

Volunteers honored

The Volunteer of the Quarter and Youth Volunteer of the Quarter were recognized Aug. 28 at the Baumholder Town Hall Meeting. Renee Redfield, adult Volunteer and Jasmune Reed, youth volunteer, were presented a certificate, a 222nd Base Support Battalion commander's Coin and a gift basket, by Lt. Col. Eric Wagenaar, 222nd Base Support Battalion commander. Redfield was nominated for Volunteer of the Quarter by Cub Scout Pack 96 for her support and time and Reed was nominated by Army Community Service, where she volunteered all summer.

School lunches

ACS is accepting applications for the Free and Reduced Price School Lunch Program. If you need assistance completing the application, please call mil 485-8188 or civ (06783) 6-8188. Persons who have questions regarding the regulation governing eligibility may call Gene Winfree, the 222nd Base Support Battalion schools officer, at mil 485-1770 or civ (06783) 6-1770. Applications are available at ACS, Community Youth Services central registration and Baumholder Health Clinic.

AFTB offered

Army Family Team Building is offered by ACS. For reservations or for information to set up training for your unit or Family Readiness Group, call the AFTB office at mil 485-8542/8188. In order to receive

free child care, students need to sign up for classes two weeks in advance.

Story hour begins

Army Community Services Outreach Program begins offering Story Hour/Tot Time in September. Contact ACS for more information and story times. The International Spouses Club meets in the ACS lounge from 10 a.m. to noon the first and third Tuesdays of each month.

ACS calendar

Sept. 18 - Stress and Time Management Skills

Sept. 19 - Conflict Resolution Skills, Shopping Safely Online

Sept. 20 - Love and Logic Parenting, International Spouses Club

Sept. 24 - Assertiveness Training

Sept. 25 - Anger Management and Coping Skills

Sept. 26 - Building Positive Self Esteem, Your Rights as a Consumer

Sept. 27 - Challenges of Blended Families

Oct. 1 - Successful Parenting

Oct. 2 - Stress and Time Management Skills

Oct. 3 - Conflict Resolutions Skills, Making Large Purchases

Oct. 4 - Love and Logic Parenting, International Spouses Club

For information about classes

listed or services provided call mil 485-8188 or civ (06783) 6-8188.

Fire warden class

A fire warden class is held the first Friday of every month at 9 a.m. at the Baumholder Fire Department, Building 8413. For more information call mil 485-7572/6629.

Claims closes

The legal assistance and claims offices will be closed Sept. 25 from 11 a.m. to 1:30 p.m. for a farewell luncheon.

No walk-ins

The claims office will not have walk-in service available Oct. 3 due to a German holiday. Instead, walk-in service will be available Oct. 2 from 8 a.m. – 3 p.m.

Hispanic celebration

Baumholder holds a Hispanic heritage celebration Sept. 22 beginning at 6 p.m. in the Rheinlander. Free food and entertainment is offered and everyone is invited to contribute cultural side dishes to make the celebration more complete. A live band will be featured as well as a pig roast. DJ Mendez will be featured on the turn tables. There will also be dancing and a traditional dress contest with prizes for children and adults. For more information or to register for the dance and traditional dress contests call mil 485-6510.

Legal note

Do not wait too long to handle immigration and naturalization issues while overseas. If your spouse is not a United States citizen, he or she may need a visa to enter the United States when you PCS. Be aware that it can take several months to obtain a visa. If you are applying for citizenship for yourself or a loved one, the process can take a year or longer. To ensure that you do not have to leave a loved one behind when you PCS, start the process early. You can obtain more information from the INS website at www.ins.gov or you can contact the U.S. Consulate at 069-7535-0. The consulate website is www.usembassy.de. If you have additional problems or questions contact the legal assistance office of the Baumholder Legal Center at civ (06783) 6-6506 or mil 485-6506.

SSSC closes

The Baumholder Self Service Supply Center and the Supply Support Office will close Sept. 26-28 for their end of fiscal year wall-to-wall inventory. The last shopping day for all customers is Sept. 25. That is also the last day to spend fiscal year 2001 funds. No fiscal year 2001 funds will be carried over into fiscal year 2002.

The Baumholder SSSC and SSO will reopen for normal business at 8

a.m. Oct. 1. For more information call mil 485-7209/7224.

Redeem certificates

All holders of Rolling Hills Golf Course gift certificates must redeem their certificates by Sept. 30. The fiscal year is ending and golf course employees will not be able to accept gift certificates issued prior to Sept. 30 on or after Oct. 1. The Pro Shop is open daily from 8 a.m. to 8:30 p.m. daily for everyone's convenience.

Careful with allotments

When purchasing an item and the seller requests or requires you to set up an allotment for payment, legal center officials caution consumers to be very careful. Before setting up any type of allotment, contact your nearest legal assistance office. Answers to just a few questions can save you money and avoid potential financial difficulties in the future. For more information, contact the legal assistance office of the Baumholder Legal Center at civ 06783-66506 or mil 485-6506. For information on other legal topics, go to <http://www.1ad.army.mil/sja/index.html>.

Child find

Wetzel Elementary School has a preschool program for children ages three to six who may be experiencing some delays. These delays are often difficult to spot but early intervention can help prepare a child for success in school. Screenings are available at no cost to the parents.

Breast-feeding basics - more than just food

Information courtesy of The American Dietetic Association

Submitted by the WIC Overseas office

A breast-fed baby is a well-fed baby. But breast milk offers more than just food. It gives babies important immune protection, as well as overwhelming health and emotional benefits. A mother's decision to breast-feed is a personal one, dependent on many factors. If you decide to breast-feed, keep good nutrition on the top of your "to do" list. Your energy and nutri-

ent needs are actually higher during this time than when you were pregnant.

Your fuel supply for milk production comes from two sources: energy stored as body fat during pregnancy and extra energy from food choices. Your body uses up about 100 to 150 calories a day from its own energy stores to produce breast milk. That's why breast-feeding helps many new mothers lose the weight gained during pregnancy — often without trying. To maintain the nutrients you need, add an extra serving every day from each of the five food groups.

Drink enough fluids to satisfy your thirst and prevent dehydration. As always, you need at least eight to 12 cups of fluids daily — more if you feel thirsty. Sip a glass of water, milk or juice while nursing your baby. Milk and juice also supply some of the extra nutrients needed for breast feeding.

When should I breast-feed my baby? If there are no complications

with delivery, the best time to start breast feeding is within 20 to 30 minutes of the baby's birth. For the first few days, feedings may last about 10 minutes

on each breast. **L a t e r**, feedings will last about 10 to 20 minutes at each breast. It's normal for a baby

to nurse every one-and-a-half to three hours for the first few weeks. Newborns need to eat often because they have small stomachs and breast milk is easily digested. Eventually the time between feedings may lengthen to three or four hours.

Is my baby getting enough milk? Good ways to tell if your baby is nursing:

- Has six or more wet diapers and two to three stools each day
- Shows a steady increase in weight (check baby's weight one to

two weeks after delivery)

- Has an alert, healthy appearance

When can I introduce my baby to solid foods? Most babies are physically ready to begin eating solid foods at four to six months. However, each baby is different and age is only a point of reference. Watch for these milestones which may suggest the time is right to introduce solid foods:

- Baby can sit with little support
- Baby shows interest in foods others are eating
- Baby can turn away to signal "enough"

When can I wean my baby from the breast? Some time between nine and 12 months of age breast milk will no longer be a baby's primary source of nutrition. You will probably nurse only three or four times a day, usually first thing in the morning and around nap and bedtimes. When the time comes to wean your baby completely from the breast,

do it gradually and with love. Complete weaning will take several weeks, depending on how often your baby has been nursing.

Can a mother's food choices affect the flavor of her breast milk? Eating strongly flavored or hot and spicy foods may give breast milk an off-flavor. This can make some babies fussy; other babies won't even notice. If certain foods seem to upset your baby, just decrease the amount or frequency that you eat them. Your breast milk, usually white or bluish-white, may take on a different hue, too, depending on the food you eat. Certain fruits, vegetables or food dyes may cause a harmless color change.

Is it okay for a nursing mother to drink caffeinated beverages? Yes, it's fine to enjoy a morning cup of coffee, or a soft drink for a snack as long as it is in moderation. Caffeine does pass into breast milk. However, if you drink just one or two cups a day, the caffeine probably won't bother your baby.

Call mil 485-6416 to set up an appointment.

If a problem is suspected, the child will be invited back for further testing.

Football schedule

The Baumholder American High School football season kicked off Sept. 8 with a home game against Brussels. The following games are scheduled for this season:

Sept. 22 - bye, possible non-conference game

Sept. 28 - Bamberg, home

Oct. 6 - Ansbach, away

Oct. 13 - Sigonella, away

Oct. 19 - Hohenfels, home

Oct. 27 - playoffs

Nov. 10 - championship game

For more details on game times and schedule updates call the high school at mil 485-7590/7591.

Youth Services trips

Youth Services offers the following trips and activities:

Sept. 21 - midnight basketball at

the Hall of Champions, from 8 p.m. to midnight, no cost

Sept. 22 - kayaking/canoeing on the Mosel, cost is \$29, leave the Underground at 8 a.m.

Sept. 29 - middle school lock-in at Neubrücke Youth Services from 7 p.m. to 8 a.m., cost is \$10

More events are offered at each individual youth center. For more information contact your local youth center.

Breast feeding

Baumholder's La Leche League meets Sept. 18 from 10 a.m. to noon at the New Parent Support conference room, Building 8746, directly below ACS and at the end of hall from the WIC entrance. All meetings are free and open to the public. For more meeting informa-

tion or assistance with breast feeding, contact Brenda Moss at civ (06381)996645.

Social Services

Social Work Services has moved and is now located on the first floor of the Baumholder Clinic, Building 8742. For more information, call Social Work Services at mil 485-7411/6583.

Sports calendar

Sept. 26-30, USAREUR Wrestling Coaches and Officials Clinic in Baumholder

Sept. 29-30, Baumholder Wrestling Invitational in the Hall of Champions. Call the Sports Office at mil 485-7176 for more information.

Field representative

The University of Oklahoma field representative from Ramstein Air Base will visit the Baumholder Army Education Center Oct. 3, from 11 a.m. to 3 p.m. people wishing to discuss Oklahoma's graduate degree programs are invited to meet with the university's representative.

The representative may be reached daily in Ramstein at mil 480-

6807.

Register now

Baumholder soldiers scheduled for field duty may enroll now for the University of Maryland's Term II, instead of waiting until they return. The term begins Oct. 29. A varied selection of courses is available. Call the Baumholder Education Center at civ 485-6487 for more details.

Adult education

Registration for Baumholder's Adult Education Program is now in progress.

Courses offered include: Conversational German I and II, Basic Computer Skills, and English as a Second Language. Call Bill Badger at mil 485-6487 for more information.

Community set for Red Ribbon Week

Baumholder will celebrate National Red Ribbon Week Oct. 19 - 31. Activities are planned for the schools and throughout the community. To better understand the meaning of Red Ribbon Week, it's best to look back on the origin of this national celebration.

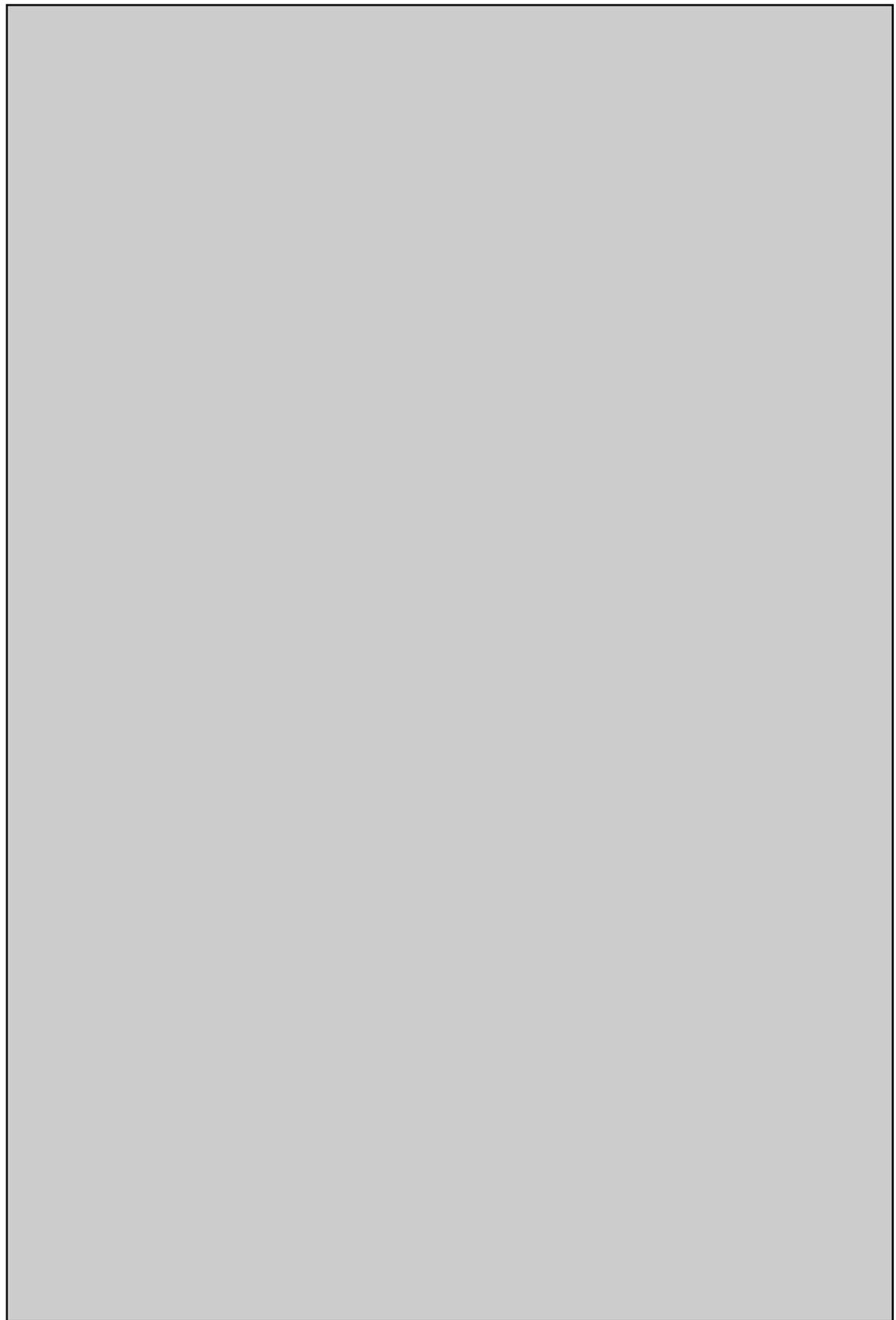
How it all began

In 1985, Enrique "Kiki" Camarena, a Drug Enforcement Administration (DEA) agent, was tortured and murdered while fighting drug trafficking in Mexico. News of his murder traveled through the media and angered members of the National Federation of Parents for Drug Free Youth. Founded in 1980, The NFP is a nonprofit organization dedicated to establishing volunteer community groups to lead drug prevention efforts nationwide. NFP networks community organizations in which adult and youth volunteers collaborate, share resources, information and ideas to ensure a drug-free future for families and communities.

Camarena's murder served as the catalyst to call people to action and make a visible commitment by wearing and displaying red ribbons as a symbol to show the nation's intolerance of the illegal use of tobacco, alcohol and other drugs. Through education, prevention efforts, and community mobilization, the National Red Ribbon Week celebration succeeded in giving individuals the opportunity to celebrate that they are drug free and proud. By 1992, more than 115 million people joined the ranks of those who choose to live a healthy, drug-free life-style.

Thousands of community volunteers, supported by the leadership of the NFP, are committed to drug education and support. Their dedication and outstanding services continue as America celebrates nationally, Red Ribbon Week.

For more information about Red Ribbon Week and activities planned for the Baumholder community call mil 485-6230/1710.



Boxers return more determined

By Ignacio "Iggy" Rubalcava

222nd Base Support Battalion
Public Affairs Office

They might have lost their fight but the battle is not over. Three women boxers from Baumholder traveled to the Golden Gloves competition in Augusta, GA. Aug. 8 through 12 with hopes of bringing home a victory for Baumholder. Instead of a trophy, they brought home something more valuable, experience, commitment and motivation.

With only five fights to their credit, Magda Carroll, featherweight; Belinda Wheatley, a welterweight boxer; and Theola Rivera, a lightweight boxer, decided to step into the ring and challenge seasoned fighters with at least three years of experience and some 40 fights under their belts.

The odds were heavily stacked against them so Carroll and Rivera were eliminated in the first round of competition. Wheatley won her first match and went on to compete in the semifinals but was defeated by the national champion in her weight class.

Not discouraged

Returning home without a victory would be enough to dampen the spirits of the less committed but such was not the case for Baumholder's three women boxers.

"We expected the high caliber of fighters that we came up against," said Rivera. "Those girls are good and I've learned how much harder I need to train to get to their level. They train six hours a day, six days a week. We train two hours a day, four days a week, sometimes that doesn't even happen if we have to work late or go to the field," she said.

"I knew we were not going out there to encounter a low quality of boxer," said Carroll. "I mean these are high caliber females. They know what they're doing. Most of them are going professional next year," she said.

"It's not that these females are much stronger or have a better punch, it's all about time. They have

more time and experience and we're newcomers to it. I enjoyed it and I liked how the coaches from the other teams came and motivated us and told us, 'keep on doing what you're doing. This is how we all started,'" said Carroll.

The three reaped more than motivation and support from their Golden Glove experience. "We all learned that we all have the commitment. We're just as strong but our only downfall is that we cannot train as much as they do. We do not have the capabilities or the facilities as they do. We also don't have the time because of our jobs, but again, we're all as motivated as they are," she said.

"We're all NCOs. We have soldiers to counsel, we have sergeant's time and PT to plan, so we're soldiers first, mission first."

All three, however, have their priorities focused on their responsibilities as soldiers and NCOs. "We're all NCOs. We have soldiers to counsel, we have sergeant's time and PT to plan, so we're soldiers first, mission first," said Rivera.

But the battle for equality in the ring is not over. Having won in their respective weight classes at the recent USAREUR boxing championships, the three have turned in their applications for a chance to be considered for the All-Army team. Meanwhile they have set their sights on the upcoming National Championships at Camp Lejeune, N.C. Sept. 16 through the 23.

Carroll admits that since they started receiving notoriety for their endeavors, they have been seeing more support, backing and recognition from their chain of command, the gym and the community. "We really appreciate that," said Carroll. "Now we have to make sure there are no obstacles for our applica-



Photo by Ignacio "Iggy" Rubalcava

Baumholder boxers from left to right are Sgt. Magda Carroll, Sgt. Belinda Wheatley and Sgt. Theola Rivera. The three recently competed in the U.S. Amateur Golden Gloves competition in Augusta, GA. Aug. 8 through 12. They are now on their way to the National Championships at Camp Lejeune, N.C.

tions to be denied for the All-Army team. Hopefully we'll become the first females to go into the All-Army boxing team," she said.

Their coach, Kenneth Williams, is pleased and impressed with what the three have accomplished. He is also behind their efforts to open the doors for women to the All-Army team. "The Marines have nine females, the Navy has six and the Air Force has three but the Army doesn't have any women representing them," said Williams. "But we're going to continue. We're not going to back out. We've gone to far now to back up," he said.

Considering the caliber of competition they were up against at the Golden Gloves competition, Williams is pleased with their efforts. "They did good and I was impressed with their efforts. Those girls (their competitors) actually belong to boxing camps. They have gyms that they go to every day. Once they get off work they're in the gym, versus

military members who have other responsibilities to consider," he said.

Good words for coach

The three women attribute all their progress and success to William's mentoring.

"We wouldn't be where we are right now without him. He has a lot of responsibilities as well. He's got a wife and a daughter, he's an E-6 and runs a whole section and he comes to the gym every night even though he lives in Mannheim, works in Dexheim and trains us in Baumholder," said Rivera.

"That just shows you how much dedication he gives us and the team. And he's doing this out of his own free will," said Carroll.

"He's our only coach and we wouldn't want to exchange him for anything," she said.

Carroll, Rivera and Wheatley are going forward with their efforts to obtain a spot on the All-Army team

and they encourage other women interested in the sport to go to their local gym and get involved. For those who want to see the three in action, they practice Mondays through Thursdays at 6 p.m. at the Hall of Champions.

Get involved

"Any female out there, in the Army, civilian dependent, whatever they are, if they are interested in the sport, go to the gym. We want females to go out and participate.

"Not only in Baumholder, I mean everywhere. We're doing our best to push it and get support and if the Army does open the door for female boxers, there will be a significant difference if say, 20 females apply for All-Army as opposed to only two or three," said Carroll.

"We'd like to put the word out to females, if they're interested in the sport, get involved. If you want a really good challenge, this is it. It doesn't get any better than this."

Soldier charged with murder of German

An Article 32 hearing was held in Baumholder Aug. 28 in connection with the July 1 traffic fatality of a German man in Berlin.

Charges were preferred against SPC Deandre L. Walton, a petroleum supply specialist assigned to HHC, 1st Battalion, 6th Infantry Regiment, for the murder of a Ger-

man man by striking him with an automobile; resisting apprehension; assaulting two Polizei officers; and driving while intoxicated by alcohol, resulting in the death of the German man and injury to another. He is currently being held in pretrial confinement with his unit in Baumholder.

With the Article 32 hearing now complete, the investigating officer must weigh the evidence and make a recommendation to the appointing authority, in this case Walton's brigade commander. The brigade commander will consider the recommendation, but is not bound by it.



Care Fair

Photo by Ignacio "Iggy" Rubalcava

Brigitta Bruehl, Baumholder swimming pool coordinator, explains the various pool and fitness activities available at both the indoor pool and fitness center to a visitor during the recent Baumholder Community Activity Registration Event, better known as CARE Fair, held at the Rheinlander. The fair brought various organizations and local businesses together to show people what services and products they offer.

Red Cross corner

Dental assistants

The American Red Cross will be offering another volunteer Dental Assistant Program beginning in early November. The Dental Assistant Program offers volunteers the opportunity to gain valuable knowledge and training, which can be applied toward certification as a dental assistant.

The program consists of 960 hours of volunteer work and includes classroom study as well as "hands on" training and takes approximately six months to complete.

There will be a mandatory orientation at 10 a.m. Oct. 25 in the Wagon Wheel Theater for all who are interested. Interviews for the program will be conducted Oct. 26 and 29 by appointment only and classes begin Nov. 5.

For more information call mil 485-1760 or civ (06783) 6-1760.

Instructors needed

The Baumholder American Red Cross is looking for anyone interested in becoming a First Aid/CPR/AED instructor. Training includes new Workplace Training Injury Control Mod-

ules. Call the Baumholder American Red Cross at mil 485-1760 or civ (06783) 6-1760 for more information on upcoming classes.

Workplace training

Baumholder's American Red Cross is now offering workplace training injury control modules including: Ergonomics, Workplace Violence Awareness, Back Injury Prevention, Managing Stress, Slips, Trips and Falls, Your Heart Matters. Each class is approximately one hour. Call the American Red Cross at mil 485-1760 or civ (06783) 6-1760 for more information or to set up a class.

Calendar

Sept. 18 - Volunteer Orientation

Sept. 28, 29 - Healthy Pregnancy, Healthy Baby

Oct. 2 - Volunteer Orientation

Oct. 12, 13 - CPR/First Aid

Oct. 16 - Volunteer Orientation

Oct. 25 - Dental Program Orientation

Oct. 26, 29 - Dental Program Interviews

Oct. 26, 27 - Healthy Pregnancy, Healthy Baby

Know your rights when collectors visit

By Pamela Cater

Baumholder Legal Assistance Office

If you are like most of us, one or two credit card applications show up in your mailbox every week. Your elementary-school children may have even received one of them by accident. Needless to say, credit is rather simple to get. Credit can also easily get you into big trouble.

Once you have purchased everything on your wish list and paid for it with your credit cards, making the monthly payments can be hard. The minimum monthly payment often won't even pay the interest that has accrued within the last 30 days. At this point your credit card bills begin to grow, rather than shrink.

If you find yourself having problems paying your bills, contact the creditors and work out a payment plan that will keep you from missing payments. If you wait too long, your account could be turned over to a debt collection agency. Accurate negative information can stay on your credit report for seven years. Even worse, failure to pay your debts can affect your security clearance or subject you to action under Army Regulation 600-15, Indebtedness of Military Personnel.

Even if you are unlucky enough to have one of your bills referred to a debt collector, you still have certain rights under The Fair Debt Collection Practices Act, 15 United States Code, Section 1692. Under the FDCPA, The debt collector:

- Must, upon request, give you a validation of the debt, including the amount of the debt and the name of the creditor

- Must only contact you by telephone between 8 a.m. and 9 p.m.;

- Must not contact you at work if the debt collector is aware that your employer does not want the debt collector contacting you;

- Must not harass you;

- Must not lie when collecting debts by saying that you have committed a crime, will go to jail, will be sued, or other similar things;

- Must identify themselves on the phone; and

- Must stop contacting you if you ask them to in a letter sent by certified mail.

Besides writing the debt collector to validate the debt, you should save all letters, notes, phone messages and keep a journal about what was done and said. Make sure you send all letters by certified mail. For more information about the FDCPA or other consumer credit issues, go to www.ftc.gov. Click on consumer protection and then on credit.

If you believe a debt collector is trying to make you pay a bill you do not owe or your rights are being violated under the FDCPA, contact the legal assistance office of the Baumholder Legal Center at civ (06783) 6-6506 or mil 485-6506, or your closest legal center.