

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

## ACS Birthday

Baumholder's Army Community Service invites everyone to join them in celebrating their "36th Birthday." ACS will host a birthday cookout and open house on July 25 from noon-3 p.m. at ACS. For more information about ACS services or its birthday celebration call mil 485-8188.

## Foster care

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.

## NOW program

Baumholder NOW - 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 language and cultural adaptation class. Spouses, new to the military or not, will also have an opportunity to attend an

# Post notes



Contributed photo

## No parking

Baumholder Polizei are now towing vehicles they find parked on Place De Warcq in front of Kelly's Irish Pub and the Asia Grill downtown. It is illegal to park in front of these two establishments. (Contributed photo)

introductory class to the Army lifestyle. 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.

## Sole parents

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 on these services.

## Spouses club

The Baumholder International Spouses Club and the Story Book Hour will not meet again until August.

## Train with AFTB

Army Family Team Building and ACS Outreach invite everyone to join their Family Readiness Group Leader Training, Aug. 1, 2, from 6-8 p.m. in the AFTB classroom, Building 8746. For more information call ACS at mil 485-8188.

## ACS calendar

**July 24** - Anger Management and Coping Skills, Baumholder NOW

**July 25** - ACS birthday cookout

**July 26** - Challenges of a Blended Family

**July 30** - Successful Parenting

**July 31** - Stress and Time Management

**Aug. 1** - Developing A Positive Self Esteem, Banking and Checking Accounts, Family Readiness Group Leader Training part one

**Aug. 2** - Love and Logic Parenting - Family Readiness Group Leader Training part two

**Aug. 6** - Successful Parenting, Baumholder NOW

**Aug. 7** - Stress and Time Management, Baumholder NOW, International Spouses Club

**Aug. 8** - Conflict Resolution Skills, Baumholder NOW, Consumer Scams and Bad Habits

**Aug. 9** - Challenges of Blended Families

For information about classes listed or services provided call DSN 485-8188/CIV 06783-6-8188.

## GI Bill changes

Public Law 107-14 recently ap-

proved by the Congress addresses the use of the Top-Up provision for those who use the Montgomery GI Bill. Changes presented by this law will affect the Montgomery GI Bill entitlement so soldiers should talk to an education counselor if they have used the Top-Up provision already. Call the education center at mil 485-6487 for more information.

## Auto exams

The Automotive Service Exams will be offered at Baumholder Nov. 13-15. Exams must be requested at the Baumholder Army Education Center before Sept. 5. Call Bill Badger at mil 485-6487 for more information.

## Adult learning

Baumholder's Adult Education Program begins registration for the next semester on Aug. 1. Language courses offered include Conversational German, Italian and Spanish. Call Bill Badger at mil 485-6487 for more information.

## University visit

The University of Oklahoma field representative from Ramstein Air Base will visit the Baumholder Army Education Center on July 11 from 11 a.m. to 3 p.m. People who wish to discuss Oklahoma's graduate degree programs are invited to meet with the university's representative. Call mil 485-6487 for more information.

## Money available

Active Duty Service members may be eligible to use both, Army Tuition Assistance, and their Montgomery GI Bill benefits to pay for college tuition at the same time. Talk to an education counselor today to see if you qualify. Call Bill Badger at mil 485-6487 for more information.

## Convert for cash

Active duty members with VEAP education benefits may be eligible to convert to the more lucrative Montgomery GI Bill Program. Visit the Baumholder Army Education Center today to see if you qualify. It is not necessary to have money in your VEAP account to convert. Call Bill Badger at mil 485-6487 for more information.

## Learning hours

The Army Learning Center, Building 8108 is now open Mondays through Thursdays from 9 a.m. to 9:45 p.m. Friday hours remain 9 a.m. to 5 p.m. The Center is closed daily from 1-2 p.m. for lunch. Visit the Learning Center for CLEP, GED, SAT, ACT, AFCT, and MOS study material. You will also find an on-line bookshelf with the latest Army regulations and pamphlets. Call Lonnie Allen at mil 485-6484 for more information.

## Testing a must

People who use the computers located in the Army Learning Center, or the University of Maryland's Computer Lab, are required to complete the on-line USAREUR Computer Users Test.

This test can be taken at any location that has computers connected to the Army's local area network. A copy of the users license must be shown before using the computers.

Taking the test on the same day you wish to order a military correspondence course may be difficult due to the limited number of computers on-hand, so plan ahead. For more information, call Lonnie Allen at mil 485-6484.

## ACAP services

Baumholder's Army Career and Alumni Program office hours are from 7:30 a.m. to 4:30 p.m. ACAP is also open during lunch to assist clients. Soldiers scheduled to leave the Army can get information about their options at ACAP.

ACAP offers pre-separation briefings, job assistance workshops and job assistance counseling that can help soldiers review their options and assess how the skills developed in the Army can be transferred into civilian life. Soldiers can make appointments for ACAP services at mil 485-6741/6330 or civ (06783) 6-6741/6330.

## See your VA rep

Soldiers contemplating retirement or retired veterans living in the community can attend a Veterans Affairs briefing July 24, at 9 a.m. A VA representative will address questions about VA benefits, claims filing and home loan guarantees.

Call ACAP at mil 485-6741/6330 or civ (06783) 6-6741/6330 to reserve a space at the briefing or for an individual appointment with the VA representative after the briefing.

## Job assistance

ACAP offers job assistance workshops and counseling to help with the transition from the military to the civilian job market. Workshops are offered by formal instruction every other Wednesday. The next formal workshop is July 25 from 8:30 a.m. to 4:30 p.m.

Job assistance can also be accessed through ACAP's new computer system and covers such topics as how to create a resume, find jobs, network, and interview. Clients can cover topics by computer at their own pace.

Call to schedule an appointment, or drop by any afternoon to work with ACAP's computer-based job assistance tools. For more information, contact ACAP at mil 485-6741/6330 or civ (06783) 6-6741/6330.

# Post notes

## Preseparation

Soldiers are required to complete a mandatory preseparation briefing at ACAP no later than 90 days before their estimated separation date. Appointments are available every day at 9 a.m. and require approximately an hour and a half.

## ACAP for all

Any family member of a soldier scheduled to leave the Army is eligible to receive services from ACAP. Orders are not needed and the sponsor does not have to be present for the spouse to attend ACAP classes or to receive assistance from ACAP counselors. Even if a soldier is deployed, spouses can still receive ACAP assistance in Baumholder.

ACAP offers job assistance workshops and professional counselors to help advise during the career transition process. Counselors will help clients think through issues such as a civilian budget, searching the job market, writing a resume, and preparing for job interviews. Take advantage of ACAP services now to begin planning for the future.

Call to schedule an appointment at mil 485-6741/6330 or civ (06783) 6-6741/6330.

## Case lot sale

The Baumholder Commissary will hold a case lot sale Aug. 2-5 in conjunction with Baumholder Days.

## Bible school

Vacation Bible School will be offered July 30 through Aug. 3 from 9 a.m.-noon daily at Smith Elementary School. Children from kindergarten through sixth grade are invited to attend. For more information regarding registration call Paula Powers at civ (06782) 107-838 or Chaplain Bennett at mil 485-1570.

## Track and Field

Baumholder Sports hosts the 2001 USAREUR Track and Field championship on Aug. 4 at Minnick Field in conjunction with Baumholder Days.

More than 200 athletes from all over Europe are expected for the championship.

Registration is from 7:30-9:30 a.m. and the opening ceremonies begin at 10 a.m.

Events include 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 100m hurdles, 110m hurdles, 400m hurdles, long jump, triple jump, high jump, shotput, 4x100m and 4x400m.

Age divisions will be men's open (18-27 years), men's senior (28-34 years), men's master (35 and over)

and women's open (all ages). Eligible competitors include military and civilian identification card holders 18 years and older. Call the Baumholder Sports Office at mil 485-7176 for more information.

## Basketball

The Baumholder Summer Basketball league is fast approaching. Deadline for registration is July 26 and the entry fee is \$100 per team. Call the Sports Office for more information.

## Sports week

The Baumholder Sports Office will host a sports week Aug 18-25

The action starts Aug. 18-19 with the seventh annual Summer Splat racquetball tournament at the Mountaineer Fitness Center. Several skill divisions will be offered.

A 3 on 3 basketball tournament is scheduled Aug 20-23, also in the Mountaineer Fitness Center, along with a flag football tournament on Iron Soldier Field. Registration deadline for both of these events is Aug. 15

The sports week concludes Aug. 25 with two major events. A German/American Martial Arts tournament will be held in the Mountaineer Fitness Center starting at 10

a.m. Many martial arts teams from the local area will compete. Registration is from 8-9:30 a.m.

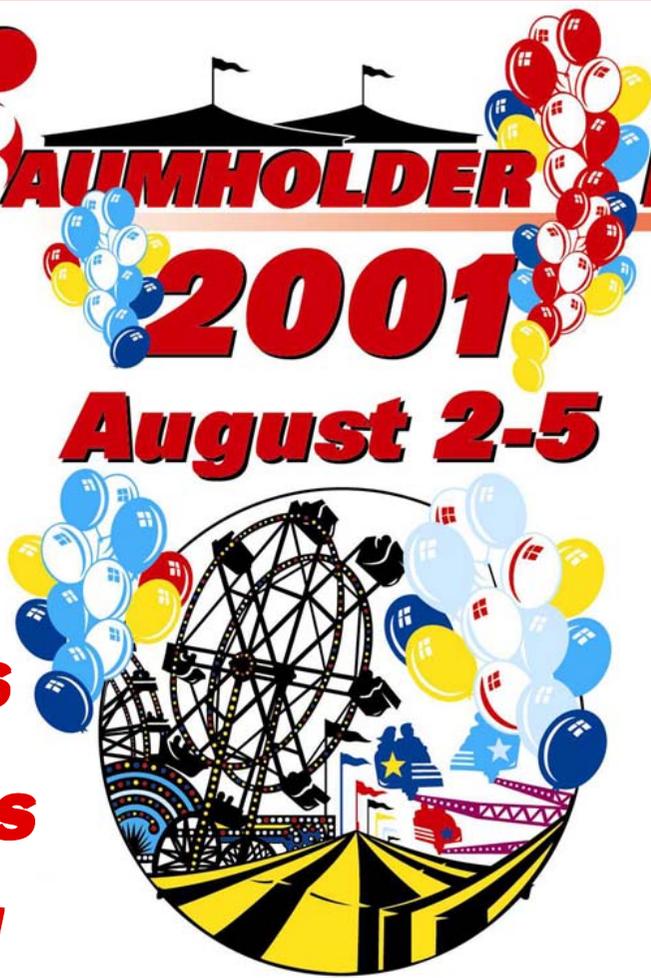
The Hall of Champions will be the site for the ever popular Baumholder boxing night. Boxers can register from 10 a.m. to 1 p.m. The doors open at 6 p.m. and the boxing starts at 7 p.m.

## Referee clinic

The Kaiserslautern Officials Association is sponsoring a U.S. Soccer Federation referees clinic July 28-29 in Building 2203, on Ramstein Air Base. The start time is 8:30 a.m. Anyone interested in officiating soccer is welcome to attend. Coaches are also welcome. Contact Ron Harnage at mil 480-8190 or civ (0631) 54926 for further details.

## BAUMHOLDER DAYS 2001 August 2-5

**Rides**  
**Games**  
**Food**



## German-American Volksfest

In the wake of Baumholder's Altstadt fest (Old City Fest), comes the military community's eighth annual Baumholder Days German/American Fest Aug. 2-5. The fest will be open to German guests. Those without a U.S. identification card or Baumholder installation pass will be directed to the post exchange parking lot where they may park their vehicles.

Baumholder Days includes carnival rides, musical entertainment, recreational activities and sporting events. This year the fest will also feature a scramble golf tournament, one-pitch softball tournament, USAREUR track and field meet, and Minnick marathon that will be open to German and American participants. Most events will be in the parking lots of the Hall of Champi-

ons and Wagon Wheel Theater, with the various sporting events taking place at the athletic fields, and Rolling Hills Golf Course.

Registration for the various events begins at 3 p.m. Aug. 2 and the official opening ceremony is at 5:30 p.m. in the fest tent. Up at Rolling Hills Golf Course, a scramble golf tournament starts at 6 p.m.

Festival hours are 3 p.m. to midnight Aug. 2; noon to 1 a.m. Aug. 3 and 4; and noon to midnight Aug. 5. The fest concludes with a fireworks display at 10:30 p.m. Aug. 5.

Baumholder days is traditionally held during the second week in June but the event was pushed to August to give soldiers an opportunity to participate after returning from block leave.

## Juneteenth commemorates freedom

Military people love acronyms and recently a new word was flowing off the lips of military members in the Baumholder community – Juneteenth. Juneteenth is not really a military acronym, nor does it have much to do with the military. It is a combination of June and nineteenth and it is the oldest known celebration of the ending of slavery. The Baumholder military community recently held its first Juneteenth celebration and officials look forward to making it an annual event.

The observance of Juneteenth originated in Texas, where on June 19, 1865, Union soldiers led by Maj. Gen. Gordon Granger landed at Galveston, Texas with news that the war had ended and the enslaved were now free, two and a half years after President Lincoln's emancipation proclamation which had become official Jan. 1, 1863.

Why it took Texas so long to receive the news of freedom is not known. One story told is that of a messenger who was murdered on

his way to Texas with the news of freedom. Another version is that the enslavers deliberately withheld to news to maintain the labor force on the plantations. Yet another version is that federal troops actually waited for the slave owners to reap the benefits of one last cotton harvest before going to Texas to enforce the Emancipation Proclamation.

"I know there are Juneteenth celebrations in the states and I wanted to gather everyone together to celebrate like they do in the states," said Sgt. Nathalie Sanon, who spearheaded Baumholder's first Juneteenth celebration.

The event featured the traditional abundance of food, displays highlighting key events pertaining to black history in the United States and testimonials from former slaves. There were poetry readings by Sgt. Meshia James and Pvt. 1st Class Angel Covington and Greg Cobb, a resident of the Baumholder community, shared an original poem that he wrote especially for



Photo by Ignacio Rubalcava

**Sgt. Nathalie Sanon, Spearhead for Juneteenth, MCs the first Juneteenth celebration.**

Baumholder's Juneteenth celebration.

A traditional dance from the Ebo tribe in West Africa was performed by Sanon's daughter, Yakini. Sanon explained that she is Haitian and that many Haitians came from West Africa, bringing with them all of their traditions and culture. The slaves that came from Haiti also took that culture with them to the

states. "The dance shows a little bit of our background and helps everybody review where we came from. The best thing my mother always told me is that you should never forget where you came from. You know where you are but you should never forget where you came from because that makes you stronger," said Sanon.

Although Juneteenth originally commemorated African-American freedom, today's Juneteenth is much more. Today, Juneteenth not only commemorates African-American freedom, it also focuses on education and achievement. It is a day, a week and in some areas a month marked with celebrations, guest speakers, picnics and family gatherings. It is a time for assessment, self-improvement and for planning the future.

A range of activities were provided to entertain the masses when Juneteenth celebrations caught on. Many of these continue today. Rodeos, fishing, barbecuing and baseball are just a few of the typical

Juneteenth activities held today.

In the early years, little interest existed outside the African American community in participation in the celebrations. In some cases, there was outwardly exhibited resistance by barring the use of public property for the festivities. Most of the festivities found themselves out in rural areas around rivers and creeks that could provide for additional activities such as fishing, horseback riding and barbecues.

Juneteenth became an official state holiday in Texas on Jan 1, 1980. The passage of this bill marked Juneteenth as the first emancipation celebration granted official state recognition.

Juneteenth today, celebrates African-American freedom while encouraging self-development and respect for all cultures. As it takes on a more national and even global perspective, the events of 1865 in Texas are not forgotten, for all of the roots tie back to this state from which a national day of pride is growing.

## Bahnbrechers ready for annual volksmarch

By Ignacio "Iggy" Rubalcava

222nd Base Support Battalion  
Public Affairs Office

The Baumholder Bahnbrecher Volksmarching Club has scheduled its annual volksmarch for Aug. 11 and 12 with start times of 6 a.m. to 2 p.m. Aug. 11 and 6 a.m. to 1 p.m. Aug. 12.

The starting and finishing point is the Baumholder Brühl Halle and the march ends at 6 p.m. Aug. 11 and 5 p.m. Aug. 12.

There will be 5, 10 and 20 Kilometer routes available to choose from.

For people new to Germany and unfamiliar with the volksmarch custom, volksmarches are a time to come out and get some exercise walking through German countryside, meeting new friends and enjoying food and drink after the march and sometimes during the march. Walking trails are laid out throughout the town and

country side with various check-points along the way.

At the end of the march, participants who paid in advance are presented a token commemorating the march. This year, the Bahnbrecher Volksmarching Club will present ceramic mugs with pewter lids to the marchers upon their return.

This year marks the 22nd anniversary of the march in which German and Americans have come together for a day or two of camaraderie.

"The U.S. and German residents of Baumholder are proud of the strong bond and heritage which binds the communities together.

Our German friends and neighbors greet us with warmth and hospitality, thus making us feel at home," wrote Lt. Col. Eric Wagenaar, 222nd Base Support Battalion commander, in his welcome remarks that appear on the flyer advertising the march.



Photo by Bernd "Bernie" Mal

### Prost!

From left, Klaus Rickes, Baumholder City Mayor ; Dr. Richard Auernheimer, state secretary for the Rheinland-Pfalz at the state parliament; Axel Piro, area manager for Karlsberg brewery; Volkmar Pees, Baumholder District Mayor; Lt. Col. Eric F. Wagenaar, 222nd Base Support Battalion commander; and Hans-Joachim Brueckmann, head team Altstadtfest coordinator, participate in the traditional opening day ceremony at Baumholder's Altstadtfest (Old City Fest). The fest was dedicated to all the soldiers who recently returned to Baumholder after peace keeping duties in the Balkans.

## Grill lean and stay trip this summer

By April L. Parsells, RD  
WIC Overseas

As summer settles in, Americans rely on backyard barbecues for meal preparation-and for good reason. Grilling adds sizzle to healthful eating and is a fun way to enjoy a variety of foods. Preparing foods on the grill enhances the flavors of garden-fresh produce, as well as the savory taste of lean meat, poultry, and fish.

Start off lean. Pork loin chops, skinless chicken and turkey breasts, fish, and lean cuts of beef, like flank or round steak, are good choices for the grill. When choosing meat, look for the words "loin" or "round" in the name; this indicates that it is a lean cut. Next, trim any visible fat prior to cooking; this step alone can often reduce 50% of the fat per serving!

Don't forget portion size. Portion control is just as important as choosing a lean cut. The Food Guide Pyramid recommends eating 5-7 ounces of protein a day. A single serving size is around 3 ounces, the size of a deck of cards or the palm of a woman's hand. Preparation is key to keeping your grilled foods lean. Try to limit your use of oil-based marinades; they quickly add lots of

fat and calories to your grilled food, defeating the purpose of choosing a lean cut of meat. Instead, go for a rub or a vinegar or juice based marinade. Rubs are blends of dried herbs and spices that you apply to the meat's exterior; the longer the meat cooks the more pronounced the flavor. Pepper garlic is a mild rub that you may like to try first. Combine garlic powder, cracked black pepper, and cayenne pepper, press gently onto meat surface and grill. Marinades, with a vinegar or juice base (see recipe) not only add flavor, but also naturally tenderize the meat. Make your own marinade with low fat salad dressing, juice, and herbs or try a store bought variety. Basting is also a quick, low fat way to spice up your barbecue fare. Basting works best with chicken and fish. Put barbecue sauce, orange juice, or a small amount of olive oil on chicken. To keep fish moist on the grill wrap it in aluminum foil, add a few fresh slices of lemon, and lemon pepper to season.

Quick tips for a superior sizzle include starting grilling when the coals are ash-colored and glowing. For gas and electric grills, ignite and cover for 5 to 10 minutes before you

start cooking. Small cuts of meat such as thin pork chops or cubed meat for kabobs should be cooked directly over the heat source and turned as needed for even cooking. Thick chops and larger cuts, like loin roasts should be cooked over indirect heat. Banking coals around the edge of the fire grate and centering a drip pan in the middle will create an indirect source of heat. Simply place the meat on the grill over the pan, cover, and roast.

Don't forget food safety. Keep raw meat, poultry and fish away from cooked foods, and prevent cross contamination by using separate plates and cooking utensils for each. It's a good idea to keep a meat thermometer handy while grilling to ensure that meats reach the proper cooking temperature. All pork products should be cooked to an internal temperature of 165 degrees and ground beef to at least 160 degrees. When meat and poultry juices run clear, or when fish flakes easily, it's done. Remember to always wash your hands before preparing and eating food. And of course no barbecue is complete without side dishes. Keep salad dressings light and choose lots of fresh produce to complete your lean entrée.

### Teriyaki Marinade

#### Ingredients

1 1/2 cups lite soy sauce  
3 tablespoons dry sherry  
1 tablespoon garlic powder  
1 teaspoon ginger powder  
1/2 cup light brown sugar

#### Method

Whisk all together and wait until sugar dissolves before using.

#### Yield: 2 cups

**Per Serving:** (1/2 cup, wt. 4.9 oz) Calories 172; Fat 0.1 gm; Saturated Fat 0 gms; Cholesterol 0 mgs; Sodium 3041 mgs; Carbohydrate 32.5 gms; Dietary Fiber 0 gms; Sugar 32 gms; Protein 9.2 gms; Vit. A 0 RE's; Vit. C 0 mg; Calcium 38 mg; Iron 0.8 mg; 0% Fat gms.

Carbohydrate points: 2

Carbohydrate (gm): 32.5

Exchanges: 2 Other Carbohydrate