

WICO here to help

Women and Infant Care Overseas is here in Baumholder and ready to serve the community. WICO is a nutrition education program. WICO provides supplemental foods which promote good health for pregnant and breast-feeding women, women who have a baby less than six months old, infants and children up to five years of age. Families must reside in zip code areas, 09034 or 09262, to be eligible for the program. To find out if your family is eligible, please call (06783) 68001 or stop by the office in Building 8746, right below Army Community Service, to make an appointment.

Bible school

Vacation Bible School will be offered July 30 through Aug. 3 from 9 a.m. to 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) 107838 or Chaplain Bennett at mil 485-1570.

Photo special

Keepsake Arts and Crafts is offering families a 10 percent discount on a family photo package through the end of June. Make your appointment now for a portrait sitting for a welcome home family photo. For more information call mil 485-6687 or civ (06783) 6-6687.

Summer basketball

It's not too late to sign up for unit level summer basketball. Register now through the end of June and receive a \$10 discount off the entry fee. Stop by the Baumholder Sports Office at the Hall of Champions, Building 8105 or call mil 485-7176/6671 or civ (06783) 6-7176/6671 for more information.

CYS offers jobs

Baumholder Child and Youth Services is actively recruiting energetic and dedicated staff for all its centers. Interested people should go to the nonappropriated fund civilian personnel office the CYS Central Registration Office in Building 8743 to pick up an application. For more information call mil 485-7003.

ACAP services

Army Career and Alumni Program has changed its office hours. They are now open 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 work-

Post notes



Photo by Ignacio "Iggy" Rubalcava

Sarah Weis, a fourth grade student from the Flurschule in Idar-Oberstein and Devon Collins, a fourth grade student from Smith Elementary, receive medals from Hans Müller, a representative from the city and district administration offices. The two students were the top scorers during the recent scavenger hunt/city rally organized by Smith Elementary School. At left is Karl Harmann Gutheil, Flurschule principal and Smith Elementary School's principal, Bill Rose, is at right.

shops 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.

Preseparation brief

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

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 from 8:30 a.m. and ends at 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. Customers 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.

Spouses can ACAP

Any family member of a soldier scheduled to leave the military is eligible to receive services from the 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.

See your VA rep

Soldiers contemplating retirement or retired veterans living in the community can attend a Veterans Affairs briefing June 26, 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.

Foster parents needed

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. All interested families should contact the foster care coordinator at mil 485-8188 or civ (06783) 6-8188.

ACS calendar

June 26 - Anger Management and Coping Skills

June 27 - Conflict Resolution Skills, How to Dispute A Credit Report

June 28 - Challenges of a Blended Family, Family Violence Prevention

July 2 - Successful Parenting

July 3 - Stress and Time Management, International Spouses Club

July 5 - Love and Logic Parenting

July 9 - Assertiveness Training, Baumholder NOW

July 10 - Anger Management and Coping Skills, Baumholder NOW

July 11 - Conflict Resolution Skills, Banking and Checking Accounts, Baumholder NOW, Sponsorship Training

July 12 - Challenges of Blended Families
For information about classes listed or services call mil 485-8188 or civ (06783) 6-8188.

Share your culture

The Baumholder International Spouses Club meets the first and third Tuesday of each month from 10 a.m. to noon at ACS.

Keep your meals on wheels healthy

By Elisabeth Kadlec, RD

Baumholder Women and Infant Care-Overseas

It's that time of year again! The kids are out of school, and the family is getting ready to take a summer vacation. No matter what mode of transportation: car, train, bus or plane; no matter how long you're gone, or where you go; healthy eating should not be forgotten.

If your children are like most; snacks are a must during vacation. There are many healthy snacks that are easy to travel with and pack. Here are some examples:

- Apples, pears, grapes (any fruit easy to pack)
- Crackers
- Prepackaged crackers and cheese or peanut butter
- Fruit snacks – such as dried fruits, raisins or packaged fruit snacks
- Vegetables (carrots or celery)
- Peanut butter sandwiches
- 100 percent fruit juice boxes
- Water

Remember to avoid snacks that should not remain in heat for long periods.

Some examples are sandwiches with mayo,

cold meats and cheeses, or vegetables such as broccoli and cauliflower.

Snack time should not be the only time to remember good nutrition. Meal times should also consist of healthy choices. It may be hard to eat healthy while eating every meal out during vacation. Here are some tips to increase the nutritional value of your meals while keeping calories in check while on vacation.

● Choose potatoes that have not been fried (choose boiled if available)

● Order water, milk, or choose diet soda instead of regular soda

● Share a meal (Many servings are big enough for two people to share)

● Order a meal with vegetables

● Eat sandwiches for lunch from a deli, and have a sit down dinner

● When eating fast food, skip the fries and eat fruit instead or order a salad

Also remember to drink plenty of water while on vacation. The summer heat can cause dehydration, which can leave you feeling tired and run down. Being aware of what you eat and drink during vacation will help you and your family feel better, and may even save you money.

Germany puts the bite on dangerous dogs

A new federal law in Germany bans the import of four breeds of dogs considered to be dangerous. The law bans the import of Pit Bull, American Staffordshire terrier, Staffordshire bull terrier and Bull Terrier, as well as crossbreeds of those dogs, into Germany.

It also affects other dog breeds suspected of being dangerous according to the laws of the individual German state where the dog is kept. In the Rheinland-Pfalz (and Baumholder) only the four breeds restricted by the federal government and any crossbreeds of these dogs are affected.

The new law is designed to protect citizens from dangerous dogs. Dangerous dogs are defined as those that have bitten or otherwise

shown aggressive behavior toward people, those that chase game, or those that display an abnormal readiness to fight or attack other dogs.

In Rheinland-Pfalz, dog owners must make an appointment with the local Ordnungsamt. The dog must be taken to the Ordnungsamt for a free evaluation. If the dog (and the owner) do not appear to be aggressive, that's all that's necessary. If there is any doubt, the Ordnungsamt will refer the owner to a formal temperament test, which costs several hundred marks. The local Ordnungsamt can be reached at civ(06873)8154.

According to Robert Dunn, chief of USAREUR's Foreign Law Branch, "the main thrust of the new law is the importation of the four

named breeds of dogs, or crossbreeds of them, into the Federal Republic. However, it also applies to dogs already in Germany if they are kept in a State which prohibits the holding of a particular breed of dog or if they are kept in that State without a necessary permit."

Therefore, Dunn said, if the owner of a dangerous dog moves the dog from one German state that does not prohibit that particular breed to a German state that does prohibit it, the owner may be subject to sanctions under the new Federal law. For example, in the German state of Bavaria, the Bandog and Tosa Inu also are prohibited. Owners moving to a military installation in Bavaria will not be allowed to bring these breeds into the state.

Other breeds considered dangerous in the state of Bavaria include Bullmastiff, Mastiff, Rhodesian Ridgeback, Dogue de Bordeaux, Dogo Argentino, Fila Brasileiro, Mastin Espanol, and Mastino Napoleon. Owners of these breeds must register their dogs with German authorities in the state of Bavaria. In other German states, like the Rheinland-Phalz, these dogs must be registered only if they have a record of aggressiveness.

Another part of the new German law prohibits breeding aggressive dogs, according to the Ministry of the Interior.

The dangerous dog ordinances are evolving and German lawmakers are already making exceptions to the federal law. Exceptions exist

for people who will stay in Germany for no more than four weeks. These people may import dangerous dogs

Dangerous dogs already in Germany may be taken out of Germany and subsequently be permitted to reenter the country

Exceptions also exist for seeing-eye-dogs and service dogs ("Diensthunde")

The United Kingdom, Belgium, and Turkey also have restrictions for bringing certain breeds into the country. Italy and Spain currently have no restrictions.

For more information call Baumholder's veterinary clinic at mil485-6636 or send an email to the 100th Medical Detachment (Veterinary Service headquarters) at 100thcdr@med30.heidelberg.amedd.army.mil

D.A.R.E. squares kids away on drugs

Baumholders D.A.R.E. program recently graduated 116 students from Smith, Wetzel and Neubrücke Elementary Schools. The graduates were honored in a ceremony at the Rheinlander.

The D.A.R.E. program has three main goals. First, D.A.R.E. provides students with a knowledge base on the effects of drug abuse that go beyond the physical ramifications and extend to emotional, social and economic aspects of life.

Secondly, D.A.R.E. aims to build decision-making and problem solving skills and strategies to help students make informed decisions and resist drug use, peer pressure and violence.

Lastly, an integral part of the D.A.R.E. program is to provide students with alternatives to drug use.

D.A.R.E. is a universal program designed to reach the general population, rather than "at risk" groups, and it is most often implemented in the fifth and sixth grades. Research has shown this to be a time when children are very receptive to anti-drug messages, particularly as they approach the age associated with drug experimentation. The curriculum focuses on knowledge and skill development in seven areas: cognitive information, recognizing pressures, refusal skills, consequential thinking and risk taking, interpersonal and communication skills, decision making and positive alternatives.

D.A.R.E. is instinctive in its approach in that specially trained, military police officers conduct the lessons in the classroom. By employing military police officers to teach the curriculum, D.A.R.E. brings the firsthand accounts of the officers' experiences from the street to the

classroom.

The following Baumholder D.A.R.E. graduates were honored:

Neubrücke Elementary School Homeroom teacher, Pam Bertke

Gary M. Alexis
Lorin A. Bell
Stephanie F. Blow
Teresa C. Curiel
Joshua J. Dew
Kandace M. Garrison
Tobias Lauckhart
Jeremy LeSure
Pete G. Mines
Santiago E. Pereyra
Michelle L. Powers
Samuel D. Prevost
Christina M. Rose
Jasmine N. Smith
Slyssa D. Torres
Thierry R. Williams
Jill N. Yocum

Homeroom teacher, Aimee Hasler

Travelle Anderson
Zoraya Barrios
Maurice Barton
Cristofer D. Gilbert
Shante D. Humphries
Sharonda R. Law
Mashaun A. Martin
Kevin Morrison
Morgan D. Powers
Aaron T. Rodriguez
Ki'Andra N. Singletary

Ajeina M. Smith
Tyler L. Tressler
William R. Ward
Patrick Washington
Keyondra C. Woods

Wetzel Elementary School Homeroom teacher, Robert Stewart

Kendall D. Allen
Kanika Jean M. Aurelio
Alyssa M. Baker
Shaquanna M. Capers
Bryant J. Cox
Anthony D. Edwards
Femanda L. Encinas
Shazlyn Fermahin
Kayla L. Garrett
Janine E. Gleason
Grecia Gonzalez
Megan D. Hale
Erica C. Joe
Jeraime Kemp
Johnathen E. Kwarcianny
Ruhudah Edwards Lynch
Catrina M. Palacios
John R. Richardson
Jassa Singh
Cody William Watson
Homeroom teacher, Linda Katherine Shelley
Keenon D. Allen
Douglass R. Atkins
Katelyn J. Best
Kelsey B. Brakey
Charlene Brooks

Albert E. Butler
Odette A. Chamale
Michael L. Dickerson
David L. Evans
Kimberly J. Fountain
Samantha A. Guarina
Timmany Marie Guyette
Jondeairr D. D. Hawkins
Clinton Rasheim Lynch
Jeffrey T. Maki
Erica A. Mendoza
Ryan Nutwell
Keith L. Perkins
Brandon A. Pirkle
Shanielle A. Roberts
Neil Anthony G. Visitacion
Stephanie L. Walker
Brittany L. Windover
Chad A. Yarborough

Smith Elementary School Homeroom teacher, Janet Kennedy

Trista Ann Baker
Krista E. Basham
James Calvin Bottoms
Susan M. Duhon
Caitlin M. Embrey
John D. Farmer
Phillip Maurice Farmer
Rachel M. Freels
Nicole Lynn Gottshall
William A. Gregory

Justin Andrew Holmes
Maxine Y. Hounshell
Alicia Blue Inabinet
Sasha Imani Mejia
Andrew J. Oppliger
Natalie S. Peters
Robert Carl Phillips
Mallory Thornton
Homeroom teacher, Leland M. Stevens
Ashley S. Balentine
Luis Adrian Cazacu-Sevilla
Amnda N. Coberley
James H. Dickerson
Brandi N. Enriquez
Raymond W. Grenke
Lyndon Jaymes Harrell
Brenda Gayle Hart
Erica J. Hill
Eric James Ivey
Sarkis A. Kolb
Whitney Sade' Luckett
Nicholas Mapes
Bryanne E. Mitchell
Wilmer Alexander Morales
Christine A. Morin
Christine A. Morin
Ian B. Reeves
Brandon Dior Roberts
Juliet Elise Smith
Rafael Alfredo Taylor
Christopher Paul Wagenaar



Photo by Ignacio "Iggy" Rubalcava

Col. Daniel A. Nolan, III relinquishes command of Division Artillery, 1st Armored Division to Maj. Gen. George W. Casey, Jr., commander, 1st Armored Division. Casey then handed command of the unit to interim commander Lt. Col. David A. Brown, left.



Photo by Ignacio "Iggy" Rubalcava

Maj. Gen. George W. Casey, Jr., commander, 1st Armored Division, hands the 2nd Brigade colors to Col. John D. Johnson, symbolizing his assumption of command. Outgoing commander, Col. Gene Kamena, is at right.

Tactical units get new leaders

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

Baumholder's Division Artillery and 2nd Brigade Combat Team said good-bye to their leaders recently.

Col. Daniel A. Nolan, III, Division Artillery commander, was bid farewell in a ceremony June 6 at the Rheinlander Club. The new commander, Colonel Frank R. Hull, arrives July 15 from the Pentagon. The interim commander is Lt. Col. David A. Brown.

Nolan relinquishing command to Maj. Gen. George W. Casey, Jr., commander, 1st Armored Division. He then extended his thanks to the Division Artillery families and soldiers for their performance and support during his time as commander.

Col. Gene Kamena, commander, 2nd Brigade, said his good-byes June 12 and relinquished command of the brigade to the division commander in a ceremony in front of brigade headquarters. Casey then gave command of the 2nd Brigade Combat Team to Col. John D. Johnson. Johnson is no stranger to Baumholder. He was previously assigned to

"The leaders and fighters of that organization are either captured, have fled, were killed, or they changed their ways. The UCPMV is no more. In battle you were determined and relentless. But in victory you were merciful and even handed."

Baumholder as the operations officer for the 2nd Brigade, 1st Armored Division and as executive officer for the 4th Battalion, 12th Infantry.

Johnson's most recent assignment was as the operations officer for the V U.S./German Corps in Heidelberg, Germany.

In his farewell remarks, Kamena said that the combat team concept is, "the way of the future. And this combat team is an excellent

example of what's possible with teamwork, training and cooperation. We are a lot better because the soldiers of the BCT make it that way.

"If anyone would have told me two years ago that this combat team would have accomplished all that it did in two years, I would have said it would not be possible. However... we are in the business of asking the impossible of our soldiers and our families. So I guess I shouldn't be surprised that I'm still in awe of what we have done."

Addressing the soldiers about their mission in Kosovo he said, "You defeated an insurgent that had the potential to destabilize the region. You defeated the UCPMV. You took their weapons of death and violence away from them and now they're in the possession of Americans and either have been or will be destroyed.

"The leaders and fighters of that organization are either captured, have fled, were killed, or they changed their ways. The UCPMV is no more. In battle you were determined and relentless. But in victory you were merciful and even handed."

Kamena also pointed out that none of these accomplishments would have been possible without "The outstanding support of Jeff Bannister (Lt. Col.) and the soldiers of 1-6 Infantry. You took on the critical mission of providing support to the entire BCT here in Baumholder.

"And in conjunction with Lt. Col. Eric Wagenaar and the professionals from the 222nd BSB and the family readiness leaders, you provided first class support."

In Johnson's welcome remarks he said, "My family and I could not be more excited about rejoining the Armored Division and the Baumholder community. And we're especially excited about serving alongside the wonderful soldiers and family members of the 2nd Brigade Combat Team. It is a great honor to command soldiers anywhere, but it is a special honor to command in the 1st Armored Division.

"Soldiers of the Iron Brigade, you look absolutely magnificent. I'm proud and privileged to join your ranks and I look forward to our future together... Iron soldiers, dignity and respect, strike hard."

Community readies for city fest

By Ignacio "Iggy" Rubalcava

222nd Base Support Battalion
Public Affairs Office

The City of Baumholder kicks off its annual Old City Fest July 6-8 with a traditional keg tapping at 6 p.m. July 6 at the city's market place. This event in itself promises to draw notoriety to the already popular festival since Kurt Beck, Minister President of the Rheinland-Phalz and Lt. Col. Eric Wagenaar, 222nd Base Support Battalion commander, will do the keg tapping honors. The 1st Armored Division Band will perform during the festival's opening ceremony.

Fest organizer Mario Schug explained that the festival committee doesn't want to make the fest bigger. "We want to keep it's flair, but we want to implement a few improvements," he said. This year, shuttle busses will run from Idar-Oberstein, Birkenfeld and Kusel. A variety of new bands have been contracted to provide entertainment and a flea market will be set up on Kennedyallee Strasse.

Opening day events include a performance by the band Brainless at 6 p.m. at the market place followed by the Elm-X-Soul-Brothers at 9 p.m.

On stage at Poststrasse for opening day, the bands Handmade and Jersey will alternate performances starting at 6 p.m.

The band Brainless kicks off the activities July 7 at 6 p.m. in the market place followed by the band X-Change at 10 p.m. At Poststrasse the band High Moon starts the entertainment at 6 p.m. and the band From Da Soul takes the stage at 10 p.m.

The local fasching club's men ballet will also perform.

For all the power shoppers in the community, the city merchants will open their stores at 10 p.m. for some midnight shopping.

Also highlighting the fest will

be a women's lingerie fashion show at Kennedyallee Strasse July 7 at 9:30 p.m.

The final day starts off with an ecumenical church service at the market place stage conducted by a U.S. chaplain and a Protestant chaplain and Catholic priest from the local community. The music association Moerschied will perform at the market place during the traditional morning drink or "Fruehschoppen," and the band Addiction follows.

On stage at Poststrasse, Funplugged performs from 11 a.m. to 4 p.m. and a youth fashion show starts at 1:30 p.m.

The dance groups of the local fasching club will also perform at Poststrasse and the market place in the afternoon.

The stores will open again for shoppers from 1-6 p.m. Organizations that would like to set up a booth for the festival may call Hans-Joachim Brückmann at civ(06783)7701.

Rallye update

Baumholder has celebrated its Old City Fest for 12 years in conjunction with the annual Hunsrück Rallye. This year marks the 13th year of the fest and it also brings a change to the traditional rallye event. The rallye will start in Trier this year and is a test for a world championship next year. If all goes well, the official race will be held next year during the same period. The rallye also sports a new name, the ADAC/Deutschland Rallye 2001.

The race itself will be on the Major Training Area with start times of 9:53 a.m. and 4:05 p.m. July 7. Race participants will stop twice for a 20-minute break at the parking lot in front of the city's tennis hall where spectators can get a close look at the more than 80 cars participating in the rallye. Break times, however, are not available.



Photo by Bernd "Bernie" Mai
Lt. Col. Eric Wagenaar, 222nd Base Support Battalion commander, prepares to start one of the rallye cars during last year's Hunsrück Rallye. To his right is Volkmar Pees, Baumholder district Mayor and to his left is Klaus Rickes, Baumholder Mayor.



Photo by Bernd "Bernie" Mai
The 1st Armored Division Band performs during the opening ceremony at last year's "Alt Stadt Fest" in Baumholder. The band will do the honors again this year and perform during opening ceremonies at the market place.

Education Center update

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.

Active Duty Service members may be eligible to use both, Army Tuition Assistance, and their Mont-

gomery G.I. 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.

Active duty members with VEAP education benefits may be eligible to convert to the more lucrative Montgomery G.I. 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.

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.

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.

The 1st Armored Division Association offers college scholarships to family members and active duty soldiers on an ongoing basis. Visit the center for an application.