

# HERALD UNION



## Celebrating MLK's legacy



Lena Stange/USAG Wiesbaden Public Affairs

A Hainerberg Elementary School student participated in the Martin Luther King Jr. Day observance by reading her essay about how to make the world a better place to the Wiesbaden community Jan. 16 at Tony Bass Auditorium on Clay Kaserne. **See story on Page 2.**

## Eligible veterans granted post access, shopping privileges

### USAG Wiesbaden Public Affairs

Beginning Jan. 1, certain veterans received access to Commissary and Exchange services.

Within Germany, due to international agreements with the German Federal Ministry of Finance, this access also requires veterans to

register with the U.S. Army Customs Agency-Europe and the German Zollamt (German customs office) in their areas. While purchases made at these facilities are free from U.S. taxes, German customs will levy duties based on the applicable euro rate.

To obtain installation access and a "Pink Card" to make purchases, veterans must be enrolled with the Department of Veterans Affairs. They and their VA-documented caregivers will need to complete these steps:

**See 'Veterans' on Page 3**

## COLA to increase for Wiesbaden area troops

### USAG Wiesbaden Public Affairs

The allowance designed to offset overseas prices will increase by six index points for service members stationed in Wies-

baden beginning March 1. The overseas Cost of Living Allowance, or COLA, is the non-taxable supplemental pay allowance designed to offset overseas prices of non-

housing goods and services. New COLA amounts will affect the roughly 32,000 U.S. service members stationed in Germany. Any

**See 'COLA' on page 4**

## ICE comments help improve garrison services

### Emily Jennings

USAG Wiesbaden Public Affairs

When customers use a garrison service, they have the opportunity to provide feedback on their level of satisfaction.

The Interactive Customer Evaluation is a way for U.S. Army Garrison Wiesbaden community members to communicate directly with service providers and have any issues addressed.

Customers are encouraged to fill out an ICE comment each time they use a service, said Tracey Morse, USAG Wiesbaden ICE site administrator.

"Every visit into a service provider is an opportunity to provide feedback, even if they were just there the day prior," Morse said. "Perhaps they had a great experience the first time, yet not as

enjoyable the next, or vice versa."

After using a service, a customer can fill out an ICE comment card on location or fill the form out online by going to [ice.disa.mil](http://ice.disa.mil) and searching USAG Wiesbaden or going to the ICE link at the bottom of the garrison website, [home.army.mil/wiesbaden](http://home.army.mil/wiesbaden).

ICE light cards are also available at some USAG Wiesbaden services. These are much shorter than filling out the entire form but still important for helping leaders understand where attention is needed, Morse said.

ICE boxes are checked every couple of days and details are entered into the ICE system exactly as they are written. ICE comments filled out online go directly into the system and, therefore, receive

**See 'ICE' on Page 2**

## AER kickoff planned for USAG Wiesbaden

### Emily Jennings

USAG Wiesbaden Public Affairs

Army Emergency Relief will kick off its annual fundraising campaign at 12:30 p.m. March 4 in the lower level museum at the Mission Command Center on Clay Kaserne. U.S. Army Garrison Wiesbaden Commander

**See 'AER' on Page 2**



### NEW KANTINE COMING SOON

A new food option will be coming to Clay Kaserne, which will serve German and Korean dishes. **Page 5**



### PUBLIC TRANSPORT HOW-TO

Learn how to purchase tickets and find your route. **Pages 8-9**



### STUDENTS VISIT MP COMPANY

Group learned about weapons, vehicles, history. **Page 12**

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**U.S. Army Garrison  
Wiesbaden Command**

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# Students take MLK as role model

**Lena Stange**

USAG Wiesbaden Public Affairs

Wiesbaden Middle School and Hainerberg Elementary School students participated in the Martin Luther King Jr. Day observance Jan. 16 in Tony Bass Auditorium on Clay Kaserne.

The students read essays about their vision of making the world a better place honoring King's legacy, who "challenged us to make real the promise of America as a land of freedom, equality, opportunity and brotherhood," as former President Ronald Reagan's proclamation stated in 1986, the first year to celebrate Martin Luther King Jr. Day.

Mateo C., HES student, said: "There are many ways to make the world a better place. One way to make the world



Lena Stange/USAG Wiesbaden Public Affairs

A Hainerberg Elementary School student participated in the Martin Luther King Jr. Day observance by reading her essay about how to make the world a better place to the Wiesbaden community Jan. 16 at Tony Bass Auditorium on Clay Kaserne.

a better place is to outlaw cigarettes and to have no more smoke coming out of the factories because the air would get so messed up."

Many students cared about

animals and the environment, but safety was also an issue: "To make the world a better place, it is important to not spill water by the drinking fountain in the hallway because — "watch out,

you could fall", wrote Lamont K., HES student, in the essay.

The students covered a wide range of measures that would improve the world.

Sarah C., a WMS student, said: "Many people don't support or stand for things that are right because they don't get anything out of it, or it doesn't affect them, so it's unimportant. ... We can start by judging others on their potential, not their sexual orientation, skin color or beliefs."

There are many ways to make the world a better place. King made the world a better place by advocating nonviolence and being a pivotal leader of the Civil Rights Movement.

*The last names of the students were withheld by request for privacy reasons.*

## AER

Continued from page 1

Col. Noah Cloud, will speak at the event.

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 purchases, rent or mortgage, minor home repairs and other expenses.

One of the great things about AER is that it provides a safety net for Soldiers so they can focus on their mission, said Michael Vetter,

USAG Wiesbaden AER officer.

"Really it's about financial readiness equals Soldier readiness, which equals combat readiness," he said. "So, knowing that you're financially taken care of in a time of need or an emergency makes such a big difference for families, because you never know when a Soldier has to deploy or go on TDY. It gives them that peace of mind that their family is going to be taken care of even if they're not here."

Another benefit of AER is its zero interest loans and grants, of which they gave out nearly \$300,000 last year in

Wiesbaden.

"We always tell Soldiers, 'before you go to a predatory lender with exorbitant interest rates, come and see us, so you're not paying any more back than what you borrowed,'" Vetter said. "Sometimes you may not even have to pay the money back, depending on the circumstance."

All community members are encouraged to attend the kick off event and consider donating.

"This is the Army's official charity," Vetter said. "It's 100 percent focused on financial readiness. It's really about Soldiers helping Soldiers, giving each other a hand when they

need it and knowing they're there for each other during good times and bad."

A 5k run, sponsored by Headquarters and Headquarters Battalion U.S. Army Europe is planned for 6 a.m. May 7 at the fitness center. Follow the garrison on Facebook by searching "Garrison Wiesbaden," visit the garrison website, [home.army.mil/wiesbaden](http://home.army.mil/wiesbaden) and read next month's Herald Union for details.

This year's campaign ends May 15. Visit [www.aerhq.org](http://www.aerhq.org) for more information on AER eligibility and programs, stop by ACS and visit with Vetter or call (0611)143-548-9201.

## ICE

Continued from page 1

a faster response.

No ICE comment goes unseen, Morse said. Each submission is read and acknowledged by the service provider manager — a designated person in charge of ICE comments for a particular service or directorate.

The service provider manager then must follow up with the customer within three U.S. business days if a response was requested. If no response was requested by the customer, the

manager has five days to close out the ICE comment in the system for internal tracking purposes.

ICE comments for tenant units, such as the Commissary, Exchange, clinics and schools, go to their respective service provider managers.

Every month and every quarter, Morse provides a report to the garrison commander on garrison service providers' performance.

One recent change motivated by a high volume of ICE comments was to keep the reuse portion of the Recycling Center open under volunteer

management, after it was announced it would close due to staffing shortages.

Using the ICE system allows better engagement between customers and service providers, Morse said. It enables customers to be honest and encourages service providers to change and grow and provide better service to the community as a whole.

"We want to hear the bad, but we also want to hear the good," she said. "Positive reinforcement helps good behaviors continue. Positive, negative, neutral — we want to hear it all."



Emily Jennings/USAG Wiesbaden Public Affairs  
Every time customers use a service they are encouraged to fill out an ICE comment card on location or fill the form out online by going to [ice.disa.mil](http://ice.disa.mil) and searching USAG Wiesbaden or going to the ICE link at the bottom of the garrison website, [home.army.mil/wiesbaden](http://home.army.mil/wiesbaden).



**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](http://www.herald-union.com/usag-wiesbaden-approved-home-based-businesses).**

# Wiesbaden firefighter receives award

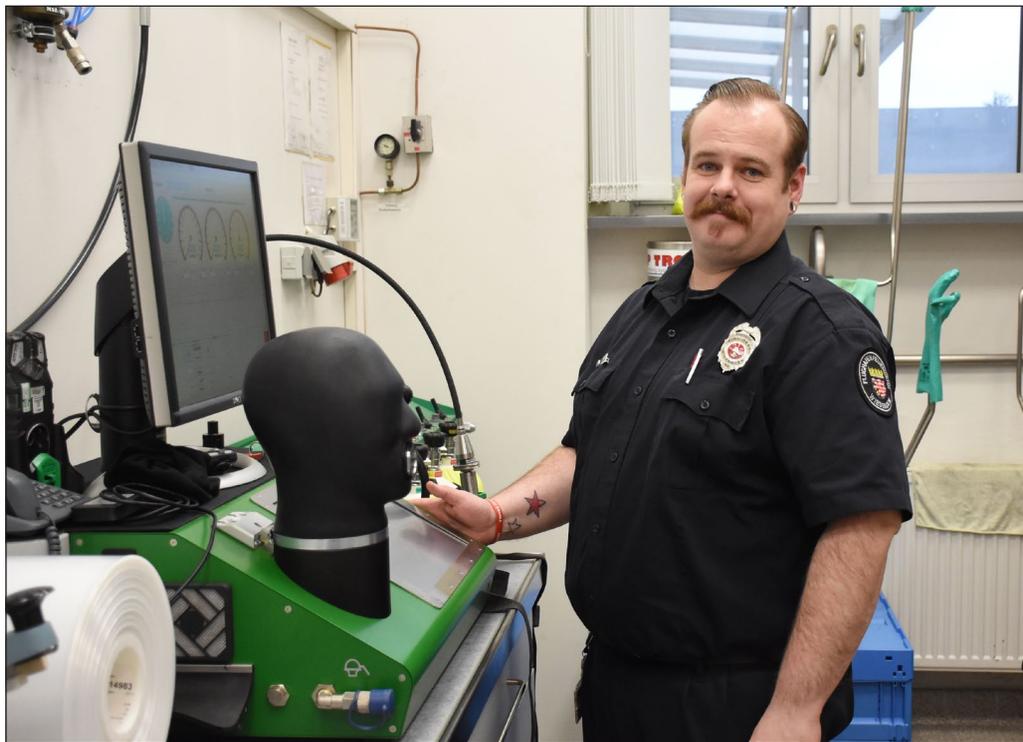
Lena Stange

USAG Wiesbaden Public Affairs

Wiesbaden firefighter Christian Schipper was selected Civilian Firefighter of the Year for Installation Management Command-Europe. He received the award for his commitment to the self-contained breathing apparatus shop at the Wiesbaden Fire Department on Clay Kaserne and will go on to compete at the IMCOM level.

"I am very proud that my technical knowledge and my commitment stood out," Schipper said. "I turned my hobby into my profession. The fire department is like a second family to me."

When Schipper became branch leader in 2017, he advocated for the modernization of the shop and made sure the disinfection routines were optimized. SCBAs have to be cleaned properly after every use to make sure no infections are transmitted to the next user.



Christian Schipper, Civilian Firefighter of the Year, works with the self-contained breathing apparatus testing system at the Wiesbaden Fire Department on Clay Kaserne. He received the award for his commitment as SCBA branch leader.

Instead of cleaning the SCBAs manually with aggressive disinfectant, he ensured the shop was equipped with a

washer that made the manual handling of the chemicals superfluous, he said.

He has to make sure that

the breathing apparatus are in optimal condition, Schipper said. The SCBAs have to be serviced every six months no

matter if they are used or not. If an SCBA does not properly function in an emergency situation, the user may suffocate in a burning building.

As SCBA branch leader, Schipper also has to deal with paperwork, documentation and organizational issues, he said, making sure all SCBA equipment is well-maintained.

The air in the breathing air bottle has to meet European quality standards. The bottles themselves have to be checked on a regular basis, since they hold 6 liters (1.58 gallons) of air that is compressed with 300 bars (4,351.13 pounds per square inch). In comparison, a car tire has a pressure of approximately 2 bars (29 psi).

"I was born into a firefighter family, and at the age of 10, I became a member of the youth fire brigade," he said. "It has always been my dream to be a professional firefighter. And at one point, my dream came true ... and now here I am, hopefully, until retirement."

## VETERANS

Continued from page 1

### Veteran ID card

To obtain post access and shopping privileges at garrisons in Germany, veterans must have a Veterans Health Identification Card issued by the VA in the U.S. The VHIC must be the newest version that displays the veteran's eligibility status. Under the new authorization, eligible veterans include Purple Heart recipients, former prisoners of war, and veterans with documented service-connected disabilities or their VA documented caregivers. VHICs are not issued overseas. To learn more about the VHIC, visit <https://www.va.gov/health-care/how-to-apply/>.

### Obtaining installation access

Besides their VHIC, veterans residing in Germany will also need to fill out Army in Europe Form 190-16A, which can be requested by emailing

[usarmy.wiesbaden.id-europe.mbx.iacs-office@mail.mil](mailto:usarmy.wiesbaden.id-europe.mbx.iacs-office@mail.mil) or by calling (0611) 143-548-7080.

Forms should be returned to Installation Access Control Services via encrypted email, dropped off in person at the Clay Kaserne visitor center, or IACS staff can provide a secure website link to which veterans can upload their completed forms.

Once background checks are complete in three to five days, veterans will be notified by IACS and can come to the Clay Kaserne visitor center to be issued an installation pass. Under this pass, the veteran may also sign on their spouse.

Veterans who are only visiting Germany may obtain a temporary installation pass with their VHIC through the same process.

### U.S. customs registration

To register with the U.S. Army Customs Agency-Europe, veterans will need their passport or Personalausweis, valid residence permit if resid-

ing as an ordinary resident in Germany (or travel itinerary to prove they are visiting Germany for at least 30 uninterrupted days), and their VHIC reflecting their eligibility status. Veterans can bring these forms to the Customs Field Office in Bldg. 1025, Room 102 on Clay Kaserne. The customs office will provide the veteran with a status verification form, AE Form 550-175K, which will need to be presented to the German customs office, or Zollamt. The customs office can provide information on area German customs offices.

### German customs registration

AE Form 550-175K needs to be presented at the German customs office for further processing and issuance of the actual authorization, Form 0216 and Form 0217, which is also referred to as a "Pink Card."

No later than the fifth day of each month, veterans must present their Pink Card to the issuing German customs office along with all of the

original cash register receipts for purchases made the previous month. Purchase of rationed items, such as alcohol, coffee and cigarettes, is not permitted.

German customs will levy duties based on the euro rate applicable in the month when the purchases were made. For more information, visit [www.zoll.de](http://www.zoll.de). For items with a single-item price of less than the U.S. dollar equivalent of 50 euros, duties will be charged at 17.5% MwSt (German Value Added Tax). For items equivalent to 50 euro or more, the regular tariff of 19% MwSt will be charged. For more information on tariff rates used to determine duty rates, visit <https://www.tariff-number.com/>.

### Caregiver access

Veterans who cannot access post can also authorize their VA-authorized caregiver as their "shopping assistant." This person can shop or register on behalf of the authorized veteran. Caregivers need the following documentation to register:

- Primary or family caregiver letter issued by the VA
- Written request for Shopping Assistant Authorization, dated and signed by the VHIC holder
- VHIC, passport or Personalausweis with valid residence permit of veteran.
- Passport or Personalausweis of VA-authorized primary or family caregiver with valid residence permit or other immigration documents.
- VA eligibility letter

After following the above process, the German customs office will issue the caregiver's Pink Card with the remark "Erfüllungsgelhilfe." Only the authorized caregiver is authorized to shop on behalf of the authorized veteran. They are not authorized to shop on their own behalf.

### Other European access

Veteran access to other European installations, such as those in Italy, Belgium, the United Kingdom and the Netherlands is still pending.

## News flash

## Upcoming holidays

Community members should be aware of the following training holidays, which may affect some garrison services.

**March 20** — Training holiday

**March 23** — Training holiday

Call before you go on training holidays. Find the garrison phonebook at [home.army.mil/wiesbaden](http://home.army.mil/wiesbaden). For holidays, go to [www.eur.army.mil](http://www.eur.army.mil) and click the “Community” tab, then click “Training Holidays.”

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

## Shuttle schedule update

Changes to the garrison free shuttle go into effect March 2. These changes include an additional stop in Crestview and minor changes to some times. The latest shuttle schedule can be found on the garrison website, [home.army.mil/wiesbaden](http://home.army.mil/wiesbaden). Hover over the “My Wiesbaden” tab and click “Getting Around” from the drop down menu.

## Parking lot closure

Beginning Feb. 27, traffic flow into the parking garage near the fitness center on Clay Kaserne will change. Vehicles will have to enter and exit through the back of the garage, adjacent to the ring road. Ladd Avenue will be closed to all traffic and on-street parking, except for the marked parking spaces adjacent to Bldg. 1208. Additionally, the parking lot on the Ladd Avenue side of the parking garage will close. Traffic flow will be congested in this area, and personnel are asked to use alternative routes. Parking is prohibited around Bldg. 1052 unless in a marked parking space. Any vehicles left inside the closure zone on Feb. 27 will be towed.

The changes are in preparation for the DEFENDER-Europe 20 exercise, which is expected to run through July.

## UTAP appointments

Community members can now make online appointments for service at the Utility Tax Avoidance Program office by going to <https://wiesbaden.armymwr.com/programs/utility-tax-avoidance-program-utap> and clicking on the Online UTAP Appointments drop-down option.

## Outdoor Recreation

Outdoor Recreation will be closed Feb. 24 to March 1, during the program relocation. The new facility, Building 3400 on Clay North, will open March 2 with equipment check-out and limited maintenance services available Monday to Friday from 11 a.m. to 7 p.m. A grand opening will be held at 11:30 a.m. March 24 with free cake, food and beverages, facility tours, product displays, MWR giveaways and reduced equipment check-out rates.

## New tools to help teachers

## Parents can learn about program to be offered at USAG Wiesbaden schools, child care centers

Emily Jennings

USAG Wiesbaden Public Affairs

While homeschooling his autistic son, one dad stumbled upon a way to help his child thrive. Now schools and child care centers at U.S. Army Garrison Wiesbaden will benefit from what he learned.

Rupert Isaacson took his son horseback riding and noticed a transformation in the boy’s ability to communicate and learn while on the horse. After consulting with neuroscientists and university researchers, he discovered that there was a science behind why this scenario worked so well for his son. Since then he has recreated that environment and applied it to all types of children — those with attention deficit hyperactivity disorder, anxiety, trauma and even neurotypical kids — and developed an educational and therapeutic set of tools for parents,

teachers and caregivers.

“Our intent is to have an additional tool to enhance the ability of our teachers and caregivers to accommodate children in their classrooms,” said Victor Garcia, Exceptional Family Member Program manager.

The Movement Method involves kinetic learning, or learning through movement, which Isaacson said is a way to access the learning centers of the brain.

“The reason it works so well is it simply activates the learning receptors in the brain in the optimal way,” he said. “A human brain wants to learn, so when a child’s brain is really engaged, they don’t need to misbehave; they don’t need to act out; they don’t need to do all those things, because those are stress-related behaviors. A learning brain is a happy brain.”

Isaacson asserts that the specific movements in the program profound-

ly increase the brain’s receptiveness to learning. This allows teachers of students with a variety of needs and levels to deliver inclusion and avoid burnout, he said.

The Movement Method is also being used on veterans dealing with post-traumatic stress disorder at the U.S. Air Force Academy near Colorado Springs, Colorado, as well as at schools in Germany and the U.S.

The techniques will be taught to teachers at Wiesbaden Department of Defense Education Activity schools and child care providers and staff at Child and Youth Services, Educational and Developmental Intervention Services and New Parent Support.

Parents can learn more about Isaacson’s Movement Method during a presentation at 9:30 a.m. March 11 at the Taunus Theater. For more information, call (0611)143-548-9201.

## COLA

Continued from page 1

changes will be reflected in a service member’s leave and earnings statement at the end of February.

Two sets of data determined adjustments to the 2020 COLA: The COLA Living Pattern Survey conducted in October and November 2018 and the annual Retail Price Schedule conducted in November 2019.

A service member’s COLA payment is based on a COLA index. The COLA index is determined through a calculation comparing service members’ overseas shopping patterns — along with the prices of more than 100 goods and services in that overseas location — with U.S.-based service

members’ shopping patterns and average prices for equivalent goods and services in the U.S.

At U.S. Army Garrison Wiesbaden, a team of garrison personnel and volunteer community members collaborated to provide data for the November 2019 Retail Price Schedule that resulted in the increase. James McKee, Jean Chambers, Chucky Young, Timothy Marable, Shelley Ohlendorf, Sgt. Otavio Da Silva Filho and Spc. Anthony Hrubetz worked an additional 230 hours above normal duty hours over the course of two weeks to ensure data accurately reflected costs within the community and was reported correctly. The most significant increases reported were for telephone and internet services, recreation and for fruits and vegetables.

The value of an index point de-

pends on rank, years of service and number of command-sponsored dependents. One index point, for example, for an E-6 with 10 years of service and three dependents is about \$34 per month. One index point for an O-3 with 10 years of service and three dependents is about \$44 per month.

The index reflects living costs in Germany above the cost of living in the U.S. The new index for Wiesbaden will be 114, which indicates a 14% higher cost of living than in the U.S. Service members can calculate their COLA at <https://www.defensetravel.dod.mil/site/colaCalc.cfm>.

This story was modified from the original version which was posted at <https://www.army.mil/article/232439> on Feb. 6.



**QUESTIONS, COMMENTS OR CONCERNS?**  
*Don't miss your neighborhood town hall.*

**Clay Kaserne and Newman Village**  
5:30 p.m. March 2 at Clay Chapel

**Hainerberg**  
5:30 p.m. March 3 at Hainerberg Chapel

**Crestview and Aukamm**  
5:30 p.m. March 4 at Aukamm Elementary School

# German Kantine to re-open soon under new management

## Restaurant will serve German, Korean food

**Lena Stange**

USAG Wiesbaden Public Affairs

The new Kantine contractors, Seong Suk Yoo and Hwan-Wook Lee, together with Deputy Garrison Commander Scott Mowry signed the Kantine contract Jan. 23 at the Works Council on Clay Kaserne. The German Kantine, a food option on post, is expected to have its grand opening in March.

The new contractors will offer German and European food as well as a Korean meal per day, Yoo said. A vegetarian option will be available,



Lena Stange/USAG Wiesbaden Public Affairs

New Kantine contractors Seong Suk Yoo and Hwan-Wook Lee, together with Deputy Garrison Commander Scott Mowry, sign the Kantine contract Jan. 23 at the Works Council on Clay Kaserne.

but they will also offer meat, such as schnitzel and gulasch. The meals come with a side salad and potatoes, french fries or rice.

People who prefer to have their lunch at the office can order their food to go.

“I am very much looking forward to operating the new Kantine, since I have worked all my life in food service. This is my work,” Yoo said. “I have lots of experience. This is why this is like a dream.”



Photo courtesy of Wynning Photography

Surrounded by the community's adult Eagle Scouts, Aidan Newell, Joshua Dodd, Sean Marshall and Noah Marshall of Troop 107 take the Eagle Scout Oath Feb. 6 at Clay Chapel. Less than 2% of all Scouts have earned this well-respected mark of demonstrated leadership and potential, said Dr. John Kaiser, troop chaplain and Eagle Scout since 1979. Each Eagle Scout must earn 21 Eagle-required and other various merit badges, hold a significant position of leadership in their Scout troop and complete a service project for the benefit of the community.

WHO TO CALL IN AN EMERGENCY

ON-POST

**Military Police – (0611) 705-114**  
**Ambulance or Fire – (0611) 705-117**

OFF-POST

**German Polizei – 110**  
**Ambulance or Fire – 112**

IF YOU DIAL 110 OR 112 FROM YOUR CELL OR HOME PHONE ON POST IT WILL GO TO A GERMAN DISPATCHER.  
 TO CALL THE MILITARY POLICE FOR NON-EMERGENCIES, DIAL (0611) 143-548-7777, 7778 OR 7779.  
 TO CALL THE CLAY FIRE STATION FOR A NON-EMERGENCY, DIAL (0611) 705-5883 OR 5315.

Auto Exchange

5x155

# Couple spends 30 years volunteering

Emily Jennings

USAG Wiesbaden Public Affairs

When the Gulf War began, SanDee Eisenberg, an American living in Hochheim, felt compelled to reach out and help American families in any way she could.

After an extensive search to find a way to help out, she responded to a newspaper ad from the German army who connected them with a family at Wiesbaden Army Community Service, whose Soldier was deployed.

Eisenberg, along with her German husband, Chris Eisenberg, then began volunteering with the USO. She ended up working as their accountant for seven years and volunteering for about 10.

For the past 30 years, Chris Eisenberg, a retired high school teacher, has taught German at ACS. He estimates he's put in

## VOLUNTEER HIGHLIGHT

Chris and SanDee Eisenberg

more than 3,000 hours and taught more than 4,000 people in his German classes, in which he focuses on pronunciation and culture.

The relaxed nature of the classes helps newcomers feel more comfortable going out and interacting in their new host nation.

"There's no pressure," said student Jessica Diaz. "It makes me more likely to try (speaking German) instead of just asking people if they speak English."

Now retired, the Eisenbergs began their volunteer efforts while they were still working full time.

Over the years, the couple has volunteered in a variety of ways. They served the American Red Cross Wiesbaden as



Emily Jennings/USAG Wiesbaden Public Affairs

Chris Eisenberg teaches a German class for newcomers Feb. 4 at Army Community Service. Eisenberg has been a volunteer teacher for 30 years.

patient liaisons, before it was an official title. SanDee Eisenberg has knitted caps and booties for newborns; baked for all sorts of events, including banana bread for blood drives and, she estimates, hundreds of thousands of cookies for the Wiesbaden USO; stamped and covered books to prepare

them for circulation at the Wiesbaden Library; taught English as a second language alongside her husband's German classes; and conducted walking historic tours of Frankfurt for newcomers at the former Rhein-Main Air Base and the American Consulate in Frankfurt.

They acted as liaisons with the German Red Cross during the Berlin Airlift 70th Anniversary celebration in 2019 to help translate.

"They're both fantastic," Mary Cheney ACS program manager said of the Eisenbergs. "They're integral to the community."

The couple said they do what they do to make people's time in Germany easier.

"It's a good way to keep in touch with Americans, since I've been in Germany for 50 years this year," SanDee Eisenberg said of volunteering. "The day is good when you're able to help somebody."

The couple said volunteering has allowed them to do things and meet people they otherwise wouldn't have.

"Volunteering has enriched our lives completely," SanDee Eisenberg said. "We've met so many interesting people."

Chillers

5 x 155

## Community notes

**Ash Wednesday**

The Religious Support Office will offer the following Ash Wednesday services Feb. 26: Catholic services will be held at 11:30 a.m. at Clay Chapel and 6 p.m. at Hainerberg Chapel. Protestant services will be held at 12:30 at Clay Chapel.

**Black History Month**

An observance will be held at noon Feb. 26 in the Tony Bass Auditorium to honor the contributions of black and African American Soldiers in the U.S. military.

The fitness center will host spin classes dedicated to the Soldiers from the 25th Infantry Bicycle Corps, a group of African-American Buffalo Soldiers created in 1896. Remaining classes are Feb. 21 and 28 in the cycle room, 1a.

**Hiring event**

U.S. Army Europe is scheduled to host a local hiring event from 8 to 11 a.m. Feb. 25 and 26 at the Exchange food court on Hainerberg. Attendees are requested to bring their resume, transcripts, Veterans Affairs disability letter, marriage certificate, spouse's orders, DD-214, and most recent SF-50, if applicable.

**Flu shots**

There's still time to get a flu shot. Soldiers, family members and civilian employees can walk in to the Wiesbaden Army Health Clinic's Immunization Clinic from 8 a.m. and 11 a.m. Monday through Friday to receive their vaccine.

**Ed Center open house**

The Wiesbaden Education Center will host a Karneval Open House from 10 a.m. to 2 p.m. Feb. 25 in Bldg. 1023 East on Clay Kaserne. Learn about upcoming classes and enjoy light refreshments.

**Senior management**

Briefings on the Senior Enterprise Talent Management and Enterprise Talent Management programs will be held from 12:30 to 3:30 p.m. March 9 and 9:30 a.m. to noon March 10 at the Tony Bass Auditorium. The SETM and ETM programs are designed for selected GS-12 through GS-15 (or equivalent) Army senior civilians a professional development, senior-

level educational or experiential learning opportunity. For more info on the SETM/ETM program, go to <https://www.csldo.army.mil/>.

**Dr. Seuss Birthday Bash**

Celebrate Dr. Seuss's Birthday from 2-3:30 p.m. March 1 at the Wiesbaden Library. Enjoy stories, crafts and activities. Call (0611) 143-548-9821 for details.

**Guided Meditation**

Reduce your stress level, control anxiety and enhance your self-awareness during the Guided Meditation Class from 6-7:15 p.m. March 18 at the Wiesbaden Sports, Fitness and Outdoor Recreation Center. Cost is \$10. Sign up at the fitness center.

**Spouses' hiring forum**

U.S. Army Garrison Wiesbaden will host a Spouse Forum on Hiring from 9 a.m. to 4 p.m. March 3 in the Community Activity Center. Attendees will receive USAJOBS training, resume training, information on home-based business opportunities and have the opportunity to have experts answer their hiring-related questions. Submit questions in advance to [patricia.l.benz2.civ@mail.mil](mailto:patricia.l.benz2.civ@mail.mil).

**Career Training**

Wiesbaden's Employment Readiness Program will host its "Career Training Lunchtime Series" from 11:30 a.m. to 1 p.m. March 3 and 17 in Room 22, Bldg. 7790, on Hainerberg. Learn how to build your federal resume and to write a resume for the private sector. Reserve a space in the class by calling ACS at (0611) 143-548-9201.

**Mainz Farmers Market**

Visit the Mainz Farmers Market by bus with Army Community Service's Relocation Readiness Program on March 6. The tour is free, but bring euros for public transportation and shopping. Registration opens two weeks before the tour - call (0611) 143-548-9201.

**'Matilda the Musical'**

The Amelia Earhart Playhouse presents "Matilda the Musical," a stage musical by Dennis Kelly and Tim Minchin based on the children's book by Roald Dahl. Follow the adventures of an extraordinary little girl who,

armed with a vivid imagination and a sharp mind, dares to take a stand and change her destiny. Performances are at 7:30 p.m. March 13, 14, 20, 21, 27, 28, April 17 and 18; and at 2 p.m. March 15, 22, 28, 29, April 18 and 19. Purchase tickets at the playhouse or Wiesbaden Arts and Crafts Center.

**Financial Planning**

Learn about financial planning, investment options and tax considerations during Army Community Service's free class from 10:30 a.m. to noon March 17 at the Welcome Center on Clay Kaserne (Room 007, Bldg. 1023W. Call (0611) 143-548-9201 to register.

**St. Patrick's at the WEC**

Celebrate St. Patrick's Day at the Wiesbaden Entertainment Center on March 17. Wear your green shirt, pants or lucky charm Irish hat and get 50% off of the regular bowling price from 11 a.m. to 5 p.m. Green beer will be served in the WEC Lounge.

**Spouse Orientation**

Spouses are invited to pick up information, to get answers to their questions from garrison subject matter experts and to network with fellow spouses during the Spouse Orientation from 9 a.m. to 1 p.m. March 18 at the Army Community Service Cafeteria. Free child care is available if arranged a week in advance. Call (0611) 143-548-9201 for more information.

**City walking tour**

Join a free walking tour on March 19 with a local expert who will share insights on shopping, getting around on public transportation and about the local culture. Bring euros for public transportation, shopping and dining. Register up to two weeks before the tour date with Army Community Service at (0611) 143-548-9201.

**Library Story Time**

The Wiesbaden Library will hold Baby Story Time (for children up to age 3) from 10-10:30 a.m. March 25. Preschool Story Time (for children up to age 5) is held from 10-11 a.m. every Thursday. Call (0611) 143-548-9821 for more information.

**BOSS Meetings**

Wiesbaden's Better Op-

portunities for Single Soldiers meets from 4-5p.m. every first and third Wednesday of the month at the Warrior Zone. Find out about upcoming outings for single service members, community support and more. Call (0611) 143-548-9816 for details.

**Trivia Night**

Share your knowledge of pop culture, history, science, literature and more during Trivia

Nights from 7-9 p.m. March 11 and 25 at the Wiesbaden Entertainment Center. Join a team and compete for door prizes.

**Toddler Playgroup**

A Toddler Playgroup meets from 10-11:30 a.m. March 6 and 20 at the Army Community Service Cafeteria. The free playgroup is for children ages 1-4. Call (0611) 143-548-9201 for more information.

Church of St. Augustine

2 x 50

The Refuge Wiesbaden

2x50

2 x 120

Wiesbaden Dental Care

# How to use the local public transportation system

Nadine Bower

USAG Wiesbaden Public Affairs

Using the public transportation system in Germany can be a convenient way to travel and explore the local area. The inner cities of Wiesbaden and Mainz and surrounding areas have an extensive network serviced by a variety of trains, buses and trams.

However, know the rules before you get on a bus or a tram, because riding without a ticket could cost €60. It helps to do some research online. The English website of the Rhein-Main-Verkehrsverbund (RMV) which services the Rhein Main area, <https://www.rmv.de/c/en/homepage/>, offers helpful information about tickets, routes, schedules, rules and regulations and special offers.

## How to buy tickets

There are four ways to buy tickets:

**1) Bus driver:** Tickets can be bought directly from the bus driver, which should happen immediately upon entering the bus or tram. Please keep in mind that train drivers do not sell tickets. Riding the train always requires buying a ticket in advance. Children under 5 are free, but must be accompanied by a person over 6 years old. Children between 6 and 14 years can get tickets at a reduced rate. Keep in mind that tickets bought from the driver are always already validated and do not need to be stamped in a machine on the vehicle. This is indicated with the date and time printed on the ticket. Single one-way tickets can be used until you have reached your destination on the most direct and uninterrupted route.

**2) Ticket machines:** These are available at most train, bus or tram stops to purchase paper tickets. Most machines allow for users to change the language to English. However, not all of them accept credit cards. Single one-way tickets purchased here are also already validated and must be used immediately. Also available are a variety of other tickets, such as monthly tickets or group tickets.

**3) Smart phone app:** This app must be downloaded to your mobile device and requires a credit card. After setting up an account, the app stores the user's credit card information to purchase tickets, which are then displayed on the phone until they expire. Ticket checkers may require a valid photo ID when showing them the mobile ticket. The app also helps riders find the fastest connections to their destination and usually indicates when a connection is late or canceled.

**4) RMV Ticket Shop:** Some local stores also sell RMV tickets, such as week, day, month or year passes and even a collection of five single one-way tickets ("Sammelkarte"), which can be a bit cheaper than buying five single tickets separately. Please note, these are not yet validated and need to be stamped immediately in one of the orange machines on the bus or tram. They are also a bit smaller than the other



Jan Haas/RMV

Bus riders can buy tickets from the bus driver, from a ticket machine—available at some bus stops, at an RMV ticket shop or through a smart phone app.

tickets and do not have a date or time printed on them.

## Tickets

The public transportation network in Germany operates on the honor system. Travelers purchase tickets and board the bus or tram without showing the ticket to the driver or getting it scanned by a machine beforehand. However, if a person is caught by a checker without a valid ticket, it can result in a fine of around €60. Ticket checkers can appear at unpredictable times and can fine you no matter how short of a distance you traveled without a ticket.

RMV spokesperson Vanessa Rehermann said that checkers will ask for the person's name, address, birth date and nationality and will request to see a photo ID or passport. Fees can be paid in cash right away or within a week of the offense at an RMV office. "Members of the U.S. Army community may also be asked for their social security number and their APO," explained Rehermann. However, Rehermann also said that checkers will not ask for any personal data if the fee is paid in cash right away.

There are numerous types of tickets:

**Single tickets (Einzelfahrt):** Valid for immediate travel for one person for a single one-way journey. No round-trips or long interruptions.

**Onward travel ticket (Anschlussfahrt):** Traveling farther than your RMV ticket zone permits. Only valid in conjunction with single or season tickets and for immediate travel.

**Large group ticket:** For 10 to 50 people, available as single ticket or day ticket. Rules are similar to the

group day ticket and single ticket.

**Supplementary ticket:** Required for traveling in first class in regional trains where RMV tickets are accepted. Local buses and trams do not have first class seats.

**Single day ticket/Group day ticket (Gruppen-/Tageskarte):** For as many journeys as you like in one day. The group ticket is for up to five people whose names need to be written on the ticket (all travelers need to carry a valid photo ID).

**Hessenticket:** Day ticket, which is valid in the whole state of Hessen and select neighboring states for up to five travelers whose names need to be written on the ticket (all travelers need to carry a valid photo ID).

**Weekly ticket (Wochenkarte):** For as many journeys as you like within one week (seven consecutive days). After 7 p.m. and all day on holidays and weekends, you can take along one additional adult and as many children under 15 as you like free of charge. Special rates are available for school students and apprentices.

**Monthly ticket (Monatskarte):** For as many journeys as you like within one month. After 7 p.m. and all day on holidays and weekends, you can take along one additional adult and as many children under 15 as you like free of charge. Special rates available for school students and apprentices.

**9 a.m. monthly tickets for adults (9Uhr Monatskarte):** 25% cheaper than the regular monthly ticket. Valid Monday to Friday from 9 a.m. until midnight

and all day on weekends and public holidays. One person travels free with the holder during evenings and weekends.

**65-plus monthly ticket (65-plus-Monatskarte):** For people 65 years and older. Proof of age required. Rules are similar to the monthly ticket.

**Annual tickets (Jahreskarte):** Available in two types: annual season ticket and the cheaper 9 a.m. annual season ticket.

VAT forms are not accepted, according to Rehermann. Public transportation in Germany is only taxed with 8% value added tax.

## Strollers and Bicycles

Bicycles, wheelchairs, strollers and electrically operated scooters are permitted on buses and trams with wider doors. No extra charges apply. However, passengers with bicycles have no entitlement to take their bikes along when there is not enough room on the bus or tram.

## How to get from A to B

The easiest way to find out which bus to use and which stops are closest to your starting point and destination is to look on the RMV website or the mobile app. The website's sub-page "Stations and Stops" lets users search for desired bus stops and even shows nearby stops, as well as regional trains, buses and trams that service this location. The site also shows a list of upcoming departures and arrivals. The interactive map lets users put their starting point and destination into the travel planner, which then

searches for the shortest route, bus number and connecting bus, tram or regional train, as well as delays or cancellations. Passengers can also download a pocket guide "Enjoy the Ride" in English, which explains different alternatives for finding the best connections.

Riders should also pay attention to which side of the street their stop is on. Sometimes transfers can require some searching or crossing the street.

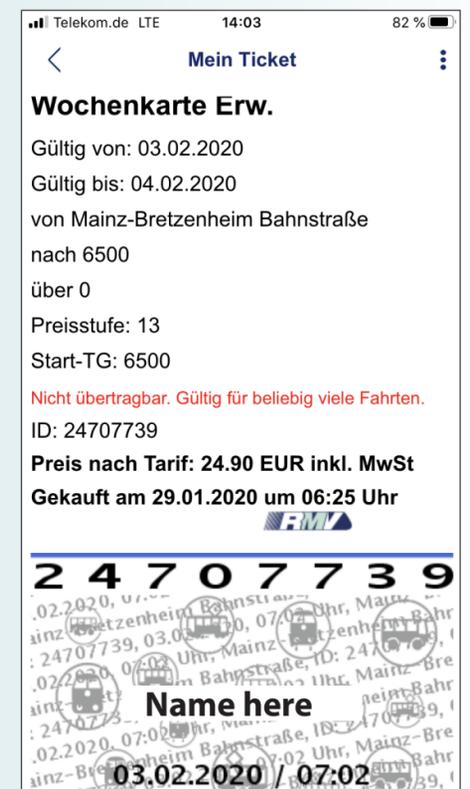
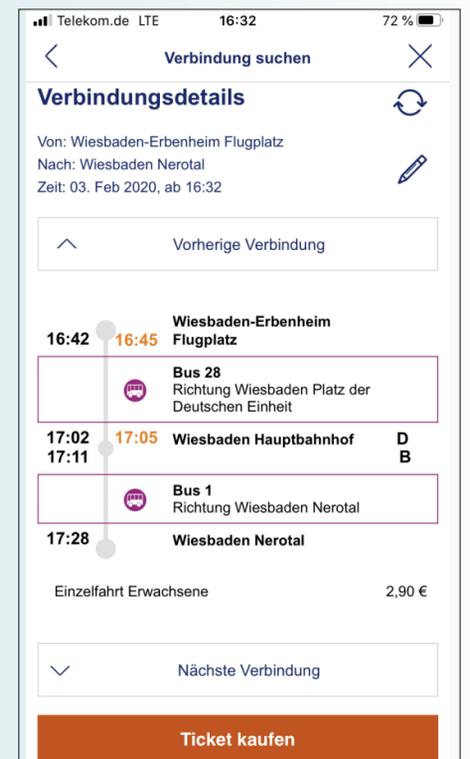
For Clay Kaserne, the closest bus stops are "Wiesbaden Delkenheim, Domäne Mechtildshausen" or "Wiesbaden Erbenheim, Flugplatz," serviced by bus 28.

## Regional Travel

The RMV network not only includes local buses and trams, it also lets ticketholders use certain regional trains. However, it is best to always check with a ticket agency or information booth at the local train station to make sure the purchased regional ticket is valid for the desired destination. As a rule of thumb, never board an ICE train with an RMV regional ticket.

TOP RIGHT: A screen shot from the RMV app shows a route from Clay Kaserne to the Nerotal bus stop at the base of the Neroberg with one connection. Late buses are indicated in orange.

BOTTOM RIGHT: A screen shot shows a ticket purchased from the RMV app. This app must be downloaded to your mobile device and requires a credit card. After setting up an account, the app stores the user's credit card information to purchase tickets, which are then displayed on the phone until they expire. Ticket checkers may ask for a valid photo ID when riders present a mobile ticket.



Jan Haas/RMV

Ticket machines: available at some train, bus or tram stops to purchase paper tickets. Most machines allow for users to change the language to English. However, not all of them accept credit cards. Single one-way tickets purchased here are also already validated and must be used immediately. Also available here are a variety of other tickets, such as monthly tickets or group tickets.

# Sign up for SHARP activities planned for April

The Sexual Assault Awareness and Prevention Month kickoff and **SHARP Amazing Race** will take place from 6 to 9 a.m. April 2 at the fitness center. The race is a timed group event requiring teams to use clues to complete a SHARP scavenger hunt throughout Clay Kaserne. The team with the highest score wins. Participants should register their team of five and a team name by March 2 at <https://www.eventbrite.com/e/sharp-amazing-race-2020-tickets-91753327673>.

The SHARP Amazing Race is free of charge and open to all community members.

The **Strike Out Sexual Assault Bowling Event** will take place from 2 to 6 p.m. April 16 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 or shoe rental.

The **Drive out Sexual Harassment and Assault Golf Scramble** will take place from 8 a.m. to 2 p.m. April 24 at

the Rheinblick Golf Course. Teams of four must register at <https://www.eventbrite.com/e/drive-out-sexual-assault-and-harassment-golf-scramble-tickets-91326366621>. The cost for this event is \$50 per person (cost includes a shared golf cart, club rental, range token and lunch).

The **Look SHARP! Clothing Exchange** will take place April 28-29. Clothing can be dropped off before then at Army Community Service, the Re-Use Center or the SHARP office in Bldg. 1201 on Clay Kaserne.

Richard Albert

2x140

Autohaus Hollmann

2x50

Pfingstgemeinde

1 x 100

Zahnarzte am Kurhaus

2 x 50

Andrews Federal Credit Union

3 x 100

The comm shop

2 x 100

# Housing staff engages residents, improves with survey feedback

## USAG Wiesbaden Public Affairs

Over the past several months, the Directorate of Public Works has been gathering information on housing and resident satisfaction and what residents would like to see in the future.

In November and December 2019, almost 23% of residents provided feedback to an online housing survey, which was an increase of more than 5% over the same survey sent last spring. After a high-level focus on housing and initiatives being implemented Armywide, the survey was sent again in the winter to measure any changes.

While many of the survey questions focused on privatized housing found in the states, U.S. Army Garrison Wiesbaden residents provided responses specifically for Army-owned housing.

“We appreciate our residents

### Town Halls

**Clay Kaserne and Newman Village** – 5:30 p.m. March 2 at Clay Chapel

**Hainerberg** – 5:30 p.m. March 3 at Hainerberg Chapel

**Aukamm and Crestview** – 5:30 p.m. March 4 at Aukamm Elementary School

taking the time to provide us feedback,” said Garrison Commander Col. Noah Cloud. “We recognize we have areas where we can improve, and we have made a lot of changes over the past year. It’s important for us to keep the lines of communication open so we know what’s working and what isn’t.”

The most common comments and concerns addressed five main areas within housing

including the assignment policy, furnished appliances, ground maintenance, customer service and the assignment process, and security.

Numerous positive comments in the surveys highlighted the responsiveness of DPW personnel to work orders and the quality of the housing at USAG Wiesbaden.

In addition to the survey feedback, around 20 Aukamm and Crestview residents met with planners Feb. 10 to provide input into their neighborhood area development plans. The plans, which are being updated for these neighborhoods this year, look out 20 years to help plan for long-term projects, design and funding to improve the neighborhoods.

For more details on survey results, read the full story at <https://www.dvidshub.net/unit/usagw>.

H&R Block  
2x50

Gebrüder Stern  
2 x 70

AdvantiPro

# Students visit MP company for history lesson

**Story and photos  
by Lena Stange**

USAG Wiesbaden Public Affairs

Students from Wiesbaden Middle and High School visited the 529th Military Police Company Jan. 29 on Clay Kaserne.

“It is really an amazing event,” said 1st Sgt. Brian Vinci. “It is an opportunity to talk to ... the people that we support all the time.”

Vinci explained the history of the company and the Military Police Corps and showed the kids historic artifacts in the company’s history room.

At the motor pool, the students learned about weapons and vehicles the military police use, and they were allowed to touch them and sit in the vehicles. Vinci also showed them how to use a cannon. The highlight of the visit was an actual salute battery with an M101A1 Howitzer.



ABOVE: First Sgt. Brian Vinci from the 529th Military Police Company explains how uniforms have changed over time, pointing out the helmet liner in the photo that the middle and high schoolers had just seen in a glass display in the history room of the company Jan. 29 on Clay Kaserne.

LEFT: Sgt. Khalid Naji and Sgt. Mario Roman show students how to conduct a salute battery with a M101A1 Howitzer.



Pvt. Romina Mitchell shows a student how to hold a M4A1.



First Sgt. Brian Vinci shows a M240B machine gun to middle and high schoolers visiting his company Jan. 29 to learn more about the MP Corps.

USAG Stuttgart

# USAREUR captain mentors students

## Program gives in-depth view of government

**Sgt. Elizabeth Clark**

7th Mobile Public Affairs Det.

What does a mentor look like to you? For the student delegates that participate in the United States Student Youth Program, an annual program that gives high school juniors and seniors an opportunity to receive an in-depth view of the federal government, they see mentors from every branch of the military. One such mentor is Army Capt. Laterrious "Tony" Starks.

Starks, an operations officer to the chief of staff with U.S. Army Europe, was selected to be a military mentor for the 2020 USSYP. He and 16 other selected military members act as role models to the students during the week of the program to ensure they understand proper behavior and protocol when interacting with the country's top leaders.

"The program provides service members the opportunity to share their experiences and assist in building a stronger America by educating our youth," Starks said.

Starks competed against more than 60 candidates to be a military mentor. He said the program is one of the nation's premier programs that aligns with his aim of public service.

"I served as a military mentor in 2019 and believe that (they) are a critical part of USSYP," he said.

Starks said his most memorable experience with last year's group of students was coaching them through their senior leader engagements.

"To mentor them as they engaged our country's top leaders was an honor," he said. "Each of them were able to engage on a strategic level with the president, chief justice of the Supreme Court, and senior Department of Defense officials."

Starks' passion for mentorship didn't start in his military career, it was fostered by his relationship with his family in

his hometown of Dallas.

"The relationship that I have with my mother and my godparents have had the most influence on my life," he said. "The most important attribute she taught me was discipline and to hustle for what you want in life."

He believes mentorship is a powerful leadership tool and when used effectively it can inspire others to achieve their goals. Starks doesn't apply this belief just to the student delegates of the program, he also creates mentorship opportunities for individuals in his community.

"I have dedicated much of my adult life toward development of underprivileged youth," he said. "I am the president of a non-profit organization that provides annual scholarships to high school students, spiritual fitness coaching and opportunities for civic engagement trips."

Starks believes that being a role model is truly simple, it is about being your best self and helping others do the same.



Capt. Laterrious "Tony" Starks, an operations officer to the chief of staff with U.S. Army Europe, stands outside the United States Capitol in Washington D.C., March 7, 2019. Starks and other members of the U.S. military were selected as military mentors for the United States Student Youth Program, an annual, one-week program that provides an opportunity for junior and senior high school students to gain an in-depth view of the federal government.

Courtesy photo

Maiss  
2 x 25

**Autohaus Hollmann**  
**2x150**

United European Airlines

3x130

# Reduce heart disease risk factors

## Wiesbaden Army Health Clinic Hours:

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

## Schedule appointments:

Online at  
[www.tricareonline.com](http://www.tricareonline.com)  
Call DSN 590-5762  
or (06371) 9464-5762

## Medical readiness

**3.10%**

Percent of Soldiers classified as Medical Readiness Classification (MRC) 4 HQDA Standard is 2%.

\*Data as of Jan. 22

## Access to Care (Appointment Wait Time)

Patients who call for an URGENT appointment are seen within:

.68 day

Tricare standard = 1 day

\*Data as of December

Patients who call for a ROUTINE appointment are seen within:

2.9 days

Tricare standard = 7 days

\*Data as of December

## Patient Satisfaction

JOES Satisfaction Levels

**88.7%**

\*48 responses

Positive ICE Comments

**18%**

\*11 responses

\*Data as of December

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

**Lynnette Murray**  
Army Public Health Nurse

Heart disease, and the conditions that lead to it, can happen at any age. High rates of obesity and high blood pressure among younger people (ages 35-64) are putting them at risk for heart disease earlier in life. Half of all Americans have at least one of the top three risk factors for heart disease (high blood pressure, high cholesterol and smoking).

### You could be at risk

Many conditions and behaviors that put people at risk for heart disease are appearing at younger ages:

- High blood pressure — Millions of Americans of all ages have high blood pressure, including millions of people in their 40s and 50s. About half of people with high blood pressure don't have it under control. Having uncontrolled high blood pressure is one of the biggest risks for heart disease and other harmful conditions, such as stroke.

- High cholesterol — High cholesterol can increase the risk for heart disease. Having diabetes and obesity, smoking, eating unhealthy foods and not getting enough physical activity can all contribute to unhealthy cholesterol levels.

- Smoking — More than 37 million Americans smoke, and thousands of young people start smoking each day. Smoking damages the blood vessels and can cause heart disease.



Udra11/Shutterstock.com

Replacing foods high in sodium with fresh fruits and vegetables can help lower blood pressure.

Other conditions and behaviors that affect your risk for heart disease include:

- Obesity — Carrying extra weight puts stress on the heart. More than one in three Americans—and nearly one in six children ages 2 to 19 are obese.

- Diabetes — Diabetes causes sugar to build up in the blood. This can damage blood vessels and nerves that help control the heart muscle. Nearly 1 in 10 people in the United States has diabetes.

- Physical inactivity — Staying physically active helps keep the heart and blood vessels healthy. Only 1 in 5 adults meet the activity guidelines of 150 minutes a week of moderate-

intensity activity.

- Unhealthy eating patterns — Most Americans, including children, eat too much sodium (salt), which increases blood pressure. Replacing foods high in sodium with fresh fruits and vegetables can help lower blood pressure. But only 1 in 10 adults are getting enough fruits and vegetables each day. Diets high in trans-fat, saturated fat, and added sugar increase risk factors for heart disease.

### 4 ways to take control of your heart health

Don't smoke. Smoking is the leading cause of preventable death in the United States.

Manage conditions. Work

with your health care team to manage conditions such as high blood pressure and high cholesterol. This includes taking any medicines you have been prescribed.

Make heart-healthy eating changes. Eat food low in trans-fat, saturated fat, added sugar and sodium. Try to fill at least half your plate with vegetables and fruits, and aim for low sodium options.

Stay active. Get moving for at least 150 minutes per week. You can even break up the 30 minutes into 10-minute blocks.

You're in the driver's seat when it comes to your heart. Take steps today for a longer tomorrow.

# Army Nurse Corps celebrates 119 years

## Wiesbaden Army Health Clinic

The Army Nurse Corps celebrated its 119th birthday on Feb. 2. The theme for 2020 is "Ready to Lead, Ready to Care since 1901." For the past 119 years, the ANC has served as a permanently integrated member of the Army Medicine team. The vision of the ANC is "to preserve the strength of our nation by providing trusted and compassionate care to our nation's warfighters and their

families."

In 1947, Public Law 36 of the 80th Congress established the Army Nurse Corps in the Medical Department of the regular Army. The Army-Navy Nurse Act of 1947 also authorized the appointment of ANC officers as permanent commissioned officers in the grades of first lieutenant through lieutenant colonel. The history of Army nursing, dates back to the War of Independence and the

Second Continental Congress.

Gen. George Washington appreciated that commanders frequently had to divert Soldiers from the front lines to care for wounded Soldiers. In 1775, Congress allocated funds for medical support, and established a ratio of one nurse to every 10 patients. Since then, Army nurses have confirmed their unique value in the U.S. Army and served in conflicts from the Revolutionary War

to the Global War on Terrorism. Army nurses continue to answer the call to preserve the strength of the nation by providing trusted and highly compassionate care to the most precious members of our military family. We will continue to promote health and readiness, form cohesive teams, enhance and expand our internal and external partnerships, and work today to develop our leaders of tomorrow.

# First-time author lauds military service, Army library resources

**Karl Weisel**

USAG Wiesbaden Family and MWR

People write books for all kinds of reasons. Some have an intriguing story to tell. Others want to illuminate past events or to share ideas.

For first-time author Kathryn Goodwin Tone, writing “The King’s Broad Arrow,” a young adult novel about a boy drawn into the events of the American Revolutionary War, was a combination of all of the above.

“I had some life lessons I wanted to share with kids,” said Tone, a former military spouse with a deep interest in American history.

“Writing the book was always on the back burner while my own kids were at home,” Tone said, explaining that with her two children now out of the house — one in college and one in the military, she felt the time was ripe to put pen to paper.

“Although there were many days when I questioned the



Karl Weisel/USAG Wiesbaden Family and MWR

First-time author Kathryn Goodwin Tone shows off some of her favorite U.S. history books at the Wiesbaden Library.

whole thing completely and had huge doubts, the experience is one of the most joyful things I’ve ever done,” she said. “In the end, I wrote the book I wanted to write, which feels great.”

Tone, who has degrees in journalism and international relations, explained that her original idea for the fictional book was inspired by a class she taught to fourth- to sixth-graders, which introduced

philosophy with various themes such as justice and courage.

“I decided that setting the story during a war was the perfect context to expand on the concepts of courage and responsibility — how courage manifests itself,” she said.

Hours spent in her local library and reading source materials such as Thomas Paine’s “Common Sense” and “Washington’s Crossing” helped Tone

gain a solid grasp of the challenges faced by the fledgling nation.

“It was important to me, out of respect to readers, that the book be as authentic as possible. I wanted to write a story that could have actually happened — fitted to real events and people,” Tone said. “I believed in the story I was trying to tell, and felt very humbled by the people I was writing about.

Learning about the birth of the nation’s military was an affirmation for the author. “In the military you are always a part of something bigger than yourself,” said Tone, who is married to a retired U.S. Army officer currently serving as a member of the U.S. Army Europe staff.

“Even after a lifetime spent around the military, I’m still amazed that so many talented and smart individuals have chosen to dedicate themselves to the concepts of service and sacrifice.

Tone said having the readily

available resources of her local military library was much appreciated during her research. She praised the foresight of Benjamin Franklin and others in founding the first library in the colonies and the American Library Association and Special Services in continuing that legacy of providing free and open access to books and ideas wherever Americans serve around the globe.

“I think it’s wonderful that even though you are far from home, when you go into a military library you feel like you are home again,” she said.

Tone will share her experiences with self-publishing at events in the near future including presentations for Americans Working Around the Globe and at the Wiesbaden Library in May.

To access free classes, resources, online materials and more visit the U.S. Army Library website at <http://mwrlibrary.armybiznet.com/screens~S102/europe.html>.

Kentucky

TKS

5 x 320