

Post notes

BCSC luncheon

The Baumholder Community Spouses Club holds a luncheon Nov. 19 from 11:30 a.m. – 1 p.m. at the Rheinlander. There will be a free lunch and movie for all members. RSVPs are required and may be made via email to cher.lim@us.army.mil For more information call civ (06783)999-2928.

Thrift shop

The Baumholder Community Spouses Club Thrift Shop is expanding. They now accept large items such as furniture for their downstairs room.

The Thrift Shop is in Building 8544 across the street from the Baumholder Post Exchange. Opening hours are:

Mondays, Tuesdays and Fridays from 10 a.m. – 2 p.m. and Thursdays from 10 a.m. – 5 p.m. Consignment hours are: Mondays, Tuesdays and Fridays from 11 a.m. – 1 p.m. and Thursdays from 11 a.m. – 1 p.m. and 2 to 4 p.m.

The Thrift Shop also purchases used transformers that are in good condition. Please call first. While at the Thrift Shop, check out their antique corner and handmade crafts corner.

For more information call Tammy Davis, Thrift Shop manager at civ (06783)6-6653 or mil 485-6653.

Turkey shoot

Rolling Hills Golf Course holds a scramble-format turkey shoot Nov. 15 starting 9 a.m. The entry fee is \$25 and nonmembers pay a green fee. The sign up deadline for teams and individuals is Nov. 12. To participate, visit the Rolling Hills Golf Course Pro Shop. For more information call mil 485-6172.

It's Bazaar

The Baumholder Morale, Welfare and Recreation fall bazaar is just around the corner. Shoppers are sure to find anything their heart desires such as antiques, wines, toys, and many different gift items. Stop by Baumholder's Hall of Champions on Smith Barracks Nov. 21-22, 10 a.m. – 8 p.m. or Nov. 23, 11 a.m. – 6 p.m. and visit vendors from all over Europe.

Bazaar needs help

The third annual Morale, Welfare and Recreation Holiday Bazaar is just around the corner, and volunteers are needed. This year's bazaar will be held at the Hall of Champions Nov. 21-23. MWR is looking for a few individuals to be greeters, vendor assistants, and hospitality. If you are interested in helping call mil 485-8779 or 6565 for more information.

November trips

Baumholder Outdoor Recreation



Photo by Sabine Klag

New appointment system at clinic

Inge Arimond, an employee at the Baumholder Clinic's central appointments desk, assists a caller using the new phone system that significantly streamlines the clinic's appointment system. Two of the appointment numbers have been removed and the only one that customers need to call to make appointments is mil 485-8080. This is one of the numbers that has always been available for appointments, however, the new phone system will tell them what number they are in line to be served and the clerks will help them in order. The clerk will need to punch in their sponsor's social security number so they should have that available. The SSN pulls up the patient's screen on the computer for the clerk so it will save a lot of time.

is offering trips for young and old throughout November. Scheduled trips include:

- Nov. 1, 22, Frankfurt Zoo
- Nov. 6, 20, IKEA Shopping
- Nov. 7-10, Veterans' Day Ski Trip
- Nov. 8, Saarbrücken Flea Market
- Nov. 14-15, Polish Pottery Shopping
- Nov. 15, CentrO Mall
- Nov. 22, Luxembourg Flea Market
- Nov. 26-30, Thanksgiving Ski Trip
- Nov. 28, Trier Christmas Market

Outdoor Recreation is located in Building 8895 next to the Rolling Hills Golf Club and is open Mondays through Fridays from 11 a.m. – 8 p.m. and closed Saturdays and Sundays. On holidays, Outdoor Rec is open from noon – 5 p.m. For more information call mil 485-7182 or civ (06783)6-7182.

Job openings

Baumholder Community Youth Services has positions open for

child and youth program Assistants. Persons can work with infants through teens. Starting salary is \$8.20 per hour and is based on experience. We offer free training and advancement opportunities. If you are interested in applying, call mil 485-6566.

Personal trainer

Want to make sure your workout is the best way to get results? Consult the Baumholder Personal Trainer. She will walk you through the correct way to do the moves and what will work best for the results you wish to achieve. For more information call civ (06783) 186426.

Winter sports

Winter sports registration is going on now. Get your youth signed up today for some basketball competition. Cheerleading sign ups are going on now as well. For more information call mil 485-7276.

New aerobics

Baumholder Sports and Fitness will be offering NEW aerobic classes on Smith, Neubrücke and Wetzell Kaserns. Classes are 12 for \$25 and

all fees must be paid to the instructor. The class schedule is as follows:

- Strassburg Gym, Mondays, Wednesdays and Fridays, 9 a.m.
- Mountaineer Gym, Tuesdays and Thursdays, 9 a.m.
- Hall of Champions, Mondays through Fridays, 4:45 p.m.
- Neubrücke Gym, Tuesdays and Thursdays, 1 p.m., Saturdays, 9 a.m.

Polish pottery

Get on the express shopping trip to Poland and pick up some Polish pottery. The cost is \$75 for adults and \$55 for children. Persons must make reservations one week in advance. Trips are scheduled for Nov. 14 – 15 and Dec. 12 – 13.

Frankfurt Zoo

There is still time for a day trip to the Frankfurt Zoo. The cost is \$35 for adults and \$25 for children. The next trips are Nov. 1, Nov. 22 and Jan. 17.

Flea markets

You can find antiques, furniture and souvenirs galore by joining Outdoor Rec on Flea market excursions.

The cost is \$35 for adults and \$15 for children. Trips are scheduled to the Saarbrücken Flea Market Nov. 8; and Luxembourg Flea Market Nov. 22.

Mall experience

You can have an American mall experience at CentrO Mall. The cost is only \$45 for adults and \$25 for children. Reserve your seat for any of these dates: Nov. 15 and Dec. 13

Express shopping

Reserve a seat today for an express shopping trip to Karlovy Vary and the Dragon Flea Market. The cost is \$65 for adults and \$45 for children. Trips are scheduled for Oct. 31 – Nov. 1, Dec. 5 – 6 and Dec. 19 – 20.

Mini vacation

Enjoy a mini vacation on the slopes. Reserve your seat for a trip to the Swiss Alps and don't forget your skis. The cost for roundtrip transportation is \$95 for adults and \$75 for children. Trips are planned for: Dec. 19 – 21, Jan. 2 – 4, Jan. 30 – Feb. 1, Feb. 20 – 22 and March 12 – 14.

Christmas markets

It's almost time for the German Christmas so start planning a trip now with Outdoor Rec. Reserve your seat in advance for the following markets:

Trier Christmas Market

Nov. 28
\$35 adults, \$15 children
Depart at 8 a.m.

Rothenburg Obder Tauber Christmas Market

Dec. 6
\$55 adults, \$35 children
Depart at 7 a.m.

Nürnberg Christmas Market

Dec. 13
\$65 adults, \$45 children
depart at 6 a.m.

Hit the slopes

Take a break from the everyday routine with a one-day ski trip to the Black Forest. The cost for transportation is \$65 for adults and \$45 for children. Reserve your seat early because space is limited. Trips are scheduled for: Dec. 27, Jan. 10, Jan. 24, Feb. 7 and March 6.

Ski your holidays

Spend your holiday weekends on the slopes of Austria. Get an all-inclusive weekend get-a-way for \$295. The price includes hotel accommodations with breakfast and dinner, ski pass and rental, lift pass and roundtrip transportation. Reserve your seat for one of these trips: Nov. 7 – 10, Veteran's Day; Nov. 26 – 30, Thanksgiving; Jan. 16 – 19, Martin Luther King Day; Feb. 13 – 16, President's Day; March 11 – 14, Early Spring; and April 8 – 11, Easter.

Baumholder helps transfer authority

by Cpl. Todd Pruden
372nd Mobil Public Affairs
Detachment

BAGHDAD, Iraq – A significant event marking the return to normalcy for the Iraqi people occurred Oct. 7. Authority of a site was transferred back to the people of Iraq. Coalition forces transferred authority of the former Al Thawath Nuclear Research facility to the Iraqi Ministerial Guard. The Ministerial Guard will oversee the security and integrity of the facility.

To kick off the ceremony, two formations, one comprised of the Iraqi Ministerial Guard and the other of soldiers from B Company, 1st Battalion, 37th Armored Regiment, 1st Armored Division, marched from opposite ends of the ceremony area toward each other and came to a stop five feet before they would have met.

Guest speaker, Dr. Rashad Omar, the Iraqi minister of science and technology, said the day was monumental.

“Today marks the first change-of-command ceremony between Iraqis and the coalition,” he said. “This place (the nuclear facility) was a place of much concern and controversy. We will use it for new and better circumstances.”

The prior regime utilized the Al Thawath Nuclear Research Facility as a weapons research and development site, mainly concentrating on nuclear energy. Omar said the site will be used for science and technology research.

Lt. Col. T.C. Williams, commander, 2nd Battalion, 6th Infantry Regiment, 1st Armored Division, also spoke at the ceremony. He spoke of his fondness for the Iraqi people and said that their cooperation with the coalition made the event possible.

“I am proud of the spirit of cooperation between the coalition and the Ministerial Guard,” he said.

The ceremony concluded with the playing of the Iraqi national anthem and a ceremonial exchange of an AK-47 assault rifle between a U.S. Soldier and a member of the Ministerial Guard to symbolize the transfer of authority.

“The Americans did well to give back this facility to the Iraqi people,” said Hady Bouhy, one of the 412 guards assigned to the 23,000-acre complex. “It shows great progress.”

Capt. David Zelkowitz, B Company commander, 1st Battalion, 35th Armored Regiment, 1st Armored Division, said the change of authority is more than just another step toward normalcy for the Iraqi people.

“It offers more jobs and this will definitely be a centerpiece for this area,” Zelkowitz said.

Bouhy and the rest of the guards were thrilled by the ceremony and the chance to be a part of history.

“Now we can celebrate something for ourselves,” Bouhy said. “We did not have the opportunity to celebrate with the old regime.”



Photo by Cpl. Todd Pruden

Capt. David Zelkowitz, B Company commander, 1st Battalion, 35th Armored Regiment, 1st Armored Division, performs a ceremonial passing of an AK-47 rifle to a Ministerial Guard, symbolizing the transfer of authority, at the former Al Thawath Nuclear Research Facility in Baghdad, Iraq, Oct. 7.

Flu shots a personal investment to good health

HEIDELBERG, Germany – Make an easy and personal investment in good health this season — roll up those sleeves and get your flu shot. That’s the message from Brig. Gen. Elder Granger, TRICARE Europe Lead Agent, Commander, Europe Regional Medical Command, and Command Surgeon United States Army Europe and 7th Army.

According to Granger, an adequate supply of the influenza vaccine is available this year, and is arriving in time to combat the flu season in Europe. The flu season

routinely begins here in November and runs through March with the greatest number of influenza cases usually occurring in January. The influenza vaccine will be available at local military treatment facilities for service members and other military healthcare beneficiaries. Commanders will coordinate vaccinations with supporting medical personnel and advise service members on the vaccination process. Information on general population vaccination clinics will be announced in the coming weeks through local news outlets.

Getting vaccinated against influenza is a way to stay healthy this flu season and maintain our military medical readiness according to Granger. “It is important for people to be vaccinated against the flu,” Granger said. “In an average year, influenza is associated with more than 20,000 deaths nationwide in the United States. We want to see our soldiers and other beneficiaries stay healthy, and take an active role in health promotion and preventive medicine initiatives – the influenza vaccine helps do this.”

This year as the influenza vacci-

nation campaign gets underway, US service members deployed in support of combatant requirements in Iraq, Southwest Asia, Afghanistan and Eastern Europe, along with active duty troops afloat, will be the first to roll up their sleeves with the vaccine arriving in early October. Non-deployed service members in Europe will begin getting vaccinated against influenza on Oct. 15th. Priority for the vaccine goes to military personnel directly involved with force protection, health care providers with direct patient contact, patients over 65, patients who have high-risk medical conditions such as cardiac or respiratory illnesses and immune deficiencies, and all other active duty personnel. High-risk patients should consult

their local doctors about receiving the vaccine earlier than the general population. The influenza vaccine will be provided to all medical beneficiaries free of charge.

Influenza symptoms include fever, cough, sore throat, headache, chills and muscle aches. Vaccination protection against influenza develops about two weeks after getting the shot and may last up to a year. Additionally, the viruses in the vaccine have been killed, so people do not get influenza from the vaccine. People who have had serious allergic reaction to eggs or to a previous dose of influenza vaccine or people who have a history of Guillain-Barre Syndrome should consult with a doctor before getting the vaccine.



Smith learns problem solving

Smith Elementary School is hosting its fall Problem Solving Day Oct. 30 from 8:05 a.m. to 1 p.m. Students and parents will be engaged in learning activities to improve their skills of the understanding, plan, do, and review model. All parents who have children in Smith Elementary School are encouraged to join their children for a fun filled day.

Students and parents will participate in sessions that will teach different strategies to problem solving in all curriculum areas. For example, students in fourth and fifth

grades will be doing activities that involve “pumpkinology.”

The goals of the program are to teach students to solve problems using the understand, plan, do and review process across the curriculum.

Parents will be taught strategies to help their children solve problems using the understand, plan, do and review process.

Problem Solving Day is a new concept created last year by the staff at Smith Elementary School to encourage problem solving

amongst its students. The upcoming Problem Solving Day will be the third such event.

The day’s activities include:

●8:05 – 8:30 a.m., problem solving pep rally on playground, featuring our UPDR cheerleaders.

●8:30 – 11:30 a.m., problem solving in every room in the school. (grade levels rotating schedule)

●11:30 a.m. to 12:30 p.m., lunch and recess

●12:30 – 1 p.m., students and parents problem solving in class rooms

Halloween brings out the child in all

Ancient European traditions on the verge of coming full circle

Compiled by **Ignacio "Iggy" Rubalcava**

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Public Affairs Office

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222nd Base Support Battalion
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With the exception of having to pay taxes or a German oil bill, nothing gets the heart pumping a little faster and the adrenaline rushing through the body like a good scare on Halloween. Actually taxes and balloon payments on German oil bills and electricity can be considered a healthy off-season scare on their own merit.

But Halloween is just around the corner and many fright lovers are gearing up for the annual day of good ol' ghoulish fun.

The most popular event associated with Halloween is trick-or-treating, especially for the younger crowd. Children will be allowed to go forth this Halloween on Baumholder from 4 – 8 p.m. and gather as much sweets as they can stuff in their goody bag.

Halloween has evolved throughout the ages and has its origins, oddly enough in the Catholic Church. The word is a loose interpretation of All Hallows Eve. In the Catholic Church, All Hallows Day, or All Saints Day, is Nov. 1.

The ancient Celts had a hand in Halloween as well. The Celtic year officially ended on Oct. 31 in the 5th century BC.

They believed that the spirits of the dead came back on that day to possess bodies of the living for a year in order to obtain a better after life.

Not willing to be a host to a dead soul for a year, Celts would extinguish fires in their homes to make them cold and discourage any unwanted guests. They would also dress up in scary costumes to frighten away spirits looking for a free ride.

Halloween made its way to America in the 1840's when the Irish immigrants fled their country's potato famine.

Trick-or-treating evolved from the ninth-century European custom of souling, when Christians would walk through their village begging for soul cakes (square pieces of bread). The more cakes they collected, the more prayers they promised to say on behalf of

the dead relatives of the donors.

Fast forwarding to the present and to the Baumholder community, most agree that Halloween is a day of fun for young and old alike.

For Jessica Hubbard, a Baumholder family member, Halloween means getting dressed up, having fun and handing out candy.

"I love Halloween. I like to go to Halloween parties and get dressed up. My husband and I are planning on going to the Frankenstein haunted castle this year," said Hubbard.

A newcomer on the Halloween scene, three-year-old Tye Wilson has a simple plan for Halloween, he's going to go trick-or-treating and eat candy. "Last time for Halloween we made a

Dracula pumpkin with scary teeth," he said. "Daddy is taking me trick-or-treating but my brother can stay home," he said. Tye's mother qualified her son's comment by adding "And hand out candy."

"I'm going to be Sponge Bob," said the young Wilson.

"I'm going to take my daughter trick-or-treating and then we're going to stake out our house and give out candy for about an hour," said Doris Price, another Baumholder

family member. "On Oct. 25 we're going to the party that CYS is having. It's like a Halloween festival," she said.

"It's really a good time for the kids to have fun because some of them don't have their moms or dads here so they have to take advantage of there time to have a good time," she said.

And then there are the tricksters of the night, who should definitely not be ignored.

"We were the tricksters for the older kids," said Teresa Gaines, a Baumholder family member. "When the little kids came by we'd give them candy but the big kids who had more bass in their voice than my husband would get a trick and it was usually one of the rocks out of our rock garden, you know, like Charlie Brown. If not, we would just put our hand in the bag and thump it, like something was falling in," she said.

Turnaround is fare play though

and the Gaines family would get their just reward. "They'd get us back by 'rolling' our house (toilet paper) or egging the cars if we didn't park them in the garage," she said.

"I celebrate Halloween by having Halloween parties or a haunted house for my costumers," said Mary Jane Spraier, Rod and Gun Club manager.

"Halloween has always been a great thing for me as a child and for me and my kids as they were growing up, with carved up pumpkins and everything," she said.

"This year I'll be working on Halloween, on Halloween parties and a haunted house for our costumers," she said.

Visitors to the Rod and Gun Club's haunted house can expect lots of ghouly, scary and bloody features that make a haunted house a hair-raising experience. "Lots of blood, coffins and bodies," said Spraier.

Spraier noted that Halloween is catching on in Germany. "The Germans are getting more and more 'Halloweenized.' They're getting to know more and more about what Halloween is, except for trick-or-treating. The German's do not understand trick-or-treating what-so-ever," she said.

Spraier's observation definitely reflects the sorted history of Halloween. As noted, trick-or-treating has

its origins in ancient Europe so one could say Halloween is on the brink of coming full circle in Europe, or at least in Germany.

"Be careful, be safe, Halloween is always a day that you have to practice a lot of safety. For the parents, make sure they check all the candy before they give it to the kids," said Spraier.

Spraier added that the Rod and Gun Club holds its Halloween Party for children Oct. 30 from 6-9 p.m. and the Adult party is Oct. 31. The adult party starts at 9 p.m. and runs through 2 a.m. The club's haunted house for children runs Oct. 28 through 31, starting at 5 p.m. every night.

"We decorate and go trick-or-treating," said Doug Mehler, an employee at the Rod and Gun Club. "I'm big on Halloween. I like cos-



Photo by Sabine Klag
Tye Wilson



Photo by "Iggy" Rubalcava
Doug Mehler



Photo by Sabine Klag
Teresa Gaines



Photo by Ignacio "Iggy" Rubalcava

More and more German communities and citizens are getting into the Halloween spirit and decorating their homes accordingly.

tumes mostly and I like getting into the spirit. I also like Halloween contests. Last year I took second place in the 222nd Base Support Battalion Halloween contest," he said.

"But mostly it means taking the kids out, trick-or-treating and having a good time. I have a 12-year-old. He loves Halloween, he loves the candy, he loves going out and celebrating it.

"This year we're going to decorate as much as we can because it's hard to get all the stuff you need around here," he said.

"The German's are catching up though. They're starting to pick up to Halloween. A few years ago you wouldn't think they knew what Halloween was. But now you see a lot more German stores that have more stuff for Halloween," he said.

As with most parents, safety for his children is paramount. "Go out, have a good time and be safe," he said. "I wish a lot more

people would get into Halloween, at least for the kids. They really have a good time. My son's German friends love to participate, mostly for the candy but they like to dress up too. Their version of Halloween is Fasching. But they don't really

go out trick-or-treating. They have parades where they throw candy out to the children," he said.

Dorothy Amy, a family member and employee at the consolidated mail room, says "It's just a fun holiday. It doesn't have any connotation of any kind to me. It's not witches and goblins and devil worship and all that," she said.

Elizabeth Mapef, another employee at the consolidated mail room, has a unique tradition for Halloween. "We have ravioli on Halloween so I don't have to cook," she said. It's also a night of letting the kids go out and have fun," she said. Her husband is currently deployed so she added, "I wish he was here to celebrate it with us."

"We celebrate it by dressing up," said Rita Davis, an employee at the Consolidated Mail Room. "My kids are 21 and 19 so they've done all the different costumes," she said. But because we're Hispanic, for us it's also "Dia de los muertos," the day of the dead, where you celebrate people that have passed away. It's a big celebration in Mexico and other latin countries," she said.

Davis also believes you're never too old to go trick-or-treating. "As the years have gone by I want to do it more. I like getting dressed and going out and getting candy. I don't think you're ever too old to get a treat. So yeah, I love Halloween."



Photo by "Iggy" Rubalcava
Elizabeth Mapef

New zip codes speed delivery down range

The United States Military Postal Service has assigned new geographic zip codes for units and personnel serving within Iraq. The intent of the new zip codes is to decrease the time it takes for service members and civilian personnel to receive their mail, as well as to improve postal service throughout Iraq.

Family members and friends of service members and civilian personnel assigned to V Corps and 3D COSCOM units that currently use zip code 09302 and 09372 for their letters and packages are now required to use a new zip code that reflects the unit and individual's actual geographic location within Iraq. The new geographic zip codes are as follows:

- ☒ Al Asad, 09333
- ☒ Babylon (MND CS), 09332
- ☒ Balad (LSA Anaconda), 09391
- ☒ BIAP, 09335
- ☒ Mosul (LSA Diamondback), 09334

09334

- ☒ Tallil (LSA Adder), 09331
- ☒ Tikrit (FLB Sycamore), 09393
- ☒ Umm Qasr (Camp Bucca), 09375

09375

- ☒ Rasheed, 09390
- ☒ Victory Base, 09342
- ☒ Camp Dogwood, 09344

Mail with the zip code of 09302 and 09372 will continue to be delivered to the intended recipient even after the change is in effect, however there may be a slight delay in delivery.

For service members assigned to the below listed units, the zip code numbers will not change, and they remain as follows:

- ☒ 101st AA Division, 09325
- ☒ 1st Armored Division, 09324
- ☒ 4th Infantry Division, 09323
- ☒ 3rd ACR, 09320
- ☒ 2nd LCR, 09322
- ☒ 82 Airborne Division, 09394, 09384, 09368
- ☒ 173rd Airborne BDE, 09347

Help is at hand to help beat the customs watch dogs

Mannheim, Germany - Help is at hand for U.S. personnel facing international mail regulations during the holiday mail rush. Mailing packages stateside from abroad involves many prohibitions, restrictions and import duty rules. Avoid the pitfalls by getting the "International Mail Imports" pamphlet from a military customs office.

"Many people do not know that Customs and Border Protection may fine you at least \$100 if you mail meat or any meat products to the States," said Michael Burkert, director of the USEUCOM Customs and Border Protection Agency. Banned products include canned meats, paté, salami, sausage and soup mixes containing meat. It is also illegal to mail handguns, alcoholic beverages and a whole list of other items to the USA. Other ar-

ticles not on the banned list may need special import permits.

A customs declaration must be fixed to every parcel going to the States and falsifying it is a federal crime. "People must also realize that foreign-made goods sent to the USA are subject to the payment of duty," Burkert cautioned. "Even if you mail foreign items to yourself or buy them in a military exchange, the recipient may still have to pay duty and the customs user fee," he explained. U.S. residents may receive up to \$100 worth of foreign-made goods per day but have to pay duty on the total value of gifts exceeding that amount.

Avoid problems and pick up the *International Mail Imports* pamphlet at any military customs office or view it on the Internet at www.customs.gov/xp/cgov/travel.

Bad reception, blame the sun

AFN customers may experience brief programming interruptions now through October as the autumn "sun outage" period occurs. These seasonal outages, which take place each spring and fall, affect all satellite communications, including the AFN radio and television services distributed by the American Forces Radio and Television Service (AFRTS).

These programming interruptions are characterized by a com-

plete loss of signal for several seconds up to 10 or 20 minutes. They occur when the sun's position aligns with broadcast satellites and Earth station receivers. The sun's radiation overpowers the broadcast signal causing this disruption of service.

The AFRTS satellite signals distributed to regional and local AFN affiliates may experience significant outages due to their reliance on the single AFRTS satellite feed.



Photo by Sabine Klag

Care packages for Baghdad

Tina Olsen, left, is preparing empty boxes while Sabine Pees, middle, and Cathy Hurley fill them with food and other things to send to the American soldiers in Iraq. So far Pro Baumholder, an organization of local merchants, has donated about 600 packages which were sponsored by communities or private individuals. In this latest effort, 30 packages were sponsored by Sabine Pees, owner of the Quelle shop in Baumholder. All together, the Family Readiness Group prepared 60 cartons.