

FREE
APR 2024

STARS  STRIPES.

WHAT'S UP

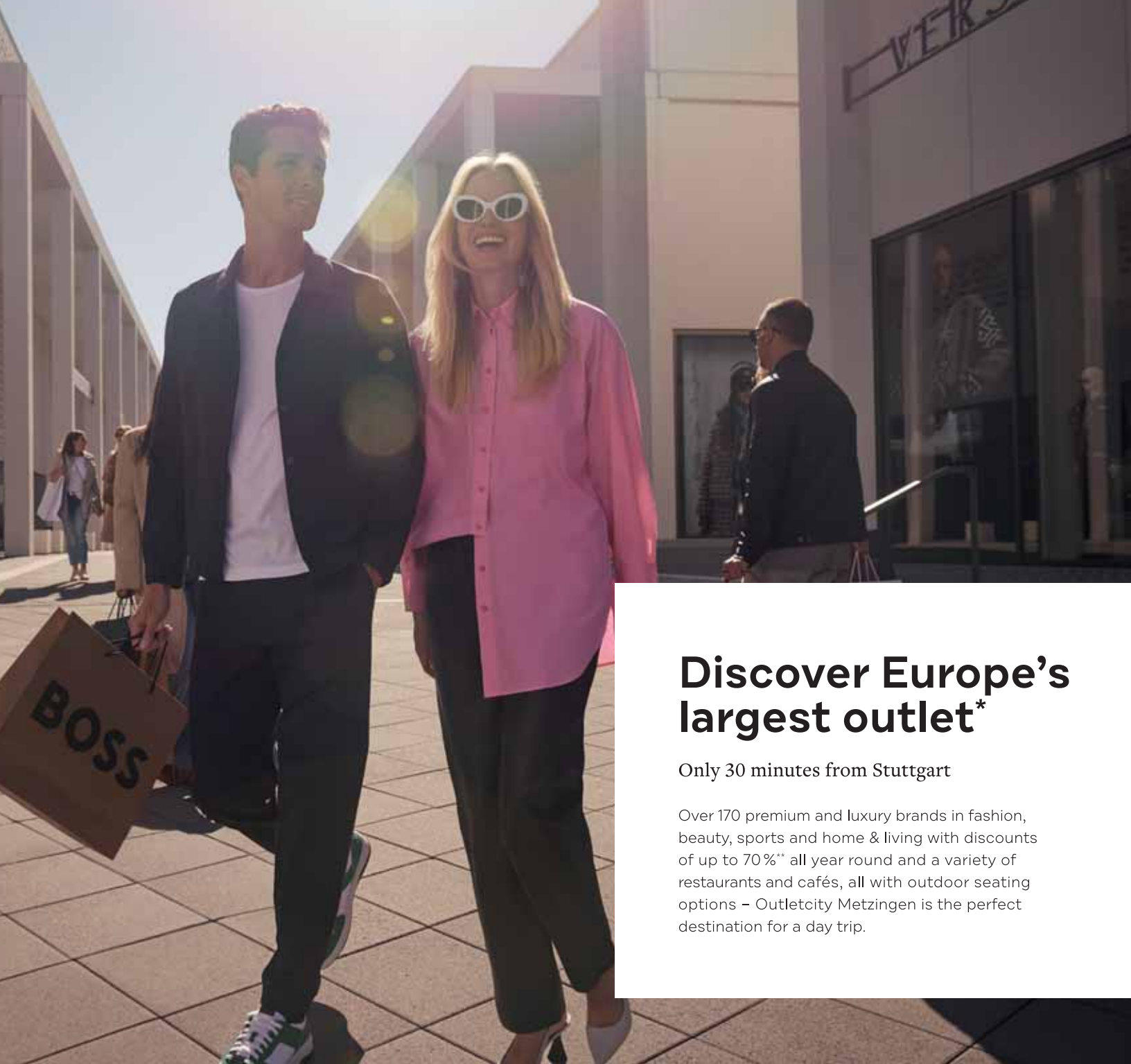
KAISERSLAUTERN

CAMPING
ADVENTURES
IN SCOTLAND

Eat. Stay. Love

Spotlight on
Bollenstreek

Dinner
in the Sky



Discover Europe's largest outlet*

Only 30 minutes from Stuttgart

Over 170 premium and luxury brands in fashion, beauty, sports and home & living with discounts of up to 70%** all year round and a variety of restaurants and cafés, all with outdoor seating options – Outletcity Metzingen is the perfect destination for a day trip.

OUTLET/CITY
METZINGEN

ADIDAS / BOSS / CALVIN KLEIN / COACH / CROCS / DOUGLAS / GANT / JIMMY CHOO / LE CREUSET / LEVI'S / LULULEMON / MICHAEL KORS / NIKE / OAKLEY
PANDORA / POLO RALPH LAUREN / SWAROVSKI / THE NORTH FACE / TOMMY HILFGER / TORY BURCH / UNDER ARMOUR / WMF / WOOLRICH and many more

*By sales area or size - Market report "Outlet Centres in Europe", p. 27 (December 2023) produced by ecostra GmbH, www.ecostr.com/wp-content/uploads/2023/12/outlet-centres-europe_2023-12.pdf **In comparison to the Manufacturer's Recommended Retail Price, where applicable.

STARS AND STRIPES.
WHAT'S UP

A Stars and Stripes Community Publication

Europe Office

COMMANDER

Katie R. Fidler, LTC, U.S. Army

BUSINESS OPERATIONS MANAGER

John Rodriguez

PUBLISHING & MEDIA DESIGN, MANAGER

Carrie Farrell

WRITER-EDITORS

Tamala Malerk, Kat Nickola, Katie Wells

GRAPHIC ARTISTS

Amanda DeHart, Ryyan Joye

ENGAGEMENT MANAGER

Leah Geier

MARKETING COORDINATOR

Kristen Thoennes

MARKETING ASSISTANT

Al Green

MULTIMEDIA ADVERTISING, MANAGER

Doug Dougherty

MULTIMEDIA ADVERTISING, CONSULTANTS

Sean Adams, Heidi Bayfield, Kandace Blevin,

Nate Jamison, Capri Roe, Jeff Teeselink

ADMINISTRATIVE ASSISTANT

Danny Padro

ADVERTISING OFFICE

Unit 29480, APO, AE 09211

Postfach 1980, 67607

Kaiserslautern, Germany

+49 (0) 152-5672-5020

COVER DESIGN BY

Amanda DeHart

Washington Office

PUBLISHER

Max D. Lederer, Jr.

CHIEF OPERATIONS OFFICER

Laura Law

REVENUE DIRECTOR

Scott Foley

ENGAGEMENT DIRECTOR

Chris Verigan

PUBLISHING & MEDIA DESIGN, DIRECTOR

Marie Woods

— TO ADVERTISE CONTACT: —



KANDACE BLEVIN

KAISERSLAUTERN

MULTIMEDIA CONSULTANT

blevin.kandace@stripes.com

TEL: 0172-666-8134

CONTACT US:

Telephone: +49 (0) 0631-3615-9111

or DSN: 314-583-9111

Email: memberservices@stripes.com

WWW.STRIPEUROPE.COM



@STARSANDSTRIPEUROPE

STARS AND STRIPES.

EUROPE

ADVENTURE

EXPLORE

DISCOVER

©RHS/GEORGI MABEE

SPRING/SUMMER EDITION

AVAILABLE NOW

Get your free copy at your installation's
Commissary, Exchange and Express

By Tamala Malerk



GERMANY

- Spring Festival | Nuremberg | March 30–April 14
- Art and Garden | Böblingen | April 13–14
- Spring Festival | Munich | April 19–May 5
- Medieval Market | Freisen | April 27–May 1
- BUGA24 | Mannheim | April–Oct. TBD
- Medieval Market in the Gartenschau | Kaiserslautern
May 4–5
- B2Run | Kaiserslautern | May 6
- The Green Sauce Festival | Frankfurt | May 11–18
- Handel Festival | Halle | May 24–June 9
- Carnival of Cultures | Berlin | May 17–20
- Classic Open Air—Europe’s Greenest Concert Hall |
Nuremberg | July–Aug. TBD
- Potsdam Palace Night 2024** | Potsdam
Aug. 9–10

Sansoucci Park comes alive with live music, guided tours, readings, variety shows, dance, theater and more. When the sun sets, marvel as the palace glows with illumination and an animated light show. For tickets and information, visit potsdamer-schloessernacht.de.

- Imagination and Medieval Days | Saarbrücken
Aug. 15–18
- Berlin Beer Week | Berlin | Sept. 1–10
- Medieval Festival | Selb | Sept. 6–8
- Tannenwald Camp (Biking and Camping) | Dahn
Sept. 13–15
- Onion Market | Weimar | Oct. 11–13
- SantaCON Munich | Munich | Dec. 7

AUSTRIA

- Südsteiermark-Classic** | Gamlitz | April 25–27
- Considered one of the top three “most important” events in Austria, this classic vehicle race has more than 200 teams competing for 160 coveted starting spots. Cheer on your favorite car as it passes you on the route. Enjoy great food and wine while you watch.
- Summer Night Concert | Vienna | June 7
 - UCI Mountain Bike World Series | Salzburgerland
June 7–9
 - Silvretta Classic Rallye | Montafon | July 4–7
 - KAT100 by UTMB | Kitzbühel Alps | Aug. 1–3
 - Ischgl Ironbike | Ischgl | Aug. 2–3
 - Imperial Days | Bad Ischl | Aug. 9–18
 - Race Around Austria | 560-Kilometers around Austria
Aug. 11–18
 - Vienna Classic Days | Vienna | Aug. 24–26
 - E-Bike World Cup for Anyone | Ischgl | Sept. 6–7
 - Red Bull Dolomitenmann | Lienz | Sept. 9
 - KLANGWOLKEN 2024 (Clouds of Sounds) | Linz | Sept. 9
- ## LUXEMBOURG
- Éimaischen Festival | Luxembourg City | April 1
 - Wäimoart (Wine Market) | Grevenmacher | April 5
 - ING Night Marathon | Luxembourg City | May 11
 - Wine Taste Enjoy | Moselle River | May 19
 - Hopping Procession | Echternach | May 21
 - Useldeng in the Middle Ages | Useldeng | June 15–16
 - Summer in the City | Events in Luxembourg City
All summer

- Wiltz Festival | An der Schwemm | June–July
 - National Day in Luxembourg | Events around
Luxembourg | June 22
- ## ESTONIA
- Grand Race around Lake Viljandi | Viljandi | May 1
 - Tartu Forest Marathon | Elva | May 10–12
 - Gardening and Flowering Days | Jäneda | May 25–26
 - Kevad Battles Sports Festival | Pärnu | May 25–26
 - Cross-Country Bike Marathon at Alutagus | June 1
 - Saaremaa Peony Festival | Saaremaa | June 8–30
 - Midsummer Eve at the Estonian Open Air Museum |
Tallinn | June 23

- Lighthouse Concert | Ida-Viru County | July 27
- Seto Kingdom Day | Seto | Aug. 3
- Supeluse Fair | Pärnu | Aug. 3
- Ironman Tallinn | Tallin | Aug. 25

ITALY

- Artichoke Festival | Chiusure | April 21–25
- The Floral Displays of Spello | Spello | June 1–2
- The Palio (horse race) | Siena | July 2 and Aug. 16

LIECHTENSTEIN

- Farmers Market on the Village Square | Eschen-Nendeln
Saturdays: April 27–Sept. 7
- Midsummer Unplugged | Schaan | June 20
- Summer in the Yard: Luigi Panettonne—
Elvis Aloha from Hawaii | Vaduz | June 27
- Children and Youth Camp | Ruggell | July 21–27
- Children’s and Youth Camp for Advanced Learners
Ruggell | Aug. 4–10
- State Holiday: Folk Festival | Vaduz | Aug. 15 ■



P2 CONCERT GROUP PRESENTS

**MAY
12TH**

SHOWTIME: 8PM

**R&B
REWIND**

HOSTED BY DJ CHILLY-E

**LIVE MUSIC
FESTIVAL
2024**



HITS: SHOW ME LOVE

ROBIN S

KARYN WHITE • RUFF ENDZ

HITS: SUPERWOMAN & THE WAY YOU LOVE ME

O'BRYAN

HITS: NO MORE, SOMEONE TO LOVE & MORE

HITS: YOU AND I & LADY I LOVE YOU

DEMARCIA & LUV JONES

SUPPORT ACT

MUSIC BY DJ SUPERJAM

SPECIALS

**LIVE BAND
VIP TICKETS
VALET PARKING
MEET & GREET 6:30 PM**

@p2concertgroup

GET YOUR TICKETS



PYRAMIDE MAINZ

NIKOLAUS-KOPERNIKUS-STRASSE 17, 55129 MAINZ



WWW.P2CONCERTGROUP.DE

Spotlight On



The Bollenstreek

By Kat Nickola



Visiting the Bollenstreek, the flower bulb region of The Netherlands, is a springtime ritual that must be experienced at least once. This geographical area stretches from Leiden to Haarlem and encompasses the heart of the historical province of Holland. There are hundreds of tulip fields in the area, the most well-known being those owned by the Keukenhof Gardens. However, there is a lot more on offer in the Bollenstreek beyond the tourist attractions.

For a perfect Dutch-style spring outing, try biking. Cycle routes abound in The Netherlands and the paved trails are well marked. It is easy to simply hop on your bike with a string of villages in mind and follow the signs to create a route between them. For an outdoor adventure involving tulip fields, windmills, and a pop out to the beach, try an all-day 30 km loop between the towns of Voorhout, Lisse (where you will pass Keukenhof), Noordwijkerhout and Noordwijk. Bike rentals are available from the nationwide OV-fiets bike system at the Voorhout train station. See www.ns.nl/en/ov-fiets for details. ■



**LANDSTUHL
AMERICAN
DENTISTRY**

Dental MVZ Doryumu & Kollegen GmbH

Family & Cosmetic Dentistry

American Dentists, Hygienists, Staff

Orthodontic Services Offered
Emergency Services Available



NOW ACCEPTING NEW PATIENTS

Landstuhl American Dentistry

Kaiserstraße 36

66849 Landstuhl

Phone: 06371-5608075

www.american-dentistry.de

Landstuhl American Orthodontic

Konrad Adenauer Strasse 4

66849 Landstuhl

Phone: 06371-9469235

info@american-ortho.de

Dr. Bernard Doryumu

Sonnenstraße 41e

66849 Landstuhl

Phone: 06371-18169

www.doryumu.de





Eat • Stay • Love

By Tamala Malerk

Bernkastel-Kues



EAT

The Alter Klosterhof has been feeding people since 1456. Here, you can feast on regional favorites such as onion cake and tarte flambée. For a special date night, we recommend the Rotisserie Royale restaurant. They offer a rotating multi-course seasonal menu served with wine. If the set menu does not whet your appetite, they also offer meals à la carte with vegetarian and omnivore choices including mushroom tarts, fried salmon, beef, lamb and duck. End your evening with an affogato, indulgent Grand Manier Orange parfait with pear in red wine or the Rotisserie surprise. For a more adventurous meal, make your way to the Schützenhaus, the “Balcony of Bernkastel.” Here, you can sip wine and enjoy fine meals inspired by the Dutch-German ancestry of the owners 65 meters above the old town with a 365-degree panoramic viewpoint of Bernkastel-Kues. .

STAY

For the ultimate relaxing stay, go to the Lifestyle Resort Zum Kurfürsten. They offer one to seven-night options so you can stay within your time limits and budget. You can also relax at the spa without staying overnight. They have four pools, 10 saunas, a women’s only spa and a private spa. They offer traditional Chinese medicinal treatments, fitness equipment and outdoor sports. When you get hungry, there are multiple bistro and bar options to fuel you.

For a smaller, quaint hotel experience, check out Christiana’s Wine and Art Motel. As an homage to the Moselle wine region, each of the 17 rooms is dedicated to a regional winemaker. It is located in the Bernkastel-Kues town center, so it is a great starting point no matter how you are spending your time. For those visiting Bernkastel-Kues for outdoor adventures, bernkastel.de offers hiking and biking holiday travel packages that include transportation, overnight stays and guided tours.

LOVE

Bernkastel-Kues is known for its hiking and biking scene. With its prime location, there are fantastic views of Landshut Castle, the Mosel river and the vineyards. In fact, you can hike nine kilometers from Mount Olympus (not the one where Zeus lived) to Landshut Castle. For a bit of a challenge, climb up the ruins of the castle which dates back to the fourth or fifth century CE. The ruins can also be reached by shuttle or car if you aren’t up for the hike. If you need more inspiration, bernkastel.de offers a list of their five most beautiful walks that range from 4.3 to 7.4 kilometers and are moderate to difficult.

Bernkastel-Kues also offers 690 kilometers of cycling paths and is very bike-friendly. There is a cycle-repair shop, places to rent bikes and e-bikes, and plenty of e-bike charging stations.

If hiking and biking aren’t your thing, there are still plenty of ways to enjoy the outdoors in Bernkastel-Kues. Meander around the town center and enjoy the shops and restaurants housed in the unique and beautiful architecture. If you visit during the first weekend of September, check out their annual five-day Middle Moselle Wine Festival. From Thursday to Monday, meet the wine queen, shop the craft market, eat sweets, check out the fairground and, of course, drink some wine. ■



USAG RHEINLAND-PFALZ



MWR Special Events Center

Rhine Ordnance Barracks, Bldg. 237

APRIL 6 • 10 a.m.

Registration starts: 9 a.m.

This distance can be walked or run. Dogs, strollers & families are welcome.

1st finishers in male, female & stroller category will receive a medal.

For more information: 493-4156 or 0631-3406-4156.

KAISERLAUTERN.ARMYMWR.COM



/RheinlandPfalzFMWR



U.S. ARMY



/rheinlandpfalzmwr

For the wilder side of Europe, one of my favorite places is The Highlands and Islands of Scotland. Not only are there dramatic lochs, coastlines, peaks and glens but those magical spaces are available to anyone with the tenacity to venture into them.

Yes, you can wild camp in your tent out in the woods, on a beach or by a loch. You may also kayak along any body of water, or mountain bike on any trail. Scotland is one of the least prohibitive, most outdoor-friendly countries I've ever been to.

The Scottish Outdoor Access Code establishes the legal right for people like you and I to enjoy the wildlands without being bogged down with permits and complex rules. Most importantly, it also outlines what our responsibilities are as outdoorsy people. If you are familiar with the leave-no-trace policy in the U.S., then you understand the basics. You must bring all you need into the wilderness and leave nothing when you pack up and go. In Scotland, where farm property is also accessible, you are also expected to be respectful of animals, croplands and privacy.

CAMPING ADVENTURES

IN SCOTLAND

By Kat Nickola

BEST DAY HIKE

Rivaling its popular and crowded neighbor to the south (Glen Coe) for beauty points, Glen Nevis is my choice for the best day hike in The Highlands. My family lucked into a sunny warm day for this 2.25-mile route tucked into the far end of the glen. We drove up the Glen Nevis road as far as it would take us and parked in the small dirt lot. From there, the trail leads east as the valley gets narrower and narrower until it forms a gorge, takes a 90-degree turn south and opens onto the upper glen. But we diverged.

After a picnic lunch by the river, not far from the car park, we crossed the Water of Nevis and followed the less-traveled route up and over the adjacent hill. This route was steep and rocky and a bit tough to navigate at points, but when we emerged above the glen we had open views of Ben Nevis, the highest peak in Britain, and Glen Nevis's Steall Falls, the second-highest waterfall in the U.K. We lay in the grass on the hilltop for a long while soaking up the warm sun and marveling at the tranquility of the green valley below and the rocky hills above.

Eventually, our teenagers wanted to keep moving. They practically ran the downhill stretch to the river where they promptly got soaked and happily went barefoot the rest of the day. We explored an old rope bridge across the river and stopped to skip stones for a while. On the hike out, we used the primary trail as it hugged the steep sides of the glen. The trail is wide, but there was a precarious drop-off along the edge, and the heavily churning waters were loud as they carved their way along the gorge below. Barefoot and pleasantly tired, my son reached the car first after running the rest of the way.

RUNNER-UP:

Coire Gabhail, the lost (or hidden) valley of Glen Coe. This four-mile out-and-back trail is another beautiful hike with a bit of a scramble into a historic and bucolic glen. Keep in mind that this trail can get very crowded.

Understand your rights and responsibilities
at www.outdooraccess-scotland.scot



Transforming Lives One Student at a Time

125+ programs & specializations designed to help you achieve whatever you dream of next

- On-site, online, and virtual courses available
- Financial assistance and scholarships
- No-cost digital materials (select courses)
- Lifetime career services and alumni benefits



VISIT US ON BASE

Bldg. 2915, Rm. 406 or
in our virtual office



UNIVERSITY OF MARYLAND
GLOBAL CAMPUS | EUROPE

europe.umgc.edu



University of Maryland Global Campus Europe
2024 COMMENCEMENT
RAMSTEIN, GERMANY



SATURDAY, 27 APRIL 2024



BEST WILD CAMPING

It is impossible to determine the best place to wild camp in Scotland. The choices are just too many. However, for a family outing with my teens, we tackled an overnight backpacking trip to Camasunary Bay on the Isle of Skye. This magical place has a beautiful natural sandy beach at the end of an open grassy glen. The rocky mountain peaks and ridges of Blabheinn and Sgurr na Stri bound the glen at the southern edge of The Cuillin, Skye's impressive mountain range.

The trail begins in the hamlet of Kilmorie and is three miles in each direction. It is a moderately difficult trail with 644 feet of elevation gain and loss as it wanders up and over Am Mam pass.

Once we adjusted to the steepness and stopped stumbling over rocks, my family appreciated the incredible views from the trail. We first wandered through croft land full of grazing sheep with the dramatic scree slopes of The Cuillin in the distance. Complaints ceased after we heaved ourselves over the pass and had our first look

at Camasunary Bay below us. The bright blue water, green slopes and rocky peaks wouldn't have been out of place in Hawaii.

We set up our tent on the meadow above the beach and got down to the serious business of relaxation. My teenagers messed around in the water where the shallow tidal flat made for a warmish wade. We buried my son in the sand. We sat around and read to the sleepy sound of the waves and the wind. We napped in the tent. We watched deer wander by. Eventually, the sun set, and we slept like rocks.

RUNNER-UP:

Strath na Sealga glen. For a longer backpacking trip, this glen has it all when it comes to scenery. It is roughly eight miles into the edge of the loch, which is surrounded by rocky peaks. The Shenevall bothy (camper cabin) can get full, so I recommend bringing a tent.

BEST RESOURCES

MAPS AND GUIDES

I found the Walkhighlands website, www.walkhighlands.co.uk, to be the best resource for good hikes in the area. It has detailed descriptions and various map formats to suit your navigation preferences. There is even a free app with downloadable Ordnance Survey (OS) trail maps.

ACCOMMODATIONS

A bothy is a basic camper cabin – typically an old croft home or repurposed barn - available for hikers to communally use overnight for simple sleeping and shelter. Visit the Mountain Bothies Association website at www.mountainbothies.org.uk, to find bothies throughout Scotland.

AIRPORTS & TRAINS

Both Glasgow and Inverness airports are accessible. From Germany, a flight to Inverness will usually require a layover. However, it is a good option if you'd like to drive along the Great Glen to see Loch Ness or explore the history at Culloden. Glasgow has convenient direct flights from Frankfurt and is a great choice if you want to drive through the scenery of Loch Lomond and Glen Coe.

8 DAYS 7 NIGHTS SUNNY SPLIT-DUBROVNIK

SAILING DATES

OCTOBER 5- 12 2024 (SPLIT - DUBROVNIK)
OCTOBER 12- 19 2024 (DUBROVNIK - SPLIT)
OCTOBER 19- 26 2024 (SPLIT - DUBROVNIK)
OCTOBER 26 - NOVEMBER 2 2024 (DUBROVNIK - SPLIT)

- US MILITARY VET OWNED
- FLEXIBLE, SERVICE-ORIENTED CAPTAIN
- ONLY 14 CABINS = PERSONALIZED SERVICE
- BREAKFAST, LUNCH AND DINNER INCLUDED
- OPTIONAL ALCOHOL PACKAGES AVAILABLE

CRUISES ELIGIBLE TO US MILITARY AND SPOUSES, CIVILIAN, RETIREES ONLY

[USMILITARYCRUISES.COM](https://usmilitarycruises.com)



USAG RHEINLAND-PFALZ

18 HOLE
GOLF
TOURNAMENT

APRIL 20
10 AM - 3 PM

JOIN US TO CELEBRATE THE START OF THE
2024 GOLF SEASON!

MAKE YOUR OWN TEAM FOR THIS 18 HOLE,
FOUR PERSON, SCRAMBLE FORMAT EVENT.
SHOTGUN START AT 10 AM.

**ROLLING HILLS
GOLF COURSE**

BLDG. 8888
WETZEL KASERNE

531-3409/08

0611-143-531-3409/08



U.S. ARMY



BAUMHOLDER.ARMYMWR.COM







RAMSTEIN DENTAL CARE



American Doctors & Staff

RAMSTEIN DENTAL CARE

-  06371 406230
-  Poststrasse 1, 66877 Ramstein
-  RamsteinDental.com
-  RamsteinDental@gmail.com



We Offer

-  Family Dentistry
-  Implant Surgery
-  Veneers
-  Crowns / Bridges
-  Root Canals
-  Oral Surgery
-  Wisdom Tooth Removal
-  BlancOne Whitening
-  Sports & Night Guards



TRICARE PREFERRED PROVIDER



What happens when a company that specializes in amusement park installation and an agency that prides itself in quality gourmet food combine their talents? An experience that "Forbes" has referred to as "one of the world's ten most unusual restaurants." It is the high-end and exclusive event of the year in Brussels, Belgium:

DINNER

in the Sky

By Tamala Malerk | Photos by dinnerinthesky.com



BEAUTY & HEALTH



Online Booking

www.studio1-Kaiserslautern.de

 Richard-Wagner-Str. 42-44

 67655 Kaiserslautern



- Manicure 
- Pedicure 
- Permanent Make-up 
- Facials 
- Waxing 

BEAUTY & HEALTH



OCCUPATIONAL THERAPY

SPEECH THERAPY

Therapy in German, English and Spanish

 Appointments within 24h • Therapy for both kids and adults

 All American Insurances Accepted • Preferred Tricare provider

 Therapydog • Good parking • Free Screenings

Jina Schmitt • Andreas Kruft • Jeannette Kruft

 06371/734 9757 • Kaiserstraße 169, 66849 Landstuhl • Schloßstraße 7, 54516 Wittlich

Native English Speaking Therapists

FINANCE



TOP GUN TAX SOLUTIONS

Terry Dickerson is an IRS registered tax preparer with more than 16 years of experience in the Kaiserslautern Military Community.

SERVICES

- ✦ US Tax Preparation (Federal and State)
- ✦ Consultations
- ✦ Tax Solutions
- ✦ Streamline Filing Procedures
- ✦ Prior Years Preparation
- ✦ E-file Provider
- ✦ FBAR Compliance
- ✦ Preparation for Transfer Certificates
- ✦ IRS Letter Preparation

Merkur Strasse 44 | **tel: 0631-53445900** | **cell: 0151-5837-5127**
67663 Kaiserslautern | **fax: 0631-35027295** | **taxpro.dickersont@gmail.com**

ENTERTAINMENT

RAMSTEIN INDOOR & OUTDOOR POOL


 Where the summer never ends...



www.freizeitbad-azur.de

 KAYSERSLAUTERN WINNER

SHIP/MAIL



Trans Global

 LOGISTICS EUROPE GMBH

- 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!



LAW OFFICES



U.S. Immigration Law

Florida Bar Attorney

 Over 23 years Experience

 "Wir Sprechen Deutsch"

Worldwide legal representation for U.S. Immigration

www.karynbeginlaw.com



 Law Offices of Karyn J. Begin, P.A.

karynbeginlaw@gmail.com

GERMANY Phone: +49 (0) 6134-58444-0 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



A crane is used to hoist you, the other dinner guests and staff members 150 feet into the air while you enjoy a fantastic meal. The 360-degree seating and kitchen area allows the guests to interact with the chef of the day. From May 30 to June 23, Brussels will welcome 25 of Belgium's best chefs to provide you with your choice of lunch, dinner or tapas.

Lunch and dinner packages will run you 325 euros per person and include a champagne reception, a four-course meal, food and wine pairing, beverages, and a coffee and digestif in the VIP Lounge when you are back on the ground. You will spend 90 minutes in the air enjoying the meal.

If you still want to enjoy the experience, but don't want to spend that much money, there is a Tapas and Cocktails option for 175 euros per person. This option includes 60 minutes of airtime, three cocktails, three dégustations (tastings of small portions) and coffee in the VIP Lounge.

If you are celebrating a special event, you can make your experience even more special with champagne or a birthday cake in the sky. Just make sure to add it when you book your tickets.

If you cannot make it to Brussels this summer, you can also experience Dinner in the Sky in Limburg this September. ■



MEDICAL

I'm a psychotherapist specializing in trauma therapy, and I am here to help.

Call or email me today!

Hanna Flockhart MA (UK),
Tricare Provider
Tel: 0162 170-9373
hanna.flockhart@gmx.de



RESTAURANTS



Fresh and delicious every day!
Traditional, handmade baked goods!

REICHENBACH-STEEGEN • MACKENBACH
WEILERBACH • KAISERSLAUTERN
ERFENBACH • SCHOPP • HAUPTSTUHL

Information and Hours of Operation: www.landbaeckerei-dusch.de

TATTOO SERVICE

TATTOO & PIERCING STUDIO

Dave's Tattoo

Est. 1998

Open: Mon - Fri 11am - 7pm
Sat 10am - 6pm
(Walk-ins avail. Fri/Sat)
Königstr. 13 • 67655 Kaiserslautern
Call 0631 134 51



[f /davestattooGermany](https://www.facebook.com/davestattooGermany)

AUTOMOTIVE



Ecker

HONDA & ACURA

- Accident Repairs
- Body Work
- Maintenance
- Warranty - Work
- Damage Estimates
- Tax Free

www.honda-ecker.de

hauptstuhl@honda-ecker.de

Mon-Fri 0800 - 1700 • Sat 0900-1300

06372-4607 • Kaiserstr. 79, 66851 Hauptstuhl

COLLECTIBLES

20% off
Carrera Go Cars!

Many LGB items in stock



Königstrasse 20-22
67655 Kaiserslautern

DIBA Model Trains, Autos & Accessories

www.diba-modellbahnen.de • 0631/61880

ANIMAL SERVICES

ANIMOVA Pet Health Center
Delorme - Goldberg

Daimlerstr. 7
66849 Landstuhl

animova.de
06371-914314

Mo-Fr: 8am-7pm
Sa: 9am-5pm



MEDICAL



INTEGRATIVE
OSTEOPATHIE

Are you struggling with back or neck pain? We are here to help!

Germany's highest rated
Osteopaths and Chiropractors

Now in the Kaiserslautern Area | Visit our website:

WWW.OSTEOPATHIE-LANDSTUHL.DE

SERVICES

- Spinal Adjustments
- Dry Needling
- Myofascial Treatment
- Cranial-Sacral Therapy
- Babies up to Adults



Book Online!



Ask your PCM for Schrimpf, Niklas – Osteopathie



INTEGRATIVE OSTEOPATHIE LANDSTUHL

Von-Richthofen-Straße 6, 66849 Landstuhl

06371 920 48 33



Join Us For An
After Decades Party

12 April @ the Officers' Club • 1900



Come dressed in your favorite decade from the 60's thru today.

Enjoy music from each decade with DJ Nola!
as well as decades specific food and drink specials!

Games with over \$5,000 in prizes

Decade Arcades and Pinball Machines, Do You Know Your Decades? Claw Machine, Spin the Wheel, Planko, & Many More!
WIN - Trip for 2 to MLB London Series • Juke Box • Pac Man Arcade Machine • PSS • iPad • Gift Cards • ODR Trip & More!



FOR QUESTIONS, CONTACT 86 FSS MARKETING AT 06371-47-9983.



Ready, Set,



LISTEN NOW



afngo.net

YOUR LOCAL MERCHANTS

SHIP/MAIL

COLLECTIBLES



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

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

Fragil

papersalt®

BOOKS - STATIONERY - GIFTS

Made in the USA | Best Supplier Stationary

www.sparkpop.de

sparkpop.mb@gmail.com





EUROPEAN

Holiday Villages

By Kat Nickola

Vacations don't need to be overscheduled sightseeing tours. Sometimes what you really need is simple relaxing downtime with your family and a place with activities and services that facilitate family fun. In Europe, holiday villages fill this niche and then some.

A holiday village is a purpose-built vacation resort that offers accommodations, activities, time out in nature and indoor pursuits to bring families together. Visualize a family-oriented summer camp, but with conveniences that both kids and adults want like lively evening events, restaurants and adrenaline options. This is quality time galore!

Reservations at a holiday village typically include your accommodation, use of facilities and some of the activities. Food at restaurants or on-site grocery stores costs extra, and most visitors self-cater to some extent. The accommodations range from glamping tents to luxury homes and nearly always include a basic kitchen. The most common room on offer is somewhere in the middle: a small equipped cabin.

Four well-established companies have holiday villages throughout Europe, and each has its own vibe.

Centre Parcs | www.centerparcs.eu

The villages at this Dutch-run company have the most upscale options on this list with cottages, fancy treehouses and luxury homes tastefully secluded and surrounded by nature. Centre Parcs guarantees that each park is 90 percent natural. There are numerous included activities like petting farms, adventure trails, playgrounds, sports fields, skate parks, evening entertainment and big indoor water parks called AquaMundo. There are also plenty of other paid activities like spa visits, ropes courses, paddleboarding, horseback

riding, paintball, archery and craft workshops. Each park will have cafés and restaurants plus a small grocery store.

EuroParcs | www.europarcs.com

Another Dutch-run chain of holiday villages called EuroParcs is less expensive than Centre Parcs, but still offers plenty to do. Here, the focus is on outdoor pursuits and proximity to local area attractions. Accommodations range from camp pitches and glamping tents to cabins and tiny houses. They are often purposely located near tourist sites and cities so it's easy to venture out. At the parks, there are sports fields, playgrounds, kids clubs and trails. Many also have pools, natural swimming lakes or wellness centers. In addition, there will be a restaurant and snack bar for meals you don't feel like cooking inside your rental.

Eurocamp | www.eurocamp.co.uk

Canvas Holidays | www.canvasholidays.co.uk

Both of these British companies call their holiday villages campsites, but don't let that deter you. There is no campsite available for a tent or RV. Instead, the word "camp" is used to refer to a fun family outdoors-focused experience; visualize grilling out at a nice state park while the kids play at the playground or your teenagers take a kayak out on the lake. Accommodations are in well-equipped mobile homes. Most of these holiday villages will have a pool, sports facility, small café, grocery store, and evening entertainment. Some take the resort feel up a notch with water parks or beachside locations. ■



GOOD SLEEP. GOOD DAY. GOOD LIFE.

Did you know how risky snoring could be? We simply stop it.

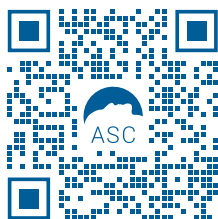


Prof. Dr. H. Schneider is a very well known specialist in sleep disorders such as snoring. Through his decades of research at Johns Hopkins University in Baltimore, he has the very latest knowledge and help to end dangerous snoring. Snoring bears great risks for your health such as developing diabetes, obesity, poor sleep and even heart attack or stroke.

Moreover: Snoring affects your readiness at work, for travel and exploration.

Join his Sleep Clinic in Frankfurt am Main, where he treats patients in a comfortable environment since 2009. Very easy to reach with stop directly in front of the clinic. Extensive examinations and tests are carried out by special measurements with state-of-the-art equipment.

Do not hesitate to contact us today!



American Sleep Clinic
Friedberger Landstraße 406
60389 Frankfurt am Main
+49 69 808 807-777 | Fax -779
info@american-sleep-clinic.com
www.american-sleep-clinic.com

Zentrum für
SCHLAFMEDIZIN
American Sleep Clinic

Our medical services are covered by most U.S. Health insurances with direct billing services.





International School Westpfalz

- English speaking all-day school from kindergarden to year 12
- Internationally recognized and established programs
- Experienced, highly qualified learning facilitators
- Individualized learning in a respectful, stress-free and creative atmosphere
- Before and after school care available 7.00 until 8.30am and 3.45 until 5.00pm

