

Youth Services

Youth Services hosts a School's Out Party June 15 featuring a barbecue cookout and dance at the Underground. The cost is \$5 and the fun runs from 4-10 p.m.

Youth Services takes the kids out for a train ride to Marburg June 23. The cost is DM 10. They will leave from the Underground at 8 a.m. and return around 9 p.m. Permission slips must be signed and returned one week prior to the trip.

For more information Youth Services central registration at mil 485-7003 or civ (06783)6-7003.

Tee time

The Rolling Hills Golf Course holds a Welcome Home Tournament June 23. The action begins at 8 a.m. with a shotgun start. There is a \$20 entry fee that includes food, drinks and prizes. At least 30 players are needed in order to hold the

tournament. Sign up at the Rolling Hills Golf Course pro shop by June 21. Green fees are waived for Rolling Hills annual members. For details call mil 485-7299 or civ (06783) 6-7299.

Trip out

Baumholder Outdoor Recreation offers a trip to Italy, June 28-July 1. See Venice and St. Marino. The trip includes three overnights with breakfast and guided tours. The cost is \$269 per person. There's hiking in the Swiss Alps June 15-17 for \$159. Go Kayaking through the Black Forest June 29-30 for \$89. There's another trip to the Black Forest June 29 for \$29 and one to Paris June 30 for \$55. A Mosel Valley boat ride is scheduled June 17 for \$35 and a Rhein Valley boat ride June 24 for \$39. Visit Saarbrücken June 19 or Heidelberg June 20. Both trips are \$19 each. Take the kids to Holiday Park June 27 for \$39. Leave

MWR notes

Germany and head for the Czech Republic June 16 for \$55 or visit Poland June 30-July 2 for \$59. For details, give Baumholder Outdoor Rec a call at mil 334-5818 or civ (06783)6-5818.

Summer camps

The School Age Services Summer Camp for first through sixth grade students begins June 18 and runs until Aug. 17. The camp runs

Mondays through Fridays from 6 a.m. to 6 p.m. There will be field trips to Frankfurt Zoo, Holiday Park and Smurfland. Besides the pre-scheduled outings, children will be able to participate in a variety of sporting, recreational and arts and crafts activities.

For summer camp program details, call the School Age Services coordinator at mil 485-6641 or civ (06783)6-6641.

The middle school summer camp begins June 18 and runs through Aug. 24. This is a theme based camp

that incorporates boys and girls club activities. Children will participate in sports, writing and arts and crafts workshops and pre-scheduled trips based on the same themes. For more information on middle school summer camp, call central registration at mil 485-7003 or civ (06783)6-7003.

Family dining

The Rheinlander offers family dining Thursdays and Saturdays from 5-10 p.m. and Fridays from 6-10 p.m. Visit the club today

Education update

Active Duty Service members may be eligible to use both, Army Tuition Assistance, and their Montgomery G.I. Bill benefits to pay for college tuition at the same time. Talk to an education counselor today to see if you qualify. Call Bill Badger at mil 485-6487 for more information.

Active duty members with VEAP education benefits may be eligible to convert to the more lucrative Montgomery G.I. Bill program. Visit the Baumholder Army Education Center today to see if you qualify. It is not necessary to have money in your VEAP account to convert. Call Bill Badger at mil 485-6487 for more information.

The Army Learning Center, Building 8108, is now open Mondays through Thursdays from 9 a.m. to 9:45 p.m. Hours for Fridays remain 9 a.m. to 5 p.m. The center is closed daily from 1-2 p.m. for lunch. Visit the center for CLEP, GED, SAT, ACT, AFCT, and MOS study material. Customers can also find an on-line bookshelf with the latest Army regulations and pamphlets. Call Lonnie Allen at mil 485-6484 for more information.

People who use the computers located in the Army Learning Center, or the University of Maryland's Computer Lab, are required to complete the on-line USAREUR Computer Users Test. This test can be taken at any location that has computers connected to the Army's local area network. A copy of the users license must be shown before using the computers. Tak-

ing the test on the same day you wish to order a military correspondence course may be difficult due to the limited number of computers on-hand, so plan ahead. For more information, call Lonnie Allen at mil 485-6484.

A reminder to all Baumholder college students, the 1st Armored Division Association offers college scholarships to family members and active duty soldiers on an ongoing basis. Stop by the Baumholder Education Center today to pick up an application.

Soldiers needing help to prepare for military testing to attend PLDC or BNCOC may use the Tutoring Services being offered at the Baumholder Education Center. Call mil 485-6487 for more information.

Do you want to raise your GT score, attend Warrant Officer/Flight School, or are you thinking about applying for Special Forces? All your testing needs can be accomplished by visiting the Military Testing Office in Building 8255. For more information contact Julie Jason at mil 485-6487.

Free college credit is available for active duty military members. Soldiers can turn what they've learned through life experiences or independent study into college credits by passing CLEP examinations. Under the current revision to Army Regulation 600-8-19, each college credit is now worth 1.5 promotion points. Contact the Baumholder Education Center at mil 485-6487 for more details.



Contributed photos

Above, students from Smith Elementary School and the Flurschule in Idar-Oberstein enter the old town hall in Baumholder in search of historical facts and information during the recent historical scavenger hunt conducted by the two schools. At right, students write their answers on the steps of the Thick Tower overlooking the Im Burgfrieden area of Baumholder.



German/American students hunt for history

By Ignacio "Iggy" Rubalcava

222nd Base Support Battalion
Public Affairs Office

Children from Smith Elementary School and the German Flurschule in Idar-Oberstein recently took to the streets of Baumholder in search of clues, facts and information.

The German and American children were participating in the first scavenger hunt or "stadtralley" conducted by the two schools.

"It was a first for the school," said Cheryl Dougan, a volunteer who assisted with one of the groups of children. "It was so successful

and everyone had such a good time that the school hopes to make it an annual event," she said.

"Yes, we have plans to continue to do this. This was the first scavenger hunt in Baumholder and evidently the fifth graders are eager to go ahead and continue this next year," said Hannelore Cook, host nation instructor at Smith Elementary School and scavenger hunt organizer.

Children who participated were from Nancy Arnet and Carolyn Phillip's fourth grade classes.

"The German partnership school students who participated have al-

ready had a scavenger hunt in Idar-Oberstein so we invited them to our first historic scavenger hunt," said Cook. Their instructors Andrea Schnellbach and Regine Bruch and their school principal, Karl Harmann Gutheil, also participated in the hunt.

The hunt began at Smith Elementary School where the students prepared post cards commemorating the event.

The cards were later placed in the German post office and each child received a card from another student in the mail, post marked with the date of the event.

Some of the sites the children visited included Baumholder's Thick Tower, the Corpse Gate, the Catholic and Protestant churches, Museum, the old town hall, residency of Dr. Nagel, "Bier's old smithy, Baumholder Lake and the city administration office.

Each route had about 16 stops where the children had to search for answers to a number of questions before moving on to the next site.

Because there were so many children, three different routes were planned and each route had three teams of 10 to 12 children assigned to it. This prevented an inundation

of German and American fourth graders at every site. Every team at some point visited every site on the hunt and each team included German and American students.

The entire historical fact finding hunt through Baumholder lasted about three hours and ended at Smith Elementary School where the children handed in their answer sheets.

The sheets were scored and presentations were made. Volkmar Pees, Baumholder district mayor, will present a special medal to the top teams of German and American students.

WIC-O more than program for mothers, children

By Lea Anne Lambert, R.D.

WIC Overseas Baumholder

Nutrition specialists from the Women, Infants and Children – Overseas program would like to take

this opportunity to say hello. WIC-O is a nutrition education program for pregnant, post-partum, and breast-feeding women, infants, and children up to age five. Not only does WIC-O provide nutrition edu-

cation, but participants also receive supplemental foods as part of the program. Currently only residents assigned to Baumholder are eligible for the program (zip codes 09034 and 09262), but look for new sites to be opening in the future. WIC-O is located in Building 8746 directly below Army Community Service. People who would like more information about the program or want to see if they qualify may stop by or call civ (06783) 6-8001 for an appointment. In addition to the services WIC-O provides, WIC-O is also here as a reliable source of nutrition information for the Baumholder community. Informa-

tion on nutrition and health related topics will be printed in upcoming issues of the Herald Union.

Summer health

Spring is upon us and with summer fast approaching, many of us are doing more activities outside, including cooking and eating. Unfortunately it is also a time of increased risk of food poisoning. Often food borne illness can have symptoms such as headaches, muscle aches, exhaustion, diarrhea, dizziness, or vomiting. Many times it is misdiagnosed as the flu, and you may not have known that it was a food borne illness. Food poison-

ing occurs most often between May and September, so before packing the picnic basket or firing up the grill it is important to remember some food safety tips to stay healthy during the warm weather.

Wash your hands and wash them often. Wash hands in warm soapy water or use moist hand wipes. Hands should be washed before and after handling raw meats and ready-to-eat food items.

Keep raw meats and ready-to-eat foods separate. When the juices from raw meats or germs from unclean objects accidentally touch

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Local VFW remember fallen comrades

For most, Memorial Day is a day off from work and a day to relax. For those who have lost military friends or relatives, it is a day to reflect and perhaps visit their grave. This past Memorial Day weekend, though, was a busy one for the Baumholder Veterans of Foreign Wars.

On May 26 they visited more than five cemeteries in the area and performed graveside maintenance on more than 25 veteran's graves. They have been cleaning, gardening, and restoring the graves to their original beauty for the last five years, leaving an American flag behind at every site. The local VFW post visits the cemetery outside of Strassburg Kaserne, the villages of Nohen, Rohrbach, Rammelsbach, and the main cemetery in Baumholder. This year they even were able to place a temporary gravestone on a veteran's grave that had gone without one since the gentleman's burial in 1989.

The next day, Baumholder's VFW post went to the American Memorial Cemetery in Epinal, France to participate in a ceremony with Brig. Gen. Dennis E. Hardy, senior tactical commander.

On Memorial Day, the VFW post laid a wreath at the POW-MIA memorial that they donated to the community in memory of all the fallen soldiers, those still held as prisoners of war and those missing in action.

When asked which part of their activities they most cherished Post Commander Samuel Tooson stated, "To us the most important piece of our Memorial Day activities is the grave-side maintenance. It is our way of truly remembering those who have made the sacrifice for our country."

The VFW District 1 Commander, John Neilson, also participated with the post this weekend and for the most part he sees the Baumholder post as an organization capable of thriving in the coming months. "Membership for the Baumholder post is not a problem as this is a great area to get new members, especially now that all of the soldiers are coming home from Kosovo and every single one of them is eligible to join the VFW," said Neilson. He explained that there is one obstacle for the post. "The main problem that



Contributed photo

Samuel Tooson, Baumholder's VFW commander, places a wreath at the POW-MIA memorial.

the post is having is getting their members actively involved in the community activity projects of the post, thus leaving a handful of people doing everything," said Neilson. On the horizon for the VFW post is a barbecue for

their members Aug. 4. Neilson hopes this event will reach out and motivate the inactive members.

Look for details of this event in the Herald Union as the event date approaches.

ACAP services

Army Career and Alumni Program has changed its office hours. They are now open from 7:30 a.m. to 4:30 p.m. ACAP is also open during lunch to assist clients. Soldiers scheduled to leave the Army 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.

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 formal workshop is June 6 at 8:30 a.m. and ends at 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. Clients can cover topics by computer at their own pace.

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

Preseparation brief

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

See your VA rep

Soldiers contemplating retirement or retired veterans living in the community can

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attend a Veterans Affairs briefing June 26, at 9 a.m. A VA representative will address questions about VA benefits, claims filing and home loan guarantees. Call ACAP at mil 485-6741/6330 or civ (06783) 6-6741/6330 to reserve a space at the briefing or for an individual appointment with the VA representative after the briefing.

ACAP is hiring

ACAP is now accepting applications for the position of ACAP Counselor. This is a contractor position for current U.S. ID card holders. Position requires a Master's Degree, two years teaching or presentation experience, and computer literacy with Microsoft Word and the Internet. For detailed information contact Harold Ericksen at mil 485-6741/6330 or civ (06783) 6-6741/6330.

ACS at a glance

Army Community Service is beginning a new service targeted at single working parents. The Sole Parent Support Service is designed to introduce single parents to one another and increasing the understanding and appreciation of oneself as well as one's children, by exploring and discussing the advantages and disadvantages of being a single parent. Call ACS at mil 485-8188 or civ (06783) 6-8188 for more information on these services.

Foster care

Army Community Foster Care Program needs volunteer foster care families.

A foster care program is designed to provide a needy child with a temporary home in which she or he can find love, happiness and protection.

All interested families should contact the foster care coordinator at mil 485-8188 or civ (06783) 6-8188.

ACS calendar

June 13 - Conflict Resolution, What You Should Know About Buying Insurance

June 14 - Challenges of Blended Families, Child Abuse and Neglect, Recognition and Prevention

June 18 - Successful Parenting, Baumholder NOW

June 19 - Stress and Time Management, Baumholder NOW, International Spouses Club

June 20 - Developing A Positive Self Esteem, Baumholder NOW, Fair Credit Reporting and Fair Debt Collections

June 21 - Love and Logic Parenting, Step Family Relationships

June 25 - Assertiveness Training

June 26 - Anger Management and Coping Skills

June 27 - Conflict Resolution Skills, How to Dispute A Credit Report

June 28 - Challenges of a Blended Family, Family Violence Prevention

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

Kudos

Congratulations to Katherine Rose, Defense Commissary Agency's Fisher House Foundation scholarship winner.

Closures

The Baumholder, Idar-Oberstein and Neubrücke commissaries will be closed June 20 for an organizational day.

Claims delay

The Baumholder claims office will be giving priority to soldiers who are redeploying from the Balkans for claims on household goods and damages to privately owned vehicles through June 15. This may cause a slight delay in the processing of other claims. Thank you for your patience as we help welcome back our soldiers. For more information call mil 485-6507.

Proper food handling prevents illness

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cooked or ready-to-eat foods, cross contamination occurs. Make sure to use two separate cutting boards; one for raw meat, the other for ready-to-eat foods, like bread and vegetables. On picnics bring along extra plates- one for handling raw foods and another for cooked foods. Make sure you wash them thoroughly, after use, in hot soapy water. If you marinate foods, do so in the refrigerator. Once the meat has been marinated and is cooked, do not reuse the marinade on the meat unless it has been boiled.

Cook foods to the proper temperature. Cook your favorite foods to the right temperature by checking it with a meat thermometer. Hamburgers should be cooked to at least 160 degrees Fahrenheit. Chicken and

pork should be cooked to at least 170 degrees Fahrenheit.

Keep cold foods refrigerated or below 40 degrees Fahrenheit. This will help reduce the growth of bacteria in the food. When using a cooler, pack foods in plenty of ice or ice packs to keep foods below 40 degrees Fahrenheit. Transport the cooler in the coolest part of your car instead of in your hot trunk. Remove from the cooler only the amount of raw meat that will fit on the grill. Finally, do not leave food outside in the hot weather (90 degrees Fahrenheit) for more than one hour.

By following these simple tips you will be reducing the risk of food borne illness for you and your family. So be safe, enjoy your picnic or cookout and have a great summer!

Days of summer bring days of water

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

Summer is rapidly approaching and if you are new to Germany, yes it does get warm enough from time to time to fire up the barbecue or go for a swim. The Baumholder military community is fortunate to have its own indoor pool and swimming is possible throughout the year. As summer rolls around, however, many people will most likely prefer some quality outdoor time in the water while soaking in some of that elusive German sunshine.

A number of swimming areas and pools are available within short driving distances from Baumholder. In addition to Baumholder's indoor pool, the closest and most popular swimming area is Baumholder Lake. Swimming at the lake is only permitted in the designated areas when the lake is officially opened and when life guards are present. In spite of the many precautions, the lake has claimed several lives in the past so people must be extremely careful when swimming in the lake. Swimming is also available at Bosen Lake. A soldier drowned there last year so again, extreme caution is urged and swimmers are asked to use only the designated swimming areas.

If pool side fun is preferred, a number of pools are available in the local communities. Algenrodt offers an outdoor pool and Idar-Oberstein has two outdoor and two indoor pools. Birkenfeld, Altenglan, Freisen/Oberkirchen, Kirn Lauterecken and Meisenheim all have outdoor pools. The communities of Kusel and St. Wendel have one outdoor and one indoor pool each.

To enjoy a safe day in the water, become familiar with some basic safety tips whenever you swim in any body of water. Never swim alone and watch out for the dangerous "toos" – too tired, too cold, too far from safety, too much sun, and too much hard playing. Stay out of the water when you are overheated and not chew gum or eat while you swim. Learn the correct way to dive and know when it is safe to dive.

Use common sense about swimming after eating. In general, you do not have to wait an



Photo by Ignacio "Iggy" Rubalcava

Children enjoy a little bit of fun at Baumholder's indoor pool during a recent swim camp. Baumholder's pool offers a variety of swimming activities throughout the year for young and old alike. Many of the pool's events are open to the German community.

hour after eating before swimming. However, if you have had a large meal, let digestion start before swimming.

Weather conditions are very critical when swimming. Always check weather reports before participating in outdoor aquatic activities. Weather conditions in Germany can change rapidly so always remain aware of the weather. Watch the sky for rolling clouds with cauliflower-like tops. They indicate a coming storm. Always leave the water at the first flash of lightning, sound of thunder, or onset of rain. Avoid being in the water during

storms, fog or high winds and do not swim after a storm in a lake or river if the water seems to be flooding. Currents may become strong, the water may become cloudy and new obstacle in the water can be dangerous.

A primary risk for swimmers is alcohol. Drinking alcohol and participating in water activities can be very dangerous. Alcohol affects your balance and you're more likely to fall into the water. Alcohol slows your movement and impairs your vision. It can reduce your swimming skills, even if you're an excellent swimmer. Drinking alcohol also makes it

harder to stay warm, even though you may feel warm after your first drink. And of course, alcohol affects your judgment, such as deciding to dive head first into shallow water. Two obvious but often overlooked precautions to remain safe in and around the water is that people should learn how to swim and wear a life jacket, or have one readily available.

The operative word is safety. Always keep safety in mind when participating in water activities. So enjoy the summer and don't forget to take along a good sun screen.

Joint effort keeps drinking water flowing

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

The Baumholder military community was recently at risk of losing one of man's most precious commodities – drinking water. Fortunately, a joint operation by German employees from the 222nd Base Support Battalion Directorate of Public Works and the 47th Forward Support Battalion saved the day.

Deep wells four and five near the Hoppstaedten water treatment plant that supply drinking water to the Baumholder U.S. military community were recently damaged. They were promptly removed on May 23 and replaced by new ones, thereby ensuring an uninterrupted supply of drinking water for the U.S. military community.

To accomplish the task, a hoisting crane

was needed. A German hoisting crane was too expensive and impossible to procure in such short notice so Staff Sgt. Ricky Butler, noncommissioned officer in charge, focused his attention elsewhere and contacted the 47th Forward Support Battalion.

The unit agreed to provide immediate support and provided the equipment and required personnel.

This was the second time the 47th FSB answered the call and provided support to the Baumholder DPW sanitation branch in an emergency situation.

Central coordinator in this endeavor was Ludwig Mörsdorf, DPW mechanical engineer technician. "The excellent cooperation between the Baumholder DPW sanitation branch staff and members of the 47th FSB is commendable," said Mörsdorf.



Contributed photo

A 222nd Base Support Battalion Directorate of Public Works employee guides a well pipe into position with the help of a vehicle from the 47th Forward Support Battalion.