

U.S. ARMY GARRISON WIESBADEN HERALD UNION

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June 18, 2020



Clockwise from top: Graduates exit their vehicles as Wiesbaden Army Airfield staff coordinates safe spacing; Garrison Commander Col. Noah Cloud listens to the American Forces Network broadcast of the ceremony; graduates wave from car windows during a motorcade following the ceremony; residents of Newman Village cheer for the graduates; and a fire truck leads the motorcade through Clay Kaserne June 5 during the Wiesbaden High School graduation.

Photos by Lisa Bishop/USAG Wiesbaden Public Affairs



A graduation to remember

Emily Jennings

USAG Wiesbaden Public Affairs

When COVID-19 rules threatened to derail a rite of passage for graduating seniors, U.S. Army Garrison Wiesbaden and tenant units came together to assist the school and put on a celebration to remember.

The Wiesbaden High School Class of 2020 walked the stage in cap and gown June 5 at Wiesbaden Army Airfield in a ceremony like no other as they gathered in cars, had their pictures taken next to two aircraft, and ended the day with a motorcade, cheered on by members of their community.

"I could not be prouder of the

teamwork and manifestation of community spirit and support that has enabled this great and memorable event today," Garrison Commander Col. Noah Cloud told onlookers.

The idea for having graduation on the airfield came from a WHS student council member, said Dr. Heather Ramaglia, the school's principal. She then reached out to the school liaison officer to see if it was possible. Once the ball was rolling, the airfield and garrison planning team began collaborating with other key players and running with the idea, she said.

"It felt like anything we asked,

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Anna Morelock/USAG Wiesbaden Public Affairs

Senior Class President Zachary Kirk drives a golf cart on Wiesbaden Army Airfield June 5 before the graduation ceremony. After the graduates had their photos taken, Kirk led the procession to the stage.

PCSing during COVID-19

Lisa Bishop

USAG Wiesbaden Public Affairs

When the Department of Defense announced a 60-day stop movement order March 11, Chris Curtis, sponsorship and benefits coordinator, knew the action would impact more than those with planned PCS moves.

He determined the order would directly affect the schedules of 84 civilian and military personnel. "The travel ban was more than those 84

See 'SM-CAP' on Page 2

Self-care essential for health, well-being

Emily Jennings

USAG Wiesbaden Public Affairs

Making physical, mental and spiritual health a priority can help those struggling with the stresses of the COVID-19 pandemic.

"Living through a pandemic is a highly abnormal event, and it can be a roller coaster of emotions and experiences," said Dr. Jamie Moore, chief of Behavioral Health at the Wiesbaden

See 'Mental health' on Page 3

FIREFIGHTER MAKES HISTORY

Wiesbaden firefighter becomes first woman to achieve Level 3 Fire Prevention Officer certification. **Page 4**



PCS INFO

USAG Wiesbaden hosted a PCS town hall and has made updates to the garrison website to help inbound and outbound personnel. **Pages 8-9**



BICYCLE SAFELY

Learn safety measures and local laws for biking in Germany. **Page 15**



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SM-CAP

Continued from page 1

people," he said.

From personal experience, he knew people would need to move for reasons other than PCS. "In 1988 my mom passed away, and I out-processed in one day," he said.

On March 15, Curtis, assumed the role of manager to the newly created Stop Movement Customer Assistance Point, where he'd have the opportunity to address the needs of the Wiesbaden community as people tried to navigate through the fast-evolving situation brought on by the COVID-19 pandemic.

While Capt. Amy Molina and her husband were scheduled to PCS in June, their use of the SM-CAP office started just as it opened in mid-March while they were on personal leave in Peru to attend a family wedding. Within 24 hours of their arrival, Peru closed its borders and placed strict quarantine measures on both visitors and its citizens.

Molina was immediately overtaken by the questions associated with her upcoming PCS to Fort Leonard Wood. She had scheduled her household goods pack out, housing inspection and car shipment. All would happen before they could leave Peru. "We had to reschedule everything," she said.

"A lot of my anxiety was greatly reduced," Molina said, after she connected with Curtis of SM-CAP. "He was able to coordinate with all of those parties and change the dates."

The U.S. had announced its own stop movement, and flights in and out of most international locations had come to a halt, placing additional questions on the Molinas as they sat in Peru isolation. They waited almost four weeks for permission to return to her duty station in Wiesbaden.

Curtis and the U.S. embassy in Peru coordinated a repatriation flight to the U.S. once it was determined that Molina and her spouse could return.

Molina's gaining unit applied for an exception to policy for her PCS to move forward because her role is deemed mission essential. Her new report date is mid-July.

Curtis said, "There are multiple issues for each person affected." Problems include housing, airline tickets, foreign regulations and health. Individuals and families have needed to travel for training, visitation with children, medical procedures and family deaths, too. "We never know what people are going through," he said.

Brian Hall, senior civilian advisor to the 24th Military Intelligence Battalion, 66th Military Intelligence Brigade, engaged the SM-CAP when his father died two weeks after the stop movement



Lisa Bishop/USAG Wiesbaden Public Affairs

Lt. Col. David Chapman and his expectant wife, Jaime, have their household goods packed out May 20.

Read more about PCS

Pages 8-9

was announced. Hall was unaware that Curtis was about to return the favor given to him in 1988. "Twenty four hours after he passed, I was on a plane," Hall said. "That was not just Chris (Curtis), but my command chain too. He followed up on everything."

Hall also coordinated with the SM-CAP office to help the Altizer family, civilians who were in temporary quarters awaiting their flights to Wiesbaden when travel was banned. For the family of four and their pets, they have been waiting patiently to arrive this week. "Curtis personally arranged their flight through Patriot Express so they could fly direct," Hall said. The SM-CAP office also coordinated their quarantine housing for once they get to Wiesbaden.

For Lt. Col. David Chapman, his command promotion wasn't posted until May 5. "I talked to Mr. Curtis initially for the ETP to explain the situation and get affirmation that we fit the policy requirements." For the Chapman family, their move to Fort Hood, Texas, had two imperatives: mission essential war-fighter exercises and pregnancy hardship.

Chapman's wife, Jaime, would not be permitted to fly past 32 weeks, on May 31. They left on May 28, just before their travel window closed.

"It's stressful," Chapman said. This is their eighth military move, and their quickest. Instead of 60 days, they had less than a month to coordinate their exit plans.

Curtis said his SM-CAP was "just breaking stuff down and putting out facts for what they can and cannot do."

More than 200 cases later, Curtis has returned to his normal role and passed the

SM-CAP duties to two successors. He's humble about his contribution. "I took it and ran," he said.

For those who are in limbo on their PCS plans, Molina encourages patience. "Every day more information is released," she said. "Answers are coming."

Barbara Barnett, the transition service manager for the Soldier for Life Transition Assistance Program, and Rick Iglesias, the civilian misconduct actions officer, are the new co-managers of the SM-CAP. Barnett said it will be in existence as long as it is needed. "PCS is stressful, and with COVID-19 in the mix, it's amplified," she said.

She sees her role as a referral and information liaison. "We want people to be aware of the regulatory requirements so they don't get stopped on the way out."

Barnett encourages those who are in the process of PCSing to use the SM-CAP office for answers. "If there is something that impacts you, call and get information from the source," she said. The SM-CAP office can be reached at (0611) 143-548-1201 or by email at usarmy.wiesbaden.id-europe.list.wiesbadenr2c@mail.mil.

"It was the right move to set up the office, temporary or not," Hall said. "It has reflected the Army's priority of people, not just those in uniform — civilians and family too."



Curtis has helped more than 200 people with planning their PCS details since the Stop Movement Customer Assistance Point was created.

As of press time, home-based businesses were being reviewed for opening. HBB owners must comply with General Order No. 1 and host nation safety and social distancing requirements. For questions about HBBs, go to wiesbaden.armymwr.com/programs/home-based-business.

MENTAL HEALTH

Continued from page 1

Army Health Clinic. She noted that although every person's experience is different, "as a military community, we are uniquely postured to survive and thrive in adverse environments."

Early on in the crisis, people worldwide rushed out to stock up on toilet paper and other items as their sense of safety was challenged by this new and unfamiliar threat.

"Behaviors like that really come down to a desire to feel prepared and like your needs will be met," Moore said.

Individuals whose safety, and that of their family members, is a big source of stress may need to focus on what makes them feel safe, she said.

"Structure and predictability increase feelings of safety, so work to create structure in your day-to-day life," Moore said. "Some people feel safest when they have people around them; other people feel safer when they have an area all to themselves. So that may mean spending more time doing shared activities with the people in your household, asking your partner for more hugs or physical touch, or scheduling virtual daily contact with friends or family."

Since the COVID-19 crisis began, many people may have been experiencing negative emotions such as boredom, loneliness, grief and even helplessness, said Capt. Victoria Cashio, Behavioral Health officer for the 2nd Signal Brigade.

"Throughout our lives we have learned many ways to

soothe or subdue these negative emotions," she said. "Some of these techniques are healthier than others. Some of us look for food, shopping or alcohol to numb. These behaviors are normal in moderation, but performing them in excess may have disastrous consequences that can perpetuate our negative emotions."

Cashio recommended that instead of externally soothing, people take a moment to notice what's going on inside their body and express it.

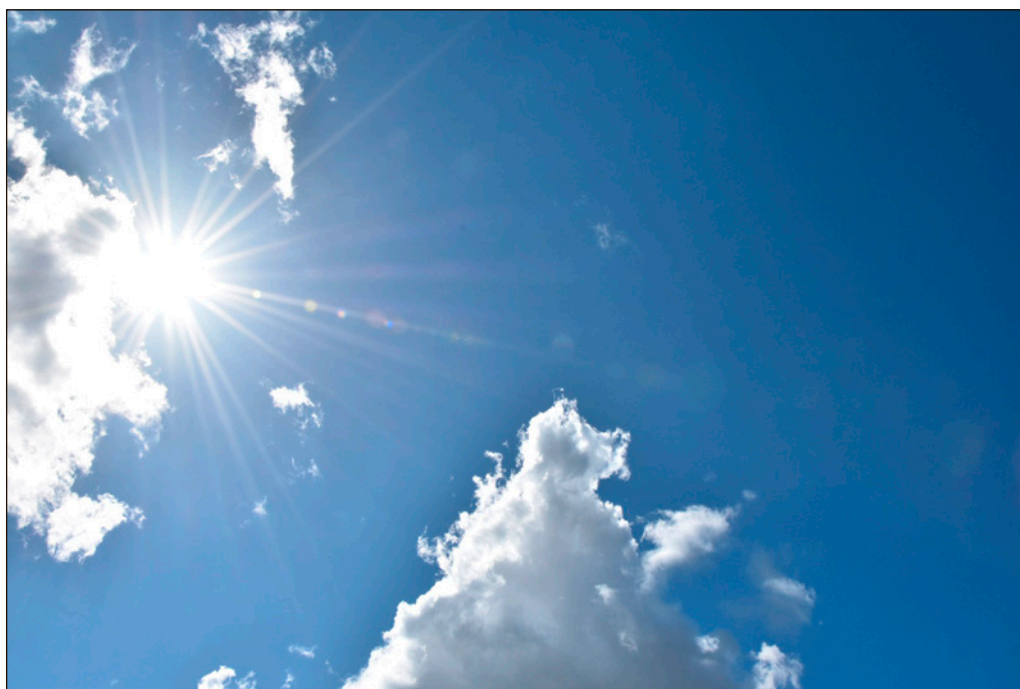
"This may be a good time to try techniques like meditation, journaling, exercise, prayer or talking to someone you trust," she said. "These activities allow you to take action without losing control. It's okay to have the occasional cookie binge, but if it is important to you to step away from old habits, take the time to figure out what went wrong and make a plan for next time."

People can use self-care in multiple aspects of their life to gain resilience in stressful times.

Exercise, sunlight and breathing techniques are three ways to improve physical health that also benefit mental health, said Jason Mohilla, U.S. Army Garrison Wiesbaden Army Substance Abuse Program specialist.

People who don't normally exercise can start with stretching, which goes a long way, he said. He also noted that Vitamin D is a major factor in keeping a healthy chemical balance. He recommended looking online for videos for stretching and breathing exercises.

"Controlled breathing can help clear the mind, reduce heart rate and lower blood pressure," Mohilla said.



Herald Union file

Making physical, mental and spiritual health a priority can help those struggling with the stresses of the COVID-19 pandemic.

Exercise also can release agitation and things like yoga, meditation and breathing exercise can be helpful, Moore said.

"There is a reason you are seeing so many recommendations and resources for yoga and mindfulness right now; we know that these things calm the physiological reaction that happens during stress."

Mental health is interconnected with physical and spiritual health, and a person's physical health and mental condition can determine how stress affects them physically, emotionally and relationally, said Dr. John Kaiser, USAG Wiesbaden Employee Assistance Program coordinator.

Kaiser uses a 3 + 4 formula to explain the daily things individuals should do for stress management and whole person health:

1. SLEEP - Not sleep-

ing well can cause things such as cognitive impairment and cardiovascular issues. "If you are not getting at least seven hours, you probably need to talk with your physician," Kaiser said.

2. EXERCISE - Many people working from home may not be getting up and about as much. Getting appropriate physical fitness every day is always important but especially when teleworking, Kaiser said.

3. NUTRITION - It's important to eat properly and watch alcohol consumption. "We do know that alcohol affects our sleep," Kaiser said. "People who have problems with drinking may be using alcohol to self-medicate, but we do know that rather than helping, it actually creates more problems," he added.

4. WHOLE HEALTH - The fourth part of the 3 + 4 formula involves the four basic

components of health coming together to support the whole person: physical, emotional, spiritual and relational health. This is known as holistic or whole person health.

"The theory behind it is, if you are negatively affected traumatically in one area of your life, you use the strength that you have in those other areas of your life to bring to bear against those things that are challenging you," Kaiser said. "So that's how you bring balance and restore yourself from those things that are affecting you."

There's no shame in reaching out, Kaiser said, adding that the garrison resources are confidential.

For more information on mental health and Task Force Wellness community resources, visit <https://home.army.mil/wiesbaden/index.php/coronavirus>.

Sending plants stateside is complex, often costly

US Army Customs Agency - Europe

Many people get attached to their plants while stationed in Europe and want to mail or hand carry them back to the U.S. Unfortunately, some plants are prohibited from entering the U.S. Most others will have restrictions that are often difficult to comply with and costly to fulfill.

Arrangements with U.S. Department of Agriculture and Customs and Border

Protection to send or take plants to the U.S. must be made well in advance. The USDA regulates plants to ensure that foreign plant pests and diseases do not enter the U.S.

Most restricted plants will need a permit from the USDA that will stipulate certain requirements such as treatments or fumigations. Phytosanitary Certificates from the government of the country where the plant was grown are also required for plants intended for planting.

These may be hard to get because the government officials who issue them may be few in number and may not be close to where you live.

Additional declarations on the Phytosanitary Certificate may be required to verify certain things such as if the plant is free of certain pests and diseases based on an official inspection. Only the government officials in that country are authorized to make these declarations.

There are also size and age limitations

that apply to most plants being brought into the U.S.

Further, no soil or growing media can be sent to the U.S.

These restrictions still apply even if the plant originally came from the U.S. For further information about mailing or hand carrying plants or other agricultural items, consult the USDA website at www.aphis.usda.gov/plant_health/permits/plantproducts.shtml or the customs office at (0611)143-537-3951/3953.

News flash

Upcoming holidays

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

June 26 — Training holiday

June 29 — Training holiday

July 3 — Independence Day (Obsv.)

July 4 — Independence Day

July 6 — Training holiday

Call before you go on holidays. Find the garrison phonebook at home.army.mil/wiesbaden. For holidays, go to 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.

COVID-19 updates

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**
- **Task Force Wellness community resources**
- **Stop Movement Customer Assistance Point**
- **Translations of official German press releases**
- **Answers to frequently-asked questions**

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

Fire Department promotes first female Level 3 Prevention Officer

Nadine Bower

USAG Wiesbaden Public Affairs

The U.S. Army Garrison Wiesbaden Fire Department's Karin Morrell was recently promoted to assistant fire chief prevention with a Level 3 Fire Prevention Officer certification, the first woman to achieve the title in Europe.

"It's been a big dream of mine and it finally came true," Morrell said.

When asked how she feels about it, she just had one word: "Geil!" which is a German colloquial term, meaning something like "awesome!"

She has recently become certified by the National Fire Protection Association as a Level 3 Fire Prevention Officer, the first female in Europe.

"Not many women go this route," said Daniel Corzelius, USAG Wiesbaden's fire chief. "I had no doubt she could do it, because I always knew that she had what it takes to do this job, and I have always supported her."

Morrell is a local national employee and applied for the position when her predecessor retired. "I had already filled in for him for a while, so it's actually nothing new for me now," Morrell said. Her duties as the assistant fire chief prevention include the supervision of fire prevention measures on the installations that belong to USAG Wiesbaden. "I look at the fire prevention concepts of a new construction or existing building and make sure that both the American requirements as well as the German requirements are met," Morrell explained. "The American facility codes tell us exactly which measures are to be taken in order to properly ensure the safety of each employee. However, they also have to meet the German requirements, because we have local national employees working on the installation as well."

Additionally, Morrell is active in training and educating the community with public information programs and organizing the fire prevention week every year. "I also work very closely with MWR and other event organizers to ensure all our on-post events adhere to the fire prevention requirements," she said. And if all that is not yet enough, Morrell also acts as incident commander in an emergency situation when the fire chief is not on scene.

Morrell is no newbie to working as a firefighter. She started her career as a dispatcher in Bamberg and later on in Würzburg. When she accepted the position of fire inspector, she decided to become a volunteer firefighter in her free time. "It's very important to not only know the theory behind the work, but to also know what it's like to actually do it and fight fires, so I can prevent them better," she explained. In 2006, she started her firefighting career at the USAG Wiesbaden Directorate of Emergency Services. She went through several firefighter certification courses and is a certified hazardous material technician. Additionally, she also possesses the National Emergency Medical Technician certificate.

"She has been the only female firefighter for very long, so we started calling her the 'mother of the team,' because she is always there for her colleagues when they have problems. She listens to them, encourages them and never turns anyone away," Corzelius explained.

"The toughest part of this job is dealing with the architects," Morrell said with a chuckle. "Trying to find the middle way which satisfies the Army fire prevention regulations as well as the German regulations, plus looking at the most cost effective solution, can be very difficult. But convincing the architects to stay in these lanes is a whole new world, which requires not only expert knowledge of the material, but also persuasiveness."

On the other hand, the best thing about this job is the multitude of things you do, she explained. "The planning, the construction work, the emergencies, dealing with budgets, the training and educational parts, working with the families and especially the kids — that's what makes this job interesting and exciting."



Nadine Bower/USAG Wiesbaden Public Affairs

Karin Morrell was promoted to assistant fire chief prevention, with a Level 3 Fire Prevention Officer certification, the first woman to achieve the title in Europe.

Morrell's job requires her to not only know codes and regulations on both the Army side and the German side; she also needs to know how the German firefighters and ambulance teams work. In their cooperation with the German emergency services, the USAG Wiesbaden Fire Department regularly invites German firefighters and ambulance personnel to visit the different installations. "Karin takes them around and explains the different fire prevention measures in the buildings, which are sometimes very unique in a way that they can't be found like this on the German side," Corzelius said. "We want to ensure that all emergency teams know how to do their job during an emergency. That's why we constantly work on expanding our relations to the host nation emergency services."

Being the first female Level 3 Fire Prevention Officer is a new opportunity for Morrell to take advantage of her experience and knowledge. "I love it and I would like to do more educational work for the community on how to better prevent fires and stay safe at work and at home. I'm happy to use my experience wherever I can," said Morrell, with a big smile on her face.

'American candy meant the world to us'

A German looks back on WWII, D-Day and the U.S. Army's support

When the alarm sounded in the middle of the night, a young woman and her two kids knew exactly what to do: Grab everything they could carry and run to the basement. A few hours later, after the bombs had shattered their city once more, they came back upstairs to see what was left of their home. The 1-year-old in her arms started to cry because of the noise and the smell of the fire, while her 3-year-old just stared at the flames in silence – the building behind them was gone.

Seventy-seven years later, Joachim ("John") Zinram does not remember that night in Koblenz during World War II when he was 1 year old and his family had lost their home and had to escape to the countryside. He does not remember the smell and the noise of destruction, but when asked what he does remember, he describes his experience with the American Soldiers stationed near his hometown after the end of the war.

"It was a very sad time. We had nothing to eat," he explained. "Every day, I took an empty lunchbox with me to school. During lunch, it was filled with either grits, rice pud-

ding or just chocolate milk, which the school received from the CARE (Cooperative for American Remittances to Europe) packages from the Americans," Zinram recounted. "It meant the world to us – it helped us survive." The small town he grew up in was close to Bad Kreuznach, where the U.S. Army 8th Infantry Division was stationed. The American Soldiers provided lunch for the schools in the area and made sure that the German children would not starve.

"When we were not in school, sometimes all we had was a slice of bread for a whole day," Zinram said. "When we were lucky, we found some mustard and put it on the bread – just to have something different." Many German children grew up in total poverty. The country was destroyed, many families disrupted – but the German population did not give up. They started building up their cities brick by brick and by the 1950s life became better: Stores were stocked with essential items again, even chocolate and cookies. Some prisoners of war returned, and families were reunited.

"It seemed to us that the Ameri-

cans did not see us as their enemies anymore. The U.S. government helped us rebuild our country," Zinram explained. "The best memory I have of the Americans back then was when they drove their tanks and Jeeps through the streets of our town. I always heard them long before they got there, and then I stood patiently on the side of the road, waving to them. Many Soldiers stopped their vehicles and gave candy, chocolate and bubble gum to us children. We were in awe – these were like treasures to us."

The 8th Inf. Div. was part of the Allied Forces at Utah Beach at Normandy. When asked about D-Day, Zinram said that to many Germans it meant the beginning of the end of the war – the end of suffering.

Although the Germans don't have a special way to commemorate this day, the meaning behind it and the sacrifice that the Soldiers made remains in people's heads, "and should stay in the heads of the generations to come," he added. "Those who were children back then finally had a chance to grow up living normal lives again."

Today, Zinram said he looks back on a multitude of different memories. However, the Americans have always played a special role in his life. Even today, he said he enjoys American



Courtesy photo

Joachim Zinram is pictured at age 7. Zinram said the Americans have always played a special role in his life.

food and is proud of his daughter who works for the U.S. Army in Wiesbaden. However, "the candy tasted better back then," he concluded, laughing.

This story was written by Nadine Bower, U.S. Army Garrison Wiesbaden Public Affairs, who interviewed her father, Joachim Zinram, about his experiences during World War II.

GRADUATION

Continued from page 1

they made it happen," she said of the many directorates and units involved. "It really took a village to make this happen."

Directorates, units and personnel across the garrison worked together as a team to give the graduates a celebration that rivaled pre-COVID ceremonies.

"Everyone came together to make this event possible," said Michael Horne, deputy manager for Wiesbaden Army Airfield. "Anything that was needed, everyone in the garrison immediately stepped up to provide it."

Graduates arrived in a staggered fashion, picked up their transcript and diploma packets, then posed for photos in their cars. After the individual photos, the cars were escorted

to a parking area at one end of the airfield. The group of cars proceeded to the ceremony and stage, led by Zachary Kirk, senior class president, in a golf cart while "Pomp and Circumstance" played.

Visual Information Services-Europe and American Forces Network worked together to project the ceremony on screens so it would be viewable to cars in the back rows. At the end of the ceremony, vehicles were led on a procession by a fire truck, followed at the end by police onto a motorcade route around Clay Kaserne, where residents cheered for the graduates and congratulated them as they drove past.

"This was truly a community event," Ramaglia said. "We brought out the heart and soul of the Wiesbaden community. It made people feel really good about an unfortunate situation our graduates were in. I think



Anna Morelock/USAG Wiesbaden Public Affairs
A Wiesbaden High School graduate poses for a picture on Wiesbaden Army Airfield June 5 before the graduation ceremony.

it's something people needed, and it was really powerful to see people come together and support each other."

Horne credited airfield personnel who managed the parking and even jump-started several cars that died during the

ceremony from having their radios on, listening to the AFN broadcast. "They were able to jump the cars without anybody noticing; without disrupting the ceremony," he said.

The Directorate of Emergency Services supported the event with traffic management, law enforcement, a water salute from the fire trucks and emergency vehicle escorts for the final motorcade.

"It was an honor to serve the community in this fashion," said Lt. Col. Edwin Escobar, DES director and provost marshal, who credited Task Force Protect, POND management and others for helping to put on the multidisciplinary and multifunctional event. "The consistent open lines of communication with the high school allowed us to execute their vision. I firmly believe the event was extremely successful in their transition from high

school to the next journey. It was momentous and a classy way to tell the community – 'they did it, and we're proud.'"

The 1st Battalion, 214th Aviation Regiment and U.S. Army Europe G-3 Aviation fully supported the event with their time and effort, Horne said. The 1st Bn., 214th Avn. Regt. brought people in on one of their training holidays and provided their hangar for two days.

Cloud left the graduating seniors with a few words of encouragement on being kind.

"Be kind to yourself, your families, your teammates, and even those that are not kind in return," he said. "This simple piece of advice, although not always intuitive, will make you a happier person and the world a better place. It can become a habit, and it's contagious."

66th MI thanks youth home for partnership

Nadine Bower

USAG Wiesbaden Public Affairs

Col. Gregory Holden, commander of the 66th Military Intelligence Brigade, presented a certificate of appreciation to a local Wiesbaden youth home June 10 on Clay Kaserne.

The partnership was established by his predecessor Col. Devon Blake as a way to empower Soldiers to demonstrate care to local children and youth in need of assistance.

Holden invited Jugendhilfverband Antoniusheim employee Maria Augusta Lorenzo to be recognized for her contribution to the partnership.

"The program is very inspiring to watch," Holden said. "It's another piece of leader development. Not only for the Soldiers, but also for the children and young adults, some with a difficult past. Ms. Lorenzo provides a lot of leadership to

them. These kids — just like our Soldiers — are future leaders."

The local youth home Jugendhilfverband Antoniusheim provides assistance to children and young adults in difficult family situations.

"We work with kids of different groups with all kinds of different backgrounds. Some of them live in independent groups in small apartments. I work with one of the 11-to-19 year old groups," explained Lorenzo, who has been involved in the partnership with 66th MI Bde. from the beginning. "At first, the kids were very shy. They didn't speak any English and most of the Soldiers didn't speak German. Since I am also an immigrant, I encouraged the kids to find a way to communicate. If you really want to communicate, you communicate."

Around 45 Soldiers usually take part in six to eight events



Col. Gregory Holden, commander of the 66th Military Intelligence Brigade, recognizes the unit's partnership with Wiesbaden youth home by awarding a certificate of appreciation to Maria Augusta Lorenzo, representative of the Jugendhilfverband Antoniusheim.

Nadine Bower/
USAG Wiesbaden Public Affairs

per year, including scavenger hunts and Christmas parties.

Lorenzo said one of the greatest benefits of the partnership with the U.S. Army is the cultural interchange. "The kids learn that not every culture is the same. They are very

curious about the Americans, and it's very interesting for the Americans to get to know the German culture."

This summer, Holden will have his change of command, but he is hopeful that the partnership will continue to grow.

"Seeing these kids develop and then take their first step outside into society is so rewarding. This partnership has been a fabulous relationship for both sides. My predecessor did a great job setting this up."

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German military veteran donates face shields

Story and photos
by Emily Jennings

USAG Wiesbaden Public Affairs

In a gesture of German-American friendship and partnership, German Navy veteran and reservist Michael Müller and his business partner Klaus Nowak donated 2,600 face shields to the Wiesbaden Red Cross May 28.

The face shields are produced by their company and can be washed and reused. The shields look like a clear visor that comes down over the eyes, nose and mouth and are used to reduce transmission of aerosol droplets between people.

"Receiving these masks from our host nation friends

is a true sign of friendship," said Regan Jefferson, Wiesbaden Red Cross program manager.

The face shields are being distributed throughout the community to help protect those who cannot socially distance themselves from others, due to the nature of their jobs.

They will be used in places across the Garrison like the child-care facilities and post office, as well as shopping and food service locations, Jefferson said.

"The American Red Cross truly appreciates the gift and support of the local community as we all work to stop the spread of the coronavirus so that our world can return to normal," she said.



German Navy veteran and businessman Michael Müller (left) and Wiesbaden Red Cross leadership partner Chris Bowen load a vehicle with a box of face shields Müller's company donated to the Red Cross May 28 on Clay Kaserne. Müller and his business partner, Klaus Nowak, donated 2,600 of the face shields to the Wiesbaden Red Cross.



German Navy veteran and businessman Michael Müller (left) explains the features of the face shields his company makes to Regan Jefferson, Wiesbaden Red Cross program manager; Col. Noah Cloud, U.S. Army Garrison Wiesbaden commander; and Julian Coates, Red Cross program director for Central Europe, May 28 on Clay Kaserne.



In his book, *Chasing My Dreams*, Fritz Lang brings you true stories about his dreams and family's struggles living in fear and anguish in the City of Wiesbaden Germany during World War II.

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Lisa Bishop/USAG Wiesbaden Public Affairs

Lt. Col. David Chapman and his expectant wife, Jaime, tend to their 152 pound Irish wolfhound, Wally, during their household goods pack out May 20. Individuals who are moving, as well as the movers, should comply with COVID-19 protocols.

Stay safe during moving of household goods

Emily Jennings

USAG Wiesbaden Public Affairs

The U.S. Transportation Command Defense Personal Property Directorate highlighted the Department of Defense's commitment to keeping customers safe during moving and storage services in an email dated May 22.

The DoD has directed that moving personnel adhere to Centers for Disease Control and Prevention protocols regarding health protection while working in a person's home, the email said.

Measures include wearing face coverings, minimizing crew size, routinely cleaning frequently-touched surfaces and practicing good hand hygiene, according to the email.

Individuals and families who are moving must also comply with CDC protocols and are asked to limit the number of family members in the residence to those needed to supervise the move.

"You are empowered to decide who enters your residence. You are empowered to question moving company personnel on their adherence to the aforementioned protocols. You are empowered to say 'stop' at any point in the process. You are not required to compromise your safety for the sake of meeting a moving company's timeline; if needed, ask to reschedule your move," said

USTRANSCOM Commander Gen. Stephen R. Lyons, in a letter to customers about moving while in a COVID-19 environment.

Anyone who is in the moving process and is ill or has a family member who is ill should notify their moving company or call the Personal Property Processing Office at (0611)143-546-6080.

Anyone who feels uncomfortable during the packing or delivery of their household goods should inform their service provider, contact the PPPO, or their chain of command, if necessary.

For information or assistance:

Personal Property Processing Office: By appointment only. Call DSN 546-6080 or 0611-143-546-6080. Email: usarmy.wiesbaden.405-afsb.list-pppo@mail.mil. To initiate self-counseling: www.move.mil. Or visit their website: <https://www.afsbeurope.army.mil/Logistics-Readiness-Centers/Personal-Property-and-POV/>.

Army Transportation Customer Service: Toll-free: 800-762-7186/ Comm: 703-806-4900. USTRANSCOM Customer Support (24 hours): 833-645-6683.

Stop Movement Customer Assistance Point: Call: (0611) 143-548-1201; email: usarmy.wiesbaden.id-europe.list.wiesbadenr2c@mail.mil.

Local information and contact details: home.army.mil/wiesbaden.

Make the move with us at your fingertips

Pfc. Raekwon Jenkins

7th MPAD

Subject matter experts answered questions from inbound and outbound personnel during a Facebook live PCS Symposium June 10 at U.S. Army Garrison Wiesbaden.

Viewers submitted their questions and concerns about upcoming PCS moves, and experts in housing, stop movement assistance, in-and-out processing, sponsorship, veterinary services and logistics readiness provided answers in their respective categories.

"The experts we have here today are very familiar and experienced with how to help you during the PCS season," said Col. Noah Cloud, the USAG Wiesbaden commander. "The biggest change we are facing right now is the quarantine requirement."

According to Cloud, inbound Soldiers, Depart-



Screenshot from PCS Symposium on Facebook

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Most of your resources ertips

ment of the Army civilians, and family members will have to quarantine if they cross an international border. Those PCSing from an installation inside of Germany do not. However, to ensure PCS success, Cloud stressed the importance of personnel staying in contact with sponsors.

“It is very important that you are actively communicating with your sponsor from your gaining organization to make sure all of your questions are being answered,” Cloud said.

Service members can find sponsor information in the Total Army Sponsorship Program portal of Army Career Tracker. Service members or civilians who are unable to reach their sponsor should contact the USAG Sponsorship coordinator, Christopher Curtis, at christopher.j.curtis.civ@mail.mil.

In the midst of COVID-19 related restrictions, updates and policy changes are ongoing. Thus, new information and resources will continue to be provided



for those PCSing and in need of assistance.

“Any questions or concerns not answered during the symposium will be addressed on the Garrison Facebook page in the Notes sections under the heading Symposium,” said Lauri Garcia, USAG Wiesbaden director of Public Affairs.

“Things are constantly changing,” Cloud said.

“There will be several subsequent events like this one throughout this PCS season so that as the policies change our communication to you all remains constant and up to date.”

For more information on the symposium and the PCS categories discussed visit Garrison Wiesbaden on Facebook or home.army.mil/wiesbaden.

Local resources

U.S. Army Garrison Wiesbaden website

Find phone numbers, opening hours, COVID-19 updates, news and more.

home.army.mil/wiesbaden

USAG Wiesbaden Newcomers' page

This page offers pre-arrival, arrival and post-arrival sections as well as links to the cities of Wiesbaden and Mainz, the garrison Facebook page and Family Morale, Welfare and Recreation. This is where you can request a sponsor, make contact with the schools, connect with the housing office, begin studying for the drivers' test and secure lodging.

home.army.mil/wiesbaden/index.php/my-fort/newcomers

USAG Wiesbaden PCS 2020 page

This page was created to provide information specifically for people moving during the 2020 PCS season. It is meant to supplement general PCS information found on the newcomers' page (above). Find information on traveling with pets, schools, inprocessing and quarantine requirements at the Wiesbaden Army Lodge.

home.army.mil/wiesbaden/index.php/my-fort/newcomers/pcs-2020

U.S. Army Europe Newcomer resources

Offers information on moving during COVID-19, a civilian onboarding guide, and answers to frequently-asked questions.

www.eur.army.mil/Newcomers

Program brings formal wear ahead of WHS prom

Pfc. Raekwon Jenkins
7th MPAD

Operation Deploy the Prom provided Wiesbaden High School students with a chance to receive free formal attire May 16 at the Club Beyond Youth Chapel on U.S. Army Garrison Wiesbaden Hainerberg.

The program is in partnership with Operation Deploy Your Dress, a dress swap organization created in 2015 as a way to defray the costs associated with purchasing formal wear for holiday balls and now has collection shops on seven military installations.

"My wife and I wanted to bring what we learned from our experience volunteering with Operation Deploy Your Dress to the European theater once we got here," said Sgt. Robert Cooper, a crypto linguist with the 24th Military Intelligence Battalion. "With

the traditional prom setting being cancelled for students and a lot of shops being closed due to COVID-19 restrictions, we knew we could help these kids' morale by putting this program together."

Cooper and his wife, Sam Cooper, gave out ties to males and dresses to females from a plethora of selections supplied by Operation Deploy Your Dress on a first-come, first-serve basis while adhering to the physical distancing guidelines, wearing masks and requiring hand washing. Despite the challenges from COVID-19, the duo accomplished their mission and impacted the community.

"The reaction and enthusiasm we got from the schools and families have been wonderful," said Robert Cooper. "This program is for the community, and if I can help these kids feel that they're still a part of



Pfc. Raekwon Jenkins/7th MPAD

U.S. Army Sgt. Robert Cooper, a crypto linguist with the 24th Military Intelligence Battalion, displays a prom dress to Hannah Nuemann, a Wiesbaden High School student, during Operation Deploy the Prom May 16 at the Club Beyond Youth Chapel on Hainerberg. Cooper and his wife, Sam Cooper, orchestrated the program, which gave free ties and dresses to Wiesbaden High School students.

something, I will know that Operation Deploy the Prom was a successful endeavor."

The endeavor also attracted others who related to the cause of Operation Deploy the Prom on a personal level.

"I volunteered to help out with the cause of Operation Deploy the Prom when I found out the mission of what they were trying to do. I knew I had to be a part of it because I had also missed out," said Pfc. Dil-

lan Touchet, Alpha Company, 1st Battalion, 214th Aviation Regiment. "I never had my own prom because it was too expensive. So I understand how it feels to miss out on the everlasting moments prom brings."

"It's more than just giving away formal wear; it really is to help keep traditions alive and build camaraderie," said Yvonne Coombs, the chief executive officer of Operation Deploy Your Dress. "Whether that morale boost is at a military ball or a high school prom, these programs have proven to be impactful, and we are looking forward to our expansion to overseas military installations."

"We fully plan on having more events, and we encourage the public to continue showing their support," said Robert Cooper. "Despite the global pandemic, good things are still happening."



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Chapel offers physically distanced sacrament

Emily Jennings

USAG Wiesbaden Public Affairs

Parishioners were offered a Christian sacrament of communion for the first time in more than 10 weeks May 17, after some social distancing measures were lifted.

Families and individuals arrived at parking lots on the Clay Kaserne and Hainerberg chapels and remained in their cars. Each household, with everyone wearing masks, was called forward one at a time, washed their hands and entered the chapel.

General Order No. 1, originally released March 18, put strict social distancing measures in place in the interest of protecting the community against the spread of COVID-19, which led the Religious Services Office to host services online.

But some elements of the sacrament and Christian services could not be fully appreciated through a computer screen, said Chap. (Lt. Col.) Jeffrey Dillard,

garrison chaplain.

"Being able to gather physically enables us to taste and touch, which are sensory reminders of the Lord's death, something that cannot be accomplished online," he said. "So to be able to gather, even if we're sitting in our cars or just a few families in a room at the same time, it's closer to the original intent to practice communion with God and each other than what we could accomplish in a virtual environment."

Chap. (Maj.) Daniel Claypoole, who leads the ChapelNext Contemporary Christian Service, said that although the social distancing measures have been frustrating, the situation has allowed him to hear sermons he hadn't heard before, now that many are posting their services online.

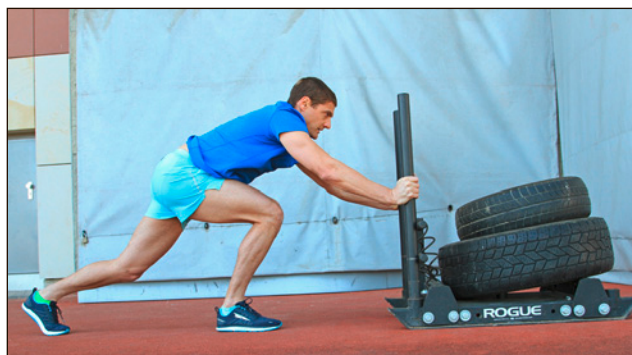
"I get to hear others preach in other churches," he said. He added that he looks forward to being together with his congregation again.



Families and individuals receive the sacrament of communion for the first time in more than 10 weeks May 17 at Hainerberg Chapel. Some social distancing measures were lifted, allowing the sacrament service to resume while parishioners wore masks, washed their hands and entered the chapel one person or family at a time.

Community members who are interested in hearing spiritual messages or attending virtual services can find

more information on the Wiesbaden RSO Facebook page, www.facebook.com/RSOWiesbaden.



Lt. Col. Eric Palicia, U.S. Army Europe, pushes a sled during a workout April 21 at U.S. Army Garrison Wiesbaden.

Wiesbaden Soldier recognized for fitness

Story and photo

by Pfc. Raekwon Jenkins

USAG Wiesbaden Public Affairs

Lt. Col. Eric Palicia, U.S. Army Europe chief of staff engineers, deputy Facilities and Constructions chief, was selected as the Installation Management Command 2019 Male Soldier-Athlete of the Year Feb. 10.

In order to be selected for the award, applicants must be nominated by their respective command and submit a packet which includes their athletic achievements, military accomplishments and community outreach efforts.

"It felt incredible to be nominated; it still doesn't feel real,"

Palicia said while reflecting on receiving the news. "I was very surprised but the award comes as a testament to who I am, not only as an athlete, but as a Soldier."

Palicia also appears in Season 2 of NBC's *The Titan Games*, which began May 25 and is being broadcast on American Forces Network.

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Commissary brings food to community's table

Kristen Beckman

Special to the Herald Union

Have you ever wondered how the Commissary's groceries make their way to you? The Defense Commissary Agency offers customers a one-stop shopping experience by sourcing its inventory from around the world.

Grocery items are sourced through contracts established by the Defense Commissary Agency. Different countries are contracted in order to increase variety in the store and to stock items that cannot be brought in from the states.

Commissary Director Jimmy Ephran and Assistant Commissary Director Marie-Luise Glaser said that many items in the Commissary, including meat and cheese, are sourced from the United States, while eggs and dairy products such as milk and cheese are sourced from Denmark. The majority of fresh produce is sourced locally from Germany. Items coming from within Europe are typically transported via truck, but items coming from overseas are typically transported via boat.



Kristen Beckman/Special to the Herald Union

Eric Jones, Commissary store worker, restocks supplies May 28 at the Wiesbaden Commissary. Meat sold in the Commissary is sourced from the U.S.

However, due to recent significant shortages, spurred on by an increase in demand due to COVID-19, some orders from the U.S. have been transported via plane at an increased cost.

U.S.-sourced items that are purchased frozen from the Commissary, such as sausages and bacon, are typically frozen prior to transportation and have one year to be sold once the Commissary receives them. Ephran and Glaser pointed out that this process for freez-

ing, transporting and selling as frozen has been approved by military food inspectors. Some food items that arrive frozen are "slacked out" and sold as chilled. This gives customers the option to purchase for immediate use, as opposed to purchasing the frozen version of the same item.

Shipments to the Commissary vary based on type of item: dry goods arrive daily, while frozen and chilled goods arrive three times per week. Addition-

ally, in an effort to meet the increased demand during the COVID-19 situation, the Commissary scheduled additional and larger shipment deliveries.

Commissary sales remain above average and as people begin to return to work, less volunteers are able to donate time and energy to restocking the shelves. However, Commissary staff continue to restock the shelves every day and customers are welcome to call the store anytime during normal business hours to check that an item is in stock. If an item is out of stock, customers can give their contact information to a staff member, along with the item's Universal Product Code, and request to be notified once that item arrives. Customers that would like to request specific items that may not normally be carried, such as a crown roast or a full pig, may place a special order in store, and receive it in about three days. Ephran adds that, "our staff has been working hard and putting in overtime, to make sure that the patrons have food on their dinner table on a daily basis."

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Stay safe, follow bicycle laws this summer

Kristen Beckman

Special to the Herald Union

Many in the Wiesbaden community are taking advantage of the summer weather by riding their bicycles.

Even more so, the Wiesbaden community is seeing a boom in biking as COVID-wary travelers are looking for alternatives to public transportation. Whether you are bicycling as a way to get to work or as a fun way to explore the local sights, there are many laws and safety measures to keep in mind.

German bicycle laws are similar to that of the U.S. forces installation regulations. Some key differences and laws to keep in mind are:

- Bicyclists must yield to traffic on the right;
- Bicyclists cannot turn right on red lights;
- Adult bicyclists must use paths and marked parts of the road and are only allowed to ride on the sidewalk when accompanying children under 10;
- Children up to age 8 must ride on the sidewalk, not in traffic, while children up to age 10 have the option to ride on the sidewalk;
- Bicyclists in the street must travel in a single file on the far-right side of the road in the direction of traffic;
- Riding side-by-side is prohibited;
- Bicyclists are considered vehicles and are subject

to some of the same “driving under the influence” regulations as automobiles;

- Bicyclists are prohibited from using non-hands-free devices while operating their bicycle; and

- Vehicle-mounted bicycle racks may not cover vehicle license plates.

Sgt. 1st Class Joseph Kirkey, the law enforcement operations non-commissioned officer for the Directorate of Emergency Services, notes that “If someone has a vehicle-mounted bike rack, a license plate must be secured to the rack and fully visible to the rear.” Kirkey added that upon request, Vehicle Registration can order a third plate for bike racks.

In Germany, bicycles are subject to safety equipment requirements in order to be “street legal.” The safety equipment is required by both U.S. forces installation regulations and German laws, and includes items such as standard brakes to safely stop the bicycle and a ringing or clicking bell. Equipment specifically required for use after dark includes: a headlamp emitting a white light, a tail light emitting a red light, two reflectors mounted 180 degrees apart on the wheel spokes, and front and rear pedal reflectors.

Helmets are also required. On U.S. forces installations, all bicycle operators, with the exception of local nationals, are required to wear a helmet that is properly fastened under



Kristen Beckman/Special to the Herald Union

David Webster, maintenance mechanic at Wiesbaden Outdoor Recreation, works on a bicycle May 18 at the facility on Clay North. Additional online resources from the Outdoor Recreation and Education Program include a “Bike 2 Work Program,” which shares biking paths to and from different garrison areas, and a “1000 Kilometer Biking Club Program,” which offers eligible participants a free jersey after biking 1,000 kilometers.

the chin and that meets the American National Standards Institute or the United Nations Economic Commission for Europe Regulation standard for bicycle helmets. Off U.S. forces installations, active duty military personnel are required to wear a safety vest in addition to a helmet; dependents, family members, and Department of the Army employees are highly encouraged to wear a helmet and safety vest, but they are not required. Individuals must respect both host nation and military laws and are subject to fines and points from the Polizei and the military police.

Acting Safety Manager Todd Lewis suggests wearing reflective clothing or accessories to maximize visibility. Lewis adds, “The bottom line is to

pay attention so you reach your destination safely.” For questions regarding bicycle safety and laws, contact the Safety Office at (314) 548-2301/2/3.

Electric bicycles, or e-bicycles, and scooters have their own set of regulations for being operated on the economy. All e-bicycle models require a helmet and insurance license plates, however, e-bicycle models built for speeds up to 25 kilometers per hour are only allowed to be ridden on bicycle paths and require a moped test certificate. E-bicycle models built for speeds up to 45 kilometers per hour require a driver’s permit and are prohibited from being ridden on bicycle paths. E-kick scooters, such as those used in scooter-sharing programs, require that operators be at least 14 years of

age, but do not require a driver’s license, a moped test certificate, or a helmet.

The Outdoor Recreation and Education Program offers online resources that bicyclers will find useful, most notably, a biking presentation, which outlines: safety tips and checklists, bicycle laws in Germany, a full list of required safety equipment, steps to take if your bicycle is stolen, European arm signals, steps for fitting a helmet, maintenance tips, steps to take in a bicycle accident, and traffic and street sign reminders.

Additional online resources from the Outdoor Recreation and Education Program include a “Bike 2 Work Program,” which shares biking paths to and from different garrison areas, and a “1000 Kilometer Biking Club Program,” which offers eligible participants a free jersey after biking 1,000 kilometers. The Outdoor Recreation and Education Program offers an array of services including self-storage units, bicycle maintenance, and an equipment check-out program. Services are currently being offered at the Outdoor Recreation Center on Clay North by appointment only at (0611) 143-548-9801. To access the Outdoor Recreation Center’s biking information, programs, contact information, hours, pricing, and a full list of services, visit www.wiesbaden.armymwr.com/programs/outdoor-recreation.

Army commemorates 245 years; Army Heritage month

USAG Wiesbaden

Equal Opportunity Office

June is Army Heritage Month, centered around the Army’s Birthday on June 14. The U.S. Army was founded on this date in 1775 when the Continental Congress authorized the enlistment of expert riflemen to serve in the American Continental Army.

The U.S. Army was established June 14, 1775. This year marks 245 years of continuous service to the great

nation while commemorating the 76th anniversary of D-Day.

This year’s birthday theme is “America’s Army: Honoring the Call to Service from D-Day to Today.” This theme allows the Army to celebrate and honor the accomplishments of its total force.

Since its establishment, the Army has played a vital role in the growth and development of the nation. Readiness remains the Army’s number one priority, and it has been the

cornerstone of the Army’s ability to serve wherever needed during its 245-year legacy.

The Army finds its strength not only in its diversity and inclusion, but also in its ability to bring together people of different backgrounds who share the Army Values.

The Army remains forever indebted to all veterans who demonstrated the selfless service and sacrifice that characterizes the Greatest Generation in defense of global peace and security.



U.S. Army Garrison Wiesbaden’s youngest and oldest active-duty service members, Pfc. Jacob Kari and Chap. (Lt. Col.) Jeffrey Dillard, help Command Sgt. Maj. Christopher Truchon (center) cut the birthday cake commemorating the Army’s 245th birthday at the Strong Europe Café June 12.

Lisa Bishop/USAG Wiesbaden Public Affairs

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the fastest mobile network

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- ✓ free EU roaming²

easyConnect

lightning-fast internet

- ✓ up to 500 Mbps³
- ✓ internet, telephone & more
- ✓ no contract duration

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TKS SHOP WIESBADEN
Hainerberg Exchange Mall
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^{1,3} Where technically feasible. ² According to the terms of service.



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