

## WIC comes to Europe

SEMBACH, GERMANY-- Women and children living in the Baumholder and Lakenheath, United Kingdom communities who have been determined to be at nutritional risk will soon be able to apply for the Special Supplemental Nutrition Program for Women, infants, and Children, popularly known as "WIC." Eligible WIC program participants will receive medical screening, special nutrition education, and vouchers redeemable at commissaries for nutritious food packages.

Expected to begin as pilot sites at Baumholder and Lakenheath in early 2001, the WIC overseas program is scheduled to expand to other overseas military communities serviced by commissaries and military medical facilities later in the year.

The European Lead Agent Office, partnering with the European Command Quality of Life Office, is involved in establishing this regional, community-based program. In collaboration with a team of medical and line experts from military organizations throughout Europe, they are setting up a support infrastructure for the WIC overseas program.

The WIC overseas program is being administered under the direction of the TRICARE Management Activity in Washington through the regional TRICARE Lead Agent Offices. It must be emphasized that this is neither a TRICARE program nor a medical benefit but a quality of life program that provides important nutritional enrichment to the lives of eligible participants.

Since its beginning in 1974 the WIC Program, which is administered at the federal level in the U.S. by the Food and Nutritional Service of the U.S. Department of Agricultural, has earned the reputation of being one of the most successful federally-funded nutrition programs in the U.S.

Serving 45 percent of all infants born in the United States and 25 percent of all new mothers, the WIC program focuses on low-income, pregnant women, new mothers, infants and toddlers. The eligible populations served include:

- Women throughout pregnancy and up to six weeks after birth or after pregnancy ends.
- Breastfeeding women, up to infant's first birthday.
- Non-breastfeeding women, up to six months after the infant's birth or after pregnancy ends.
- Infants up to their first birthday.
- Children up to their fifth birthday.

Eligibility for the WIC program will be based on several factors,

including family income, a nutritional health risk assessment and medical screening to identify individuals nutritionally at risk.

Foods that can be obtained with WIC vouchers include iron-fortified infant formula and cereal, iron-fortified adult cereal, vitamin-C-rich fruits and vegetable juices, eggs, milk, cheese, peanut butter, dry beans or peas, canned tuna and carrots.

All of these products are high in nutrients such as protein, calcium, iron, or vitamins A and C.

One of the goals of the program is to institute healthy lifestyle eating patterns. The program includes nutritional education and health counseling services, which is a key component to the overall benefit of the program.

As the program specifics are determined for the European region, information will be published to let potential participants know how to apply for the overseas WIC program.



Photo by Ignacio "Igggy" Rubalcava

### DeCA director drops in

Maj. Gen. Robert J. Courter, Jr. (USAF), tours the produce section of the Baumholder Commissary along with Myla Padua, produce manager, and Harry Nichols, commissary manager. Courter, Defense Commissary Agency director, was in town to familiarize himself with the European region and to gain first hand knowledge of the European region operations. He visited the main commissary and Strassburg commissary to meet at many employees and customers as possible in order to determine the status of current commissary service.

## Post Office increases hours for holidays

The Baumholder post office has expanded its hours of operation to accommodate the increase in letters and packages during the holiday season. Expanded hours of operation for the main post office are:

- Mondays – Fridays, 9 a.m. to 4 p.m.
- Thursdays, noon to 6 p.m.
- Saturday openings include Dec 2, 9, and 16, from 10 a.m. to 2 p.m.

Mail going MPS to Kosovo will continue to go through the unit mail clerks until Dec. 23.

The Strassburg post office will be open Mondays, Wednesdays, and Fridays from 10 a.m. to 2:30 p.m.

To ensure packages and letters to the U.S. are delivered before Christmas, customers should mail them by the following dates:

- Nov. 20, SAM parcels
- Dec. 4, PAL parcels
- Dec. 11, priority parcels and first class letters
- Dec. 18, express mail

For more information contact the postal officer at mil 485-6429/7502.

## Commissaries close

The Baumholder, Idar-Oberstein and Neubrücke Commissaries will be closed Nov. 23 in observance of Thanksgiving.

## New phone number

The new civilian telephone number for the Baumholder branch of the Service Credit Union is civ (06783)999-9860.

## Taxes and Kosovo

This year the Baumholder Legal Services Center will operate four tax assistance centers, one here in Baumholder as well as offices at Camps Montieith and Bondsteel in

Kosovo and Camp Able Sentry in Macedonia.

Single soldiers are encouraged to file their taxes at the location most convenient for them. If they file downrange, they need to bring with them any documents they will need.

Soldiers with family members remaining in Baumholder or elsewhere must decide now who will file their taxes. The individual who will be filing must ensure that he or she knows what documents they will need and should get a power of attorney from the non-filing spouse. Powers of attorney are available in either the Baumholder Legal Services Center in Building 8222 or at the JAG office at any of the Camps downrange.

Hours of operation for the Baumholder office will be posted in an upcoming issue of the *Harold Union*, as well as at other locations around post. Downrange, *The Falcon Flyer* will post hours of operation and location directions for the Centers in Kosovo and Macedonia.

Questions about any tax issue involved with the deployment should be addressed to the Legal Assistance Offices, either in Baumholder or in Kosovo.

## Christmas party

The 40th Engineer Battalion is holding their Christmas party Nov. 16. at the Rheinlander starting at 5:30 p.m. A raffle and other events are planned. For more information, call Sabine Mann at civ (06781) 980728.

## Wrestling coach wanted

A wrestling coach is needed at Baumholder American High School.

Experience is required. For more information call Dom Calabria at mil 485-7590.

## VA visits in November

A Veterans Administration representative will be in Baumholder Nov. 28 to answer questions about claims, guaranteed home loans, and other VA benefits.

This briefing is open to the public, and all members of the community are encouraged to attend. After the briefing, the VA representative will be available to take individual appointments to answer specific questions soldiers may have. Call mil 485-6741/6330 or civ (06783) 6-6741/6330 to sign up for the briefing.

## Last chance to ACAP

November is the last chance to start the ACAP process before deploying. Soldiers scheduled to separate during deployment or soon after need to attend the mandatory pre-separation briefing.

## ACAP followup

After attending a pre-separation briefing, soldiers can take advantage of ACAP's new computer system that helps evaluate the current job market and personal interests so customers can make an informed decision about their future. ACAP also offers Job Assistance Workshops and professional counselors to help soldiers through the career transition process. These services are only available in Baumholder and will not be accessible in Kosovo. Once soldiers attend a Job Assistance Workshop, however, ACAP counselors will be available to continue working with soldiers downrange via phone, fax, Internet

and email. But the process needs to start now.

## Staying in?

Haven't decided on re-enlistment or separation? Let ACAP help decide if separating from the Army is the thing to do by reviewing Army and VA benefits, examining the current job market, and assessing how skills developed in the Army will transfer into civilian life.

Call the ACAP Center with any questions at mil 485-6741/6330 or civ (06783) 6-6741/6330.

## ACAP classes

Transitioning soldiers and their family members can take advantage of the following ACAP classes scheduled for November and December:

## Briefings, workshops

ACAP pre-separation briefings are scheduled Mondays through Fridays at 9 a.m. at the ACAP center.

ACAP offers Job Assistance Workshops every other Wednesday. The next one-day workshops are Nov. 22 from 8:30 a.m. to 4:30 p.m. and Dec. 6 from 8:30 a.m. to 4:30 p.m.

Call ACAP to schedule an appointment, or drop by any afternoon to work with the center's brand new computer-based job assistance tools.

For more information about ACAP services, call mil 485-6741/6330 or civ (06783) 6-6741/6330.

## ACS outlook

The International Spouses Club now meets on the first and third Tuesday of the Month. The next meeting is Nov. 21 from 10 a.m. -

noon in the Army Community Services lounge. The next Newcomers Coffee is Nov. 21, from 10 - 10:30 a.m. in the ACS lounge.

Army Community Services and the Baumholder Library are offering a story hour for children Nov. 23. Story hours are offered from 9:30 - 10:30 a.m. for ages 0 to 18 months and 10:30 - 11:30 a.m. for ages 19 months through school age.

## ACS calendar

- Nov. 14** Stress Management
  - Nov. 15** Anger Management
  - Nov. 16** Child Safety  
Family Violence Prevention
  - Nov. 17** Resumix Workshop  
Child Abuse and Neglect Recognition and Prevention
  - Nov. 18-25** Military Family Week
  - Nov. 20** Successful Parenting  
Employment Orientation
  - Nov. 21** Stress Management  
Newcomer's Coffee  
International Spouses Club
  - Nov. 22** Conflict Resolution  
Quarterly Volunteer Recognition
  - Nov. 23** How to Obtain and Read Credit Reports
  - Nov. 27** Successful Parenting  
Employment Orientation
  - Nov. 28** Stress Management
  - Nov. 29** Anger Management  
Saving and Investing
- For information about classes or services provided by ACS call mil 485-8188, or civ (06783) 6-8188.

# ACS uses technology to bring families, soldiers together

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

Army Community Services is calling on technology to help soldiers and their families stay connected during the upcoming deployment. With the help of video teleconferencing equipment, spouses in Baumholder will be able to place a call to Kosovo and see their deployed soldier on a television screen while talking to him or her.

Video teleconferencing is not completely new for the Army. The 222nd Base Support Battalion has provided tactical video teleconferencing to Baumholder commanders over a secure line for more than three years. It's new though in that Baumholder's ACS was the first in U.S. Army Europe to stand up a nontactical connection by using a regular telephone line to Kosovo, according to Carrie Mead, ACS Outreach coordinator.

"It's as simple as placing a phone call," says Jack Ferguson, ACS director. "We dial up a satellite over the U.S., the signal is relayed down to Kosovo and the connection is made," he explained. "We don't have to schedule time with the hub in Heidelberg (as tactical VTCs do), we dial direct, said Mead.

The other end of the VTC connection is at Camp Bondsteel and is operated by a Morale, Welfare and Recreation employee.

Mead said that ACS expects to begin offering the service by Dec. 1. Family members will be scheduled for 15 minutes of private communication with their deployed spouse but "A lot will depend on the availability of the soldier," explained Mead.

"We can do all the scheduling we want on this end, but if we can't get the soldiers to the VTC down range then it's not going to work," Mead said. "So, I guess our key word is flexibility for using the VTC program because we're going to be very flexible with the sched-

ule of the folks that are deployed."

ACS will do some scheduling of calls but the unit family readiness liaisons are going to be the key to making the whole system work, according to Mead. The FRLs will keep ACS updated as to when the units will be at Camp Bondsteel and when they will be available to take calls. ACS will then schedule a "chunk" of time for that unit and spouses will be scheduled for a 15-minute time slot.

There is nothing that family members need to know or do during a connection downrange. "It will all be automatic and all they have to do is enjoy their time with their spouse," said Mead. There will be a VTC operator in an adjacent room that will make adjustments to the equipment should something not work right. The VTC service, a supplement to the many other services available through ACS and at the respective units, will be offered to spouses Mondays through Saturdays from 5 to 10 p.m.

"We encourage spouses to bring their children so it's not just the wife (or husband) sitting there by him or herself. We also recommend they talk about things that are going to encourage each other and strengthen their relationship and not use it as a time to deal with negative things or issues they may have. It's their opportunity to really build and strengthen their relationship," Ferguson explained.

"This is one way that we're using technology to help families maintain strong bonds despite some of the difficulties or some of the trials that they go through as military members. Hopefully it will improve the retainability of that soldier," said Mead.

"You can't have a family bond without a connection between people and this is one modern technological thing we are using to help maintain that connection. So this is a VTC connection to keep your family connected," he said.

## Employees learn 'state of the 222nd BSB'

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

The state of the 222nd Base Support Battalion was the topic presented to military, civilian and local national members of the battalion recently at two assemblies in the Wagon Wheel Theater.

The assemblies, led by Lt. Col. Eric Wagenaar, 222nd BSB commander, were the first of their kind in which the commander addressed issues such as mission, vision, goals, commander's initial impressions and intent and priorities for the next six months.

Wagenaar also addressed long range priorities, changes impacting

the community and upcoming significant events through July 2001.

After about four months of command, Wagenaar's first impression of the 222nd BSB was summed up in a slide that read, "This is an outstanding base support battalion and a fun place to live and work."

### A fun place to be

"This is a great BSB," he said. "This is a great community, great people, dedicated, friendly and with an outstanding hometown atmosphere. I'm having a lot of fun right now. I hope to continue to have fun and I hope that everyone that is a part of the base support battalion will continue to have fun."

Wagenaar also outlined the mis-

sion of the 222nd BSB, which has been refocused to reflect that the 222nd BSB conducts base support operations and deployment operations as well as maintains German-American relations. The actual mission statement reads, "The 222nd Base Support Battalion conducts Base Support operations for the Baumholder Military Community, conducts deployment operations, and maintains German-American relations, in order to enhance soldier, civilian and family readiness."

"There are three things in this mission," said Wagenaar. "We run the base ops, we run the facilities; we deploy our soldiers to do their mission; and we maintain good German-American relations to make

sure that we are ready to do our job," he said.

As a general announcement, Wagenaar told the audience that the local works council asked if the work starting time could be changed back to 7:30 a.m. versus 8 a.m. "I made the decision to stay with 8 a.m.," said Wagenaar. Originally, the workday started at 7:30 a.m. for all local nationals. More than a year ago, it was moved to 8 a.m. This allowed the gates to close from 6:30 to 7:30 a.m. so that soldiers could use the streets for physical training during that time. "There are still two options being looked at by the works council so the issue is not closed," said Wagenaar.

Another issue Wagenaar ad-

ressed was the 2nd Brigade deployment to Kosovo. "Most of the Brigade Combat Team, about 3,000 soldiers, will deploy starting Nov. 17 and return next June," he said. "Some of our customers will be gone, however, most families will still be here and we need to continue to do a great job in supporting our families,"

### More to follow

These are the first in a series of periodic assemblies that will provide all BSB members with the commander's personal assessment of service and operations and address the future priorities of the battalion, according to 222nd BSB officials.

## Military couple decides to make military a family affair, reenlist together

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

Reenlistment became a family affair for Staff Sgt. Rhonda Gibson-Hill and Sgt. Steven Hill recently when they both raised their right hand and pledged another term of service with the U.S. Army on the

same day. The married couple are members of the 47th Forward Support Battalion whose reenlistment windows were so close they decided to reenlist at the same time.

Although another Baumholder military couple also reenlisted together recently, Staff Sgt. Dion Hicks from 1-94th Field Artillery and Sgt. Sonya Hicks, 47th FSB,

couples reenlisting in the Army is not a daily occurrence. When the Hills reenlisted with a 10K forklift and mandatory U.S. flag as a backdrop, it drew the attention of many of their fellow soldiers. The forklift is symbolic of both their jobs. "They thought it was just pretty amazing to have an Army family, a couple, be able to reenlist together. I think

some of them, if they were dual military, they would want to do the same thing as well," said Gibson-Hill.

For Army couples contemplating reenlistment, Gibson-Hill had this advise, "If it's an Army couple and they're in the same predicament as we are, just put God first. Through Christ you can do all

things. That's how we made it. You know, just keeping our faith in God."

The couple deployed to Bosnia and Albania about one month after arriving in Baumholder. "Unfortunately we're PCSing to Ft. Hood Texas in January," said Hill, so they'll miss the upcoming deployment. The Hills are also expecting their third child May 26, 2001.

## Iron NCO leads in retention

By Spc. Rebecca F. Deuel  
1st Armored Division Public Affairs Office

BAD KREUZNACH — America's Tank Division is in the forefront, paving the way as the Army wide retention leaders of the year. This according to SGM George W. Stapleton Jr., command career counselor for the 1st Armored Division. Leading the way for reenlistment is Staff Sgt. James P. Nolan of HHC, 1st Battalion, 35th Armored Regiment, 2nd Brigade in Baumholder. Nolan was selected as Reenlistment NCO of the Year for 1st Armored Division by a board that convened at Rose Barracks in Bad Kreuznach.

The Army as a whole has had to redouble its retention efforts in the past few years. Reenlistment NCO's like Nolan have had their work cut out for them battling against a booming civilian economy to keep soldiers in the military. Nolan agrees that his job is growing tougher all the time. "We are trying to present the best image that we can [to the soldiers]. We sell the Army. I just try to



Staff Sgt. James P. Nolan

do the best I can to keep the soldiers and their families informed at all times."

According to Sgt. 1st Class Carlos Crespo, 2nd Brigade's senior career counselor, Nolan impressed his superiors immensely. "We chose him based on his high standard of professionalism and his management of the retention program for 1-35 AR," he stated.

Nolan will go on to represent the 1st Armored Division at the USAREUR Reenlistment NCO of the Year Board in late November. This board is the highest competition for reenlistment NCOs in USAREUR.

## Health organizations team up to spread awareness

### Health Days brings health services to community

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

Three of Baumholder's health organizations are teaming up to increase awareness of the occupational health programs available to the community with an initiative they call Healthy Days.

"Our goal is to initiate proactive programs to include early identification, information regarding control and lifestyle factors, and treatment referral," said Jacqui Jumpp, health promotion coordinator. "We're encouraging soldiers, civilians and family members to practice a lifestyle that improves and protects physical, emotional and spiritual well being," she said. Jumpp works for the U.S. Army Center for Health Promotion and Preventive Medicine – Europe.

Together with Occupational Health Services and Community Health Services, the three organizations will be promoting their services the first Wednesday of each month at Baumholder's main ex-

change. Their first session was Nov. 1 and included free blood pressure checks and health promotion hand-outs. There were also free ear plugs available for those who had their blood pressure taken.

"Our main focus is on soldiers but the program is open to all community employees," said Robin Canuela, occupational health nurse. From the occupational health side of the team, some of the services that Healthy Days will promote to the community once a month include body fat testing, cholesterol level testing, vision screening, hearing and vision conservation and back injury prevention. "Each week we'll try and do a different screening," said Canuela.

"We've all teamed up to offer these services," reiterated Darcel Spragley, community health nurse. Her organization will focus on subjects like tobacco cessation classes, sexually transmitted diseases, Tuberculosis surveillance, maternal child visits and referrals, Community Youth Services inspections, and health education.



Photo by Ignacio "Iggy" Rubalcava

Robin Canuela, occupational health nurse, left, takes a blood pressure reading from Gabriele Taylor at the post exchange. Occupational Health, Community Health Services and Health Promotions are taking their services on the road once a month. They'll offer a different service the first Wednesday of each month.

## Education corner

### Digital Training Facility opens with teleconference

The grand opening of Baumholder's new Digital Training Facility is at 1:30 p.m. Nov. 17. Persons planning to attend may call Faith Aguillard at mil 485-8290. Brig. Gen. Guy C. Swan III, 7th Army Training Command commanding general, will officially open the Digital Training Facilities from Vilseck via telecommunications. He will speak for approximately 30 minutes.

### Education center takes Tanksgiving holiday off

The Baumholder Army Education Center and the Army Learning Center will be closed Nov. 23 and 24 for the Thanksgiving Day celebrations. The facility will reopen Nov. 27.

### Jobs available at Baumholder Education Center

Central Texas College has the following openings at the Baumholder Education Center: Academic Instructor (tutor), evening hours, a bachelor of arts or science is required; FAST Instructor, daytime classes, a bachelor of arts or science is required; Army Learning Center Operator (substitute), day/evening hours. Call Lonnie Allen at mil 485-6484 for more information.

The University of Oklahoma is seeking applicants for the full time position of Ramstein Field Coordinator. A bachelor's degree is required. Call the Ramstein office at mil 480-6807 for more information. The application deadline is Nov. 17.

Baumholder's Adult Education Program is looking for teachers. If you are able to teach typing/keyboarding, conversational Spanish or basic computer courses, call Bill Badger at the education center at mil 485-6487.

### Army Learning Center announces operating hours

The Army Learning Center in Building 8108 is now open Mondays through Thursdays from 9 a.m. to 9:45 p.m. Friday hours are from 9 a.m. to 5 p.m. The Center is closed daily from 1-2 p.m. for lunch. Visit the Army Learning Center for CLEP, GED, SAT, ACT, AFCT, and MOS study material. Your Army Learning Center also has on-line bookshelves for the latest Army Regulations, Pamphlets and more. Call mil 485-6484 for more information. Computer access is available Mondays through Thursdays until 9:45 p.m.