

## Cultivate youth

Celebrate the Month of the Military Child with keep sakes from Arts and Crafts during the month of April. Bring in your child's art work to be framed and receive 10 percent off. Help bring out the creator in your little one by registering for any of the following classes. All classes are from 2-4 p.m. and you must register the Wednesday before.

- April 9, Kids Easter Egg Painting, \$2 per child per egg
- April 16, Foil Tooling, \$2 per child per project
- April 22, Cross Stitch, \$5
- April 23, Tye-Dye Shirts, \$5 a project
- April 30, Sand Art, \$2 per project

For more call mil 485-6687.

## Free fitness day

Spouse Appreciation Day at Rolling Hills Athletic Club is April 4 from noon-5 p.m.

You get unlimited Access to the fitness center (cardio room, weight room, aerobics room), whirlpools and saunas, and USAREUR's only indoor swimming pool. In addition, personal trainers will instruct you on top-of-the-line Cybex, Life circuit, Stairmaster, and Nautilus equipment. For more information call mil 485-6165.

## Just for teens

Boredom is not an option during Spring Break. Youth Services has the following events planned throughout the week.

- April 6, roller skating and Vogelweh Exchange
- April 7, Holiday Park Hassloch
- April 8, Bitburg Air Base and swimming
- April 9, cookout at the Underground

For more information call mil 485-6968/7276.

## Buccaneer Night

Buccaneer Night, Baumholder American High School's annual college scholarship fund-raiser begins at 5:30 p.m. April 23 at the Rheinlander Convention Center. It will be a pirate-style evening of fun, food, entertainment and raffles. There will be a theme basket auction and silent auction for various sports memorabilia beginning at 8 p.m.

Baumholder community organizations and individuals are invited to donate theme baskets for the auction. Basket donors may contact Kathy Madison at civ 186463 or by e-mail at [jmadison47@aol.com](mailto:jmadison47@aol.com)

There will be children's games, face painting and the Whopper Hopper will be available for children to let off steam.

## Sports officials

The Baumholder Sports Office

# Post notes



Photos by Ignacio "Iggy" Rubalcava

## Girls take over retreat

Above, Girl Scouts Natalie Opliger, left, and Raechel Inbody, Cadettes from Troop 077, assist Sgt. Andy Cramer Von Clausbach fold the U.S. flag after a retreat ceremony at the 222nd Base Support Battalion headquarters. At right, two Girl Scouts control traffic during the retreat ceremony. The girls took over the daily retreat ceremony as part of Girl Scout Week. The week culminated with a celebration at the Girl Scout Hut. The Baumholder Girl Scouts will also hold a bridging ceremony April 24 from 1-3 p.m. at the Neubrücke Youth Center. The ceremony celebrates the growth of the Girl Scout. All bridging girls who complete the requirements for their level of bridging will receive the bridging badge and Brownies ready to bridge will also receive wings. All scouts will receive a membership pin.



is looking for officials for all sporting events. For more information call the Baumholder Sports Office at mil 485-6671/7176.

## Let's volley

Baumholder Community League Volleyball is set and spiked and ready to go. The following play dates are scheduled.

- April 3 at Heidelberg
- April 17 at Darmstadt
- April 24 at Baumholder
- May 1 at Spangdahlem
- May 8 at Mannheim

## TIPOSH on line

Annual Refresher training in the Prevention of Sexual Harassment is now available on-line and must be completed by March 31. This training is only for persons who have already taken the basic TIPOSH here in Baumholder. This is manda-

tory yearly training. New personnel or those employees/supervisors who have not taken TIPOSH must take the Basic TIPOSH in a classroom setting.

## Suicide hotline

If challenges in your life are getting to be more than you can handle, you are not alone. Help is available by calling the suicide hotline. You can speak to a community chaplain directly by phone. There is no middle-person and everything is kept confidential.

The suicide hotline numbers are: mil 1988 (no prefix) or civ (06783) 999-2977.

## Hunt and brunch

Baumholder celebrates Easter with a free Easter egg hunt April 11 at the Rheinlander and Iron Soldier Park fields starting at 12:15 p.m.

Children ages 1-3 will have their hunt at the Rheinlander field. Children age groups, 4-6, 7-9 and 10-12 should go to Iron Soldier Field. For more information call Community Youth Services at mil 485-7003.

The Rheinlander will also offer a Sunday brunch April 11 from 10 a.m. to 1:30 p.m. by reservation only. The cost for adults is \$12.50; children 10-15 pay \$9; Children 6-9 pay \$6; and children 5 and under eat free.

There will also be numerous activities for children 2-10 years old at the Rheinlander from 10:15 to 1:30 p.m.

## Volunteer

Youth Services is looking for volunteers, youth and adults, to assist with special interest clubs and sporting/recreational events. For more information contact your

local youth center or visit Baumholder's youth web site at [www.baumholder.army.mil/youthsite/html/ys.htm](http://www.baumholder.army.mil/youthsite/html/ys.htm)

## Youth clubs

### Torch Club

Torch Clubs are chartered small-group leadership and service clubs for boys and girls ages 11-13. A Torch Club is a vehicle through which club staff can help meet the special needs of younger adolescents at a critical stage in their development. Torch Club members learn to elect officers and work together to plan and implement activities in areas like service to club and community, education, health and fitness and social recreation.

### Keystone Club

Keystoning is the boys and girls movement's most dynamic teen program. Keystone Clubs are chartered small-group leadership and service clubs for boys and girls ages 14-18. Keystoners elect officers and plan and implement their own activities in six areas that cover service to club and community, leadership development, education and career exploration, unity, free enterprise and social recreation. Keystone Club members and their advisors are eligible for nomination to steering committees which organize regional and national Teen Supreme Keystone Conferences attended by thousands of Keystoners each year.

### Teen Sports Club

The Teen Sports Club is a teen leadership group that promotes health, fitness and sports related careers in boys and girls clubs. Members meet on a regular basis to learn about issues inside and outside their club related to sports and fitness. Club members ages 13-18 volunteer at least 25 hours as referees, coaches, or in other athletic department support roles. Club leaders can attend Sports Leadership Camps in each of the Boys and Girls Clubs of America's five regions after completing their 25 volunteer hours.

For more information contact your local youth center.

## Ballet classes

Ballet classes are available for children ages 3 to 18. The cost is \$15 for a 30 minute class for children 3 to 4 years old and \$30 for an hour class for children 5 and older. For more information call mil 485-7003/7276. All participants must be registered with Community Youth Services.

## Instructors

Youth Services is always looking for qualified instructors to contract in instructional areas such as martial arts, gymnastics, music, tennis and more. For more information call mil 485-7276.

## CSM proud to serve with the best

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

Soldiers from the 90th Personnel Service Battalion were among the first to return to Baumholder from Iraq. The remainder of the unit trickled in throughout the following weeks and because soldiers of the 90th PSB are assigned to Baumholder and the Kaiserslautern military community, their welcome home ceremony was held at Kleber Kaserne in Kaiserslautern March 16.

After the ceremony, Command Sgt. Major Divina Bobb gathered the soldiers and thanked them for all their efforts during their 371-day deployment.

"Thank-you so much for all your support," she said. "The colonel (Lt. Col. John D. Pauge, commander, 90th PSB) and I are so proud of you guys. We kept that promise. You all remember before we took off we went to each one of the communities, the 510th PSB and 90th PSB and we talked to your family members (those that attended) and we promised that we would bring you back safely. If it wasn't for your support that would have been hard to do," she said.

Visibly glad to be back herself, Divina peppered her speech with the occasion "Hooah."

"We left as a team, we came back as a team. I think you all agree, and your family members will agree, you came back a better person," she added.

"You all were good when you left, you're even better now. That's because of your hard work and your endurance," said Davina.

She then turned her focus to the family members who stayed behind.

"Now," she told the soldiers, "you all need to go back and make sure you tell your family members you really appreciate all their support because I know for a fact that if it wasn't for them supporting you, you would have had a hard time lasting that year."

Before releasing them for block leave, she said, "I'm proud to be your sergeant major

and I'd do it again if we got called upon. You all have a save trip back, enjoy your leave, Hooah!"

The deployed soldiers included members of the 90th Headquarters, Headquarters Detachment, Alpha Detachment 90th PSB, Bravo Detachment, 90th PSB, Charlie Detachment, 510th PSB and the 90th Postal Detachment.

During its 371 days of deployment, the battalion covered a lot of sand. "We started off in Camp Virginia, Kuwait," said Davina.

From their, some of the battalion's elements moved to Bushmaster, Iraq and then to Dogwood and eventually to Baghdad International Airport and Anaconda. "Some of our forces were in Kirkuk and in Mosuel, so we were all over the place," said Davina. The headquarters itself was finally stationed in Anaconda.

The battalion was responsible for personnel services, postal and casualty liaison. They also augmented the award cell for CJTF7, the

R and R program and the redeployment cell.

Despite having been all over the Iraqi map, the unit was very fortunate in that they suffered no casualties. "All of our soldiers came back, every one of them. We had no serious injuries. We were very fortunate, no deaths, they all came back," said Davina.

She summed up her 371 days in Iraq by saying, "This has been a very rewarding experience and I was fortunate enough to work with some of the very best."



Command Sgt. Major Divina Bobb, 90th Personnel Service Battalion talks to the soldiers immediately after their welcome home ceremony March 16 at Kleber Kaserne in Kaiserslautern.



Photos by Ignacio "Iggy" Rubalcava

Soldiers of the 90th Headquarters, Headquarters Detachment present arms during their welcome home ceremony. At right, not even the Commander of the 90th PSB, Lt. Col. John D. Pauge, escapes the needle of Spc. Ryan Robnett at the reintegration facility. All returning soldiers must provide a blood sample for testing.



## Free meal is expression of gratitude

By Ignacio "Iggy" Rubalcava

222nd Base Support Battalion  
Public Affairs office

A cornucopia of calories, a veritable beggar's banquet, was served up to members of the 222nd Base Support Battalion March 2 when Sheila Willis showed up with a free meal for everyone in the building. On the menu were generous portions of turkey, roast, chicken with noodles, smoked sausage with baked beans, corn on the cob, collard greens, string beans, rice, cake and pie.

Totally unsolicited, Willis decided to cook an entire meal for the 222nd BSB. "I just wanted to express my gratitude. A lot of things have happened since the guys have been gone and I just wanted to do something nice," said Willis.

"I do it for the company once or twice a month but I've also done it when my husband and I have been stationed at other places. I just enjoy cooking and I love to see people eat," she said. Her husband, Sgt. Jack Mathew Willis Jr., is a member of C Company, 1-6 Infantry.

Cooking is no chore for Willis. "My husband says it always amazes him how much food I can cook. When I was growing up we always cooked and there were always people in our house, eating. My mother and my grandmother used to say that's the best way to express your feelings and gratitude – to feed people."

But this military wife is not just a great cook. She is a patriot who's heart and soul brim with military tradition.

She has nine brothers who either are still in the military or are



Photo by Ignacio "Iggy" Rubalcava

Lt. Col. Todd A. Buchs, 222nd Base Support Battalion commander surveys the free banquet cooked up by Sheila Willis, also shown in photo. Not only was the food free, the delivery was also at no cost to the consumer, the 222nd BSB.

retired. "I have one brother, who, we don't know what he was thinking – he went in the Navy. There are five that are retired, two that are still in (the Army), the one in the Navy, and one in the Marines," she said.

Being a military wife and the American patriot that she is, 9/11 had a real impact on her life.

"I had a half brother and also a couple of friends who were killed in the Pentagon during 9/11. It didn't affect my way of thinking as far as the military, but it did make me think about the safety of my country,"

she said.

"As Americans, we kind of get complacent because those type of things don't always happen," Having been born and raised in Washington D.C., Willis knows that one of the things you see when you enter Washington coming from Virginia, is the Pentagon. "It's this big beautiful white building. When my husband and I went home to Washington D.C. after serving in Kosovo, we went there to visit. We stopped and we couldn't believe that there was this big hole. It was a big miss-

ing part of the Pentagon. It kind of woke me up to the fact that we can't take life for granted," she said.

"I couldn't believe that they did that but I didn't feel hatred. I felt hurt and I felt like there was an invasion." Growing up, Willis never worried about terrorism. "We never even talked about it. I grew up in the 50's so that was like, terrorism? What? What's that? That wasn't something that we thought about.

"I have six grand kids, though, and trying to explain to them why the people did what they did has been kind of hard, you know, because they're children. They don't really understand. When they see these kids from Afghanistan or Baghdad, that don't really have a home or have lost family members, they are really hurt for them because they don't have what they have," she said.

Her husband, who is currently deployed to Iraq, also served in Desert Storm and is always on the move. "Where ever we have been assigned, as soon as we hit the three month-mark he's gone, so she says she is definitely looking forward to his return.

"I know probably he'll have to go somewhere else down the line, or what ever, but this is the life that we chose," she said.

Willis says that her husband tells her his job in Iraq is a hard one but when he sees how the Iraqi children and even the adults want something as simple as an MRE, that really gets to him and makes him do his job. "It gives him the motivation to do his job, to help them. At first he couldn't understand. But he says some of the people are very nice and a lot of them do want them

there, so when he hears that from them and he sees their gratitude, he says that gives him the motivation to do his job, even though it's hard," she said.

Speaking about the military in general Willis explains, "Sometimes he says he doesn't want to continue, especially when things don't go right but we try not to look at the bad parts. I mean it's not an easy job. I don't do his job. I just try to make our home life easier for him in order for him to do his job."

Naturally, Willis knows first hand that life in the military can be hard and demanding at times but she says, "My husband could never tell you what I don't like about the military because I never tell him. I never express that. I keep it to myself. And it's not that much that I don't like. There are things that get on my nerves, but nothing that I could say that I hate it because I don't. I really cannot say that. I know there are a lot of people who don't like it but I don't feel that way.

"I also know a lot of people don't like Baumholder," she said. But for Willis, being in the military and being stationed in Baumholder is what you make of it. To me, when you think of it in such a negative way, that makes it that much more stressful. It has its pluses and its minuses but I don't focus on the minuses and I think if men and women were to do that, they wouldn't have the attitudes that they do. I really believe that. It's a good organization and personally, I don't see anything wrong with it. It's what you make it.

And making the most of it is what Willis does best, by feeding people.

## DIVARTY interrogator works behind the scenes

Story and photo by Staff  
Sgt. Mark Bell  
372nd MPAD

Being able to gather information that helps prevent terrorist attacks against the Iraqi people or coalition forces provides a military intelligence Soldier with the motivation to continually improve.

Working behind the scenes, Spc. Daemon Lowell, 22, who calls Virginia Beach home, is a human intelligence collector, more commonly known as an interrogator, assigned to the 1st Armored Division Artillery Combat Team.

Lowell is one of several interrogators assisting Soldiers and paratroopers assigned to the DCT with information needed for their missions in southern Baghdad.

Lowell said his ability to speak

fluent Arabic is very useful in certain situations.

"When I want to get a special point across I don't want the interpreter to have to speak for me," he said.

Because words have greater impact coming from the original source, Lowell said a detainee hearing interrogators speaking Arabic does several things.

"First, it shocks them when they realize that everything they have said to the interpreter was understood by the interrogator — especially when the detainee asks the 'Terp' for help," he said.

"Secondly, when trying to gain the trust of the detainee so that he will trust my word and give me information, speaking Arabic makes him lower his guard because I am not as



Spc. Daemon Lowell conducts preventative maintenance checks on his section's vehicle.

strange to him anymore."

Although Lowell does not accompany his comrades on operations, his commitment to the mission is just as intense as any infantryman or artilleryman walking the streets of Baghdad, he said.

"The most satisfying part of my

job would have to be when a prisoner starts telling all, and I am able to report that information and we are able capture other criminals," he said. "I get such a great feeling inside when people are captured that are trying to halt the progress and development of Iraq and kill my fellow Soldiers."

Lowell said his good feelings are multiplied when information that he has gathered prevents a terrorist incident or leads to the apprehension of additional insurgents.

The only downside to his job is filling the out stacks of paperwork required after each interrogation, he said.

"The reports are not particularly difficult, but they are tedious and tiresome," said the three-year Army veteran.

Based on his observations of detainees, "bad guys" come from all segments of Iraqi society.

"I have seen people from every walk of life—from the inordinately wealthy businessman to the 'Average Joe' and even an insane man," he said.

However, the detainee's human rights are respected — no matter his or her station in life, he said. The tone of the interrogation depends on the detainee's attitude.

"If they are cooperative and don't give me a hard time, I am a very friendly person," he said. "If they decide that they want to play games, well, we play games too," he said.

Lowell said he gets up every morning knowing he is doing his best to serve his country to the utmost of his ability.

## Charlie 2-6 soldiers return home

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

Exactly a year and one day after departing for Iraq, Charlie Company, 2-6 Infantry Battalion is back in Baumholder. Charlie Company was the first large contingent of soldiers to depart for Iraq in March of last year and they are the first large group to return. The company arrived at Ramstein Air Base, Germany during the early hours of March 18. After retrieving their equipment they were bussed to Baumholder where a welcome ceremony awaited them.

Unlike previous deployments, they were not turned loose to fend for themselves and bring their military and personal affairs in order before going on block leave. Instead, all soldiers began a regimented seven-day reintegration process that includes everything from medical processing to the collection of household goods.

This new concept ensures all soldiers complete all their required tasks before going on block leave.

The process also puts heavy emphasis on reintegrating the soldiers with their families and into the community. Returning from a lengthy deployment such as this one can be a stressful time for the family and the soldier, therefore, much emphasis is being placed in harmoniously reuniting family and soldier.

The benefits from this new concept are many and everyone is a beneficiary. First and foremost, it benefits the soldier. All agencies involved with reintegrating the returning soldier have been consolidated in one facility – the reintegration facility. This makes it easier for the soldier to accomplish tasks like vehicle registration, medical screenings, legal assistance and the like. For example, before this new process was established, a soldier requiring legal assistance made his way to the legal office located on the outskirts of Smith Barracks behind all of 2nd Brigade's major facilities. If his next stop was vehicle registration, it involved a trip that included traversing the length of Smith Barracks, leaving the post, passing the Provost Marshal's office and entering Quartermaster Kaserne. The new concept puts these two agencies just steps away from one another, a process that is repeated time and again with other agencies in the reintegration facility.

For commanders, the process is an invaluable management tool. It helps track all reintegration requirements and ensures soldiers do not "fall through the cracks."

"Taking care of all the soldier's needs and requirements up front helps us avoid potential problems further down the road," said Lt. Col. Todd A. Buchs, 222nd Base Support Battalion commander. "When the soldier completes his reintegration, he is ready for block leave and when he returns, he is prepared to continue his training, maintain his equipment and prepare for any possible future contingency," he said.

"We are laying the foundation for this concept and hopefully, future commanders and soldiers will also be able to reap its benefits," said Buchs.



Photos by Ignacio "Iggy" Rubalcava

Above, Spc. Daniel J. Eckert, C 2-6 Infantry Battalion, departs the Hall of Champions after the welcome home ceremony. Below, soldiers and family members reunite after a year's absence.

