

Education

New semester

A new college term is just around the corner and Baumholder's Education Center is now accepting registrations for that as well as Adult Education Program Courses.

Baumholder's Adult Education Program offers Conversational German I, Conversational French I, and Intro to Russian beginning Aug. 23. The cost is \$40. Call Bill Badger at mil 485-8891 for more information.

The University of Maryland is currently registering for the upcoming college term at Baumholder. A variety of courses are offered; to include Concepts of Biology, with laboratory; Intro to Business Management; and Intro to Psychology. Call Deirdre Martin or Stacie Welsh at mil 485-6178 for more information.

Central Texas College is currently registering for the following classes: Automotive Electrical Systems, Intro to Criminal Justice, Juvenile Justice Systems, and Children with Special Needs. Register now at the Baumholder Education Center.

Sports

Racquetball

A racquetball tournament is scheduled Aug. 12. Participants should sign up one week in advance.

Several categories including men's open, women's open and doubles open are available. A minimum of four participants are required in each category. Call the Baumholder Sports Office at mil 485-6671/7176 to sign up.

Clubs

Shooters

Bud night

Band and Bud Night is Aug. 13 starting at 9 p.m. There will be lots of games, prizes and giveaways.

Beach party

A beach party with band is scheduled Aug. 28 starting at 9 p.m.

Lots of games, prizes and giveaways are planned. Food and drink specials are also on tap. Wear your swim suit and get a free prize. It's a pool party.

Rib fest

A rockin' rib fest country night with band is scheduled Sept. 17 starting at 7 p.m.

There will be specials on barbe-

Baumholder happenings



Photo by Ignacio "Iggy" Rubalcava

Grand opening

Customers queue up at the Toyland check out during its grand opening July 15. The facility has underwent extensive renovation and now features more spacious isles as well as additional shelf space in a comfortable, open and well lighted shopping environment. Opening day featured John Nuyens, in background, folding, bending and tying balloons into an array of shapes for the amusement of young and old alike.

cue rib platters and good old Country music Call mil 485-6345 for details.

Bowl for free

Strikers has free bowling every Thursday from 3-6 p.m. for all families.

Bowling specials

Bowling specials include Monday Night Madness 5-11 p.m.; Tuesday Nifty Fifties Night 5-11 p.m.; Wild Wednesdays starting at 5 p.m., \$5 cover charge and 25 cent games; Early Birds Bowling on Thursdays from 11 a.m. to 2 p.m.; Thursday Color Pin Bowling from 6-11 p.m.; Friday Kids' Night Out from 6-11 p.m.; Saturday Cosmic Bowling from 8 p.m. to 1 a.m.; Sunday Family Bowling from 1-9 p.m.

Rudy's

Grab Bag Night is offered every Thursday from 5-10 p.m.. For every purchase of \$5 or more you can grab at a chance to win a prize.

Golf course

Rolling Hills Golf Course offers Thursday night golf scrambles. Sign up in the Pro Shop from 3-5:30 p.m. Shotgun start is at 6 p.m. Entry fee is \$10 and nonmembers pay green fees.

Recreation

Big wine fest

Trips to the Bad Dürkheim Wine

Festival are scheduled Sept. 11 and 18. Experience Europe's largest wine festival. More than 150 wine selections at 50 booths will be available. The bus departs at 3 p.m. and the cost is \$35. Reserve your seat today. Call mil 485-7182 for details.

Free swim night

Teens can enjoy a refreshing swim for free every Tuesday and Thursday from 1-8 p.m. at the Baumholder indoor pool.

Take advantage

Single Soldier Advantage Cards are available at the MWR table in the Any Day Tent during reintegration. With this card, single

Soldiers can take advantage of free and reduced services.

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.

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.



Photo by LeAnne MacAllister

Change of command

The Soldiers of the 47th Forward Support Battalion look on as Lt. Col. Paul C. Hurley outgoing commander passes the colors during the change of command ceremony. Lt. Col. Jeanne Smith-Hooper, the incoming commander, took command on the Rheinlander lawn July 21.

ACS

Reservations

Reservations for the following classes may be made by calling mil 485-8188

Rest of your life

A series titled The Beginning of the Rest of Your Life is designed to provide young couples with the needed skills to build a strong and lasting foundation is now offered at ACS. Call mil 485-8188 or civ (06783) 6-8188. for details.

Tot group

Parents and Tots Playgroup (birth to pre-school) meets every Monday, 10-11:30 a.m., at Iron Kids Play Group Room in Building 8222.

Nurturing parents

Empowering Nurturing Parents is a group for nurturing graduates to continue the learning and meets every Tuesday from 10-11:30 a.m. at the Iron Kids Play Room in Building 8222.

Coffee break

Spouse's Coffee Break offers support for all military spouses and meets every Wednesday and Friday from 10-11:30 a.m. at the Iron Kids Play Room in Building 8222.



Photo by LeAnne MacAllister

A Soldier from the 90th Personnel Support Battalion explains the different targets to German soldiers during a partnership qualification shoot.

28 year old partnership strengthens friendship

By LeAnne MacAllister

222nd Base Support Battalion Public Affairs Office

Thanks to a long-standing German-American military partnership, 30 German reserve soldiers from the R.K. Westrich army reserve unit had the opportunity to qualify on the American M-16 A2 rifle and M-9 pistol.

They were hosted by the 90th Personnel Support Battalion at Baumholder on July 17.

The R.K. Westrich reserve and 90th PSB have participated in a partnership for 28 years. Weapons training and PT programs are held periodically. The weapons qualifications program is just one example of this

successful relationship.

1st Lt. Howton, the partnership liaison officer for the 90th PSB, explained that the units arrange multiple social gatherings in addition to the various combined training programs.

"This partnership is a great thing. The program boosts our friendship as it exposes our Soldiers to different military systems and cultures."

The 90th PSB and R.K. Westrich units gathered upon completion of the qualifications program to present awards. The German soldiers are now wearing the American weapons qualification badge on their uniform as they carry the units' friendship into the future.



Photo by Ignacio "Iggy" Rubalcava

Pfc. Kimberly Hendrix, has her weapon's sight adjusted by Spc. Yeri Barcia before qualifying on the range.

90th takes aim to qualify

Soldiers from the 90th Personnel Support Battalion recently took up arms and pointed them down range, down Baumholder's M-16 outdoor range and 9 mm indoor range that is.

When the Department of the Army started requiring all Soldiers to qualify on their primary weapon twice a year instead of once, Soldiers from the 90th Personnel Support Battalion returning from Iraq were technically not qualified on their weapon.

Command Sgt. Major Divina Bobb ex-

plained that "In the past, only combat arms units were required to qualify twice a year to maintain proficiency and be effective in the battlefield. With operation Iraqi Freedom, they've discovered that no matter what MOS you're in, you are a warrior, so therefore the standards should be the same for all," she said.

"So instead of making non-combat arms units only qualify once a year, they now have the same requirement as combat arms soldiers," said Bobb.

Reintegration helps Soldiers ease back into garrison life

By Spc. Todd Goodman

Landstuhl Regional Medical Center Public Affairs Office

Want some practical advice for families of downrange Soldiers who are on their way home for 30 days of block leave?

"Tell your children, 'Kids, now is not a good time to sneak up on daddy,'" said Lt. Col. Francis Bannister, Baumholder Health Clinic commander.

The first stop for returning 1st Armored Division Soldiers is the Baumholder Reintegration Facility for a seven-day reintegration program, which began July 10.

"We are here to help ease you back in to garrison life and help you adjust to the changes associated with coming from a hostile environment," said Bannister; "even something as simple as a change in climate can take some time to get used to."

Many of the incoming Soldiers have no significant health problems, but about 10

percent of them are experiencing low-level anxiety and sleeplessness from being in combat, a condition which is to be expected, said Bannister. Returning Soldiers are also suffering various aches and pains from 15 months of pounding the ground in extreme heat.

Soldiers returning to Baumholder have blood drawn, undergo health screenings, receive information on communication sessions and participate in various legal and safety briefings before being released for the block leave they have earned. Many of the reintegration activities take place in temporary facilities marked Day One through Day Seven.

"There are all kinds of things to consider ... such as alcohol," said Bannister. "These guys are coming from 15 months in a dry country. A low tolerance for alcohol combined with a low tolerance for frustration can equal disaster."

That is the reason Bannister asked the

Soldiers to raise their right hands and promise to keep their hero status intact. They are asked to promise four things.

- I will not drink and drive.
- No matter how hard it gets, I will not quit. Suicide is not an option.
- I will count to six before attacking any person, place or object.
- I will not take any shortcuts during the seven day reintegration process.

The program will handle about 300 Soldiers per day until August, and has thus far operated very efficiently, said Bannister.

Soldiers have taken notice.

"I think this system allows us to get through our paperwork very rapidly," said Lt. Col. Theodore Williams, of Headquarters and Headquarters Company, 2-6th Infantry. "It really helps our junior enlisted Soldiers get reintegrated. The staff here has made us feel very welcome. Nobody wants to stand in line and move through various stations, but it has



Photo by Spc Todd Goodman

Chaplain (Maj.) Daniel E. Wackerhagen, has a blood sample drawn July 10 during his first day of reintegration. The seven-day program is designed to reintegrate Soldiers returning from duty in Iraq.

run more smoothly than I had imagined. Morale has been very good."

The wait is over-happy hearts reunite daily

By **LeAnne MacAllister**
222nd Base Support Battalion
Public Affairs Office

The Hall of Champions has hosted welcome home ceremonies for the heroes of Baumholder nearly everyday throughout the month of July. Spouses and children, comrades and friends have gathered with teary eyes, balloons, flowers, signs and open arms to celebrate their return. All Soldiers are expected

home by the first week of August.

Families are reunited. Fathers and mothers embrace spouses and children that they haven't seen for a year or more, while others look into their babies' eyes for the first time. It is an absolutely beautiful scene.

In anticipation of their arrival, friends and family meticulously covered the post with banners of praise and pride. Occasionally one could

find a spot that seemed passed over by the welcome home linens. It wouldn't stay that way long. Another spouse, child or friend would make one more sign until hundreds upon hundreds of signs echoed across this post "Our heroes have returned!"

Helen Williams, the Battalion Family Readiness Group Advisor 2-6 Infantry, reflected on why FRGs spent so much time preparing the

post. "There are a lot of Soldiers who do not have family to come home to here. We want to make sure our guys, married and single, know how much they are loved and appreciated. We want them to know we are happy and proud to have all of them back. So we are making banners and decorating continuously."

Lisa Box, an FRG Leader, added that the beautification and celebration at Baumholder is an ongoing effort. "We don't really have an end date because when one falls down we put another one up. Our thought is you can never have too many banners and we will decorate and hang them as long as needed."

Along with family and friends, the 222nd Base Support Battalion

ensured that the base was ready to welcome home their Soldiers. Many of the mess halls, barracks and housing areas have been renovated have been renovated in anticipation of their return. Shooters and Strikers have also been remodeled in quality of life initiatives.

Heading downtown, the town of Baumholder has come back to life. Soldiers fill the stores, restaurants and bars celebrating their well-deserved rest.

The Baumholder communities have worked hard to ensure that the Soldiers of Baumholder, Neubrücke and Strassburg receive the welcome they deserve. The 222nd BSB is here to serve the Soldiers. And, from the looks of post, their efforts have been well received.

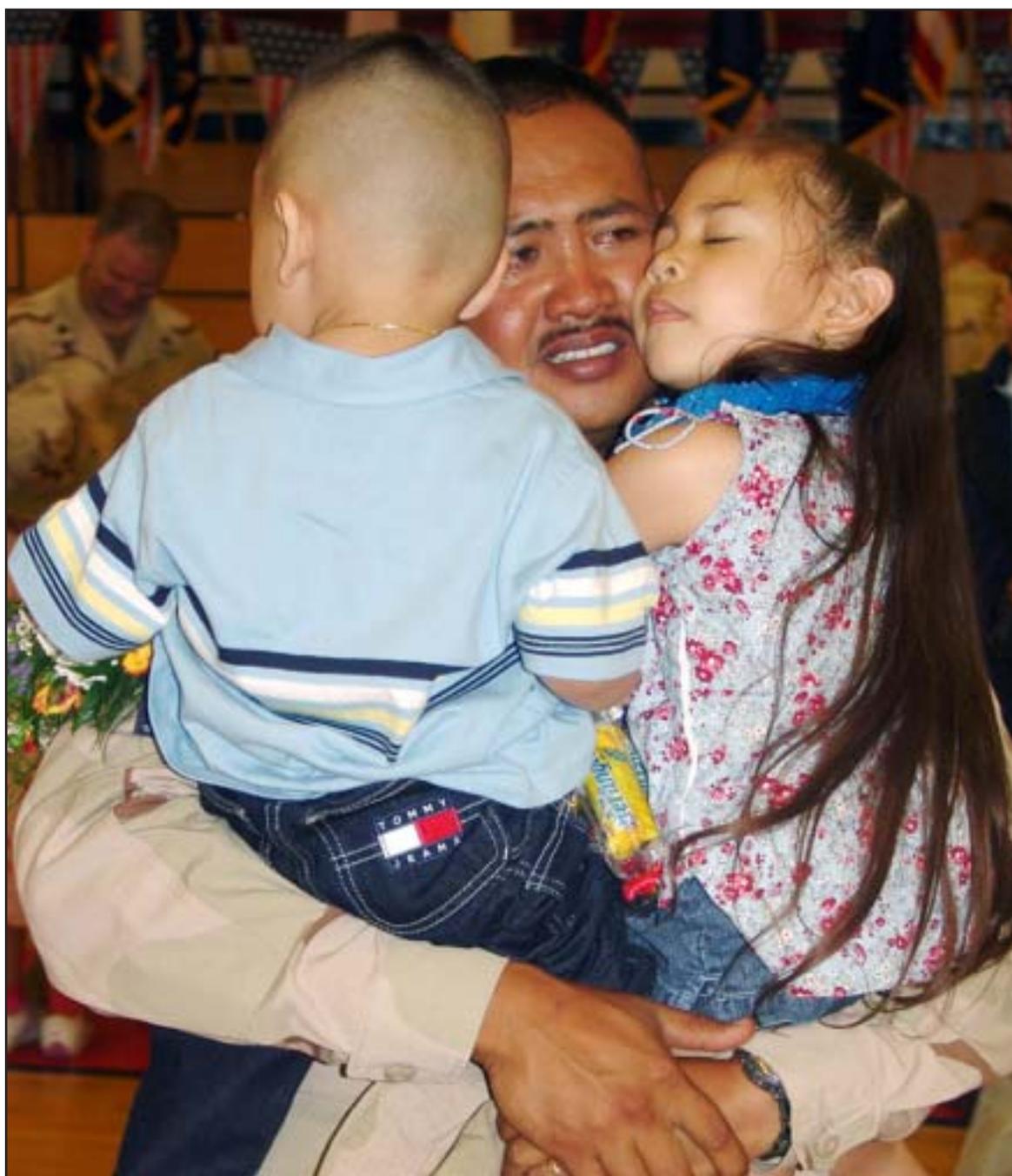


Photo by LeAnne MacAllister

Above, a returning Soldier is overcome by tears of joy as his children warm up to him after the welcome home ceremony. Above right, husband and wife share their joy after being reunited at the Hall of Champions. At right are just a few of the hundreds of "linen messages" that decorate the Baumholder community and welcome all returning soldiers.



Photo by LeAnne MacAllister



Photo by Ignacio "Iggy" Rubalcava

Welcome Back...we missed you
We are extremely proud of all you have done. You truly are America's heroes.
Sir Wilfred Grenfell, once said, "Real joy comes not from ease or riches or from the praise of men, but from doing something worthwhile."
The service that our Soldiers have provided for the World is both worthwhile and remarkable. Your contributions have been immeasurable.
A message from Baumholder's Army Community Service.

Medical corps receives infantry crash course

By LeAnne MacAllister
222nd Base Support Battalion
Public Affairs Office

Soldiers from the 464th Medical Company Dental Service participated in a three-day infantry field problem taught by the 1st Armored Division's 2-6 Infantry Battalion. Held July 12-14 for 49 participants, the program is the first of its kind.

Maj. William "Jay" Greenwood of the 464th Med Co DS determined that medical companies need infantry basics, especially if they are going to be deployed. Such basics include convoy procedures and the handling of weapons. Realizing the need, he looked for an infantry unit to assist the 464th Med Co DS. The program began just three weeks after contacting Capt. Ryan Bromenschenkel, 2-6 Infantry rear-detachment commander.

"My goal was to establish relations with an infantry unit who just returned from combat and to form an ongoing relationship in which their soldiers would teach the 464th Med Co DS realistic infantry basics," said Greenwood. "This program is like a pearl. The 464th Med



Photo by LeAnne MacAllister

Pfc. Jessica Merkle assembles an SAW M249 mounted on a vehicle. Merkle won the weapons assembly competition hands down.

Co DS has never done this before. We needed more than book training and meds training meds. This is what we needed. 2-6 Infantry has done a phenomenal job."

The Landstuhl Medical Company soldiers received the hands-on, out-of-the-book, realistic training Greenwood was looking for. Thirteen Soldiers from 2-6 Infantry, most of who recently returned from

Iraq, created and led the three-day program. Day one was spent covering basic infantry, tactical battle and weaponry skills, while days two and three covered convoy training, convoy operations and urban tactics. Lt. Col. Thomas R. Tempel, Commander, 464th Med Co DS, was especially pleased with the emphasis on convoy procedures, citing that Med Co units are highly vul-

nerable when moving.

The 464th Med Co DS Soldiers were tested on the skills that were learned, which included assembly and disassembly of weapons such as the SAW M249 and the 240B machine guns. "This course is very helpful. We need this information downrange. We've learned a lot down here in only three days," said Pfc. Jessica Merkle, who was the first to complete her weapons test successfully.

"We want to give the 464th Med Co DS a combat focus to prepare them in case hostile situations arise. It is very probable that these dentists may be attached to the 1st AD or another infantry unit during a deployment. Thus, having them prepared will in turn benefit their infantry counterpart," said Capt. Matthew Graham. Graham, who led the 2-6 Infantry team, also commented that the program was beneficial in developing his NCOs' and junior enlisted soldiers' ability to teach infantry basics.

The 49 Landstuhl participants rotated through various learning stations presented by the 13 mem-

bers of the 2-6 Infantry team. Stations in the rotation included mortar attacks, snipers, hostile/friendly crowds, Improvised Explosive Devices, fixed obstacles, small unit ambushes, movement through cities, room clearing and other applicable combat scenarios. "It's fun for us and good training for them. Plus it's worthwhile because they may need to use it downrange," said Spc. Gary Wirtz of Bravo Company, 2-6 Infantry.

Greenwood explained "The Med Co DS was not able to identify the necessary training until the infantry showed us what we need to know. Now the Med Co DS participants can take this experience back and use the hands-on lessons to repeat training on individual tasks and scenarios in a more realistic fashion."

Looking forward, Greenwood added that he hopes to incorporate this program in the deployment preparation process for all Med Co DS Soldiers going downrange. "The Med Co DS needs this training. This program should be made a standard."