



Lisa Bishop/USAG Wiesbaden Public Affairs

Seniors Emily Young, Becca Adams and Zachary Kirk pose in front of college flags at Wiesbaden High School May 5.

WHS seniors cope with final year turned upside down

Lisa Bishop

USAG Wiesbaden Public Affairs

The Wiesbaden High School graduating class is having a year to remember, and not for typical rites-of-passage associated with high school commencement.

Their worlds have been turned upside down by COVID-19: learning at home via computers and online meeting spaces; cancelled sports seasons turned into private or not-at-all workouts; spending more time at home with family at a time when they are usually out and about with friends; prom and all of the social functions of high school cancelled; and a graduation ceremony transformed from traditional to the unimaginable.

"Along the way there are milestones to transition from kid to adult, and you want to be a senior," said Marcy Grayson, teacher and advisor



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to the senior class. "You look forward to those traditions as it cements in your head that it is happening, 'I'm going to graduate.'"

Emily Young, senior, watched her older sister have those experiences. "I do not feel the fulfillment of being a senior," she said. Perhaps the poignant loss for Young and many of her classmates revolves around the loss of their final varsity spring athletic season. As the first



Lisa Bishop/USAG Wiesbaden Public Affairs

A Wiesbaden High School graduation cap is pictured.

baseman and backup pitcher on a championship team, Young said, "This was supposed to be my year." Instead of defending the title, she

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Military spouse gives back to garrison

Lena Stange

USAG Wiesbaden Public Affairs

Karen Baumgartner, mother and military spouse, gained job experience in her career field by volunteering with the U.S. Army Garrison Wiesbaden Directorate of Public Works' Environmental Division.

Volunteer highlight

Karen Baumgartner

She went back to school when she was about 30, she said, and finished her degree in environmental science. Then the family had to move, her husband deployed and she had children to take care of. The volunteer job with DPW was the first opportunity

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Polizei copter helps protect Clay Kaserne

Nadine Bower

USAG Wiesbaden Public Affairs

Once a day, the Wiesbaden Army Airfield gets an unusual visitor. A blue and white helicopter can be seen hovering over different areas of Clay Kaserne for a few minutes, before flying away again. The helicopter, a Eurocopter EC-145, belongs to the Hessen State police and

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CHILD ABUSE PREVENTION

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Virtual Volunteer
Recognition
Ceremony

The Annual Volunteer Recognition Ceremony identifies the outstanding contributions of the volunteers in U.S. Army Garrison Wiesbaden and distinguishes those volunteers who have contributed innovative and exemplary service. This year's ceremony will be held live June 30 on the Wiesbaden Family and MWR Facebook page.

Pinwheels bring awareness
to child abuse preventionUSAG Wiesbaden
ACS Family Advocacy Program

April is nationally recognized as Child Abuse Prevention Month. The symbol for child abuse prevention is the pinwheel, which represents hope, health and happiness. The pinwheel is a happy and uplifting symbol of childhood and represents Army Commu-

nity Service's efforts to ensure the healthy development of children. Additionally, the pinwheels serve as a reminder that all community members have a responsibility to create communities that promote healthy environments for children. In an effort to spread awareness, ACS Family Advocacy Program displayed pinwheels

in various locations around the garrison, and community members were invited to color or make their own pinwheels and display them at their homes. The most basic obligation is to support the healthy development of the nation's children. All children deserve a great childhood because children are the future.



Photo courtesy of ACS Family Advocacy Program

Coronavirus rumor control: Do your part

Do your part to stop the spread of rumors by doing three easy things:

1. Find trusted sources of information.
2. Share information from trusted sources.
3. Discourage others from sharing information from unverified sources.

To find trusted sources, look for

information from official public health and safety authorities. You can find official information about COVID-19 at [coronavirus.gov](https://www.coronavirus.gov), including the latest news and resources for travelers. You can also find answers to your questions about the symptoms, how you can reduce your risk, whether you may travel and how to get financial help.

Check your state and local government or emergency management websites and social media accounts for trusted information specific to your area.

On social media, be sure to check for a blue verified badge next to the account name. This tells you it's an official account.

Source: <https://www.fema.gov/coronavirus/rumor-control>

VOLUNTEER

Continued from page 1

for her to work in the career field of her choice.

During a town hall on Hainerberg in spring of 2019, she heard Bill Kavanagh, environmental engineer with the Environmental Division, talk and heard him say the division was short-staffed. After the town hall she told him: "You sound like you need a volunteer," and he said "absolutely." She started in June 2019.

In her volunteer job, Baumgartner did a little bit of everything. She assisted with bird monitoring on the airfield, which consisted of counting the birds in each section. This effort was intended to help evaluate whether bird mitigation measures were working. She also supported the water program by putting together water testing kits and helping with data entry. She assisted in the purchasing process of water fountains for the gym and the barracks, gave

the newcomer's brief for the Environmental Division and helped with many daily tasks.

"My favorite thing is the bird monitoring though," she said. "I like doing that."

Apart from gaining job experience, Baumgartner also took part in a Spill Response Training, which involved a class and then a demonstration of a mock fuel spill on the airfield.

"Volunteering has provided opportunity for training that would be very expensive to get otherwise," she said. "What I have given in volunteer hours, I have gained much more in experience and knowledge."

Baumgartner encourages people to volunteer in career fields they feel passionate about.

"Approach people who work there and see if they need help and offer your services to them," she said. "It's great for your job experience."

Editor's note: This story describes Baumgartner's volunteer experiences prior to the COVID-19 crisis and subsequent pandemic mitigation.



Photo courtesy of Karen Baumgartner

Karen Baumgartner does volunteer work with the Wiesbaden Directorate of Public Works' Environmental Division.

POLIZEI

Continued from page 1

is stationed at Egelsbach. The Westhessen police presidium and U.S. Army Garrison Wiesbaden have a mutual agreement for Polizei to help protect the installations that belong to the garrison.

Deputy director and pilot of the Polizeifliegerstaffel Hessen, Klaus Boida, explained the use of the helicopter as a supporting tool in their mission to conduct “Objektschutz” (object protection). “Objektschutz” from above means that we are looking at a location in order to see changes that could not be seen from the ground, Boida said. “For example, when the helicopter crew sees a car parked at a location where it has not been parked before, we notify our ground patrols to check it out.”

The airfield in Erbenheim is not the only location that the police helicopter visits, Boida said. “We fly over the airfield, especially Newman Village, Hainerberg and the housing areas, but we also do the same over the nuclear power plant at Biblis,” he said.

The helicopter is equipped with the most modern technology, including a forward-looking infrared camera that senses infrared radiation. “The camera compares the temperature of a body with the temperature

of the body’s surroundings,” Boida explained. This technology is helpful when the crew is looking for a missing person, especially during the cold days of winter when time is of vital importance. Last year, the crew was able to find over 50 missing persons.

The camera also helps in observing and analyzing crime scenes or measure marks on the ground caused by accidents on the Autobahn. However, if the helicopter is too loud for an observation, a fixed wing aircraft can be used as well, which is also stationed in Egelsbach.

The police helicopter also helps during the preparation of the annual German-American Friendship Fest on Hainerberg, hosted by the garrison, Boida said. “The pictures of the fest grounds can be used for threat assessment or to see how many people are attending the fest.”

Drones can be used for threat assessment too. However, Boida said he can see their use in the future, but “not quite yet.” Even though they are a lot quieter, drones cannot transport people, he explains. Transportation flights are another thing that the police helicopter can do. “Sometimes, we fly the Hessen minister president or another person with special protection status.”

However, Boida and his



Nadine Bower/USAG Wiesbaden Public Affairs

Klaus Boida, deputy director and pilot of the Polizeifliegerstaffel Hessen, stands in front of his helicopter.

crew are aware that the noise of the helicopter can seem disturbing to some neighboring communities next to the airfield. After all, it is one additional helicopter hovering over the airfield for several minutes every day. “We only fly there when we have to do our job or when we have to pick somebody up. We don’t go there for training,” he said.

The crew trains at Mainz-Finthen and other locations, because they want to “distribute our noise equally,” Boida added with a chuckle.



Photo courtesy of Markus Rieger/Hessisches Bereitschaftspolizeipräsidium

The Polizeifliegerstaffel helicopter can be seen over Clay Kaserne.

Vatertag/Christi Himmelfahrt

Father’s Day/Ascension Day



Animaflora/Shutterstock.com

May 21 is Father’s Day in Germany. Exactly 40 days after Easter, Christians observe Ascension Day. Most Germans celebrate Father’s Day on that same day, because Ascension Day has been a holiday for many years and it happens during springtime, when small groups of men gather to take hikes and strolls through nature. Most groups can be seen pulling a wooden cart, called a “Bollerwagen,” filled with edible (and drinkable) goodies.



WindNight/Shutterstock.com

News flash

Closures

Customer Service Team, Base Support Operations Maintenance Directorate Wiesbaden, in Bldg 7539, and the Privately Owned Vehicle Inspection Station in Bldg. 4013 will be closed from May 21 – 25.

Daily COVID-19 updates

U.S. Army Garrison Wiesbaden created a page on the garrison website dedicated to updates on the changing situation in relation to the coronavirus pandemic.

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

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

- **Impacted services and events**
- **Latest guidance**
- **Face mask usage policy**
- **Task Force Wellness community resources**
- **Stop Movement Customer Assistance Point** — Created to help people who have been affected by the stop movement
- **Translations of official German press releases**
- **Answers to frequently-asked questions**
- **Power of attorney form** — Used to help facilitate care for U.S. personnel who use host nation health care facilities
- **Transcripts from our virtual town halls**

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

Mental health resources

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

WHS teachers, staff praise 2020 senior class' resilience

Lisa Bishop

USAG Wiesbaden Public Affairs

Ask the adults associated with this year's graduating class, and they'll praise the students and the community that supports them.

"I think the major loss is the end of year emotions: senioritis; closing out classes; seeing friends in the commons; prom; senior directed play; camaraderie; seeing your friends one last time," said Wiesbaden High School principal Dr. Heather Ramaglia. Despite the losses, she sees this group as unstoppable. "They have so much tenacity and are going to persevere."

"These kids are used to having plans changed," said Najla Munshower, vice president of the senior parent association. "They are finding ways to build community where physical community has been removed." She continued, "They are an enthusiastic class; supportive of one another; they are smart; and they are kind."

Jamie Cook, Advanced Placement test coordinator and student council advisor, said, "They know that change is always inevitable and things do not always work out the way we plan. I really think this group of students, particularly our seniors, have shown such great heart and spirit through this entire ordeal." She's proud of their ability to bond where social distancing is the norm.

Senior class advisors Lee Carter and Marcy Grayson have been involved with 20 WHS graduations. Carter said, "Unpredictable and sad times seem to be the most uplifting, celebratory and focused." And, from their perspective, the community has focused on recognizing the accomplishments of the class.

Community groups have stepped forward with offers from prom dresses to volunteers to facilities. "The sup-



Lisa Bishop/USAG Wiesbaden Public Affairs

Senior class advisors, Marcy Grayson (on screen) and Lee Carter (right), video conference to discuss graduation plans May 8. Carter works from a high school classroom while Grayson works from a home office, maintaining social distance as they collaborate.

port, well wishes, good intentions and the love for the kids has been overwhelming in the best of ways," Carter said.

"This graduation won't look exactly like we intended, but that's ok," Carter said. "In some ways, this situation brings everyone's focus back to the importance of the day, and that's this rite of passage for the seniors."

Carter remembers the 2003 graduation, where 80% of the graduating class had parents deployed to Iraq. "So, as disappointing as this year is, my thoughts are that most families are together. I understand feeling let down that grandparents and extended family can't come, but for the most part, parents are here, and thankfully, to my knowledge, we are all healthy and more or less out of harm's way."

For Grayson, she said she sees an entirely different challenge at gradu-



Lisa Bishop/USAG Wiesbaden Public Affairs

Dr. Heather Ramaglia, principal of Wiesbaden High School, works in her office May 8. Despite the losses the 2020 graduating class has had to endure due to the COVID-19 crisis, she sees this group as unstoppable. "They have so much tenacity and are going to persevere."

ation. "The hardest part of graduation is that we will want to hug them all."


USAG Wiesbaden Education Center

Virtual assistance is available. Contact your school or the center by email. Follow the Education Center on Facebook for the latest announcements.

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GRADS

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is inside, missing the sun and dirt and fellowship of team sports.

Ivan Friel, senior soccer player, felt confident about his team's ability to rebound after losing in the semi-finals of the Euros last year. "It was going to be our season," he said. He plays year-round soccer, including with a German team, which is also finished for the season.

Becca Adams, also a senior soccer player, said, "We didn't know our championship would be our last game; we didn't know that we would not have our senior season."

Adams' teammate, Erin Goodman, reflected on the final practice as her coach called each senior out with praise. "We sat in the locker room and cried."

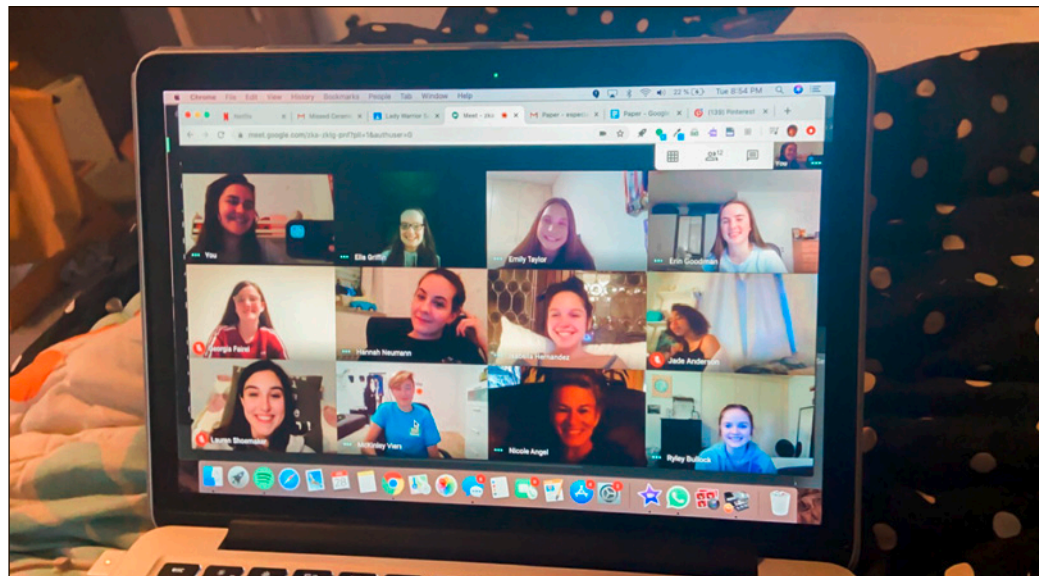
Steve Jewell, the high school's athletic director, said, "It's not all doom and gloom because it affects everybody; it's a different vibe." Not only are local seasons over, but all Department of Defense Education Activity schools, high school teams in the states and even professional sports are all on hold.

It's not just athletes facing both loss and change as the graduation date looms. Advanced Placement students have lost valuable instructional time and face vastly different testing circumstances. Instead of two to three-hour exams with multiple choice and essay answers, students will take a 45 minute exam with one or two free response questions. On top of those changes, there are three global times for the tests, 6 p.m., 8 p.m. and 10 p.m., requiring Wiesbaden students to take exams late at night.

Young, who is taking AP Statistics and Seminar, has found the more isolated learning a disadvantage in preparation for the exams. "You need intrinsic motivation to make it work; it's up to me now." She misses the feedback and insight of her peers and teachers from traditional in-class instruction.

Adams is enrolled in four AP classes: Calculus, Statistics, Literature and Research. She worries whether colleges will accept credits given the changes to instructional time and testing. She's grateful, however to teachers who have creatively implemented alternative teaching strategies and create office hours for one-on-one help.

Goodman, also an AP student, appreciates the creativity of AP teachers. Her AP Research teacher requires video submissions to demonstrate understanding of key concepts. In AP Literature, students are journaling where classmates can comment. "It's



Wiesbaden girls' soccer coach Nicole Angel chats with her team online May 1. The weekly sessions maintained team camaraderie and provided social opportunities to players who miss playing on the field.

Photo courtesy of Becca Adams

SEE ALSO

List of 2020 graduates **Pages 8-9**

good to be able to talk (in written form) to a group mass of people who are going through the same thing as you," she said.

Adaptation and creativity are common threads as seniors reflect on their final year of high school. They've appreciated the efforts of teachers who have subjects not easily translatable to virtual learning, like ceramics and drama. Young said the submission of videos in Advance Drama "has changed the whole dynamic."

Zachary Kirk, senior student council president, teamed up with council peers to boost school-wide morale in a digital learning environment. Spirit week included show-and-tell and bring your pet to school day, concepts that would never work in the normal classroom setting. "Senioritis is a thing," he said. "We want to finish out fun and strong."

Seniors are also taking their down time to self-care, explore new hobbies and catch up on upcoming responsibilities. Goodman said, "I've accepted it and the time is a gift to work on my physical self." In addition to morning bike rides, she's doing a physically intensive Marines quarantine workout to keep herself in shape for James Madison University, where she hopes to earn a walk-on spot on the school's soccer team.

Friel said, "I see something very useful because we have a lot of time now." He's doing morning runs, training for when sports open back up, particularly for his German team. "I'll be ready and I feel like, in my opinion, I'm a better player right now."

Besides becoming a runner and a morning person, Adams has taken up baking sourdough bread. She's perfected a two-day process that her family enjoys. She bakes in the mid-morning and the bread "doesn't make it to dinner time," she said.

"I have become much more self-aware," Adams continued. "I have a healthier mindset; journaling is therapeutic; I've taken this experience to step back and analyze."

Kirk took his new-found time to apply for additional scholarships and get ahead on the requirements for the U.S. Military Academy, West Point, his college in the fall.

"In the last four years, this is the most time I've spent with my family, which is especially great before I go to college," he said. This sentiment was echoed by every senior interviewed for this article. Under normal circumstances, seniors would participate in after school activities and sports only to get home after 6 p.m. with a long list of homework assignments, leaving little time for family.

Grayson is the parent to a graduating senior, Ari. "It is a gift to have that time together before this jumping off point," she said.

Perhaps the most stressful aspect of the cancellation and structural changes to school is the uncertainty students have faced. What started as a few weeks became a month and ultimately turned into full-scale cancellation of most traditional school functions.

Ari Grayson, senior and director of the senior directed play, has tried to remain optimistic despite the uncertainty and rolling list of cancellations and changes. Grayson is directing 10 peers in a special performance of "The Great Gatsby." "If we could have done it on stage, it would have been amazing: fancy lighting, stage design," Grayson said. "I had big plans for it."

Instead, the performance has turned into a 1920s style radio show with student generated animation overlay on a video edition. "It's an interesting opportunity and one of the best solutions given the chaos of right now," Grayson added. "I get to do something very novel to the program." They still do not have a



Photo courtesy of Becca Adams

Wiesbaden High School senior Becca Adams shows off a fresh loaf of sourdough bread May 1. During her extra time at home, she perfected her own recipes for the baked good.

firm release date as they wait for special licensing for the script and work through distribution options.

"There is always so much uncertainty at this time when you are 16, 17, 18," said Najla Munshower, vice president of the senior parent association and mother to three graduating seniors. "Normal and reasonable uncertainty has been exponentially changed."

The association helps coordinate a series of senior-related activities. While they facilitated early year programs like senior breakfast and volunteer days, they've cancelled bachelorette, the end-of-year trip to Europa Park and fun activities including laser tag and soccer games.

Graduation plans remained uncertain at the time of publication. However, seniors and their advisors are holding out hope for a creative graduation ceremony. Kirk said, "In 20 years we'll say that was pretty cool."

Sgt. Evan Ruchotzke, 7th MPAD, contributed to this report.

Adventures in social distancing



Lisa Bishop/USAG Wiesbaden Public Affairs

Community members have been washing hands, wearing masks and keeping their distance in public places in an effort to prevent the spread of COVID-19. In accordance with Department of Defense and Centers for Disease Control and Prevention guidelines, U.S. Army Garrison Wiesbaden implemented the mandatory wear of masks or face coverings in areas where physical distancing is more difficult, such as essential customer service points. This is mandatory at the Exchange, Commissary, shoppettes on Clay and Hainerberg, dining facility, shuttle buses, Postal Service Center and any location where there is one-on-one customer service. For up-to-date information and guidance, visit the garrison webpage: home.army.mil/wiesbaden and click the coronavirus graphic and follow the garrison on social media at facebook.com/usagwiesbaden. Updates are posted daily.

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Airfield prepares for takeoff while most take off

Sgt. Dommnique Washington
7th MPAD

COVID-19 has caused the workload of many to come to a screeching halt.

For aviators at Wiesbaden Army Airfield, this is not the case as they continued missions while their flightline infrastructure received repairs.

"Our airfield has continued to be in use in order to deliver medical supplies and other essentials to various locations within the region," said Michael Horne, deputy airfield manager of Wiesbaden Army Airfield at U.S. Army Garrison Wiesbaden.

With safety considerations and the needs of the region in mind, Horne recently reached out to the U.S. Air Force's 435th Construction and Training Squadron

at Ramstein Air Base, to assess and repair some of the wear and tear that's accumulated over time on the 107-year-old airfield.

Usually the squadron is booked over a year in advance, but due to COVID-19 related travel restrictions, the team was able to accommodate his request much earlier than anticipated.

"We called them to see when they could come out, and two weeks later, they were here ready to work," Horne said.

The 435th CTS has a famed reputation when it comes to construction and airfield repairs, according to people familiar with the unit. Its troops are known for

their high caliber of work, along with their professionalism and technical knowledge.

"What's great is you don't have to explain anything to them; they've got it," said Norbert Violette, an airfield manager at Wiesbaden Army Airfield. "They are absolutely in their groove when they're working on an airfield."

The construction team brings its own equipment and supplies to complete the repairs. Most of the supplies have been purchased through local companies.

"They brought everything they needed with them," Horne said. "We didn't have to provide

anything."

Cracks in the pavement were closed through a process known as "joint repair" or "joint sealing," to prevent water from further damaging the airfield. The repairs were made while not interfering with regularly-scheduled flight operations.

"They keep things rolling smoothly by maintaining great communication with the tower and follow all safety protocols," Horne said.

The repairs that have been done can extend the life of Wiesbaden Army Airfield for up

to five years and prevent more costly repairs in the near future.

The squadron continues to leave a lasting impression across services.

"We've enjoyed a sense of comradery that rarely happens amongst the Air Force and Army in our competitive nature but the teamwork on this one is phenomenal," Violette said. "They were able to execute at a fraction of the cost of a contractor, saving the U.S. government an amazing amount of money while still meeting all of the specifications that are required."

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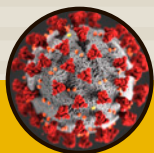
2020



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ALEXA HOPPING * AVERI HOUCK * ALLAINA HOUK * COLTON HUNTANAR * TORRYEAN INGRAM
JOSEPH LANGEVIN * TRISTAN LAUER * BENJAMIN LEE * LAURA LEE * ANASTASIA LERNER *
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REBEKKAH ORRELL * JUSTIN PAP * MADILYN PEREIRA * BENJAMIN PETRIK * JANJAI POWELL *
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AIDEN TOMPKINS * ELMO TUMALIUAN * JONAH TYLER * DENNIS VALLERY * ZION VELEZ * PAY
JACOB WAHMAN * LORENZA WALDRON * KAILEY WALKER * THOMAS WIELAND * NEVAEH

COVID-19

The novel coronavirus, known as COVID-19, disrupted life for Wiesbaden High School seniors and turned their final year of high school into something they never imagined.



ONLINE LEARNING

DoDEA students were sent home in mid-March and began completing their classes online. It was later announced that they would spend the rest of their school year at home.



SOCIAL DISTANCING

In an effort to avoid spreading the virus, various social distancing measures were implemented, including not meeting with friends, playing sports, going on a senior trip or having a normal party.



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 I BUFFINGTON * MIGUEL CARBAJAL * XAVIER CARDER * RAYMOND CASTRO * NATALIA COHEN
 ES CREECH * JESSICA D'AGOSTINO * BRANDON DARBY * AUSTIN DECKINGA * ISABELLA DIAZ
 ON * ALEXANDER FERNANDEZ * KAYLEE FREDERIKSEN * IVAN FRIEL * JULIANA FULGHUM
 A GRAYSON * BENJAMIN HARBACH * AMAYA HARVEY * SIANNA HARVEY * MCKAYLA HILL
 M JR. * NOELLE JONES * BRYANNA KING * JOSHUA KING * ZACHARY KIRK * CASSIE LALIBERTE
 * TONI LEWIS * OSCAR LOPEZ * DIMAEL LOPEZ-MALAVE * STEPHON LOTT * KAILER LOWIN
 ULLEN * ALEC MENO * RHIANNON MERKEL * ASA MONCIVAIS * MARC MOSER * SEAN MOSS
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 YTON VETTER * MICHAELA VIERS * ETHAN VIGUE * ISABELLE VILLELA-HODGES * ERINN VOTH
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g COVID-19, social distanc-
 ed. This made it impossible to
 put on a school play, take a
 rom or graduation ceremony.

THE NEW NORMAL

Classroom time turned into computer learning at home;
 cancelled sports seasons turned into private or not-at-all
 workouts. The social functions of high school were cancelled
 or transformed from traditional to the unimaginable.



WE'VE GOT THIS

Despite the cancelled plans and the uncertainty, members
 of the WHS class of 2020 expressed optimism. They used
 the time at home to bake, work on hobbies, journal, apply
 for scholarships and spend time with family.



CID cautions teleworkers to keep devices safe

U.S. Army Criminal Investigation Command

As many Army employees continue to telework, the U.S. Army Criminal Investigation Command reminds users about cyber adversaries and the importance of keeping all information on the network safe.

As telework continues across the Army, network users play an important role in protecting the Department of Defense Information Network. CID encourages users to follow department-issued guidance and best practices as well as those developed by DoD. This information will help ensure users maintain secure use of common capabilities and continue to operate effectively during telework status.

CID officials also remind the Army community that government furnished equipment is for official government use only and is to be used only by authorized users. It is important to remind family members the computer is for work only and not to be used for other purposes. Users are encouraged to utilize good practices such as locking and removing their CAC and maintaining the physical security of their government furnished equipment.

Additional important reminders for government teleworkers:

- The use of government furnished equipment is always the preferred method for connecting to DoD resources.
- Users should adhere to their organization-specific telework user guidance.
- Use your organization's official connection services while conducting official business (e.g., VPN, MobiKEY, Skype for Business, and Vido-Desktop etc.) and log off from connection at the end of the work day or during idle times when you are not directly interacting with network resources.
- While connected to the NIPRNet, use of streaming video/audio and internet access is not authorized except for official business.
- Study and follow the Acceptable Use Policy for government systems.
- Use your organization's approved communication and collaboration methods for official business.
- Work offline when-ever possible.

In addition, the Criminal Investigation Command's Major Cybercrime Unit continues to warn the Army community of ongoing coronavirus-themed phishing attacks impersonating

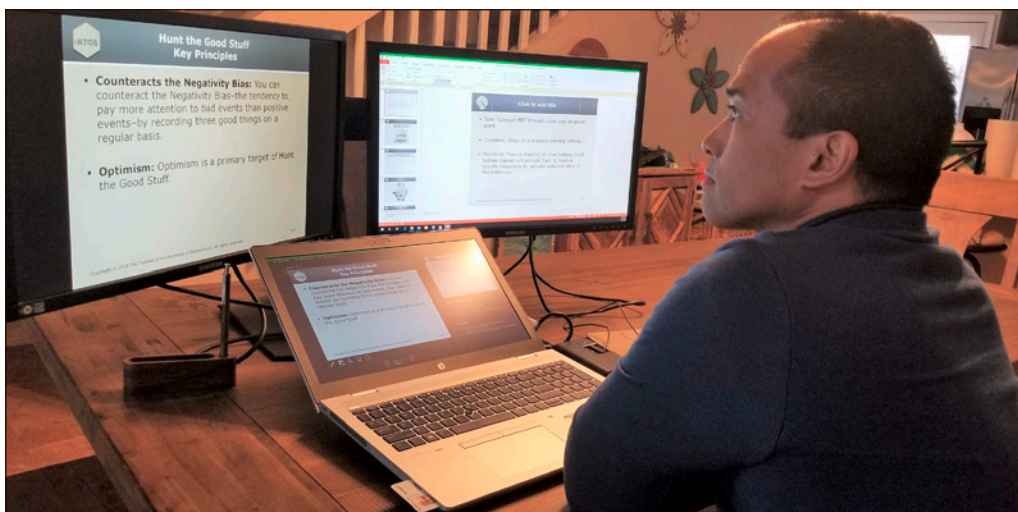


Photo by Ryan Mattox/U.S. Army Mission and Installation Contracting Command

Maj. Sheiloh Carlos takes training while teleworking April 21 from his home near Fort Bliss, Texas. Teleworkers are urged to take steps to keep information on Department of Defense networks safe.

organizations with the end goal of stealing information and delivering malware.

"Cybercriminals are innovative and will take advantage of current browsing trends to conduct social engineering attacks," said Edward Labarge, director, Major Cybercrime Unit, USACIDC. "We have already seen this with malware infected COVID-19 maps and phishing emails related to the pandemic."

Labarge recommends always inspecting the URL and ensuring you know where the link will take you, because criminals are disguising themselves

in an effort to steal money and sensitive information.

"When conducting research on COVID-19 or any other topic, you want to ensure you use good cybersecurity best practices," he said. "This includes keeping your browser, operating system, and antivirus software up to date. Additionally, you should never click on an unknown link. You can check the link by hovering your mouse over the URL to see where it leads."

Trusted sources available for use:

- Centers for Disease Control and Prevention COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

- World Health Organization: <https://www.who.int/>.

For additional information visit: <https://cyber.mil> or <https://public.cyber.mil>.

For more information about computer security, other computer-related scams, and to review previous cybercrime alert notices and cyber-crime prevention flyers visit the Army CID MCU website at <https://www.cid.army.mil/mcu-advisories.html>. To report a crime to Army CID, visit www.cid.army.mil.



Asian American Pacific Islander Heritage Month

Celebrated in May each year, Asian American Pacific Islander Heritage Month recognizes the challenges faced by Asian Americans, Pacific Islanders and Native Hawaiians and their vital contributions to the American story.

Asian American Pacific Islander Heritage Month was introduced in the House of Representatives in June 1978. This joint resolution was passed by the House and Senate, and was later signed by the president on Oct. 5, 1978. This law directed the president to declare a seven day period, beginning May 4, 1979, as 'Asian/Pacific American Heritage Week.' It wasn't until 1992 that Congress designated May as 'Asian/Pacific American Heritage Month.'



Army to offer credentialing assistance

Wiesbaden Ed Center helps Soldiers get started

Devon Suits

Army News Service

FORT MEADE, Md. — Soldiers can now access up to \$4,000 in assistance each year to voluntarily pursue industry-recognized credentials through the new Army Credentialing Assistance Program.

Championed by Army senior leaders, the program focuses on readiness and retention by providing the total force with improved credentialing opportunities, said Col. Chuck Rambo, director of Army Credentialing and Continuing Education Services for Soldiers at Army University.

Back in 2015, the Army credentialing program only authorized Soldiers to receive certifications through MOS specific requirements, or through professional military education, officials said. Army leaders sought to eliminate that requirement. It led to a one-year user test in Texas and Tennessee in 2018, which later evolved into the new credentialing process.

Learn more

Individuals who are interested in credentialing assistance can contact the Wiesbaden Education Center at (0611)143-548-1302 or usarmy.wiesbaden.imcom-europe.list.education-center@mail.mil.

“Active-duty, Guard and Reserve Soldiers can now secure a competitive advantage — on and off the battlefield,” Sgt. Maj. of the Army Michael A. Grinston said about the program.

Soldiers have access to more than 1,600 approved credentials through the Army Credentialing Opportunities On-Line, or COOL, website, Rambo said. Through the site, users can discover a wide range of certifications by entering their MOS into the site.

The website’s unique filters organize each query. Some of these filters include:

- If a credential is mandatory for a specific MOS
- The level of demand for each credential
- If promotion points are tied to a given credential
- The skill level necessary to obtain a given certification

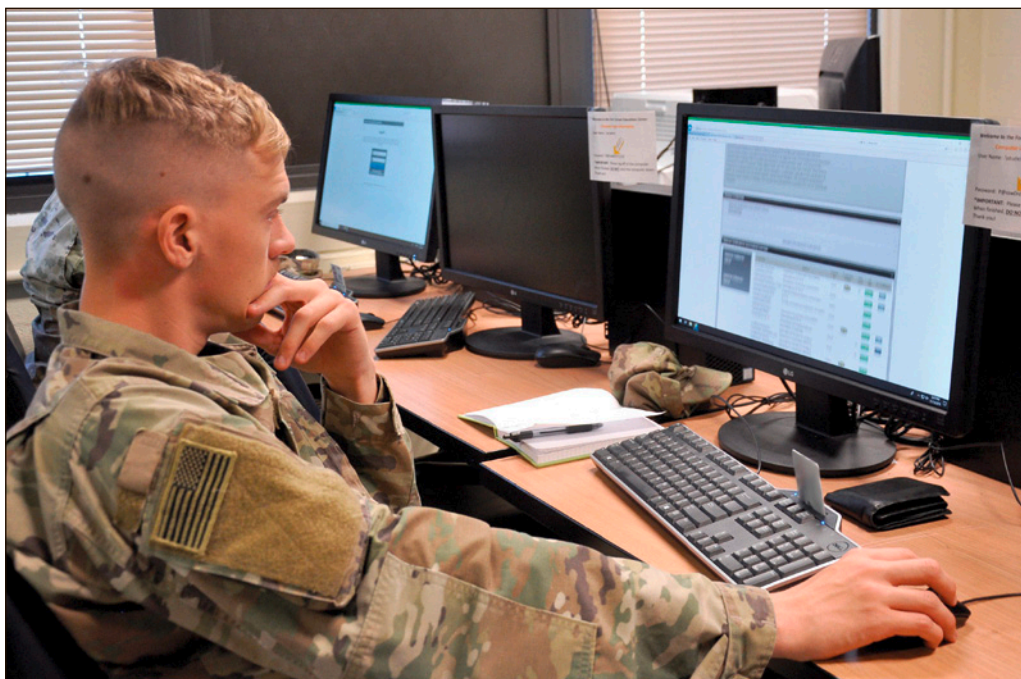


Photo illustration by Norm Shifflett/U.S. Army

Spc. Jared Wickert, with 1st Stryker Brigade Combat Team, 4th Infantry Division, reviews the Army Credentialing Opportunities On-Line website during an Army Credentialing Assistance Program briefing at Fort Carson, Colo., Nov. 13, 2019.

• How easy it is to obtain a specific credential

Through credentialing assistance, Soldiers in specific career fields can remain competitive with their civilian counterparts. Soldiers who obtain essential qualifications will increase their employability when they transition out of the force, Rambo said.

Individuals who are interested in credentialing assistance should start by contacting the Wiesbaden Education Center at (0611)143-548-

1302 or usarmy.wiesbaden.imcom-europe.list.education-center@mail.mil. From there, they can then access the Army COOL site and start applying online. In total, 1,400 Soldiers have submitted a certification assistance request, which includes 1,200 active-duty, 150 National Guard, and 50 Reserve Soldiers.

Some of the top requested credentials include a private pilot’s license for single-engine aircraft, security and personal trainer certifications, and ac-

creditations through the United States Parachute Association, he said.

“This is a self-development program, and credentials do not need to be aligned to the Soldier’s MOS. Credentialing proves to the civilian workforce our Soldiers for life are career ready,” Grinston said.

“Credentialing assistance is one of many ways our Army continues to invest in our greatest strength — our people,” he added.

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Coping with the stress of social distancing

Military Health System Communications Office

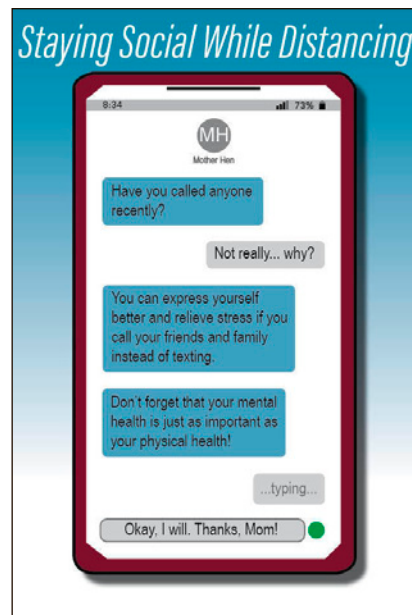
Social distancing recommendations by the Centers for Disease Control and Prevention are now in place across the nation in response to COVID-19. It's understandable that during this time, people may experience increased anxiety and stress levels as they limit social interactions and spend long stretches of time at home. The Substance Abuse and Mental Health Services Administration recently issued a tip sheet with advice and resources to support behavioral health during periods of social distancing or quarantine that result from a disease outbreak.

Ways to Cope

1. Limit COVID-19 media consumption: Avoid 24/7 watching of news programming for updates on COVID-19 because it may lead to increased anxiety.

2. Find credible news sources: Constant media reporting during a public health crisis may create impressions of increased risk and danger to people. Look to credible sources issuing guidelines and recommendations, such as the CDC and World Health Organization, which often serve as the primary source for media outlets. Sign up for emergency alerts through local governments.

3. Use technology to connect with others: Talking with loved ones while in isolation can help reduce levels of anxiety and boredom. In today's digital age, there are a variety of ways to stay in contact with people, including phone, email, text and social media. Video calling platforms allow face-to-face interac-



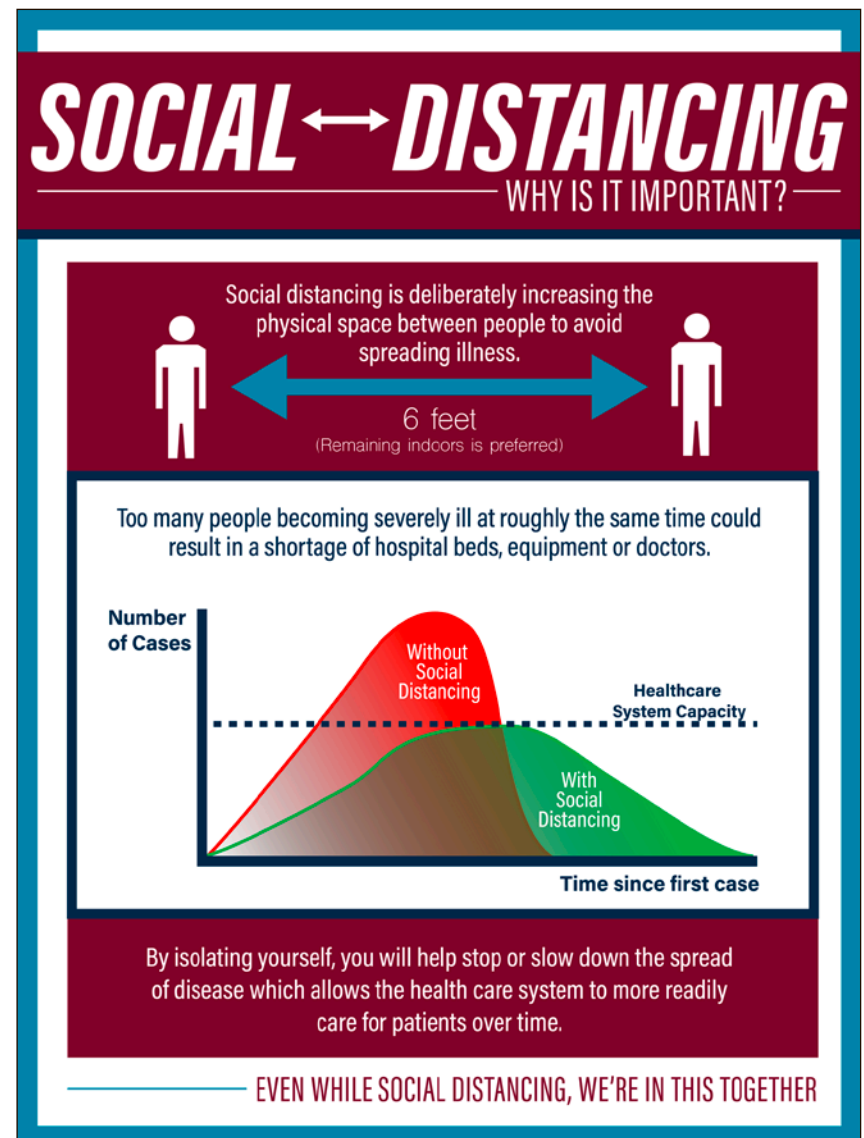
Seaman Apprentice Molly Crawford/
Navy Public Affairs Support Element Detachment Hawaii

tions from the comfort of your home. Playing online games with friends and family can also offer an engaging way to feel connected.

4. Practice self-care: Physical health can play a role in mental health. Take time to relax by stretching, practicing deep-breathing exercises or meditating. Enjoy fun activities. Keep a journal.

Anxiety and fear over personal health or the health of loved ones are typical reactions to a global pandemic. Other feelings can include anger, frustration and boredom over the uncertainty of when life will return to "normal."

Be aware that in situations of high stress and loneliness, some people may experience symptoms of depression or post-traumatic stress disorder. Anyone experiencing a concerning or



Graphic by Petty Officer 2nd Class Allen Amani/ Navy Public Affairs Support Element Detachment Hawaii

significant level of anxiety or stress, or if any of these symptoms last for two or more weeks, should call a health care provider or behavioral health professional.

For more information, including a helpful list of resources and hotlines for military, civilians and dependents, go to home.army.mil/wiesbaden and click the COVID-19 graphic.

Thank you to military spouses for their service, sacrifice

The strength of our nation is our Army. The strength of our Army is our Soldiers. The strength of our Soldiers is in our families. Taking care of our Soldiers, families and civilians is an enduring Army priority. Decades of research demonstrate

that family readiness impacts overall Army readiness, including resilience, retention and readiness. Army Families continually demonstrate their dedication, service and willingness to make great sacrifices to Soldiers — long separations from loved ones,

the uncertainty and demands of multiple deployments, school and job transfers and frequent moves.

Military spouses are the backbone of their families, serving alongside their Soldier and ensuring things are taken care of at home.



Herald Union file



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Health clinic adjusts services

Wiesbaden Army Health Clinic hours:

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

Appointments:

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

COVID-19 response:

Screening and testing
Monday to Friday:
8 a.m. to 4 p.m.
Saturday and Sunday:
8 to 10 a.m.
(Appointment only)

Medical readiness

3.39%

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

*Data as of March 11

Access to Care (Appointment Wait Time)

Patients who call for an URGENT appointment are seen within:

1 day

Tricare standard = 1 day

*Data as of February

Patients who call for a ROUTINE appointment are seen within:

3.9 days

Tricare standard = 7 days

*Data as of February

Patient Satisfaction

JOES Satisfaction Levels

80.7%

*33 responses

Positive ICE Comments

63%

*27 responses

*Data as of March

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

Wiesbaden Army Health Clinic

Primary care

Hours of operation: 8 a.m. to 4 p.m., Monday through Friday.

Virtual appointments:

TRICARE online secure messaging to your PCM team at <https://www.tricareonline.com>.

Call Central Appointments to make a virtual appointment.

Examples of virtual services: medication refills, paperwork, general questions and follow-up care.

A limited number of acute face-to-face appointments are available through the Central Appointment Line: 06371-9464-5762 or DSN 590-5762.

If you are unsure what to do, start by either sending us a secure message or calling Central Appointments for a telephone consult from the primary care team.

Please do not show up unexpectedly.

COVID-19 primary care response:

We are prioritizing care and screening of patients for the COVID-19 pandemic.

Please stay at home and come only if absolutely necessary. In keeping with this guidance, the clinic has limited face-to-face appointments to care for acute (new) problems in order to limit exposure to our staff and our patients to this virus. Exceptions include well-baby visits (see below). No other well-child visits are being offered at this time.

We are still here for our patients during these difficult times. Please reach out to us online at or telephonically.

Well-baby visits (newborn up to, and including, the 12-month visit):

Newborn and well-baby visits (to include the 12-month visit) are now being offered at limited times on Tuesdays and Thursday mornings. Please call Central Appointments to make a telephone consult to the Primary Care office. They will call you to set up an appointment.

Pharmacy

Hours of operation: 8 a.m.

UPDATES

Updates to hours and services will be posted on the garrison Facebook page and COVID-19 web page: <https://home.army.mil/wiesbaden/index.php/coronavirus>.

to 4 p.m., Monday to Friday; 06371-9464-1322.

Mandatory call-in refills:

06371-9464-5227 or DSN: 590-5227

Or TRICARE Online:

<https://www.tricareonline.com>

COVID-19 Pharmacy Process:

Patients picking up prescriptions will be screened at the clinic front door.

Only four patients are allowed in the clinic to pick up prescriptions at a time.

Patients need to pull a pharmacy ticket and wait to be called.

Patients are required to show a valid ID and state full name and date of birth for prescription pick-up.

Prescriptions that do not have refills will need a new prescription before they can be processed.

Early prescription refills will be at the discretion of the pharmacy staff.

Quarantined or isolated patients must have another individual they authorize to pick up prescriptions. Valid identification must be provided to the individual picking up (i.e. smartphone ID picture front and back).

Behavioral health

Hours of operation: 8 a.m. to 5 p.m., Monday to Friday.

Contact information: Building 1526, DSN 590-1320, Civ.: 06371-9464-1320

Routine behavioral health care continues, but has shifted to telephone and virtual health appointments, in most cases.

All new requests for care will be triaged and scheduled for an intake by phone. Some services, such as psychological testing and special assignment evaluations, may be deferred



Volker Ramspott/Training Support Activity Europe

U.S. Army Spc. Melissa Magana Garcia, a 68C licensed practical nurse in the Mother-Baby Unit at Landstuhl Regional Medical Center, takes the vitals of a newborn infant, May 1. Newborn and well-baby visits are now being offered at limited times on Tuesdays and Thursday mornings at the Wiesbaden Army Health Clinic.

until normal services resume.

In- and out-processing continues on a walk-in basis during clinic hours.

The Behavioral Health Clinic remains open to walk-in crisis care during clinic hours.

Behavioral Health staff remain available for phone consultation to commanders and medical providers.

Please contact the Behavioral Health Clinic if you need to cancel a scheduled appointment.

The Military Crisis Line serves active duty, retirees and their dependents and is available 24/7 via phone, text or online chat at <https://www.veteranscrisisline.net/get-help/military-crisis-line>, DSN 118, or 001-800-273-8255.

Soldier Medical Readiness Clinic (PHA)

Hours of operation: 8 a.m. to 3 p.m., Monday to Friday.

Please call first to make appointment: DSN 590-1308 or 06371-9464-1308.

The SMRC is open to assist and coordinate virtual (telephonic, not in person) Periodic Health Assessment appointments.

The service is limited to any Soldier who is presently red (overdue) on their PHA.

The SMRC will review the Soldiers' status and determine if they are eligible for a virtual PHA.

Due to the virtual nature of the PHA, no labs, EKG, X-rays,

vision screenings or hearing tests will accompany the PHA.

Soldiers are asked to complete Part I of the PHA (the Soldier questionnaire) prior to calling.

Part one can be accomplished by logging into AKO and going to "My medical readiness" and then "Periodic Health Assessments," then "Start New Survey" (towards the top).

Wiesbaden VTF

Adjusted Veterinary Treatment Facility hours: 8 a.m. to noon Tuesday and Thursday.

VTF Location: Clay Kaserne, Building 1038.

Phone number: 06371-9464-1544 or DSN 314-590-1544.

The Veterinary Clinic will be open for prescription pick-up, urgent, non-emergency appointments and health certificate appointments. Please call 24 hours in advance for prescription requests.

If you don't receive an answer, please leave a message with your name, your pet's name, the reason you are calling and a good phone number to reach you.

Prescription and appointment requests can be made by phone at 06371-9464-1544 or DSN 314-590-1544.

The VTF will increase capability as soon as travel restrictions are lifted to support community members and their upcoming travels.

Sanitize devices to prevent spread of germs

American Red Cross Wiesbaden

Any device that has been touched should be sanitized before handling. This includes cell phones, smart devices, keyboards, laptops, mice and touch screens.

Materials

- Disposable gloves (latex-free)
- Disinfectant wipes or a disinfectant solution that is labeled as safe for electronics

Procedure

1. Wash your hands or use hand sanitizer.
2. Apply gloves.
3. Shut off and unplug the device to be sanitized.
4. Wipe down the device with a disinfectant wipe. Use lint-free cloths, such as microfiber cloth for cleaning glasses, camera lenses or computer monitors. Do not use paper towels to dry.
5. Remove gloves and wash hands.

Procedure Notes

Read the directions on the disinfectant wipe. Note the time limits for providing sanitation and disinfectant properties.

Never spray a device or use a dripping wet wipe. If you are using a liquid to disinfect, then put it on a cloth or swab. You will have to have the device wet to get the desired effect, but you do not want to get electronic components wet or cause a short. Stay away from access areas to electronic components such as ear phone jacks.

Gloves can be a great illusion in sanitation. If you touch a contaminated object, then the gloves can transmit that. Use gloves to protect your hands from the disinfectant wipes. Then wash your hands thoroughly after removing and disposing of gloves.

Some people are allergic to some disinfectants or perfumes in disinfectant wipes. Where possible use disinfectant wipes that are not perfumed.

CDC advisory

Use disinfecting wipes on electronic items that are touched often, such as phones and computers. Pay close attention to the directions for using disinfecting wipes. It may be necessary to use more than one wipe to keep the surface wet for the stated length of contact time. Make sure that the electronics can withstand the use of liquids for cleaning and disinfecting.



Emily Jennings/USAG Wiesbaden Public Affairs

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