

HERALD UNION

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Lisa Bishop/USAG Wiesbaden Public Affairs

Capt. Triada Cross, commander, Contingency Command Post Company, Headquarters and Headquarters Battalion, U.S. Army Europe, exits a vehicle while discussing vehicle readiness with Soldiers Aug. 10 at the Clay Kaserne motor pool.

Army offers women equality, opportunities

Lisa Bishop

USAG Wiesbaden Public Affairs

Women's Equality Day, Aug. 26, celebrated the 100th anniversary of the adoption of the 19th amendment to the Constitution, giving women the right to vote.

For women with the disposition and work ethic, the Army provides equal opportunity for success in every rank, from enlisted to officer.

Chief Warrant Officer 4 Brandy Galloway, geospatial intelligence analyst, 24th Military Intelligence Battalion, 66th Military Intelligence Brigade, enlisted into the Army Reserves 27 years ago to pay for college. "I was extremely naïve to military service," she said. "I had asked the Navy recruiter to tell me about the Seal program, not

See 'Women' on Page 5

Renovations to improve Soldier quality of life

Emily Jennings

USAG Wiesbaden Public Affairs

U.S. Army Garrison Wiesbaden is taking steps to improve the quality of life for Soldiers in its barracks.

One such project already under way is giving staff sergeants the option to move out of the barracks and into apartments in Crestview. Many single Soldiers are currently housed in dormitory-type rooms shared with another Soldier, connected to another room with two Soldiers by a shared bathroom. The new setup will

allow junior ranking Soldiers to have a barracks room to themselves and share the bathroom with only one other Soldier, while staff sergeants will have the option to live in a two-bedroom apartment with another Soldier.

"I am excited for the community and our staff sergeants moving into Crestview," said Command Sgt. Maj. Rob Abernethy, U.S. Army Europe. "This is our effort to help

Part 1

This is the first part in a series of articles highlighting the improvements to the barracks at U.S. Army Garrison Wiesbaden.

improve the quality of life for our Soldiers while assigned to Germany, specifically in Wiesbaden. Moreover, the staff sergeant move to Crestview will increase room availability for the E-1 to E-5 population living in the barracks - hence, improving their quality of life as well as we strive to reduce room occupancy from two Soldiers per room to one. In the end, this is a win for all."

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New elementary school construction

U.S. Army Corps of Engineers Europe District personnel monitor the progress of construction of the new Wiesbaden Elementary School on Hainerberg July 31. The new school is on track for its opening for the 2021/22 academic year, with 70% of the project complete. COVID-19 restrictions had some impact on construction. "We are working closely with our host nation and DoDEA Europe partners on the project to maintain the overall schedule," said Chris Augsburger, chief of public affairs for USACE-E. "This summer, we enclosed the second floor of the school and have made significant progress on the building's interior, to include the gym, cafeteria and classrooms."

Alfredo Barraza/U.S. Army



WWII dog tags found during local hike

Lt. Col. Edwin Escobar

USAG Wiesbaden Director of Emergency Services

Local German Simon Krieger-Pleus discovered a pair of World War II U.S.

military identification tags during a nature walk along an area trail in July. As the eldest son of the Krieger-Pleus family approached the object, "the silver chain could be seen on

the surface and then was dug up," he said.

Krieger-Pleus knew it was a U.S. dog tag and that, "it was a very personal and a special

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GERMAN DONATES 1960s RADIO

The historical item is now part of the MCC museum. **Page 2**



SUICIDE PREVENTION

Garrison employee shares story of losing his daughter in hopes of helping others.

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MOTORCYCLE SAFETY

The Safety Office offers simple steps to keep motorcyclists safer on the road. **Page 15**



German donates historic radio to MCC museum

Lena Stange

USAG Wiesbaden Public Affairs

Franz Badjon, a German national from Malmsheim near Stuttgart, donated a historic German navy Cold War era radio to the U.S. Army Europe Museum in the Mission Command Center on Clay Kaserne in June. Badjon, a former wireless radio operator in the German navy, used the radio set in the 1960s to communicate with NATO.

“Interoperability is fundamental to America’s efforts and work with NATO,” said Lt. Col. Brian D. Andrews, liaison officer to U.S. European Command at Stuttgart.

Badjon and Andrews became good friends during Andrews’ second tour in Europe from 2014-2016 when they were neighbors. He knew about the radio, which was stored in the basement of Badjon’s house



Lt. Col. Brian D. Andrews/U.S. Army

A historic German navy Cold War era AN/GRC-9-GY radio set is displayed in the U.S. Army Europe Museum in the Mission Command Center on Clay Kaserne. The radio was donated by the German national and former sailor Franz Badjon in June.

eating up space, but also carrying a sentimental value for Badjon, Andrews said.

He is now on his third tour in Germany and one evening, when sitting together, Andrews came up with the idea of giving the radio set a new purpose as a display piece in the MCC,

he said.

Andrews, David Fulton, director of the MCC, Dr. Harold Raugh, U.S. Army Europe historian, and Frederick Adolthus, museum curator, arranged everything, including a ceremony of appreciation Aug. 20 for Badjon and his

wife Traute during which the display was unveiled, he said. They were awarded with a certificate of appreciation and a coin by the U.S. Army Europe Chief of Staff Brig. Gen. Jared Sembritzki.

The radio set has a special meaning from a military point of view, Andrews said. There are three fundamental elements to a successful military: shoot, move and communication. The radio anchors in the communication element.

After World War II, the German and the American communications technologies were not designed to be compatible, he said. So the Americans licensed their technology to the Germans and other NATO partners to increase interoperability.

“This why we share technology like this radio with our allies,” Andrews said.

QUALITY OF LIFE

Continued from page 1

Other projects currently in the works are the repainting of the stripes in the barracks parking areas, repainting stairwells and hallways and renovating day rooms.

“We’re working on the small things first,” said Garrison Command Sgt. Maj. Christopher Truchon. This includes edging, painting exteriors and looking at the trash pickup contract to ensure it best serves the needs of the Soldiers. More improvements will be made as the budget allows.

“When you’re walking

along the street and you see a piece of trash, pick it up,” he said, adding that it’s something he does regularly. “If everyone in the community picked up trash, edged around their homes, think of what we could do.”

Truchon encouraged everyone in the community to take responsibility for the cleanliness of their surroundings.

“This is our home in Germany,” he said. “It’s a big garrison, and it’ll be a better place for everyone if everyone pitches in.”

Beginning next fiscal year, the housing office is looking at adding TVs and foosball,



Lisa Bishop/USAG Wiesbaden Public Affairs

Command Sgt. Maj. Robert Abernethy, U.S. Army Europe (right), toured housing Aug. 24, that was recently designated for E-6 single Soldiers in Crestview. He was joined by Staff Sgt. Jonathan Felix (from left), Keith Taylor, Directorate of Public Works and USAG Wiesbaden Command Sgt. Maj. Christopher Truchon.

air hockey and pool tables to the dayrooms in the barracks.

Lisa Bishop contributed to this report.

DISCOVERY

Continued from page 1

treasure. He didn’t want to withhold this from the Soldier’s family,” said his mother, Petra.

Through extensive research, it was found that Pvt. Sammie Lee Williams, at the age of 22, enlisted on March 14, 1944, and found himself deploying from Fort Benning, Georgia, to Germany in a time of war. Williams

survived, returned to the U.S. and lived to be 81.

Sept. 2 marked the 75th commemoration of the end of World War II.

American armed forces have been present in Wiesbaden since World War II. In that time, Americans and Germans have united in partnership, friendships and even marriages, truly representing the garrison’s motto of Wiesbaden: Our Home in Germany.

The Krieger-Pleus family was naturally curious of the WWII “notched” tags and were relieved to learn that Williams did not perish in the war but lived a long life.

Wiesbaden is now home to U.S. Army Europe Headquarters and as coordination continues with Williams’ family, his dog tags and Army Serial Number #34992452 will proudly sit in the Mission Command Center museum.



Courtesy photo

The Krieger-Pleus family found the dog tags of Pvt. Sammie Lee Williams, who was stationed in Germany in 1944.

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Women's Equality Day event celebrates progress

Lisa Bishop

USAG Wiesbaden Public Affairs

"Chipping Away at Inequalities," a community event at U.S. Army Garrison Wiesbaden, celebrated the anniversary of women's right to vote Aug. 26. At the lunch-time gathering on Women's Equality Day, three guest speakers shared their perspectives on women in the military.

Capt. Triada Cross, commander, Contingency Command Post Company, Headquarters and Headquarters Battalion, U.S. Army Europe, and Col. Trina Rice, deputy chief of staff, U.S. Army Europe, shared stories of success and progress as women serving in the military. Lt. Col. Edwin Escobar, director of Emergency Services, USAG Wiesbaden, shared his observations about the differences in how women are treated across world cultures.

As a young adult at West Point, Cross related her need to prove herself as worthy of her admission to the elite school.

Now, as a commander, she confidently leads without worry over her status as a black woman. "Thank you to all of those who laid the groundwork for me to be here today," she said.

Escobar, a first generation American, shared his witness of world travels and cultural differences that make him grateful for the U.S. Army. "I am proud to be a part of the Army during this time," he said. "We are brothers and sisters in arms."

Rice spoke about overcoming fear as she navigated college and her Army career. "Nothing more than an opportunity to succeed was afforded to me," she said. While stationed at the Pentagon, she fought for women to have the opportunity to participate in the Army ranger school. She justified the inclusion of women to many audiences of men by saying, "If I fail, let it be because I failed the standards, not simply because some guy said I can't do it."

Spc. Khadijah Terry, paralegal specialist, Office of the Judge Advocate, U.S.

Army Europe, narrated the observance. "I was impressed by the event," she said. "As a Soldier in USAREUR, it's easy to forget that seeing such high ranking women is a privilege," Terry added. "We are surrounded by women who have shattered the glass ceiling or helped other women shatter it."

For Terry, Cross made a key connection with present-day challenges. "Capt. Cross' mention of constantly going above and beyond to prove herself worthy to others is a battle most women are currently fighting," she said. "Her realization of understanding that she doesn't have to prove herself to anyone is a lesson that we all can learn from."

Approximately 40 people attended the event and sat in physically distanced seats and rows at the Tony Bass Auditorium. The Headquarters and Headquarters Battalion, U.S. Army Europe sponsored event concluded with awards presented to the speakers and volunteers who helped organize and run the celebration.



Lisa Bishop/USAG Wiesbaden Public Affairs

Col. Trina Rice, G1, U.S. Army Europe, shares her story of overcoming fear and becoming a champion for the rights of women to prove themselves capable of meeting all Army standards at the "Chipping Away at Inequalities" event at U.S. Army Garrison Wiesbaden Aug. 26. The event, sponsored by the Headquarters and Headquarters Battalion, U.S. Army Europe, was a part of Women's Equality Day celebrations.

Students, parents get information at back-to-school expo



Lena Stange/USAG Wiesbaden Public Affairs

A little girl receives a book from the U.S. Army Warrant Officers Association, while her family picks up some school material at the Back-to-School Celebration Aug. 18 in Newman Village on Clay Kaserne.

Lena Stange

USAG Wiesbaden Public Affairs

A Back-to-School Celebration took place Aug. 18 in Newman Village on Clay Kaserne. It was a COVID-19-adjusted version of the Back-to-School Expo that happens every year before school starts and provides information, resources and school material to parents and students.

"It's fantastic, the weather is amazing," said Peter Witmer, school liaison officer with U.S. Army Garrison Wiesbaden. "The community is so excited to see each other face to face, or

face mask to face mask."

The outdoor event featured information booths spread out on a long trail around the neighborhood. The booths included Army Community Service, Child and Youth Services, Girl Scouts and Boy Scouts, Club Beyond, Red Cross, U.S. Army Warrant Officer Association, Wiesbaden High School Boosters, Wiesbaden Area Homeschoolers, USO, Civil Air Patrol, Senior Parent Association and more.

Families walked from booth to booth collecting goodies

and giveaways, and gathering information.

Precautionary measures such as controlled entry points, staggered start times determined by last name and a limit of 10 people per station were taken to make the celebration a safe place.

"It doesn't look crowded at times and that's good, that's by design, but there are a lot of people here because they're all spread out," Witmer said. "Families seem to be really enjoying getting to meet people they haven't seen in a long time."

Community notes

Families urged to anchor large furniture

U.S. Army Garrison Wiesbaden Commander Col. Mario Washington issued a memo Aug. 24 to residents of Army Family Housing in reference to the National Defense Authorization Act for fiscal year 2020, which provided guidance

for residents on anchoring furniture items in their homes.

The guidance encourages family members to anchor large furniture that may pose a risk to children if it were to tip over.

Read the memorandum for residents at U.S. Army Garrison Wiesbaden at home.army.mil/wiesbaden/index.php/about/

garrison/directorate-public-works/housing-services-office.

Gold Star Mother's and Family's Day

Gold Star Mother's and Family's Day is observed in the United States on the last Sunday of September, and recognized by the U.S. Congress as the day America honors

surviving mothers and families of fallen service members—specifically those who died while on active duty. This year, Gold Star Mother's and Family's Day falls on Sept. 27. This year's theme is, "Remember surviving military mothers and families and honor the legacy of their loved ones who died in service

to our nation."

Survivor Outreach Services provides dedicated support to Surviving Families who have lost a Soldier. The SOS can provide support, information and services as long as is needed.

Contact the Wiesbaden SOS Coordinator at (0611)143-548-9201.

News flash

Upcoming holidays

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

Oct. 3 — Day of German Unity

Oct. 9 — Training holiday

Oct. 12 — Columbus Day

Oct. 23 — Training holiday

Nov. 11 — Veterans Day

On holidays, call before you go. Find the garrison phonebook at home.army.mil/wiesbaden. For holidays, go to www.eur.army.mil/Community/Employee-Resources.

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

CIF closure

The Central Issue Facility will be closed Oct. 19–23 for annual inventory.

Newsletter

Be the first to get the Herald Union news straight to your inbox by signing up for the e-newsletter at www.herald-union.com.

24-hour EO hotline

The U.S. Army Garrison Wiesbaden anonymous military Equal Opportunity hotline is available 24 hours a day at (0162)278-7598.

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

Drivers test appointments

The Drivers Testing and Training Service is by appointment only.

Sponsors, family, friends, etc. are asked to remain outside the building so that physical distancing can be maintained.

Appointments can be made by contacting the DTTS at DSN:(0611)143-546-6074/6075/6076/6077. The DTTS is open Monday through Friday from 7:30 a.m. to noon and 1 to 3:30 p.m.

SHARP event fights myths

Story and photos by Lena Stange

USAG Wiesbaden Public Affairs

Community members shopped free clothing and learned about the Sexual Harassment and Assault Response Program during the annual Look SHARP Clothing Exchange Aug. 18-20 on Hainerberg.

“This is our way to reach the dependents and the spouses of the active duty service members and the civilians because they (dependents and spouses) are not able to attend our SHARP training,” said Sgt. 1st Class Darlene Coleman, 2nd Theater Signal Brigade sexual assault response coordinator. “This is our way to give back and let them know they’re not alone.”

Via the clothing exchange, the SHARP Program wanted to reach the people in the community who don’t always hear the message, said Trish Shepard, victim advocate for the garrison SHARP program.

Another goal was to break down some of the myths about sexual assault.

“What you’re wearing does not equal sexual assault,” she said. “We have on display clothing similar to that of actual victims that have been assaulted, and it’s not the sexy dress or underwear, lingerie; it’s everyday clothing.”

During the first day of the three-day event, over 100 people came and signed in on the list – one of the



various COVID-19 precautionary measures taken.

People who came to the exchange expressed their appreciation of the initiative.

“I think it’s great to do something that’s open to the community and good for the environment. You never know what you find,” said Melissa Bitter, a community member who went with her two daughters Daisy and Evelyn. “It’s perfect timing right before school.”

The clothing exchange combined the chance to shop clothes for free with the opportunity to learn about the SHARP program.

Coleman said she hopes that the clothing exchange makes the SHARP program even more approachable for the community. “I hope to break the fear that SHARP is something scary.”



TOP: Melissa Bitter and her daughters Daisy and Evelyn (from left to right) go clothes shopping right before school starts at the Look SHARP Clothing Exchange Aug. 19 on Hainerberg.

ABOVE: Sgt. 1st Class Darlene Coleman, 2nd Theater Signal Brigade sexual assault response coordinator, is part of the team that runs the Look SHARP Clothing Exchange Aug. 18-20 on Hainerberg.

If you see something, say something

USAG Wiesbaden Public Affairs

Every day, anti-terrorism officers look for ways to impart what they know to military members, civilian employees and their families.

“The most important thing is if they see something strange, out of place or something that makes them uncomfortable that they say something,” said Jeff Lopez, antiterrorism officer, U.S. Army Garrison Wiesbaden.

The garrison AT officers work closely with the Directorate of Emergency Services, the U.S. Army Europe AT team, the local Polizei and the 66th Military Intelligence Brigade.

The first thing they tell everyone is to use common sense.

“Uniform wear off installation is not authorized,” Lopez said. “It’s actu-

ally to make you less of a target for attack or less known as an American military member. We want to make sure that we’re safe. You don’t know who’s watching, who’s looking, who’s targeting. So you have to always remain vigilant.”

Many Americans stationed in the area like traveling all across Europe. The AT officers highly suggest checking the State Department’s Smart Traveler Enrollment Program, website (www.step.state.gov) before heading to a different country. The site alerts travelers to potential problems in their destination countries such as protests, conflicts or other situations.

The area AT offices periodically employ random-access measures as exercises to keep a potential adversary guessing.

The AT officers spend a lot of time looking outside the fence line of U.S. installations. However, there have been at least 17 mass shootings in the U.S. in the last 10 years. Almost all of those were insider threats, meaning people who worked on the installation.

“If there is anything you see or feel that is dangerous or threatening in any way or you feel unsafe, you should certainly take a moment, analyze it and report it,” Lopez said.

There are several ways to report suspicious activity. The Army AT reporting program is iReport (<http://www.ireport.eur.army.mil/>). Community members can also call the military police (for emergencies: DSN 114; MP desk: DSN 548-7777/7778/7779), or, when off post, the German Polizei (110).

WOMEN

Continued from page 1

knowing that females were excluded at the time.”

“More opportunities have opened up for us while I’ve been in,” she said. “We can serve in combat arms jobs now; and now we have the Ranger and Special Forces schools as opportunities we didn’t have before.”

“I wasn’t really concerned about would I be able to keep up or not or would I be ostracized for being the minor gender,” Galloway said of her initial job as an imagery analyst. “In the intelligence field, they want you for your brain.”

Capt. Triada Cross, commander, Contingency Command Post Company, Headquarters and Headquarters Battalion, U.S. Army Europe, also had no concerns about joining the military. As a self-proclaimed military brat, she understood military culture.

“I had a lot of female role models growing up in the military; there were officers and NCOs that worked for my dad; or friends of the family,” she said. “I really didn’t see any barriers to me being a woman and joining the military. It was a normal thing to do.”

“Once I got to West Point, I realized I was molded to do this,” she said. “A lot of the things my parents instilled in me when I was growing up,



Lisa Bishop/USAG Wiesbaden Public Affairs
Pfc. Katelyn McCurrie, information technology specialist, Headquarters and Headquarters Battalion, U.S. Army Europe, performs motor pool inspection duties Aug. 10 at the Clay Kaserne motor pool. While she’s normally working on a computer, everyone in Contingency Command Post Company is responsible for vehicle readiness.

like keeping things tidy and organized; doing well under discipline; and having structure, lent itself to a military lifestyle.”

Cross finished West Point and commissioned as a second lieutenant in 2013; completed the basic officer leader’s course; and then served at Fort Hood for four years, including deployments to Afghanistan and Iraq. “Once I was done with my time at Fort Hood, I went to the captain’s career course where I qualified as a logistics captain and then I moved here to Germany.” Today, she’s responsible for 600 military and civilian personnel and the logistics of any forward movement or deployments out of Wiesbaden.

Pfc. Katelyn McCurrie information technology specialist, Headquarters and Headquarters Battalion, U.S. Army Europe, enlisted in 2019 and serves under Cross. “She is very inspiring – a woman of color in a high position,” McCurrie said. Nineteen percent of Army officers are women, with the Army outpacing the private sector in the promotion of African American women, according to a 2018 report from the Office of the Undersecretary of Defense.

McCurrie enlisted in the Army to pay for college and gain entry into the computer field. Like Galloway, she had no family military experience. She did, however, worry about being an enlisted female. “Given my rank, I thought I’d be treated differently,” she said. “So far, it has been good.”

Like Cross, she said she felt prepared for military life from her traditional Jamaican family who instilled discipline, manners and a hard work ethic. She was also predisposed for the physical demands of basic training. “I’ve done different sports and I’ve done the hard training and brought that mentality when I joined,” she said. “I feel as if I have tough, really thick skin.”

McCurrie sees the Army as an opportunity for all young people, including women, who need to further develop some of those skills she’s already utilizing.

After she finishes her five-year enlistment, McCurrie anticipates returning to her home state of Virginia and taking a civilian technology job



Photo courtesy of Brandy Galloway
Chief Warrant Officer 4 Brandy (Valley) Galloway, geospatial intelligence analyst for the 24th Military Intelligence Battalion, 66th Military Intelligence Brigade in 1992 at the time of her enlistment.

within the intelligence community. She’ll have earned two degrees – Cybersecurity and Business Management Policy from University of Maryland Global Campus. She doesn’t see military service as her long-term career like Galloway, but rather a steppingstone into civilian life.

“Everyone is given an opportunity to strive; to show off,” McCurrie said of her experiences in the Army.

Despite her promotions and the leadership opportunities she has been given, Cross is uncertain of her future in the Army. While she has not wrestled with career obstacles as a female service member, she anticipates looming choices regarding family planning.

“I know it is not very easy if someone is career driven and also wants to have a family in the military,” she said. “I’m still trying to figure out the balance myself. I’m single, but do want a family someday. I may have to take a step back and say ‘no’ to a couple of assignments to do what is better for family. The Army is taking steps forward like maternity/paternity leave,” Cross said. “I think it is also easier for women to find the type of jobs they want that lend themselves to having a family and family time; It is all about finding that balance and finding what’s important to you.”

Galloway, in fact, experienced the change in maternity leave policy between her first and second child. Instead of being deployable after two months, she had four months to recover. Galloway admits, however, that her military career



Lisa Bishop/USAG Wiesbaden Public Affairs

Pfc. Katelyn McCurrie, information technology specialist, Headquarters and Headquarters Battalion, U.S. Army Europe, performs motor pool inspection duties Aug. 10 at the Clay Kaserne motor pool. While she’s normally working on a computer, everyone in Contingency Command Post Company is responsible for vehicle readiness.

ambitions came with family sacrifices, only the reverse of what most expect. “I married another enlisted member, and when I chose to go warrant, he chose to separate from the military in order to support my career,” she said.

Galloway, after her many years of service in the same professional role is scheduled to retire at the end of her Wiesbaden tour. While she’s eager to break what she sees as a glass ceiling in her military occupational specialty, the rank of chief warrant officer 5 for a woman, her personal life has become a priority. “If my name is on the promotion list before I have my final transition day, I can rescind my retirement and take the promotion,” she said. “If my name is not on the list, I made the retirement decision based on quality of life, given personal reasons, not professional necessarily.”

Galloway has seen the professional aspect of Army service as a level playing field. “There is equality in military,” she said. “When I see in the news ‘we want fair pay for fair work’ I think, ‘Join the military.’ I receive the same pay. The military is very compartmentalized, and everyone is the same based on a class system.”

“There are women who want to prove themselves,” Galloway said. “If they are physically fit and want to be the best they have every opportunity as every job is open to them now.”

Cross reflected on Army changes since her father’s time in service. “It is a different Army

now and people are more cognizant of equal opportunities and providing opportunities to everyone,” she said. “It’s not without its challenges; but I think those are challenges you would find in any work environment, especially one that has such high importance like national security and protection of our nation.

“You get the chance to lead and be a part of something that is bigger than yourself, contributing to something worthwhile,” Cross added. “I really like the sense of comradery and family that I feel with the units that I’ve been a part of.”

Galloway sees a sisterhood of service throughout her military career. “I have found that there is always a kinship and there are organizations that support us and celebrate us,” she said. She cited social support groups and the Women’s Memorial at Arlington Cemetery in Washington, D.C.

The memorial honors all women who have served throughout history and was the site of one of Galloway’s re-enlistments. Every March she encourages other female Soldiers to register with the memorial’s repository of female service members and their stories. “We take a lot of pride in being able to serve,” she said.

For more information on women in the military, see <https://www.army.mil/women/history>.

For more information on the women’s memorial/registry, <https://www.womensmemorial.org/>.

Survivor urges talking about mental health, suicide

Emily Jennings

USAG Wiesbaden Public Affairs

“Someone told me, ‘Grief is just love you’re not able to give someone anymore,’” he said, his heart so full of that love that it nearly overflowed the bottoms of his eyelids. His throat tightened and his voice strained as he said her name, Ciarra Joi.

When Joel “Dusty” Rhodes talks about his daughter, who died by suicide at age 13, it’s still deeply painful. But he keeps telling her story in the hopes of helping others, he said. He has spoken in a variety of settings on and off post, to the military community, to rotary clubs and to parents. “Whatever groups want me to talk to them, I will go and talk to them,” he said.

Rhodes recalled his daughter’s active, engaged life and generous spirit. He described her as smart, funny and outgoing. “She loved to sing,” he said. She also enjoyed softball, horseback riding and even sang in The Voice of Germany kids edition. She baked cupcakes to raise money for a child in Nepal her class “adopted.” She saved a portion of her allowance and birthday money to donate to charity, which her parents then doubled.

Ciarra, who wanted to be a veterinarian when she grew up, was attending a German school in 2013. “There were cliques in her school, you know, like there are in every school, I guess,” he said. “She was always the person standing up for others. She was the anti-bully. It was important to her.”

She went to a birthday party one Sunday night – they went to the movies. When she woke up Monday, she didn’t feel well, so she stayed home from school that day, Rhodes said. “I got home from work and my wife got home from work,” he said. “Everything was fine. She was feeling a little bit better. We ate, we watched a movie, she went back to bed. The next morning I went downstairs to go to work, and I heard my wife scream.”

Ciarra died Dec. 10, 2013, three days before the family was scheduled to fly to Florida for a vacation his daughter

had been looking forward to, Rhodes said.

The police took her computer and phone, but they found no obvious reason, no threat made to her and no notes or emails to give the Rhodeses any clues as to why their daughter took her own life. Rhodes said he had regularly monitored his daughter’s messages with her consent and never saw anything alarming.

He later found out a lifelong classmate of his daughter’s had been bullied so badly that her mother pulled her out of the school. He said he fears his daughter may have become the new bullying target after that happened. “I still don’t know why,” he said. “I’ll never know why. So I stopped asking.”

Still reeling from his daughter’s death, Rhodes’ wife of nearly 20 years passed away in May of 2016. She had been in and out of intensive care for four months. “I think she died of a broken heart,” he said.

Rhodes is retired from the Army and works as the assistant superintendent at the Rheinblick Golf Course at U.S. Army Garrison Wiesbaden. He said what keeps him going is giving back and helping others. One of the ways he does that is through an annual memorial softball tournament. Through it, Rhodes, along with other members of the planning committee, have donated almost 70,000 euros to suicide prevention charities, he said.

They give half of the money they raise to the American Foundation for Suicide Prevention and the other half to the German AGUS - Angehörige um Suizid e.V., an organization that offers counseling to survivors, and where Rhodes also received counseling.

One day Rhodes was sitting at home, had just put his softball uniform on, and he told the woman he is now seeing that she should go to sleep because he was going to go see his girls. “I have no idea why, no idea what I was doing,” he said. “I have no recollection of it, but I was going to get in my car and go drive off a bridge.”

He spent the next three weeks in a psychiatric hospital. “That was my breaking point,” he



Emily Jennings/USAG Wiesbaden Public Affairs

Rheinblick Golf Course assistant superintendent Joel “Dusty” Rhodes shows two jerseys from an annual memorial softball tournament dedicated to his daughter, Ciarra, who died by suicide in 2013. Through it, Rhodes, along with other members of the planning committee, have donated almost 70,000 euros to suicide prevention charities, he said.

said. “Because I held everything in; I didn’t talk about it. I was trying to help everybody else and stopped caring about me.”

He said his time in the hospital helped. “People need to know that you have to talk to somebody. And if somebody is trying to talk to you, then let them talk to you. You don’t have to solve the problem; sometimes you just gotta listen.”

He gets emotional every time he tells his story but said it’s worth reliving the pain. “It still hurts,” he said. “And talking to people is sometimes hard. But I think she’s still helping, through me, and that’s why I do what I do. I wish more people talked about it.”

When he speaks to a crowd and hears their reactions, he said, it reminds him that what he’s doing is making a difference. He wants to end the stigma so that people can talk about suicide in different settings.

“I don’t have all the answers,” he said, “but I know talking about it helps.”

September is Suicide Prevention Month, and the focus is to interact with people, to reach out and to be engaged, said Jason Mohilla, the garrison’s Suicide Prevention Program manager and Army Substance Abuse Program specialist. “If we were all to interact and get away from our isolation, get out and actually interact with other people, and be honest about how we’re feeling, it would help a lot.

“Each person has their own way of dealing with things, and

everybody can benefit from talking to somebody,” Mohilla said. “It’s about finding the right fit for each person — that’s why we have so many suicide prevention resources; if one doesn’t work, we can look to something else.”

People who are feeling suicidal may internalize instead of seeking help, Mohilla said. “They may say they don’t need help, until it gets to a point where they can’t handle it anymore. I think if we could make it easier for people to seek out help a little earlier, it would be a great benefit,” he said.

“In this community, we deal with a lot of intelligence and aviation, and a common answer for people not seeking treatment is losing their clearance or flight status,” Mohilla said. “They’re concerned that interacting with behavioral health could impact their career or future earnings potential. The Army is aware that this is a problem and has made significant changes to minimize the negative effects of seeking help. But as long as a stigma is there, it could potentially prevent people from seeking help.”

Suicide is a leading cause of death for Americans, and many people who die by suicide are not known to have a diagnosed mental health condition, according to the Centers for Disease Control and Prevention website.

The 24-hour duty chaplains are a great resource and have protected interaction, Mohilla

said. They are specially trained and have the highest level of amnesty that you can interact with, he added. The Employee Assistance Program – for civilians 18 and older – offers up to five free, confidential, solution-focused counseling sessions. And school-aged kids can get support from counselors at each of the schools.

Mohilla encourages community members to have the difficult conversations, help reduce the stigma and reach out to resources available at garrison level, as well as personal resources such as spirituality, family and friends.

Rhodes talked about the challenges and barriers to getting mental health care. “You can see a broken arm,” he said. “You can fix a broken arm; take an x-ray, put a cast on it and it’s fixed. You can’t do that with mental health.”

The pain of unrelenting guilt gripped him for years, he said. “I would tell people that if the mailman came up and knocked on the door and said, ‘Hey, I’ve seen this child and he needs a heart,’ I would’ve been like, ‘Take mine now’ and not felt anything. I didn’t care.”

But he has found a way to keep on living and doing what he can to spare others the suffering he’s endured. “I have to help people — that’s why I’m still here. Both my wife and daughter were much better people than I am or ever will be, so if they’re gone and I’m still here, there must be a reason.”

Rhodes now lives with his girlfriend who he says “gets” him. He said that although he’ll never forget his wife or daughter, “Life can go on, slowly but surely.”

For more information on the annual softball tournament in Ciarra’s honor, visit rememberingciarra.com.

The Army encourages leaders, family members, and friends to check in with each other and ensure that even though the world is physically distancing, people are still connected. Call the Military Crisis Line from Europe at 00800 1273 8255 or DSN 118 or visit <https://www.dsps.mil/spm/>.

For a list of local resources, go to home.army.mil/wiesbaden.

Community notes

Gold Star Mother's Day virtual 5K

Dedicate your race bib to a loved one. Families and children of all ages are invited to run, walk, bike or stroll in honor of Gold Star Mother's Day. Show your support at your own pace and on your own time. Choose a 5K route in your neighborhood, on a track or trail, snap a selfie and send the photo to ACS through Facebook to be featured on their page. The event runs Sept. 21-27. The event is free. Race bibs are available for pickup at ACS and are not required. Registered participants with photo submission will receive a token of appreciation from the Survivor Outreach Services program. For more information, call (0611)143-548-9201.

Ski, snowboard rental

Save money on seasonal ski or snowboard equipment rental at Outdoor Recreation by renting gear during the month of October. The early-bird seasonal special rate is \$179 – equipment can be used from Nov. 1, 2020, through April 1, 2021. Stop by Outdoor Recreation to get fitted and to rent gear. Call (0611) 143-548-9801 for more information.

Art lessons

Get painting, drawing and sketching tips from professional artist Claudia during weekly

lessons at the Wiesbaden Arts and Crafts Center. Sessions are informal, with participant interaction, relaxing music, conversation and expert guidance. Sessions are two hours long, by appointment – Tuesdays from noon to 2 p.m. or 3-5 p.m. Cost is \$90 for four, two-hour classes. Sign up at the Arts and Crafts Center or call (0611) 143-548-9838.

QR Quest Puzzle

The Wiesbaden Library invites patrons to join the quest – crack the code and win prizes – throughout the month of October. Visit the library and pick up the Quest Puzzle. Then scan the QR codes

hidden around the library to unlock clues and locations of other codes – all leading to the solution and a prize. Completed puzzles must be turned in by Nov. 1 to receive a prize.

Winter vehicle checks

The Automotive Skills Center will check and ensure your vehicle is winter ready during Winter Inspection Checks in October and November. The 11-point inspection includes: parking brake, signal horn, all lights, cooling system, fluid levels, belts, tires, battery and charging system, washer fluid and windshield wipers, exhaust system. Cost is \$20. Call (0611) 143-548-9817.

Wood shop safety

Attend a wood shop safety and orientation class in order to use the facility at the Wies-

baden Arts and Crafts Center. Classes will be from noon to 1 p.m. Oct. 7 and 21. Call (0611) 143-548-9838 for details.

The Church of St. Augustine of Canterbury

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10 am in church and live on Facebook
Weekday worship and formation
Wednesday and Friday:
Online only - see website

Sunday October 4:
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Friday October 23: 7 pm, Benefit Concert
Thursday October 29: 7 pm, Online Quiz Night

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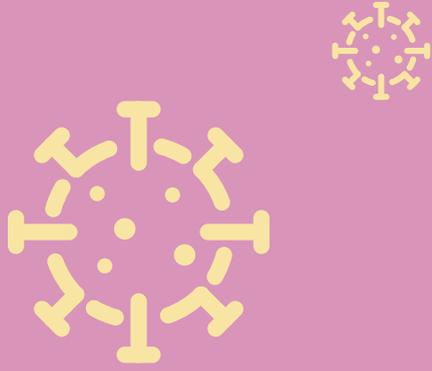
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Life after

Kristen Beckman
Special to the Herald Union

Although lockdown restrictions have lifted, life has not returned to “normal” for the Wiesbaden community. Family travel plans have been postponed, cancelled or changed; social gatherings are limited in attendees; and in-person school looks very different than in previous years. In small and big ways alike, life has changed since lockdown restrictions were eased, and people are adapting to what appears to be a new normal.

Masks

For some, wearing masks may be the biggest adjustment to life after lockdown. Reve Rucinski, an American Red Cross Volunteer at the Wiesbaden Army Health Clinic, said that wearing a mask can get very hot and stuffy. “Sometimes while working, it gets so hot that my glasses start to fog up,” she said.

Since masks are required in most places of business, some have found it helpful to have several masks on hand in different places. Giannina Sirois, a home-based business owner, said she has “several dozen masks in the house, in cars, in my purse — I always wear them, and gloves, when interacting with a customer.”

Chap.(Capt.) Stephen McDermott noted that “since they are now part of our uniform, we have to have them in our possession. I keep one in my cargo pocket and some in my car.”

For those with younger kids, this also means having to tote around masks. Inese Barrett, a federal employee spouse and mother of five, said, “We have masks everywhere. I keep all of the kids’ masks in my purse, and I wrote their names on their masks so they can’t fight about whose is whose.”

Hand washing

Another new norm is increased hand washing and hand sanitizer use. Spc. Katlynn Owens, assigned to Headquarters and Headquarters Battalion, U.S. Army Europe, said, “I have been washing my hands so much that they are noticeably dry.” Carrying hand sanitizer might not be a new habit for some, like active duty spouse Stephanie Tanner. “I always had sanitizer with me before. I still do. It is not a big change,” Tanner said.

Businesses

Many businesses now encourage debit or credit card transactions to minimize the handling of money. Newman Village resident Erica Lester said, “Now that more businesses are using credit cards, I do tend to use it more. I am still fine with using cash. I wash or sanitize my hands after I touch cash.”

Shopping habits have adapted as well. Barrett said she finds herself shopping less: “I plan out my shopping trips more now, consolidating trips such as going to the dentist and getting the mail. I’ve actually saved money by shopping less.” Tanner said she also shops less now: “I avoid shopping because I don’t like wearing the mask, so I do consolidate my trips. I used to like to run errands but do not enjoy it anymore.”

For home-based businesses, operations were suspended from March through May, which frustrated many business owners, as well as their customers. However, Sirois found a silver lining and used the extra downtime to learn new baking techniques for her baking business. “The most difficult part of the downtime was having to say no to customers who just needed a small cake to celebrate their children’s birthdays,” Sirois said.

Family life

Family life continued to evolve. Many families returned to their offices, as kids returned to school, and as families moved back to work. Many families enjoyed spending more time together. Some became accustomed to virtual gatherings. “It was hard for my kids to not be able to do things like go to the movies,” Tanner said.

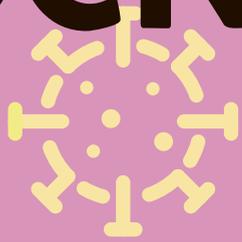
McDermott explained that “staying home coming out of lockdown was a challenge because they were locked down for so long. It’s important to know that each of us handle the restrictions differently. It’s important for us to know what is a trigger for our battle buddies ... It’s important for our family. That’s one of the things that’s changed, is our identity as a family. We’ve resumed, McDermott said. “We’re still missing our nursing members of the church and our church. Our numbers have dropped. We’ve got used to sleeping in on Saturdays.”

School

The new school year has brought some concern for many students. “I’m worried about the kids missing out on social distancing and affected by social distancing and affected by social distancing,” Tanner said. “Parents are understandably concerned about their children moving forward.”



lockdown



evolve as people
kids returned to
in and out. During lockdown,
ding more time together and
al school. Barrett shared that “it
have their friends and to not
to the playground.”
the difficulties many faced at
own: “Families were stressed
own and they didn’t get a chance
reacting and adapting well. It’s
of us are wired differently, each
differently, we deal with stress
r people to know themselves,
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important to come together as a
gs that COVID has robbed us
” Even though chapel services
said attendance is still down:
mbers from last year; I’m see-
community on post but not at
declined, and I guess people
undays.”

s been a significant point of
and parents. “I am concerned
on a normal life, especially at
aid. Between wearing masks,
cted extracurricular activities,
wary of the quality of life for
rd. “I was extremely impressed

with the high school graduation ceremony in June,”
Tanner added. “The dedication of the high school
staff and Army garrison really showed. They made
it very memorable and special.”

Mary Tanner, senior at Wiesbaden High School, and
Sally Tanner, sophomore at Wiesbaden High School, said
this school year already feels significantly different. A
handful of the changes are: students no longer have lockers
and can request “mask breaks” during class, lunch has been
separated into different groups, and many stairwells and
hallways are one direction only.

“It was really hard on the first day of school because it
was the first time I was seeing some of my friends in six
months, but I couldn’t hug any of them,” Sally Tanner said.
She added, “Our principal and vice principal are really great,
and they are trying their very best to make it work. They are
doing everything they can. The counselors and everyone in
the office has been working really hard. We’ve been really
lucky with the staff that we do have.”

With the fluctuating status of COVID in Wiesbaden,
adaptability is a necessity. Mary Tanner said, “I feel like I
am definitely more prepared for another lockdown because
we already did it last year. The teachers are prepared.”

Travel

Gone are the days of weekend trips on last-minute
budget flights. Many families are finding themselves staying
closer to home for personal travel. Owens said, “I feel less
restricted and would like to travel, but I still would
rather stay close versus venturing farther out.”

Travel plans outside the host nation have to be
thoroughly researched to understand policies such as
quarantine requirements and restrictions on which

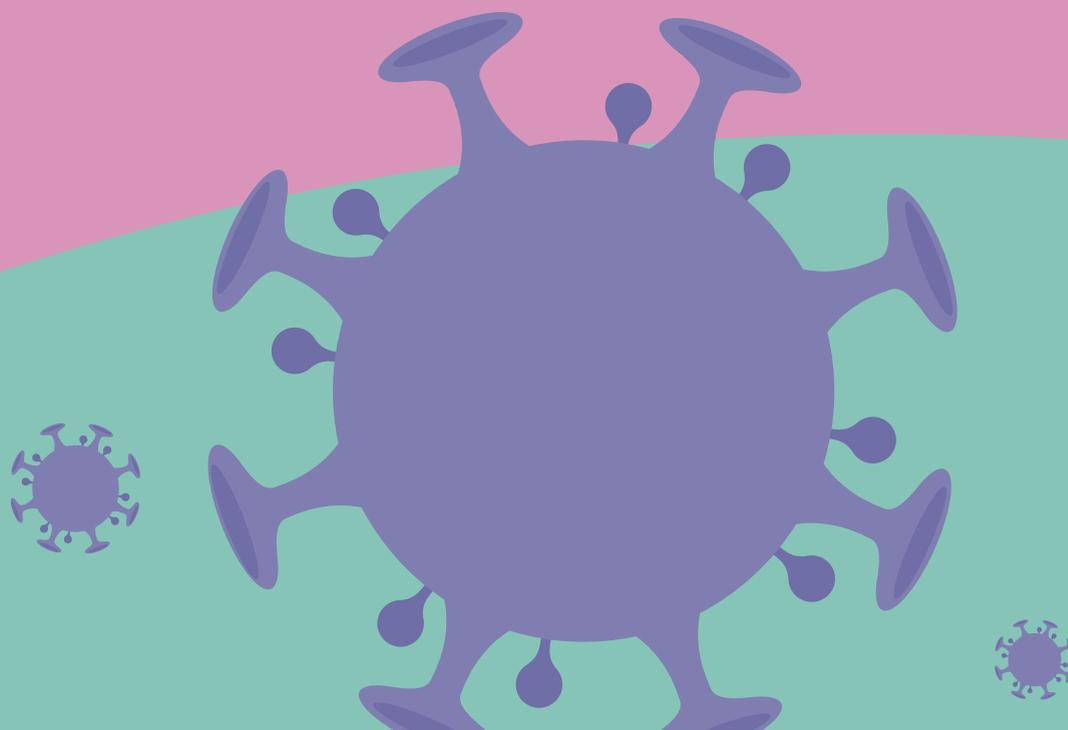
countries visitors are being accepted from. Lester said, “We
have been doing a bit of traveling. We are very cautious
about where we go and where we stay.”

Social life

Being able to get together with friends, even in a
limited capacity, can give the feeling of normalcy amidst
such uncertain times. Many are trying to stay responsible
by meeting with friends and family outdoors. Lester,
also known as the “Newman Village Wine Fairy,” said “I
was pretty active before lockdown. I do tend to stick to
smaller groups, and I have met a number of new people
since lockdown.” Her role as the “Newman Village Wine
Fairy” is to facilitate a community-funded social activity
where neighborhood residents get to know one another
over a glass of wine. Lester said the “Newman Village
Wine Fairy” was inspired by Aukamm resident Carolyn
McLain to encourage people to get outside and spend
socially distanced time with their neighbors. Lester added,
“It is a way for new people to meet in their neighbor-
hoods and start building friendships. With everyone in
lockdown for so long, it was a fun, stress-free weekly
event that people could look forward to.”

Though life moving forward may be different, many
are happy to be able to spend time with friends and family
again and to make the most of living in Europe. Rucinski
said having the lockdown restrictions lifted “has given me
a different perspective on what things are important like
health, time for myself and family time.”

For more information on continuing restrictions
and changes due to COVID, visit www.home.army.mil/wiesbaden for garrison information and links
to official German releases and websites.



NATIONAL PREPAREDNESS MONTH

Being prepared means having a plan

Anna Morelock

USAG Wiesbaden Public Affairs

Across the United States, communities prepare for a vast variety of weather events from tornadoes to hurricanes and earthquakes to wildfires. Living in Germany, the weather may be a bit milder, but being prepared is a concept that applies no matter where one lives.

"It's important everywhere; no matter where you are," said Chuck Banfi, U.S. Army Garrison Wiesbaden Protection Program manager.

September's National Preparedness Month is recognized each year to bring attention to

the importance of family and community disaster planning. This year's theme is, "Disasters Don't Wait. Make Your Plan Today."

Besides weather events, National Preparedness Month also highlights preparation for man-made events, pandemics such as the current coronavirus situation, and ensuring all family members know what to do in an emergency.

"The biggest thing is to be prepared," Banfi said. "In order to be prepared you have to have a plan."

The Department of Homeland Security's ready.gov website offers information to

educate people on what to consider in all types of disasters. It includes considerations for different populations such as information for seniors and pet owners. The Ready Kids section has information tailored to get children involved in the planning and conversation.

At the onset of an emergency, first responders are looking to save lives. Individuals and families should be prepared to fend for themselves for at least three days, Banfi said, and possibly more depending on the scope of the emergency.

National Preparedness Month highlights a new topic for each week in September

at ready.gov. Topics already covered include making a plan, building a kit and preparing for disasters.

The theme for Sept. 20-26 is Teach Youth about Preparedness.

Parents should talk to their kids about preparing for emergencies and what to do in case family members are separated. Parents can reassure children by providing information about how they can get involved.

Keep an eye on the Garrison Facebook page throughout the month for more tips on readiness and visit ready.gov today to begin planning.

AFN TV in some quarters to change

Mark Heeter
IMCOM Europe

Beginning Sept. 27, any resident of Army quarters in Germany receiving AFN television via cable will no longer automatically receive those channels as a cable-service contract with IMCOM-Europe ends.

While the move will affect AFN and cable television service in Army Family Housing, and off-post government leased housing, officials are evaluating the possibility that service might continue in barracks.

Because the contract is specific to Germany, residents in other countries will not be affected. Off-post residents using satellite dishes with decoders and customers already subscribing to a TKS EasyTV package will not be impacted by this change.

Those who use cable now will continue to receive AFN until the signal drops following contract termination or until equipment they currently use becomes obsolete.

Most housing and barracks residents receive television as part of an Internet package, and this move aligns Army garrisons in Germany with that trend.

IMCOM-Europe officials said they looked closely at the numbers of cable connections in use throughout military quarters in Germany. With the rising influence of streaming services that residents increasingly use, they decided that this was the right time to change directions in reception services.

Customers already subscribing to an EasyTV package will continue to receive AFN and U.S. channels without interruption. Anyone currently receiving AFN through cable only will need to subscribe through TKS to continue receiving channels in government housing.

Some units in Germany are considering whether to continue the AFN service in barracks after the change takes effect.

BBQ ban on public "Grillplätze" in Wiesbaden

Nadine Bower

USAG Wiesbaden Public Affairs

The city of Wiesbaden has banned the use of barbecue grills in public barbecue areas throughout Wiesbaden and in wooded areas. The city announced this ban in a press release Aug. 7, which explained the effects of the extremely dry weather over the past several weeks. Recent rain has not been enough to make up for the lack of rain earlier in the year.

However, Florian Erbacher, public affairs officer and head of the technical department of the Wiesbaden Fire Department, explained that this ban

only applies to public areas. "It does not apply to private properties with the exception of small garden allotments (Kleingärten) that are located less than 100 meters away from the woods."

Having a barbecue on public property is normally allowed in specially designated areas of Wiesbaden. A list of these areas can be found on the Wiesbaden Fire Department's website at <https://www.wiesbaden.de/microsite/feuerwehr/praevention/content/waldbrandgefahr.php>. However, the page currently includes information about the effects of the dry weather and the risk of forest fires. Accord-

ing to the website, the German Weather Service (DWD) prepares an annual forest fire hazard forecast for the months of March through October and categorizes the danger of forest fires into 5 hazard levels. They range from level 1, very low, to level 5, very high risk. The current level 4 requires the closure of the public barbecue areas in Wiesbaden.

Erbacher pointed out that when people have barbecues in their own yards, they still should take necessary precautions to prevent fires, such as only having barbecues outside and putting a bucket of water nearby. Additionally, current

COVID-19 restrictions still apply.

Karin Morrell, assistant fire chief prevention with the U.S. Army Garrison Wiesbaden Directorate of Emergency Services, stated that having barbecues is only allowed on USAG Wiesbaden installations in specially designated pavilions and in private backyards "as long as the barbecue device is more than 10 feet away from any building, trees and shrubs."

In the event of a fire, immediately contact the German emergency line 112 to reach the fire department or the medical emergency services.



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Sgt. Morales Club inducts new members

Story and photo by Emily Jennings
USAG Wiesbaden Public Affairs

The Sergeant Morales Club at U.S. Army Garrison Wiesbaden inducted one new member, three honorary members and recognized one civilian with the Dr. Mary E. Walker Award Aug. 26 at Clay Kaserne.

Membership in the Sergeant Morales Club is exclusive and gained through a rigorous and competitive selection process, according to club leaders. Membership recognizes and rewards distinguished non-commissioned officers whose leadership achievements merit special recognition and who have contributed significantly to developing a professional NCO Corps and a combat-effective Army.

“Selection into the Sergeant Morales Club and the Dr. Mary E. Walker Award recipient is an honor for those chosen, but it doesn’t end once they receive the medallion,” said Command Sgt. Maj. Kenneth E. Farley, 522nd Military Intelligence Battalion, guest speaker for the event. “One of the club’s fundamental missions is giving back to the local communities. Each of these recipients has volunteered innumerable hours within their local community. These induct-

ees have demonstrated what it truly means to be a leader not only in your organization but in your communities as well.”

Staff Sgt. Kamran L. Saunders serves as the communications security account manager for the 66th Military Intelligence Brigade. He participated in three different battalion, brigade, and nominative-level command sergeant major boards. He was then recommended to the U.S. Army Europe command sergeant major for induction into the Sergeant Morales Club.

Sgt. 1st Class Phillip A. Lovato, detachment sergeant with 2nd Military Intelligence Battalion, 66th MI Bde.; Master Sgt. Tony T. Williams, S-6 NCOIC, 66th MI Bde.; and 1st Sgt. Lori A. Soto, Headquarters and Headquarters Company, USAG Wiesbaden, were inducted as honorary members.

Honorary membership is restricted to individuals whose contributions and support to units or military communities can be distinctively measured in terms of their accomplishments. Nominees in this category are stewards of the armed forces creeds and firm supporters of the profession of arms. Honorary members received a medallion, certificate of honor-

ary membership and the Army Commendation Medal.

Angela Abernethy was presented with the Dr. Mary E. Walker Award for providing outstanding and exemplary volunteerism that greatly improved the quality of life for the Soldiers and their families. Abernethy received a medalion, label pin and certificate. She has volunteered with Army special operations, traveling to each of its operational units as a guest speaker, mentor and senior enlisted advisor in order to encourage community involvement through volunteering, mentorship, and building relationships among Army spouses.

The award is named after Walker, who became one of the first female physicians in the U.S. in 1855. She was denied a commission as an Army surgeon because of her gender, but continued to serve unpaid in various military camps and in a hospital. She was eventually appointed as an assistant surgeon with the 52nd Ohio Regiment and later captured and held as a prisoner of war before being freed. Through her actions, Walker set the standards for helping to improve Soldiers’ quality of life for generations.



First Sgt. Lori A. Soto (from left), Master Sgt. Tony T. Williams, Sgt. 1st Class Phillip A. Lovato, Staff Sgt. Kamran L. Saunders and Angela Abernethy stand with their medalions after a Sergeant Morales Club induction and award ceremony. Soto, Williams and Lovato received honorary inductions, Saunders received an induction and Abernethy received the Dr. Mary E. Walker Award.

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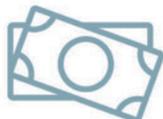
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Outdoor Rec earns LEED Silver certification

Alfredo Barraza

U.S. Army Corps of Engineers
Europe District, and

Anna Morelock

USAG Wiesbaden Public Affairs

About a dozen attendees witnessed the awarding of a Leadership in Energy and Environmental Design Silver award during a ceremony Aug. 11 at Clay Kaserne. U.S. Army Garrison Wiesbaden's newly opened Family and Morale, Welfare and Recreation Outdoor Recreation Center was certified LEED Silver by the U.S. Green Building Council after meeting LEED Silver standards.

LEED is a worldwide certification program that provides third-party verification of green buildings. Standards help guide building owners and operators to be environmentally responsible and energy efficient.

Ron Locklar, chief of the FMWR's Community Recreation Division, said the LEED

standards guided the design process in regard to efficiencies, but in some areas the design team went above and beyond to ensure the new space would meet the needs of the staff and community. For instance, Locklar said, the more used lobby and warehouse areas have different types of heating to provide constant, low heat, while the lesser used classroom areas have wall radiators that can be turned on and off as needed. The team didn't just want to meet the LEED standard, Locklar said, but wanted to ensure everything was used efficiently. Not having wall radiators in the lobby and warehouse also allowed for space efficiencies.

Finished in 2020, the U.S. Army Corps of Engineers Europe District oversaw construction of the \$8.5 million, 12,510 square foot recreation center. This facility consolidated activities and storage areas from more than four different locations throughout the Wiesbaden

community, and will save 42% on energy costs relative to code requirements.

"The Corps is always exploring techniques in the construction of buildings to promote energy efficiency and sustainability, and this project is another example of building cost-effective and efficient facilities," said Col. Patrick Dagon, the Europe District commander.

Besides the energy savings under LEED, simply being consolidated in one building created efficiencies, Locklar said.

"Having everything in one site, having it designed to be everything we need, where we need it, and how we need it — that's what's great about this facility," Locklar said.

The Outdoor Recreation Center features many amenities including a wide variety of rentals such as barbecue grills and inflatables, as well as equipment for biking, camping, canoeing and kayaking,

and summer and winter sports activities. The center also has an air-conditioned training classroom for meetings, plus a state of the art maintenance shop for bicycles, skis, snowboards and other recreational equipment.

The U.S. Army Corps of Engineers, Europe District, together with the contractor and the Landesbetrieb Bau und Immobilien Hessen constructed the award-winning building by incorporating the following energy efficient systems and sound green building practices:

- Construction activities diverted 93% of non-hazardous construction waste from landfills.
- Water conservation features incorporated into this project will consume 30% less water than code requirements.
- 50% of the project site's native and adapted vegetation was protected and kept intact.
- 13% of building material

content was manufactured from recycled materials.

- 20% of building materials were manufactured and extracted from within 500 miles of the project site.
- To provide improved indoor air quality, low volatile organic compounds were specified and installed, which included paints and flooring systems.

The new Outdoor Recreation Center is located on Clay North and is open for business despite its official ribbon-cutting ceremony being cancelled due to coronavirus precautions in March. The center is open from 11 a.m. to 6 p.m. Monday through Friday. Hand-washing and face coverings are required.

For details on upcoming trips, classes, hunting and fishing opportunities and other programs and services stop by the Outdoor Recreation Center, call (0611) 143-548-9801 or visit wiesbaden.armymwr.com/programs/outdoor-recreation.

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DES hosts First Responders Day parade

Story and photos
by Emily Jennings

USAG Wiesbaden Public Affairs

Smiling children squealed, waved and caught candy as fire and police vehicles drove by spraying water and blaring sirens during the U.S. Army Garrison Wiesbaden First Responders Day parade Aug. 21 on Clay Kaserne.

Military police and firefighters, as well as their Polizei partners, military working dogs and Polizei horses made their way through Newman Village, greeting physically distanced spectators lining the parade route. The event was hosted by the USAG Wiesbaden Directorate of Emergency Services.

Following the parade, families were invited to enjoy free lunch from the USO and ice cream at the police and fire station. McGruff the Crime Dog, Sparky the Fire Dog and the AFN Eagle were in attendance.



Polizei on horses ride down Via Principalis during a First Responders Day parade Aug. 21 on Clay Kaserne. Military police and firefighters, Polizei partners, military working dogs and Polizei horses participated in the parade.

“It was an opportunity to give thanks to the community for their tremendous support in ensuring a safe and secure environment, especially during this pandemic,” said Lt. Col. Edwin Escobar, provost marshal and director of Emergency Services for the garrison.

Families expressed their appreciation for the event.

“Huge kudos to the organizers of the First Responders parade today,” said Kaci Welch, who attended with her children, ages 8 and 4. “It was so perfect. If we can’t trick or treat this year, I hope we can pull together a parade like today. So awesome.

“My kids loved seeing all of the different people and vehicles and animals that are there



Lt. Col. Edwin Escobar, Director of Emergency Services at U.S. Army Garrison Wiesbaden, waves to spectators during a First Responders Day parade Aug. 21 on Clay Kaserne.

to help us if we need them,” she added. “And getting sprayed by a fire truck was just the icing on the cake on this 90 degree day.”

RIGHT: Family members wave as a fire rescue vehicle from U.S. Army Garrison Wiesbaden drives by during a First Responders Day parade Aug. 21 on Clay Kaserne.





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Motorcyclists can minimize risk with simple steps

Lena Stange

USAG Wiesbaden Public Affairs

Riding a motorbike can be fun, but there is also a risk associated with it. The risk, however, can be minimized.

“Motorcyclists are easily overlooked,” said Helmut Schartel, safety specialist with U.S. Army Garrison Wiesbaden. “They not only have to watch out for themselves, but also to pay attention to others. They have to permanently observe, evaluate and react.”

Service members and civilians have to take part in a theoretical briefing and a test at the Drivers’ Testing and Training Station in order to be allowed to ride a motorbike in Europe, Schartel said.

Service members have to also do the Basic Rider Course to receive a Motorcycle Safety Foundation card. Within twelve months after the BRC, they have to do the Experienced Rider Course, which is valid for five years, he said.

Once the formal side is completed, personal protective equipment is key: According to Army regulation, a helmet with a face shield, gloves, over-the-ankle boots, long pants and a long-sleeved



Photo courtesy of Buffalo Soldiers Motorcycle Club-Germany

Riders should thoroughly check their motorcycle before a tour. A check should encompass making sure that the brakes function properly, tires are in good condition and have the adequate pressure, and checking the fluid levels.

shirt are required, he said.

Reflective gear is very important, too, Schartel said. Service members are required to wear it on and off post.

Civilians, family members and U.S. contractors have to wear it on post.

In Germany, drivers are required to turn the lights on while riding a motor-

bike — during the day and during the night, he said.

“Constant practice is important,” Schartel said. “Especially after a long winter break.” For service members, the MSF training is a good opportunity to get re-accustomed to riding a motorbike. It is mandatory every five years, however, they can participate in it more often for free, he said.

Another safety practice is to thoroughly check the motorbike before a tour. A check should encompass making sure that the brakes function properly, tires are in good condition and have the adequate pressure, and checking the fluid levels, Schartel said.

“Helmets are not good forever,” he said. Every three to four years a motorcyclist should invest in a new one. The padding gets thinner over time, and then it might not fit as well as before. If that happens, the protective effect of the helmet becomes limited.

“Don’t overestimate your abilities,” Schartel said, “it is better to apply a more defensive riding style to make sure you arrive safely.”

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