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# TEA TIME

If you asked me five years ago if I'd care for a cup of tea, I would've scrunched my nose up and said: "No, thanks."

By Mary Del Rosario

Back in the States, I've always loved going to Teavana and enjoyed smelling the tea leaves and admiring the cute teapots on display, but I couldn't ever bring myself to actually enjoy it. It was one of those things that I wanted to love, but I just couldn't. Now, thanks to many "Kaffee und Kuchen," coffee and cake dates with German locals, I can proudly say I'm a tea lover.

Tea in Germany (well, Europe for that matter) is big. Not only is it soothing to the soul, but it's also a way to connect with family and friends by drinking and talking. Personally, I love eating "Marmorkuchen," or marble cake with a piping hot cup of rooibos tea in my hand. Aside from the comforting aspect, it's healthy for you. Germans swear by tea as a remedy for anything. Have a headache? Pregnant? There's a tea for that.

One of the many reasons why I grew to love tea was its accessibility. There are so many tea shops all around Germany that it's hard not to be seduced by their charm and aroma. I remember walking into Teehaus Rai, formally known as Teehaus, and instantly falling in love with this quaint store peppered with kitschy decor with a sea of loose, fragrant tea leaves all nicely presented in tin canisters. There were so many flavors, I was completely overwhelmed by my options.

Germans prefer loose tea as opposed to tea bags, and I can see why. Once you've steeped that colorful mix of strawberry and passionfruit tea, the aroma alone will be enough to get you hooked. But, don't just take my word for it. The next time you head to a city, peek your head in one of the shops and see why I love it so much.

HERE ARE A FEW WORDS OF TERMINOLOGY TO REMEMBER THAT MIGHT BE USEFUL TO YOU WHEN VISITING A TEA SHOP:

"Ziehenlassen" – to steep tea

"Schwarzer Tee" – black tea

"Grüner Tee" – green tea

"Rooibos Tee" – rooibos

"Früchtetee" – fruit tea

"Kamillentee" – chamomile tea

"Hagebuttentee" – rosehip tea

"Pfefferminztee" – peppermint tea

"Ingwer" – ginger

"Zimt" – cinnamon

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"Teekanne" – tea pot

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# EUROPEAN-INSPIRED Craft Ideas for Kids

By Emma Bareihs

## Monet Inspired Painting

Can't travel to France to visit the gardens that inspired Claude Monet's paintings? Create a messy homemade painting with 3-D lily pads. You will need:

- Green and blue finger paints
- Paper plate
- Green, white, pink cupcake liners
- Glue

Use blue and green paint to paint the paper plate to resemble water. Cut a triangle out of the green cupcake holders to resemble a lily pad and glue down to the dried paper plate. Cut petals out of the white and pink cupcake holders and trim the edges to fit inside the green cupcake holders. Crinkle the 'flowers' and glue them onto the 'lily pad.'



## Venetian Masks

Venetian masks are a classic image of Italy. Let your kids prance around a masquerade party with their own masks. You will need:

- Wooden skewers
- Cardboard
- Scissors
- Paint
- Glitters/gems
- Glue

Cut out a mask shape from the cardboard. Use paints to decorate the mask and add glitters or gems to add sparkle. When it is dry, glue a wooden skewer on the back of one side of the mask to create a handle.



## Alpine Hat

Make this Alpine hat with your children to explore Germany, Austria and Switzerland in style. You will need:

- Colored construction paper
- Scissors
- Glue
- Feathers

Cut green construction paper into a 19 x 17-inch rectangle. Fold the paper in half. Leaving 1.5 inches at the bottom, fold the top of the folds to meet in the center. Fold the bottom flaps up. Tuck in the ends that stick out and glue them down. Cut out an Edelweiss flower from the white and yellow construction paper. Glue the flower and a feather to the side of the hat.



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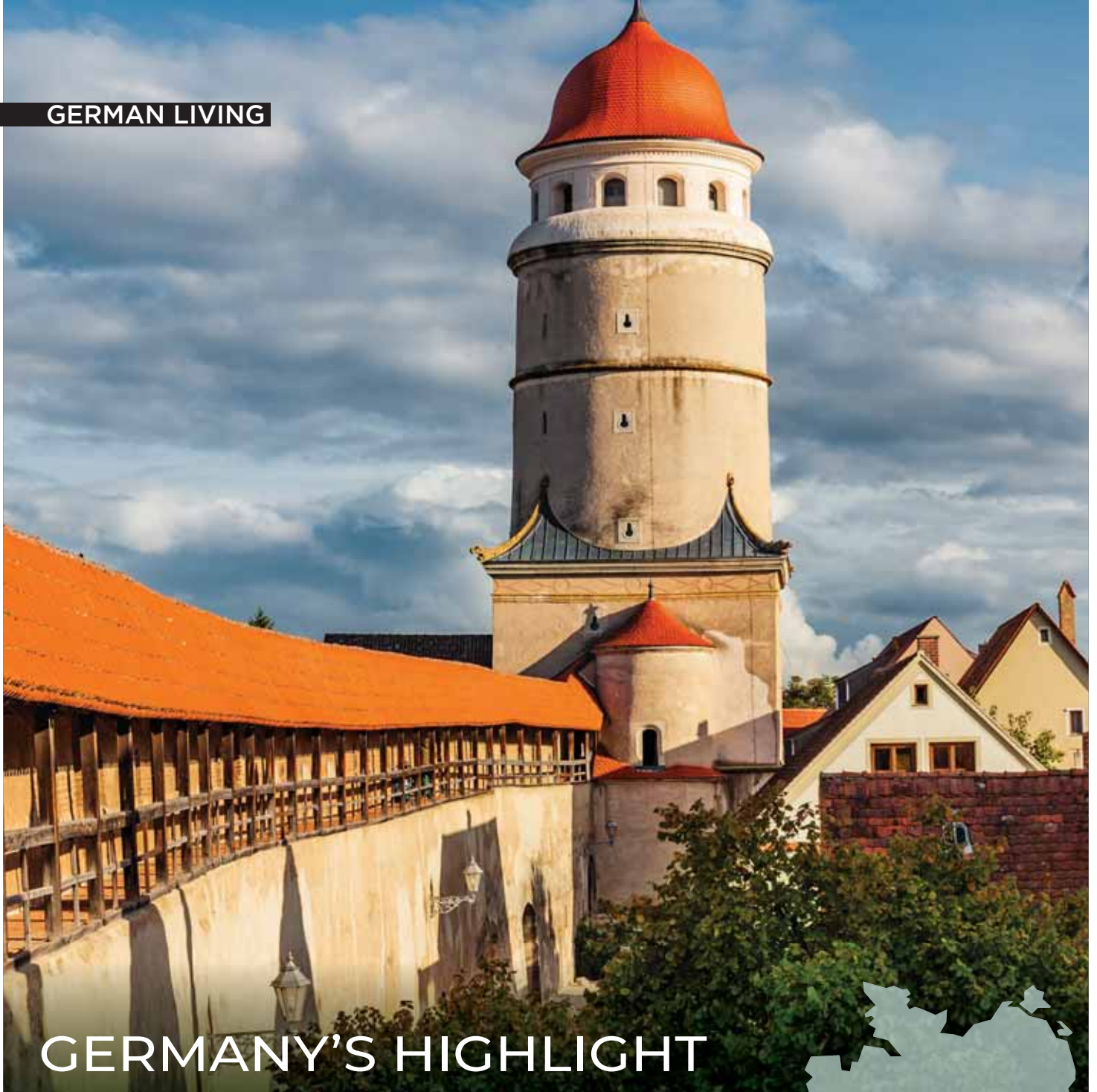


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GERMANY'S HIGHLIGHT

# *Nördlingen*

By Jessica Zen

"There are plenty of reasons to see Nördlingen, including the complete medieval wall with a covered sentry's walk. This wall was built around 1327 and is one of only three towns in Germany with an intact city wall."



First mentioned in 898, the Bavarian town of Nördlingen was established in a 15 million-year-old meteorite crater, thus giving the town its identifiable circular shape. This gem of a town is like something out of a fairytale, with half-timbered houses, cobblestone streets and incredible architecture ranging from the Renaissance to Baroque styles. Let your travels through Germany take you down the Romantic Road right to this delightful little town.

Did you know that the crater in which the town lies, Ries crater, is a great source of suevite? This is a rock material containing tiny diamonds. An estimated 72,000 tons of diamonds were created when the asteroid hit. Without knowing it, citizens of Nördlingen built many of their structures with this material left over from the asteroid. Before you start seeing dollar signs and imagining buildings sparkling in the sun, take into consideration that these diamonds can only be seen with a microscope and have no economic value. Don't let this disappoint you.

There are plenty of reasons to see Nördlingen, including the complete medieval wall with a covered sentry's walk. This wall was built around 1327 and is one of only three towns in Germany with an intact city wall. The other two towns are Dinkelsbühl and Rothenburg ob der Tauber. However, the Nördlingen wall is the most complete and best-preserved. In about an hour, you can take a leisurely stroll around the entire city without ever leaving the wall. The entire loop is just under two miles.

While on your walk, you may notice a church steeple dominating the skyline in the town center. It belongs to the Gothic 15th-century church, St. George's, one of the town's oldest buildings. This steeple is called Daniel and is 295 feet high. The church was built between 1427 - 1505 and features Gothic design with vaults, pillars, wood carvings and an organ gallery. For those wanting a sweeping view of the surrounding area, climb 350 steps to the top of Daniel's tower. Once there, admire the traditional red-pitched roofs and cafes sitting along cobblestone sidewalks.

Be sure to stop and admire the Rathaus (town hall) during your visit, which was built in 1313. It is the oldest stone-built house in the town but has undergone several renovations. Other buildings



**"FOR THOSE WANTING A SWEEPING VIEW OF THE SURROUNDING AREA, CLIMB 350 STEPS TO THE TOP OF DANIEL'S TOWER. ONCE THERE, ADMIRE THE TRADITIONAL RED-PITCHED ROOFS AND CAFÉS SITTING ALONG COBBLESTONE SIDEWALKS."**

to look for include the Spital, a former medieval hospital and the city museum, located in the former Holy Spirit Hospital. You'll also see various other 16th and 17th century houses.

While exploring the town, you are sure to get hungry. Stop at Pizzeria Espressobar - La Fontana for a delicious lunch. This brightly colored building is not easily missed and features a menu of pizza and pasta that is sure to satisfy your cravings. In the summer you can dine in front of the restaurant. Finish up your meal with ice cream, cake or a cappuccino as you relax and watch the people walk by.

This German town is quite literally a diamond in the rough. Plan on doing some walking as you explore everything this area has to offer. Admire the wall, towering church steeple and beautiful architecture that surround you in Nördlingen. ■





# *Visit* **GREECE'S SPECTACULAR ISLANDS**

By Emma Bareihs

**The wondrous waters and whitewashed towns of Greece total up to 6,000 islands. These golden beaches that you've seen in movies and pictures lure in travelers who want to explore the islands from all over the globe. Experience the idyllic culture on your next holiday by island-hopping in Greece.**

## TRAVEL INSPIRATION

To island hop, pick a cluster of islands in a close vicinity. Greece's islands are separated into six clusters. Of the six, the easiest to hop are the Cyclades. This collection includes Mykonos and Santorini, two must-see islands for first-timers. Greek island cruises offer a structured experience with daily set itineraries for different islands. If you want to explore the islands on your own, personalized time, plan on flights and ferries. These are the islands worth hopping in the Cyclades:

### ANDROS

Fly into Athens and take a two-hour ferry to Andros. If you're looking to stay fit on your trip, Andros has mountains to climb. While you're there, explore the 5 million-year-old Aladino Cave. After, wander the Neraidotopos, a scene of crystal clear waterfalls and ponds. Walk up 143 steps to the Pano Kastro built in 1200 that overlooks the Aegean Sea. Next, board an hour and a half ferry to Mykonos.

### MYKONOS

Although popular if you're looking for a fun night with drinks, music and dancing, Mykonos also holds true to the relaxed nature of Greece. Stroll along the Little Venice neighborhood of colorful houses and watch the sunset from the famous windmills. Get to Paros with a one-hour ferry.

### PAROS

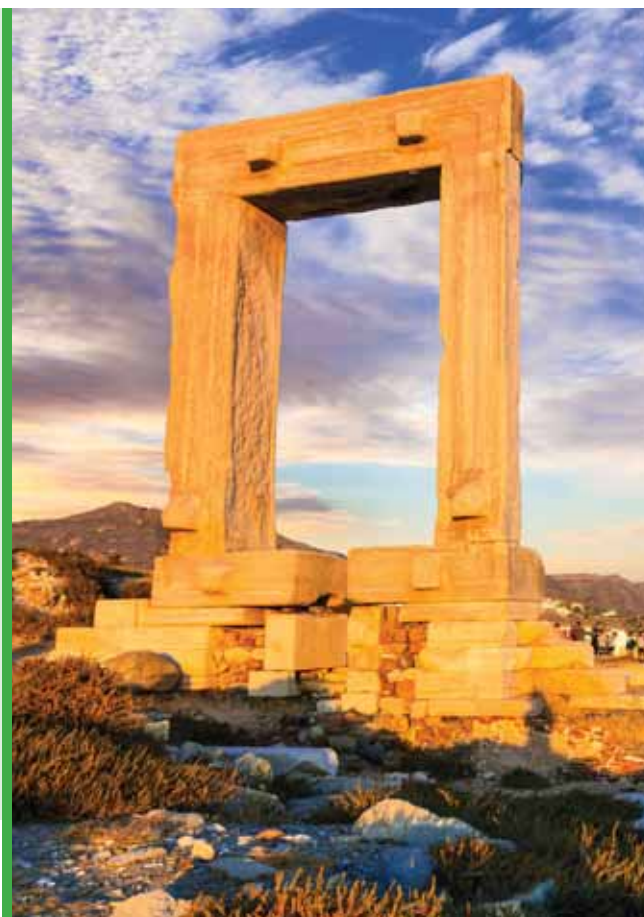
Paros is a mixture of every show-stopping Greek island: clear water, rocky terrain and Greek architecture. Panagia Ekatonpiliani, a Byzantine-era stone church in Parikia is worth a visit for the spiritual or architectural tourist. Then, tour the Agii Anargyri, a monastery with a holy spring that people collect water from. Eat in the fishing town of Naoussa. It is a short 45-minute ferry to Naxos.

### NAXOS

Where the god of wine, Dionysus, grew up in Greek mythology, Naxos boasts with vineyards. Most of the island's delicacies are also known for the island-produced cheese. Pair Graviera Naxou and Arseniko, famous island cheeses, with the local wine. Continuing the food theme, tour one of the many olive mills such as the Olive Mill at Demari, Naxos' first motorized olive mill. Santorini is an hour and 15-minute ferry away.



Fishing village on Paros



## SANTORINI

Tourists are drawn to Santorini, a spectacle of Greece. Walk along a black sand beach or get lost in the white and blue villages of Fira and Oia. You will find shops, food and picture-perfect settings for sunset. Take a two-hour ferry to Milos.

## MILOS

Although famous for the Venus de Milo, placed in the Louvre Museum today, Milos remains one of the least-crowded islands in the Cyclades. You can't go to Milos without a trip to some hot springs. One of the most popular mineral baths is Ta Loutra tou Lakkou, recommended for skin diseases, and muscle and joint pain. Visit Sarakiniko beach to sunbathe on moon-like rocks. Board an hour and a half ferry to Serifos.

## SERIFOS

Get active on the hills of Serifos. Hike the mining trail called Megalo Livadi, where a mining industry once thrived, to find mining cars and tracks hidden in the mineral-rich island. Trek the terrain of Serifos to find the mythological one-eyed Cyclops Throne for a panoramic view. Finish the getaway with a two-hour ferry to Athens.



Famous windmills  
on Mykonos



## GOOD TO KNOW

1. If you opt for a cruise, keep in mind that most cruises are going to stop at the most popular islands.
2. Avoid the tourist peak in July and August. The spring, while still busy, will not be as crowded as the summer months.
3. Do not plan on flying to each island. While some islands have small airports, most islands do not. Speed ferries are the best option. On average, ferry tickets can range from 5 euros to 40 euros.
4. Plan your days around ferry times. Depending on what season you decide to hop, ferries may not be as frequent. Book your tickets in advance and plan your trips according to the ferry schedule.
5. Booking tickets online is the best way to reserve seats. However, many online bookings only give you a receipt. Take your receipt to the ferry booths to pick up tickets.
6. Pack light. Chances are you will be climbing many stairs and boarding many boats. Avoid tired arms by not packing large and heavy bags.
7. Pick a few islands and spend more days on them, or hop several islands knowing that your time will be short.
8. Renting a scooter or 4-wheeler for the day might be cheaper than taking buses or taxis around to sites.
9. Most ferries have food and drinks. But, remember to bring plenty of water to stay hydrated in the sun.
10. Snagging an outdoor seat on the ferry offers the best views of the surrounding sea. Most of the outdoor seats are shaded, but windy. ■



Plaka Stairs - Famous cafe-lined stairs. Among the cafe-restaurants that exist in the area is Yiasemi.

# Up Close and Personal *with* Plaka

by Stacy Roman

Visiting any major metropolis usually means checking out famous sites—the Colosseum in Rome, Buckingham Palace in London, the Eiffel Tower in Paris. In Athens, places such as the Parthenon, Acropolis and the Theater of Dionysus are likely to get crossed off your bucket list. However, it's not just ruins and landmarks that make up a city. Vibrant neighborhoods teeming with culture, history and, my personal favorite, food, mix together to create a phenomenal spot just waiting to be discovered. In Athens, this can be found just to the northeast of the Acropolis in Plaka.

Dating back more than 3,500 years, Plaka is one of the oldest settlements in not just Athens or Greece, but Europe as a whole. Walking through the steep, narrow cobblestone alleyways is like stepping back through time. Although the area is arguably more gentrified and a bit touristy, it still retains its Bohemian nature and old-world charm.

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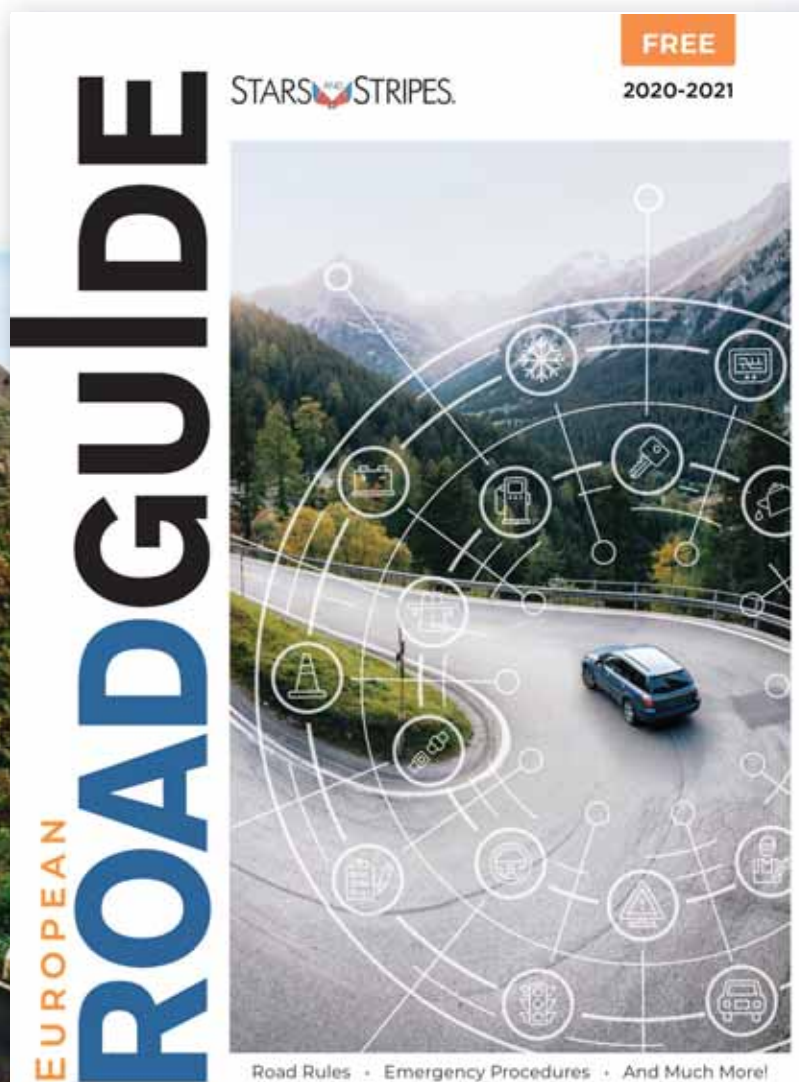


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## What to Do

Dotting the hilly streets are plenty of jewelry and trinket shops to find the perfect one-of-a-kind souvenir or just marvel at the colorful blooms blanketing the rustic building facades. There are plenty of historical places to see without leaving the neighborhood. The Tower of the Winds, Doorway of the Medrese and the Mosque of Mehmet the Conqueror are all within short walks of each other. If the kids need a little entertainment, head to the Museum of Greek Children's Art for hands-on and interactive exhibits. For a romantic date night, bask in the twilight at Cine Paris, an outdoor movie theater with breathtaking views of the city and the Acropolis.

*While touring the well-known historical landmarks are a must-do, take a day (or two) and get up close and personal with the spaces and places surrounding the city. You'll discover amazing sights and beautiful culture around every corner.*



LEFT: Tower of the Winds - considered the world's first meteorological station.

RIGHT: The Roman Agora towards the Tower of the Winds.



## Good Eats

Start the day by heading to one of the local cafes such as Oionos Cafe Bar or Kidathineon, both of which are perfect for people watching at the park across the street, for a delicious latte and thick, creamy yogurt with locally sourced Greek honey. Or try a slice of spanakopita, a tasty spinach and feta mixture enveloped in flaky phyllo. Feeling a bit warm from the Mediterranean sunshine? Head to DaVinci Gelato or Coco's Ice Cream for a refreshing sweet treat.

For dinner, head to Taverna Saita, a traditional Greek taverna off the beaten path that offers freshly caught seafood, savory souvlaki, mouthwatering moussaka and tantalizing baklava for dessert. A great spot for a light bite and dessert is Yiasemi, complete with tables perched on the stone steps outside. Offering a variety of tarts, pies, salads, cakes and an array of delicious imbibements, it's a cozy and friendly place to reflect on the day. ■



TOP: Spanakopita  
MIDDLE: Souvlaki  
BOTTOM: Baklava

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# How to Spend 48 Hours in Chamonix, France

By Anna Leigh Bagiackas

The alpine resort town of Chamonix, France has become an epicenter for climbers, skiers, hikers and outdoor enthusiasts. With glaciers, trails, ice tunnels and awe-inspiring peaks, you don't need a week to check off some of these bucket-list items when it is safe to travel again.

## WHAT TO SEE

Whether you're a thrill-seeking skier or prefer to catch views closer to solid ground, Chamonix has lots to offer you. Home to the very first winter Olympics in 1924, this French destination continues to welcome skiers, snowboarders, hikers, climbers and tourists from all over the world. While you could spend a weeklong vacation exploring via a pair of skis or a snowboard, the many public transportation options allow you to see the best of the area in just 48 hours.

For those coming for the views, your first adventure should be the gondola ride up to the 3,842-meter Aiguille du Midi peak. This is Europe's highest lift station and offers a close-up of Mont Blanc, Western Europe's highest peak. While there, check out "Step Into The Void," a glass room with 1,000 meters of free air below for a safe, yet heart-pumping experience. From there, you can hike to the Montenvers Train Station and the 7-kilometer Mer de Glace, France's longest glacier. If a hike isn't up your alley, you can also take a train ride to the glacier where you can walk through ice tunnels followed by a bite to eat at Restaurant Le Panoramique Mer de Glace. As the glacier decreases in size each year, it is hard to avoid contemplating the environment around you. For another bucket-list gondola ride, take the Skyway Monte Bianco cable car trip that crosses the border into Italy, landing at Helbronner Point. Other unique rides include the cog rail Tramway du Mont-Blanc and Le Brevent Gondola for the best views of Mont Blanc, where you can also dine with amazing scenery at the mountain restaurant.

For the best visuals, get up early and catch one of the first cable cars to avoid the clouds rolling in, typical in the afternoon. In the non-winter months, catch some speed (or go for the slower, more leisurely ride) down the Chamonix Luge Alpine Coaster and watch paragliders take flight in this hub of mountain flying. For those wanting to enjoy views from below, you can walk or hike along the Arve River between Chamonix and Les Praz.

## MUST-TRY FOOD AND DRINKS

While you might think that the mountainous views are what it's all about in Chamonix, you are still in France, therefore food and drink are a top priority. You are in Haute-Savoie cuisine territory, meaning meals are heartier and more reminiscent of what you'd find in Switzerland than in Paris. You will find various combinations of delicious melted French cheeses, potatoes and cured meats, such as fondue, raclette and "tartiflette," which is made up of potatoes, bacon and cheese. These are popular choices after a day on the slopes and these dishes will warm you from the inside out, as well as a glass of French wine. Try the "Fendant," a local wine made from the region's Chasselas grapes. ■



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According to Danish culture, the word “hygge” means coziness and that feeling of contentment. You know that feeling of being bundled up in your favorite blanket on a cold winter’s day? That’s hygge—a lifestyle the Danish have adopted well.

Since comfort can mean different things to different people, we’ve asked our staff what hygge means to them:

# The Magic of Hygge

“To me, hygge is **taking a break from daily demands, indulgence in simple pleasures – to be unabashedly myself.** Ralph Waldo Emerson said it perfectly, ‘To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.’ When I find myself in my own space with a good book and a scented candle to put me in the zone, or listening to my favorite tunes while doing some sort of mindless project, or falling asleep while binge watching whatever documentary happens to catch my eye... **it’s about reclaiming that part of me that I sometimes can’t hear anymore over the persistent chaos of life’s responsibilities.**”

**Carrie Farrell**  
Lead Graphic Designer



“To me, hygge means **coming home on a cold day and smelling the heat filling the house.** After I get home from work, I like to change into my sweatpants, put on a knitted sweater, make myself **a cup of hot tea and curl up on my couch either reading a book or watching tv.** It’s the perfect way to spend the winter season.”

**Mary Del Rosario**  
Lead Writer/Editor

“There’s nothing more hygge to me than **a pair of furry, knitted socks and a big hoodie. Add on a snack, a nice glass of rosé, and my pup and cat curled up with me, I could stay indoors for days.** The only annoying part is Netflix asking if I’m “still watching” —though honestly, I might have fallen asleep from my extreme comfort. No regrets. Only total hygge happiness.”

**Laura Hersh**  
Graphic Designer





## Our Hygge Playlist

- **"Cardigan"** – Taylor Swift
- **"Skinny love"** – Bon Iver
- **"Bloom"** – The Paper Kites
- **"Come out and play"** – Billie Eilish
- **"Rosie"** – John Mayer
- **"VCR"** – The XX
- **"Sunday Morning"** – Maroon 5
- **"Sincerity Is Scary"** – The 1975
- **"Daisy Daisy"** – Sea Girls
- **"Can't Be sure"** – The Sundays
- **"On a Clear Day"** – P.M. Dawn
- **"Lullabye"** – The Cure
- **"Free Fallin'"** – Tom Petty
- **"Stay Young, Go Dancing"** – Death Cab for Cutie
- **"Nothing Else Matters"** – Metallica
- **"Creep"** – Radiohead
- **"Dreams"** – The Cranberries
- **"Vienna"** – Billy Joel
- **"Ordinary world"** – Duran Duran
- **"There She Goes"** – Sixpence None the Richer
- **"Falling to Pieces"** – Faith No More
- **"November Rain"** – Guns and Roses
- **"Water Runs Dry"** – Boys II Men
- **"All About Your Heart"** – Mindy Gledhill
- **"I'm Free"** – The Soup Dragons



## Books to Curl Up on the Couch With

- **"Little Fires Everywhere"** – Celeste Ng
- **"This One is Mine"** – Maria Semple
- **"This Side of Paradise"** – F. Scott Fitzgerald
- **"Becoming"** – Michelle Obama
- **"Yes"** – Amy Poehler
- **"The Shadow of the Wind"** – Carlos Ruiz Zafón
- **"What Would Frida Do?: A Guide to Living Boldly"** – Arianna Davis
- **"The Hitchhiker's Guide to the Galaxy"** – Douglas Adams
- **"Hyperbole and a Half"** – Allie Brosh
- **"Rebecca"** – Daphne du Maurier



Set in Shaker Heights, Ohio, "Little Fires Everywhere" sheds light on two families and their struggles. When a fire breaks out in one of the family's home, people begin to suspect who may have caused it. Ng's novel is a real page-turner.



## What We're Binging on Netflix

- **"The Queen's Gambit"**
- **"Sweet Magnolias"**
- **"Schitt's Creek"**
- **"Get Organized with The Home Edit"**
- **"Chef's Table"**
- **"Cobra Kai"**
- **"The Crown"**
- **"Explained"**
- **"Hannibal"**
- **"The Black List"**
- **"The Food That Built America"**

With so much uncertainty going on in the world right now, why not take a break and laugh your problems away (for the time being) and follow the Rose family as they leave their privileged lives and move to Schitt's Creek, a quirky town they inherited as a joke—but the joke is on them. This series will have you laughing from beginning to end. ■



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