

HERALD UNION



Emily Jennings/USAG Wiesbaden Public Affairs

Army veteran and registered dietitian Maria McConville, spouse of Chief of Staff of the Army Gen. James C. McConville, talks with military spouse home-based business owners and senior leader spouses at a luncheon Oct. 24, 2019, at the Wiesbaden Entertainment Center. The forum was part of a tour of U.S. Army Garrison Wiesbaden Oct. 23-25 during which Maria McConville spoke with personnel and military spouses about some of the challenges they face and the contributions they make to the community.

CSA spouse visits USAG Wiesbaden

Emily Jennings

USAG Wiesbaden Public Affairs

Army veteran and registered dietitian Maria McConville, spouse of Chief of Staff of the Army Gen. James C. McConville, visited U.S. Army Garrison Wiesbaden Oct. 23 through 25 to tour the installation and talk with personnel and military spouses about some of the challenges they face and the contributions they make to the community.

The tour included the Amelia Earhart Theater, two schools, the Wiesbaden

Community Spouses' Club Thrift Shop, Army Family Housing, the Re-Use Center and the fitness center. She also met with home-based business entrepreneurs and volunteers. At the end of her time at USAG Wiesbaden, she participated in a ribbon cutting ceremony at the Fall Bazaar.

"This has been a great learning experience for me," she said. "It is my honor to represent Army families; Army spouses. I've been learning about the challenges with spouse employment, but

also hearing the great things that our talented, creative, resourceful, resilient spouses do."

Gen. McConville identified his No. 1 priority as people.

"People are the ones that enable us," McConville said in an August article on *Army.mil*. "The strength of our Army is our people; that's our greatest weapons system."

Besides people, his top five focus areas are housing, conversion of the medical system to Defense Health

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Drivers face consequences following DUIs

Anna Morelock

USAG Wiesbaden Public Affairs

Matt Murcin, the U.S. Army Garrison Wiesbaden Army Substance Abuse Program manager, recently sat down with three community members to talk to them about getting a DUI and what led up to their choice to drink and drive. To protect their privacy, the community members are not identified by their real names.

Murcin said he saw several similarities in their situations. All three had suicidal ideations to various degrees and expressed thoughts of loneliness and depression, he said. They were

also each having relationship problems.

"If you find yourself drinking too much," Murcin said, "is there other stuff going on? Seek help for those issues."

Scott's path to receiving his first DUI began long before the night he failed a breathalyzer on his way home from a nightclub.

At 16, Scott had his own place; a home from which his grandmother sold alcohol. He drank with his mom and other family at a young age. It all seemed normal to him. When he joined the Army, everyone was drinking, he said, often more than him.

See 'DUI' on Page 3

Disability awareness key to workplace integration

Lena Stange

USAG Wiesbaden Public Affairs

U.S. Army Garrison Wiesbaden celebrated the National Disability Employment Awareness Month observance Oct. 21 at the Clay Kaserne Chapel.

"Disability awareness plays a role in workplace integration," said guest speaker Dr. William (Don) Wright. "The reality is that we are only fully aware of

something when we focus our attention on it."

Wright remembered the first time he himself became aware. The moment happened at a wood working class in middle school where he met Brian, who was in a wheelchair, and the bones in his legs and spine were distorted and one arm and hand did not function properly.

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HOLIDAY HAPPENINGS
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CAR ACCIDENT?
Find out what to do on and off post. **Page 16**

TRICK-OR-TREAT
See photos from Trunk or Treat and Halloween night. **Page 12-13**

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Thanksgiving feast at the DFAC

U.S. Army Garrison Wiesbaden tenant units will provide a Thanksgiving meal for Soldiers, families, retirees and civilians of the USAG Wiesbaden community from 11 a.m. to 3 p.m. Nov. 28 at the Strong Europe Café dining facility in order to celebrate the holiday season and bring the community together for a festive celebration. Doors open at 10:30 a.m.

Meal Prices:

- Prices for all service members E-1 through O-10, retirees, and all civilians: \$9.10
- Meal card Soldiers (SIK) do not pay
- Family members of Soldiers E-1 through E-4: \$6.80
- Children ages 5 and under eat free

Main Line

Bourbon beef tenderloin
Beef ribeye roast
Honey glazed Cornish hens
Baked ham with maple glaze
French fried shrimp
Roasted turkey
Shrimp cocktail
Ham hocks
Fried chicken
Mushroom gravy
Turkey gravy
Brown gravy
Dirty rice
Seasoned mashed potatoes
Corn bread stuffing
Candied yams
Mac and cheese

Herbed green beans
Corn on the cob
Collard greens
Seasoned carrots
Hot rolls

Outside Line/Desserts

Salad bar
Potato salad
Fruit salad
Macaroni salad
Cranberry sauce
Gumbo soup
Sparkling wine
Assorted beverages
Assorted cookies
Assorted cakes
Assorted pies
Assorted ice cream



CSA SPOUSE

Continued from page 1

Agency, spouse employment, military moves and child care.

During a luncheon at the Wiesbaden Entertainment Center with military spouse and senior leader spouses, Maria McConville said she could relate to the struggles Army spouses face in establishing a business and moving every few years.

“Spouse employment is near and dear to my heart,” said McConville, who established her own home-based business

to pursue her passion while traveling with her husband and their children where the Army took them.

The roundtable members, including Garrison Commander Col. Noah Cloud, identified specific challenges, such as tax issues, lack of continuity from one garrison to another and lack of information — and brainstormed possible solutions.

McConville reiterated her commitment to her platform of spotlighting Army spouses.

“I’m extremely passionate about the topic (of spouse employment),” she said. “I know



Emily Jennings/USAG Wiesbaden Public Affairs

Laura Duncan, Wiesbaden Community Spouses’ Club president (left), talks to Maria McConville, spouse of Chief of Staff of the Army Gen. James McConville, outside the thrift shop before giving her a tour during a visit to the garrison Oct. 24.

that we have a lot of work to do, and spouse employment) will and (home-based businesses be a focus of mine.”



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

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Lena Stange/USAG Wiesbaden Public Affairs

Guest speaker Dr. William (Don) Wright talks about the importance of being aware during a National Disability Employment Awareness Month observance Oct. 21 in the Clay Kaserne Chapel.

AWARENESS

Continued from page 1

His first moment of awareness happened at a moment of free play in the classroom, when he ran past Brian's wheelchair and Brian grabbed his arm and made him stop as part of the game, he said.

"I was astounded at his strength!" Wright said. "All the time, I had thought he was extremely frail and weak. That was the first time I realized my initial perceptions concerning Brian were completely wrong."

Wright's second moment of awareness came when the end of the year projects were presented. His little napkin holder did not exactly match on both sides and was a little wobbly, he said.

"When we got to Brian's finished project, a group of us just stood in awe," Wright said. "He had constructed a beauti-

ful jewelry box made of some kind of exotic wood. ... So, the second lesson I learned from Brian was about underestimating someone's capability, again, based on my perceptions."

People tend to underestimate those with disabilities, he said.

In 1945, Congress announced the first week in October each year to be "National Employ the Physically Handicapped Week." Finally, in 1988, the week was expanded to a month and renamed to National Disability Employment Awareness Month.

"I think the focus on awareness is most appropriate," Wright said. According to the Presidential Proclamation 2019, the unemployment rate for Americans with disabilities reached the lowest level on record.

"I would say that awareness is working," Wright said. "I encourage you to stay aware."

DUI

Continued from page 1

"Alright, good. Ain't nothing wrong with me. I can still do my PT, I can still do stuff, so there ain't nothing wrong with me. I'm still doing all the stuff I'm supposed to do; I haven't gotten in trouble yet. Yet."

People who grow up in an environment where drinking, sometimes to excess, is the norm, often take that perception of normal into adulthood, Murcin said.

Scott's trouble didn't stop when he received his DUI. Shortly thereafter, he woke up at Landstuhl where the last thing he remembered was hearing his daughters in the states playing in the background when he called to tell his soon-to-be ex-wife and children goodbye. He then took all the pills in his medicine cabinet.

"After I got my DUI, everything in my life just seemed like it was gone. I lost my career which I loved," Scott said. "I felt like I disappointed everybody."

Tom, a civilian employee, said he was going through a divorce and was "partying, doing whatever I could to get over that emotional rollercoaster."

"That one DUI completely changed my life," he said. "I won't even think about driving after I've had a drink or so. I just Uber it; take a cab or whatever."

Six years later, and after thousands of euros in fines, Tom is still waiting on approval to get his license reinstated after returning to Wiesbaden from the states.

John, an active duty Soldier, was using alcohol to medicate himself to sleep most nights. "As a senior

leader in the community, I was having a hard time voicing concerns about myself and my family. I fooled myself into thinking if I took care of everyone else that somehow my own issues would resolve."

John planned to stay home the night he received his DUI, but ran a last-minute errand for his son.

"I never felt so ashamed in my life," John said of his arrest. "My life instantly became a series of crises."

John managed to keep his career, but said he has no potential for promotion or to fulfill his life-long career goals. He's taken advantage of behavioral health services and went to counseling with his wife.

Each of these individuals addressed their drinking in a way that worked for them.

"There's no right or wrong way," Murcin said. "The biggest thing is finding what works for an individual, and a lot of times it's trial and error."

Some individuals can quit drinking completely, Murcin said. Some may need a self-help group or traditional counseling.

Over the past year, only two of the DUIs received by community members were below 0.1, which is still twice the legal limit, Murcin said. And about 50% were civilian employees with the rest being Soldiers and family members, he said.

Resources across the community include behavioral health, the Employee Assistance Program, Military Family Life Consultants, chaplains, self-help groups and more. Anyone who has questions about which resource might be best for them, a family member or friend can stop by ASAP in Building 1023 East and talk to him, Murcin said. Or, call ASAP at (0611) 143-548-1400.

Holiday Assistance Program

The Holiday Assistance Program helps military and civilian families with actual needs during the Christmas holiday. Completed applications (available through chain of command and at ACS) signed by the commander or designated authority must reach Army Community Service, Bldg. 7790 on Hainerberg by 3:30 p.m. Dec. 6.

Organizations and volunteers are needed for the Angel Tree program and managing food baskets.

Call (0611) 143-548-9201 for more information.



Lena Stange/USAG Wiesbaden Public Affairs

News flash

Upcoming holidays

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

Nov. 28 — Thanksgiving Day

Nov. 29 — Training holiday

Dec. 23 — Half-day schedule for Soldiers

Dec. 24 — Half-day schedule for Soldiers

Dec. 25 — Christmas Day

Dec. 26 — Half-day schedule for Soldiers

Dec. 27 — Training holiday

Dec. 30 — Training holiday

Dec. 31 — Half-day schedule for Soldiers

Call before you go on U.S. and training 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.

Post office holiday hours

From Nov. 4 to Dec. 21, the post office mailing out window (finance) will be open from 11 a.m. to 5 p.m. Monday to Saturday. From Nov. 4 to Jan 11, the package pickup will be open from 11 a.m. to 5:30 p.m. Monday to Saturday. Additionally, the package pickup window will be open from 8 a.m. to 4 p.m. Dec. 24. The post office will be closed on Thanksgiving, Christmas and New Year's.

Christmas mailing deadlines

To arrive in the U.S. by Christmas, items must be mailed by the following dates:

Nov. 27 — SAM/Retail ground parcels

Dec. 11 — Priority parcels and first class letters and cards

Dec. 18 — Express mail

Holiday closures

Some garrison and tenant units will experience holiday closures in addition to the federal holidays.

The vet clinic will be closed Nov. 29, as well as Dec. 20, 24, 27 and 31.

The 405th LRC Wiesbaden will be closed from noon to 4:30 p.m. Dec. 13. This affects Driver Training and Testing, Personal Property, Transportation Motor Pool, Installation Property Book Office, Central Issue Facility, POV Inspection, Official Travel, Quality Assurance and BASOPS. Shuttle Buses will operate on the regular schedule.

Follow us on Facebook at "Garrison Wiesbaden" for more up-to-date holiday closures and schedule changes.

Garrison to conduct annual water testing for Legionella

Anna Morelock

USAG Wiesbaden Public Affairs

U.S. Army Garrison Wiesbaden conducted its routine, annual water testing for Legionella from Nov. 12 through 21. Approximately 150 facilities — those with showers — were tested. Due to the size of the water systems, this excluded single family homes and duplexes, such as those in Newman Village.

Not all residents in multi-family buildings had their water tested. Occupied units farthest from the hot water source were sampled. Residents whose water was tested received a notification with a timeframe when a contractor would collect a sample from the home's main shower. Non-residential facilities to be tested also received a notification of testing times. Sampling took about 10 minutes, and results were complete in two weeks.

The Directorate of Public Works Environmental Division will notify residents only if the test comes back over set limits. If a sample exceeds those limits, DPW will raise the temperature in the building's water system, flush the system and re-test the building.

This will be the third year for Legionella testing at USAG Wiesbaden in accordance with Environmental



Anna Morelock/USAG Wiesbaden Public Affairs

The U.S. Army Garrison Wiesbaden Directorate of Public Works Environmental Division conducted annual water testing for Legionella bacteria and will notify residents if a test comes back over set limits.

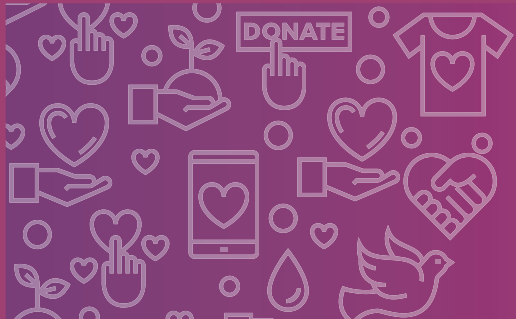
Final Governing Standards for Germany. Besides the annual testing, all buildings are equipped with an anti-Legionella device that raises the temperature of the water overnight to kill any bacteria.

Maintaining water systems, flushing water pipes and annual testing are important to keep everyone safe and healthy, said Silvia Schlepper, who oversees the garrison's Legionella testing program.

Legionella is a naturally occurring

bacteria that can become problematic in man-made water systems when it grows in high concentrations. Inhaling the bacteria in droplets, such as the spray from a shower, can cause Legionnaires' disease, a severe form of pneumonia.

For more information about the Environmental Division's Legionella testing, search "legionella" on the garrison homepage, home.army.mil/wiesbaden, or call Schlepper at (0611) 143-548-4093.



How to do fundraising at USAG Wiesbaden

Before and during Christmas time, military units, family readiness groups and private garrison-approved organizations may want to organize bake sales or gift wraps to raise funds. However, there are some things to consider before hosting a fundraiser:

Who can hold fundraisers?
Military units, FRGs and private garrison-approved organizations.

How much in advance do I have to request approval?
At least 30 days in advance. The request has to be reviewed by the Legal Office, and this takes time.

What do I need to do?
Request the form with Rick Iglesias, civilian misconduct actions officer (ricardo.iglesias.civ@mail.mil). Fill out the form, and make sure the event location signs it off. Then send it back to Iglesias.

Are there exceptions to this procedure?
Yes, military units and FRGs that plan the fundraiser in their own area don't have to ask for approval from the garrison. Their commander can approve the request.

Information by Rick Iglesias, civilian misconduct actions officer (ricardo.iglesias.civ@mail.mil).

Wiesbaden military spouse wins business award

Lena Stange

USAG Wiesbaden Public Affairs

Jaime Chapman, entrepreneur and military spouse, won the inaugural edition of the Best Military Spouse-Owned Business Award Sept. 10 at the 3rd annual Military Influencer Conference in Washington D.C.

Chapman's career service business Begin Within won by popular vote in an online voting campaign and had been nominated by one of her team members in May.

"When she sent me the email, I didn't know what it was at first," Chapman said. "And then I looked it up and thought, well, this is pretty cool, but there's no way I am going to win it."

She started her business in 2016 as a hobby blog. When she lost her full-time job in 2018, she made Begin Within her first career.

When she started selling career services, she immediately noticed that she met a need in the community. There was a line of people waiting for her services, especially for dealing with USAJOBS, she said.

"It's notorious for its difficult application process," Chapman said. "I had people lined out the door to get these resumes, which was a great problem to have, but it was just me. So I got overwhelmed, and I had to bring on help as fast as January in 2019. So, I started hiring writers."

By now, she leads a team of five people — all five are military spouses — and focuses on career coaching, resume writing, job interviews and salary negotiations. The goal is to help high achieving people advance and get promoted in their careers, she said.

"We don't limit ourselves to the military community... but our demographic data included 70% military community members," Chapman said.

At MIC, Chapman was announced as the winner and presented with her award by Florent "Flo" Groberg, medal of honor recipient and Chief of Staff for Boeing Commercial Airplanes, in front of 1,000 people in the audience.

"I hope this is an inspiration to the members of our community," she said. "Military spouses have a certain grit and



Courtesy photo/Trish Alegre-Smith

Jaime Chapman (center), entrepreneur and military spouse at U.S. Army Garrison Wiesbaden, shows off her Best Military Spouse-Owned Business award on stage, flanked by Florent "Flo" Groberg (left), medal of honor recipient and Chief of Staff for Boeing Commercial Airplanes, and Jusika Martinez, Senior Marketing Manager of Blue Star Families. The award was presented to her by Groberg, during the Military Influencer Conference in Washington D.C. Sept. 10.

resilience, and I believe that no matter where we live in the world, if you put in the hard work, you can find your version of success."

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Holiday happenings



Holiday Assistance Program

The Holiday Assistance Program helps military and civilian families, primarily the families of specialists and below, during the holiday season. This includes food baskets for Thanksgiving and Christmas — and gifts through the Angel Tree Program. Applications are available through the chain of command, Army Community Service or online at <https://wiesbaden.armymwr.com/calendar/event/holiday-assistance-program/3608637/44798>.

Drop the turkey spin

Burn off the calories during this 90-minute, turn and burn spin workout from 10:15 to

11:45 a.m. Nov. 30 at the fitness center. Cost is \$7.

Tree lighting

Help launch the holiday season during the garrison's Tree Lighting Ceremony on Dec. 5 from 5-10 p.m. on Clay Kaserne. The event will start outside the Clay Chapel with school choir performances, the tree lighting and then proceed to the Community Activity Center for photos with Santa, MWR giveaways, children's activities and a special buffet meal. Cost of the buffet is \$6.95 for adults, \$3.95 for children ages 6-11.

12 Days of Christmas special

The Wiesbaden Entertainment Center is celebrating the

season with a special for each of the first 12 days of December. Take advantage of specials and be entered to win a prize. Go to wiesbaden.armymwr.com for details.

Christmas markets

Outdoor Recreation offers trips to the Rothenburg Christmas Market on Dec. 7, Nuernberg Christmas Market on Dec. 14 and the Heidelberg Christmas Market on Dec. 21. Sign up at the Wiesbaden Sports, Fitness and Outdoor Recreation Center. Army Community Service hosts visits to the Frankfurt Christmas Market on Dec. 5 and the Mainz Christmas Market on Dec. 19. Register at ACS or by

calling (0611) 143-548-9201. The Wiesbaden Teen Center hosts a trip for youths and their families to the Cologne Christmas Market on Dec. 21. Stop by the Hainerberg Teen Center for details.

Dueling Pianos Holiday Tour

Armed Forces Entertainment, MWR and ProTour Productions offer a special treat during the holidays — the Dueling Pianos Holiday Tour — Dec. 13 at 8 p.m. at the Vault Club and Casino. Enjoy the musical talents of Katy Marquardt, Chris Combs and Jimmy James.

Jingle Bell Jog

Wear your favorite holiday workout gear and join the

fun at this holiday-themed five-kilometer run or walk on Dec. 14 starting at 9 a.m. It's free to participate — or sign up in advance to purchase a commemorative T-shirt for \$5 at the Wiesbaden Sports, Fitness and Outdoor Recreation Center.

New Year's Eve party

Welcome in the New Year on Dec. 31 at the Wiesbaden Entertainment Center. The New Year's celebration will feature activities for all members of the family including Cosmic Bowling, free finger foods, a live video DJ and more. Purchase tickets at the Wiesbaden Entertainment Center.

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Community notes

American Indian Heritage observance

An observance at 11:30 a.m. Nov. 26 in the Tony Bass Auditorium will recognize American Indians for their respect for natural resources and the Earth, having served with valor in our nation's conflicts and for their many distinct and important contributions to the United States.

Credentialing

The Wiesbaden Education Center will host briefings on the Army Credentialing Program to address eligibility, funding options, Army Cool's role and the application process. Attend a briefing Dec. 17, Jan. 7, 2020, Feb. 4, 2020 or March 10, 2020 to learn more about the program and how it can help with achieving education and career goals. For more information, call (0611)143-548-1302 or email usarmy.wiesbaden.imcom-europe.list.education-center@mail.mil.

CFC

The Combined Federal Campaign will take place through Dec. 13. For more information on donating, contact Capt. Justin P. Brooks at (0611)143-548-0401 or justin.p.brooks4@mail.mil; or 1st Sgt. Lori A. Soto at (0611)143-548-0402 or lori.a.soto2@mail.mil.

CYS Special Opening

Wiesbaden Child and Youth Services will hold a Saturday child care opening Dec. 14 from 6 p.m. to midnight for children ages six weeks to fifth-grade (must be CYS registered). Make reservations at Parent Central Services or call (0611) 143-548-9350.

Car classes

The Wiesbaden Automotive Skills Center holds a Basic Car Care Class from 10:30-11:30 a.m. Dec. 1. Cost is \$15. A Brake Service Class will be offered from 10:30 a.m. to 12:30 p.m. Dec. 15. Cost is \$15. Call (0611) 143-548-9817 to register.

BOSS highlights

Wiesbaden's Better Opportunities for Single Soldiers heads to the Ramstein Mall Dec. 6, goes ice skating Dec. 7, hosts Taunus movie nights Dec. 13 and 21, and goes go-karting Dec. 14. Stop by the Warrior Zone or call (0611) 143-548-9816 for details.

'Beauty and the Beast'

The Amelia Earhart Playhouse presents "Disney's Beauty and the Beast" with performances on Dec. 6, 7, 13, 14, 20, 21, Jan. 10, 11, 17 and 18 at 7 p.m.; Dec. 8, 15, Jan. 12 and 19 at 2 p.m. Purchase tickets at the playhouse or Wiesbaden Arts and Crafts Center.

Love and Money

Enhance your financial literacy during this free class, "Love and Money: Financial Education for Couples," on Dec. 3 from 10:30 a.m. to noon at the Welcome Center (Bldg. 1023 West, Room 7) on Clay Kaserne. Call Army Community Service at (0611) 143-548-9201 to register.

Mommy and Me Art

The Wiesbaden Arts and Crafts Center holds Mommy and Me Art on Dec. 13 and 27 from 11:30 a.m. to 12:30 p.m. Sign up for the free activity at the Arts and Crafts Center.

Trivia Nights

Join the fun at the Wiesbaden Entertainment Center Lounge on Dec. 4 and 18 at 7 p.m. during Trivia Night. Join a team (or bring your own) and show off your trivia knowledge.

Baby Story Time

Come to the Wiesbaden Library for Baby Story Time on the fourth Wednesday of the month from 10-10:30 a.m. — for children from birth to age 3 along with their caregivers.

Spouse Orientation

Army Community Service hosts another Spouse Orientation at 9 a.m. Dec. 18. All spouses are invited to learn about the many benefits, programs and resources available — and to network with other new spouses. Free child care is available if arranged a week in advance by calling (0611) 143-548-9201.

Movie Night

Service members are invited to the Warrior Zone (Bldg. 1214 on Clay Kaserne) at 6 p.m. Tuesdays for a free movie. Make new friends and enjoy the movie on a seven-foot screen.

Art classes

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

Preschool Story Time

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

SFL-TAP workshops

The Soldier for Life Transition Assistance Program offers the following classes and mandatory workshops. MY Transition from 8:30 to 9:30 a.m. Dec. 2 and 9; MOS Crosswalk from 9:30 to 11:30 a.m. Dec. 2 and 9; Financial Planning from 12:30 to 4:30 p.m. Dec. 2 and 9, VA Benefits and Services from 8:30 a.m. to 3:30 p.m. Dec. 3 and 10; DOL Employment Workshop

from 8:30 a.m. to 4:30 p.m. Dec. 4-6 and Dec. 11-13; Continuum of Military Service from 4 to 4:30 p.m. Dec. 10. Participants must be registered and have completed initial counseling to attend workshops. For more information call (0611)143-548-1318/1319/1320.

Host Nation Orientation

Army Community Service sponsored Host Nation Orientation is a way for newcomers to learn about German culture, language, public transportation, and tips about living in our community. Host Nation Orientation is held every Tuesday from 9 a.m. to 5 p.m.

at the Wiesbaden Entertainment Center. Call (0611) 143-548-9201 for more information.

Play Morning

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

Auto Skills can help

The Wiesbaden Automotive Skills Center offers services including a wheel alignment service, tire pressure monitor system repair, basic maintenance class for spouses and more. Stop by to find out about these services.



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Youth rock climbing

Middle school and high school age students are invited to get in some rock climbing on Fridays from 3:30-5:30 p.m. (weather permitting). All skill levels are welcome. Participants must be registered with Child and Youth Services. Call (0611) 143-548-9341 to confirm attendance.

Ski/snowboard trips

Wiesbaden Outdoor Recreation holds trips to Engelberg, Switzerland, on Dec. 28, Jan. 25,

Feb. 29 and March 28; and to the Black Forest on Dec. 28, Jan. 11 and Feb. 1. Register at the Wiesbaden Sports, Fitness and Outdoor Recreation Center.

Indoor skiing and snowboarding

Wiesbaden Outdoor Recreation offers a Neuss Ski and Snowboard Express trip on Dec. 7, 2019. Cost is \$119 for adults, \$99 for children ages 15 and below including lift ticket, round-trip transportation and equipment rental. Price without

equipment rental is \$109 per adult, \$89 for ages 15 and below. Sign up at the Wiesbaden Sports, Fitness and Outdoor Recreation Center.

Winter sports registration

Child and Youth Services holds registration for basketball, cheerleading, dodgeball and wrestling through Dec. 15. Register at Parent Central Services or call (0611) 143-548-9350 for more information.

Guided meditation

This Guided Meditation

Class will help you reduce stress, control anxiety, promote emotional health, enhance self-awareness and lengthen your attention span. The class will be held Dec. 11 from 6-7:15 p.m. at the Wiesbaden Sports, Fitness and Outdoor Recreation Center. Cost is \$10. Register at the fitness center.

Martial arts classes

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

Recreational Shooting

Get in some target time with Wiesbaden Outdoor Recreation at the McCully Range in Wackernheim on Nov. 23 from 10 a.m. to 3 p.m. Call (0611) 143-548-9830.

Group fitness classes

Join fellow community members for fitness classes at the fitness center. Classes include spin, tabata, high-intensity interval training, Zumba, yoga, barre, martial arts and pilates. Classes cost between \$4 and \$8 each, depending on the class and the amount of tickets purchased. For more information, visit the Wiesbaden Sports, Fitness and Outdoor Recreation Center on Clay Kaserne or call (0611) 143-548-9830/9801.

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Sunday November 24: Family Service 10.00 a.m.
Saturday November 30: "Joy to the World: An American Christmas" 7.30 p.m.
Saturday December 7: Handel's Messiah 4.00 p.m.
Sunday December 8: Christmas Pageant 10.00 a.m.
Sunday December 15: A Service of Nine Lessons and Carols 5.00 p.m.

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USAREUR Soldiers place in Army 10-miler



Courtesy photos

Chief of Staff of the Army Gen. James McConville poses for a picture with Lt. Col. Eric Palicia, Capt. Tony Starks, 1st Lt. Ian Berry, 1st Lt. John Baisley, 2nd Lt. William McCray, Spc. Cindy Covarrubias, Capt. Peter Harris and 2nd Lt. Amanda Coleman, representing U.S. Army Europe in the Army 10-miler Oct. 14 in Washington, D.C. Covarrubias, Starks and Palicia are with USAREUR in Wiesbaden. The men's team took third place and the women's team took fifth.



Members of the U.S. Army Europe Men's team pose with their plaque after placing third in the Army 10-miler Oct. 14 in Washington, D.C. Pictured are 2nd Lt. William McCray (from left), Lt. Col. Eric Palicia, 1st Lt. John Baisley, Capt. Tony Starks and 1st Lt. Ian Berry.



Maj. Yesenia Byrne, Spc. Cindy Covarrubias, 1st Lt. Ian Berry, Capt. Robert Brown, 1st Lt. John Baisley, Lt. Col. Eric Palicia, Capt. Peter Harris, 2nd Lt. William McCray, Staff Sgt. Sean Salter, Capt. Samantha Rigby, Capt. Tony Starks, 2nd Lt. Amanda Coleman and Capt. Jemarie Alcorde, represent U.S. Army Europe in the Army 10-miler Oct. 14 in Washington, D.C. The men's team took third place and the women's team took fifth.



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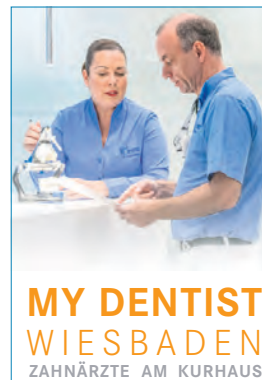
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Wiesbaden family wins volunteer award

Association of the U.S. Army

Through their consistent volunteer work and dedication to service, every member of the Ellwein family has shown their willingness to go above and beyond to help others. It is with sincere gratitude and appreciation that the Association of the United States Army presents our Volunteer Family of the Year Award to this remarkable Army family.

The Ellwein family's dedication to Soldiers doesn't end with the work day, as they selflessly spend countless hours giving back and participating in activities that promote the wellbeing of Soldiers and their families. In this past year alone, the family of five has amassed almost 4,400 hours of volunteer work in a variety of Scouting, church and civic causes.

Sgt. Maj. Dianne Ellwein, Chief Warrant Officer 4 Fredrick Ellwein, U.S. Army retired, and their children—Kaitlin, who is an Air Force first lieutenant, Tyler and Austin—embody the spirit of volunteerism and have each provided exceptional service to the Army, its Soldiers and families with impressive contributions

in the Wiesbaden military community.

Sgt. Maj. Ellwein serves as the president of the U.S. Army Europe Sergeant Morales Club, which supports programs such as Angel Trees, Junior ROTC, and offers mentorship programs and scholarships for local students. She is also an active supporter of garrison chapel services and the Wiesbaden High School community and is a dedicated leader for the Boy Scouts of America.

Retired Chief Warrant Officer 4 Ellwein is an exemplary leader in the Wiesbaden community and the U.S. Army. He fulfilled a critical role by volunteering as the jazz band teacher for the Wiesbaden High School community when the students were left without a teacher. Dedicated to his students, he overcame physical challenges and enabled the high school band to perform musical concerts for the community.

Over a two-year period, the Ellweins' eldest son, Tyler, a nationally certified athletic trainer and performance enhancement specialist volunteered as a high school baseball coach and completed 1,200 hours of volunteer work.



Courtesy photo

Retired Chief Warrant Officer 4 Fredrick Ellwein (from left), 1st Lt. Kaitlin Ellwein, Sgt. Maj. Dianne Ellwein, Austin Ellwein and Tyler Ellwein were recognized by the Association of the U.S. Army after previously being recognized at U.S. Army Garrison Wiesbaden as the Volunteer Family of the Year.

During that same time, Air Force 1st Lt. Ellwein completed approximately 100 hours as a volunteer for the Okinawa Red Cross in Japan, as a blood drive organizer. Austin, the youngest, an Eagle Scout, completed 732 hours of community service in Boy Scouts, school outreach events and mission work.

The Volunteer Family of the Year award is presented annually to an outstanding family in recognition of



Courtesy photo by Julie Wynn

Sgt. Maj. Dianne Ellwein (from left), Austin Ellwein and Retired Chief Warrant Officer 4 Fredrick Ellwein attend an awards ceremony for Troop 65 in Wiesbaden. The family was recently recognized for their volunteer efforts, along with the couple's two other children, Tyler and Kaitlin.

its volunteer efforts to promote the well-being of Soldiers and their family members. Recipient may be active duty, Army civilian, or from the Army Reserve component.



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WMS students clean up on Hainerberg

Class prepares students to be ready for college

Lena Stange
USAG Wiesbaden Public Affairs

Students from Wiesbaden Middle School's Advancement Via Individual Determination class initiated a community action day Nov. 11 and did not let the rainy weather keep them from cleaning up trash and leaves on Hainerberg.

AVID is a class that prepares students for college and career readiness and requires them to do a certain number of hours of community service.

"A key component of preparing students for college and career readiness is ensuring they are community leaders," said Millicent Dixon, AVID site team coordinator and teacher at WMS. "I always tell my students that they can change the world today, and



Photos by Lena Stange/USAG Wiesbaden Public Affairs

Students from Wiesbaden Middle School's Advancement Via Individual Determination class participate in a community action day Nov. 11 and clean up trash and leaves on Hainerberg.

they don't need to wait until they are adults. My eighth grade AVID students we tasked with planning and organizing a day of services. We had Ms. Cheney from ACS speak with them about volunteer opportuni-

ties and how to plan an event. The students had a lengthy brainstorm list but ultimately cleaning up after Halloween was the best fit, because it directly impacted our community in a positive manner."



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Trick or treat

Photos by Lena Stange and
USAG Wiesbaden Public

The Wiesbaden American Red Cross hosted
during their annual Trunk or Treat event.
Sergeant Morales Club won best trunk
Children participated in trick-or-treat activities
Center on Clay Kaserne and all on-post houses



reat!



Emily Jennings
Affairs

ted 1,500 community members
nt Oct. 26 on Hainerberg. The
by popular vote.
ivities at the Child Development
using areas Oct. 31.



Army launches housing satisfaction survey

U.S. Army

WASHINGTON — After eight months of efforts and initiatives across the Army to improve housing conditions, residents of U.S. Army family housing will have another chance to rate the quality of housing and housing services in 2019 as the Army has launched two more surveys — one on Army-owned and -leased housing, and one on privatized housing.

The surveys were emailed Nov. 7 for Army-managed housing, and on Nov. 12 for privatized housing. CEL & Associates Inc., an independent third-party organization, is administering the survey for the Army. The email will be from *ArmyHousingSurvey@celassociates.com*. Earlier this year, CEL & Associates emailed housing surveys to nearly 100,000 residents.

The purpose of the surveys, both of which will be open through Dec. 13, is to receive firsthand accounts of what Soldiers and their families find important in Army housing and to gauge satisfaction with property-management services.

The housing surveys will be used to find areas that are top priorities to



A survey has been sent out to residents of Army housing to solicit firsthand accounts of what Soldiers and their families find important in Army housing and to gauge satisfaction with property-management services. The survey will be open through Dec. 13.

residents, to identify which areas are successful or need improvement, and to determine where funding could have the most effect, according to Lt. Gen. Jason Evans, Army DCS G-9.

“The Army will improve homes, communities, and customer service — from Army housing staff and the private housing management companies — through the candid feedback we receive from our Soldiers and their families,” Evans said.

Army housing officials hope for a high



Photos by Emily Jennings/USAG Wiesbaden Public Affairs

The Army has launched two new housing surveys, one of which applies to those living in on-post housing in Wiesbaden. Residents who live on post and did not receive the survey are advised to check their bulk or spam folders. Contact the Housing Office at (0611) 143-548-4404 with any questions.

participation rate, which will provide a more accurate depiction of resident satisfaction and of changes that have been implemented over the past eight months.

All surveys are confidential and the reporting structure ensures that the Army

will not see responses unless CEL is satisfied that participants’ anonymity is retained.

Residents who have not received an email with the survey link should contact the Wiesbaden on-post housing office at (0611) 143-548-4404.



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Retirees Appreciation Day draws more than 350

Anna Morelock

USAG Wiesbaden Public Affairs

More than 14,000 retirees from all branches of the U.S. armed forces, along with an additional 2,000 widows and widowers, live in Europe. More than 350 of those retirees and their family members attended Retiree Appreciation Day Oct. 26 at U.S. Army Garrison Wiesbaden to learn more about the services available to them.

Panels of speakers talked about benefits available through the garrison and at the Army level. Installation Management Command Europe Director Tommy R. Mize encouraged retirees present to provide feedback on things that can be done better. He mentioned speaking to two retirees who worked to get a policy changed in Belgium.

"It took two years to modify that policy, but that was two years well worth the time and



Anna Morelock/USAG Wiesbaden Public Affairs

effort," Mize said. "So, if there are issues out there, or things we need to do to better serve you, I need to make sure you understand that you have a voice."

After the opening speakers, retirees got a chance to bring up questions and issues to the panel. Topics included tax preparation services, the use of Family and Morale, Welfare and Recreation facilities and

health care.

Wiesbaden Army Health Clinic providers were on hand to provide flu shots and other screenings, and other agencies, like the Defense Finance and Accounting Service and Veterans Affairs were also on hand to answer questions.

For more information about retiree services in Wiesbaden, call the Retiree Services Office at (0611) 143-548-1614.

SHARP clothing exchange



Wiesbaden's Sexual Harassment and Assault Response Program held a clothing swap to raise awareness about reporting options and myths around sexual assault. The sign on the mannequin reads, "These mannequins are dressed how actual victims of sexual assault were dressed when they were assaulted. Miniskirts, tight clothing, low-cut shirts, tank tops and other clothing are not the reason that people are assaulted. People are assaulted when other people choose to exert power and control by using violence." About 250 military dependents attended the event. The focus of the event was to reach out to military dependents who don't have mandatory SHARP training.

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Know what to do in case of accident on, off post

USAG Wiesbaden Public Affairs

The U.S. Army Garrison Wiesbaden Provost Marshal Office requires reporting of on- and off-post accidents. Here's what drivers need to know:

Off-post accidents

USAG Wiesbaden community members who get into traffic accidents off post, should be aware they need to report all accidents to the Polizei by calling 110 immediately. Based on the circumstances of the accident, the Polizei may or may not respond, but they will inform callers at the time of the call. If the Polizei do not respond to the scene, the drivers may move their vehicles. The military police will not respond to accidents off post unless the Polizei request their assistance.

"There are very few language barriers to calling 110," said Sgt. 1st Class Joseph Kirkey, with the Directorate of Emergency Services, "However, if you run into trouble, you may call the Military Police Desk at (0611) 143-548-7777/7778, and we can assist with relaying information on your behalf to



Herald Union file

USAG Wiesbaden community members who get into traffic accidents off post, should report it to the Polizei by calling 110 immediately.

the German police."

Drivers involved in an accident off post can use Army in Europe Form 190-1Y to collect the pertinent information at the accident to file a traffic accident

report. DES recommends all drivers keep AEF 190-1Y in their glove box with their vehicle registration. Drivers should also take photos of the accident and all vehicle or property damage.

Report the accident to the MPs within 72 hours at Bldg. 1001 on Clay Kaserne. This traffic accident report can be used for insurance claims.

This is for off-installation privately owned vehicles with minor damage, meaning vehicles can be safely driven away from the accident, and nobody was injured. For more information, contact the Military Police Desk, or the USAG Wiesbaden Provost Marshal Office, Law Enforcement Branch, at (0611) 143-548-7003 or (0611) 143-548-7005.

On-post accidents

Army in Europe Regulation 190-1 requires that all on-installation privately owned vehicle traffic accidents be reported immediately to the military police Desk at (0611) 143-548-7777/7778. If an accident occurs on any USAG Wiesbaden installation, the military police will respond and take the initial report. Drivers should not move their vehicles, unless it causes an endangerment to, or completely blocks, other traffic, until the military police arrive, investigate and release all individuals involved.

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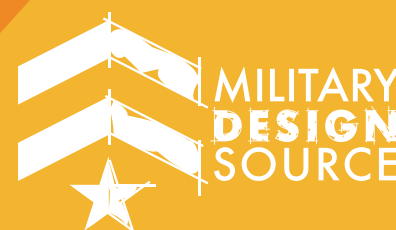
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Micro-surveys measure success of service changes

Anna Morelock

USAG Wiesbaden Public Affairs

Improvements based on the U.S. Army Garrison Customer Experience Survey from 2018 were implemented in numerous directorates across the garrison. In 2019, customers were invited to take “micro-surveys” to measure the effectiveness of changes made in Vehicle Registration and Inspection, the Postal Service Center, In- and Out-Processing, the Self-Help Improvement Store and Personal Property Processing. More than 860 community members responded online or at the point of service.

Vehicle registration went from a rating of good in 2018 to excellent in 2019. One change

implemented since the last survey was an adjustment to the timeline for re-registering vehicles. Other areas where Vehicle Registration improved included a 94% rating for staff knowledge and competence; 90% for timeliness, responsiveness and problem solving; and 95% for friendliness and professionalism.

Implementation of online scheduling was a big change for Vehicle Inspection between 2018 and 2019. On the micro-survey, the office went from an average to good rating and improved to an 81% rating for staff knowledge and competence; 75% for timeliness, responsiveness and problem solving; and 79% for friendliness and

professionalism.

Changes to the Postal Service Center included filling vacant positions and cross training staff across service areas. The micro-survey showed a small jump from good to excellent for the overall performance rating and a 77% rating for staff knowledge and competence; 62% for timeliness, responsiveness and problem solving; and 80% for friendliness and professionalism. Areas identified for continued improvement included hours of operation for all services, poor parking availability and 24-hour mailbox access.

In- and Out-Processing jumped from a good to excellent rating over the course of the

year likely due to restructuring of the in-processing program and schedule. Customer service elements were rated at 90% for staff knowledge and competence; 85% for timeliness, responsiveness and problem solving; and 89% for friendliness and professionalism. Positive comments recognized staff members, and suggestions for continued improvement included making some of the sections optional and briefers not showing up.

The SHIP store added later hours and Saturday hours and customized its inventory to meet community needs. Micro-survey respondents rated customer service elements at 91% for staff knowledge and com-

petence; 90% for timeliness, responsiveness and problem solving; and 92% for friendliness and professionalism.

The Personal Property Processing Office went from a good to excellent rating from 2018 to 2019 with customer service elements at 96% for staff knowledge and competence; 95% for timeliness, responsiveness and problem solving; and 96% for friendliness and professionalism.

The garrison will ask customers to complete the entire Customer Experience Survey again in spring 2020. The survey asks community members to rate almost 70 services by their importance and performance to identify areas for improvement.

Be sure to equip your vehicle with appropriate winter tires

Erinn Burgess

IMCOM

Shorter days and cooler temperatures indicate the inevitable end of summer is just over the horizon. Drivers are encouraged to start getting ready for winter weather now by acquiring the proper tires for their vehicles.

What kind of tires are needed?

German law mandates the use of either snow tires or all-terrain mud and snow tires when conditions are icy. A new requirement as of January 2018

states all snow or M+S tires be marked with the “Alpine symbol,” a three-peak mountain with a snowflake inside of it. Tires purchased prior to January 2018 without the Alpine symbol may continue to be used until 2024.

According to the Safety Office, tires must have at least 1.6 millimeters of tread depth, but for maximum safety tires with less than four millimeters should be replaced. A one euro coin can be used for a quick tread check — when placed in the tire’s tread, you should not be able to see the golden edge of the coin. Tires with spikes and studs are not allowed in Germany.

When are winter tires needed?

There are no specific dates for the use of winter tires, but Germans often adhere to the saying, “von O bis O,” meaning October to Ostern (Easter). However, it is important to keep in mind that you can be cited for driving in winter conditions without appropriate tires even outside of these months. Any time snow conditions are present, the requirement for snow tires is federal law.

Can tire chains be used in Germany?

In some areas snow chains may be required, but only as directed by road signs or police. The maximum speed while driving a vehicle with chains is 50 kilometers per hour.

What are the penalties for driving without winter tires?

Fines of 40 euros and higher will be enforced for drivers without correct tires on their vehicles. The Safety Office advised that police can assign blame to a motorist involved in a winter accident whose car does not have snow tires installed, regardless of who caused the accident.



Mainz Christmas Market - Nov 28th to Dec 23rd, 2019

Advertisement

The Christmas season in Mainz is beautifully atmospheric. Set against the historical backdrop of the 1000-year-old Martinsdom (cathedral), Mainz’s Weihnachtsmarkt (Christmas market) sparkles with more than one hundred festively decorated stalls. The stage program on the Liebfrauenplatz makes for happy faces in both younger and older visitors. Numerous cathedral concerts and matinees, the traditional fairytale performance at the Mainzer Staatstheater (state theatre) and the popular Christmas card printing in the Gutenberg Museum’s printing shop are also features of the special Christmas attractions in Mainz this year.

Around the cathedral St. Martin, carousels and hand-made toys make children’s hearts beat faster. Visitors interested in arts and crafts will really enjoy visiting the artists’ workshop. The eleven-metre-high, richly-decorated Christmas pyramid ensures shining eyes in the little courtyard which is the main access to the market. Just a few steps further on, visitors are impressed by the hand-carved, life-size Nativity figures in front of the Gotthardkapelle (Gotthard chapel) of the Martinsdoms (cathedral).

www.mainz.de/weihnachtsmarkt

Counting the days until Christmas, German style

Julia Hensel

Special to the Herald Union

Sentimental traditions go hand in hand with gleaming children's eyes in Germany. The holiday season begins Dec. 1, when children are allowed to open the first window of their "Adventskalender." The varieties of calendars are often filled with chocolates, candy, toys or little pictures and can be bought in stores or be homemade. Children open one window every day until Dec. 24, in anticipation of Christmas Eve.

A special treat awaits "nice" children on Dec. 6, known as "Nikolaus" day, which relates to Bishop Nikolaus of Myra who spread his generosity in the fourth century by helping people in need. The night before Nikolaus Day, children shine their boots and put them in front of the door, hoping for St. Nikolaus to stop by and fill the boots with fruit, nuts and chocolates. The "naughty" children fear his dark companion "Knecht Ruprecht" who is believed to put coals and osier stakes into the naughty children's shoes. Nikolaus will usually pay a visit to



Mahoney/Shutterstock.com

Traditionally, living room doors will be locked on Christmas Eve, so the Christkind can put the presents under the tree. Once children hear the sound of a bell, the doors are unlocked and they can enter the living room, finding their presents under the tree.

Christmas markets and hand out "Lebkuchen" or other treats to the children.

The "Christkind," another symbolic figure of Christmas, replaced Nikolaus as

gift-giver in the 16th century. According to German tradition, the Christkind is an angel-like figure with golden-blond curls and shining halo that brings the

children presents without being seen. Traditionally, living room doors will be locked on Christmas eve (Dec. 24), so the Christkind can put the presents under the tree. Once children hear the sound of a bell, the doors are unlocked and they can enter the living room, finding their presents under the tree. At the end of the 18th century, the word "Weihnachtsmann" (similar to Santa Claus) was first mentioned in Germany and has since then become part of German culture. Who delivers the presents on Dec. 24 is individual family preference or tradition.

German post offices offer children the possibility to write letters to the Weihnachtsmann, Nikolaus and Christkind. Addresses and more information can be found at www.deutschepost.de/de/w/weihnachtspost/weihnachtsmann-christkind.html.

Whether Santa Claus or the Weihnachtsmann delivers the presents on Christmas, the holiday season in Germany may be the most wonderful time of the year. Frohe Weihnachten and happy holidays!



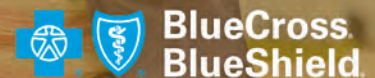
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Open Season is November 11 – December 9

This is a summary of the features of FEP BlueDental. Before making a final decision, please read the 2020 FEP BlueDental Plan. All benefits are subject to the definitions, limitations and exclusions set forth in the FEP BlueDental brochure.



FEP BlueDental.

Community members participate in AFAP

Anna Morelock

USAG Wiesbaden Public Affairs

Delegates for this year's Army Family Action Plan conference presented their top issues Nov. 15 to U.S. Army Garrison Wiesbaden Commander Col. Noah Cloud and Command Sgt. Maj. Christopher Truchon.

The groups spent two days sorting through issues submitted by the community and discussing solutions. Those that can be worked at the local level will be taken on by a steering committee that meets quarterly, and those that require follow up at a higher level will be passed on through the AFAP process.

"We had a lot of quality issues that were brought up from the community," said Mary Cheney, AFAP coordinator. "We had about 45 issues that were presented. The delegates did a good job of culling through those issues and finding issues that really will impact just not our local community



Travis Thurston/Wiesbaden Family and MWR

Garrison Commander Col. Noah Cloud speaks during the Army Family Action Plan conference Nov. 15 at Army Community Service. Volunteers spent two days sorting community submissions and discussing solutions.

but also the Army as a whole."

Issues presented to the command team and their recommended solutions:

1. Five year Exceptional Family Member Program enrollment requirement for Soldiers with family members treated for short-term mental health conditions.

Recommendation: Remove five year mandatory EFMP

enrollment period after disenrollment from a short-term, non-recurring mental health condition.

2. EFMP process awareness.

Recommendation: Establish an informative EFMP portal for Soldiers and family members.

3. Housing assignment for Soldiers and family mem-

bers.

Recommendation: Implement ongoing creative training for housing employees so they can provide fair and consistent assistance to Soldiers and family members.

4. Locality pay for overseas employees.

Recommendation: Replace living quarters allowance with locality pay.

5. Dining facility food selection.

Recommendation: Establish a method to give patrons a more specific voice in the selection of the DFAC menu.

6. Use of regular and recurring telework for federal employees.

Recommendation: Require leadership to enforce the Department of Defense Instruction telework policy to ensure the maximum number for federal employees be allowed to telework without compromising mission readiness by using quarterly inspections

to monitor compliance of the policy.

7. Impact of five-year rule on OCONUS employees.

Recommendation: Establish a higher-level authority for extensions beyond five years to Headquarters, Department of the Army or above with no delegation of authority to minimize abuse and favoritism.

8. Access to behavioral health services for dependents and civilians.

Recommendation: Provide behavioral health staff alternatives specifically for dependents and civilians.

9. Utilization of free child care for incoming spouses of active duty Soldiers during in-processing.

Recommendation: Inform the sponsor and spouse prior to relocation of the steps necessary to utilize the 16 hours of free child care at Child and Youth Services facilities during in-processing.

Christmas and Chanukah

Celebrate the Festival of Light

Menorah Lighting Dec. 22 at 4:27 p.m. in front of the Clay Chapel

Protestant Christmas Eve Service

Hosted by leadership teams from Chapel Next, the Gospel Service, the Traditional Service and Protestant Women of the Chapel

Hainerberg Chapel

Dec. 24 at 7 p.m.

Limited childcare and light refreshments provided

Catholic Christmas Services

Clay Chapel

Dec. 9 at 11:45 a.m.: Feast of Immaculate Conception

Dec. 12 at 11:45 a.m.: Feast of Guadalupe

Hainerberg Chapel

Dec. 24 at 3:30 p.m.: Carol service

Dec. 24 at 4 p.m.: Vigil Mass

Dec. 25 at 10 a.m.: Christmas Mass

Jan. 1 at 10 a.m.: Mass of Solemnity of Mary

For more information, contact Chaplain (Lt. Col.) Jeff Dillard at the Religious Support Office at (0611)143-548-5176.

Garrison participates in National Day of Mourning

Nadine Bower

USAG Wiesbaden Public Affairs

“Peace is something that we must not take for granted. We have to actively work to preserve it,” reminded Michael Ebling, Lord Mayor of Mainz, to the participants of the National Day of Mourning commemoration Nov. 17 at the Mainz Main Cemetery.

The National Day of Mourning is celebrated annually across Germany to remember the victims of war and terror. Every year, representatives from U.S. Army Garrison Wiesbaden attend the ceremonies in Mainz and Wiesbaden and place commemorative wreaths at the memorials for fallen Soldiers and civilian victims of war and terror.

Together with representatives of the German Bundeswehr, U.S. Army rep-

resentatives participated in this event to support the union of all nations when it comes to standing up against terror, war and discrimination. In the face of the current wars, Wiesbaden City Council Chairwoman Christa Gabriel reminded everyone that the memories of the terrible world wars may not be forgotten. “The victims warn us — what happened must never happen again.”

The ceremonies in Mainz and Wiesbaden concluded with walks through the cemeteries with stops at several memorials, such as the Jewish cemetery and the memorial site for the French soldiers who were killed during the occupation of Mainz between 1918 and 1930. In the end, each city’s lord mayor reminded guests that it is the task of every generation to preserve peace for future generations.



Liz Moore/USAG Wiesbaden Government Relations

ABOVE: U.S. Army Garrison Wiesbaden 1st Sgt. Lori Soto (second from the right), along with two U.S. Soldiers, attend the National Day of Mourning ceremony at the Wiesbaden Südfriedhof (south cemetery).



Nadine Bower/USAG Wiesbaden Public Affairs

RIGHT: U.S. Army Garrison Wiesbaden Provost Marshal Lt. Col. Edwin Escobar (second from left), Lord Mayor of Mainz Michael Ebling (third from left), and representatives from the Bundeswehr stand in front of the memorial at the Mainz Hauptfriedhof (main cemetery) monument for fallen Soldiers and civilian victims of wars.

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Experience the magic of Christmas in Germany

Julia Hensel

Special to the Herald Union

The smell of freshly roasted chestnuts, the sound of Christmas carols and a taste of warming Glühwein will put anyone in the holiday spirit. Visitors will find that and more at the magical Christmas markets throughout Germany and its neighboring countries. When strolling around the markets, one can enjoy traditional German specialty foods and drinks, handmade arts and crafts and music. Since it is the season to be jolly, the following list may make this year's Christmas market visit especially memorable:

Food and drink

German Christmas markets offer a wide range that will warm hearts and hands during the cold winter month. The well-known Glühwein, warmed red or white wine infused with spices and oranges, can be purchased all over the markets. The various market booths serve the wine in commemorative mugs that differ each year. Those not interested in starting a personal Christmas market mug collection can return the mugs for the charged deposit. An equally enjoyable alternative and similar to Glühwein, "Feuerzangenbowle" is made with a rum-soaked sugar cone that is lit on fire and caramelizes into a bowl of mulled wine. For the chocolate lovers, "Lumumba," hot cocoa with a shot of rum, may also be worth a try. The Christmas markets also offer an assortment of non-alcoholic drinks, as the little visitors (as well as adults) can enjoy spiced juice, known as "Kinderpunsch."

Sweet tooth cravings will surely be satisfied at a Christmas market, as visitors can enjoy traditional German sweets as well as Crêpes and savory grilled Bratwurst. The popular German gingerbread known as "Lebkuchen" is sold next to "Stollen," a German version of fruitcake that is often filled with marzipan and coated in



Herald Union file

Visitors enjoy the Sternschnuppenmarkt, or twinkling star market, in downtown Wiesbaden.

powdered sugar. In Frankfurt, one can find the popular "Bethmännchen," a traditional marzipan pastry, decorated with almonds. The delicacy originated in the banker Bethmann's family, who had four sons that were represented by four almonds on the cookie, until his son Heinrich died. Therefore, until today, Bethmännchen are only decorated with three almonds.

Arts and crafts

German world-renowned craftsmanship can be experienced while visiting one of the markets. Hand-carved nativity scenes line up next to nutcrackers, Christmas "pyramids," decorative wooden tiered carousels with candles that cause them to turn around, and little incense smokers, referred to as "Räuchermännchen." Especially remarkable are the wooden life-sized nativity scenes and Christmas pyramids that often create the center point of a market.

Intricate glass ornaments, paper star lanterns, woolen goods, handmade soaps and honey and spices are also available at market stands.

Those who want to immerse themselves even further in German

Christmas culture, can find an "Adventskranz," a pine wreath decorated with four candles to be lit each week after the first Sunday of Advent.

Markets in the area

Sternschnuppenmarkt Wiesbaden:

Beautiful light arrangements welcome visitors to the "Sternschnuppenmarkt" ("Twinkling star market") in downtown Wiesbaden. Located between the Rathaus and Stadtschloss, and around the Marktkirche, visitors can experience more than 130 booths and enjoy the cozy atmosphere of the holidays. Presents are handed out daily at 5 p.m., starting Dec. 1 on stage in front of the Rathaus, when a new Advent calendar window is opened. On Dec. 6, small visitors will have the chance to meet the Nikolaus at the market. More information about the market and the Christmas season in Wiesbaden can be found online at www.wiesbaden.de/microsite/weihnachten-en/index.php.

Weihnachtsmarkt in Mainz:

Located across the Rhein river, people can enjoy the historical Mainz Christmas market. One hundred

stands and sparkling lights illuminate the Domplatz, in front of the scenic, 1,000-year-old St. Martin's Cathedral. A special attraction is the 36-ft tall Christmas pyramid at the entrance of the market. Find out more here: www.mainz.de/en/service/christmas-market.php#img0-1:7.

Frankfurter Weihnachtsmarkt:

One of the oldest markets in the local area is the "Frankfurter Weihnachtsmarkt." Located in the old part of town, in the midst of Römerberg and Paulsplatz, the giant Christmas tree and more than 200 market stands enable visitors to soak up the scenic surroundings and holiday spirit. Visit www.frankfurt-tourismus.de/en/Discover-Experience/Events/Festivals-in-Frankfurt/Frankfurt-Christmas-Market to find out more about the market and its opening hours.

Rüdesheimer Christmas Market of Nations:

The "Rüdesheimer Weihnachtsmarkt der Nationen" does not only offer items and foods from more than 15 nations but it also has Europe's largest nativity scene with life-sized figures. Explore the spirit of the season by wandering through the well-known "Drosselgasse" and enjoy Rüdesheim's historical charm along the Rhein river. Information on the market can be found here: www.europeanbestdestinations.com/christmas-markets/ruedesheim/.

Heidelberg Christmas Market:

Located in the old town city center of Heidelberg, the romantic setting of the Heidelberg Christmas market beneath the city's famous castle, invites its visitors to enjoy the festive holiday spirit. The market stands, lined up throughout one of Europe's longest pedestrian zones, allow visitors to immerse in a winter wonderland of lights. Opening hours and locations can be found on the website, at www.heidelberg-marketing.de/en/events/highlights/christmas-market.html.

Personal protection measures for festivals, markets, events

Festivals, markets and public events

- Avoid high traffic or peak times
- Pay close attention to vehicle entry and exit points
- Know where emergency evacuation points are located

cated

- Establish a predetermined family or group rally point

Rally points

- Select easily recognizable primary and alternate meeting spots near home
- Also consider points near

schools or other frequented locations

- Look for rally points that offer additional protection, such as walls, trees and barriers
- Make sure everyone in the family knows where to go

and what to do, and share the plan with a trusted neighbor

- Draw a map and discuss with family members
- When traveling, identify local safe havens such as hospitals, police stations,

embassies, Red Cross or the local equivalent, protected hotels, military bases and industrial complexes

For more information, contact the U.S. Army Europe Antiterrorism Division at (0611)143-537-3130.

Clinic promotes smoking cessation

Wiesbaden Army Health Clinic Hours:

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

The clinic will be closed Nov. 28 in observance of the federal holiday.

Schedule appointments:

Online at www.tricareonline.com
Call DSN 590-5762 or (06371) 9464-5762

Medical readiness

2.28%

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

*Data as of Oct. 31

Access to Care (Appointment Wait Time)

Patients who call for an URGENT appointment are seen within:

1.08 day

Tricare standard = 1 day

*Data as of September

Patients who call for a ROUTINE appointment are seen within:

4.6 days

Tricare standard = 7 days

*Data as of September

Patient Satisfaction

JOES Satisfaction Levels

87.8%

*67 responses

Positive ICE Comments

67%

*30 responses

*Data as of September

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

Brandon Howard, PharmD, BCPS

The Wiesbaden Army Health Clinic encouraged smokers to quit for one day, as part of the Great American Smoke-out. Getting through one day without using tobacco can motivate someone to get through two days, then three days and more. By quitting even for one day tobacco users will be taking an important step toward a healthier life and reducing their cancer risk.

Available tools

Books, apps, websites, social workers, public health nurses, social workers, providers and a clinical pharmacist are available to assist with tobacco cessation.

Why quit?

Discontinuing the use of tobacco will quickly improve a person's health, not to mention save a ton of money. Military leaders who quit tobacco use will also model positive behaviors, both for their Soldiers and their own families.

Some of the short-term risks of smoking, which should improve after quitting, include:

- Worsening shortness of breath
- Worsening asthma
- Impotence
- Infertility
- Loss of smell/taste

Within 20 minutes of finishing a cigarette, the heart rate drops to a normal level. After quitting for:

- 14-90 days, the risk of having a heart attack drops and lung function starts to improve
- 1-9 months, shortness of breath and coughing decrease
- 1 year, the risk of coronary heart



Photo illustration by Senior Airman Joshua Magbanua/U.S. Air Force

disease is half that of a tobacco user

- 5-15 years, the risk of having a stroke is reduced to that of a nonsmoker
- 10 years, the risk of dying from lung cancer is half of that of a smoker's, risk of getting bladder cancer is half that of a smoker, and the risk of getting cancer of the cervix, larynx, kidney or pancreas decreases
- After 15 years, the risk of coronary heart disease is the same as that of a nonsmoker

Quitting will also improve the health of other members of the family who breathe in secondhand smoke. Children exposed to smoke have an increased risk of asthma and middle ear and respiratory infections. Pets also face health risks.

Triggers

Triggers are situations that bring on the urge to use tobacco.

Types of triggers include:

- External triggers—being around other smokers, after eating, drinking alcohol or coffee
- Emotional triggers—feeling sad, stressed, angry, bored or happy

- Nicotine craving triggers—craving the taste, having withdrawal symptoms

Create a coping plan for your triggers and use the plan to avoid the urge to use tobacco. The urge to smoke is only temporary and will pass if smoking is avoided. Remember, urges to smoke generally last for two to three minutes. However, relapsing and smoking will cause the urge to persist.

How can the WAHC help?

Quitting is hard, but smokers can increase their chances of success with help. Getting help through counseling or medications can double or triple the chances of quitting successfully. Nicotine replacement therapies, such as patches, gum and lozenges, are commercially available without a prescription or through the health clinic after speaking with a member of the tobacco cessation team. Prescription medications can also help reduce and even eliminate tobacco use.

Those interested in tobacco cessation should be aware of their health insurance programs. TRICARE beneficiaries can use the clinic for assistance. Civilians with private insurance may be required to participate in their respective insurance's program for tobacco cessation. Most, if not all, private health insurance providers offer tobacco cessation programs and medications at no additional cost.

If your insurance allows you to use the Wiesbaden Army Health Clinic, please give the clinic a call and set up your first appointment.

For more information on the WAHC's tobacco cessation program, call our public health nurse at (06371)9464-1438 or DSN 590-1438.

What is the Family Advocacy Program?

Many times when a military family is going through marital discord, parenting challenges, or other stressful life events, they are directed to the Family Advocacy Program. It may sound simple; however, most Army installations, including Wiesbaden, have two Army Family Advocacy Programs. One program aims to prevent domestic abuse and neglect, and the other works to treat domestic abuse and neglect. Both are governed by the same Army Regulation 608-18 and work to eliminate domestic abuse. So, which

one do you need?

Army Community Service houses the FAP prevention program with a wide range of support services such as community education, the New Parent Support Program, domestic abuse victim advocates, parenting education classes, command outreach, and non-medical counseling to strengthen families and address challenges which may lead to child or partner maltreatment.

The Army Medical Command manages the FAP clinical program, tasked with assisting and ensuring the safety of military families

through clinical assessment and treatment following indications of child or partner abuse or neglect. Not all families seen by FAP clinical are experiencing events rising to the level of abuse; however, when situations appear to be escalating, or have escalated, FAP clinical can assist with evidence-based therapies to reduce risks and prevent future maltreatment.

If you or someone you know has questions or needs help, do not hesitate to call. To report abuse call the military police desk at DSN 114 or (0611)143-548-7777. For prevention services contact

ACS FAP at (0611)143-548-9201 or DSN (314) 548-9201. For the 24/7 Domestic Abuse Hotline call 0162 297 5625. For FAP clinical services questions contact DSN (314) 590-1312. FAP providers understand the unique challenges and stresses military families face. FAP has been established to help our military families and we will strive to provide the best services possible to meet their needs.

Written by Emily Mueller, Family Advocacy Program Social Worker



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