

Clubs

Bowl for free

Strikers has free bowling every Thursday from 3-6 p.m. for all families.

Bowling specials

Bowling specials include Monday Night Madness 5-11 p.m.; Tuesday Nifty Fifties Night 5-11 p.m.; Wild Wednesdays starting at 5 p.m., \$5 cover charge and 25 cent games; Early Birds Bowling on Thursdays from 11 a.m. to 2 p.m.; Thursday Color Pin Bowling from 6-11 p.m.; Friday Kids' Night Out from 6-11 p.m.; Saturday Cosmic Bowling from 8 p.m. to 1 a.m.; Sunday Family Bowling from 1-9 p.m.

Rudy's

Grab Bag Night is offered every Thursday from 5-10 p.m.. For every purchase of \$5 or more you can grab at a chance to win a prize.

Golf course

Rolling Hills Golf Course offers Thursday night golf scrambles. Sign up in the Pro Shop from 3-5:30 p.m. Shotgun start is at 6 p.m. Entry fee is \$10 and nonmembers pay green fees.

Recreation

Free trips

Free deployment trips are offered throughout July. Interested persons may register by calling mil 485-6115. The following trips are offered:

- July 24, Ikea Shopping Trip in Mannheim
- July 31, Legoland-Germany

Outdoor Rec trips

Outdoor Recreation sponsored a trip to Legoland July 25.

Free swim night

Teens and enjoy a refreshing swim for free every Tuesday and Thursday from 1-8 p.m. at the Baumholder indoor pool.

Take advantage

Single Soldier Advantage Cards are available at the MWR table in the Any Day Tent during reintegration. With this card, single

Soldiers can take advantage of free and reduced services.

Free shuttle

A free shopping shuttle to the Ramstein and Vogelweh exchange facilities is offered by Outdoor Recreation.

Advance reservations are required and may be made by calling Outdoor Recreation at mil 485-7182.

Trips are offered to Ramstein on Tuesdays and to Vogelweh on

Baumholder happenings



Photo by LeAnne MacAllister

Photo opportunity

A German soldier from the 5th Navy NSB records the landing of an F-16 at Spangdahlem AB, Germany. German soldiers from the 5th NSB specialize in security and are currently the force protection contingency responsible for guarding and protecting the gates of Baumholder. A few participated in a tour of Spangdahlem Air Base on July 1st. This tour is part of an ongoing effort to build bridges between the US and German forces. Soldiers from Germany's 5th Navy NSB have been guarding Baumholder since last summer.

Thursdays.

Call Outdoor Recreation for departure times. A coupon for 20 percent off purchases and a coupon for \$2 off lunch will be offered to 14 persons per trip.

Express shuttle

A free Saturday express shuttle is offered to families of deployed Soldiers. Call mil 485-6115 beginning the Monday prior to the trip.

ACS

Reservations

Reservations for the following classes may be made by calling mil 485-8188

Rest of your life

A series titled The Beginning of the Rest of Your Life is designed to provide young couples with the needed skills to build a strong and lasting foundation is now offered at ACS. Call mil 485-8188 or civ (06783) 6-8188 for details.

Parental power

A Parent Power Rules session that focuses on control tactics is scheduled for July 20 from 3:30-5

p.m.

Tot group

Parents and Tots Playgroup (birth to pre-school) meets every Monday, 10-11:30 a.m., at Iron Kids Play Group Room in Building 8222.

Nurturing parents

Empowering Nurturing Parents is a group for nurturing graduates to continue the learning and meets every Tuesday from 10-11:30 a.m. at the Iron Kids Play Room in Building 8222.

Coffee break

Spouse's Coffee Break offers support for all military spouses and meets every Wednesday and Friday from 10-11:30 a.m. at the Iron Kids Play Room in Building 8222. Bring your children along.

A free meal

Breakfast with ACS offers a free hot breakfast every Friday from 8:30-10:30 a.m. at the family readiness group building. In addition to a hot meal, a 30 minute program on parenting or couple issues will be provided by professional counselors visiting from the States. Breakfast menus will change weekly, so mark your calendars for every Fri-

day.

Free counseling

Professional counselors from the U.S. are available this summer to help the Baumholder community through reunion and reintegration. Their services are free and available at the Any Day tent and ACS. At the tent, counselors are available from 9 a.m. to 3 p.m. at ACS from 3:30-8 p.m. If you need crisis intervention or short-term assistance, call Army Community Services at mil (06783) 6-8188 and ask for a visiting counselor.

Youth

Hourly child care

Families of E-5 deployed Soldiers can now receive 10 free hours per month of respite care. Call for reservations.

Infants to kindergarten care is offered at the Dispensary and Strassburg CDCs.

Kindergarten care is offered at Wetzel and Smith CDC.

First through sixth grade care is offered at Wetzel SAS 485-7475; Smith SAS 485-6641; and

Neubrück SAS 485-7731.

Iron kids

The Iron Kids Play Group meets every Monday from 10-11:30 a.m. in Building 8222. The sessions are offered to children ages birth to pre-school.

Sports, fitness

Take a dive

Free Family Swim Nights are offered Fridays, from 6-9 p.m. through July. Swim nights feature games and activities for kids.

Sports lineup

The Baumholder community level softball team takes on K-town July 24 and Spangdahlem July 31 at 11 a.m.

Summer league racquetball runs July through September.

The 104th Area Support Group unit level softball championships are July 31-Aug. 1.

AAFES

Promotions

AAFES offers the following promotions during July:

Saturdays, free movie matinee at the Wagon Wheel Theater starting at 4 p.m. (The free Saturday movie continues through Aug. 28.)

- July 20, free movie rental with the purchase of a DVD box set
- July 24, Casio demo sale
- July 24, car sales picnic and drawings
- July 30, JVC demo sale
- July 30, Back to school fashions sale
- July 31, Panasonic demo sale
- July 31, car sales, picnic and drawings

Off Post

Let's rock

An open air concert featuring rock and heavy rock music is scheduled July 31 at Burg Lichtenberg, the old fortress between Kusel and Baumholder.

On the ticket are the bands "Making Whoopie," the hard rock band "P#H*F" and "X-Change."

The music begins at 7:30 p.m. and the last band starts playing at midnight. Admission is € 9 at the door and € 7 in advance. Advance tickets are available at Bistro Vis a 'Vis in Baumholder and Sportshaus Wirtz in Kusel.

To get to Burg Lichtenberg, take L-176 toward Kusel and follow it down the hill until you reach the village of Tallichtenberg and follow the signs to the fortress.



Photo by Chris Sorrells

Superman, alias Scott Crawford, a professional actor, takes a health stroll with several Baumholder family members during Healthy Lifestyle Day.

Superman flies in, helps promote awareness in healthy lifestyles

By Ignacio "Iggy" Rubalcava

222nd Base Support Battalion
Public Affairs Office

He's faster than a speeding bullet, more powerful than a locomotive and is able to leap tall building in a single bound and recently he took time out from fighting for truth and justice to help Baumholder residents become more aware about health and wellness.

Yes. Superman was Baumholder's guest June 26 during the community's Healthy Lifestyle Day.

Like any celebrity, he took time to sign autographs and pose with his fans. But a healthy lifestyle was the order of the day so he also joined family members in a walk around Minnick field and Smith barracks and took in a few frames of bowling at Strikers.

A health and wellness fair con-

sisting of several information booths at the Hall of Champions also helped residents become more health oriented.

"Health and Wellness weaves itself through every agency and organization in this community and the entire day was a great opportunity for us to inform the Baumholder population the services that we provide," said Chris Sorrells, health promotion coordinator. "We looked at this day as our gift to the community before bringing their soldiers back," she said.

Some of the activities at the Hall of Champions included blood pressure screenings, cholesterol and

glucose screening, running shoe clinic and injury prevention, spiritual health and fitness by the community chaplain's office, alcohol and substance abuse, nutrition awareness, courtesy of Baumholder's women, infants and children program and fitness assessments that checked body fat and flexibility.

"Overall it was a big success. We made sure everybody was happy," said Tony Ramsey, sports coordinator.

There was also a soccer shoot out at Minnick Field for children three to 12 years old and numerous other recreational activities.

New Garmisch lodge offers R and R program

By Ignacio "Iggy" Rubalcava

222nd Base Support Battalion
Public Affairs Office

There's always room at the inn for soldiers and their families on R and R. That's the word from Jason Palmer, sales manager for the new Edelweiss Lodge and Resort in Garmisch. Palmer was in Baumholder June 24 to let morale, welfare and recreation employees know what the Edelweiss Lodge and Resort has to offer.

The 330 room facility opens Sept. 15, just in time to accommodate Soldiers who will be taking their R and R after returning to Germany. Of the 330 rooms, 16 are suites. "We can accommodate families of two all the way to nine," said Palmer.

Palmer explained that The R and R program is a discounted program for all those folks serving in OIF and

OEF. The R and R program has a \$45 price tag per day, per person, that includes breakfast and dinner and discounts on tours. "They pay \$15 (for a tour program) and if they go get a ski lesson they can ski all day. Additionally, kids eat for free, kids stay for free and kids recreate for free. It's just a phenomenal program and we're really excited about it," said Palmer.

"So those folks that are coming back into country, those family members that want to take advantage of the AFRC and the R and R program ... give us a holler.

"We always have availability, no matter what, for R and R folks," said Palmer.

The Edelweiss resort will not only offer rooms, recreation and touring, but it will also be a state of the art conference center. "We will have a grand ballroom that will seat

500 as well as break out rooms with state of the art audio visual equipment.

"Another thing that we're very excited about is that the resort is 600 meters from the world cup finish line. You could sit on your balcony and watch the world cup (ski) race. The views are unbelievable, incredible," said Palmer.

The question that begs to be asked is how far out are they booked? "Right now we still have availability in the fall for rooms and the conference facility is booked up through February," said Palmer.

He pointed out that force protection is second to none at the Edelweiss.

"With the new hotel the amenities are going to include a lot more than what we have to offer in the other hotels... and in this facility we have 100 percent force protection,"

said Palmer.

"We will still maintain the facilities that we have right now, like the Vacation Village, where our campground is, where our cabins are. We will also maintain the Augsburg Lodge, that's where our outdoor rec programs take place," he said. Ski lessons will continue to be offered and the nine-hole golf course will also be maintained, with golf lessons.

"So we'll still have all these things to offer as well as a 330-room, five star hotel, a swimming pool, Jacuzzi, the whole nine yards. We're really excited about this and we're really excited to get folks down there," he said.

To contact the Edelweiss Lodge and resort call mil 440-2575 or civ (08821) 72981. More information is also available at www.edelweisslodgeandresort.com.



Photos by Ignacio "Iggy" Rubalcava

Baumholder's soldiers began returning home July 2 and since then they have been arriving in droves. Each group, ranging from 100 to 150 soldiers or more is greeted with a welcome home ceremony, kisses from family members and well wishes from friends.

Summer hire program provides experience

By **LeAnne MacAllister**
222nd Base Support Battalion
Public Affairs Office

For many teens, summer is a time to relax, travel, or watch more TV than the average person sits through in a year. Baumholder dependents who are fourteen or older are offered another option. The Summer Hire Program provides teens what may be their first job and an opportunity to gain valuable work experience.

Lara Odle, School Liaison Officer, met with all students interested in summer hire positions in March and April. Upon completion of the application process positions were offered.

The Summer Hire Program offers three types of jobs – labor, clerical or child care. “Applicants indicate their preference, but not everyone who applies receives their first choice,” commented Odle. “Still, everyone who applied received a job offer.” Teens are working at the community mail room, provost marshal’s office, child and youth services, 222nd Base Support Battalion, post office, property book, director of logistics office, and even enjoying the summer outside by cutting grass.

Approximately 60 teens are working through the Baumholder summer hire program. Their employment began on June 28. All positions last six weeks and end Aug. 5

Candace Coats, 17 and a recent

high school graduate, is currently working in the 222nd BSB. “It’s going great,” says Candace, “I like getting secretarial experience and I’m sure it will benefit me in the future when I am looking for other jobs.” Candace has gained experience in basic office functions, including typing, copying and answering the phone.

Zachary Feterl received his first choice of job options. He is working at the Hall of Champions. Although he and Candace both work 40-hour

weeks, Zach is working various shifts, including weekends. He works in the front office, signs out equipment, assists in cleaning, and performs various other tasks. In addition to earning a paycheck, Zach is glad to gain work experience. “This is the first time I’ve had specific responsibilities where I report to a supervisor. It is keeping me busy and I like the people.”

The summer hire program is offered throughout the U.S. Army in Europe community.



Photos by LeAnne MacAllister

At left, Candice Coats, a summer hire employee at the 222nd Base Support Battalion, puts some old documents through a shredder. Above, keeping the fitness equipment clean and in order is just one of the responsibilities Zachary Feterl, a summer hire employee at the Hall of Champions, has to keep him busy this summer.

Summer school classes return to community

By **Ignacio “Iggy” Rubalcava**

222nd Base Support Battalion
Public Affairs Office

For the first time in about eight years, Baumholder youth are enriching their minds during summer vacation. That’s how long it’s been since summer school classes were offered for students in the Baumholder community.

The initiative developed from a recommendation by family members to Gen. B.B. Bell, U.S. Army in Europe commander. Bell visited Baumholder earlier this year and met with community leaders and family readiness group leaders to outline his concept of family support while the 1st Armored Division was deployed.

While here, Bell told family members that summer school was going to happen and it did. Baumholder and three other 1st AD schools are currently offering summer school to their youth.

“We have 148 students ranging from kindergarten through eighth grade enrolled in summer school,”

said Bill Rose, principal for Baumholder’s summer school program. For many students this is their first summer school experience. “In the past, summer school was not offered because of staffing. Most DoDDS teachers use this time to go back to the states or travel in Europe. It is also a time when many parents want to take their children on vacation so it simply was not available,” said Rose.

During the deployment, many families are not traveling so summer school was a feasible program. To alleviate the staffing problem, Baumholder called on teachers from the Kaiserslautern district to assist and it seems to be well received by the students. “They really are enjoying it,” said Rose.

The curriculum builds on what the students already know. “It is an enrichment program rather than a remedial one,” said Rose. “All students were given a pre test to determine their knowledge level on various subjects and a post test will measure what they have learned,” said Rose.



Photo by Ignacio “Iggy” Rubalcava

Heidi Politi, kindergarten teacher, uses cut out words to teach Trevion Cartuth and Noah Spaulding sentence structure.

In Alice Fozard’s kindergarten through second grade class, the day’s enrichment begins with class leader Andrew Eminhizer leading his fellow students, visiting students from Karen Ellis’s class and both teachers in a patriotic start to the day’s activities that include re-

citing the pledge of allegiance and a lively rendition of “A Grand Old Flag,” complete with flag waving and in-place marching. This daily ritual helps motivate teachers and students and serves as a buffer period for any stragglers who might have taken a little more time to finish

breakfast.

Three programs covering different age groups were developed by Voyager Learning, a stateside firm specializing in children’s education. Kindergarten through second grade are participating in a program titled Kaleidoscope while three through six graders are tackling a Mysteries program and seven through eighth graders are enrolled in a Media Magic program. To familiarize teachers with the different programs, Voyager Learning sent trainers to Baumholder from the states. Teachers sat down with the trainers two weeks before school started to get acquainted with the educational material.

This year’s summer school is a four week program that began June 28 and is scheduled to conclude July 23. Although requested by USAREUR headquarters, “DoDDS is footing the entire bill for this program,” said Rose.

Students from Smith, Wetzel and Neubrücke Elementary Schools as well as the high school are enrolled in the program.

222nd BSB – Baumholder, Neubrücke, Strassburg

Rain or shine, 4th of July promised good times

By **LeAnne MacAllister**
222nd Base Support Battalion
Public Affairs Office

Despite wind and rain, Baumholder celebrated the 4th of July in traditional style, complete with live music, games, rides, hamburgers and fireworks. The festivities, running from noon to midnight in outdoor tents near the Hall of Champions, attracted soldiers and their families by enticing them to the many events organized by the 222nd Base Support Battalion directorate of community affairs.

The festivities were kicked off

with an impressive break dancing presentation. "Holland," "All That" and "Mallet" continued the celebration with their jazz, rhythm and blues and rock performances, respectively. The mechanical bull attracted a large crowd until it could not endure the rain. Still, the Merry-Go-Round, Baumholder's own Fear Factor, frozen t-shirt, pie and jalapeño eating contests entertained visitors straight into the night. Mouths a-flame, contestants were allowed to take their left over jalapeños with them while the winner walked away with a certificate

for a weekend trip for two.

The celebration ended with a bang. The rain cleared just long enough for a full half-hour of fireworks fired from Minnick Field.

Baumholder residents gathered at The Hall of Champions and atop hills all around post to gaze at one of the most impressive fireworks productions in Europe.

No matter the weather, there's nothing like a grilled hot dog and fireworks to celebrate the 4th of July. It was another happy birthday for the USA in Baumholder.



Photos by Ignacio "Iggy" Rubalcava

At left, break dancers warm up the audience with their opening act. Above, Jalapeño eating contestants struggle through hot competition.



Photos by Ignacio "Iggy" Rubalcava

Above, pie eating contestants dig into a creamy meal while, below, the audience gathers to check out the action on stage.

