

ACS at a glance

The Army Community Foster Care Program is looking for foster care families. A foster care program is designed to provide a needy child with a temporary home in which she or he can find love, happiness and protection. Foster parents are people who know that parenting is not easy. They are familiar with the stresses of raising a family and are ready to help out in a crisis. They are willing to extend the love they share with others. Foster parents are very special people. All interested families should contact the foster care coordinator at mil 485-8188 or civ (06783) 6-8188.

BaumholderNOW-Newcomer's Orientation and Welcome is a program for spouses in the Baumholder military community. This is a three-day orientation designed to welcome and inform spouses of military members and civilian employees to Baumholder by providing relevant information and developing skills for living in this unique environment. Spouses will learn about Germany and the local community through briefings on customs and a survival German lan-

guage and cultural adaptation class. Spouses, new to the military or not, will also have an opportunity to attend an introductory class to the Army life-style. Field trips on the economy will provide them with practical skills in using German public transportation and local shopping. Free transportation and child care is available for all registered participants during the orientation. All participants must register with ACS, to learn more about this program stop by ACS in Building 8746 or call mil 485-8188 or civ (06783) 6-8188.

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

Post notes

on these services.

ACS calendar

Aug. 21 - Stress and Time Management

Aug. 22 - Conflict Resolution Skills, Planning and Budgeting

Aug. 23 - Challenges of Blended Families

Aug. 27 - Assertiveness Training

Aug. 28 - Anger Management and Coping Skills

Aug. 29 - Developing A Positive Self Esteem - Making A Large Purchase

Aug. 30 - Love and Logic Parenting

Sept. 4 - Stress and Time Management Skills, International Spouses Club

Sept. 5 - Conflict Resolution Skills, Banking and Checking Accounts

Sept. 6 - Challenges of Blended Families

For information about classes listed or services provided call mil

485-8188 or civ (06783) 6-8188.

CARE Fair

The Baumholder Community Activity Registration Event, better known as CARE Fair, will be held Aug. 24 from 10 a.m. to 7 p.m. at the Rheinlander.

This is a free event where various organizations and local businesses come together and show people what services and products they offer.

At least 50 local organizations are scheduled to be at the Rheinlander to provide information about the services and activities they offer. Some of the organizations scheduled to be present include:

American Red Cross, Army and Air Force Exchange Service, Boy and Girl Scouts, Dental clinic, TKS cable service, Outdoor Recreation, Legal Services, Rod and Gun Club, Thrift Shop, Volksmarch Club, Women Infant and Children Overseas, and many more.

For more information on this event contact Army Community Service at mil 485-8188 or civ (06783) 6-8188.

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Backpack safety makes back to school less stressful

By Aimee B. Leach, MS, PT

Health Promotion Coordinator, 222nd BSB

Autumn is synonymous with cooler weather, leaves turning colors, and students returning to school. As classes resume, so does the chore of toting books and belongings to and from school.

In the early 1990's, health care practitioners began to notice more and more children complain of back pain. Research published in 1998 in the journal "Spine" indicated that over half of the teens have experienced low back pain that may be due to improper backpack wear.

The Consumer Products Safety Commission reports book bags

contribute annually to over 4,900 emergency room visits by children aged 5-14.

Many students do not wear their backpacks properly. "Fashion" dictates backpacks be slung low on the back or over only one shoulder. Frequently, children's backpacks are over packed with everything from textbooks, lunches and notebooks to calculators and gym shoes.

Improper backpack wear and increased loads can lead to unfavorable changes in posture. A student's head, neck and trunk are forward bent or cocked to one side. Because children's bones are still developing, increased strain and prolonged poor posture can alter their development. As noted in "Advance for Physical Therapists and PT Assistants", "As a twig is bent, so grows the tree."

Besides improper wear, other factors contribute to the strain of student backpack wear. Poor overall posture and nonactive habits outside of the school setting com-

tribute to muscle weakness. Finally, many students carry backpacks that are too large for their smaller frames.

There are several simple ways to help students use backpacks properly.

Help children choose the proper size backpack. When worn properly, it will fall between the shoulders and the waist.

The American Physical Therapy Association and Backpack Safety America recommend that children's backpack should weigh no more than 15 percent of the student's body weight. Regularly weigh children's backpacks and teach them to take out what is not necessary. If the student has to take any items to school that break the 15 percent rule, have them carry the items in their hands. Consider buying a rolling backpack.

Teach students to lift their backpacks safely by bending the knees and lifting by straightening the legs.

Students should wear back-

packs with both straps fitting snugly over both shoulders.

To remove their backpacks, students slide both shoulder straps off simultaneously.

At home, promote a healthy, active life-style and monitor for good posture.

Remember that students who are shouldering the burden via a backpack do not have to have a painful experience.

For more information, call Backpack Safety America at (800) 672-4277 or visit their web site at www.backpacksafe.com.

Speeders beware

The Baumholder Military Police reminds everyone that schools will reopen Aug. 27. Motorists should be alert for children while driving to and from physical training as well as before and after work.

Children can be unpredictable however the school hours are known. School hours for Baumholder American High School 8 a.m. to 3 p.m. Hours for Smith, Neubrück and Wetzel Elementary Schools are 8 a.m. to 2 p.m.

Motorists should also be aware that there are extracurricular activities that can take place before and after school. In an effort to curb speeding Military Police will be running increased radar in and around the schools. So, please give yourself extra time in getting to your destination.

Efforts continue for womens' equality

Compiled by Norm Estrada

222nd Base Support Battalion
Equal Employment Opportunity
specialist

Yes, Women's Equality Day is almost here, Aug. 26 to be exact. On this day in 1920 the 19th Amendment granting women the right to vote was ratified and adopted in the

U. S. Constitution. In 1971 the United States Congress designated this day as Women's Equality Day to honor women's continuing efforts toward equality. Women have overcome tremendous odds to gain equality with men. The struggle is not over yet but women have made considerable progress.

The women's rights movement is nothing new. It took women 72 years to gain the right to vote. It began in 1848 at the first Women's Rights Convention in Seneca Falls, N.Y. It was at this convention that pioneers such as Elizabeth Cady Stanton, Lucretia Mott, Mary Ann McClintock, and believe it or not Frederick Douglass (African American abolitionist) signed the Declaration of Sentiments. This document affirmed that all men and women are created equal. The declaration addressed the following concerns:

- Women were not allowed to vote even though they were relied upon to help populate and raise families in this country
- Women had to submit to laws when they had no voice in their formation
- Married women had no property rights
- Husbands had legal power over and responsibility for their wives to the extent that they could imprison or beat them
- Divorce and child custody laws favored men, giving no rights to women
- Unmarried women had to pay property taxes although they had no representation in the levying of these taxes
- Most occupations were closed to women and when women did work they were paid only a fraction of what men earned doing the same job
- Women were not allowed to enter professions such as medicine or law
- Women had no means to gain an education since no college or university would accept women students
- With only a few exceptions, women were not allowed to participate in the affairs of the church
- Women were robbed of their

self-confidence and self-respect, and were made totally dependent on men

● The right to vote emerged as the principal issue because it would provide the means to achieve the other reforms.

Many of the concerns expressed in the Declaration of Sentiments have become law. The passage of the Civil Rights Act of 1964 barred employment discrimination and the enactment of Title IX of the Education Amendments of 1972 guaranteed equal opportunity in education and sports. The effect of this amendment has been extraordinary. The number of women professionals has continued to increase immensely. In 1978, for the first time in history, more women than men entered college. Athletics has been one of most improved areas of Title IX. One in 27 high school girls played sports 25 years ago; one in three do today. In 1963 the Equal Pay Act established equal pay for men and women performing the same job duties. However, women in the following categories: domestics, agricultural workers, executives, and administrators or professionals were not covered in this act until 1972. While progress has been made in closing the pay gap since the enactment of the Equal Pay Act, women today continue to earn less than men for the same work—earning seventy-six cents for every dollar paid to a man.

During the past 153 years, women have made excellent progress toward equality. It is astonishing to think what the world would be like for present day women if events like the Women's Rights Convention had never occurred and if women like Elizabeth Cady Stanton and Susan B. Anthony had not taken a stand to fight for women's equality. Men should also be thankful because this has created a better world for their mothers, wives, sisters, aunts, and grandmothers.

Enjoy Women's Equality Day and remember those that have paved the way for a promising future.



Photo by Ignacio "Igg" Rubalcava

Welome on board

German and American guests gathered at the Rheinlander recently to greet and welcome Col. (P) Leo A. Brooks Jr. to Baumholder. Brooks is Baumholder's new senior tactical commander. Above, Volkmar Pees, Baumholder district mayor, welcomes Brooks to the community. Brooks is also assistant division commander, 1st Armored Division. More information on Brooks and Baumholder is available at www.baumholder.army.mil.

Cholesterol drug taken off shelf

Heidelberg, Germany – Europe Regional Medical Command (ERMC) officials are urging all patients taking the cholesterol-lowering medication Baycol, to return their medication to their local pharmacy and exchange it for another cholesterol-lowering drug. Baycol is also known by the generic name, cerivastatin. Additionally, patients may contact their health care providers for information and guidance.

Patients taking Baycol who are experiencing muscle pain or are also taking gemfibrozil should discontinue Baycol immediately and consult their physician.

Baycol is no longer available in U.S. pharmacies. The U.S. Food and Drug Administration (FDA) announced Aug. 8 that Bayer Phar-

maceutical Division is voluntarily withdrawing Baycol from the U.S. market because of reports of a sometimes fatal side effect called rhabdomyolysis, which is a severe adverse reaction involving muscle tissue. Baycol has been available since 1997. The FDA has received reports of 31 U.S. deaths due to severe rhabdomyolysis associated

with use of Baycol, 12 involved gemfibrozil use.

ERMC is in the process of identifying all of its patients who are taking the drug. The few patients who may theoretically have a higher risk because of age, dosage, or other medications will be contacted by phone. Other patients will be notified through local media outlets.

Annual fest attracts Germans, Americans

Baumholder Days, Aug. 2-5, attracted a record crowd of German and American festival goers. So many, in fact, that sales were reported in excess of \$35,000, making this year's event a huge success. Festival coordinators attribute the festival's success to good participation of private organizations, units, entertainment, and layout of extensive carnival rides.

The four-day extravaganza was officially kicked off with a traditional keg tapping by Col. (P) Leo A. Brooks, senior tactical commander; and Volkmar Pees, Baumholder district mayor.

Local German and American dignitaries and community officials were present during opening ceremonies. During the four-day festivities, Baumholder opened its doors and allowed visitors to enter the post to attend the festival. However, Ponds security guards continued to closely monitor all vehicles

entering the installation.

Festival coordinators reported this year's festival to be the largest in years that included something for every age group. Eight rides appropriate for youths and adults and five for younger children, were available. Many sideshows, game booths and German and American food were also part of the festivities.

The bands Peppermint Patty, Lips and La Bouche provided musical entertainment catering to all tastes. Country and Western recording artist Lori Kline was also on hand to entertain the crowd. The AFN Frankfurt Z-98 crew brought their AFN Road Show to Baumholder Days and conducted a live remote, giving away prizes throughout the broadcast.

This was the eighth year that Baumholder has put together a festival of fun for the German and American communities.



Photos by Ignacio "Iggy" Rubalcava

Above, Col. (P) Leo Brooks, senior tactical commander; Volkmar Pees, Baumholder district mayor; and a festival organizer, tap a beer keg to officially kick off the festivities. Above right, a carnival ride hammers earthward, giving festival goers a moment of thrills and spills. At right, customers queue up at the commissary's lower parking lot to take advantage of the many sales during the commissary's case lot sale that was held in conjunction with Baumholder days. Commissary officials reported that the case lot sale was so successful that several customers camped overnight in the parking lot so they could be first in line.



Aggies visit Baumholder

A group of Veterans, some formerly stationed at Baumholder, dropped in for a visit Aug. 7. The group of ten, including one retired general, were all Texas A&M graduates. The tour included a visit to the 1st Armored Division Museum, lunch at the Rod and Gun Club and a windshield tour of Baumholder to include 2nd Brigade, DIVARTY and

a quick drive-by to DIVARTY headquarters and the Rheinlander. The Rod and Gun Club and the 1st AD Museum provided support. Col. George A. Latham, the incoming 104th Area Support Group commander spoke with a couple of the veterans at the Rod and Gun Club. Latham was in Baumholder for an orientation tour.

Local soldier collects on Stars and Stripes 'Summer Thunder'

GRIESHEIM, Germany—The following seven people are the lucky winners of one set of tickets to the German Touring Masters (DTM) races Aug. 24–26 at the Nürburgring in Germany in the Stars and Stripes Summer Thunder Contest: George Herringshaw of Baumholder, Jose Rodriquez of Kitzingen, Robert McCoy of Heidelberg, John Purdy of Landstuhl, Daniel Vasquez of Spangdahlem, Stephen Dalton of Chievres, and Robert Schwartz of Stuttgart.

These winners were chosen randomly from all valid entries received.

The winners of the hottest contest this summer have expressed their excitement about the program. “This was all my 7-year-old son’s idea. He is a huge racing fan and insisted that we enter. We live pretty far from base so we had to make a special trip everyday to buy the paper for the game cards and tire tokens.

“When we got the message on the answering machine we were so excited - yelling and screaming in celebration. Our neighbors heard us and knew we won before we even told them,” said Herringshaw.



Photo by Ignacio “Iggy” Rubalcava

Dennis Peterson, 1st Armored Division Museum director, explains the workings of one of the tanks on display at the museum to a group of visiting World War II veterans and their wives. Some of the veterans were previously stationed at Baumholder.