



Safety first



Photos by Lisa Bishop/USAG Wiesbaden Public Affairs
Hand washing stations have been put up and personnel are taking precautions to keep community members safe from germs.

Task Force provides community resources

Sgt. Evan Ruchotzke
7th Mobile Public Affairs Detachment

"Task Force Wellness recognizes that individuals and communities are made up of many different parts," said Chap. (Lt. Col.) Jeff Dillard, the U.S. Army Garrison Wiesbaden chaplain and co-leader of the task force. "We're made up of many different parts; we are physical beings, spiritual beings and relational beings."

Task Force Wellness is, according to Dillard, a cooperative effort by a number of on-post services to ensure the ongoing welfare of the U.S. Army Europe community during the

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DoDEA schools move to online

Lisa Bishop
USAG Wiesbaden Public Affairs

The evolution of Department of Defense Education Activity education in the Wiesbaden community has been a Herculean exercise in collaboration and creativity. In less than a week, area schools transformed in-classroom instruction to virtual learning. And since, they continue to make modifications to almost every aspect of programming to meet the needs of both

teachers and students.

Before the March 13 school closures, the district had given area principals a framework to consider for online learning. The plans came from experiences gained in Korea and Italy, two systems already closed because of COVID-19. While the plans were not perfect, they included the recommendation for two days of professional development, two days of experiential instruction and then follow-up collaboration

for modifications at all grade levels.

Angela Hadley, principal of Aukamm Elementary, said, "We had access to Italy's virtual lessons to start, and then we made them our own." The first two days of instruction, according to Hadley, were a gage. "We didn't know if we had too little or too much," she said. Teachers also did not know how the technology platforms would work for all

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Trace team tracks COVID-19 cases

Sgt. Evan Ruchotzke
7th Mobile Public Affairs Detachment

As the world adjusts to life with COVID-19, the U.S. Army Europe community works to curb the virus' effects in its footprint. On the frontline of the effort is the Trace Team.

"The community has been

so welcoming, patient, responsive; just great," Lt. Col. Derrick Carter, the officer in charge of Trace Team One, said. "It helps make our job so much easier."

Carter is part of the dedicated crew of individuals working to locate and assist

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FOOD FOR COMMUNITY

Dining facility staff keep a healthy perspective while adjusting to new reality. **Page 2**



MESSAGES OF HOPE

Community members are spreading cheer with rainbow decorations in their windows. **Pages 8-9**



SCHOOL MEAL PROGRAM

Breakfast and lunch available to DoDEA students. **Page 15**



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Keeping perspective at the DFAC

Sgt. Evan J. Ruchotzke
7th MPAD

"If I can get through one person every day, somehow, someday, then I feel like I've done my job," Sgt. 1st Class Joseph Smith of Headquarters and Headquarters Battalion, U.S. Army Europe said.

Smith, whose 14-year career has taken him from Fort Bragg to the Pentagon, currently works as the culinary manager at the Strong Europe Cafe Dining Facility.

"None of us were planning for COVID," Smith said, "so, really we're in uncharted waters on this. I really, sincerely, appreciate everyone's patience as we continue to navigate through all of this."

A recent addition to the DFAC staff, Smith arrived in January after serving as an Advanced Individual Training instructor at Fort Lee, Virginia. He said the dining facility has made a number of changes to help ensure customer safety during the ongoing COVID-19 outbreak.

Among the biggest changes is the transition to take-away only operations. The dining facility now only offers food on a to-go basis, with the dining room closed.

"We've got more than a few units who are sending Soldiers to pick up carryout boxes for the whole unit," Smith said.

He said minimizing the number of individuals in the dining facility goes a long way towards meeting the Army Public Health Department's guidance in reducing the spread of the virus.

"Two Soldiers coming in is a lot safer than thirty," Smith said, "so if I have to do a little extra work to make a hundred take out boxes then that's the least of my worries. There's so many out there that have it worse than us but the main thing I preach in this building is perspective — probably hourly."

Other precautions include placing markers to indicate proper social distancing, personnel monitoring to ensure handwashing standards are met, and the removal of any devices that require patrons



Sgt. Evan Ruchotzke/7th MPAD

Members of the culinary staff at the Strong Europe Cafe prepare take-away lunches April 7. In an effort to reduce the chance of COVID-19 infection, all staff members are now required to wear masks when preparing food.

to touch the machine directly.

The Directorate of Public Works has also installed Plexiglas barriers at cash registers and on the dining facility serving lines.

"We took out the coffee, which probably didn't make me popular," Smith said. "But, hey, perspective."

Pvt. 1st Class Jose Rivas, who works under Smith, said more than anything else he hopes people appreciate the hard work the staff puts in.

Rivas said he hopes to open his own restaurant after finishing his first contract. The El Salvador native said the job has been harder than expected, but he is happy to get the opportunity to work in Europe.

"It's exciting being here, but it's hard being away from home," Rivas said.

"The day goes by fast, but it's hard work," Rivas said. "Working out front you hear people complain that they don't like something. That we serve the same thing too much. That they don't like the food. It kinda hurts."

"I hope people come forward to make the DFAC better," he said, "because we're putting our hearts into it out here."

"Customer feedback is so important," Smith said. "Good and bad, we need to hear it. We all have a buy-in here."



Sgt. Evan Ruchotzke/7th MPAD

Sgt. 1st Class Joseph Smith, Headquarters and Headquarters Battalion, U.S. Army Europe, poses for a picture at the Strong Europe Cafe April 7. Smith is a recent addition to the garrison but said that he hopes to put the Strong Europe Cafe on the map as one of the best dining facilities in Europe.

"We're going to start doing monthly meetings with service members to get feedback."

Smith said he hopes with more chances for a conversation, he will be able to offer more opportunities to improve service members' dining experience.

He also said he hopes to communicate effectively with the community daily.

"The biggest thing I want to push is that we're on Facebook," Smith said. "We want everyone to have the most up-to-date information. We're still building it up, but any major changes will be put out there."

"If I could summarize my job in one word though, it would be 'rewarding,'" he said.

"After every meal I give my staff a round of applause. That might sound cheesy but they earn it."

"We have such a power in something as little as making a meal, but the amount of work you put in could affect a person's whole day. That's perspective. Even if it's a thankless job sometimes, our work can affect a whole post."

The Strong Europe Cafe Facebook page is available at facebook.com/StrongEuropeCafe.

For more information on COVID-19, please visit www.coronavirus.gov.

To see what the U.S. government is doing about COVID-19, go to www.usa.gov/coronavirus.

SCHOOLS

Continued from page 1

students.

"Teachers had to work so hard during those first seven days," Hadley said. "They did such a phenomenal job."

Michelle Singleton, fifth grade teacher at Hainerberg Elementary, said, "I can't believe how much we've learned in the last weeks." She said, "The tone and tenor has changed from frenzy and panic to hitting a stride."

One of the first lessons all teachers had to implement was online etiquette. "To be on a conference call with 20 plus students can be challenging," Singleton said. Barking dogs, social interaction and even heavy breathing have been issues. She and her peers spent significant time encouraging students to mute their microphones until it is time for them to speak.

At the elementary level, teaching teams (by grade) were given flexibility in their planning for online learning. For example, fifth grade teachers at Hainerberg decided to reorganize instructional responsibility. Moving forward on virtual platforms, each teacher would have one area of expertise. Singleton went from teaching her classroom of students every subject to teaching all fifth graders social studies. As a team, they felt this would ease instructional planning time and better meet the needs of all students.

After the first week of in-

struction, the superintendent's office conducted an online climate survey. "We identified trends, and then we delved more deeply into those numbers by conducting a qualitative analysis of over 1,750 comments," said Steven L. Sanchez, Superintendent Europe East District in a final report. In response, the four schools made additional modifications, including staggered scheduling for real-time online instruction from teachers for elementary, middle and high school students.

Julie Wynn, like most parents, had to be patient and flexible as the learning process evolved. She has four children, two in elementary, one in middle and one in high school. In total, her four children have 25 teachers. Aside from keeping track of everything, her initial struggles included a lack of technology devices and internet bandwidth. Her husband and high school student required constant full-day internet during the first week of home learning. She also was short one device and a second one broke.

"I appreciate that DoDEA heard the frustrations and acted quickly to resolve the underlying problems," Wynn said. "This is new territory to everyone and despite the frustrations, they are doing a great job." The new schedule eased the burden on bandwidth and her family resolved the technology issues.

Fortunately, all families who made a request have had access to DoDEA Chromebooks. Hadley continues to advocate for families in need to call

their school and inquire, as the resources remain available.

Amanda Moser, mom to three, also appreciates the responsiveness of the system as needs arise. Her sophomore at Wiesbaden High School had a difficult time adjusting to the new learning system. He already had an Individual Education Plan in place to assist with learning needs. "His case manager is doing a fabulous job," she said. "We video chat often and I can text her anytime."

The support team at Aukamm, including counselors and special educators, actively engage with grade-level teams and parents to identify and provide additional support for students with IEPs and other learning challenges. "Their needs are different, and we are monitoring them very closely," Hadley said. Students with IEPs or other needs have the option to participate in additional small group sessions for more support.

Elizabeth Evans, a para-educator at Wiesbaden High School, said, "My role has changed in that instead of classrooms, I am present during live class sessions engaging with students." When formal instruction is finished, she supports her students with IEPs by emailing, chatting, and video calling. "It is definitely different these days," she said.

Moser's oldest child, Marc, is a senior at the high school. He's appreciated the adjustments made in the first month, including a later start time. "Students can sleep in and have more time to do their work," he said. During regular school sessions, he was waking at 6:30 a.m. The current schedule allows him to sleep until 9 a.m. His biggest concern, however, is graduation. Like all seniors, he wants to walk across the stage to collect his hard-earned diploma. There has been no decision on the commencement or cancellation of the graduation ceremony.

Karla Sweeney, mom to Michael, a kindergartner, and Ryan, a preschooler, is also grateful for recent changes. "It has been challenging because we have a younger child in the house and Michael was not familiar with a computer and mouse." Now, their family



Photo courtesy of Amanda Moser

Eric Moser, seventh grader at Wiesbaden Middle School, works on a lesson at his home April 13.



Photo courtesy of Julie Wynn

Isabelle Wynn exercises for 30 minutes in the family living room as a part of her middle school physical education class April 14. Mom, Julie Wynn, required her other two children, Ivan, grade 9, and Isaac, grade 5, to complete the assignment as well.

receives all her son's work at the beginning of the week and she has the flexibility to start, take breaks and stop when it works for both children.

"The teachers have been really responsive and meet with Michael in small groups," Sweeney said. She also is impressed with the online tools and resources the school has provided to extend learning in areas of student interest, like science.

Michael would rather be in school. "I miss my friends and my own desk," he said. Even though he has twice-a-week online interactions, it hasn't satisfied him.

The social transition is different for older students who are accustomed to virtual social platforms. Senior Moser said, "I am missing parts of social life, but we are able to chat online."

Teachers have been creatively coming up for ways for students to socially engage using school virtual tools. Once

lessons are complete, Singleton encourages her students to stay online and play optional games of Kahoot and talk to each other.

Other teachers, according to Hadley, have done show and tells, fun Fridays and small social gatherings to fill the social void. "We had to give the teachers guidelines but also the flexibility and opportunity to be themselves," she said. "They have come up with clever ways to keep the kids engaged."

Regardless of school or grade, the urgency of educational change has required collaboration and mutual support. Singleton said, "These events that bring the community together, like 9/11, make us a family." She continued, "I've been in DoDEA for more than 20 years and the support I feel is more than I have ever felt." She has been impressed with the collaborative spirit of administrators, fellow teachers and parents.



Photo courtesy of Julie Wynn

Irwin Wynn, second grader, completes an online lesson. Headphones eliminate noise for the remaining three Wynn children and help him focus as he does his work April 14.

News flash

Changes to services

At the end of February, U.S. Army Garrison Wiesbaden created a page on the garrison website dedicated to updates on the constantly changing situation in relation to the coronavirus pandemic.

Updates are shared daily at facebook.com/usagwiesbaden, but community members don't have to wait for a Facebook post to get information. Anyone can access the garrison COVID-19 page by going to home.army.mil/wiesbaden and clicking the coronavirus graphic. The page contains answers to questions about on-post services, testing, tracing and coronavirus related information.

The following are some examples of the information found on the web page:

- **Impacted services and events**
- **Latest guidance**
- **Face mask usage policy**
- **General Order No. 1** — Lists off-limits establishments and indicates off-limits activities
- **Task Force Wellness community resources**
- **Stop Movement Customer Assistance Point** — Created to help people who have been affected by the stop movement
- **Translations of official German press releases** from the city of Wiesbaden, state of Hessen and the federal government
- **Answers to frequently-asked questions**
- **Power of attorney form** — Used to help facilitate care for U.S. personnel who use host nation health care facilities
- **Transcripts from our virtual town halls**

Additionally, readers will find links to U.S. government and German government sites, including tracking, maps and demographics.

Mental health resources

- 24/7 On-Call Duty Chaplain — (0611)143-548-7777 or 7778
- Behavioral Health Clinic — 06371-94641320 or DSN 590-1320
- 24/7 Military Crisis Line www.veteranscrisisline.net/get-help/military-crisis-line, DSN 118, or Civ. 001-800-273-8255
- Employee Assistance Program (0611)143-548-1402 or john.w.kaiser.civ@mail.mil
- Military Family Life Counselors — Hainerberg Elementary: 0152-2390-2413/2498; Wiesbaden Middle School: 0152-0269-8526; Wiesbaden High School: 0151-4558-3637

Program assists community members affected by travel ban

Lena Stange

USAG Wiesbaden Public Affairs

The travel ban implemented March 25 and expected to last until June 30, affected Soldiers, civilians and family members across the world. To mitigate the negative consequences for community members of U.S. Army Garrison Wiesbaden, the Stop Movement Customer Assistance Point was brought into being.

A great number of community members who were supposed to permanently change their duty station,

as well as people on personal leave or temporary change of duty station, were affected, said Christopher Curtis, SM-CAP manager. SM-CAP has a liaison function between offices, transportation, housing and other offices and assists with all kinds of questions. "We became problem solvers," Curtis said. "We are not only assisting, but also counseling and trying to be proactive."

So far, SM-CAP assisted over 150 people during its first month, not including phone calls. Focus points

were the shipment of household goods, getting people back from TDY and personal leave, understanding the travel restrictions and exceptions to policy, but also trying to make people aware of the potential risk of exposure to the virus on a plane in case an exception to policy was requested, Curtis said. "I love helping people," Curtis said. "People can feel free to call when they have questions." Contact information: Call (0611)143-548-1201 or DSN 548-1201. SM-CAP is located in Bldg. 1023W, Room 119.

Firefighters help Scouts earn merit badge



Photos courtesy of Wiesbaden Fire Department

The Wiesbaden Fire Department provided training March 7 at the fire station to help local Boy Scouts earn their Emergency Preparedness Merit Badge. The badge involves training in emergency preparedness, prevention, protection mitigation, response and recovery. Training included the use of fire extinguishers (top), how to secure victims on a stretcher with a rope, and safe carry of a stretcher (above) and putting out a fire in a cooking pan. Scouts also got their hands on the jaws of life tool (right).

TRACE TEAM

Continued from page 1

individuals who have or may have come into contact with COVID-19.

"There's five teams including this one in the footprint," Carter said. "Three here on Clay Kaserne and two on Hainerberg."

"Today, right now and every day, we're trying to flatten the curve," he said. "So we're trying to prevent the spread of COVID-19. But we're also trying to predict how it will spread — and eventually, hopefully, eradicate it."

"In the trace team you have, basically, four different functions," Carter said. "There's the call center which takes in urgent calls and inquiries from the hotline."

The COVID-19 hotline is available at DSN: 548-8990 or 49(0)611 143 548-8990.

"From there it goes to two separate teams who do in-depth tracing if the individual has symptoms," Carter said. "In-



Evan Ruchotzke/7th MPAD

Members of Trace Team One work together to track the spread of COVID-19 at U.S. Army Garrison Wiesbaden, April 8. Five trace teams work together to monitor community members who have been tested for the virus and to assist them with their quarantine.

interviews can take 45 minutes to an hour and they look for the level of symptoms and their persistence, and who all they've been around.

"Testing is handled by another team that takes care of scheduling and notifications in terms of positive and negative," he said.

"The fourth arm is the quarantine function where we take care of symptoms and those individuals will get daily call backs," Carter said. "Everyone has to do their part. Thus far the community's effort has been tremendous. We need to put up a unified front."

Katie Cerra, a physical

therapist who volunteers with Trace Team One through the Red Cross, said accuracy of information is one of the main problems facing the Trace Team currently.

"People's phone numbers are often incomplete, or illegible on their intake forms," Cerra said. "If we can't reach out, we can't

trace the individuals with symptoms or people who may have been in contact those who have."

"When filling out any form, please make sure your handwriting is legible," Cerra said. "Double check your phone numbers so we can begin the tracing process."

"Stay home as much as possible and stay safe," she said before returning to work.

"We're in this together, so stay encouraging," Carter said. "If someone isn't doing the right thing, maybe they just didn't understand the guidance. Approach them diplomatically. It's going to take us all working together with a synchronized effort to ensure we make it through this."

"If we make the sacrifices we need to today we're going to have a better tomorrow," he said.

For more information on COVID-19, please visit www.coronavirus.gov.

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Hometown heroes

The following community members were recognized for their efforts in ensuring the health and safety of the community as the garrison adjusts to social distancing directives. There are too many to name, but please tune in to our weekly town halls where the garrison commander will recognize more hometown heroes.

U.S. Army Corps of Engineers Europe

Aaron Schroeder (mail clerk) was recognized for initiative with mail room operations for all tenants of the Amelia Earhart Center during the COVID-19 pandemic response. He created a mailbox tracker that is updated daily and shares with employees who have mail available for pickup. Schroeder also helps run a curbside pickup service that enables social distancing, hygiene and convenience.

2nd Theater Signal Brigade/102nd Signal Battalion

Sgt. 1st Class Ryan Sutton assumed responsibility of the garrison's Protection Force Clean/Trace Team. He assembled the initial Clean Team; enforcing social distancing, hand washing, and hand sanitizing throughout the U.S. Army Garrison Wiesbaden footprint; worked closely with the garrison Trace teams. Additionally, Sutton published the barracks sanitation standard

operating procedure that is used throughout the garrison.

Jim Burger led his team of the Soldiers and civilians of NEC Wiesbaden, 102d/2TSB to quickly and efficiently conduct the installation of additional EUR NIPR/SIPR services to the Tony Bass Auditorium, Bldg. 1212 (U.S. Army Europe Headquarters) and the USAREUR Surgeons Office; enabling USAREUR, USAG Wiesbaden, and tenant units to expand mission command capabilities for COVID-19 mitigation.

2nd Military Intelligence Battalion

2nd Lt. Harned and Staff Sgt. Stroup were recognized as the officer in charge/non-commissioned officer in charge of the initial COVID-19 ACP screening teams across the garrison area of responsibility, they assumed their responsibilities while the situation was still developing and managed to do an exceptional job of taking care of the 24 Soldiers under their charge, managing the various shifts across nine check points, communicating with the Garrison Leadership of the daily lessons learned, adapting promptly as new guidance was issued, while also taking on shifts and conducting screenings themselves. They set the

standard and refined the TTPs for how COVID-19 screening operations were being conducted and enabled a smooth transition between their team and 2CR.

24th Military Intelligence Battalion

Sgt. 1st Class Gina Palacios (NCOIC: Integrated GEOINT Division). While acting as A CO First Sergeant for the past two weeks, Palacios has simultaneously ensured the safety, comfort and well-being of all 31 of her Integrated GEOINT Division (IGD) Soldiers around the clock. She's been extremely active in ensuring both European Cryptologic Center and IGD personnel understand their daily task and purpose amid the social distancing restrictions enacted at the same time she began acting as 1SG.

1st Battalion 214th Aviation Regiment

Warrant Officer Travis Adawag, UH60 pilot, was the lead for establishing the Team Clean operations at the Commissary. He has built an outstanding relationship with the DeCA team, and has provided exceptional leadership and judgement while managing an uncertain situation.

The associates and customers

at the PX and Express locations appreciate the efforts of the Soldiers on the front line, as you ensure our safety through disinfecting and social distancing initiatives. Without your help, this storm would be a lot tougher. Thanks for all you do.

U.S. Army Europe

Dave Cain serves as the U.S. Army Europe Mission Command Center facility manager. Cain and his team (Jeff Redman, Carlos Sanchez, and Staff Sgt. Chris Aune) have been proactive, forward thinking and creative to ensure everyone who enters the MCC and the Keyes Building are met with everything they need to keep themselves and their workplace clean. In a building such as the MCC, where hundreds of mission essential employees are still coming to work every day, the attention to detail and persistent focus on cleanliness is essential to our success and protection of the force.

DoDEA

To all of the school teachers

and staff for their ongoing efforts and continuous work for kids during this time.

Kate Tignor of Aukamm Elementary School found innovative ways to engage students and have a little fun on the school's Facebook page

Chris Moed of Wiesbaden High School has gone above and beyond the call of duty to support the schools tech needs at all times of day and night (getting teachers on virtual private network, troubleshooting access issues for working from home, helping to issue computers, getting equipment where it needs to be, etc.)

DeCA

Jimmy Ephran has been taking precautions to protect the Commissary's employees and patrons by increasing the level of cleanliness and sanitation. He is extremely concerned about the patrons' and employees' health and has spent numerous unpaid hours in the store to ensure everyone's safety and health.



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MESSAGES OF HOPE

Rainbow art brings cheer during quarantine

Lisa Bishop
USAG Wiesbaden Public Affairs

Since mid-March, Wiesbaden families have participated in the world-wide movement of placing rainbow art in their windows as a symbol of hope while people are staying at home to prevent the spread of the coronavirus. While nobody knows where the concept originated, in the Wiesbaden military community the USO took the lead in promoting the activity to families.

Grace Lauer, center operations manager, created and shared a rainbow coloring sheet on the USO's Facebook page in March after seeing a post in the Hainerberg housing Facebook group.

"Let's create a community of hope though this pandemic," Lauer said, in her original call for rainbow windows. The endeavor would be a colorful but silent support and show of love for friends, neighbors and the broader community. She added, "For all of time a rainbow has been a symbol of peace, hope and promise of a better future."

From her perspective, the coloring sheet was a starting point for families and an easy way to bring the community together. The project coloring page has inspired collages, she said, and other creative approaches to the idea.

In the Aukamm community, Jenelle Botts provided her children, ages 4 and 6, with the rainbow sheets. "We have retreated into isolation and yet in this community-level collective event we have remained connected," she said.



Henry, 6, and Madeline, 4, look out their window in Aukamm housing during quarantine. The idea of having lots of color and using hearts to make the rainbow as a way to spread the love.

As a surprise to her children, Botts created a second rainbow collage with a series of cut-out hearts. "I liked the idea of having lots of color and using hearts to make the rainbow as a way to spread the love," she said. She completed the project in the evening after the kids went to bed.

Gloria Morken, also of the Aukamm community, said, "I didn't hesitate when I saw the idea on the garrison's USO Facebook page."

She continued, "Since my house is away from the street, I know the paper could be overlooked. I was constructing a curtain-like crepe paper streamers and hanging the entire window. 'I do this every year for St. Patrick's Day.'"

The rainbows have become a source of joy for children. Botts said, "I



Photo courtesy of Jenelle Botts

their mother, Jenelle Botts, created the rainbow hearts collage in the window. "I liked love," she said.

building is so far
ew a small piece of
d." She went "big,"
like rainbow from
d tissue paper, fill-
used to make this
s Day, so I had all
ome an I-Spy game
On every walk our

kids look for rainbows and get excited when they find them in a window."

The enthusiasm isn't limited to young children either. Lauer's 15-year-old daughter, Trinity, is a fan of the project. The sophomore has even photographed some of the window postings. "My daughter told me they were everywhere," Lauer said.

Botts said, "Just like the painted rocks that have been placed all along our sidewalks

and in the tree knots, it's a fascinating social phenomenon."

Morken said, "I've heard great feedback from neighbors and strangers alike." She also said she is encouraged by "the way the community has been intentional about giving young kids something to look forward to while they're walking and also projects to do while they're home."

For families looking for additional collaborative projects, Lauer encourages parents to participate in the Month of the Military Child coloring/Flat Stanley project featured on the USO page. Students color and connect with their families and friends as they share a digital version of their creation. Find more information at facebook.com/USOWiesbaden.



Photos by Lisa Bishop/USAG Wiesbaden Public Affairs

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Face masks mandatory in most public places

USAG Wiesbaden Public Affairs

In accordance with new Department of Defense and Centers for Disease Control and Prevention guidelines, U.S. Army Garrison Wiesbaden has implemented the mandatory wear of masks or face coverings in several areas where physical distancing is more difficult — such as essential customer service points. This is mandatory at The Exchange, the Commissary, the shoppettes on both Clay and Hainerberg, the dining facility, the shuttle buses, the Postal Service Center and any location where there is one-on-one customer service.

Soldiers, family members, civilian employees and contractors are also strongly encouraged to follow CDC guidelines on the use of cloth face coverings in other public settings where social distancing measures are difficult to maintain.

Masks will be provided by the garrison for employees who work in those areas. Community members who do not have masks are encouraged to fashion masks out of materials according to CDC guidelines.

Cloth face coverings should not be placed on children younger than 2 or anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cover without assistance. The garrison will not enforce the face mask policy for children under age 10.

According to the CDC, “a significant portion of individuals with coronavirus lack symptoms (asymptomatic) and that even those who eventually develop symptoms (pre-symptomatic) can transmit the virus to others before showing symptoms. This means that the virus can spread between people in close proximity—for example, speaking, coughing, or sneezing—even if those people are not exhibiting symptoms. In light of this new evidence, CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies) especially in areas of significant community-based transmission.”

Many community members have expressed interest in volunteering to

make homemade masks for others. The Red Cross has established a mask donation drop box at Building 1201 on Clay Kaserne just inside the first floor door off of King Avenue. These masks will be given to the garrison for distribution at locations with the greatest need. Please do not go to the Red Cross to ask for hand-sewn masks at this time. As more masks are made available, more information will be shared on how they will be distributed.

According to Army guidance, Soldiers are authorized to wear the neck gaiter and other cloth items, such as bandanas and scarves, as face coverings. Soldiers should not, however, fashion face coverings from Army Combat Uniforms or other materials that have been chemically-treated. Personal protective equipment, such as N95 respirators or surgical masks, must be reserved for use in medical settings.

Force health protection is the Army's top priority. Army senior leaders are urging everyone to adhere to the latest CDC guidelines to prevent the spread of

More info on masks:

- CDC recommendations — www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html

- How to make and wear homemade cloth face coverings — www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html

- CDC – Cloth face coverings: Questions and answers — www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-faq.html

- DoD guidance on the use of cloth face coverings — www.defense.gov/newsroom/releases/release/article/2138340/dod-guidance-on-the-use-of-cloth-face-coverings/

the virus, including practicing rigorous protocols for personal hygiene, staying home when sick and implementing social distancing techniques.

TASK FORCE

Continued from page 1

ongoing COVID-19 outbreak.

“If you went to a doctor and you had a very specific concern your doctor would refer you to a specialist,” Dillard said. “Task Force Wellness, in the same vein, is made up of many

specialists for the needs of our community.”

“A resource guide will be posted with embedded hyperlinks allowing community members to navigate to separate websites to help make necessary appointments.”

Dillard said that numerous resources are available on the guide including substance

abuse counseling services, suicide prevention resources, financial readiness consultation, employee assistance and behavioral health resources.

Outside of proactive use of the resources listed, Dillard said that using video communications may help some to ease the stress of isolation.

“We are by our nature rela-

tional beings,” said Dillard. “We need to be interdependent on each other. We need to see each other smile and hear a human voice. You can't get that with just text or email.”

The chaplain also called on members of the community to lean on loved ones during trying times.

“It might sound cliché, but

even Superman needed Lois Lane,” Dillard said. “Connect with other people. We're on a journey together. Remember that there's a life on the other side of this, and it's real and important.”

The Task Force Wellness resource guide is available at wiesbaden.armymwr.com/promos/wiesbaden-task-force-wellness.

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Medical readiness**3.39%**

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

*Data as of March 11

Access to Care (Appointment Wait Time)

Patients who call for an URGENT appointment are seen within:

1 day

Tricare standard = 1 day

*Data as of February

Patients who call for a ROUTINE appointment are seen within:

3.9 days

Tricare standard = 7 days

*Data as of February

Patient Satisfaction**JOES Satisfaction Levels****80.7%**

*33 responses

Positive ICE Comments**63%**

*27 responses

*Data as of March

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Together we can prevent child abuse

Did you know April is Child Abuse Prevention Month? The campaign theme this year is Stand Up for MilKids, which brings awareness to the importance of having a caring adult in the life of a child and increasing their resilience. During this time of quarantines and global despair, no one is immune to becoming overwhelmed with their children. How do you keep a routine? When do you get a break? Why won't my children listen to me?

With everyone safe at home (some might say stuck), stress levels may increase. Statistically, when children are not going to school, the rate of child abuse increases. As a community we have to work together to prevent abuse and protect our children.

These are tough times and almost all parents are struggling right now. Never could

we have imagined the amount of restrictions being placed upon us as they are now with the COVID-19 pandemic: no outside events or social gatherings, and limited contact with the outside world with the exception of technology. Over the years, researchers and parenting experts have cautioned against the harmful effects of excessive technology use and exposure; but this "technology" is what we have come to rely on just to get through the day. None of this is normal, all of it is new, and it is definitely nobody's fault. Give yourselves a break so you can give your kids a break.

When you find yourself overwhelmed, many resources are available. The Army Community Service Family Advocacy Program focuses on preventive services such as

**Commentary
by Julie Gary,
LCSW
Wiesbaden
Army Health
Clinic**

parenting groups and educational classes. Many Army garrisons and ACS New Parent Support programs are providing weekly parenting tips on their Facebook

pages, to include fun activities to do with children and an opportunity to connect directly with ACS staff.

In addition to your local ACS, a great many online resources are available. The military community also has online supportive parenting resources through Military One Source (www.militaryonesource.mil).

Please remember that we are all in this together and it is important that we stay connected. For more information on prevention services ACS FAP can be reached at 0611-143-548-9201 or DSN (314) 548-9201. For clinical resources MEDOM

FAP can be reached at 6371-9464-1312 or DSN (314) 590-1312.

To report child abuse concerns, the military police can be reached at 0611-143-548-7777 or DSN (314) 548-7777.

Please remember, if you witness or suspect a child is being abused always call the military police, our reporting point of contact here in Wiesbaden. You may be the only resource to this child in preventing abuse. The MP desk will determine if an immediate response is warranted and will relay the information back to FAP Clinical for follow-up.

Every caring adult in this community has a role in supporting the resilience of military children. Take pride in doing your part to keep our military children safe. Pledge to stand up for MilKids today.

Virtual resources help support sobriety

Wiesbaden Army Health Clinic

During the COVID-19 pandemic, when social distancing and self-quarantine are needed to limit and control the spread of the disease, continued social connectedness to maintain recovery is critically important. Virtual resources can be used to support your recovery.

Virtual Recovery Programs

- Alcoholics Anonymous: Offers online support at <http://aa-intergroup.org/>.
- Cocaine Anonymous: Offers online support and services at <https://www.ca-online.org/>.
- LifeRing: LifeRing Secular Recovery offers online support at <https://www.lifering.org/online-meetings>.
- In The Rooms - Online Recovery Meetings provides online support through live meetings and discussion groups at <https://www.intherooms.com/home/>.

- Marijuana Anonymous: Offers virtual support at <https://ma-online.org/>.

- Narcotics Anonymous: Offers a variety of online and video meeting options at <https://www.na.org/meeting-search/>.

- Reddit Recovery: Offers a virtual hang out and support during recovery at <https://www.reddit.com/r/REDDITORSINRECOVERY/>.

- Refuge Recovery: Provides online and virtual support at <http://bit.ly/refugerecovery1>.

Self-Management and Recovery

- Training (SMART) Recovery: Offers global community of mutual-support groups, forums including a chat room and message board at <https://www.smartrecovery.org/community/>.
- SoberCity: Offers an online support and recovery community at <https://www.soberocity.com/>.

- Sobergrid: Offers an online platform to help anyone get sober and stay sober at <https://www.sobergrid.com/>.

- Soberistas: Provides a women-only international online recovery community at <https://soberistas.com/>.

- Sober Recovery: Provides an online forum for those in recovery and their friends and family at <https://www.soberrecovery.com/forums/>.

- We Connect Recovery: Provides daily online recovery groups for those with substance use and mental illness at <https://www.wereconnectrecovery.com/>.

nectrecovery.com/freeonline-support-meetings.

- Unity Recovery + WEconnect + Alano Club: Providing daily virtual meeting for those in recovery and for their family members at <https://unityrecovery.org/digital-recoverymeetings>.

- Hazelden Betty Ford Foundation contains online support meetings, blogs, mobile apps, social media groups, and movie suggestions, including the online support community, The Daily Pledge at <https://www.hazeldenbettyford.org/recovery/tools/daily-pledge>.

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AAFES school meal program resumes



Lisa Bishop/USAG Wiesbaden Public Affairs

While observing food and health safety regulations, Garrett Maxey (left) and Royce Buenaventura, Army and Air Force Exchange Service food service workers, prepare grab-and-go breakfast and lunch meals for the school meal program April 13.

Lisa Bishop
USAG Wiesbaden Public Affairs

The School Meal Program resumed April 13, allowing families to pick up grab-and-go bagged breakfast and lunch meals as a part of their Army and Air Force Exchange Service lunch accounts.

The program had been delayed ensuring the school district and garrison could partner to conduct the program safely and effectively. "The delay gave us time to plan better," said Angela Hadley, principal of Aukamm Elementary School, one of the two pickup places for the program.

To prevent the spread of COVID-19, school personnel, food workers and parents are required to wear face coverings. Parents wait in line appropriately social distanced and must wash their hands prior to pick up.

"It's such a good program," Hadley said. "It helps large families."

Robert Gassman, parent to five school-aged children said, "I like that they are opening things back up again."

At the end of the first day, his children, ages 5, 7, 10, 11 and 17, had eaten everything the program provided in the bagged meals.

Kimberly Moore, mother to a preschooler and third grader, started the program right away as well. "I like it because I am teleworking and otherwise I have to take off and cook," she said.

Hadley said, "Any type of structure we give is great." Normal school lunch can be reassuring to students.

According to released guidelines, families can make arrangements to pick up from Aukamm Elementary School by submitting a request to meals.anka@dodea.edu, or from Wiesbaden High School by submitting a request to [meals.wihs@dodea.edu](mailto:wihs@dodea.edu). All orders must be placed by 3 p.m. the afternoon prior to pick up in order to allow AAFES enough time and notice to prepare the necessary meals.

The cost of the meals is the same as regular school-year pricing, including free and reduced for those who qualify.



Lisa Bishop/USAG Wiesbaden Public Affairs

Kimberly Moore picks up grab-and-go bagged breakfast and lunch meals at Aukamm Elementary School April 14 for her middle schooler. The School Meal Program resumed April 13, allowing families to pick up bagged breakfast and lunch meals.

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Schnitzel Holstein

Schnitzel Viennese style with fried potatoes, fried egg, fried onions or anchovy 14,50 €

French cheese Schnitzel

Turkey schnitzel with french cheese, cranberries, Crème fraîche and potatoe rösti 14,90 €

Schnitzel Caprese

Schnitzel Viennese style with tomato, mozzarella, french fries, and tomato sauce 14,50 €

Apricot Schnitzel

Turkey schnitzel with apricot, basmati rice and curry cream sauce 14,90 €



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