



Lena Stange/USAG Wiesbaden Public Affairs

The U.S. Army Europe Band performs during a Black History Month observance Feb. 21 at the Tony Bass Auditorium. The band played songs highlighting the influence of Africans and African Americans on the evolution of music.

Observance celebrates evolution of African American culture, music

Lena Stange

USAG Wiesbaden Public Affairs

Twelve million people had to leave their home countries because of the transatlantic slave trade, and 1.5 million did not make it to their final destination, said the guest speaker at the Black History Month observance Feb. 21 on Clay Kaserne.

This year's observance had a special theme — the Black Migrations — because the year 2019 marks the 400th anniversary of the arrival of the first slaves in Jamestown in 1619, said

Michael Bartelle, guest speaker and vice president of overseas operations at Andrews Federal Credit Union.

Even though the transatlantic slave trade was abolished in 1833, it continued even after the Civil War concluded in 1865, Bartelle said.

In 1870, black Americans were counted in the census for the first time. At that time, the United States comprised approximately 38 million people, 4.5 million of whom were black. The vast majority were located in

the southern part of the United States, he said.

Since the conditions for black people did not change, "they were looking for greater opportunities for themselves, and their families and their future. Thus, began the first migration of those going from the south to the north," Bartelle said.

"This evening, we ask all to reflect on the cultural, scientific, political, economic and military contributions of African Americans," said Col. Greg Holden,

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Host nation counterparts visit garrison

Lena Stange

USAG Wiesbaden Public Affairs

Members of the Landeskommmando Hessen visited Clay Kaserne Feb. 26 to uphold the tradition of the annual luncheon hosted by U.S. Army Garrison Wiesbaden for their official host nation partner unit.

"We are happy that we have this relationship, and we hope it continues for a long time," said Garrison Commander Col. Noah Cloud. "Sometimes it seems as though these things aren't necessarily all that important right now, but there will come a time when things are stormier and not as they may seem right now, so now is the time to strengthen relationships and partnerships and to get to know one another."

German Army Col. Siegfried Zeyer, Landeskommmando chief of staff, sees it as a task of the German

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Beny retires after 10 years of service

Anna Morelock

USAG Wiesbaden Public Affairs



Beny logged 3,000 hours of anti-terrorism measures, 150 health and welfare searches and more than 100 customs patrols.

The U.S. Army Garrison Wiesbaden military police community wished one of their own good luck and farewell during a retirement ceremony Feb. 22 at the Taunus Theater.

Eleven-year-old Beny, a military working dog with the 525th Military Working Dog Detachment, lay on stage at the feet of his soon-to-be owner as his career achievements were highlighted for the crowd — 3,000 hours of random anti-

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KEEP MOLD AT BAY
Ventilation is key to mold-free living quarters. **Page 8-9**

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SHARP race, other activities promote prevention. **Page 4**

WHERE'S ROCKET?
Find the stuffed toy at the Library and win a prize. **Page 12**

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BENY

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terrorism measures; 150 health and welfare searches; and more than 100 customs patrols.

Since his graduation from dog training school at Lackland Air Force Base in 2009, Beny served the Baumholder and Wiesbaden military communities and traveled across the U.S. Army Europe footprint in his role as a drug-detection dog. He taught 10 different handlers, and his last, Sgt. Ryan Borjas, said he definitely learned from the 90-pound German shepherd.

It was great to be partners with Beny for almost two years, Borjas said, and he said he is happy to see him heading to a good home where he'll receive plenty of attention in retirement.

Beny was retired due to a degenerative medical condition and will become the only dog in the house of another MWD handler, Sgt. Mathew Dobson, and his wife.

While Beny carried the rank of staff sergeant — one higher than that of his handler — Dobson said in the dog world, Beny is definitely a command sergeant major.

"He's a really sweet boy," Dobson said, "and he needs a good home, so we decided to adopt him so he can have his last few happy years."



ABOVE: Beny looks back at his handler, Sgt. Ryan Borjas, as Sgt. Mathew Dobson accepts an award on Beny's behalf from Capt. Jennifer Lenz, commander of the 529th Military Police Company. Beny, a military working dog, who retired Feb. 22 after 10 years of Army service, was adopted by Dobson. LEFT: Beny lies at Dobson's feet.

Anna Morelock/
USAG Wiesbaden Public Affairs

BLACK HISTORY

Continued from page 1

the commander of the 66th Military Intelligence Brigade. "We remember and honor those who rose above inhumane conditions to become leaders not only in society but in the defense of our nation."

The U.S. Army Europe Band guided the audience through the evolution of American music and showed the influences of Africans and African Americans on music.

"The people of Africa have a culture incredibly rich in diversity and distinction," said Sgt. Andrew Hahn, percussionist and equal opportunity leader with the USAREUR Band. "Even from the most ancient times African people have been sharing unique musical concepts with the world. . . . The next time you turn on the radio and you find yourself grooving to a piece of music, take a moment to think of the influence that African Americans had in bringing that innovative music to your stereo."



ABOVE: Kayla Sanders conducts a praise dance at the Black History Month observance Feb. 21 on Clay Kaserne. LEFT: The U.S. Army Europe Band performs music highlighting the influence of Africans and African Americans.

Lena Stange/USAG Wiesbaden Public Affairs

Find our list of home-based businesses and learn how to become a garrison approved HBB at www.herald-union.com/usag-wiesbaden-approved-home-based-businesses.

PARTNERSHIP

Continued from page 1

military to promote good relationships with their American counterparts. "The American armed forces are a crucial partner for us," he said.

Prior to the luncheon, the Wiesbaden Army Airfield staff showed off a static display of a UH-60M Black Hawk helicopter and a C-12 fixed wing to the Landeskommando members. The pilots, Warrant Officer Sebastian Vasquez and Chief Warrant Officer 2 Garrett Gillie, and Airfield Safety Officer Jon Crocker, were there to answer questions.

The second part of the tour was the fire department. Shift Leader Thomas Gräf explained how the on-post fire brigade is organized and working as opposed to the off-post German Feuerwehr. Landeskommando members got an up-close view of the fire trucks and took a ride on the aircraft firefighting truck Panther that carries water, foam agent, hoses, nozzles and rescue equipment in case of an airfield incident.

The encounters on Clay Kaserne are always very pleasant, said Landeskommando Cpl. Jochen Knoblauch, who organizes many of the other partnership activities, such as joint trainings and qualification events where American Soldiers can earn the Schützenschnur, a German armed forces badge for weapons proficiency.

Knoblauch emphasized the importance of maintaining close ties with the Americans. "Sometimes you can meet your direct counterpart here; that means I can get to know who works on the American side in a similar duty like mine at the Landeskommando," he said, "And you can see what the armed forces actually do here in our country. . . so, we can be the mouthpiece into the units and tell our Soldiers, 'Hey, I was there; it was awesome.'"



LEFT: Members of the Landeskommando Hessen, the garrison's official host nation counterpart, get an up-close view of a UH-60M Black Hawk helicopter.

BOTTOM LEFT: Members of the German Landeskommando and Garrison Commander Col. Noah Cloud look at static displays on the airfield on Clay Kaserne.

BELOW: Pilot Warrant Officer Sebastian Vasquez talks with Landeskommando Chief of Staff Col. Siegfried Zeyer in front of a C-12 fixed wing.

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USAG Wiesbaden Public Affairs



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News flash

Daylight saving

Clocks move forward one hour at 2 a.m. March 31 in Germany. The time change happened March 10 in the U.S.

Upcoming holidays

Community members should be aware of the following U.S. federal and training holidays, which may affect garrison front-door services and host nation holidays, which will affect businesses and services off post, as well as some on post staffed by local nationals.

March 15 — Training holiday

March 18 — Training holiday

April 5 — Training holiday

April 8 — Training holiday

April 19 — Good Friday, German holiday

April 22 — Easter Monday, German holiday

Call before you go on U.S., training and German holidays. Find the garrison phonebook at the new website: home.army.mil/wiesbaden.

Soldiers should confirm with their local chain of command whether they have a federal or training holiday off.

Vehicle inspection

U.S. Army Garrison Wiesbaden personnel may now schedule a vehicle inspection appointment online by going to home.army.mil/wiesbaden and clicking the "My Wiesbaden" tab at the top, then scrolling to the "Vehicle Registration" section and then clicking the link for "Online Appointments for Vehicle Inspection." A vehicle registration appointment can be made through a separate link on the website.

Next CIE

If you missed the Jan. 30 Community Information Exchange, view the slides on the garrison website at home.army.mil/wiesbaden. Click "My Wiesbaden," then "News and Info" for the link, also available at www.herald-union.com/community-information-exchange. The next CIE is at 9:30 a.m. March 27 at the Wiesbaden Entertainment Center.

Shuttle bus

Find the current shuttle schedule on the garrison website. Go to home.army.mil/wiesbaden and mouse over "My Wiesbaden," and then click "Getting Around."

Emergency numbers

For on-post emergencies call the military police at (0611) 705-114 or DSN 114; for an ambulance or in case of fire on post call (0611) 705-117 or DSN 117. For off-post emergencies call 110 for the German Polizei or 112 for the German Fire and Rescue.

Do your part to keep sexual assault out of the Army

USAG Wiesbaden Public Affairs

April is Sexual Assault Awareness and Prevention Month. Sexual harassment and sexual assault undermine the Army's ability to effectively carry out its mission.

This year's theme is, "SHARP: Shaping a Culture of Trust. Protecting our People Protects Our Mission."

Several events are planned with the goal of increasing awareness of sexual assault and harassment, and enabling Soldiers, Family members and other community members to prevent and respond to sexual assault and harassment.

SAAPM Kick-Off and Look SHARP! Clothing Exchange

Community members are invited to swap gently used children's, women's, and men's clothing and accessories from 11 a.m. to 6 p.m. April 2 at the Wiesbaden Entertainment Center. This Family event includes youth activities, information about community SHARP programs and resources designed to raise awareness.

SHARP Amazing Race

This annual race is a timed group event, requiring teams to use clues to locate activity stations and solve SHARP awareness challenges. Once a team solves a station, they will receive the clue to the next station. Upon completion of all stations, the team will complete a final physical fitness challenge. Participants must register their team of five and a team name by April 13 at www.eventbrite.com/e/sharp-amazing-race-2019-registration-53004183941. The race is from 6:30-9:30 a.m. April 19



Emily Jennings/Herald Union file

A team completes a challenge during the 2018 SHARP Amazing Race. This year's race will be April 19. Teams must sign up by April 13.

at the fitness center on Clay Kaserne. Team check-in begins 5:45 a.m. and closes at 6:15 a.m.

Denim Day

Commanders and civilian leaders are highly encouraged to allow their personnel to wear denim April 24 as a symbol of protest against erroneous and destructive attitudes about sexual assault. The garrison SHARP office will host a photo contest between all directorates, tenant organizations and agencies. Photos showing Denim Day support should be sent to deborah.j.wagner11.civ@mail.mil by April 26. They will be judged by community members and leaders based on how they best exhibit the spirit of Denim Day.

Drive Out Sexual Assault Golf Scramble

Rheinblick Golf Course will

host a golf scramble from 9 a.m. to 2 p.m. April 25. SHARP awareness and prevention information will be provided throughout the course. The cost is \$45 per individual and includes: golf cart, club rental, range token and lunch (sandwich/cheeseburger, fries and drink). Fees will be paid to the RGC on the day of the event. Teams of four must register at: www.eventbrite.com/e/2019-drive-out-sexual-assault-golf-scramble-tickets-53004406607. Registration closes April 19.

Strike Out Sexual Assault Bowling Event

This event takes place from 2-6 p.m. April 29 at the Wiesbaden Entertainment Center. Community members are invited for an afternoon of bowling to increase awareness of the problem of sexual assault. There is no cost for bowling, which will be time limited.

Volunteer fair

Sarah Graham (left), military spouse, gets information on volunteering from Grace Lauer, Wiesbaden Community Spouses' Club Thrift Shop manager, during a volunteer fair Feb. 22 at the Exchange on Hainerberg. The thrift shop will need additional volunteers during their move from Mainz Kastel to Hainerberg, beginning March 12 through their grand opening in their new location by the Taunus Theater, planned for the spring. Also in attendance at the volunteer fair were Army Community Service, the USO and the 66th Military Intelligence Brigade.

Emily Jennings/USAG Wiesbaden Public Affairs

IMCOM transitions to Army Materiel Command

Susan A. Merkner

U.S. Army Installation Management Command Public Affairs

JOINT BASE SAN ANTONIO-FORT SAM HOUSTON, Texas — Installation Management Command was formally acknowledged as a major subordinate command of Army Materiel Command during an assumption of authority ceremony March 8.

The transition establishes unity of command and effort on installations, improves the readiness of Soldiers and formations, and strengthens the well-being of Soldiers, civilians and Families.

The move, part of the Army's ongoing reforms, was effective March 1 to free up resources for readiness and modernization efforts and to improve overall efficiency.

Gen. Gus Perna is commanding general of Army Materiel Command, based at Redstone Arsenal, Alabama.

Lt. Gen. Bradley A. Becker, IMCOM commanding general, continues to serve from Fort Sam Houston, Texas.

No military or civilian personnel moves are expected at this time due to the realignment. IMCOM has 50,000 employees worldwide.

Perna said Army installations play a vital role in establishing military might and sustaining troops and praised IMCOM professionals for their work.

"The realm of responsibility you have is incredible," Perna said. "We are very grateful for what you have done."

Becker thanked AMC leaders for their recent support.

"There is real value in having a higher headquarters," Becker said. "We think alike, and we share a culture of service."

IMCOM is the 10th command aligned under AMC. Its realignment reinforces

the Army's priority of readiness, ensuring all installations are postured to provide the best support, services and facilities.

AMC performs installation support and service functions, from management of installation power-projection platforms to installation contracting services.

This realignment consolidates base operations and other similar support functions under one command and leverages the Army's existing expertise in logistics, sustainment and services.

This effort is one of the ongoing reforms of management and headquarters to make the Army as efficient as possible and ensure the prioritization of resources to readiness and modernization.

The Army continues to focus on reform to modernize the force and increase lethality in support of multi-domain operations.



Neal Snyder /IMCOM

Gen. Gus Perna (left), commanding general of Army Materiel Command, assists in unfurling the AMC flag, along with IMCOM Command Sgt. Maj. Melissa A. Judkins and Lt. Gen. Bradley A. Becker, IMCOM commanding general. An assumption of authority ceremony was held March 8 at Joint Base Fort Sam Houston, Texas, to commemorate IMCOM becoming a major subordinate command of AMC.

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AER campaign kicks off 77th year

Emily Jennings
USAG Wiesbaden Public Affairs

U.S. Army Garrison Wiesbaden kicked off the 2019 Army Emergency Relief campaign during a breakfast Feb. 28 at the Strong Europe Café dining facility.

USAG Wiesbaden Senior Responsible Officer Brig. Gen. Ellen Clark, Commander Col. Noah Cloud and AER Chief Financial Officer retired Lt. Col. Joel Levesque stressed the importance of Soldiers helping Soldiers through AER, which has been operating for 77 years.

“In those 77 years, a lot has changed,” Clark said. “But one thing that has not changed is that AER is a great way to aid your battle buddies in time of need. The Army is a Family, and through AER we can help take care of each other.”

AER provides interest-free loans, grants and scholarships for Soldiers, retired Soldiers and their Families. It

helps pay for things such as emergency travel, health care expenses, food, rent or mortgage, minor home repairs and other expenses.

Cloud said what stands out to him most about AER is the efficiency of the program. “The vast majority of the resources go straight to the Soldiers,” he said.

AER gives Soldiers an opportunity to resolve a problem without getting themselves into insurmountable debt, said Federica LeMauk, USAG Wiesbaden AER officer.

“Our number one priority is readiness,” Clark said, “And AER can help when Soldiers need it, allowing them to focus on their missions.”

The goal of the kickoff breakfast was to raise awareness of the program, Levesque said. “We help 99 percent of the people that come to see us... Our motto is ‘Soldiers helping Soldiers.’

“One of the wonderful things about this is that it’s a commander’s tool,” he



Emily Jennings/USAG Wiesbaden Public Affairs

U.S. Army Garrison Wiesbaden Senior Responsible Officer Brig. Gen. Ellen Clark (from left), Army Emergency Relief Chief Financial Officer retired Lt. Col. Joel Levesque and Garrison Commander Col. Noah Cloud cut a cake following the AER kickoff breakfast Feb. 28 at the Strong Europe Café dining facility.

said. “Company commanders can actually give a no-interest loan up to \$2,000 if they perceive a valid need.”

A 5k run is planned for 6 a.m. April 26 at the fitness center and a golf tournament is planned for May 17 at the Rheinblick Golf Course. Follow the garrison on Facebook, visit the garrison

website, home.army.mil/wiesbaden, and read next month’s Herald Union for details.

This year’s campaign ends May 17. Visit www.aerhq.org for more information on AER eligibility and programs, or stop by ACS and talk to LeMauk.

Spring Bazaar

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 Su • 10 a.m. - 5 p.m.









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Community notes

Change of hours

Effective March 18, the Exchange's main store, located inside of the Hainerberg shopping center, will change hours of operation from opening at 9 a.m. to opening at 10 a.m., Monday through Saturday. The Sunday hours of operation will remain the same. New hours are Monday through Saturday 10 a.m. to 8 p.m. and Sunday 10 a.m. to 7 p.m.

Spouse orientation

Network with subject matter experts, meet fellow spouses and learn more about your home away from home during the spouse orientation from 9 a.m. to 1 p.m. April 17 at Army Community Service. Free child care is available. Call ACS at (0611) 143-548-9201 to make reservations.

Kinderfest and egg hunt

Wiesbaden Child and Youth Services celebrates the Month of the Military Child with a Kinderfest and Egg Hunts on April 20 from 11 a.m. to 2 p.m. at the Wiesbaden Entertainment Center. Youth ages 18 months to 12 years are invited to take part in the egg hunts. The fest will feature festive music, arts and crafts, balloons, a bouncy castle and face painting.

Volunteer appreciation

The garrison will host a series of activities during Volunteer Appreciation Week, April 21-27. These include a Volunteer Outreach and Recruitment Fair from 10 a.m. to 1 p.m. April 23 at the ACS cafeteria; a Volunteer Recognition Ceremony from 6-8 p.m. April 26 at the Community Activity Center; and a Volunteer Community Service Project from 10 a.m. to 3 p.m. April 27. Call (0611) 143-548-9201 for more information.

TOPPERS awards show

Volunteers and staff of military community theaters throughout Europe will gather at the Wiesbaden Sports, Fitness and Outdoor Recreation Center April 27 to celebrate their outstanding achievements. For more information, call (0611) 143-544-9656.

Trivia night

Show off your trivia knowledge during the Wiesbaden

Entertainment Center Lounge's trivia nights at 7 p.m. April 17. Call (0611) 143-548-9406 for details.

Car care class

The Wiesbaden Automotive Skills Center holds a basic car maintenance class from 10:30-11:30 a.m. April 28. Cost is \$10. Call (0611)143-548-9817 to register.

Library maker space

The Wiesbaden Library features "Container Gardens: Spring is Coming" at 4 p.m. April 6 during its monthly maker space session. Register at the library or by calling (0611) 143-548-9821.

City walking tour

Learn how to navigate around the city, shop on the economy and use public transportation during a Wiesbaden walking tour April 18. Bring euros for public transportation, shopping and dining. Call Army Community Service at (0611) 143-548-9201 to register.

"Avenue Q"

The Amelia Earhart Playhouse presents the Tony Award winning musical "Avenue Q," a humorous look at friendship, self

discovery and searching for the ever-elusive purpose in life. Play dates are at 7 p.m. April 5 and 6. Purchase tickets at the playhouse or Arts and Crafts Center.

Auto Skills can help

The Wiesbaden Automotive Skills Center on Clay Kaserne North offers a variety of services including a wheel alignment service, tire pressure monitor system repair, basic maintenance class for spouses and more. Stop by to find out about these services or to work on your own vehicle. Call (0611) 143-548-6679.

Everyone's an artist

The Wiesbaden Arts and Crafts Center offers art classes on Tuesdays and Saturdays. Call (0611) 143-548-9838 for details.

Preschool story time

Children up to age 6 are invited to the Wiesbaden Library at 10 a.m. Thursdays for an hour of stories, crafts and songs.

Host nation orientation

Army Community Service sponsored host nation orientation is a great way for newcomers to learn about German culture, language, public transportation and tips about living in our community.

Host nation orientation is held every Tuesday from 9 a.m. to 5 p.m. at the Wiesbaden Entertainment Center. Call Army Community Service at (0611) 143-548-9201 for more information.

Spanish story time

Children up to age 6 are invited to enjoy stories, songs and more in Spanish during Spanish Language Story Time every second Tuesday of the month from 3:30-4:30 p.m. at the Wiesbaden Library.

Guitar and bass lessons

Enjoy individual electric and acoustic guitar lessons or electric bass guitar lessons for adults at the Wiesbaden Arts and Crafts Center. Beginners are a specialty. The fundamentals, music reading, music theory and information about the music business are included in the course. Lessons are 30 minutes long and generally available from 2-4 p.m. Tuesday through Friday. Lesson times are subject to availability. Ask about available lesson slots

at the Arts and Crafts Center or call (0611) 143-548-9838.

Improve your English

Army Community Service hosts English as a Second Language Basic classes from 9-11 a.m. Wednesdays. Sign up for the free classes at ACS in Bldg. 7790 on Hainerberg or call (0611) 143-548-9201.

Play Morning

Play Morning is a play group for children ages 12 months to 3 years that meets from 10-11:30 a.m. Fridays in Bldg. 7780 on Hainerberg. Call (0611) 143-548-9201 for more information.

ACS classes

Army Community Service offers free classes throughout the month, including Army Family Team Building training, a Resume Seminar, Banking and Checking Accounts and Home Buying. Check out wiesbaden.armymwr.com/europe/wiesbaden/programs/army-community-service-acs and click on the calendar link for times and locations.

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Ventilation, eliminating moisture keys to stopping mold in its tracks

U.S. Army Garrison Wiesbaden
Safety Office

Mold is something most people don't think about until they see it. Or smell it. Being proactive is the best way to keep mold at bay. This means increasing ventilation, removing moisture and immediately cleaning any beginning signs of its growth.

So, once you detect mold in your house or apartment, what's the best course of action?

Some types of mold are more dangerous than others, but the Centers for Disease Control and Prevention says testing is neither necessary nor reliable.

"If you are susceptible to mold and mold is seen or smelled, there is a potential health risk; therefore, no matter what type of mold is present, you should arrange for its removal," according to the CDC's website.

According to the Environmental Protection Agency, if the problem is relatively small in size, it can be cleaned up without professional help. "If the moldy area is less than about 10 square feet (less than roughly a 3 foot by 3 foot patch), in most cases, you can handle the job yourself."

Areas that are often wet or damp are particularly susceptible to mold.

"If there's some mold in the shower or elsewhere in the bathroom that seems to reappear, increasing ventilation (running a fan or opening a window after every shower) and cleaning more frequently will usually prevent mold from recurring, or at least keep the mold to a minimum," according to the EPA website.

Commonly available cleaning products containing diluted bleach are recommended for bathroom disinfection. Follow the safety precautions on the container label, opening windows to ventilate, and using gloves and eye protection.

The agency urges caution when using products containing bleach. Concentrated bleach is extremely corrosive to the eyes and can cause permanent damage.

The generally accepted concentration is one part concentrated bleach to 10 parts water. Residents should never mix different chemicals or chemical products together, especially bleach and ammonia.



Amelia Martin/Shutterstock.com

Condensation is a telltale sign of too much moisture in the air and not enough ventilation. If not dried immediately, mold is likely to grow. Wet, damp weather, combined with closed windows, causes walls to "sweat," forming mildew and mold. Homes in Germany should be ventilated by opening windows on opposing sides of the house for at least 30 minutes a day. Residents are also advised to turn on an exhaust fan or vent a window while showering to let moist air out.

Keep mold out of your home with these simple tips

Incomplete and improper ventilation may cause mold to grow on walls, furniture or personal property. Mold can be responsible for irritant and allergic reactions. Wet, damp weather, combined with closed windows, causes walls to "sweat," forming mildew and mold.

Mold is everywhere; it's an integral part of the natural environment. The key to mold's growth is moisture. Controlling mold is a matter of controlling moisture. Once the moisture problem is cured, it is very likely that the mold won't come back.

The following tips will assist with proper ventilation and preventing mildew or mold build-up:

- Ventilate your house for a minimum of 30 minutes daily.
- Cross ventilation is necessary, so interior doors must be opened along with windows on opposing sides.
- Keep your kitchen door closed and the room ventilated while cooking or operating your dishwasher.
- Keep your bathroom door closed during showers and baths. If you have an exhaust fan, it should be turned on. If there is no exhaust fan, the window should be ajar to let moist air out.

- Furniture should not be placed against walls. Move furniture four to six inches away from walls so air flows between them.

- During winter months, rooms on the north side of a home are colder. Make sure those rooms are heated slightly more than rooms facing south.

If your walls are already damp, resolve the moisture problem. Then scrub the mildew or mold off hard surfaces with detergent and water and dry completely. Open windows so there is a draft. Leave windows open for approximately 10 minutes. Then turn up the thermostat; by increasing the temperature, the air will remove the moisture from the walls.

After three to four hours, the air will be filled with water again. Open the windows for another 10 minutes and repeat the process of exchanging the water-filled air with dry air from the outside. Continue to repeat this procedure. Following this process every day for about two weeks will help your walls to dry completely. Following these simple steps should help alleviate any mildew or mold issues in living quarters.

—Courtesy of KMC Housing Facilities



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Taunus Theater listings

THURSDAY, MARCH 14
What Men Want (R) 1900

FRIDAY, MARCH 15
The Aftermath (R) 6 p.m.
The Mustang (R) 8 p.m.

SATURDAY, MARCH 16
Captain Marvel (PG-13) 2 p.m.
Captain Marvel (PG-13) 5 p.m.
The Prodigy (R) 8 p.m.

SUNDAY, MARCH 17
Wonder Park (PG-13) 2 p.m.

How To Train Your Dragon: The
Hidden World (PG) 4 p.m.

WEDNESDAY, MARCH 20
The Mustang (R) 7 p.m.

THURSDAY, MARCH 21
The Aftermath (R) 7 p.m.

FRIDAY, MARCH 22
Hotel Mumbai (R) 6 p.m.
Us (R) 8:30 p.m.

SATURDAY, MARCH 23

How To Train Your Dragon: The
Hidden World (PG) 1 p.m.
Hotel Mumbai (R) 4 p.m.
Us (R) 7 p.m.

SUNDAY, MARCH 24
Wonder Park (PG-13) 2 p.m.
Us (R) 4 p.m.

WEDNESDAY, MARCH 27
Hotel Mumbai (R) 7 p.m.

THURSDAY, MARCH 28
Us (R) 7 p.m.

FRIDAY, MARCH 29
Dumbo in 3D (PG-13) 6 p.m.
Captain Marvel (PG-13) 8:30 p.m.

SATURDAY, MARCH 30
Dumbo (PG-13) 3 p.m.
Alita: Battle Angel (PG-13) 5:30
p.m.
Captain Marvel (PG-13) 8:30 p.m.

SUNDAY, MARCH 31
Dumbo (PG-13) 2 p.m.
Alita: Battle Angel (PG-13) 5 p.m.

Regular showings are \$6.50 for adults and \$3.75 for children; 3D showings are \$8.50 for adults and \$5.75 for children.



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Find Rocket, win prize

Emily Jennings

USAG Wiesbaden Public Affairs

Explorers of all ages are invited to find Rocket, the Wiesbaden Library's mascot, each day during National Library Week, April 7 to 13.

The little black and white plush dog, the subject of a series of books by Tad Hills, will be hidden at least five times a day. Those who find him should bring him to the library's circulation desk for a prize. There will be prizes for children and adults.

Looking for Rocket brings patrons to areas of the library they may not have been familiar with, said JoAnn Ogrenc, supervisory librarian.

Readers can look for Rocket during the library's opening hours, 10 a.m. to 6 p.m. Tuesday to Saturday.



Emily Jennings/USAG Wiesbaden Public Affairs

Rocket, a character from a children's book series, will be hiding in the Wiesbaden Library April 7 to 13. Children and adults who find him and bring him to the front desk can win a prize.

Sports & leisure

Spring Break trips

Wiesbaden Outdoor Recreation features a host of trips in April. These include: Wertheim Village April 8, Speyer Technical Museum April 9, Frankfurt Rebstockbad April 10, Rhein River Cruise April 11, Europa Park April 12, a canoe trip April 13 and the Maimarkt in Mannheim April 27. Stop by the fitness center for details.

Free Lesson Fridays

Get a taste of everything the Rheinblick Golf Course has to offer with a free lesson during Free Lesson Fridays — from 4-5 p.m. on the first Friday of the month April through August. Come to the driving range for the free lesson. Call (0611) 143-548-5485 for details.

Freedom Run

Runners and walkers of all ages are invited to take part in the Andrews Federal Credit

Union Freedom Run at the fitness center at 9 a.m. April 13. The event will include a 10-mile run, 5k fun walk/run and a one-mile children's run. Cost to enter is \$10 for the 10-miler — free for the 5k and children's runs. Register at the fitness center.

Recreational shooting

Get in some target time with Wiesbaden Outdoor Recreation at the McCully Range in Wackernheim from 10 a.m. to 3 p.m. April 13. Call (0611) 143-548-9830.

Martial arts classes

Learn self-defense techniques and more during ongoing Golden Sage Martial Arts Classes at the fitness center. Classes are Saturdays from noon to 2 p.m. and cost \$8 per class. For more information visit www.bob-karnes-golden-sage.com or call the fitness center at (0611) 143-548-9830.

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DoDEA Europe Basketball Championships



Emily Jennings/USAG Wiesbaden Public Affairs

Wiesbaden High School students compete against Vicenza High School during the 2019 DoDEA European Basketball Championships Feb. 20 at the fitness center on Clay Kaserne. Wiesbaden won the game 54-30.



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Computer work can strain eyes

Lt. Col. C. Kelly Olson, O.D.
Wiesbaden Army Health Clinic

How do you feel after spending a long day working at a computer? The average American worker spends seven hours a day on the computer either in the office or at home. According to the American Optometric Association, 58 percent of adults surveyed experience eye strain as a direct result of lengthy screen time.

March is Save Your Vision Month and the American Optometric Association is working to educate people about how to avoid computer vision syndrome in the workplace.

The most common symptoms associated with CVS are eyestrain, headaches, blurred vision, dry eyes and neck and shoulder pain. Many of the visual symptoms experienced by users are only temporary and will decline after stopping computer work or use of the digital device. However, some individuals may experience continued reduced visual abilities, such as blurred distance vision, even after stopping work at a computer. If nothing is done to address the cause of the problem, the symptoms will continue to recur and perhaps worsen.

What causes CVS?

Our eyes are most relaxed when looking at something in the distance. Viewing a computer makes the eyes work harder.

Additionally, we tend to hold our eyes open wider and blink less frequently when looking at digital devices, which contributes to dry eye symptoms.

Viewing a computer or digital screen is different than reading a printed page. Often the letters on the computer or handheld device are not as precise or sharply defined, the level of contrast of the letters to the background is reduced, and the presence of glare and reflections on the screen may make viewing difficult.

Viewing distances and angles used for this type of work are also often different from those commonly used for other reading or writing tasks. As a result, the eye focusing and eye movement requirements for digital screen viewing can place additional demands on the visual system.

Even people who have an eyeglass or contact lens prescription may find that it's not suitable for the specific viewing distances of their computer screen. Some people tilt their heads at odd angles because their glasses aren't designed for looking at a computer. Or, they may bend toward the screen in order to see it clearly. Their postures can result in muscle pain in the neck, shoulder or back.

How is CVS treated?

Prevention or reduction of the vision

problems associated with CVS involves taking steps to control lighting and glare on the device screen, establishing proper working distances and posture for screen viewing, and assuring that even minor vision problems are properly corrected.

To help alleviate digital eyestrain, follow the 20-20-20 rule; take a 20-second break to view something at least 20 feet away every 20 minutes.

Eye care

Uncorrected vision problems like farsightedness and astigmatism, inadequate eye focusing or eye coordination abilities, and aging changes of the eyes, such as presbyopia, can all contribute to visual symptoms when using a computer or digital screen device.

Proper screen placement

Most people find it more comfortable to view a computer when their eyes are looking downward. Optimally, the computer screen should be 15 to 20 degrees below eye level (about 4 or 5 inches) as measured from the center of the screen and 20 to 28 inches from the eyes.

Anti-glare screens

Some computer monitors have an "eye saver" feature to reduce brightness of the screen. If there is no way to minimize light sources, consider using a screen glare filter.

Wiesbaden Army Health Clinic Hours:

Monday to Friday:
7:30 a.m. to 4:30 p.m.

The clinic will be closed for training from 7:30 a.m. to 1 p.m. March 21

Schedule appointments:

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*Data as of Feb. 18

Access to Care (Appointment Wait Time)

Patients who call for an URGENT appointment are seen within:

1.7 days

Tricare standard = 1 day

*Data as of January

Patients who call for a ROUTINE appointment are seen within:

5.6 days

Tricare standard = 7 days

*Data as of January

Patient Satisfaction

JOES Satisfaction Levels

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*70 responses

Positive ICE Comments

73%

*30 responses

*Data as of January

Your feedback matters to us. Please complete the Joint Outpatient Experience Survey (JOES) or Interactive Customer Evaluation.

Sleep can affect weight, performance

There is one thing you and I probably have in common: we are not getting enough sleep. While we all wish to achieve those beautiful hours of rest and relaxation, we often only get five or six of the recommended eight hours. Let's be real. Life happens. Many times people view sleep as unproductive time, but on the contrary, sleep is as important for your health as what you eat or do for exercise.

A lack of sleep leads to weight gain, cardiovascular disease, diabetes, stroke, depression, lower immune system response, premature aging and impaired thinking. Lack of sleep is also a primary cause of car accidents; the American Academy of Sleep Medicine report an estimated 250,000 sleep traffic accidents each year.

Feeling ravaged by hunger after a sleepless night is

nature's response to the hormonal shift you just experienced. The body experienced the negative impact of a lack of sleep on leptin and ghrelin hormones. When you don't get enough sleep, leptin levels decrease, and you don't feel as satisfied after you eat. Ghrelin levels rise, and appetite is stimulated. The two situations combined make people overeat.

While asleep, your body is busy repairing and rejuvenating. Rest is a recharger. With seven hours of sleep most nights, systems will work right.

Just as a good night's sleep can greatly improve an athlete's speed, accuracy and reaction time, so too can sleep improve a Soldier's performance both at home and on the battlefield. If you are training intensely for an upcoming physical fitness test or a field training exercise,

you may need a bit more sleep than the recommended eight, just as you likely need to take in more calories than usual.

If you have trouble sleeping at night, here are some helpful tips:

- Stick to a set schedule, even on the weekends.
- Have a winding down routine at night.
- Skip caffeine after 5 p.m. and forego the alcohol.
- Make sure your bedroom is conducive to sleep; most people sleep better in total darkness.
- Silence your smartphone. Better yet, keep it out of your bedroom.
- Choosing the right mattress, sheets, pillows and comforter can dramatically improve your comfort and quality of sleep.
- Avoid doing anything you consider remotely stressful in your bedroom.

- Make your bedroom a peaceful environment where you get the seven to eight hours of sleep your body needs for optimal health and performance.

Making a conscious effort to get more sleep isn't an easy thing; it takes commitment. However, once you make the change, you will notice a dramatic improvement in your body's overall performance. If you need help developing a sleep plan or an extra set of eyes to help you examine your daily routine, stop by the Wiesbaden Army Wellness Center. We're more than happy to help you on your journey toward successful sleep patterns.

Richard Hoke is an ACSM Certified Personal Trainer and ACE Certified Health Coach at the Wiesbaden Army Wellness Center.

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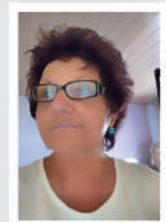
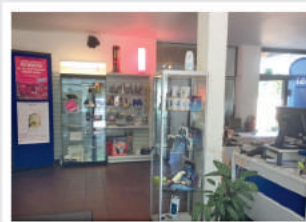
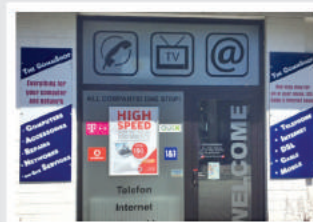
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