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Useful GERMAN IDIOMS

By Gretchen Kessler

"My English is under the pig!" you hear your German neighbor say one day when you're outside enjoying a moment of spring sunshine before it unexpectedly begins hailing. "That's April weather," your neighbor remarks. You're in such a rush to get in out of the hail that you nearly fall through the door. To this, your German neighbor smiles, and says, "That reminds me of another idiom..."

Figures of speech are a great way to fit in to your host country's culture a little better. Just as in English, it elevates your fluency, and will be sure to impress the locals. The following phrases are just a handful which you can sprinkle into your daily conversations to add a bit of German authenticity.

"Mein Englisch ist unter aller Sau": "My English is terrible." Literal translation: "My English is all under the pig" ("Sau" being the female pig). Use it in reverse to tell them with a smile that your German is bad — "Mein Deutsch ist unter aller Sau!"

"Bewegung": "Give gas!" It means: run, walk, don't stand still. Get moving! A great phrase to use when you're trying to get your kiddos to enjoy the great outdoors instead of sitting at home all day.

"Daumen drücken": This is an expression for good luck. In English we say, "Keeping my fingers crossed for you!" In German: "I press my thumbs!"

"Mit der Tür ins Haus fallen": "Come straight to the point." Literal translation: "to fall into the house with the door!"

"Daumen hoch": "Thumbs up!" This one is the same as in English. Literally "thumbs high."

"Wie man in den Wald hineinruft, so schallt es wieder raus": "What goes around, comes around." The direct translation is "as you call into the forest, so it sounds out again!"

"April April, der macht was er will": "Oh April, he does whatever he wants!" April weather is almost comically unpredictable in Germany. One April, I observed sunshine, then rain, then hail, then sunshine again—all in the space of an hour. When there's crazy weather in other months, the only thing to do is shrug and say, "It's April weather today!"

Keep a handful of these phrases in your back pocket and impress your colleagues with your deep understanding of German language and culture. Daumen drücken! ■

DAUMEN
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DER MACHT
WAS ER
WILL!



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Embracing GERMANY



Obeying the Rules

By Stacy Roman

It's a beautiful day in the city. You're walking on the sidewalk and approach an intersection with a handful of people waiting for the pedestrian light to turn green. As you look right and left, there's nary a vehicle to be found. No harm, no foul so you cross the street when the signal is still red. Once you've made it across, you find you've become the target of serious side-eye and scorn. Why? Because you broke a cardinal rule. The saying "rules are meant to be broken" doesn't stick in Germany. Obeying the rules — even the unwritten ones — is part of embracing German culture.

WHERE DOES IT COME FROM?

Germany tends to follow the mantra of "Alles in Ordnung," or everything in order. Looking back at German history, it's easy to see why this phrase has been adopted. During the Thirty Years War in the 17th century, chaos and anarchy became the norm. Towns and villages were left in ruins, which created massive unrest and social dissonance. Cities were burned to their foundations. As a result, leaders began implementing policies and laws to help prevent the destruction of nations. Obeying the rules provided a sense of order and stability which was desperately needed at that time.

EMBRACING THE RULES?

Just as we Americans are introduced to rules as children, it's the same in Germany. Rules are introduced and engrained at very young ages — arguably from birth. Our host nation focuses its policies and laws with the interests of what's best for the community. This mindset makes life a little easier for everyone and strikes a more harmonious balance for the country as a whole. During the recent COVID-19 pandemic, Germany was able to ease in and out of restrictions almost seamlessly due to the majority of the population following the guidance set out by leadership.

SOME RULES TO FOLLOW

When living in Germany, there are several rules to follow almost immediately. Jaywalking is a surefire way to receive a stern lecture from your neighbors. Even if Sunday is one of your coveted days off, Sundays are rest days. No car washing or loud outside noises allowed. Did the recycling truck seem to skip your house? You may not have followed the proper guidelines for sorting your goods. Driving leisurely in the left lane on the autobahn is a big no-no. Not only will you get flashed, honked and tailgated if you don't move over, but you can also get fined. Likewise if you choose to pass on the right. Also, make sure you've filled up your gas tank. Running out of fuel on the autobahn is illegal and can cost you a pretty penny or a point on your license.

Embracing the German tradition of following rules is actually pretty simple. Not only is it the right thing to do, but it's an important showing of respect as we are invited guests in this host country. ■

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GERMANY'S HIGHLIGHT

Mosel Wine Valley

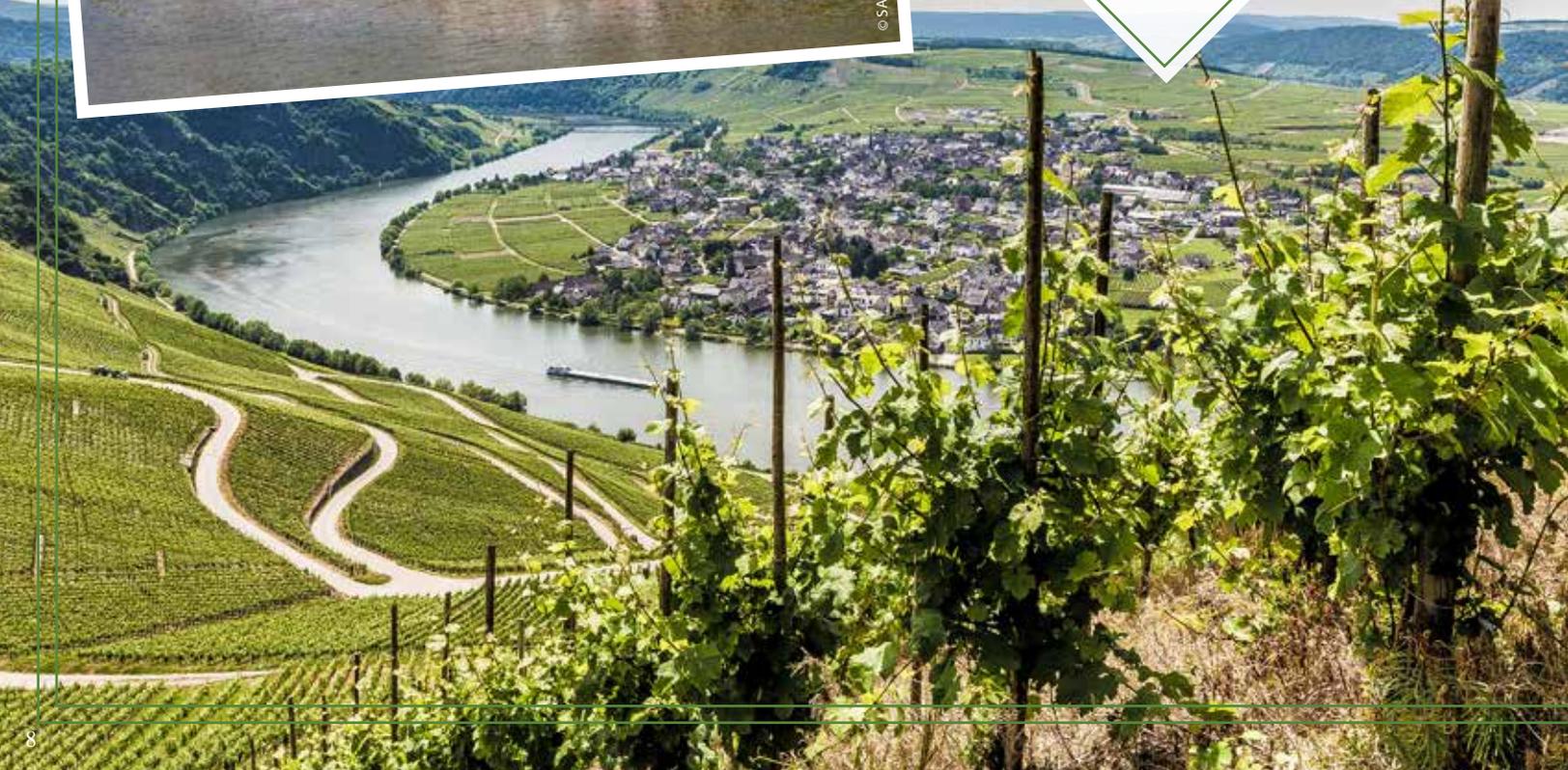
By Amanda Palumbo



With 13 wine regions in a country that geographically could fit into Texas two times over, you don't have to stray far to find a glass of grapes.



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WHILE WE MAY NOT BE ABLE TO STAND AMONGST GOBS OF PEOPLE SURROUNDING TOURIST ATTRACTIONS LIKE THE EIFEL TOWER OR THE COLOSSEUM, WE CAN, HOWEVER, SHARE A GLASS OF FINE RIESLING WITH FAMILY AND FRIENDS.

While many around the world associate Germany with its world-class beer and rightfully so, Deutschland is also home to some of the best wine this side of the pond. With 13 wine regions in a country that geographically could fit into Texas two times over, you don't have to stray far to find a good glass of grapes.

Mosey Over to Mosel

Germany's third-largest wine region runs along the beautiful Mosel River where the Riesling grape grows in natural abundance. Mosel's Rieslings are often light, crisp and flowery. If you've turned your nose up at Rieslings in the past because you associate them with that overly sweet flavor, you're in luck. Most of Germany's Rieslings are on the dry, "Trocken" side. If you're a wine novice, dry doesn't refer to the sensation on your tongue after a sip, but rather the lack of residual sugar.

While 60% of Mosel's wine production is Riesling, red wine lovers should not despair. Mosel's wine valley does produce a Blue Pinot Noir ("Blauer Spätburgunder"). This red gem is dry with a fruity and aromatic finish. It's a great option if you're not a fan of heavy red wines.

Where to Wine

While wine festivals have been postponed until next year and tastings are up in the air, any of Mosel's many wineries are worth a visit, even to just marvel at their beauty afar or support local wineries by picking up a bottle in their shops. There is no wrong answer to the question, "Which one should we go to?"

The City of Vine and Wine, Bernkastel-Kues, is an absolute must-stop in the Mosel wine region. I highly recommend visiting the doctor first, Dr. Loosen. These vineyards have been family-owned for 200 years and have produced world-famous and award-winning Rieslings. The winery itself sits right on the banks of the river with a stunning backdrop of rolling hills filled with hundreds of rows crawling with the best grapes in the region. This winery loves visitors and hosts tastings but you have to book ahead of time.

A 10-minute drive west along the Mosel will take you to Max Ferd. Richter Winery. It's another picture-perfect vineyard on the banks of the river. Founded in 1680, this winery has been in the family for 10 generations spanning 300 years. Turning good grapes into fine wine is a dominant gene passed on through the years. While they are well known for their Rieslings, keep an eye out for their "Eiswein." No, it's not a wine slushie but it's okay if that's where your mind went. This is a sweet dessert wine made from grapes frozen while on the vine. You can enjoy a tasting on-site or order from their online store.

I think we can all agree 2020 has been a very tough year. But it's put a lot of things in perspective. While we may not be able to stand amongst gobs of people surrounding tourist attractions like the Eifel Tower or the Colosseum, we can, however, share a glass of fine Riesling with family and friends, toasting six-feet apart with wine grown in the Pfalz' backyard. ■



ANY OF MOSEL'S MANY WINERIES ARE WORTH A VISIT, EVEN TO JUST MARVEL AT THEIR BEAUTY AFAR OR SUPPORT LOCAL WINERIES BY PICKING UP A BOTTLE IN THEIR SHOPS.

benefits of the All-Italian Caprese Salad

By Emma Bareihis



Living in Europe, it is easy to taste the world. International cuisines are at your fingertips around every corner. Finding a favorite food among the countless meals might be difficult, but falling in love with the Italian Caprese salad is not as hard. With three simple ingredients, the salad hosts a significant serving of vitamins and nutrients beneficial to your daily intake. Whether it is a small portion as a quick snack, or a larger meal, slicing up these three ingredients is sure to satisfy your craving and increase your body's health.

+ Tomato

Rich in antioxidants, the nutrition in tomatoes has a wide range of vitamins that contribute to our health. The main antioxidant agent is highly effective in defending against prostate cancer, stomach cancers, cervical cancer and others. These antioxidants also prevent cardiovascular diseases and are known to lower cholesterol levels. Their density contains a variety of vitamins and minerals such as vitamin C, vitamin A, vitamin K, potassium and iron. One tomato can serve around 40 percent of the daily vitamin C recommendation. Whereas, vitamin A is helpful in improving vision and protecting against lung cancer. In addition, the nutrients in tomatoes aid digestion, lower hypertension and maintain healthy skin, teeth, hair and bones.

+ Basil

To this day, basil is used as an herbal treatment in traditional and folk medicine in places such as India and Southeast Asia. The herb contains essential oils, rich in antioxidants, vitamins and magnesium. Basil serves as a strong anti-inflammatory with enzyme-inhibiting oils. Like the tomato, the antioxidants in basil are helpful in naturally preventing cancer, specifically skin, liver, oral and lung cancer. Overlooked in basil are the essential oils that defend against dangerous bacterial growth including yeast, molds and viruses. Additionally, basil has been found to help your body adapt to increased tensions and regulate the impact of stressors on bodily functions, therefore acting as an anti-stress aid.



+ Mozzarella

The most obvious benefit from dairy is calcium. Calcium found in mozzarella is beneficial to weight loss and protects against breast cancer. In addition, calcium is a player in bone structure and protects tooth enamel. The wide range of vitamins found in mozzarella play a significant role in bone growth, vision and healthy skin. Rich in protein, this cheese boosts energy and is a good source for muscle maintenance.

Chop into a plate and drizzle olive oil on top for even more health benefits. Use these nutritious facts as excuses to eat your new favorite salad all the time.

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FRANCE'S *Fabulous Champagne* REGION

By Genevieve Northup

I took my first trip to Épernay, France with my mom and two girlfriends. Though I do not often visit the same place twice—given my extensive list of European cities to see—Épernay was so lovely and laid-back that I returned with my husband a few weeks later. Indeed, the Champagne region's quaint towns, fabulous food and surplus of bubbly are the ingredients that make for a peaceful getaway again and again.

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Champagne-Ardenne

It has been 2,000 years since the Romans introduced grape vines to the French region known today as Champagne-Ardenne. In the late 1600s, a monk named Dom Pérignon is said to have improved the fermentation process for sparkling wines. By the early 20th century, legislation was passed to ensure that wines earning the distinction of Champagne are formulated with the region's grape varieties and follow strict cultivation and fermentation guidelines.

Épernay's Avenue de Champagne

Grand manufacturing buildings, ornate gates and art nouveau mansions bearing the emblems of famous brands and smaller names dominate the kilometer-long Avenue de Champagne. Tourists wander from one business to the next to toast flutes of brut and compare the flavors of Épernay.

Visit the cellars of a renowned house to discover the history and processes involved in creating champagne, explore the caves where the work is done and taste the rewards of patient labor. Mercier, Moët & Chandon and De Castellane are easily accessible destinations.

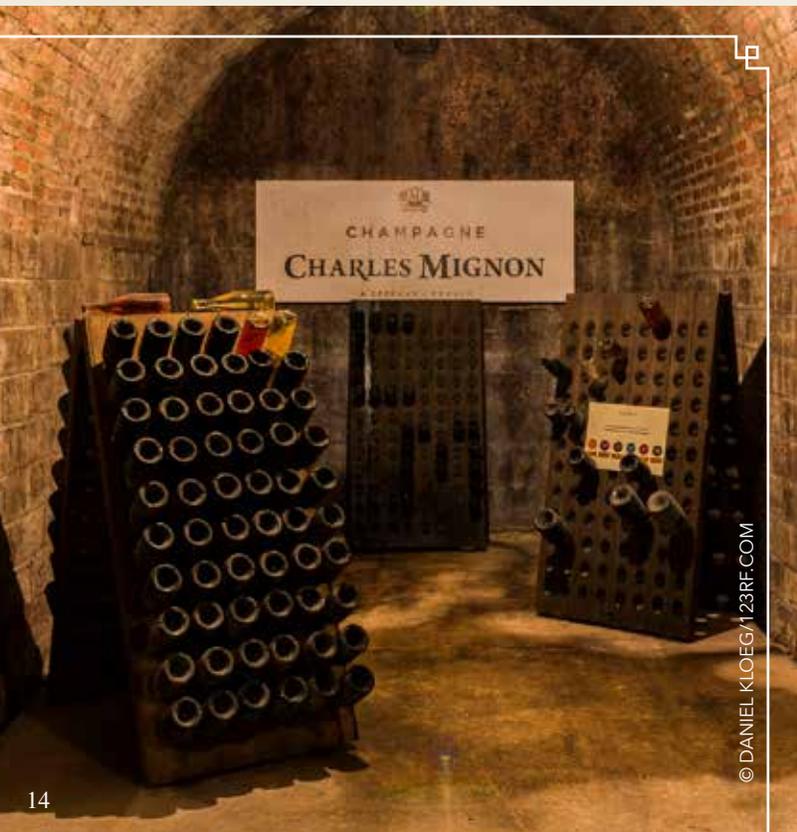
Mercier: Reservations are not necessary because the tour is done in large groups with personal, multilingual audio guides. The excursion was like a theme park ride, as an automated tram navigated the damp cellars 100 feet below ground. Afterward, we had three of Mercier's blends in the bright, ground-level atrium.

“Sample a champagne flight between bites of cured meats and fromage.”

Moët & Chandon: Moët is quite popular, so I recommend booking well in advance. On foot, we discovered several sections of the 17-mile maze, looked at the coveted Dom Pérignon, peered at bottles in various fermentation stages, and asked lots of questions. Then we tried classics and vintages, and I eyed many glitzy gifts and bottles of bubbly in the shop.

De Castellane: The ornate 220-foot tower of Castellane is a great landmark to guide you while in Épernay. We skipped Castellane's cave expedition but viewed the exhibits chronicling champagne's history, trekked to the top of the tower, and compared Castellane's beverages to competitors'.

Épernay's Other Producers: Most of the houses along the Avenue de Champagne are open during the day for tastings at set fees. Beyond the main strip, you may need an appointment.



© DANIEL KLOEG/123RF.COM

Épernay's Gastronomy

Filling meals are needed after all that drinking. These restaurants are my favorites, boasting impressive champagne reserves and classical French fare.

Chez Max: Chez Max attracts locals and out-of-towners in search of exceptional cuisine. Owner Franck Besnard is welcoming and happy to translate if your French vocabulary consists of "Oui" and "Merci." Offerings vary by season but may include sole in brown butter sauce, Châteaubriand, escargot, oysters on the half shell, terrine of foie gras, steak tartare and duck in red wine sauce. On both visits, I devoured the rich, buttery pan-fried foie gras in a champagne and fruit reduction, as well as the seared sea scallops served over champagne cream sauce. Yes, these items were so good that I could not be swayed to try something new the second time around.

La Cave à Champagne: Eat fairly priced French food and order from more than 100 champagnes, including 25 selections from Épernay. Three-course lunches and dinners start at under 20 euros per person with service and tax included. Individual dishes and gourmet set menus are also available. I dined here on both trips because the dishes are delicious, particularly the Escalope of foie gras, the artichoke hearts and escargot with Chardonnay cream, and the steamed lobster on a bed of colorful mixed greens. But according to my taste buds, the clear winner was the gratinated oysters baked in champagne and butter—I ate everything on my plate except the shells. Review the dessert options before you order your first course because the portions are huge, and you may want to save room. I've never had a more generous ramekin of velvety crème brûlée.

C Comme: This bar and shop has more than 350 varieties of champagne in a huge cellar. Sample a champagne flight between bites of cured meats and fromage. Be warned that there are so many choices at C Comme, and the flowing drinks may catch up with you. We chugged water while munching on tapas and made reservations for a full dinner elsewhere.

Beyond Épernay

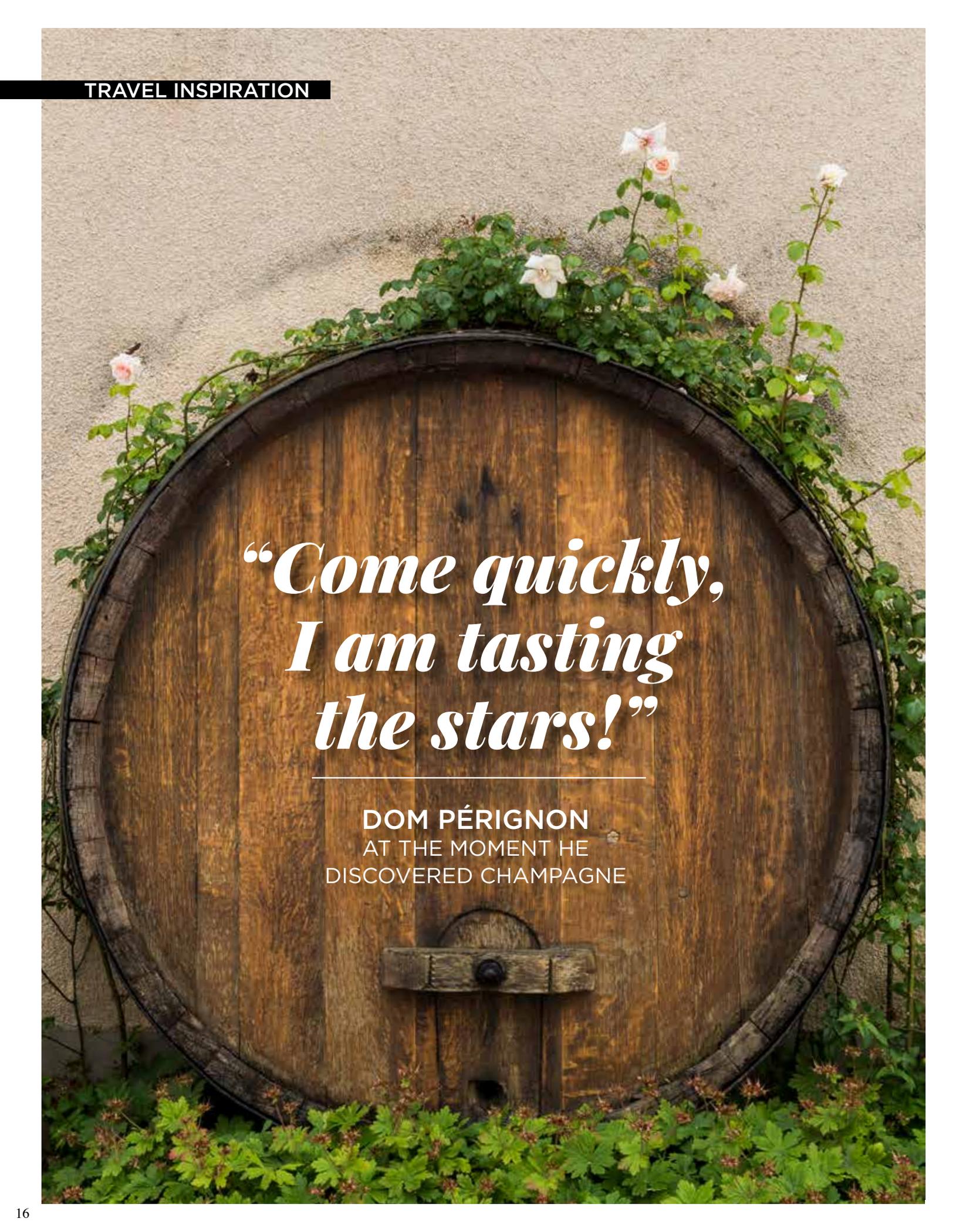
You'll miss much of the region's charm if you don't meander through the villages along the Route Touristique du Champagne. The smaller producers of this area often provide free tastings in their homes or adjacent wineries. Each producer has a unique style, and usually lower prices than those in Épernay.

Follow road signs for the route, or download maps from www.champagne-ardenne-tourism.co.uk or www.champagnediscovery.com. The route is accessible by train and foot, bike or car. Stop by each town's tourism office for brochures of local winemakers and look out for "Dégustation," (tasting) signs. Consider including Hautvillers, the final resting place of Dom Pérignon and Reims in your itinerary.

We did not have a map, brochures or a plan. Instead, we drove around looking for signs and taking photos. We found several houses open on Saturday. Just when we thought our Sunday outing would be a wash, we saw the familiar words, "Pique Nique." I walked into a yard dotted with tables and chairs under large tents and asked in broken French if the winery was hosting an open event. Sure enough, it was a public picnic and wine tasting, and the locals welcomed us for an afternoon of eats, drinks and sunshine.

While in the land of the quintessential celebratory beverage, buy a bottle, a case or two to open for your next fête. ■





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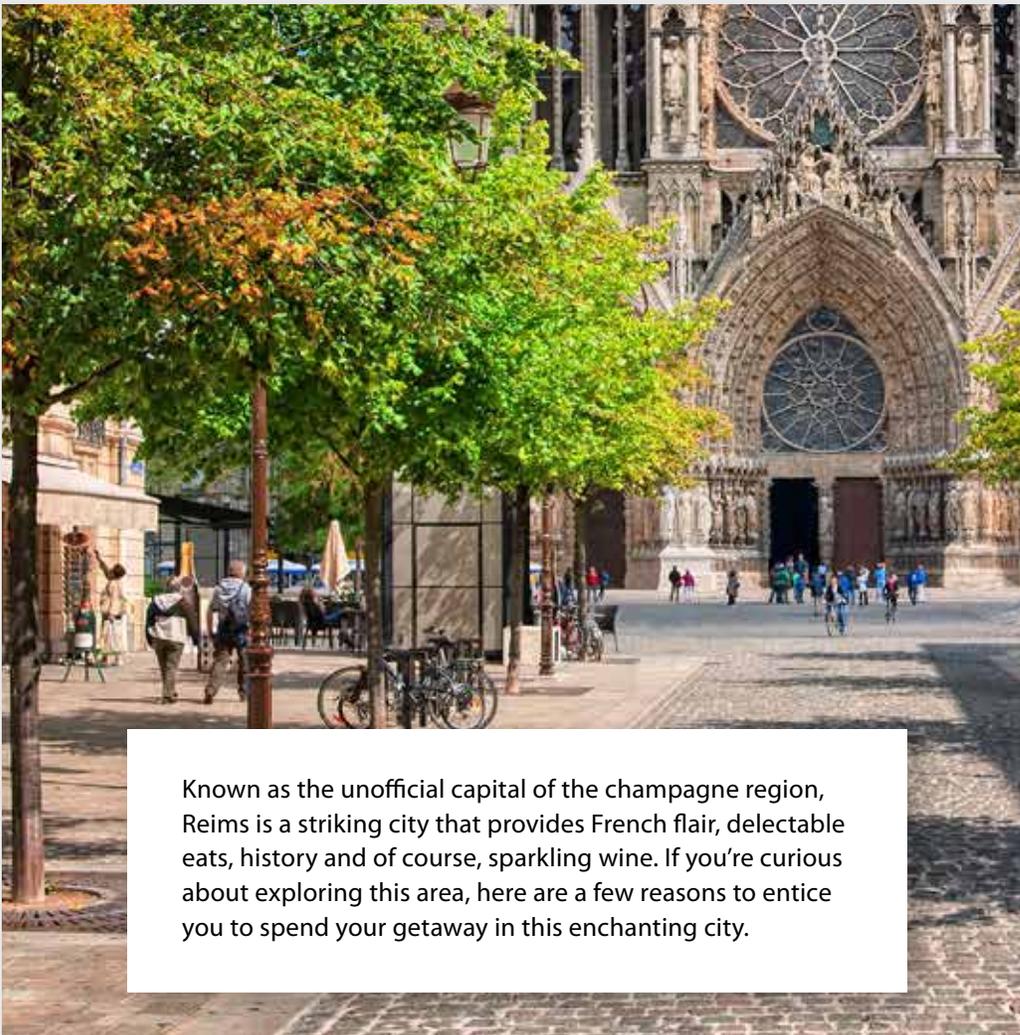
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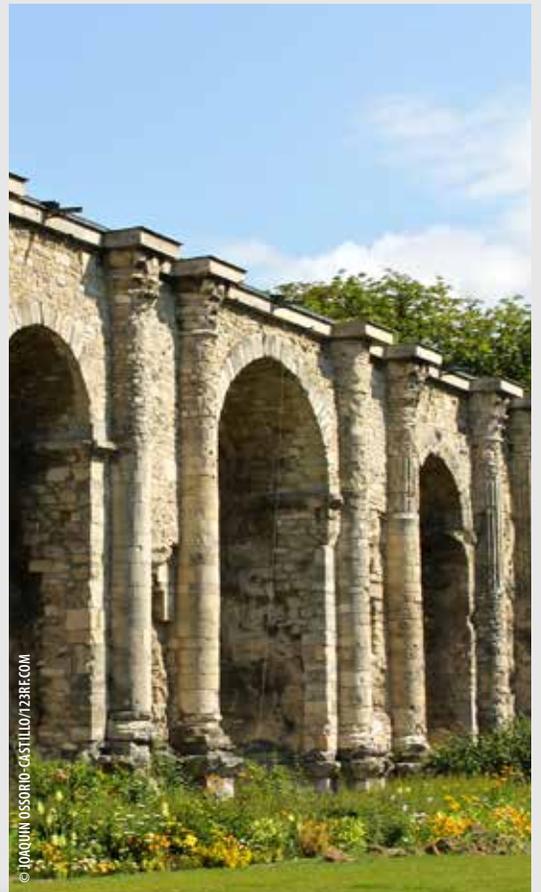


TRAVEL INSPIRATION



Known as the unofficial capital of the champagne region, Reims is a striking city that provides French flair, delectable eats, history and of course, sparkling wine. If you're curious about exploring this area, here are a few reasons to entice you to spend your getaway in this enchanting city.





10 Reasons to Love Reims

By Mary Del Rosario

1. There's a plethora of champagne houses to tour, so you're spoiled for choice. Veuve Clicquot, Mumm, Taittinger and Ruinart are brands that may sound familiar to you.
2. It's the perfect weekend getaway for those who live in Germany.
3. The city center is buzzing and is full of life, from restaurants to shops.
4. The gastronomy scene is incredible, which will keep your stomach and palette content.
5. You'll feel as if you're living a life of luxury in such an upscale city.
6. The Notre-Dame de Reims is breathtaking and will make it feel as if you were visiting the one in Paris.
7. Verdun, the small city famous for the World War I Battle of Verdun, is just a short drive away.
8. Porte de Mars is one of the last-standing Roman ruins that dominates the Place de la République.
9. For those who love history, Fort de la Pompelle, a fort that was vital in the Franco-Prussian War, is not to be missed.
10. By the end of your trip, you'll be a champagne connoisseur!

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Chimay Brewery

ON YOUR RADAR

By Jessica Zen

Beer is a fundamental part of Belgian culture. It has been lovingly produced for centuries and boasts a variety of flavor profiles that are sure to appease the most finicky of beer drinkers. Though the techniques are ever changing, one thing never will; beer from Belgium is absolutely delicious! There are over 180 breweries in Belgium, but you can't miss Chimay Brewery, one of only 11 Trappist breweries in the world.

Chimay Brewery is located at Scourmont Abbey, a Trappist monastery established in 1850 in Hainaut, Belgium. The first beer was brewed by 1862 for the monks' own consumption, but the perfected Chimay Rouge ale was soon an international sensation. The monastery has since grown to include a farm, brewery and cheese making operation, but the beer is where it all started.

Today, Chimay produces five types of superior quality beer: Gold, Red, Blue, Triple and Grand Reserve. The monks use all natural ingredients and the water for the beer is taken directly from a well within the monastery. The flavors and strengths vary, but all the products are incredibly tasty and aromatic. To maximize the flavor profile, each beer is served in a glass that is shaped specifically for the type of beer.

What better to go with beer than some seriously delicious cheese? By 1857, the monks started a dairy plant that made butter, and in 1876 made their first semi-soft cheese. The milk used for the cheese is all locally sourced and comes from farms within 18 miles of the monastery.

Since the brewery is in the abbey, it is not open to the public. However, you can go to the adjacent Espace Chimay complex to experience the perfect beer and cheese combination. Start by learning about the abbey and production secrets of Trappist beer and cheese. If you opt for it, you can go on a walk to the abbey's garden, church and cemetery. You'll end your visit with a tasting of one Chimay on tap at the Inn of Poteaupré.

Though the tour is a great way to learn about the abbey, there is still so much more to sample. Stay a while at the inn and make your taste buds sing with the perfect pairing of beer and cheese. According to the Chimay Brewery monks, there are four steps to the ideal tasting: "Sip your beer delicately. Then taste a piece of cheese without the rind. Take another piece of cheese, this time

with the rind. Finally, take a generous mouthful of beer to mix the two on your tongue.... Enjoy!" Perfect pairs include Chimay Red ale with the cheese Chimay à la Rouge or Chimay Blue with the Grand Chimay cheese.

If you want to take some of the amazing products with you, visit the recently refurbished store. The best part is that every purchase you make goes to a good cause. The income from the sales is used for social aid and helping the community.



When Benjamin Franklin (maybe) said, "Beer is proof that God loves us and wants us to be happy," he was clearly referring to Trappist beer. If you have a love for beer or even just cheese, this Belgian brewery should be on the top of your travel list. Find time to visit Hainaut for a trip you won't soon forget. Here the soup special of the day is always beer! ■

BEAUTY & HEALTH



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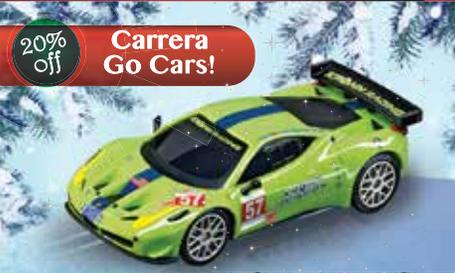


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