplating retirement or retired veterans living in the community can attend a veterans affairs briefing on June 14, 2002 in the ACAP classroom.

Spouses club

The next meeting of the International Spouses Club is June 18 in the ACS lounge from 10:30 a.m. to noon. Come join military spouses of all cultures, races, and ethnic backgrounds. For more call mil 485-8188 or civ (06783) 6-8188.

AFTB sets classes

Army Family Team Building is conducting supplemental level one training June 19 from 8:45 a.m. – 1 p.m. in the AFTB classroom is located in Wing 8745, classroom 11. There will also be training June 12 from 8:45 a.m. – 1 p.m. For more information call mil 485-8542.

222nd BSB – Baumholder, Neubrücke, Strassburg

Summer health

By April L. Parsells, RD
WIC Overseas

Summer is almost here and its time to get ready for softball, tennis, and Volksmarching. But is the typical chicken salad and ice tea enough to fuel you for optimal performance? Probably not, but don't worry. This sports survival kit will keep you moving and burning those calories during the hot summer days.

Water

Be sure to drink lots of water (tap or bottled) before, during, and after exercise. Drinking before you get thirsty is particularly important, because your thirst mechanism is not 100% reliable—that is, your body can usually benefit from extra water before you actually feel thirsty. You want to aim for 8 ounces of water at least 15 minutes before you start your activity and an additional 8 ounces every 15 minutes during an intense activity.

A sports drink

Most sports drinks have a small amount of sodium in them, which can trigger us to drink more—definitely a good thing when it comes to staying hydrated. Moreover, sports drinks like Gatorade and All Sport offer small amounts of carbohydrate, which are absorbed quickly, and offer extra energy. Overall, if you participate in intense exercise (non-stop running for more than 60 minutes for example), then you will want to have a sports drink handy. In addition to giving you a needed energy boost, it will help to maintain stable blood sugar levels.

Potassium fruit

Potassium is an important mineral found in the body, as it is involved in regulation of heart beat and muscle contraction. A pound of sweat generated from exercise contains as much as 80-100 milligrams of potassium (about 3,000 milligrams are recommended each day). Filling up on potassium-rich fruits such as bananas, dried apricots, peaches and cantaloupe can help replace the potassium lost in sweat, helping to achieve normal electrolyte balance. Avocados,

potatoes, artichokes, white beans and yogurt are other good sources of potassium.

High carb snacks

Whether you choose hiking, tennis, or brisk walking, be sure to carry high-carb snacks with you, such as pretzels, fruit, yogurt, and cereal. These foods are especially useful as pre-game snacks, and can help to keep blood sugar levels stable during exercise. Moreover, they provide us with lots of carbohydrates—the main source of fuel for our muscles. Our brain depends on carbs as well, and its common to feel mentally fatigued during exercise if we're not getting an adequate supply to the brain. So, be sure to fuel up on a carbohydrate rich snack about an hour before your activity, and have a similar snack afterwards.

Sports bars

What it comes down to is this: A carton of low-fat yogurt and a slice of whole wheat bread offers you the same calories and nutrients as your average sports bar, as well as fiber that most sports bars do not contain—not only will it be much less expensive (bars can range from \$1.50 to \$3.50), but it will probably taste better too. But, if you just don't have time for a pre-workout snack like fruit, pretzels, or a bagel be sure to read the label on the bar for the nutritional breakdown. If your looking to maintain weight or even drop a few pounds, sports bars can sabotage your best effort. Many bars contain up to 330 calories apiece.; Your best bet is to plan a little ahead and prepare a healthy snack at home like the examples listed below.

These snacks range from 200-400 calories.

- 1-1/2 cups of fresh fruit
- 12 ounces of orange juice or other 100% fruit juice
- 1/2 bagel with low-fat cheese
- 1/2 cup cereal with 1 cup skim milk and a banana
- A small bag of pretzels and 1/2 cup of grapes
- A slice of cheese-less pizza with a vegetable topping
- A large baked potato with vegetables and one cup of skim milk



Spotlight on workforce

Career laden with memories

By Ignacio "Iggy"
Rubalcava

222nd Base Support Battalion
Public Affairs Office

After 32-and-a-half years of hop scotching the planet in the line of duty, Pat Ratcliff, Baumholder's financial readiness program manager, is calling it quits. She arrived in Baumholder on April 22, 2000 for her final overseas tour and will retire from government service on Aug. 3.

She began her career as a clerk typist at the Army Ammunition Procurement and Supply Agency, Chemical, Biological, Radiological and Calibration Operations Division in Joliet, Illinois. She later moved to the recreation services arena where she spent much time seeing to the welfare and wellness of soldiers stationed in Korea along the demilitarized zone.

Her numerous years of service have left Ratcliff with many highlights to ponder about, but some of the most memorable and challenging moments came during her time as the Freedom Recreation Center director in Camp Greaves, Korea.

Duty in Korea was a one-year tour and she extended four times. "I had to fight each time but it was really worth it. I had soldiers come up to me from different posts and say that I actually, literally saved their lives and their sanity for being there and that made me feel good," said Ratcliff.

She also recalls that numerous celebrities visited the camp during here time. Another unforgettable moment occurred when the Dallas Cowboy Cheerleaders were having Thanksgiving Dinner at several of the dining facilities. "I stopped a soldier in one of the dining facilities that the cheerleaders were not attending and asked why he was not eating with them. He told me, 'Miss Ratcliff, we don't need the cheerleaders once a year because we have you all year long.' That really meant a lot to me," she said.

On the other hand, duty in Korea also had its challenging moments for Ratcliff. One Thanksgiving Day holiday in particular quickly turned into a nightmare for Ratcliff. While stationed at Camp Greaves in Munsan-ni, Korea, she and her assistant program director arranged a Thanksgiving Day dinner on a Friday since the dining facilities were preparing their usual Thanksgiving meals on the actual Thanksgiving Thursday. The events that unfolded on that Friday made it difficult for many soldiers to attend her special Thanksgiving Day celebra-



Pat Ratcliff

tion. "That's when some North Koreans came south and there was some shooting up at Panmunjom. It was a little hairy. I had an annex up at Panmunjom gotten sequestered because of everything that was going on. He kept calling me and giving me updates of everything that was going on. And one of the KATUSA, the Korean augmentee soldiers that was killed in the shooting exchange was one of our regular customers that came into the rec center. So, naturally, our troops were put on alert. I think that was one of the hairiest times I've experienced," she said."

Another "lessons learned" moment came when she went on a good will visit to the guard posts along the DMZ. "When I went up to Panmunjom one Christmas dressed as Santa Claus, 'just doing my Ho Ho Ho thing,' I was waving at the north Koreans and someone quickly came and grabbed my arm down and said don't do that!" That experience, however, did not deter her from continuing her good will tours to the DMZ. "I would go up to the guard posts and deliver Christmas goodies, cards and stuff. It was just an enjoyable time. I had a lot of fun."

Overall, Ratcliff says duty in Korea was not really very hard. "The soldiers made my job easy. They would do practically anything I would come up with. I had soldiers dying Easter eggs at the rec center, just for things to do."

Those days are now behind her. Now, Ratcliff is preparing to pack her duffle bag for the last time and put her vagabond days on the mantelpiece along with all her other military memories. "My plans change from day to day but I'm going back to western North Carolina. I have siblings in Statesville, Hickory and Morganton. I hope to build a house or find a house. I'm

going to just get settled in. I've been working on my family genealogy and once I get settled in I'm going to have to find another job. Even though I'm a financial counselor I really haven't been investing enough to be financially able to enjoy my retirement," she said.

The financial counselor job she leaves has also been rewarding, explains Ratcliff,

"I see soldiers who are trying get out of debt. But this is not just financial counseling, it's doing consumer education, consumer awareness and acting as a consumer advocate.

I do briefings on the thrift savings plan, we handle the free and reduced school lunch program and the family subsistence supplemental allowance, that is a new beneficial program for the soldiers. Then there are the people on the other end that have money that they want to invest to be prepared for their retirement. So I go all they way from helping soldiers get out of debt to how to invest money."

She emphasized the importance of being a financial counselor by saying, "If you can reach the soldiers before they get into all the trouble, you've made a difference. You need to explain that if they don't pay their credit card off in full each month, if they only pay the minimum, they're never going to get out of debt. They're not even making the interest payment," she said.

Drawing on her extensive experiences in the military, Ratcliff advises soldiers to take advantage of all the programs that are available within the military community that are free to them. "If someone were to come to me for my services in the states I'd be earning about \$500 an hour if I would go into private business. I was an Army brat and I never knew what Army Community Service was. We never utilized it. It wasn't until I started working for Army Community Service that I knew what type of programs are available," she said.

In parting, Ratcliff dons her financial counselor hat and adds a new twist to the old saying, do as I say, not as I do. "Retirement comes sooner than you think. I did not start investing until 1996. I highly recommended that everyone start saving and investing, if only in savings bonds. The new thrift savings plan is the best thing going for the military and they should all start now. It costs money to procrastinate, believe me. Do as I say, and not as I didn't do."

Youth baseball season opens with bang

By Olivia Maxson

Volunteer Coach for Community Youth Services

There are three things that Americans love; good music, apple pie, and baseball. Recently at Baumholder's Aulenbach Field, the Baumholder Child and Youth Services opened this year's baseball/softball season with a bang.

Parents and children came out together to enjoy the opening ceremony. Eleven teams were in attendance. Sporting their new uniforms, all the players anxiously awaited the start of the season. The only team that was unable to participate was the 11-12 year-old girls softball team. They were traveling to their first away game as a team.

The weather was typical for Baumholder. The sun was shining, then the clouds rolled in, the wind started blowing, and the temperature dropped, but nothing could waiver the smiles on the faces of the determined players—not even the hail storm.

Michael Ritchey, Community Youth Services sport's director, started the ceremony off by thanking the volunteer head and assistant coaches, the parents and his CYS staff for their dedication to the sports program and the Baumholder youth. This year's head coaches are: Melissa Zeig, April Johnson, Theresa Stutzman, Tracy Watson, Sharon Baker, Olivia Maxson, Trish Long, Lisa Proctor, Kevin Oakes, Jeff Madison, Robert Poncsak, and Eric Wagenaar. When Ritchey concluded the opening remarks, Girl Scouts Erica and Katie Hill and

Kristin Colman posted the colors on the pitching mound. Once the colors were posted the crowd was treated to the talent of Bryanne Mitchell who sang the National Anthem and gave a performance that earned her a standing ovation.

At the conclusion of the opening ceremonies, each of the volunteer head coaches proudly introduced their team. The players tipped their hats to the crowd and smiled to the parents on the sidelines. The season officially began when McGruff, the crime fighting dog, threw out the first pitch. With that, Baumholder's baseball season was open.

Wagenaar was the guest speaker for the event. He expressed his support for the program and youth of Baumholder. Wagenaar thanked each of the parents and coaches for their support. Wagenaar is coaching the Junior Boys 13-15 year old baseball team for his second consecutive season.

Baseball is not the only event that the Baumholder Child and Youth Services has to offer. There are many challenging and rewarding things for children of all ages to. For more information, contact the CYS central registration office at mil 485-7003, or civilian (06783) 6-7003.



Contributed photo

Four big time tee-ball stars anxiously await the official start of this year's Child and Youth Services baseball and softball season. The many volunteer coaches are making this year's season possible.

Education notes

Registration is now in progress for the next term with the University of Maryland. A full range of courses is being offered. Stop by the Baumholder Education Center, in Building 8108 to register.

A four-week Introduction to Automotive Technology course will be offered at Baumholder starting June 3. Interested persons are encouraged to enroll early because class space is limited to 15 students. Call Bill Badger at mil 485-6487 for more information.

Personally owned firearms testing will be offered at Baumholder July 9. Persons wishing to test must register at the Baumholder Army Education Center by July 7. Call Julie Langford or Mike Engen at mil 485-6487 for information.