

Unattended package shuts down APO service

By 1st Lt. Dena M. De Lucia

Detachment A, 90th Postal Service Battalion

Anyone attempting to go to the Baumholder APO July 10 from noon to 5 p.m. may have noticed that they were unable to do so. In fact, the post exchange, SATO, community bank, Hall of Champions, even the barbershop was unavailable during this time.

What would cause everything on post to shut down and put the Quick Reaction Force in motion? Simple: One unmarked, unidentified box left unattended on the floor of the lobby in the APO.

Due to current world conditions and threat levels, any unidentified, unattended box that is left in the APO will cause this sort of disruption to the Baumholder community. Many customers drove by angry that the APO was not open and would not reopen on this day, but the simple fact is that the safety of the APO employees as well as those in the community takes priority and will continue to do so.

Please remember when you visit the APO, or anywhere on post for that matter, treat your personal items as if you were at the airport. Do not leave any box, suitcase, backpack etc. unattended, or services will be shut down and the item will be examined for its safety. So please keep track of what you are mailing so we do not have to disrupt the community from its daily activities.

For more information call mil 485-6618.



Photo by Ignacio "Iggy" Rubalcava

An APO customer turns in a package at Baumholder's APO. The APO and several surrounding agencies recently closed because someone left an unmarked package unattended.

The following classes and programs are offered to family members by Army Community Service in the coming weeks:

Craft classes

- Tie-Dyed Shirts, 9:30 to 11:30 a.m., ACS lounge
- Yo-Yo Angels, 9:30 to 11:30 a.m., Nuebrueke location

The Installation Volunteer Coordinator office offers organized volunteer instructed craft classes. This offers community volunteers an opportunity to come out and network with other volunteers to discuss issues relating to volunteering in the military community. Crafts will vary based on availability of volunteer instructor skill and the demand for the craft. For more information contact Army Community Service at mil 485-8188 or civ (06783)6-8188.

Surviving deployment

Aug. 28, 2 to 4 p.m.

This class provides a variety of coping methods and time management skills to military spouses and service members. It is designed to prevent physical and emotional abuse before, during and after deployments.

Money management

Aug 20, 9 to 11 a.m.

Class participants will learn how to evaluate their present financial situation, establish personal goals, understand a balance sheet and income statement, develop a personal spending plan, and understand the importance of involving the entire family in the record keeping and budgeting process.

Information table

Aug. 15, 2 to 4 p.m., post exchange

The installation volunteer coordinator will have an information table set up at the front entrance of the post exchange. The purpose

ACS

of this bimonthly information table is to get information out about volunteer opportunities in the Baumholder military community. This is also a way to increase the awareness of Baumholder Buddies, the neighbor volunteer program.

Control anger

Aug. 26, 2 to 4 p.m.

This class helps participants learn what anger is, how to identify and recognize anger and what happens to a person's body, mind and spirit when they become angry. Participants can learn techniques to keep anger under control and the difference between "good" and "bad" anger. It also provide techniques for managing anger.

Parent and tot play

Aug. 22, 25, 29, 10 to 11:30 a.m.

This class is an interactive play group designed to teach parents developmentally appropriate play and to help children improve their social, cognitive, and motor skills. The class is held every Monday, except holidays.

Volunteer experience

Aug. 27, 9 a.m. to noon, ACS conference room

Volunteer experience is just as meaningful as paid work experience, but sometime we lack the knowledge on how to develop our volunteer experience into a marketable resource. This training will allow the participants to take volunteer experience and develop it into job related skills. Participants will also learn about the different types of resumes and which type of resume will support job searching. The class lasts three hours.

German cooking class

Aug. 28, 11 a.m. – 1 p.m. ACS kitchen

The Baumholder International Cooking Class features Rouladen making techniques. Participants will learn how to cook the typical German Rouladen dish consisting of thin slices of beef with a delicious filling. Typical side dishes will be discussed as well.

The class will explain German cooking methods, include tips for shopping on the economy, provide detailed recipes and translation aides.

Call ACS at mil 485-8188 or civ (06783)6-8188 to register.

Basics of investing

Aug. 27, 9 – 11 a.m.

The objective of this class is to provide participants with a fundamental understanding of investments and how to develop a suitable investment program to achieve their financial goals. Class participants will learn: the importance of financial goals, the importance of the time value of money, how to determine personal risk tolerance, how to identify investment risks, the objectives of various investment vehicles, how to match investments with personal goals and investment strategies to reduce risk.

Relocation assistance

If your spouse is currently deployed but has received orders to relocate, don't delay planning and organizing your move. Family members can take care of many move-related tasks before the spouse returns to Baumholder. The more you get done now, the less stressful your move will be.

The Baumholder Army Community Service invites all spouses to schedule individualized relocation planning consultations. Whether the service member is currently deployed or in Baumholder, spouses can obtain the same quality assistance as the service member. ACS will provide a comprehensive packet about the new location, as well as information to help organize a smooth move. Relocation assistance is available whether the move is a PCS move or the service member is retiring or separating from the Army.

Call ACS at mil 485-8188 or civ (06783)6-8188 for information and to schedule an appointment.

Employment readiness

The Employment Readiness Program at Baumholder Army Community Service offers an Employment Orientation Class Aug. 19 in the ACS lounge from 9 – 10:30 a.m. This class includes insights as to the employment opportunities in the Baumholder community. Participants will receive information concerning military spouse preference, defining federal and private sector opportunities, and application procedures, basic Resumex start-up information, and volunteer opportunities. This class will equip family members with the tools and resources needed to find employment within the community. For more information, contact Camille Jackson at mil 485-8188 or civ (06783)6-8188.

Resume writing class

Aug. 28, 9 – 11 a.m.

This class will assist job seekers prepare and write a winning resume, cover letter, thank-you letter and follow up letter. This class will be offered the last Friday of every month from 9 – 11 a.m.

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To sign up for classes or for more information contact Army Community Service at mil 485-8188 or civ (06783) 6-8188.

What every woman should know about personal finance and Investing

Aug. 26, 9 – 11 a.m.

This class will give women the information they need to ensure their financial security and help them to reach their financial goals. It is helpful to women working with just a few dollars a week or with hundreds of dollars. Topics covered in this class include: getting control of your spending, reducing you debt, investing to reach your goals, information on teaching your children about money and other basic personal finance concepts.

Managing stress

Aug. 25, 2 – 4 p.m.

Have a clear understanding of what stress is and how it manifests itself throughout the mind and body. Each person will be able to identify their own stressor (what triggers

their stress). Each person will be able to recognize their symptoms of stress (i.e. headache, irritable, back ache, poor concentration, etc.) Stress reduction and relaxation techniques will be taught.

International Spouses Club

The next meeting for the International Spouses' Club and International Spouses' Support Group will be held on Tuesday, Aug. 19 from 10:30 a.m. - noon at the ACS lounge in Building 8746. Refreshments will be provided, children are welcome. The topic will be German Holidays - valuable information for everyone. Learn about German customs and culture. Find out when German holidays are celebrated, what their meaning is, and what activities Germans pursue on the various holidays. You will receive a handout with dates so that you can avoid scheduling shopping or trips on

days when Germany shuts down.

Everyone interested in learning about other cultures is invited to attend. For more information call mil 485-8188 or mil (06783) 6-8188.

NOW

Newly arrived spouses can learn about German customs and culture, the German and American communities in Baumholder, German shopping and dining out in Idar-

Oberstein, and the local public transportation system. They are also introduced to the German language. The class concludes with a day of Army Family Team Building Level 1 class. It is a three

day class from 8:30 a.m. – 2:30 p.m. Free childcare is available on a first come, first serve basis. Contact Army Community Service for more information or to sign up for this class at mil 485-8188 or mil (06783) 6-8188.



ACS cont.

German bills

Aug. 19, 9 a.m.

This class will give information on various German bills including phone bills, electric bills, gas bills and water bills. Topics covered will include when and how to pay various German bills, the Utility Tax Avoidance Program, how to start a recurring payment option, and common terms used on German bills.

Baby budget

Aug. 19, 9 to 11:30 a.m.

This class will discuss the various costs associated with having a baby and how to plan for them. We

will also discuss life insurance, living on one income, childcare expenses, and saving for college. This class is valuable to expectant individuals as well as those that plan on starting a family in the future.

Resolving conflict

Aug. 27, 2 to 4 p.m.

Why do conflicts occur? What are the advantages and disadvantages of conflicts? Discuss how each person has a different perception of the issue at hand (hence the conflict). Learn ways of dealing with conflicts both positive and negative. Learn different behaviors that a person takes on when involved in a conflict. Recognize your own type of behavior during a conflict. Identify and work on communication skills.

Early registration, safety top back to school list

Registration

“The more students who register before the school year begins, the more teachers will be allotted to our schools.”

It may seem like we’re still in the midst of summer’s grip but the 2003–2004 school year is just around the corner. Students return to school Sept. 2 but there are still many parents who have not registered their children for the new school year.

Registration, which is now ongoing at all of Baumholder’s schools, is important in that it helps determine the number of teaching positions for the school year.

“Waiting until the last minute to register seriously jeopardizes the quality of the teaching environment for all students,” said Gene Winfree, 222nd Base Support Battalion schools officer. “The more students who register before the school year begins, the more teachers will be allotted to our schools,” he said.

“Early enrollment allows us to plan and budget resources to ensure a quality education. Early enrollment of space-required families allows us to plan and support contractors and space available families who contribute to the military mission. When we can accurately project the numbers of students who will be attending schools, we can adequately staff schools with the appropriate number of teachers. This ensures fewer disruptions for our children and helps us deliver a quality education in every community,” said Frank X. O’Gara, public affairs officer, DoDDS-Europe.

“Some policies and practices regarding enrollment and eligibility have been changed for the coming year to improve customer service to all families and to establish uniform practices across the Europe area. These new policies focus in space availability and exceptions to the feeder plan,” he said.

Register on-line

“We are also implementing a new on-line registration initiative. For the coming school year, returning students must still reregister as in the past. The system is



Photo by Ignacio “Iggy” Rubalcava

Students at Smith Elementary School last year assisted with the school’s Kiss and Ride program. The initiative expedited the traffic flow in front of the school and allowed the younger students to safely be collected by their parents after school.

not yet set up to handle returning students. New families can access the registration process on-line by going to <http://www.eu.odedodea.edu/schoolregister.htm>. They will also have to visit the school and bring a copy of their orders with them to verify eligibility,” said O’Gara.

“In the next phase on the implementation (SY 2004-05), we will have the capability to reregister all students on line. That will dramatically change the way we do registration drives in 2004. Our goal is to move towards total on-line capability to improve efficiency and customer service to our families,” he said.

“On-line registration is not a perfect process yet and we’ve been having some significant problems with it. Best bet is for people to visit the site above and watch the notice at the above site to monitor when it is up and running again. Parents can also visit <http://www.eu.odedodea.edu/enroll.htm> for basic information about enrollment eligibility,” said O’Gara.

“The main message is that if parents haven’t registered yet, the school is open and ready to help

them finish this off. It’s a quick and easy process and will really make a difference to the children come the first day of school,” he said.

“DoDDS-Europe is committed to hosting a successful registration drive to improve services to our military and civilian families,” said O’Gara. For more information, call Winfree at mil 485-1770.

Student wellness

The Baumholder Health Clinic and the Dental Clinic are hosting a back to school student wellness day Aug. 27. Health assessments, sports physicals and immunizations will be given at the health clinic on a walk-in basis from 8:30 a.m. to 3 p.m. and the dental clinic will perform dental screenings for children on a walk-in basis from 1–4 p.m. For more information call mil 485-7312/6578 or civ (06783) 6-7312/6578.

School lunches

Applications for the 2003-2004 school year are being accepted at Army Community Service Mondays through Fridays in Building 8746, room 3. All kindergarten and school age children, including all sure-start students are eligible for the program. Parents must provide proof of income such as sponsor’s latest end of the month leave and earning statement/pay stubs for spouse’s income, kinder geld amounts, child support and appointment orders to the Baumholder community show-

ing the student’s name in order for ACS to determine eligibility.

Applicants may apply for the school lunch program after noon but it is best if they can come during the morning hours.

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

Bus safety

On Thursday, May 15, 2003, somewhere in Europe, a first grade student got off the bus on the way home from school and looked for her mother. Her mother was waiting for her in a parked car across the street. The student saw her mother across the street and her mother indicated it was okay for her to cross the street. She departed the bus stop crossing in front of the bus. While crossing the street she was hit by a passing automobile and suffered a broken leg. The results of this incident could have easily been worse.

Remember, cars are not required to stop for school or city buses in Europe.

The accident was a terrible experience for everyone, the student, the parents, the school staff, other students who witnessed the incident and the student transporta-

tion office. As stated by the administrator – “It makes us realize, once again, that we must emphasize the importance of safety to our children.”

Children, especially those aged 5-9, are impulsive. They act without thinking. When they get off the bus and see you, they immediately want to go to you. If you indicate that the area between you and them is clear they will take the shortest, quickest route to you. They will not think about danger because you have indicated the area between you and them is clear of danger.

Parents picking up their children from the bus stop should not wait across the street. Wait for your child or children at the bus stop. After the bus departs the bus stop, make sure the way is clear and cross at a marked crosswalk.

Parents are urged to discuss the following bus safety information with their children:

- In Europe, traffic does not stop for loading and unloading school buses. Never cross the street in front of or behind the bus.

- Get off the bus and take three giant steps away from the bus.

- Wait until the bus has departed the bus stop before crossing the street.

- When walking to the bus stop or home, use only marked crosswalks to cross the street. Before crossing the street, stop, look left, look right, look left again and then cross the street continuing to look to your left and right.

More advise

Parents should also help others to see their child while walking to the bus stop or to school by putting reflective tape on bags and clothing.

Remember, cars are not required to stop for school or city buses in Europe.

Drawstrings on clothing are dangerous because they can catch in school doors or seats. Remove, shorten or replace them with another kind of fastener.

Children aged five through seven should be escorted to and from bus stops by an adult.

Remember, most school transportation accidents and injuries involve children in grades kindergarten through second grade and occur going to or from the bus stop.

Commissary deli/bakeries close for in-house takeover

By Gerri Young

DeCA Europe Public Affairs Officer

DeCA Europe commissaries with contractor-operated deli/bakery operations will close this service for one day on August 31. This closure will allow DeCA Europe to transition from a contractor operation to an in-house operation.

Melvin Fox, operations chief for DeCA Europe, explains. "On July 29, our current contract, Wolf GmBH, notified us of their intent to terminate the operating agreement as of close of business August 31," Fox stated. "Contractors for this type operation are hard to come by in Europe so it has become necessary for us to take this operation in-house."

Up to and including August 30, deli/bakery services will be business as usual for commissary customers. DeCA specialists will assume the operation at close of business that day and perform many essential tasks to transition from contractor operated to DeCA oper-

ated.

The 32 stores with contracted deli/bakery operations in Germany, Belgium, The Netherlands, Italy and the United Kingdom, will reopen again on the next normally scheduled day. For seven-day stores this will mean reopening as normal on September 1. For smaller stores, normally closed on Mondays, the deli/bakery operations will reopen normal hours beginning Sept. 2. The vast majority of the personnel will remain the same.

DeCA Europe officials recognize the impact of the one-day closure at this time. "Given a choice, we would not have chosen to have this contract terminate on August 31," stated Fox. "We realize the closure is close to payday, is on one of the biggest holiday weekends of the year, and that school starts for our children on September 2. With all that in mind, we're bringing in prepackaged meats and cheeses to try to fill the void and encourage shoppers to plan ahead," he said.



Tap, tap, tap...tap Photo by Bernd "Bernie" Mai

Lt. Col. Juergen Muhr, local training area commander, Volkmar Pees, Baumholder district mayor, Klaus Rickes, Baumholder mayor and Fred Wegley, 222nd Base Support Battalion executive officer, perform the traditional keg tapping ceremony that officially kicked off Baumholder's annual Old City Fest. The absence of American soldiers currently deployed to Iraq was noticeable in that the fest was not as crowded as in other years. More than 100,000 spectators, however, flocked to Range 35 during the same weekend to view the annual ADAC Rally.

Youth Services

Outings

Sept. 5, dining out Korean at Kaiserslautern, order off the menu, leave the Underground at 5:30 p.m.

Sept. 12, middle school dance at the Underground, \$3 for members, \$5 for nonmembers, 7-11 p.m.

Sept. 20, high school dance at the Teen Café, \$3 for members, \$5 for nonmembers, 7-midnight.

Sept. 26, college night at the Underground, no cost, 6-8 p.m.

All Events are open for Youth Service members only and trips are tentative based on threat conditions.

Volunteers needed

Youth Services is looking for volunteers, youth and adults, to assist with special interest clubs and sporting/recreational events. For more information contact your local youth center or visit Baumholder's youth web site at www.baumholder.army.mil/youthsite/html/ys.htm.

Staff needed

Youth Services is looking for new staff members who are enthusiastic, motivated and proactive with teens.

New activities

Homework and computer lab instructors are now offering programs throughout the year.

Swimming classes

Swimming classes are offered for infants to 18-year-olds. The cost is \$45 for eight sessions. For more information call mil 485-7003.

Martial arts

Chinese Goju classes are offered in Neubruecke every Monday and Thursday from 6 to 7 p.m. the cost is \$30 per month. For more information call mil 485-7003.

Starting soon

Gymnastics and dance classes will soon be offered by Baumholder Youth Services. Watch for future advertising.

Clubs

Torch Club

Torch Clubs are chartered small-group leadership and service clubs for boys and girls ages 11-13. A Torch Club is a powerful vehicle through which club staff can help meet the special needs of younger adolescents at a critical stage in their development.

Torch Club members learn to elect officers and work together to plan and implement activities in four areas: service to club and community, education, health and fitness and social recreation.

Keystone Club

Keystoning is the boys and girls movement's most dynamic teen program. Keystone Clubs are char-

tered small-group leadership and service clubs for boys and girls ages 14-18.

Keystoners elect officers and plan and implement their own activities in six areas: service to club and community, leadership development, education and career exploration, unity, free enterprise and social recreation. Keystone Club members and their advisors are eligible for nomination to steering committees which organize regional and national Teen Supreme Keystone Conferences attended by thousands of Keystoners each year.

Teen Sports Club

The Teen Sports Club is a teen leadership group that promotes health, fitness and sports related careers in boys and girls clubs. Members meet on a regular basis to learn about issues inside and outside their club related to sports and fitness.

Club members ages 13-18 volunteer at least 25 hours as referees, coaches, or in other athletic department support roles. Club leaders can attend Sports Leadership Camps in each of Boys and Girls Clubs of America's five regions after the completion of their 25 volunteer hours.

For more information about club activities contact your local youth center.

Deployment support for families

Army Community Services has scheduled the following deployment related support activities for Baumholder family members:

- Family Readiness Group Forum Aug. 21 from 10 a.m. – noon at the FRG building in Wetzel, Building 8876. Call ACS at mil 485-8188 to sign up.

- Deployment Support Group Meeting Aug 27 at 9 a.m. at the Rheinlander Club.

- FRG Forum Sept. 18 from 10 a.m. – noon at the FRG Building in Wetzel, call ACS at mil 485-8188 to sign up.

- Deployment Support Group meeting Sept. 24 at 9 a.m. at the Rheinlander.

Commentary

Only stupid people get DUIs

By Gregory Pryor
CCC, Prevention Education
Coordinator

As I go around the community teaching classes on substance abuse prevention, I often ask class participants, Why do you think most people get DUIs? Students tell me flat-out that only stupid people get DUIs.

The problem is much more complex but getting a DUI is based on a choice. The choice that comes with how much and how often a person drank alcohol. Research indicates that individuals that practice high risk drinking behavior experience more impairment problems.

DUI is a common impairment problem. The high risk drinking

behavior is repeated many times before the person is actually arrested for DUI. DUI offenders put themselves in a position to lose the things that they value the most (family, career, freedom, etc) in life. So what can commanders, supervisors, families and friends do to reduce the rate of DUI in the community and promote low risk drinking choices? What is a low risk drinking choice? Abstinence is a low risk choice; one to two drinks if daily and no more than three if less than daily and never drinking more than one drink an hour.

So why should a person practice a low risk drinking choice? The answer is simple – to protect the things they value the most.