



Garrison, city leaders share updates, tout cooperation

Emily Jennings

USAG Wiesbaden Public Affairs

Garrison leaders and officials from Wiesbaden and the surrounding communities came together Sept. 19 to share community updates and get answers about planned garrison construction.

This year's Executive Exchange Council was hosted by U.S. Army Garrison Wiesbaden at the Wiesbaden Entertainment Center. Every other year, it is hosted by the city.

"One of the greatest things we want to do here is strengthen our relationships and make sure we remain transparent in everything we do," said Garrison Commander Col. Todd J. Fish.

Judith Rodriguez, division chief engineering, Directorate of Public Works for the garrison, filled city leaders in on

recently completed projects as well as planned improvements.

She touted the newly opened 21st century high school, built on budget and on time, and new middle and elementary schools that are in the works on Hainerberg using off-post construction. What this means is that a pathway has been created to allow construction vehicles to access the site without going through the access control point and without having access to the rest of the garrison. Also, a new elementary school is planned for Clay Kaserne, to replace Aukamm Elementary, in about five years.

She then outlined the future vision for the Crestview housing community, which includes plans to turn some

See 'Exchange Council' on page 2

Wiesbaden MI Soldier picked for All Army basketball trial camp

Anna Morelock

USAG Wiesbaden Public Affairs

Spc. Pearl Henriquez joined the Army as an opportunity, first, to continue her education, and second, to pursue her favorite hobby — basketball. Before finishing advanced individual training, Henriquez had already begun to compile her application for the All

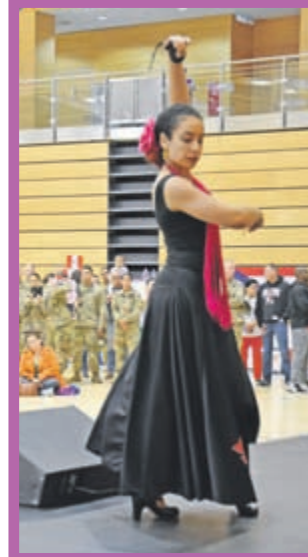
Army Women's Basketball team.

This October, just nine months into her Army career, she headed to trial camp in Fort Indiantown Gap, Penn., where she is competing with 18 other women to move on to further All Army Women's Basketball competition.

Henriquez, who is a security special-

See 'Basketball' on page 3

Food, fun and family



Emily Jennings/USAG Wiesbaden Public Affairs

U.S. Army Garrison Wiesbaden celebrated Hispanic Heritage Month with a parade, dance performances, demonstrations and food from a variety of countries. Americans observe Hispanic Heritage Month from Sept. 15 to Oct. 15 by celebrating the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean, and Central and South America. This year's event, "Shaping the Bright Future of America," was organized by the 2nd Military Intelligence Battalion, 66th Military Intelligence Brigade, Oct. 11 at the Fitness Center.

HOW SECURE IS YOUR COMPUTER?

National Cybersecurity Awareness Month is a great time to take steps to safeguard your information. **Pages 8-9**



SCARY FUN

Take the kids trick-or-treating, bowl at the WEC, see horror movies at the Taunus and brave a haunted house. **Page 10**

SESAME STREET

New and classic characters delight children during a USO tour. **Page 12**



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U.S. Army Garrison Wiesbaden Command

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Randy Johnson



Terese Toennies/FMWR

Wiesbaden community members get a chance to spend time with pitching ace and Baseball Hall of Famer Randy Johnson, during a visit to Wiesbaden Sept. 27.

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Emily Jennings/USAG Wiesbaden Public Affairs

Judith Rodriguez (center), division chief engineering, Directorate of Public Works, fills in leaders on recently completed projects and planned improvements.

EXCHANGE COUNCIL

Continued from page 1

buildings over to the host nation and demolish others, using that space to create more parking, green space and a dog park.

Rodriguez went on to detail completed changes to the access control point on Hainerberg, which the city of Wiesbaden helped facilitate by completely reconstructing the B455 intersection, and three projects on Clay: the Combined Information Center, currently under construction; a paved path along Lindsay Boulevard that would accommodate pedestrians, cyclists and physical training for Soldiers; and solar panels on the rooftop of a parking structure on Clay, which will produce enough power to support more than 100 households.

Clay Kaserne North, which is currently accessible only through its own gate, will be connected to Clay with a new interior road around the west end of the runway.

Other projects on Clay North include moving several services to the area, including the administrative building for the U.S. Army Corps of Engineers-Europe District; vehicle registration and inspection; and the installation property book office beginning around November.

"We will be investing \$1.2 billion worth of construction on all of the projects within our garrison and communities over the next five years," Fish said. "This will allow us to return Amelia Earhart, Mainz Kastel Housing and Mainz Kastel Station over the next five years."

Roland Petrak, with the

city of Wiesbaden parliament's Environmental office, told attendees about an award the city gives to support achievements in environmental protection and sustainability. Everyone is invited to participate for a prize of 3,000 euros, he said. The garrison participated in 2012 for a Fitness Center project that saved electricity with Earth-friendly lighting.

The garrison's school liaison officer, Peter Witmer, shared some of the joint activities that American and German students have participated in over the past year. Wiesbaden students won a Leonardo Project award, German students attended garrison schools for a week and students from both countries participated in mousetrap racecar competition, something they will be repeating this year.

"We are happy to continue these partnerships as much and as often as we can," he said.

Ray Stuhn, the garrison's deputy director of emergency services, highlighted the many partnerships between the military police and the Polizei. Events such as the German-American Friendship Fest and joint exercises show the two police forces work together well.

"With each exercise, our coordination gets better," he said.

At the end, Fish thanked the city leaders for their support of the garrison. "I thank you for all your support and understanding with all the construction that has happened over the last nine years, and I ask for your patience as it continues over the next four years."

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Wiesbaden Warriors Homecoming Parade



Anna Morelock/USAG Wiesbaden Public Affairs

Wiesbaden High School students and supporters march in the 2017 homecoming parade Oct. 12 on Clay Kaserne.

BASKETBALL

Continued from page 1

ist with the 522nd Military Intelligence Battalion, began playing basketball when she was 12, and was always the girl on the block who wanted to beat the boys in push-ups, she said. She also played basketball for Montreat College in North Carolina and professional basketball for a year in Georgia before joining the Army.

"I'm excited; really excited and a little nervous," Henriquez said. "I just need to get into my natural habits and I'll be fine. I've just got to play my game."

Her husband, Kewan Beebe, who is also a basketball player, moved to Germany with Henriquez just two months ago, shortly after their marriage.

"I'm happy," Beebe said, "I knew it was coming. I can say that. She's really good."

The pair, who met playing basketball in their hometown of New York City, started playing in games at the post fitness center as soon as they moved to Wiesbaden. It

was there they met Chief Warrant Officer 2 Andre Negron, who trained with Henriquez at least three days a week up until she left for the camp.

"I think she has a good opportunity," said Negron, whose basketball experience also includes college and professional play, as well as coaching. "Her worst enemy is herself, which can be a good thing and a bad thing because she's really hard on herself. I think you need that to push yourself to get better, but like I told her, don't let it get the best of you sometimes. If you make a mistake just let it go and keep pushing forward ... Honestly, she's going to make the team."

Soldier-athletes are selected for All Army Sports through an application process to attend trial camps where the best move on to compete in other armed forces competitions and in other national and international competitions.

For more information about All Army Sports, visit www.allarmysports.armymwr.com.



Anna Morelock/USAG Wiesbaden Public Affairs

Chief Warrant Officer 2 Andre Negron, U.S. Army Europe, blocks Spc. Pearl Henriquez, 522nd Military Intelligence Battalion, as she goes for a shot during a lunchtime training session at the Wiesbaden Sports, Fitness and Outdoor Recreation Center. Henriquez headed to the All Army Women's Basketball trial camp Oct. 2.

News flash

The Post Office has moved

The Post Office is now located in Bldg. 1052. New operating hours are as follows:

- Community Mail Room: 9 a.m. to 6 p.m. Monday to Friday
- Finance (where you mail packages, buy stamps and money orders) 11 a.m. to 5 p.m. Monday to Friday; closed German holidays
- Official mail: 9 to 11 a.m. and 3 to 5 p.m. Monday, Wednesday and Friday
- Parcel pick-up: 11:30 a.m. to 5:30 p.m. Monday to Friday
- In/Out Processing: 11:30 a.m. to 1 p.m. and 2 to 5 p.m. Monday to Friday

All areas are closed federal holidays.

CIF closure

The Central Issue Facility will be closed for inventory from Oct. 23 to 27. For more information, call CIF at (0611) 143-546-6030.

Daylight savings

Don't forget to set your clocks back one hour on Oct. 29 at 3 a.m. Most of the United States falls back on Nov. 5, so until then keep in mind the time difference will be an hour more than usual.

Don't miss the Community Information Exchange

The next Community Information Exchange will take place at 9:30 a.m. Oct. 24 at the Wiesbaden Entertainment Center on Hainerberg. Come join the discussion to learn what's happening in your community. The last CIE in 2017 will be Nov. 28. If you missed the last CIE, you can download the slide presentation at <http://www.herald-union.com/community-information-exchange/> or on the garrison website at wiesbaden.army.mil.

Winter tires required

German law requires vehicles have "adequate tires" for winter driving Oct. 1 to April 1. In areas not regarded as snow prone, like Wiesbaden, the use of all-season tires with an M/S label or a snowflake label is acceptable.

Emergency numbers

Do you know what number to call in an emergency? For on-post emergencies call the Military Police at (0611) 705-114; for an ambulance or in case of fire on post call (0611) 705-117.

For off-post emergencies call the German Polizei at 110 or for an ambulance/fire call 112. If you dial 110 or 112 from your cell or home phone on post it will go to a German dispatcher. To call the Military Police for non-emergencies dial (0611) 143-548-7777/7778 or 7779. To call the Clay Fire Station for a non-emergency call (0611) 705-5883 or 5315.

Manage stress for overall health

Sarah Gordon

Victim Advocate Coordinator
Army Community Service

When I was younger, I used to watch the animated movie "Anastasia" with almost no reprieve. It got to the point where I could quote most of it, and I would. One of my favorite lines happened as the antagonist, Rasputin, was giving in to his frustration and starting to tear his Limbo-weakened body apart. His little sidekick, Bartok, followed Rasputin around in a near futile effort to put him back together while muttering, "Stress: It's a killer." Ironically, I probably repeated that line to my parents enough to permanently stress them out. Little did I know, however, that I was learning some very sage wisdom from a talking bat in a Disney movie.

There is no universal definition of stress; some disciplines recognize it as a biological response to adverse stimuli while others avoid a value judgement altogether by identifying stress as the interaction between a person and their environment. In some respects, stress is in the eye of the beholder. A wedding, a new baby, and a career change can all

be positive or negative stressors depending on the perception of the individual. What really matters is how we deal with the stress, because, as Bartok so astutely pointed out, stress is a killer if it goes unchecked. It wreaks physiological and emotional havoc when it's allowed to persist.

In addition to individual ramifications, untended stress can greatly impact those around us — namely our Family members. Financial struggles start bigger arguments that can get out of hand quickly if coping skills are not part of our muscle memory. This is why the U.S. Army Garrison Wiesbaden Family Advocacy Program is urging our community members to take the month of October, which is also Domestic Violence Awareness Month, and make stress relief a normal part of the Family battle rhythm. Get to the fitness center for a workout; exercise boosts endorphins and melts stress. Give yourself a night out — as a couple or just for you — and let a babysitter suffer the relentless onslaught of Disney Jr. in your stead. Perhaps most importantly, know your resources, and don't hesitate to use them. If finances are stress-

ing you out, come to ACS and get linked up with AER or Financial Readiness. Thinking of throwing the computer out the window with one more USA Jobs automated rejection? Take a resume writing class or a USA Jobs class with the Employment Readiness Program. Sometimes just getting out of the house and connecting with others can help mitigate stress; come to Newborn Network with your infants on Wednesdays or Play Mornings with your toddlers on Fridays, both from 10 to 11:30 a.m. at New Parent Support, and build social connections for yourself and your children. And don't forget to swing through the Family Advocacy Program for a quick class on stress management. All ACS resources can be reached by contacting (0611) 143-548-9201/9202.

The Army's message for Domestic Violence Awareness Month 2017 is to see the signs, avoid the hazard, and address problems early. Effective stress management is a great way to handle problems at the lowest level. Know your stressors, know how to productively manage your stress, and keep your body, mind and relationships healthy.

British convoy

USAG Wiesbaden provided support to the movement of the 16th (UK) Air Assault Brigade from their home station to Grafenwoehr Training Area by providing space on Mainz-Kastel Station for use as a convoy support center. The garrison provided security assistance, host nation coordination, and environmental and solid waste support to the refuel, feeding and crew rest of approximately 900 personnel and 449 pieces of rolling stock from Sept. 25 to 30. The convoys will be supported again on their return leg in late October.

Lewis Pullam/USAG Wiesbaden



Retiree Appreciation Day set for Oct. 28

The U.S. Army in Europe Retiree Appreciation Day, hosted by U.S. Army Garrison Wiesbaden, will be held from 9 a.m. to 2 p.m., Saturday, Oct. 28, in the USAREUR Mission Command Center on Clay Kaserne. Free breakfast will be served from 7:30 to 8:30 a.m. Doors open for registration at 8 a.m. and close at noon.

Representatives from various

garrison agencies (including the ID-card office; Defense Enrollment Eligibility Reporting System; Installation Access Control System; legal assistance; medical and dental services and DFAS) will be available to answer questions and provide services. Additionally, a representative from the FBU will assist with SSA and VA questions. The Wiesbaden Army

Health Clinic will support the event by offering a healthcare roundtable, flu shots, and TRICARE information and updates at the MCC and the clinic.

The clinic will be open from 10 a.m. to 2 p.m. offering TRICARE, PAD, pharmacy and optometry services. Contact the Retiree Services Office at (0611)143-548-1614.

AAFES unveils new services for customers

AAFES Public Affairs

The Army & Air Force Exchange Service's online store at *ShopMyExchange.com* will welcome approximately 21 million veteran shoppers Nov. 11.

While the site's overall design is largely unchanged, several new functional improvements have been implemented to streamline the customer experience, including:

- Compatibility with the screens of mobile devices.
- Enhanced shopper capacity, with 30,000 now able to shop simultaneously and room for expansion as necessary.
- Near-real-time inventory updates so customers always know when their item is in stock and ready to ship.
- A new sale pricing system that implements promotional prices the instant sales are effective.

"The Exchange wants to provide veterans with the best possible service when we welcome them home to their military Family," said Chief Master Sgt. Luis Reyes, exchange senior enlisted advisor. "*ShopMyExchange.com* provides



Jacob Corbin/Herald Union file

The Army & Air Force Exchange Service's Military Star card is now being accepted at the Wiesbaden Commissary, layaway fees at the Main Exchange will be waived during the Christmas season and about 21 million veterans will be able to shop at *shopmyexchange.com* beginning Nov. 11.

the exceptional pricing, selection and service they remember—whether on their desktop, laptop, tablet or mobile device."

Further online improvements are planned for 2018, including a redesigned shopping cart and checkout section.

Military Star at Commissary

To offer greater convenience to service members and their Families and further strengthen funding of critical military quality-of-life programs, the Exchange Credit Program is expanding acceptance of the Military Star card to

Commissaries around the world, including the U.S. Army Garrison Wiesbaden Commissary on Oct. 19.

No-fee layaway

Soldiers, Airmen, Families and retirees at USAG Wiesbaden can get a head-start on holiday shopping while keeping gifts away from prying eyes with free layaway from AAFES.

The USAG Wiesbaden Exchange will waive the \$3 service fee for items that are placed on layaway and paid for by Dec. 24 — including toys and bikes. Purchases of \$25 or more are eligible for the layaway plan.

"Layaway is not just a way to keep snooping loved ones from ruining their holiday surprise — it can also be used as a budgeting tool," said USAG Wiesbaden Exchange General Manager Mikel Hunter. "We want to make holiday shopping easy for Soldiers or Airmen and Families at USAG Wiesbaden. That's why we're giving the gift of fee-free layaway this holiday season."

A deposit of 15 percent is required to hold items on layaway. Shoppers can visit customer service at the USAG Wiesbaden Exchange for complete program details and eligibility information.

Fall fitness resolution



Travis Thurston/FMWR
Community members get a taste of all that the Wiesbaden Sports, Fitness and Outdoor Recreation Center has to offer during the recent "Make Your Body Your Machine" Fall Fitness Resolution Fair.



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Holiday assistance for those in need

USAG Wiesbaden Public Affairs

Army Community Service's Holiday Assistance Program helps financially strapped military and civilian families with food vouchers or gift certificates for Thanksgiving and Christmas.

Families qualifying for the Thanksgiving Holiday Assistance Program will automatically be included in the Christmas distribution. Eligible applicants include: Soldiers of all ranks and civilians in WG 1-5; GS1 Step 10 and below; GS2 Step 5 or below; GS3 Step 3 or below; NF1 or 2 with an annual salary of \$28,000 or less; NA, NL or NS with an hourly salary of \$12.55 or less. Priority is given to

Soldiers with Families of four or more members. Leaders will assess eligible families, nominate those with an actual need who are willing to participate and will be available to take receipt of items during times allotted — and ensure this is accomplished in a personal and confidential manner.

Completed applications (available through chain of command and at ACS) signed by the commander or designated authority must reach the U.S. Army Garrison Wiesbaden, Army Community Service, Bldg. 7790 on Hainerberg, by 3:30 p.m. Nov. 14 for Thanksgiving and Dec. 9 for Christmas. Call (0611) 143-548-9201 for more information.



Emily Jennings/Herald Union file

Fight the flu

The Wiesbaden Army Health Clinic will be offering flu shots to all community members, including active duty, family members, civilians, local nationals and retirees.

Tony Bass Gym:

Oct. 25, noon to 4 p.m.

Nov. 1, noon to 4 p.m.

Nov. 20, noon to 4 p.m.

PX:

Oct. 30, noon to 4 p.m.

Clinic:

Dec. 4 to 8 and Dec. 11 to 15, open to community members, 9 a.m. to 4 p.m., no appointment necessary.

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Community notes

BOSS meetings

All newly arrived single service members are encouraged to attend a Better Opportunities for Single Soldiers meeting to learn about what BOSS offers and to make new friends. Members of all service branches are welcome. Meetings take place the first and third Wednesday of each month at 3 p.m. at the Warrior Zone. Call (0611) 143-548-9816 for details.

The causes of WWI

The Wiesbaden Library hosts an informative and enlightening program on the issues leading up to the outbreak of World War I, presented by Ronald Locklar, former adjunct history professor at Pepperdine University, in commemoration of the centennial of World War I. This event, to be held Nov. 1 at 4:30 p.m., is open to ages 16 and up. Call (0611) 143-548-9821 for more information.

Youth Career and Volunteer Expo

Wiesbaden High School students will have a chance to meet with a variety of representatives for future careers, military service, educational and volunteer opportunities Nov. 7 from 11 a.m. to 2:40 p.m. at the high school. Join for breakout workshops in a variety of specialty areas including resume writing, dressing for success, interviewing and more. A post-event social hour will feature pizza and prizes on site. Call (0611) 143-548-9305 for more information.

Movie: 'War Horse'

The Wiesbaden Library, as part of Army Europe Libraries, presents a free showing of the movie "War Horse," (PG-13) in commemoration of the centennial of World War I, on

Nov. 8 at 5:30 p.m. The Steven Spielberg film, called, "a tale of incredible loyalty, hope and tenacity," is based on the Tony award-winning Broadway play. It's set against "the sweeping canvas of World War I." The film will be presented in the Tony Bass Auditorium on Clay Kaserne.

Movie Night at the Warrior Zone

Single and unaccompanied service members can enjoy free showings of the latest movies in the comfort of the Warrior Zone (seats nine) every Tuesday at 6 p.m. Call (0611) 143-548-9816 for more information.

Lego Block Party

To invent, you need a good imagination and a pile of stuff, according to Thomas Edison. Children ages 7-12 are invited to the Wiesbaden Library on Nov. 18 at 2 p.m. to exercise their imaginations with Legos (provided by the library). Call (0611) 143-548-9821 to reserve your space.

Vehicle winter inspection checks

The Automotive Skills Center staff will check and ensure your vehicle is winter ready through Nov. 30. The 12-point check includes: brake test, park brake travel, signal horn, lights, cooling system visual

check, coolant freeze protection level, oil level, belts, tires for wear, pressure and type (M and S or winter), battery and charging system check, washer fluid check and wipers, exhaust system visual check. Cost is \$15. Call to make an appointment at (0611) 143-548-9817.

Red Cross orientation

American Red Cross Wiesbaden holds an orientation class the second Wednesday of every month at 11:30 a.m. in Bldg. 1201 on Clay Kaserne (second floor of the Wellness Health Clinic). Orientation lasts 45 minutes and is mandatory to become a Red Cross volunteer. For more information, call (0611) 143-548-1760.

BOSS Commissary and Exchange shuttle

Single and unaccompanied service members are invited to hop on board the Better Opportunities for Single Soldiers free shuttle bus to go shopping at the Wiesbaden Commissary and Exchange. The shuttle runs the first and third Thursday of every month and departs from the Warrior Zone at 6 p.m. Please arrive at least 10 minutes early.

DFAC on Facebook

Follow the Strong Europe Café — Wiesbaden Dining Facility's Facebook page at

www.facebook.com/strongeuropecafe to find out what's cooking. Themed menus are rotated throughout the month and include Mexican-style, surf and turf, soul food and Mongolian barbecue. Operating hours are Monday to Friday, 7 to 8:30 a.m.; 11:30 a.m. to 1 p.m.; and 4:30 to 6 p.m. Saturday and Sunday hours are 9:30 a.m. to 1 p.m. and 5 to 6:30 p.m.

Get to know the area

Wiesbaden Army Community Service invites newcomers to get an in-depth look at their home away from home in Germany during Host Nation Orientation on Tuesdays starting at 9 a.m. at the Wiesbaden Entertainment Center on Hainerberg. Learn about German culture, language, public transportation and more. Stop by ACS in Bldg. 7790 on Hainerberg or call (0611) 143-548-9201 to sign up.

Fall Bazaar

Shop for a variety of international goods during the annual Fall Bazaar at the Fitness Center on Clay Kaserne. Fall Bazaar hours are Oct. 27, noon to 7 p.m.; Oct. 28, 10 a.m. to 7 p.m.; and Oct. 29, 10 a.m. to 5 p.m.

Canvas and Corkscrews

Create art in a relaxed atmosphere at the Wiesbaden Entertainment Center Lounge

on Nov. 3 from 6 to 8:30 p.m. This adults-only get-together is open to ID cardholders ages 21 and above. Cost is \$45 including all painting supplies. Food and drink can be purchased at the facility. To reserve your space stop by the Wiesbaden Arts and Crafts Center or call (0611) 143-548-9838.

Library story time

Children up to age 6 are invited to the Wiesbaden Library to enjoy a fun hour of stories, crafts and songs on Thursdays from 10 to 11 a.m. Parents are also invited to tag along to pick up literacy tips and reading suggestions. No registration is required. Call (0611) 143-548-9821 for more information.

Showtime at the Capp

Celebrate November and Thanksgiving at the Cappuccino Casino. The Capp offers a host of events and free giveaways throughout the month including: DJ Bob Joker's Old School Night Karaoke Nov. 4 from 8 p.m. to 1 a.m.; Pool tournaments Nov. 10 and 24 from 8 to 10:30 p.m.; Old School Pilgrim Night with DJ Stan Nov. 17 (Free Snacks); and Ladies Night with Jimmi Carrow Nov. 25 from 7 p.m. to midnight. Entry fee for the pool tournaments is \$7 (winner takes the pot). Call (0611) 143-548-9410 for details.



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Cybersecurity Awareness Month

Stay safe online at work

William B. King
2nd Signal Brigade

October is National Cybersecurity Awareness Month and marks the kickoff of the yearlong Army Cybersecurity Awareness Campaign. The Army campaign is designed to increase readiness through improving awareness of cyber threats and incidents as well as their impact to Army missions. The Cybersecurity Awareness efforts also highlight how Soldiers and civilians need to respond in order to safeguard the Army.

Nic Hall, 2nd Theater Signal Brigade information systems security manager, provides some useful information for Soldiers, civilians, local national employees and other authorized users on government computers or networks.

1. Secure your Common Access Card, or CAC, at all times. Keep it safe on your person and be sure to remove it from your computer each time you leave your workstation.

2. Create a strong password of at least 15 characters with upper and lower case letters, numbers and special characters. Memorize your password, don't write it down anywhere.

"There's a lot of complexity when choosing your password, depending on the site," Hall said. "Think of a phrase you can remember, then add some special characters and numbers."

3. Watch out for phishing attacks. These attacks use a variety of sophisticated means to try to obtain sensitive information such as your date of birth, social security number, banking information, or usernames and passwords. Hall recommends looking carefully at the digital signature and the domain from where the email is coming to determine whether it is from a trusted source.

4. If you see something, say something. Don't forward suspicious emails to anyone else, don't download any documents and don't click on any links.

"When you get an email that you think is suspicious, it could be a phishing attack or spam attack. What you need to do is notify your cybersecurity and provide us a copy of the email," Hall said.

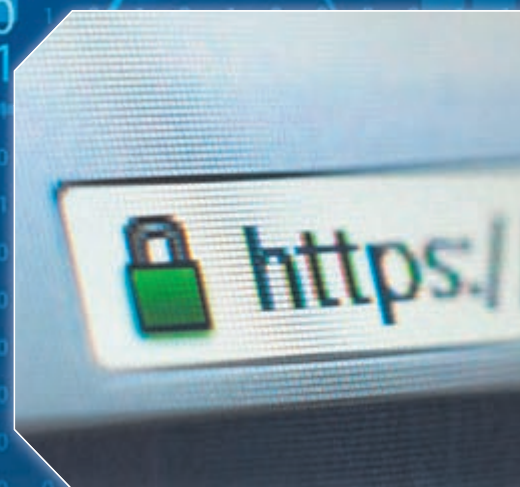
5. Annual training. Users need to continuously educate themselves, such as through annual cyber awareness and information assurance training.

"You can have a perfect (cybersecurity) plan in place, but if your users are not educated and don't understand the technology they work with, then they will constantly leave themselves and the organization vulnerable to cyberattacks," Hall said.

For more information contact your unit information assurance, cybersecurity division, or S-6 and G-6 section.



William B. King/2nd Signal Brigade
Staff Sgt. Johnnie Robinson, 2nd Theater Signal Brigade command group noncommissioned officer, uses a government computer with Microsoft Windows 10 operating system Oct. 2 in Wiesbaden.



Cyber tips:



All personnel should be aware of online risks and the simple steps they can take against cyber threats. During a Senate hearing in March 2013, the nation's top intelligence officials warned that cyber-attacks and digital spying are the top threat to national security, eclipsing terrorism. With the growing volume and sophistication of cyber-attacks, ongoing attention is required to protect sensitive business and personal information, as well as safeguard national security.

- When conducting online transactions, look for a sign that the site is secure such as a lock icon on the browser's status bar or a 'https:' URL whereby the 's' stands for 'secure' rather than a 'http:'. Also, beware of phone phishing schemes. Do not divulge personal information over the phone unless you initiate the call. Be cautious of emails that ask you to call a phone number to update your account information as well.
- Don't leave data or portable computing devices alone and in view.
- Choose strong passwords with letters, numbers, and special characters to create a mental image or an acronym that is easy for you to remember. Create a different password for each important account, and change passwords regularly.
- Be suspicious of any unexpected email attachments even if they appear to be from someone you know. A simple rule of thumb is that if you don't know the person who is sending you an email, be very careful about opening the email and any file attached to it. Should you receive a suspicious email, the best thing to do is to delete the entire message, including any attachment.
- Know how and when to say no. Don't

share protected personal information with strangers.

- Microsoft never sends out patches or updates by email. There are no exceptions. Keep that in mind and you won't be a victim of a Microsoft patch hoax.
- Don't let your trash become someone else's treasure. Feed your shredder often.

Never use public computers to log in to any accounts

Be extremely cautious on public computers in public places like airports, hotel lobbies and internet cafes. Keep activities as generic and anonymous as possible.

Share with care

Think twice before posting pictures that would reveal you are not home or that you would not want certain people (like your parents or employer) to see.

Actively manage location services

Location tools come in handy while planning your trip or navigating a new city, but they can also expose your whereabouts – even through photos. Turn off location services when they're not in use.

Get savvy about WiFi hot spots

Do not transmit personal info or make purchases on unsecure networks like those in local cafes and hotel lobbies. Instead, use a virtual private network (VPN) or your phone's cellular connection as a personal hotspot to surf more securely.

Cyber Awareness Month tips courtesy of Dr. Joseph Brown, USAG Wiesbaden Cybersecurity and stopthinkconnect.org.

Photo by savasciogullari/Shutterstock.com

Photo by TACstock1/Shutterstock.com

Halloween happenings

Trick or treating

U.S. Army Garrison Wiesbaden official trick-or-treating is Oct. 31 from 6 to 8 p.m. in all housing areas. Families are advised that trick-or-treating is limited to the exterior of buildings. Ghouls and goblins are prohibited from entering stairwells in multi-family units.

Halloween bowling

The Wiesbaden Entertainment Center features free bowling for children who bowl in costume on Oct. 28 from 8 p.m. to midnight; adults in costume enjoy half-price bowling and free shoe rental. The WEC Lounge (open to ages 18 and above) offers free finger foods from 8 to 11 p.m. on Oct. 28 and a best costume contest with cash prizes. Also enjoy spooky drinks, a beer bucket drink special and music courtesy of a Halloween DJ.

Horror movie lock-in

The Taunus Theater will be having a Spooktacular Halloween Lock-in from 9 p.m. Oct. 28 to 8 a.m. Oct. 29. Mov-

ies are: "It" (R), "Annabelle" (R), "The Conjuring 2" (R), "Jigsaw" (R), "Get Out" (R), and "Tyler Perry's Boo 2: A Madea Halloween" (PG-13). Customers do not have to stay for all movies.

Tickets will go on sale beginning at 7 p.m. Oct. 28 at the theater. Price is \$17.99, which includes small drink and popcorn with free refills on both. Signed parental permission with contact information is required for anyone under 17.

Tiny Tot Trick or Treat

Army Community Service will host the annual Tiny Tot Trick or Treat from 2 to 4 p.m. Oct. 31 at ACS in Bldg. 7790 on Hainerberg. This event is for children up to age 5.

Haunted House

Wiesbaden's Amelia Earhart Playhouse invites brave souls for an evening of thrills and chills during their Halloween Haunted House Oct. 27 to 31 at the former Hainerberg Shopping Center. The Haunted House will be open

from 6 to 10 p.m.; 6 to 7 p.m. for ages 5 to 12 and from 7 to 10 p.m. for ages 13 and up. Admission is \$8 per person. Not open to children under age 5.

Halloween month

The Cappuccino Casino has a full schedule of special activities planned for October: Pool Tournament Oct. 20 starting at 6 p.m.; Hot Latino Night with DJ Spike Oct. 20 starting at 8 p.m.; and Halloween Karaoke Night with DJ Spike Oct. 31 starting at 7 p.m.

Undead yoga

Wear a comfy costume for this Vinyasa flow yoga, monster-mashed up with blood-red wine from 6 to 8 p.m. Oct. 27 at the Fitness Center. FMWR will award a prize for best costume. Cost is \$20 per soul or \$35 for two. Includes two glasses of wine. More wine can be purchased for an additional charge of \$3 during the class. Register by calling (0611)143-548-9830/9801. Walk-ins are also accepted.

Keep safety in mind during festivities



Herald Union file photo

USAG Wiesbaden Public Affairs

Drivers are advised to slow down and to be especially cautious when driving on Oct. 31 during official trick-or-treating hours from 6 to 8 p.m.

Children, likewise, should be advised by adults to only cross at crosswalks, to never dart out from between parked cars or storage units, to wear reflective, light-colored costumes that don't restrict vision or movement, and to stick together with their friends — or in the case of children younger than 12 — with an adult.

Trick-or-treaters should also

be told to never enter housing residences. Housing occupants will set up trick-or-treat stations at stairwell entrances.

In the event that parents and children become separated during trick-or-treating, meet-up points for lost children will be set up at the following locations:

- Clay Kaserne - Newman Village bus stop
- Aukamm - South entrance to the housing area
- Crestview - Gazebo behind the DoDEA bus stop
- Hainerberg - USO Pavilion

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Reserve and German agencies build relationship

Capt. Jeku Arce

221st Public Affairs Detachment

WACKERNHEIM, Germany – U.S. Army Reserve civil affairs Soldiers with local disaster relief agencies and German military came together Sept. 16 to provide humanitarian assistance during training exercise Cobra Strike 17 at the 7th U.S. Army Joint Training Command Training Support Center.

This exercise, led by C Co., 457th Civil Affairs Battalion, tested civil affairs teams' ability to assess, direct, and liaise with Bundeswehr's Sanitätsstaffel Einsatz from Colonge, a German military medical service unit; Technisches Hilfswerk of Frankenthal, a German civil protection agency; and American Red Cross Wiesbaden in a scenario that required these organizations to respond to a fictitious town two days after an earthquake. Developments included injured personnel in damaged buildings needing extraction, gas leaks, polluted water, and unrest amongst civil authorities and leaders with responders.

Training with these local organiza-



Volker Ramspott/Training Support Activity Europe

U.S. Soldiers assigned to C Co. 457th Civil Affairs Battalion, Members of the American Red Cross, Technisches Hilfswerk Frankenthal and Bad Kreuznach (Germany) and German Bundeswehr Soldiers assigned to Sanitätsstaffel Einsatz Koeln-Wahn conduct Cobra Strike 17, a Multi-National Disaster Response Training, led by C Co. 457th Civil Affairs Battalion at the Urban Operations Training Site Sept. 16 in Wackernheim.

tions while being stationed in Europe gives civil affairs Soldiers an advantage over their counterparts in the states says Capt. William Schlotzhauser, team chief with C Co., 457th CA Bn.

"Organizations such as Bundeswehr and THW are very capable and knowledgeable; they have equal footing with us. It's reassuring to know we can rely on our partners if needed."

For Dr. Manuel Daumann, unit leader of THW Frankenthal, this training is comparable to actual disasters he has responded to. Daumann was involved in relief efforts during the flooding of the Elbe River in eastern Germany in 2013 where water levels rose from 6 feet (1.8 meters) to over 30 feet (9.1 meters) and caused \$20 billion in damage according to NASA Earth Observatory records.

"It is valuable for THW to communicate in different languages and with organizations we don't normally work with," Daumann said.

Cobra Strike not only allowed civil affairs Soldiers to test coordination skills, but also allowed personnel to embed themselves with partnered agencies.

"With my previous experience with (civil affairs teams) from a previous deployment and this training I have a better understanding on how to embed myself and how to be a better liaison with international agencies," said Staff Sgt. Paul Myers, medical operations non-commissioned officer with C Co. 457th CA Bn., who embedded himself as a medic with THW during the exercise.

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Sports shorts

Register for Winter Sports

Enroll now through Nov. 9 for Child, Youth and School Services Winter Sports – basketball, cheerleading, dodgeball, wrestling and bowling. Winter season runs from January to March 2018. Volunteers and coaches are always welcome. Call (0611) 143-548-9363 if interested in coaching. Youth can register for winter sports at Parent Central Services on Clay Kaserne.

Thanksgiving ski trip

Outdoor Rec hosts a Thanksgiving Ski Trip to Zermatt, Switzerland, Nov. 21 to 25. Call (0611)143-548-9830 or 9801 or stop by the Fitness Center for details.

Play battle ball

Ready to kick your game up a notch? Jump inside a giant, inflatable bubble and have at it in this mix of soccer, human bowling and dodgeball. Outdoor Recreation offers battle ball for a minimum of 10 players. Check with the Fitness Center for cost and registration information or call (0611)143-548-9801.

Martial Arts classes

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

Trip to Verdun

The Wiesbaden Library and Outdoor Recreation invite participants to experience an interactive trip to the historic area of Verdun, France, on Nov. 11. Verdun was the site of the largest and longest battle of World War I. Starting Feb. 21, 1916, and ending on Dec. 18 of the same year, the battle took more than 700,000 lives. Tour-goers will visit three important sites — the Memorial de Verdun, Ossuaire de Douaumont and Forte de Douaumont — along with a stop in the town of Verdun (for leisure time). Cost is \$99 including round-trip transportation and entrance fees. The trip is designed for ages 16 and above. Register at the Fitness Center. Call (0611)143-548-9820 for details.

Fitness Center dress code

Appropriate dress is required when using the Wiesbaden Fitness Center. ACUs are permitted only during lunch hours from 11:30 a.m. to 1:30 p.m., shorts should be longer than finger-tip length when arms are straight alongside the body, and exposed midribs and flip-flops are prohibited. For details, visit the FMWR website at www.wiesbaden.armymwr.com and search “dress code.”



Terese Toennies/Wiesbaden Family and MWR

Sesame Street visits Wiesbaden kids

Anna Morelock

USAG Wiesbaden Public Affairs

Elmo, Grover, Rosita and Cookie Monster assured Katie she would always be welcome on Sesame Street as the 6-year-old character grappled Sept. 30 with news of an upcoming move with her military Family.

During two shows of the Sesame Street/USO Experience for Military

Families at the Wiesbaden Sports, Fitness and Outdoor Recreation Center, the familiar characters led hundreds of Wiesbaden military children in dances including the “Elmo Slide.” The group sang songs to reassure Katie she can always write and call her friends and will meet new friends at her Family’s next post.

“Sesame Street knows children, and the USO knows military,” said

USO entertainment tour producer Jeremy Wilcox, “It’s been a good partnership.”

Since 2008, Sesame Street has been partnering with USO to bring the show to more than 500,000 troops and military Families, according to the USO website. During this two-month tour, the characters will travel to 19 installations in six European countries.

School bus volunteer monitors needed

USAG Wiesbaden Public Affairs

To enhance the student transportation experience, U.S. Army Garrison Wiesbaden, in cooperation with the Department of Defense Education Activity, is seeking volunteer school bus monitors.

Potential bus monitors can choose to ride along on morning or afternoon routes on school days they are available, and don’t need to commit to riding before and after school each day. The supported bus routes run primarily from Clay Kaserne to the Hainerberg schools. After riding the morning or afternoon routes, the Garrison shuttle bus is available to take bus monitors back to Clay Kaserne or the Hainerberg housing area. The shuttle schedule is available at www.wiesbaden.army.mil/transportation.

Bus monitors will not be assigned to the same buses as their children. A background check, the same required



Herald Union file

of volunteer Child, Youth and School Services coaches, will be conducted for each volunteer. Bus monitors should be physically present and actively engaged throughout the bus route, but remain low-profile. They are in place to observe and model positive behavior.

A volunteer position to assist in coordinating the bus monitor pro-

gram is also open.

Interested community members should contact Mary Cheney, Army Community Service volunteer coordinator, at (0611)143-548-9201 or mary.k.cheney.civ@mail.mil; or Peter Witmer, school liaison officer, at (0611)143-548-9305 or peter.g.witmer.naf@mail.mil.

'Be there' to prevent suicide

Emily Jennings

USAG Wiesbaden Public Affairs

Do you know someone who has contemplated suicide? If so, you are not alone. At a recent suicide prevention training on Clay Kaserne, Lt. Col. Dennis Bell, U.S. Army Europe, Office of the Command Surgeon, asked the audience that same question and most people raised their hand. Perhaps even more chilling was when he asked the follow-up question, "Do you know someone who followed through and committed suicide?" and most of those hands stayed in the air.

He shared a story about how suicide touched his own life. "Seven years ago I was sitting in an auditorium just like you, thinking, I have a million other things I have to do."

He was at Fort Hood, Texas, and was watching an interactive play as part of Army suicide prevention training.

"While watching this play, I could put my son in the lead actor's place. He was going through a downward spiral of epic proportions."

Based on what he'd just seen in the training, he was convinced his son was suicidal. But when he confronted him, his son denied it. With much persistence he was finally able to get through to his son, who eventually admitted he was thinking about killing himself. Later, in the hospital, the son admitted to a pact to commit suicide with a friend.

Bell said he always thought of suicide as something that happens to other people. He'd never heard about family members being at risk—usually the focus is on Soldiers.

"I don't think my son would be here if I hadn't had that training seven years ago," he said.

Bell said he and his wife questioned how they didn't realize sooner how grave the situation was. His son told him, "I had no idea how to communicate what I was feeling. I had no idea that anybody cared about me." He is now in nursing school, learning how to help others in the way he needed help, Bell said.

Dr. Devon Marsh, chief of Behavioral



Health, touted resilience in his address to Soldiers. "It's artificial to think that you'll be on cloud nine all the time. Emotions come and go like the tides, but you want to be ready for it and be resilient."

Both Marsh and Bell said that unfortunately suicide cannot always be prevented, but knowing what to look for and being aware of local resources can help.

Help is available

If you are contemplating suicide or you believe someone you know needs help:

- Behavioral health: (06371) 9464-1320
- Army Community Service: (0611) 143-548-9201
- On-call duty chaplain/Emergency MP desk: (0611) 143-548-7777
- Army Substance Abuse Program: (0611) 143-548-1412
- Suicide Prevention Program Manager: (0611) 143-548-1408
- Employee Assistance Program Coordinator: (0611) 143-548-1402

"If you're on cloud nine, reach out to others and spread that infectious attitude. If you're in the middle, know the resources. If you're feeling helpless—ask for help," Marsh said. "Sometimes just a phone call can pull someone out. If you have a buddy who is struggling, you have the opportunity to do something for them that may genuinely save their life."

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Breast Cancer Awareness Month

Wiesbaden Army Health Clinic Hours:

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

The clinic will be closed the morning of Oct. 19 for training and open from 1 to 4:30 p.m.

Schedule appointments online at www.tricareonline.com or call DSN 590-5762 or civ (06371) 9464-5762.

Holidays

The clinic will be CLOSED on Veterans Day, Nov. 10.

Medical readiness

2.37%

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

*Data as of Oct. 9, 2017

Access to Care (Appointment Wait Time)

Patients who call for an URGENT appointment are seen within:

.37 days

Tricare standard=1 day

(Exceeds standard by .63 day) *Data as of August 2017

Patients who call for a ROUTINE appointment are seen within:

3.9 days

Tricare standard=7 days

(Exceeds standard by 3.1 days) *Data as of August 2017

No-Show Rate

4.49%

Percent of patients with appointments who did not show without cancelling

*Data as of Oct. 10, 2017

Patient Satisfaction

JOES Satisfaction Levels

99.5%

*34 responses

Positive ICE Comments

59%

*32 responses

*Data as of Aug. 2017
Your feedback matters to us. Please complete the Joint Outpatient Experience Survey (JOES) or Interactive Customer Evaluation.

Wiesbaden Army Health Clinic

Wiesbaden Army Health Clinic staff wants to remind all our patients of the importance of breast cancer screening. It holds the potential to save a life. We recommend routine breast cancer screening by mammogram for all women ages 50 to 74 every two years.

Initiation of screening may begin earlier based on risk factors and patient preferences starting at age 40. We encourage you to discuss this with your primary care provider who can guide you and help you to make an informed decision.

Routine Screening Mammogram Services

Primary care teams can place referrals for mammograms. The patient can select a mammogram done by:

- A local host nation radiology center,
- Landstuhl Regional Medical

Center, or

- Patient self-referral to Landstuhl Regional Medical Center Mammography Department by phone at (06371) 9464-6331 for routine mammogram starting at age 40.

Rules for Mammogram Self-Referral

- ✓ At least one year from last mammogram
- ✓ Patient must not have any signs or symptoms of breast issues (this requires an appointment with a primary care manager first for evaluation and referral)
- ✓ Patient cannot be pregnant
- ✓ Patient cannot be breastfeeding for at least 6 months
- ✓ Only routine screening mammograms can be scheduled via self-referral

What is Breast Cancer in Men?

Breast cancer occurs mainly in women, but men can get it,



Shumo4ka/Shutterstock.com

too. Many people do not realize men have breast tissue and can develop breast cancer. Like all cells of the body, a man's breast duct cells can undergo cancerous changes. But breast cancer is less common in men because their breast duct cells are less developed than women's and

because they normally have lower levels of female hormones that affect the growth of breast cells. Early detection has been a problem for men. If you notice lumps in your breast tissue, schedule an appointment with your primary care manager.

AWC helps limit effects of chronic pain using biofeedback

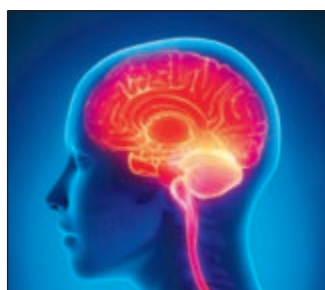
Army Wellness Center

According to the National Center for Complementary and Integrative Health, "chronic pain affects the anatomy of the brain and impairs certain nerve pathways, leading to a 'negative feedback loop' that results in more pain and accompanying emotional and reasoning problems."

Chronic pain can affect every aspect of daily life and can be detrimental to overall health and wellness. It often affects sleep, physical performance, the ability to focus throughout the day, and can even affect the way emotions are processed.

The Wiesbaden Army Wellness Center offers appointments for biofeedback, which can be helpful in reducing stress, improving sleep, and also has been proven extremely beneficial to those experiencing chronic pain. Biofeedback is the process of learning how to control the body's physiological reactions, such as heart rate, by changing one's thoughts, emotions or behaviors.

During an appointment the client is connected to a heart rate monitor that provides feedback regarding the individual's physi-



CLIPAREA/Shutterstock.com

ologic state. This information then can be used to assess a client's progress and determine which of several pain management techniques provide the most benefit for that specific individual.

"My time thus far with the wellness center has been amazing. The stress management appointments have been a huge help and have been extremely beneficial in relaxing," said William Chocate about his experience with the biofeedback techniques at the Wiesbaden Army Wellness Center. "Honestly, I feel great both mentally and physically after my appointments. They are a huge help and have given me tools to utilize to help manage the stresses of life and work."

Resources: <https://nccih.nih.gov/research/results/spotlight/062113>

National Pharmacy Week – Oct. 15-21, 2017

Wiesbaden Army Health Clinic

Pharmacy Week acknowledges the invaluable contributions pharmacists and technicians make to patient care in hospitals, ambulatory care clinics and other health care settings. It is an ideal time for pharmacy staff to better communicate their role in the military health care system with patients, other health professionals and the community.

The Wiesbaden pharmacy dispenses more than 330 prescriptions to over 190 different patients on a typical day. Over the past 12 months, 98.9 percent of patients waited less than 30 minutes for their medications, which exceeded the Medical Command standard of 95 percent. However, wait times often fluctuate on based on workload, available staffing, the number of controlled substances, and provider clarification. For quicker service, avoided the busiest times between 10:30 a.m. and 12:30 p.m., and request refills via phone before you arrive.

Prescriptions from German Providers

The pharmacy will honor prescriptions written by German providers under the following circumstances. First, the provider needs to be an approved TRICARE network provider. Second, U.S. federal law requires all prescriptions include the medication, strength, quantity and directions written clearly in English. All TRICARE network-approved providers have agreed to write prescriptions in the U.S. format. Without these requirements, the pharmacy will not fill a prescription. Remind German providers of the American prescription requirements.

Medication Disposal

Proper disposal of medication is quickly becoming a public health and environmental concern. The Wiesbaden Pharmacy provides a safe and free way for patients to properly dispose of old or expired medications. To dispose of your old or expired medications, visit the Wiesbaden Pharmacy and choose an "Over-the-Counter" ticket at the kiosk.



At the movies Oct. 19 - Nov. 1

Taunus Movie Theater

Thursday, Oct. 19

The Foreigner (R) 7 p.m.

Friday, Oct. 20

Tyler Perry's Boo 2: A Madea Halloween (PG-13) 7 p.m.

Saturday, Oct. 21

Geostorm (PG-13) 3 p.m.
Tyler Perry's Boo 2: A Madea Halloween (PG-13) 5 p.m.
The Snowman (R) 7 p.m.

Sunday, Oct. 22

Geostorm (PG-13) 2 p.m.
Tyler Perry's Boo 2: A Madea Halloween (PG-13) 4 p.m.
The Snowman (R) 6 p.m.

Monday, Oct. 23

No Showing

Tuesday, Oct. 24

No Showing

Wednesday, Oct. 25

Only the Brave (PG-13) 7 p.m.

Thursday, Oct. 26

The Snowman (R) 7 p.m.

Friday, Oct. 27

Thank You for Your Service (R) 7 p.m.

Saturday, Oct. 28

Spooktacular Enfrighting Movie Marathon
9 p.m. – 8 a.m.

It (R) 9 p.m.
Annabelle (R) 11:30 p.m.
The Conjuring 2 (R) 1:30 a.m.
Jigsaw (R) 3:30 a.m.
Get Out (R) 4:50 a.m.
Tyler Perry's Boo 2: A Madea Halloween (PG-13) 6:30 a.m.

Sunday, Oct. 29

Thank You for Your Service (R) 2 p.m.
Suburbicon (R) 4:30 p.m.
Jigsaw (R) 6:30 p.m.

Monday, Oct. 30

No Showing

Tuesday, Oct. 31

Thank You for Your Service (R) 7 p.m.

Wednesday, Nov. 1

Suburbicon (R) 7 p.m.

Editor's note: The movies listing was the most current at the time of publication. Please visit herald-union.com for the most up-to-date schedule.



Wanda pictures/Movieweb.com

The Foreigner — A humble businessman with a buried past seeks justice when his daughter is killed in an act of terrorism. A cat-and-mouse conflict ensues with a government official, whose past may hold clues to the killers' identities.



Warner Bros./Movieweb.com

Geostorm — After an unprecedented series of natural disasters threatened the planet, the world's leaders came together to create an intricate network of satellites to control the global climate and keep everyone safe. But now, something has gone wrong: the system built to protect Earth is attacking it, and it becomes a race against the clock to uncover the real threat before a worldwide geostorm wipes out everything and everyone along with it.



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- Several years of experience in project or construction management for horizontal and vertical construction
- Ability to work autonomously, but also in a team
- Ability to speak, read and write English fluently, German is a plus
- Willingness to travel within and/or outside Germany

If you are a strong project manager (f/m) or construction manager (f/m) and passionate about the projects you manage, please send your resume and cover letter, indicating the number of reference VFD-17-048, to karriere@vinci-facilities.de.

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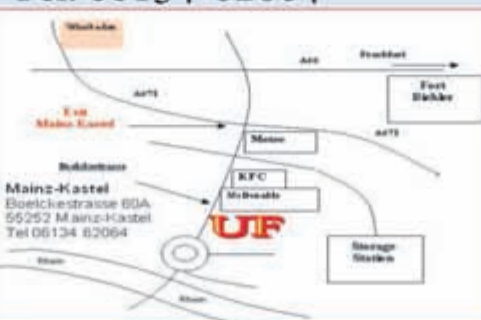
King Size \$196

Wiesbaden Area

55252 Mainz – Kastel

Bölckestr. 60a

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\$139

\$ 149



\$169

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