

FREE

STARS  STRIPES

MAY 2020

# WHAT'S UP

WHAT TO SEE | WHAT TO DO

BAVARIA

LUXURY  
IN THE

## *French Riviera*

Finding glitz  
and glamour in  
France's Cote d'Azur

Explore the great  
outdoors at this  
national park

& SO  
MUCH  
MORE!



# MILITARY TAX EXPERTISE TO GET EVERY DEDUCTION YOU DESERVE.

No matter what your occupation, H&R Block will find all of your work-related deductions and credits. It's just one reason why we guarantee you'll get the maximum refund.

**CALL OR MAKE AN  
APPOINTMENT TODAY.**

**Open Year-Round**

**BAMBERG**

Zollner Str. 187  
95052 Bamberg  
Phone: 0951-7000899  
rosie.short@hrblock.com

**VILSECK**

Ambergerstr. 1  
92249 Vilseck  
Phone: 09662-701339  
jorellano@hrblock.com

**GRAFENWOEHR AAFES**

AAFES Shopping Mall  
Seasonal Office  
Phone: 0173-573-6112  
jorellano@hrblock.com

**VILSECK AAFES**

AAFES Shopping Mall  
Seasonal Office  
Phone 0152-520-68935  
jorellano@hrblock.com

**HRBLOCK.COM  
800-HRBLOCK**

**H&R  
BLOCK®**

**ITIN ACCEPTANCE AGENT • EXPAT TAX SERVICE**



# WHAT'S UP

A Stars and Stripes Community Publication

## COMMANDER

SEAN P. KLIMEK, Lt Col, USAF, PhD

## BUSINESS OPERATIONS MANAGER EUROPE

CAROLINE MILLER

## PUBLISHING & MEDIA DESIGN, DIRECTOR

MARIE WOODS

## WRITER-EDITOR

MARY DEL ROSARIO, AMANDA PALUMBO

## GRAPHIC ARTISTS

CARRIE FARRELL, LAURA HERSH,  
ANDREA VARGAS

## ENGAGEMENT MANAGER

KAREN LEWIS

## MARKETING COORDINATOR

RACHEL COTTER

## MULTIMEDIA ADVERTISING, MANAGER

DOUG DOUGHERTY

## MULTIMEDIA ADVERTISING, CONSULTANTS

SEAN ADAMS, HEIDI BAYFIELD,  
NATE JAMISON, TOM KEYS,  
CLAUDIA STIER, JEFF TEESELINK

## ADVERTISING COORDINATORS

AL GREEN, KRISTI KIMMEL

## COVER DESIGN BY

LAURA HERSH

## ADVERTISING OFFICE

Unit 29480, APO, AE 09211

Postfach 1980, 67607

Kaiserslautern, Germany

+49(0)631-3615-9000

or email: [dougherty.doug@stripes.com](mailto:dougherty.doug@stripes.com)

## CONTACT US:

Telephone: +49 (0) 0631-3615-9111  
or DSN: 314-583-9111

Email: [memberservices@stripes.com](mailto:memberservices@stripes.com)

Visit our website for more information  
at [www.StripesEurope.com](http://www.StripesEurope.com)

## TO ADVERTISE CONTACT:



### TOM KEYS

BAVARIA MULTIMEDIA CONSULTANT

[keys.tom@stripes.com](mailto:keys.tom@stripes.com)

TEL: 0172-670-7342

# Unlimited Digital Access

## INTRO OFFER!

FOUR WEEKS Web + Mobile

ONLY  
**99¢**

## Stars and Stripes content features

- Access to Stars and Stripes mobile apps
- Exclusive reports on military matters
- Coverage of all military branches
- Special features on current issues
- Veterans topics
- Retrospectives such as Vietnam at 50
- Archive Photo of the Day
- Unbiased, First Amendment protected reporting from U.S. military bases around the world.

[stripes.com/subscribe](http://stripes.com/subscribe)

## VIRTUAL TRAVEL

# Get Outside WITHOUT LEAVING YOUR COUCH

By Jessica Zen

When the world keeps on turning but you can't leave the couch, don't resort to binge watching old sitcoms. "Get outside" and learn about animals and state parks or even go on a Disney ride, all without ever leaving the comfort of your living room! Check out these four amazing virtual experiences.

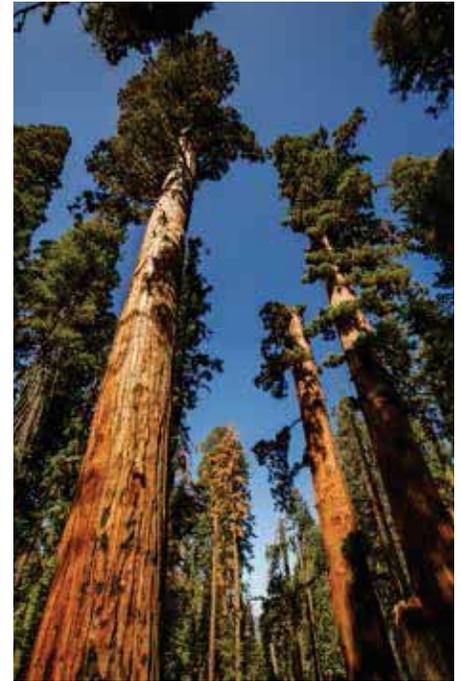


### VIRTUAL FARM TOURS

If your kids love animals, these tours are just what they need! You can see the animals without smelling the various aromas that grace a farm. Children ages 4 - 9 can visit Dutch Hollow Farm. The tour lasts 50 minutes and visits a dry cow barn, milking parlor and calf barn. This is a great learning opportunity for young minds. Older kids, ages 10 - 13, can take a tour of Will-O-Crest Farm in New York. Start your tour in the calf area and the move on to the milking parlor. There you'll learn how much milk a cow produces in a year. End your tour in the cow barn. High school students can tour Jo Bo Holsteins Farm in Pennsylvania. Learn exciting facts about all the efforts that go into running a farm and all of the products that come from cows. How many cow facts can you learn on one tour?

### VIRTUAL NATIONAL PARKS TOURS

If you've been searching for a way to tour National Parks without paying admission, there is finally a way! Virtual tours of various National Parks are now available using Google Earth. Discover the Badlands of South Dakota or climb the mountains in Denali National Park in Alaska. Have you ever wondered what a Redwood forest looked like? Now is the time to find out.



### VIRTUAL GEORGIA AQUARIUM TOUR

Been wondering what the African penguins are up to at the Georgia Aquarium? Now, you can feed your curiosity. Watch live webcams of these cute little critters and see what trouble they get themselves into. You can also view the Beluga whales serenely swimming all day long or the mystical floating jellyfish. What other fish can you spot while watching the live cams?



### VIRTUAL DISNEY RIDES

Though the parks are closed and Mickey Mouse is taking a much deserved vacation, you can still experience the thrill of riding various amusement park rides. Cruise through Space Mountain or go on an undersea adventure with the Little Mermaid. YouTube offers a plethora of videos and clips that Disney fans have captured during their magical time at Disney parks.

Are you inspired to go to any of these places in real life? Start with a virtual tour and decide if you want to see for yourself some of the amazing places and attractions the world has to offer. Inspire your child to learn about a farm or be amazed at the incredible height of the Redwood tree. No matter which virtual adventure you choose, you're sure to return safe and sound and full of excitement for what's to come next.

# Order your 2021 Audi at 2020 Pricing NOW!



Available on select models. Ask a Sales Representative for details.

[militaryautosource.com/audi](https://militaryautosource.com/audi)

## Contact Your Local Sales Representative:

**GRAFENWÖHR** | Im Gewerbepark 30 | D-92655 | **+49 9641 6050330**

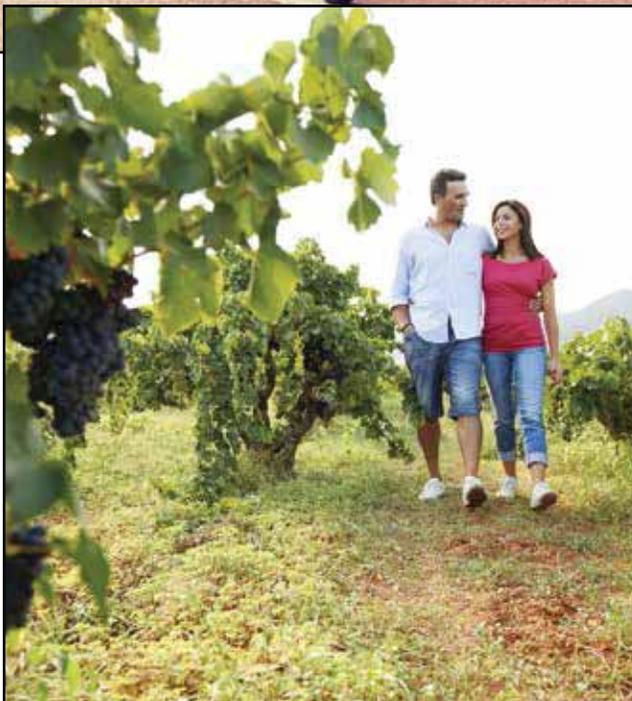
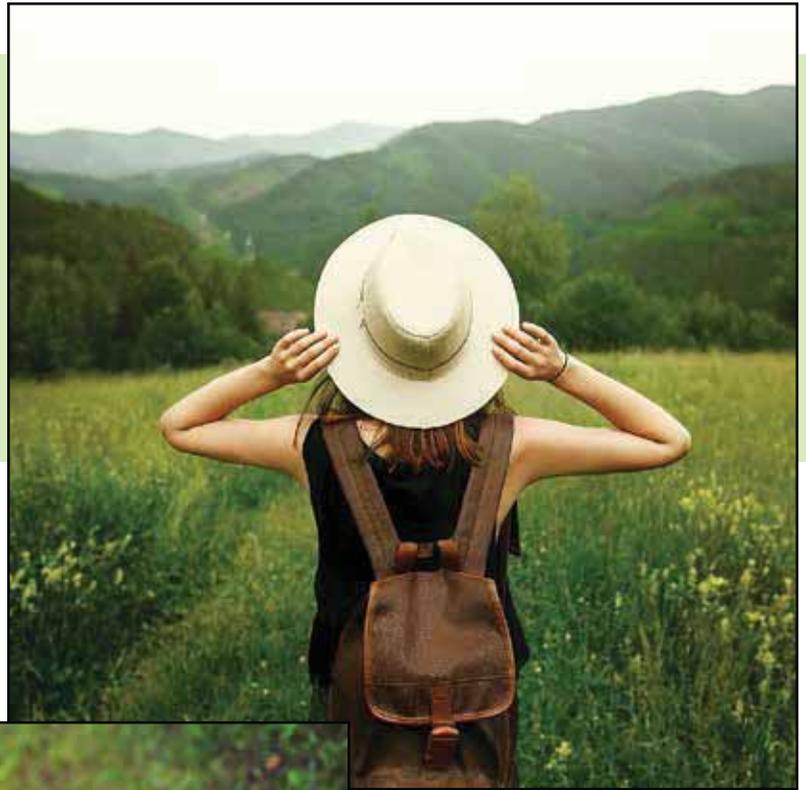
**VILSECK** | Hans-Ohorn-Platz 7 | 92249 | **+49 9662 3302901**

**MAS**  
MILITARY AUTOSOURCE



Offer valid on select models and does not include the Q5. Vehicles shown are for illustration only, and may contain optional equipment available at additional cost. Program and guarantees are subject to terms and conditions. Offered by Auto Exchange Kraftfahrzeug-Handels GmbH. (AX338)

## GERMAN LIVING

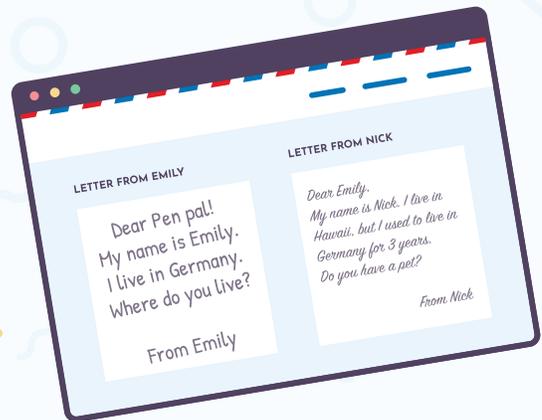


One of my favorite parts about living in Germany is the opportunity to stay active and explore this amazing host country at the same time.



# Brighten your day!

Read letters from kids to deployed servicemembers and their heartwarming responses.



# Embracing GERMANY

## Active Lifestyle

By Stacy Roman

Living in one of the healthiest nations in Europe makes it easy to adopt healthier habits and increase activity levels. Now that flowers are blooming, the sun is making more than the occasional appearance and you can pack the parkas away, dust off your sense of adventure and start getting active. Here are some ways to get moving in the community.

### USE YOUR FEET

Not a fan of running or competitive sports? That's okay! Germany is home to the fantastic sport of volksmarching. Developed and embraced during the 1960s, volksmarching is a non-competitive organized walk. Often traipsing through the local village or nearby forests, members of the community break out their walking shoes and hit the trail. The most common volksmarches are either 10 or 20 kilometers. However, with the lively crowd and great company, the distance goes quickly. Not to mention, delicious food and beverages await at the end.

Looking something a little more rewarding and tastier? Why not check out one of the culinary hikes? These family-friendly strolls wind through rolling green hills, charming towns and blossoming vineyards. Local vintners and/or brewers pair up with restaurateurs to provide a unique gastronomic experience. Pit stops are dotted throughout the hike, complete with food and drinks, entertainment and tables for relaxing. Just make sure to have a designated driver or plan to get home safely if you plan on drinking.

### HAVE A FOREST ADVENTURE OR TWO

With drier days upon us, discover nearby forest adventure parks. Swing among the trees or whizz through the canopy along a zipline. Nestled in the Black Forest is Hirschgründ, an outdoor wonderland. With seven lines looping through the tall trees, visitors clamber along ledges, and zip over rushing creeks and lush landscapes. It's okay if you're a beginner, the experts provide plenty of safety instructions before you get hooked up and harnessed in. You can also head a little further south to Bavaria and slide down one of the longest Alpine coasters in Germany at Alpsee Bergwelt. Stretching almost five kilometers, visitors can get their workout by hiking to the top of the hill. A fantastic play area for kids and ropes course are adjacent to the start of the coaster.

### HOP ON A BIKE

For a different perspective of the beautiful scenery around you, why not hop on a bike? Many villages in Germany have bike paths leading through the city centers and out to the country sides. Leisurely pedal your way around a crystal-clear lake, or dodge fallen branches and boulders through mountainous terrain for a more challenging and thrilling ride. Or simply begin in your village, ride through one or two other villages and stop for a bite to eat before jumping on a train back to your starting point (very convenient if you've eaten a little too much).

One of my favorite parts about living in Germany is the opportunity to stay active and explore this amazing host country at the same time. ■



**SAS.**  
... with over 20 years of experience

- ★ Full service
  - ★ Warranty work
  - ★ Diagnostic
  - ★ Brake service
  - ★ Body work
  - ★ Accident repair
  - ★ Tuning
  - ★ Tire shop
- and something much more.

**Feel free to call us!**



**We are your dealership in Weiden**

Schneider's Auto Service

Conrad-Röntgen-Str. 30

92637 Weiden

0961/48 27 20

[www.schneiders-auto-service.de](http://www.schneiders-auto-service.de)

[info@schneiders-auto-service.de](mailto:info@schneiders-auto-service.de)



We accept VAT-forms and credit cards  
and also work on all brands

**auto** **Natterer**  
Paint & Body Specialists

**YOUR EXPERTS FOR:**

- Body & Paint Repair
- Windshield & Car Glass Repair
- Accident Repair



*Wrinkles, dents & dings?*

**WE'VE GOT YOU  
TAKEN CARE OF.**



**VAT forms accepted**

Oskar-von-Miller-Str. 22  
92637 Weiden

Tel: 0961-670780  
[www.auto-natterer.de](http://www.auto-natterer.de)



GERMANY'S HIGHLIGHT

# Berchtesgaden National Park



By Amanda Palumbo



**Berchtesgaden is known for its rugged cliffs that offer views so picturesque, they're hard to put into words.**



When the cold dark days of winter are finally behind us, something magical happens. The sun shines a little more, flowers and trees start to bloom, and everyone has a spring in their step. If you want to experience the magic of a European spring, head to Berchtesgaden National Park.

Bavaria's Berchtesgaden is 130 square miles filled with mountains, valleys and crystal-clear waters. While you can do just about any outdoor activity in this park, there is also a small historical gem everyone should visit at least once.

## Unimaginable diversity

What makes this park so unique is its diversity. Berchtesgaden is known for its rugged cliffs that offer views so picturesque, they're hard to put into words. I remember standing on one of the many lookout points, gazing out at a bright blue river winding between snow-capped mountains with dense, dark green forest running along with it and thinking, "Is this place real?" Never in my life had I seen a view so utterly perfect, even Bob Ross couldn't have painted a clearer picture.

The sweeping Alpine pastures will have you wanting to live your Julie Andrews fantasy, spinning around and singing, "The hills are alive with the sound of music." Nobody will care because they're all secretly wanting to do the same thing. The film is celebrating its 55th anniversary this year!

The motto for Germany's national parks is, "Let nature be nature," and that is quite conspicuous here. The park boasts 700 different kinds of butterflies. Wild goats and deer run around in their natural habitat and eagles soar over the sky. You could sit in any part of the park and watch the wildlife for hours while breathing some of the freshest air your lungs will ever take in.

## Activities abound

Whether you're an Olympic skier in training or someone who just wants to sit in a quiet area and sip wine, there is something for everyone here. There is no shortage of nearby ski resorts with 72 ski lifts and nearly 112-miles worth of slopes. If you're uncoordinated like me, you can still partake in the snowy fun. There's plenty of sleigh rides, sledding and even luge at most of the resorts.

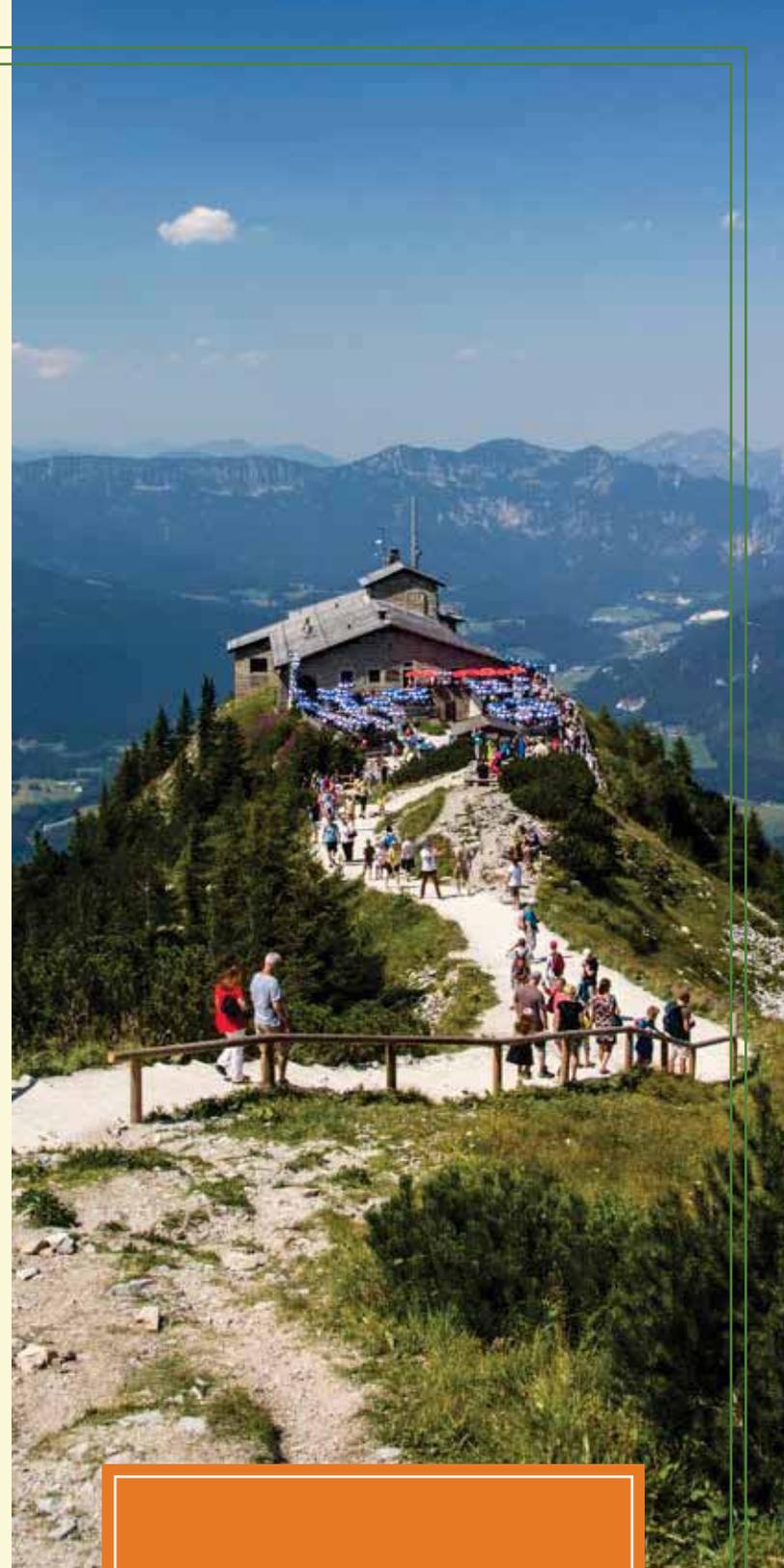
Prefer liquid water to frozen? On a hot summer day, you can take a dip in the Berchtesgadener Ache at Seimei Beach. Or, hop on a boat ride that takes you through Lake Königssee's emerald waters while the captain plays trumpet so you experience the famous echo that bounces off the mountains and cliffs.

Hikers will naturally have this park on their bucket list. There are well-marked paths for all skill levels, whether you're taking a leisurely stroll or scaling mountains and cliffs. There is no camping in the park, so make sure you get to your endpoint before it closes.

## The Eagle's Nest

The Kehlsteinhaus, or Eagle's Nest, sits atop the Kehlstein roughly 6,000 feet high. This was once the Nazi Party's primary hangout in Bavaria, where key government meetings and social events were held. When you reach it, you can see why. It offers sharp and bright views of the park's mountains, rivers and valleys.

When the Third Reich fell, a charitable trust took over ownership and turned the nest into a restaurant. If the weather is nice, I recommend sitting outside to dine while gazing on the magnificent view. But, the greatest view may, in fact, be inside the restaurant. Watching families of all different nationalities, cultures and religions, laughing and enjoying a beer and a brat in a place birthed out of such blind hate. ■



**ON A HOT SUMMER DAY,  
YOU CAN TAKE A DIP IN THE  
BERCHTESGADENER ACHE  
AT SEIMEI BEACH.**

LUXURY  
IN THE  
*French  
Riviera*

By Jessica Zen

The Côte d'Azur (French Riviera) is a stunningly beautiful stretch of land along the Mediterranean coast of south-eastern France. Glamorous beach towns like Saint Tropez, Cannes and Nice grace the coastline and are remarkable locations to live a life of luxury, even if it's only for a few days. With around 300 days of sunshine, there is no shortage of opportunities to soak up the rays while touring this area.

# YOUR **ONE-STOP AUTO SHOP** in Grafenwöhr

Beim Flugplatz 14 • 92655 Grafenwöhr

- Inspections
- Warranty Service
- Tire Service
- Air conditioning
- Engine Repair
- Parts Sales
- Glass Repair
- Body Repair

## **PAINT SHOP**

We paint everything!  
+ Car foiling

## **ACCIDENT**

No problem -  
we will help you

## **SERVICES**

All of your  
automotive needs



**KFZ  
Rupprecht**

[www.facebook.com/KfzRupprecht](https://www.facebook.com/KfzRupprecht)  
09641 9290909 or Cell: 0171 3841899



## **64th Annual Leadership & Professional Development Seminar**

**Sunday, May 17th - Thursday, May 21st**

**Hosted Virtually • Free to Attend**

**Networking • Classes • Team Building • Special Events**



**REGISTRATION OPENS MAY 1ST**

**WWW.AWAGLEADERSHIP.ORG**

**Building Leaders to Strengthen and Connect Communities Around The Globe**

## UNFORGETTABLE VIEWS

Start your vacation by flying into Aéroport Nice Côte d'Azur. You simply cannot tour the area in anything other than a convertible. Rent the fastest one and get ready to cruise the coast while the sun gently kisses your skin and the wind caresses your hair! Start your luxurious journey in Monaco. This little country is known for its glitz and glamour, and of course, the Monte Carlo Casino. Try your hand at a sophisticated game of French roulette, baccarat or poker in a beautiful Belle Époque building. The interior glows with the light of Bohemian crystal chandeliers and you can enjoy dressing to the nines while being a high roller.

Next up is the medieval village of Eze. Like something out of a movie scene, the village is perched on a cliff high above the Mediterranean and full of winding cobblestone streets. Have lunch at La Chèvre d'Or for a fine-dining experience. Think cheese trolleys and panoramic windows enhancing the breathtaking view. See if you can spot a celebrity on a yacht in the bay! After, stop for a glass of wine at the Château Eza, a 400-year-old establishment with a restaurant that is built into the village's ancient walls.

Nothing screams luxury like an extravagant pink mansion. Stop in Saint-Jean-Cap-Ferrat at the Villa and Gardens Ephrussi de Rothschild. This villa was constructed from 1905 - 1912 and is home to antique furniture, paintings, sculptures and rare porcelain. On your audio tour, you'll learn about Baroness Béatrice and her lavish decorating style and excessive amounts of exotic pets. Outside you will experience nine beautiful themed gardens. The best part? This villa is rose colored, making it an absolutely dazzling place to take pictures.

Just down the road is perhaps one of the most famous cities along the coast, Nice. Take a leisurely stroll along the Promenade des Anglais. The water glistens the most stunning color of turquoise and the architecture across the street is nothing short of amazing. Take special note of the famous Le Negresco Hotel, a staple of the city. This hotel's story began in



© ELENATHEWISE/123RF.COM

## “GLAMOROUS BEACH TOWNS LIKE SAINT TROPEZ, CANNES AND NICE GRACE THE COASTLINE AND ARE REMARKABLE LOCATIONS TO LIVE A LIFE OF LUXURY, EVEN IF IT’S ONLY FOR A FEW DAYS.”

1913 and has been a destination for high society, and even royals, ever since. The inside boasts famous French artwork, sculptures and period furniture ranging from the 17th century to today.

### SENSATIONAL CUISINE

After you’ve taken in the sights, it’s time for some local cuisine. The French Riviera has over 50 Michelin stars, and one of the newest restaurants on this coveted list is Jan. The swanky restaurant holds 24 seats and serves up local cuisine in a cave-like setting. Opt for a tasting menu and let your palate dance with joy from all the delectable flavors.

A trip to France isn’t complete without stopping in Antibes. Think mega-yachts and beautiful white, sandy beaches with bottle service. The old town is surrounded by 16th-century ramparts and is best explored on foot. Wind through the narrow, cobblestoned streets and stop for a glass or two of rosé. Art aficionados will love Musée Picasso, which is housed in a 14th-century castle. Here you’ll find 245 of Picasso’s paintings and sculptures, as well as work by other contemporary artists.

Cannes, land of luxury and haute couture, is the next city down the coast and the perfect place to shop until you drop. Hit up the iconic Boulevard de la Croisette. It stretches for almost two miles along the bay and the promenade is full of designer boutiques. Think Céline, Chanel, Valentino, Armani and more. If you feel like hitting the open water, take a ferry to the Lérins Islands. In just 15 minutes, you’ll reach Sainte-Marguerite, where you can stop for a waterfront lunch at restaurant La Guérite. Their Mediterranean cuisine is simply fantastic!

### ROSÉ, ALL DAY

Last, but not least, is Saint Tropez. A tourism hot spot, this location is known for excessive extravagance. The rosés here are particularly wonderful, so plan a wine tasting. Head to Château Barbeyrolles for a truly unique experience. This vineyard is completely organic and the family that owns the winery can trace their ancestry back to the 13th century in the same region. Though operating on only about 30 acres, the family’s business is a labor of love. They use copper and sulphur treatments to avoid chemicals and harvest the grapes by hand, creating a delightful product.

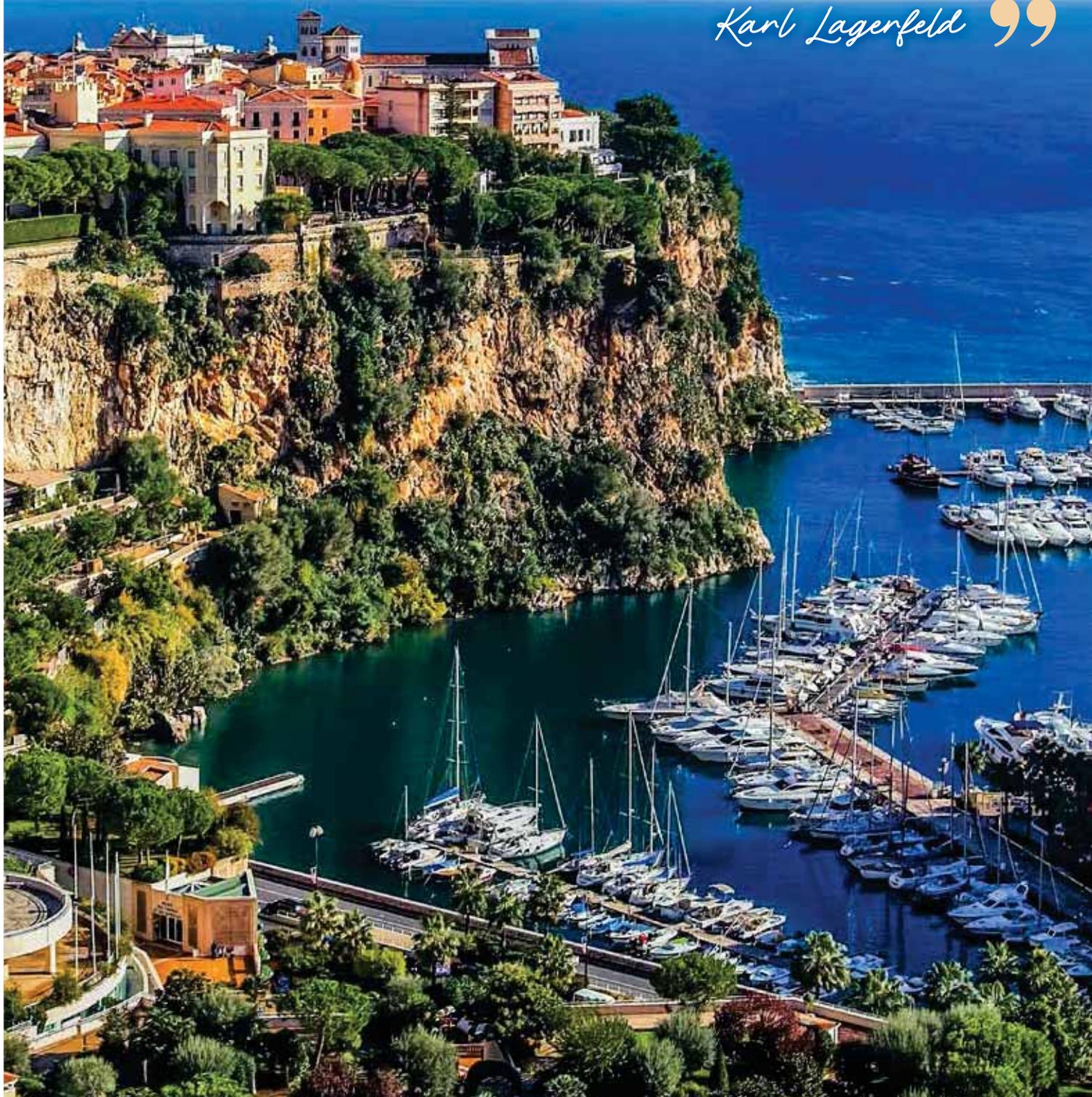
Are you daydreaming about spending a significant amount of time chasing the sun, tasting delicious Mediterranean cuisine and sipping on some seriously fabulous wines? Experience all the luxury the French Riviera has to offer in these amazing coastal towns. Let the azure waters calm your soul and the sun soak over your skin while you satisfy your appetite with some of France’s finest fare.



© PAVE, DUBEKI/13RF.COM

“  
YOU WERE NEVER  
TOLD THAT  
SAINT-TROPEZ  
IS PARADISE?

*Karl Lagerfeld* ”



RESTAURANTS

HOTEL RESTAURANT  
 seit 1907  
**BÖHM**  
 Neue Amberger Straße 39  
 92655 Grafenwöhr  
 09641 9369-0  
[www.hotelboehm.de](http://www.hotelboehm.de)



ENTERTAINMENT



Tiergarten Nürnberg  
[www.tiergarten.nuernberg.de](http://www.tiergarten.nuernberg.de)  
**COME SEE OUR STARS AND STRIPES!**



HOTELS

[www.hotel-villa-vilseck.de](http://www.hotel-villa-vilseck.de)  
**Hotel Villa**  
 Just 3 Minutes from Rose Barracks  
 Amberger Str. 9 92249 Vilseck  
 E-Mail: [hotel-villa@email.de](mailto:hotel-villa@email.de)  
 Tel.: +49 (0) 9662/42070



- ◆ Free WiFi
- ◆ Restaurant (Guest Only)
- ◆ Homemade German Cuisine
- ◆ Breakfast and Special Meals (reservation only)
- ◆ Bar opens at 1600
- ◆ Private Party Room

ANIMAL SERVICES



**Veterinary Clinic Kueke**



No Appointment Necessary on:  
 Mon, Wed, Fri 4pm to 6pm  
 Tus & Thurs 11:00am to Noon  
 Sat 9:00am to 10:00am

Available for Emergencies 24/7  
 Please call ahead of your arrival

We Speak English  
 All Paperwork in English

Accept VAT Forms • Accept Visa  
 and MasterCard

PCS'ing Back To The States?  
 We will prepare all health  
 certificates for your return home



**VETERINARY CARE**

Industriegebiet Döllnitz 12  
 92690 Pressath  
 Phone: 09644 6890404  
[info@tierarztpraxis-kueke.de](mailto:info@tierarztpraxis-kueke.de)

AUTOMOTIVE

**Graser Military Sales**  
 Tax-Free Car Sales



**US & German Spec Vehicles**  
 Pre-owned with 1 - 3 years  
 Warranties Optional

Trade-ins Welcome  
 English Speaking Staff  
 Car Fax available/most cars

VAT Forms accepted  
 Finance Assistance  
 BMW & MINI Certified

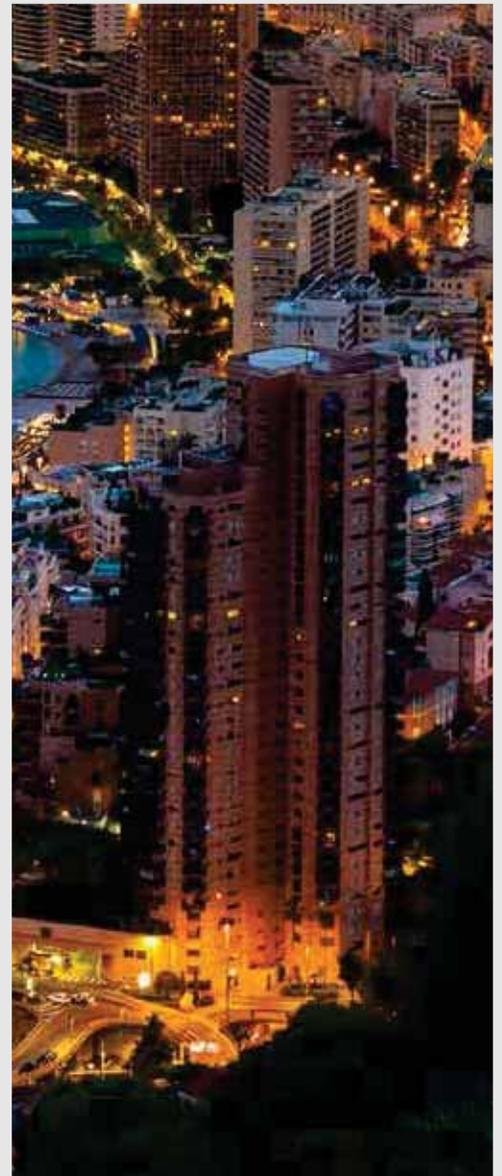
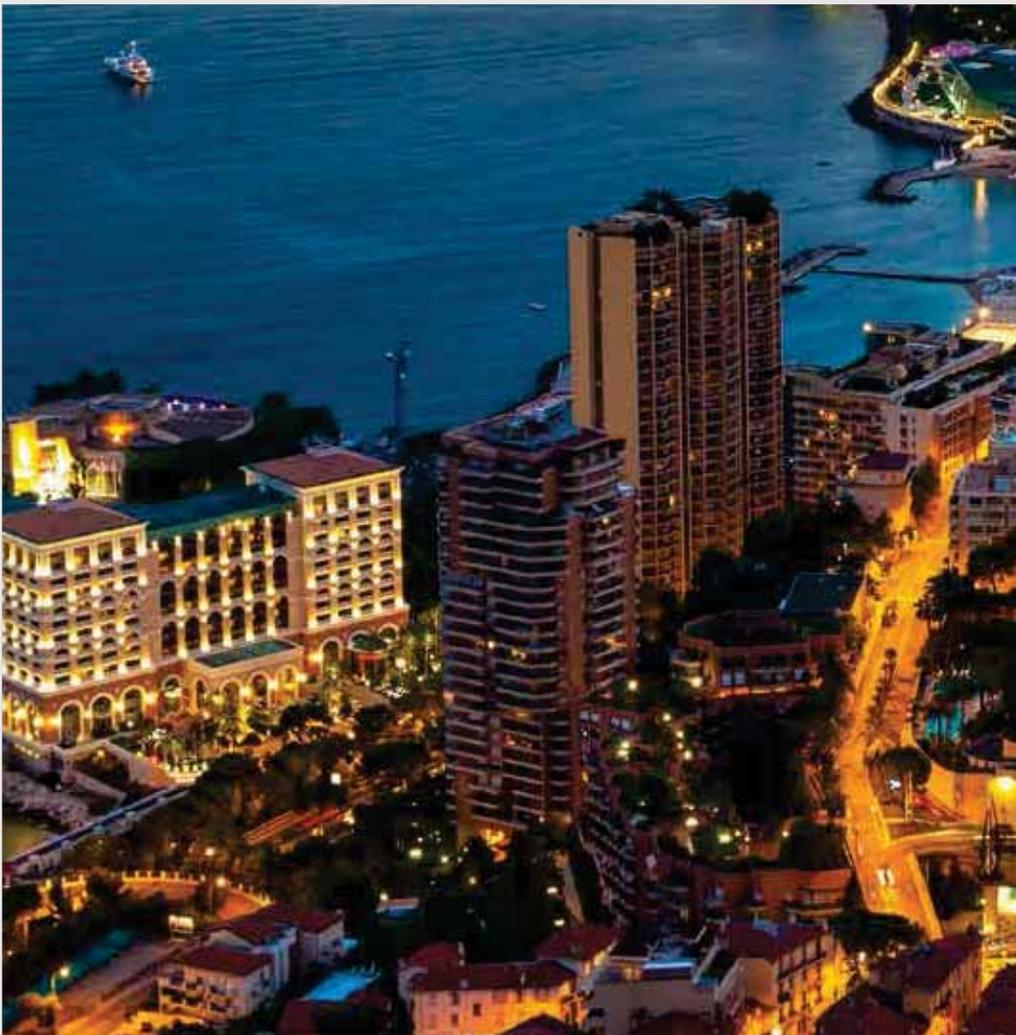
<https://bmw-military.com/>

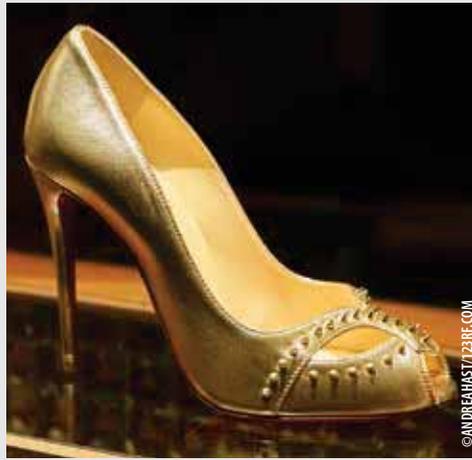
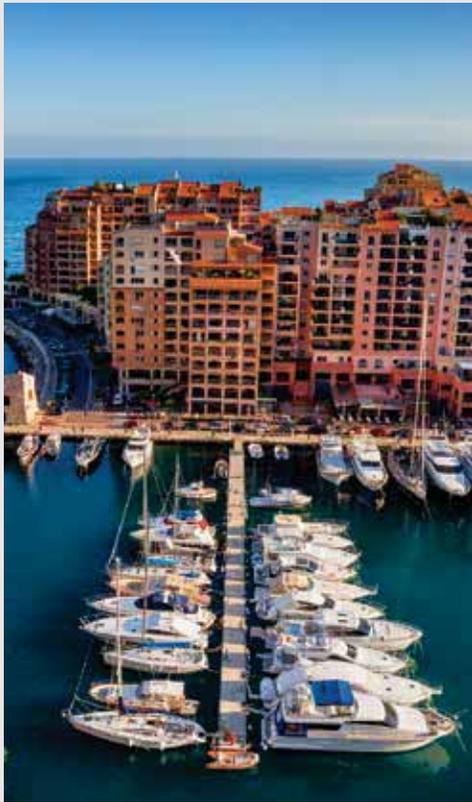
**Graser Military Sales**  
 Am Grunderzentrum 5 & Beim Flugplatz 16  
 92655 Grafenwoehr • 09641 9293790

**Graser Service Center**  
 Eschenbacherstr. 1  
 D-92690 Pressath

## TRAVEL INSPIRATION

Known as the second-smallest country in the world, Monaco is a glitzy city-state that is bordered by France. What lacks in size makes up for in glamour, yachts and history. With the warmth of the French Riviera calling your name, here are a few reasons why Monaco will be your next favorite vacation spot.





# 10 Reasons to Love Monaco

By Mary Del Rosario

1. You can channel your inner Grace Kelly or Prince Rainier and pretend to live in the lap of luxury as Monaco is known for its allure.
2. The Oceanographic Museum is one not to be missed.
3. There are no shortages of heavenly Italian and French food, especially "Barbajuan," a fritter that's stuffed with ricotta and Swiss chard.
4. Shopping is to be taken very seriously here.
5. Active travelers will love to cycle on Col de Braus, the famous, winding mountain pass.
6. The beaches of Larvotto and Marquet is the epitome of what the picture-perfect Mediterranean has to offer.
7. The Monte Carlo Casino is otherworldly and must be experienced.
8. Monaco's backdrop of yachts dotting Port Hercule is a sight you'll always remember.
9. The Exotic Garden is breathtaking and will make the prettiest pictures.
10. The Monaco Grand Prix, held every May, is a car enthusiast's dream.

# Tyrrhenian Coast



©GIUSEPPE ANELLO / 123RF.COM

## WHY GO THERE

Sun worshippers flock to the Tyrrhenian coast when the weather really heats up, and for obvious reasons. Maybe it's the glistening azure waters or the pristine beaches. Perhaps the craggy cliffs that provide the perfect backdrop draw in visitors. It could be the gorgeous coastal towns that draw the crowds. Whatever your reason is for visiting this holiday hotspot, don't delay on scheduling your trip now. Get ready to say "ciao" to one of the best vacations of your life!

RETAIL

**Curvy Divas**  
EMBRACE YOUR CURVES  
PLUS-SIZE CLOTHING: 42 - 64 EU | 10 - 32 US

IN ADDITION TO EVERYDAY WEAR, WE ALSO OFFER MADE TO ORDER SPECIAL OCCASION (WEDDING, PROM, ETC.) DRESSES IN PLUS SIZES.

ENGLISH SPEAKING    VILSSTR. 3    VAT ACCEPTED  
92224 AMBERG  
TEL. 09621 | 7851134

ANIMAL SERVICES

**24/7**  
Available for Emergencies

Dr. med. vet. **Hans Weigl** veterinarian

**Freihunger Str. 8**  
92708 Mantel

Office hours:  
Mon, Tue, Thu, Fri  
4.00 pm – 6.00 pm  
further appointments on request

phone  
09605 / 8745  
mobile  
0179 / 4665218

How to find us:  
at the crossroads of  
Grafenwöhr-Hütten-Weiden  
and Vilseck-Freihung-Weiden

**MEDICAL SERVICES:**

- vaccinations
- microchip-implantation
- issuance of health certificates for travel
- health exams
- laboratory diagnostic evaluations
- canine and feline spays
- neuters
- dentals
- consultancies animal welfare and international transport
- emergencies

TRAVEL

**Worldwide Pet Shipping**



- ▲ Daily departures
- ▲ Pick-up Service

PetAir takes care  
Frankfurt-Airport  
Ph. 069-690-71915

**www.petair.de**

 ...takes care

AUTOMOTIVE

**ENGLISH SPEAKING OWNER AND STAFF AVAILABLE!**

**AUTOMATENHAUS SEGERER GMBH**

**WSA Shipping Agency**  
Local Agent for Hohenfels, Vilseck and Grafenwoehr. Shipping from and to the United States

- US SPECIFICATION VEHICLES
- SCHEDULED MAINTENANCE
- CLAIMS ESTIMATES & REPAIRS
- WARRANTY WORK
- PAINT & BODY WORK
- TOWING SERVICE
- AIR CONDITIONING SERVICE
- TIRES & 4-WHEEL ALIGNMENT
- AUTHORIZED AMERICAN FORD SERVICE PARTNER
- OFFICIAL USAA REPAIR FACILITY

**Opening Hours:**  
Monday – Friday  
8 am – 6 pm  
Saturday  
8 am – 12 pm

**We accept VAT forms and most credit cards.**

**www.ford-segerer.de**

Autohaus Segerer GmbH  
Am Anger 2 · 92287 Schmidmühlen  
Phone +49-9474-9517940  
Fax +49-9474-8314  
Mobile +49-170-3315118  
Email info@ford-segerer.de

TRANSPORTATION

**Vehicle Transport**  
We can help



**We move your world**

Contact: Mr. Heiko Twachtmann  
htwachtmann@neukirch.de

+49 (0) 421 48 94-225  [www.interglobalshipping.de](http://www.interglobalshipping.de)

SHIP/MAIL

**WORLDWIDE SHIPPING AGENCY**

**PCS Without Stress!**  
Ship Cars/Containers to/from USA

Hours: Monday-Saturday 9am-9pm  
For a free rate request, please email us at:  
[info@worldwide-ship.de](mailto:info@worldwide-ship.de)

Call 0800-5226274 or 0800-WSR-SHIP (972-7447)





# Tyrrhenian Coast

# ON YOUR RADAR

By Jessica Zen

Surrounded by some of the most beautiful landscapes, the Tyrrhenian Sea provides coastlines to its visitors that are sure to shock and awe. Get ready for some fun in the sun in Italy and on the islands of Sardinia and Corsica with crystal clear waters and pillow-soft sand that stretches for seemingly endless miles along the coast. Nothing screams summer like the ultimate beach trip to one of Europe's most fabulous countries!

Though you may not have heard of the Tyrrhenian Sea, it is part of the glittering Mediterranean. The Tyrrhenian includes the western coast of Italy, Sicily, Sardinia, the French island of Corsica and several smaller islands. It is a major trade and transportation route, as well as a popular tourist destination.

Consider basking in the sun in Palermo, Sicily. It was dubbed "kingdom of the sun" by Normans in the 12th century and earned the "Capital of Culture" title in 2018. For a taste of the local culture, hit up a market for some truly outstanding food. Capo, Vucciria and Ballarò are some of the main markets and feature all of the fruits, vegetables, meats, spices and trinkets you could imagine. But the beach is where the magic happens. A quick 20-minute bus ride from the city is Mondello. Once a fisherman's village, the beach promenade is now full of Art Nouveau style villas and lounge chairs that are nestled between Mount Gallo and Mount Pellegrino.

If you'd prefer to stay on an island, consider Corsica's luxurious beaches. Palombaggia, on the southern side of the island, is particularly stunning. White sand dunes, shady pine trees and delightfully warm, shallow waters make this area perfect for families. If you want to escape the crowds visit Campomoro Beach. It offers a mountainous backdrop and is near solitude. It's a veritable paradise!

Sitting on one beach can sometimes make you feel restless. Curb that feeling by island hopping in La Maddalena, a cluster of pink granite islands and islets between Corsica and Sardinia.

These islands are considered the secrets of Sardinia and house turquoise lagoons, pristine beaches and an air of otherworldliness. The beaches are only accessible by boat, and therefore hardly touched. Don't worry, you'll still discover plenty of tiny restaurants and shops in the port towns!



Endless lounging on the beach is lovely, but you can also see some amazing things if you hop in the car and cruise on SP71 road along the Costa del Sud in southern Sardinia. Twist and turn along the rocky coast and pull off at all the stopping points to take endless amounts of pictures of the postcard-perfect area. A popular destination on this route are the beaches in Chia. Both families and divers love the shallow turquoise waters, and more active visitors will love windsurfing in this location. Let the golden beaches and copious amounts of vitamin D carry you away to your happy place while you relish this experience! ■

LAW OFFICES



**U.S. & GERMAN ATTORNEYS**

U.S. & GERMAN DIVORCES • SUPPORT ISSUES • EEO  
WILLS & PROBATE • EMPLOYMENT • PERSONAL INJURY  
MSPB • CONTRACTOR ISSUES • TAX ADVISORS

FULL SERVICE LAW & TAX FIRM

Call **069 - 299 - 2069 - 0**  
maiss@b-co.legal      www.b-co.com

FINANCE



**Financial Planning Services**

Am Sudhaus 3  
92655 Grafenwöhr  
09641 9296133

BGRicketts@firstcommand.com

www.firstcommand.com

SERVICES

RIGHT IN  
THE OLD TOWN  
OF REGENSBURG!  
SUPPORTED LANGUAGES:  
GERMAN & ENGLISH



Mayo Clinic Trained and US double Board Certified Surgeon

**Nose Surgery - Face Lift - Hair Restoration**  
**Botox - Lasers - HA Fillers**



**Holger G. Gassner, MD**

- Mayo Clinic Trained ORL / Head and Neck Surgeon
- Double Board Certified Facial Plastic Surgeon (ABOTO, ABFPRS)
- US Medical License



**Sinthya Pineda, R.N.\***

- Hair Transplantation Technologist (USA)
- 8 years at top centers in NYC and Miami

**Finesse Center for Facial Plastic Surgery**  
Fröhliche-Tuerken-Strasse 8 | 93047 Regensburg  
info@finesse.center | 0941 586 50 - 555

www.DrGassner.com

BEAUTY & HEALTH

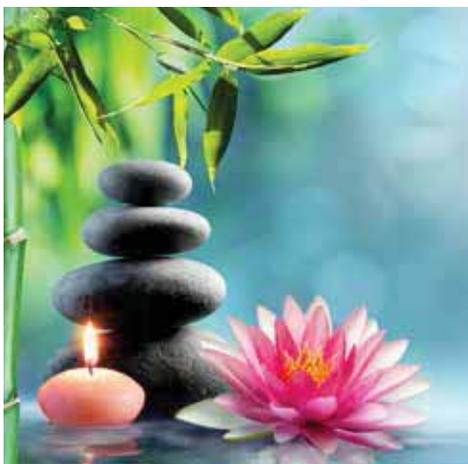


*Your overall well-being  
at an affordable price*

Alte Amberger Str. 16 • 92655 Grafenwöhr  
Call for reservation 01769 7419865

https://ubonthaimassage.wixsite.com/asiantouch

Find us on Facebook Ubon Thaimassage



SHIP/MAIL



- International Shipping
- Import & Export
- Inland trucking (U.S. & Europe)
- Door to door pick-up/delivery service
- Customs clearance
- All Risk Marine Insurance
- Auto Insurance (Germany only)

**VEHICLE SHIPPING SERVICES!**



**GERMANY**  
Phone: +49-6134-2592730  
Toll-Free: 0800-CARSHIP (Germany only)  
E-Mail: info@transglobal-logistics.de  
Web: www.transglobal-logistics.de

**UNITED KINGDOM**  
+44-(0)1638-515714  
enquiries@carshipuk.co.uk  
www.carshipuk.co.uk

**U.S.A**  
+1-972-602-1670  
+1-800-264-8167 (US only)  
info@tgal.us  
www.tgal.us

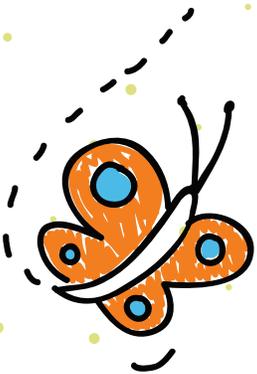
For 2nd POV Shipments - Offices / Agencies near Military Installations

# Crafty

By: Shereece Spain

# Kids

Finally! Spring is here and I realize in Germany that means tons of rain and cloudy skies. However, the temperatures are rising and spring weather is just around the corner. To get the family in the spring mood, crafting is a great way to pass the time on rainy days and keep the kiddos from driving you crazy ... I mean, keep them entertained.



Before you know it, the sun will be shining more often than not, so we decided on a craft that captures those rays and turns them into brilliant colors around the house - stained glass! I've always admired stained glass windows in churches and homes. Since we're renting our home here in Germany, we're not changing out any windows. Also, they're not exactly cheap even when purchased at a flea market. Without breaking any child labor laws or the bank, I put my toddlers to work.

## What you'll need:

- Black construction paper or cardstock
- Contact paper
- Tissue paper - Cut into approximately one-inch squares.
- Wax paper
- Glue stick
- Scissors





# HAPPY Crafting

## What to do:

**1** With the black paper, cut a thick outline (approximately half inch) of the design or shape you want to use. In this case, we did a tulip and a butterfly. If you're not comfortable free handing the pictures, you can find many templates online to trace. The designs can be very simple or very intricate. For more intricate details, I recommend cutting the tissue paper into smaller squares.

**2** Put your cut-out shapes onto the sticky side of the contact paper. Put the white back underneath so you can see the shapes more easily.

**3** Place the tissue paper squares onto the design making sure it's completely covered. Don't worry if it goes over the outside. It will be cut off at the end.

**4** Tear off a piece of wax paper that's larger than the design and cover the area with glue from the glue stick.

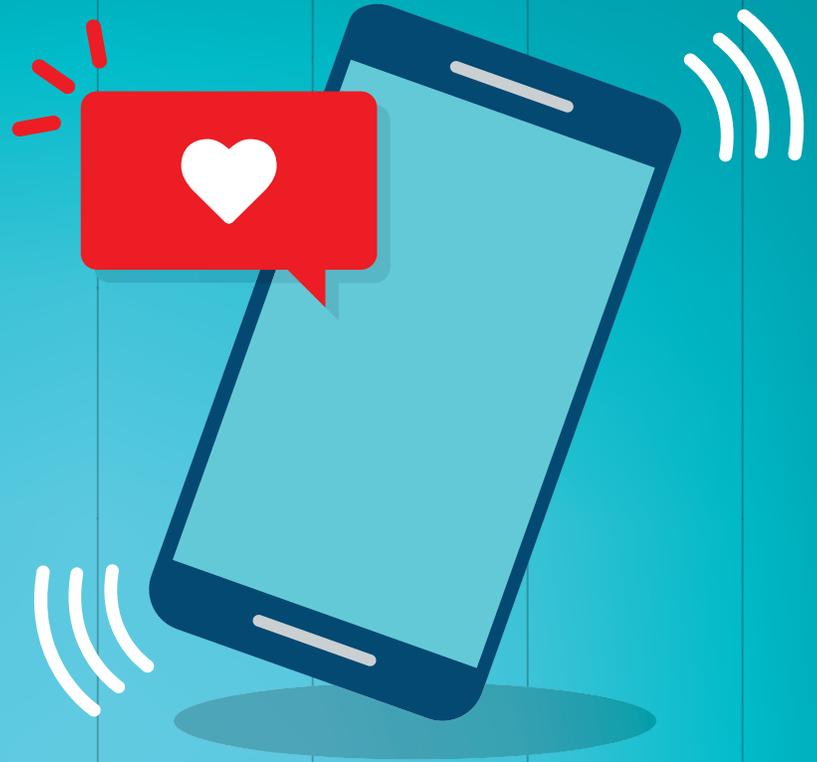
**5** Turn your shape over and place it pretty side up on top of the wax paper. Make sure you completely smooth out the two pieces you've put together and allow the glue to dry.

**6** Trim the excess from around your design. Tape it to a window and voilà! You now have your own personalized stained glass creation. Don't forget to write their name and the year in permanent marker.

## Tip:

This project is also a great way for kids to practice the coordination of using scissors. For younger ones, have them cut out the tissue paper. It doesn't have to be precise, so let them have at it. Simply draw lines across the paper for them to follow. If you have older children, cutting out the shape gives them more advanced level practice.

# DO YOU FOLLOW US YET?



## FACEBOOK

ROSE & TOWER BARRACKS  
[FACEBOOK.COM/BAVARIAMWR](https://www.facebook.com/BAVARIAMWR)

HOHENFELS  
[FACEBOOK.COM/HOHENFELSFAMILYANDMWR](https://www.facebook.com/HOHENFELSFAMILYANDMWR)

GARMISCH  
[FACEBOOK.COM/GARMISCHFMWR](https://www.facebook.com/GARMISCHFMWR)

INSTAGRAM  
**BAVARIAMWR**

YOUTUBE  
**GRAFENWOEHRMWR**



U.S. ARMY  
**MWR**  
USAG BAVARIA

**BAVARIA.ARMYMWR.COM**

# Congratulations!

— CLASS OF —



Submit a message of congratulations to your graduate and personalize it with a photo

High School Graduation is a time to remember! Announce your senior's graduation in your Stripes community publication dedicated to the DoDDS Graduation Class of 2020. **Publish date: June 4th.**

For more information, contact  
SSERevenueTeam@stripes.com  
DSN: 314-583-9012 or +49 631-3615-9012



**SUBMISSION  
DEADLINE IS  
MAY 20**

Cost for a 2" X 3" ad,  
with photo and 15  
words or less is \$19.

OUR HONOR  
TO SERVE YOU

**Grafenwoehr**  
**EXCHANGE™**  
shopmyexchange.com

EVERYDAY BENEFIT YOU GET

**10% OFF**

ON YOUR RESTAURANT PURCHASE  
WITH YOUR MILITARY STAR® CARD

EARN DOUBLE REWARD POINTS WHEN  
YOU USE YOUR MILITARY STAR® CARD



**Grafenwoehr**  
**EXCHANGE™**  
shopmyexchange.com

TOWER BARRACKS MAIN STORE  
Monday-Saturday: 0900 to 2000  
Sunday: 1000 to 1800

**myexchangefood.com**

**APPLY NOW**  
Save 10%  
on your first days  
purchases and start  
receiving points today!

Available at Army and Air Force Exchange Service  
and other participating facilities. Rewards exclude  
Military Clothing Line of Credit.



**BAVARIA**

Join our facebook page

**www.facebook.com/GrafenwoehrExchange**