

Child and Youth Services

Child Care

Child Care is available for the Family SRP scheduled on May 28 at 9 a.m. at the dispensary CDC. Call mil 485-7003 for reservations.

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.

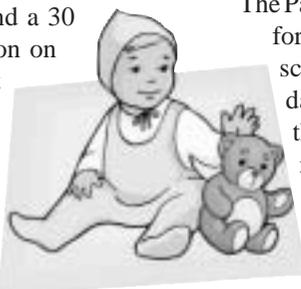
ACS

Classes, meetings

Army Community Service offers the following support group meetings, classes and special events in May. Reservations for all classes may be made by calling mil 485-8188.

Food for thought

Come to the family readiness group room in Wetzel every Friday from 8:30-10:30 a.m. when Army Community Service presents Food for Thought. A free hot breakfast, free child care, and a 30 minute presentation on a topic of interest to military spouses is offered. A project for the kids to help them cope with deployment is also presented. Call ACS to make reservations at mil 485-8188.



Register now

Register for the Army Volunteer Corps and the Baumholder Buddy program every Tuesday in May at the Baumholder commissary. The next registration is May 25. Registration will also be held May 27 at the community mail room and May 28 at the post exchange.

Deployment group

There is a deployment support group meeting May 26 from 9-10 a.m. at the Rheinlander.

FRG forum

A family readiness group forum is scheduled for May 26 from 11:30 a.m. to 12:30 p.m. in the Army Family Team Building classroom. Participants are encouraged to bring a brown bag lunch. A microwave

Baumholder happenings



Photo by Ignacio "Iggy" Rubalcava

Living inventor

Students at Smith Elementary School listen as a "living inventor" tells them about his childhood, his life and the benefits of his invention. Each participating fourth and fifth grade student picked an inventor, research the inventor's life and then had to become the inventor. Each student had a list of four questions they were responsible to have answers for. The project ties into the DoDDS science and social studies programs and since the students had to write their scripts is also covered the school's language arts and writing programs.

oven is available.

Playgroup

The Parents and Tots Playgroup for children from birth to pre-school meets every Monday from 10-11:30 a.m. at the Iron Kids play group room in Building 8222.

Nurturing parents

Empowering Nurturing Parents, a group for nurturing class graduates to continue their learning meets every Tuesday from 10-11:30 a.m. at the Iron Kids play room in Building 8222.

Coffee break

The Spouse's Coffee Break, a support group for all military spouses, meets every Wednesday and Friday from 10-11:30 a.m. at the Iron Kids play room in Building 8222. Participants are encouraged to bring their children.

Equality

Together – But Equal roles is available May 27 from noon-2 p.m. at ACS.

Parent training

Training Your Parents focuses on helping youth resolve family issues and it is offered every Thursday from 3:30-5 p.m. at ACS, Build-

ing 8746. The class is offered to adolescents 8 to 12 years old and a similar program for teens is available Fridays from 3:30-5 p.m.

Commissary

Case lot sales

Commissary case lot sales are being offered at Strassburg, Neubrück, and Baumholder May 28-30.

Strassburg sales are May 28 from 11 a.m. to 6 p.m. and May 29 from 11 a.m. to 4 p.m.

Neubrück sales are May 28 from 11 a.m. to 6 p.m. and May 29 from 11 a.m. to 5 p.m.

The Baumholder sales are May 29 and 30 from 10 a.m. to 7 p.m.

For more information call mil 485-6666.

Win a car

The Baumholder commissary holds a Frito Lay drawing May 26. The grand prize is a Mustang automobile.

Chapel

Operation FEED

Operation FEED, Families Enduring Extended Deployment, is a

community chaplain's sponsored event to assist spouses with Soldiers down range to deal with the challenges of the extended deployment. Operation FEED will offer a free overnight stay at Hambachtal Retreat Center for spouses and their children. There will be short seminars on various topics of interest to spouses. Activities are also planned for children. Limited reservations are available so call today to make your reservation at civ (06783)6-1570.

Operation FEED dates are June 29-30; July 6-7; 13-14 and 20-21.

Dining facilities

Family dinners

Come out for family night dinners at the 2nd Brigade and Strassburg dining facilities. Dining facilities offer nutritious meals at a reasonable price, with a wide variety of menu items to choose from. Both dining facilities offer their family night dinner May 27 from 4:30-6 p.m.

All dining facilities serve brunch on weekends and U.S. holidays from



9:30 a.m.-1 p.m.

Education Center

College courses

Registration for College and Adult Education Programs, Term V runs through June 4 at the Education Center, Building 8332. Term dates are June 7-July 30 and a variety of credit and noncredit courses are being offered.

Operation Health

Operation Health is now under way at the Digital Learning Center. The course is offered Mondays and Fridays from noon-1 p.m. and runs for eight weeks. Come and join the others who are changing their bodies and minds.

Post Exchange

Free cappuchino

Rent three new releases at the regular price and receive a free cappuchino May 27. The Shoppette holds an Outdoor Living Sale May 28-31.

Shoppette patrons can register now to win an M&M beanbag. The drawing will be May 29 at 2 p.m. For more information about exchange offers call 485-6275.

Calendar

Holidays, events

May 25, town hall, 4 p.m. at the Rheinlander

May 26, LINKS, 10 a.m. at the Rheinlander

May 28, USAREUR Training Holiday

May 31, Memorial Day and German Holiday (no school)

May 27, Whitsun Market at St. Wendel

May 29, Flea Market at Metz France

May 29, Team Triathlon Competition at Kusel

May 29-30, Volksmarch at Reichweiler

Business Operations Division

Free bowling

Strikers offers free bowling every Thursday from 3-6 p.m. for families of deployed Soldiers.

Strikers specials

Monday Night Madness is offered 5-11 p.m.; Tuesday Nifty Fifties Night is 5-11 p.m.; Wild Wednesdays are at 5 p.m. with a \$5 cover charge and 25 cents games; Early Birds Bowling is on Thursdays from

Baumholder happenings

11 a.m. to 2 p.m.; Thursday Color Pin Bowling is from 6-11 p.m.; Friday Kids' Night Out is from 6-11 p.m.; Saturday Cosmic Bowling is featured from 8 p.m. to 1 a.m.; and Sunday Family Bowling is 1-9 p.m.

Cinema night

Shooters offers a Kids' Cinema Night on Thursdays beginning at 5 p.m.

Rudy's

Grab Bag Night is held every Thursday from 5-10 p.m. at Rudy's in Strassburg. For every purchase of \$5 or more, customers can grab for a chance to win a prize.

Community Recreation Division

Adventure trips

Outdoor Recreation offers the following adventure trips in May.

May 28-31, SCUBA trip to Croatia

May 28-31, White Water Raft-

ing in Austria

To participate in any of these trips call mil 485-7182

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 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.

Be creative

Arts and Crafts offers a scrap booking club and Instruction session, May 26

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.

The following trips are planned:

May 29, Miramar Swim Adventure in Weinheim

Visit Mickey

A sight-seeing trip to Disneyland Paris is scheduled May 29. Call mil 485-7182 for details.

Rolling Hills Athletic Club

Free family swim nights is offered Fridays from 6-9 p.m. May through July.

Swim nights feature games and activities for kids.

Rolling Hills Golf Course/Pro Shop

Thursday Night Golf Scrambles are now under way. Sign up in the Pro Shop from 3-5:30 p.m. for a shotgun start at 6 p.m. Entry fee is \$10, nonmembers pay green fees.

Titleist day

A Titleist demo day is scheduled May 30 from 11 a.m. to 4 p.m. A 10 percent discount off non-clearance Titleist items will be offered.



Photo by Ignacio "Iggy" Rubalcava

Children's author Michael Sampson entertains children at Wetzel Elementary School with stories about his travels around the world, which he often writes about in his children's books. He came to Wetzel Elementary on May 17 to share his books and to inspire students to write and read. While here he also held a book signing session at the BookMark.

Strikers opens with quality to spare

By Ignacio "Iggy" Rubalcava
222nd Base Support Battalion Public Affairs Office

A sign reading "Enter at your own risk," would not have been so out of place on the rusty metal fire doors that used to greet visitors to Baumholder's old bowling center. These doors are now a thing of the past. They have been replaced by pane glass windows and a kinder, friendlier entrance. Above the doors hangs a neon sign proclaiming the bowling center's new name, Strikers. Inside it's a whole new bowling center from top to bottom, and it happened in only three months.

Almost 200 residents turned out for opening day when speeches, prizes, free food and yes, free bowling passes were the order of the day.

"It's been a goal of ours here at the BSB for some time now ... to bring a better quality of life here to the Baumholder community, because the bottom line, when it all comes down to it, we owe it to our families, we owe it to our soldiers who are down range right now serving their country, said Lt. Col. Todd A Buchs, 222nd Base Support Battalion commander, during the opening ceremony for Strikers on May 11.

Buchs then thanked Russell Hall, Installation Management Agency-Europe director and Col. George A. Latham, 104th Area Support Group commander, for all the support they provided.

"First of all, Mister Hall ... saw the need for this. Upon my request for a facility, once we found out the new facility was going to be put on hold, he immediately answered the plea and said we're going to make something happen down in Baumholder," said Buchs.

Secondly, ... Colonel Latham, the 104th ASG commander, again, making it happen with funds out of the ASG to make up the difference because in the beginning, we had about \$600,000 set aside to do this and as most of you know, you can't renovate like we've done inside here for \$600,000. It cost substantially more than that. He was able to put a lot of things aside at the ASG and make this happen. So to Colonel Latham and the ASG, I will always be thankful for making this happen," said Buchs.

Buchs pointed out that the facility was completely renovated from wall to wall and ceiling to floor. "That happened because of the initiative, of specifically one person, Tony Blevens, 104th ASG projects manager," said Buchs. "He turned what I would call a rat hole into one of the nicest bowling centers around right now, and he did it in three months time," said Buchs.

Also present for the grand opening were morale, welfare and recreation representatives from IMA-E and AMF, who was responsible for providing much of the bowling equipment in the facility.

Bob Kouril, representing MWR IMA-E provided up front money and a lot of the money to change out the equipment. "He gave us his support from the IMA-E level, so this facility has been touched from the highest level because they recognize the need to make it better down in Baumholder," said Buchs.



Photos by Ignacio "Iggy" Rubalcava

Visitors feast on food and drinks during the grand opening of Strikers, Baumholder's fully renovated bowling facility. During the opening ceremony Lt. Col. Todd A. Buchs told family members "This is for you," alluding to the quality of life improvements under way throughout Baumholder.

Of course, you can't renovate or upgrade a bowling facility without upgrading the equipment. That's where AMF representative Tony Huggins stepped in to get the job done. "Tony and AMF were basically at the mercy of other subcontractors working in this facility. There were things that had to get done before his folks could step in and do their job. He brought his people in and they worked weekends. I believe they even worked during Easter ... to make this facility get done on time," said Buchs.

Buchs also thanked Dan Hill, AMF world wide military manager, for his support with the project.

And what's a bowling center without a snack bar? "We've put food out there but now the real food is gonna kick in," said Buchs. Brad Puterbaugh, an employee of community and family support center, Branded Theme Concepts of Alexandria, VA was the man who made sure the Strike Zone snack bar was ready on time. "He's been know through every phase of this renovation as 'Strike Zone Brad.' Because of what he's done, we're able to open up the Strike Zone today so we can pump out that great food from now on," said Buchs.

"Berry Pensky works with Brad and he's the actual trainer," said Buchs. "He's teaching our people to turn a hamburger into steak. Because of what Berry has done, you're not gonna get Billy Bob the hamburger flipper. We're gonna get the chef," said Buchs.

Glen Baldrige, a representative of the FEM Corporation, played a key role in procuring furniture and equipment but Buchs also turned to him when he needed fast results.

"He's the guy I could turn to and say 'Glen, I need to cut through the red tape and I need to make something happen fast.' Like

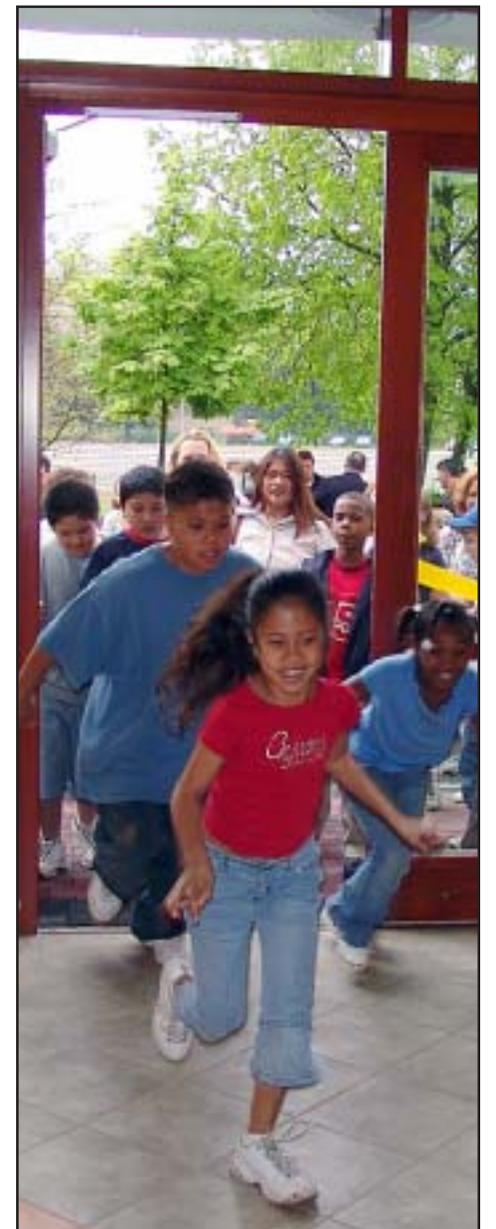


Customers dig into all the free food and goodies during the grand opening of Strikers, Baumholder's completely renovated bowling facility.

any other corporate business out there, there's money involved. But the bottom line is he cut through the red tape and he made things happen fast. Glen assisted in getting some of the equipment, furniture and other things inside the bowling center and getting it quickly. He's also helped with other projects in the community," said Buchs.

Rounding off the opening ceremony was a guest appearance by Three Men and A Tenor, a musical quartet from Michigan who was on tour entertaining military audiences in Germany. Earlier that day, they had entertained Baumholder students at the Playhouse. For the opening festivities they rendered their version of the National Anthem.

After the yellow ribbon was cut by Buchs, Blevens and Les Quick, Strikers manager, the rush was on to see who would be first at the buffet line.



Customers rush into Strikers right after the ribbon cutting that marked the official grand opening of the completely renovated bowling facility.

Shooters takes aim at Soldiers, families

By Ignacio "Iggy" Rubalcava

222nd Base Support Battalion
Public Affairs Office

If you're looking for a club that features techno, R&B, rock, or even

country music, you'll have to go off post, about 50 yards off post, to the all new Shooters dining and dancing club. Shooter located on the site of the old Rod and Gun Club

This latest renovation, geared

to improve the quality of life for soldiers and families on Baumholder, marks a turning point for the facility which has stood for more than 30 years.

Gone is the old honky tonk, dive-

like atmosphere of the past. "We have a whole new atmosphere, new music, lots of new fun in the ballroom, plus we still have our restaurant open for lunch and for dinner and we're still doing home deliveries," said Mary Jane Spreier, Shooters manager.

"Formerly, as the Rod and Gun Club, we were known for more of a country atmosphere, just playing country music. Now we're playing all kinds of music, everything anybody wants, for everybody," said Spreier.

A misconception seems to have developed in the community that Shooters is just a family restaurant but nothing could be further from the truth. "We cater to the entire community," said Spreier. "We serve lunch as we always did and yes, we now offer dining with a family atmosphere, but Shooters is

also about nightly entertainment, with music for everyone. Tell us what you want and we'll feature it," said Spreier.

The new look includes glittering walls and ceiling, two brand new bars, one in the ballroom and the other in the restaurant. A fog machine pumps out steam onto the dance floor where pulsing neon lights reflect off the clouds of artificial smoke to create an atmosphere compatible with any type of entertainment Shooters has lined up.

With all the renovation and changes, fishing and shooting enthusiasts should not feel left out, the pro shop is still there offering the same quality service as before. "The pro shop is the only part of the Rod and Gun club now located in the Shooters building," said Spreier.

"The club opens at 9 p.m. but the lunch and dinner hours for the family restaurant vary.

Lunch is offered Monday through Friday from 11 a.m. to 1:30 p.m.

Dinner is Mondays, Tuesdays Wednesdays and Thursdays from 4:30-9 p.m.; Fridays and Saturdays from 4:30-10 p.m.; and Sundays from 5-9 p.m.

Breakfast is from 10 a.m. to 1 p.m. on Saturdays and Sundays.

Home delivery is offered during the lunch and dinner hours.

For all the details about what Shooters has to offer call Spreier at mil485-6345.



Photo by Ignacio "Iggy" Rubalcava

Doug Mehler, Shooters assistant manager, tests the dance floor lighting system and fog machine at the all new Shooters Dining and Dancing club. The club offers lunch and dinner as well as entertainment for everybody.



Photo by Ignacio "Iggy" Rubalcava

Customers enjoy lunch in winter garden at the all new Shooters Dining and Dancing club.

Gear up for better health

By Coty Smith

Operation Health Coordinator

Get ready. You have been put on notice. Within the next few days you could be on the road of change headed to the State of better health. The Baumholder Health clinic, Baumholder Education Center, Health Promotion, and other Baumholder services have come together to supply the right training and equipment for that journey.

Operation Health is designed to provide participants with the knowledge and support to effect healthy life-style changes resulting in healthier weight and fitness levels.

A supportive and experienced team along with a psychologist, dietitian, and other knowledgeable speakers will lead a series of presentations, discussions and group activity every Monday and Friday from noon to 1 p.m. for eight consecutive weeks. This intensive eight-week program will emphasize the four basic elements of weight loss: behavior modification, exercise, nutrition, and relaxation.

Participants will begin by taking

a series of fitness and blood assessments to define health risks and create realistic personalized goals.

The class will conclude with the same assessments to document participant progress. But "Operation Health" does not end there. Six months later there will be a final inspection to make sure you have maintained the tools that were issued for better health.

Team members, Debbie Faerber, program manager; Coty Smith, coordinator; Chris Sorrells, Health Promotion; Capt. Mike Frizelle, health provider and Daniel Washington, fitness manager, are driven by a strong desire to help the people in the Baumholder community to achieve better health. Sign up today and be a part of Operation Health. It could be the beginning of a healthier you.

Operation Health is free to soldiers and civilian ID card holders at any fitness level. For more information call or visit Debbie Faerber, mil 485-6664, at the Baumholder Education Center.