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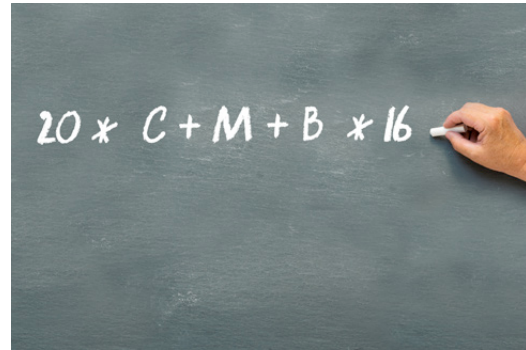
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- Endocarditis

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- Event Recorder (over 1 week)
- Stroke-Risk-Analyzer (SRA - over 1 and 72 hour)

- Exercise stress ECG (stress test)
- Outpatient heart catheterization
- Percutaneous coronary intervention (PCI)
- Cardiovascular ultrasound and ultrasound of all internal organs
- Lung function test
- Laboratory tests
- Cardiac pacemaker implantation and control

Others

- Cardiovascular checks
- Stroke prevention
- General medical check-up
- Sports medical performance
- Aptitude tests (for sports and scuba diving)



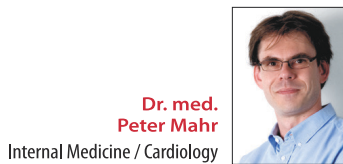
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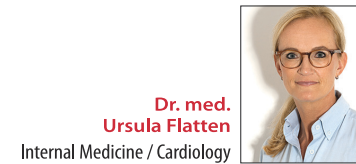
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**KEEP AN EYE OUT
FOR EPIPHANY
CUSTOMS AROUND
EUROPE ON
JAN. 6.**

Germany's TRADITIONS

By Courtney Woodruff



**"We three kings of Orient are
... bearing gifts we traverse
afar ... field and fountain,
moor and mountain ...
following yonder star,"**

begins the popular Christmas carol. On Jan. 6, the countries of Austria, Germany and Switzerland honor the trek of the Magi detailed in the song's lyrics with a religious feast day known as Epiphany (meaning, "manifestation" or "revelation"), or the Three Kings Festival (das Dreikönigsfest). If you are stationed in Europe, there are three things you should know about this special day.

THE OFFICIAL END OF CHRISTMAS

It's recognized as the day Magi arrived in Bethlehem with gifts to present to the Christ child after their long journey from the Orient. It also commemorates the day Jesus was baptized. In addition, it's considered the last day of the holiday season. If you've been putting off the tedious task of taking down your Christmas décor, now is the time to finally get it done, as this is the day most Europeans do so.

For Austria, along with the German states of Baden-Württemberg, Bavaria and Saxony-

Anhalt, three Swiss cantons (or districts) and part of Graubünden, Jan. 6 is considered a public holiday. This means most businesses and restaurants are closed. Plan ahead to avoid any kinks this may cause in your daily responsibilities and travel itineraries.

STAR SINGERS MAY COME CALLING

From Dec. 27 to Jan. 6, small groups of children known as Star Singers (Sternsinger) dress up as the three wise men to raise funds for special charities. Following a leader who carries a star, they go from door to door, singing hymns about the Magi and the birth of baby Jesus in exchange for a few coins. When you get the knock, have euros on hand and open your door and hearts.

HOMES ARE BLESSED AND CLEANSED

Sternsinger and representatives from religious organizations also stop by to offer blessings for the new year. It's common to see a cryptic series of letters, numbers and symbols written on villagers' doors. Marked with chalk that has been blessed by a Catholic priest, this inscription has usually been sanctioned by a local church.

How to decipher the symbol: Beginning and ending with the first and last pair of digits of the new year, 2019's blessing will read: 20*C+M+B+19

The asterisk (*) symbolizes the star of Bethlehem the Magi followed to find baby Jesus. The three crosses (+) stand for the Holy Trinity of Father, Son and Holy Spirit. Finally, the C, M and B are said to either represent the names of the three wise men (die Weisen), whose German monikers are Caspar, Melchior and Balthasar, or "Christus mansionem benedicat," which means "Christ bless this house."

In addition to the chalk blessings inscribed on doors, it is common for frankincense to be burned in rooms to cleanse village dwellings for the next 12 months.

Keep an eye out for Epiphany customs around Europe on Jan. 6. It is another great opportunity to learn something new about our host nations. ■

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GERMANY DAY TRIPS

By Shereece Spain

JUST BECAUSE IT'S COLD OUTSIDE DOES NOT MEAN YOU HAVE TO BE STUCK AT HOME OR INDOORS. THE HOLIDAY FLURRY IS OVER, SO PULL OUT YOUR SKI AND SNOWBOARDING GEAR FOR SOME OUTDOOR FUN AND EXERCISE. IF YOU ONLY HAVE THE DAY, TAKE THE SHORT TREK NORTH TO WINTERBERG.

YOU WON'T BE "BOARD"

Skiliftkarussell Winterberg will make for an excellent ski destination. Between 34 slopes across seven mountains, you'll find varying degrees of difficulty to accommodate all skill levels of skiers and snowboarders. This includes our younger generation of snow athletes as well. You will ascend the slopes in either a chair-, t-bar or conveyor lift. For you borderline professionals, put your skills to the test on Slalom slope or St. Georg Sky Jump.

Who says the fun has to end when the sun goes down? Everyone can enjoy night skiing thanks to an awesome flood lit course. If you've never tried it before, here's the perfect opportunity.

The cost to enjoy the slopes is totally reasonable. They offer half day passes starting at 24 euros for adults and 16 euros for children. Keep the party going all day starting at 32 euros for adults and 22 euros for children. The floodlight skiing and snowboarding passes are sold separately.

For those of you wanting to take up the winter sport, you have the opportunity to take lessons from professional instructors at one of two ski schools. You'll learn proper safety and technique no matter how old you are. Either group or private lessons are available. Group lessons take place on a specific schedule, but the private lessons allow for more flexibility.

"SNOW" MORE FOR ME

One will need a break at some point during the day. You'll be able to get a hot meal, quick snack

or hot and cold beverages at any one of the 10 huts scattered throughout the area. No matter where you dine, the savory Bavarian food and spectacular views will not disappoint.

BEYOND A DAY

Winterberg offers a variety of overnight accommodations if you decide one day just isn't enough. Need to relax after a fun but exhaust-

Have you ever seen bobsledding or luge runs in person? If not, head on over to Veltins EisArena. Call ahead to register for a tour. There is a minimum requirement of four people and the cost starts at 16 euros per person. Save even more if you can tag onto a group of 10 to 15 people.

Don't let the gloom of winter send you on a downward spiral. Head to Winterberg for some serious downhill time to bring those spirits back up! ■



ON THE LEFT, VISITOR ENJOYS ONE OF MANY CROSS COUNTRY SKI PATHS IN WINTERBERG. ON THE RIGHT, A DISTANT VIEW OF THE TOWN OF WINTERBERG FROM THE LOCAL SKI LIFT.

ing downhill day? In town, you can meander through the Old Town, including St. Jacob's Church, Cenotaph (a prisoner of war memorial) and the Upper Gate. You also have the option to enjoy an incredible hike through Waldpark Helletal and Kurpark Winterberg.

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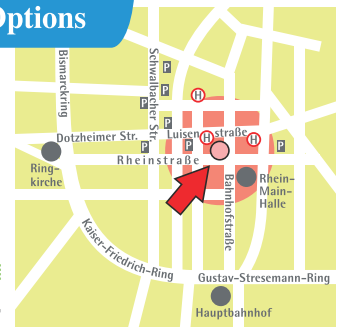
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TOP FIVE

By Mary Del Rosario

SINCE THE GERMAN AUTOBAHN IS WELL-KNOWN FOR ITS HIGH-SPEED AND FAST CARS, WHAT BETTER WAY TO EMBRACE DRIVING DOWN THESE RENOWNED HIGHWAYS THAN BY TAKING A ROAD TRIP TO SEE GERMANY'S FIVE MOST FAMOUS ROADS FOR THE PERFECT ROAD TRIP!



FAIRYTALE ROAD

Ever hear of the brothers Grimm? If the name doesn't ring a bell, fairytales such as Cinderella, Snow White, Hansel and Gretel, Sleeping Beauty and Puss in Boots are tales originated from the creative minds of the German folklorists. During this road-trip which starts in Hanau, witness the towns and landscapes that inspired the brothers to write the folk tales we all love and know today. Along your drive, you will be brought to Steinau where the brothers grew up.

Adventure awaits as this 370-mile-long expedition allows you to visit Sleeping Beauty's castle, hunt the Big Bad Wolf in Little Red Riding Hood's forest and ask Rapunzel to let her hair down in her famous tower. This trip in particular is perfect for children as they can appreciate real life fairytales that are imbedded in the magical towns that are filled with puppet shows, parades and even statues of popular characters.

DURING THIS ROAD-TRIP WHICH STARTS IN HANAU, WITNESS THE TOWNS AND LANDSCAPES THAT INSPIRED THE BROTHERS TO WRITE THE FOLK TALES WE ALL LOVE AND KNOW TODAY.



ROMANTIC ROAD

Originally created by English-speaking travel agents in the 1950s, the Romantic Road or Romantische Straße is located in the regions of Baden-Württemberg and Bavaria. This famous road stretches 261 miles long and highlights major experiences such as visiting the Franconian wine country and the Neuschwanstein castle. As you look out the car window and catch striking views of the Bavarian countryside, be sure to park your car and roam the quaint towns, castles and monasteries along the way. Rothenburg ob der Tauber, a well-known and well-preserved medieval town in Bavaria's Franconian region, is a pit-stop you must take! For the history buffs, visit Germany's oldest city, Augsburg, which dates back 2,000 years. In this historic city, a 1,000-year-old castle, Burg Colmburg, calls its visitors to relive the medieval era.

3



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THE CASTLE ROUTE

When in Germany, one must marvel at all the castles this country has to offer. Luckily, the Castle Road allows us to see many of these ancient fortresses in a short amount of time. Stretching over 625 miles, Castle Road consists of winding and small back roads, typical of Europe, that is dotted with over 70 castles to include ruins. The road starts in Mannheim and ends in Prague, and it is recommended to pick a few castles to see due to how many there are. You can spend days exploring and taking yourself back in time to when knights and lords ruled the land. Ever wanted to feel like royalty? Stay in a castle hotel! Castle Hornberg is a four-star accommodation that will make you forget what century you're in!

4



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THE BLACK FOREST HIGH ROAD

Perhaps the most known area, the Black Forest is synonymous with cuckoo clocks and deliciously rich Black Forest cake. However, it's also home to the beautiful and adventurous 44-mile-long drive bursting with stunning mountain views and nature. The journey starts in Freudenstadt and runs north through the Schliffkopf and Kniebis mountain ranges. In order to catch a breathtaking view over the Rhine Valley, hike up the newly opened path on the Bühlerhöhe.

For those who enjoy skiing, this road trip has your name on it as many ski-lifts are open and connects to the Nordschwarzwald cross country skiing trail.

Mummelsee, a serene lake at the western side of Hornisgrinde, is also a popular tourist attraction that brings its admirers to be one with nature. The Hornisgrinde tower provides picturesque views from the highest mountain in the Northern Black Forest area.

EVER WANTED TO FEEL LIKE ROYALTY? STAY IN A CASTLE HOTEL! CASTLE HORNBERG IS A FOUR-STAR ACCOMMODATION THAT WILL MAKE YOU FORGET WHAT CENTURY YOU'RE IN!

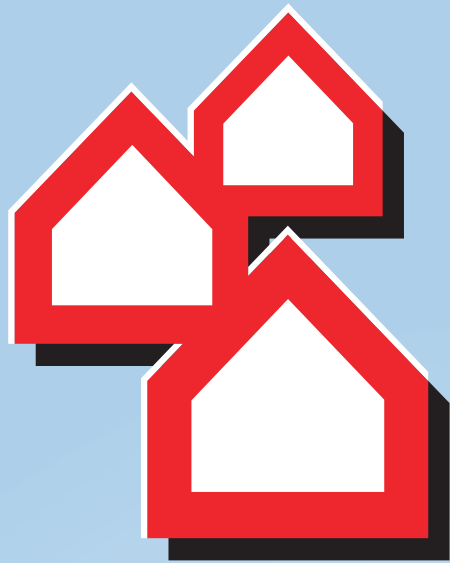
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THE GERMAN WINE ROUTE

Considered to be the most popular driving tour, immerse yourself in wine culture and become a true connoisseur by driving through the German Wine Route or Deutsche Weinstraße. The 50-mile-long drive is branded by the grapes logo and starts off in Schweigen-Rechtenbach and ends in Bockenheim in the Palatinate wine region. Grape vines hanging at the center of charming wine villages and local foods and farmer's markets are all perks to stopping by any *weingut* areas, or wineries. One of the better-known destinations along this road is Bad Dürkheim which is not only home to the biggest wine barrel in the world but also serves as a spa town. This town is synonymous for its famous Wurstmarkt, a massive "sausage" and wine fest that takes place every September. Whether it's the wine or the colorful and easy drive, the Weinstraße has got everything you need!



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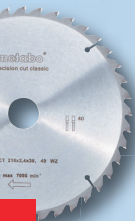


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TRAVERSE THE DOLOMITES Year-Round

By Elizabeth Jones

Found in northeastern Italy, the Dolomite Mountains are a must-visit for outdoor enthusiasts. The magnificent mountain range stretches across 350,000 acres and is home to 18 impressive peaks. Near and within the jagged mountains are some of the world's most amazing ski runs, picturesque hikes, sparkling lakes and enchanting, quaint villages. Many will find the area to be one-of-a-kind with its Italian, German, and Austrian influences resulting in its own language, delicacies and overall culture. Known for being a wonderful place to visit year-round, a trip to the Dolomites will be one to remember due to the plethora of experiences to be had. The perfect time to visit is entirely up to you!



SPRING

As the snow melts away, find an abundance of brightly-colored wildflowers beginning to bloom throughout the green pastures. The hiking and biking trails will start to reopen and will soon be filled with hikers and cyclists. Walls of the mountains will also be ready for those looking to conquer a *via ferrata* (iron road) which are steel-cable, assisted climbs along the rock face. Wine enthusiasts will enjoy the annual Vino in Festa, where 16 wine-growing districts on the South Tyrolean Wine Road gather to showcase their fine wines. The festival usually takes place at the end of April and lasts through the beginning of June.

SUMMER

The warm summer months are a busy time in the Dolomites with tourists embarking on countless outdoor activities to include — hiking, biking, cycling, rock climbing, kayaking, swimming, fishing and so much more! Definitely be prepared to share the trails with more tourists. Many events take place during the summer from cycling races, music festivals, and wine fests. During this time of year, many enjoy visiting the Dolomites for the beauty of the unpredictable, majestic summer storms.

FALL

Experience fall foliage like never before as the alpine trees begin to feature colors of golden yellow and bright orange. Visiting during this time of year calls for less crowded trails and a more intimate affair with the glorious mountains and their array of outdoor adventures. Towards the end of September, indulge in tasty foods, listen to live music and more at the end of summer festival known as the Ladin Festival, which takes place in the town of Canazei.

WINTER

The Dolomites are most commonly known for their perfect terrain for winter sports. Whether you're a pro or beginner, partake in skiing, snowboarding, snowshoeing, bobsledding and other thrilling winter activities. The most loved ski towns are Campitello di Fassa and Cortina d'Ampezzo, which boasts amazing ski runs.

NOTABLE THINGS TO DO IN THE DOLOMITES

A trip to the Dolomites is a once-in-a-lifetime opportunity but can be overwhelming with all the countless experiences to choose from. Depending on when you visit and your interests, implement as many of the remarkable things below during your trip.

- There are too many trails to count, so take an easy day hike or complete a challenging hike over multiple days.
- Ski down some beginner and kid-friendly runs: Alta Badia, Alpe di Siusi, Val di Fassa, and Alta Pusteria.
- Ski down advanced runs: Pista Ciampac, Pista Bel lunese, Pista Col Margherita, Pista Gran Risa, and Pista Saslong.
- Conquer a *via ferrata*.
- Make a stop at the various nature parks.
- Opt to bike along a route instead of hike.
- Stay or have a meal in the multiple *rifugios* (mountain huts) you'll come across.
- Climb the Dolomites' highest peak, Marmolada, "Queen of the Dolomites."
- Visit the most picturesque lakes: Lago di Braies, Lake Limides, Lake San Pellegrino, Lake Carezza and Lake Resia to name a few.
- Kayak and fish at the other countless lakes to be found.
- Unwind in the thermal baths of Terme Merano.
- Explore the World War I tunnels and galleries.
- Witness Reifenstein, a 15th-century castle.
- Rent a car and see it all along the "Great Dolomite Road" from Venice to Bolzano.
- Make a stop along the many small villages, churches, pastures and farms during your journey.

PLANNING TIPS

Now that you have a better idea of all the Dolomites has to offer throughout the year, get to planning your adventure.

- Nearest airports are located in Venice or Innsbruck.
- A more scenic option is taking a road trip.
- For a less crowded experience, visit in the late spring or early fall.
- Book well in advance for hotels and resorts within the Dolomites.
- There are many kid-friendly activity options.
- Hire a travel guide if you're a beginner or need equipment for any of the outdoor activities.
- Research the trails and ski runs that best suit the experience levels of everyone on your trip.
- While the *rifugios* are fun to experience, definitely plan to stay in resorts or hotels as well.
- The area is very dog-friendly.
- Check out www.visitdolomites.com/en for more information.



Bucket List

Italy Edition

By Elizabeth Jones

Italy is a dreamy country filled with countless treasures from architectural masterpieces and picturesque coastal towns to some of the world's best food and experiences waiting to be had. As you escape to Italy, ensure you cross these items off your Italian bucket list.

- 1.** Toss a coin in the Trevi Fountain.
- 2.** Explore the villages of Cinque Terre.
- 3.** Snap an iconic pic with the Leaning Tower of Pisa.
- 4.** Take a gondola ride through the canals of Venice.
- 5.** Indulge in delicious gelato, pizza, pasta and, of course, wine.
- 6.** Hike through the Dolomites.
- 7.** Stare in awe of the Gothic Duomo di Milano Cathedral in Milan.
- 8.** Visit the Vatican Museum and St. Peter's Basilica.
- 9.** Appreciate the art and architecture of Florence.
- 10.** Visit the Amalfi Coast and take a short boat ride into the cave, Blue Grotto of Capri, to witness its illuminated blue waters.

Ever been to Italy? Tell contentteam@stripes.com some bucket-list-worthy items you would put on this list! ■

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those who
wander
are lost."**

- J.R.R. Tolkien

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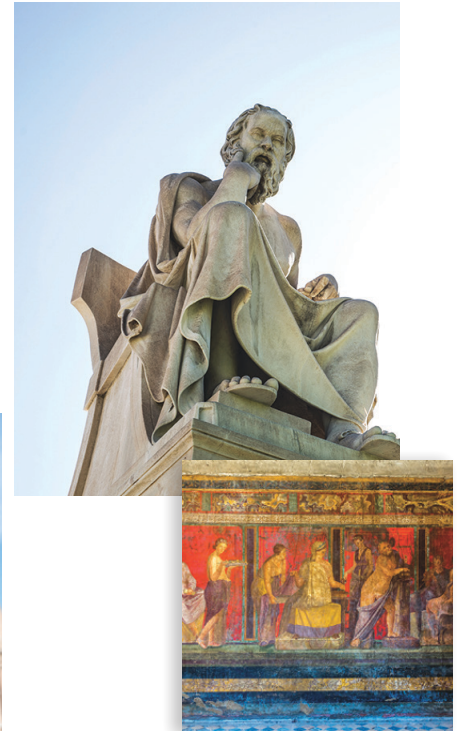
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Make time to
GET AWAY



European Getaways

Ancient Cities

By Mary Del Rosario

The best part about living in Europe is its accessibility to jet off to countries that are rich in history. One plane ride away and you can walk the ruins of Pompeii, fight alongside the Romans in the Colosseum and visit Zeus and the rest of the Greek gods. These ancient cities transport us to the past and make it possible to relive a period of time that can only be learned about through textbooks and movies.

ATHENS

The birthplace of democracy and Greek mythology, Athens is not only the capital of Greece but is the capital of Europe. Landmarks dating back to the 5th century are scattered all across this ancient city. It is also the home of Plato's Academy and Aristotle's Lyceum.

When touring the Greek capital, the Acropolis should be on top of your to do list. Considered to be the most famous landmark in the country, the Acropolis is a fortified part of Athens that is built on a hill to honor the Greek goddess Athena. Perfect photo-op views can be seen atop this citadel as it overlooks the entire city. An archaeologist's dream, the Parthenon is another temple of the Acropolis that will have you feeling awe-struck.

The oldest neighborhood, Plaka, is another example of how much history is embedded in Athens. Hundreds of shops, rustic buildings and marble streets make this street the most pleasant one to stroll along.

ROME

Pizza, pasta, wine, beautiful fountains – Rome has got it all! Italy's capital, though sprawling with cosmopolitan vibes can really only be described as one word: ancient. Rome is filled with age-old buildings and memorials and can be seen in the Roman Catholic Church in Vatican City, St. Peter's Basilica and of course, the Colosseum. Known as the impressive gladiatorial arena, the Colosseum is the place one has to visit when in Rome. It is also known as the Flavian Amphitheatre and is covered by a huge canvas awning.

Another famous masterpiece that adds to Rome's archaic charm is Michelangelo's frescoes in the Sistine Chapel. Part of the Apostolic Palace where the Pope resides, the famous ceiling is considered to be a cornerstone work of High Renaissance art.

If you've seen pictures of an ornately carved fountain, chances are it's the Trevi Fountain, an intricate fountain that was designed by Nicola Salvi, an Italian architect. This beautiful landmark is one of the oldest water sources in Rome and dates back to 19 B.C.

POMPEII

Though the eruption of Mount Vesuvius left the ancient Roman city of Pompeii in ruins, what's left of this city is archeological wonder and the imagination of what could have been. During the 8th century, Pompeii flourished as a rest town for many wealthy Romans. Dotted with lavish villas and beautiful houses, Pompeii was a city of money and wealth.

As you walk through the ruins, you'll notice the tracks embedded in the road from the chariots that serve as a reminder of the city's thriving past. For more reminders of what once was, visit the Forum of Pompeii which was the economic, political and religious city center. Though there aren't any inhabitants living in actual Pompeii, more than one million people live in the cities surrounding Mount Vesuvius.

A European getaway to an ancient city will not only humble you but will also fill your head with imagination, wonder and may even teach you a thing or two about history! ■





Athens in 24 HOURS

By Elizabeth Jones

You've found yourself on a dreamy cruise or last-minute flight to the ancient city of Athens. While these forms of travel are great, they often leave you pressed for time. Athens is filled with an abundance of iconic landmarks, rich history, buzzing districts, cafes, restaurants and bars. Follow this guide to try and squeeze the best Athens has to offer in 24 hours.

WHAT TO SEE

With only one day in Athens, spend most of your day soaking up the best of this ancient city's history atop the Acropolis. The Acropolis is home to the famous Parthenon and other interesting landmarks, including Erechtheion, Propylaea, Temple of Athena Nike, Brauroneion, Temple of Rome and Augustus, Pedestal of Agrippa, Beule Gate, Acropolis fortification wall, Chalkotheke, and the Old Temple of Athena.

Stop by the Panathenaic Stadium with history dating back to the fourth century B.C. The stadium hosted athletic events over the centuries and has undergone massive reconstructions as well as periods of abandonment. Today, it is one of the most touristy spots in Athens, calling people to walk amongst ancient Greek athletes.

After all of the sightseeing, find time to explore some of Athens' lively districts to immerse yourself in the culture and more history. Athens' oldest district, Plaka, is popular for its buzzing atmosphere filled with a great number of shops, restaurants and cafes. In Syntagma Square, witness the Changing of the Guards in front of the Hellenic Parliament building every day at the top of the hour. Don't forget Monastiraki Square! Peruse through the square's flea market filled with traditional Greek items and lovely antiques.

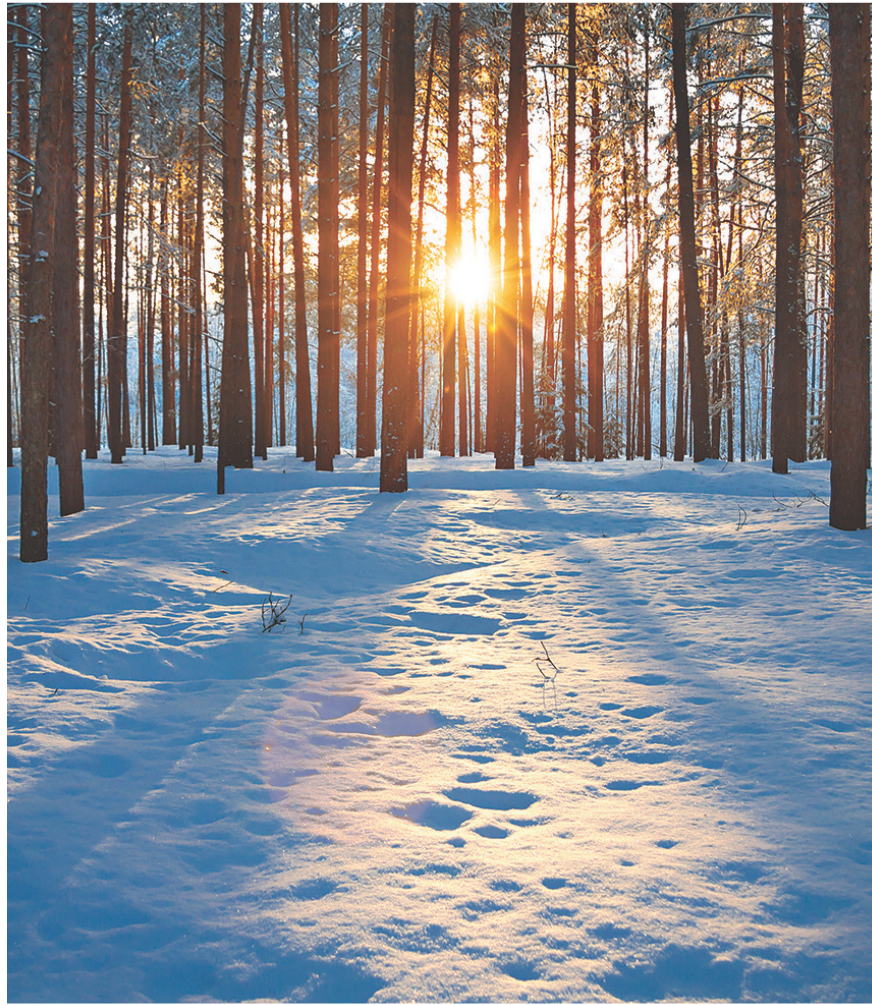
MUST-TRY FOOD AND DRINKS

Ouzo is an anise-flavored aperitif — famous for being Greece's national drink. The alcohol has an acquired taste, maybe try a friend's first before ordering your own! You can find ouzo at practically every bar and restaurant you step into.

Souvlaki refers to a skewer. The grilled, cubed meats of pork and chicken can be ordered wrapped in a pita or served on a platter surrounded by fresh lettuce, tomatoes, onions and tasty tzatziki sauce.

Gyros with their meaty insides of lamb, pork or beef, tomatoes, onions and lettuce drizzled with tzatziki are hard to pass up, especially being a popular street food in Greece. Find some topped with fried potatoes, paprika and cayenne.

Tackling this phenomenal city in 24 hours or less can be a challenge, but with this guide, you can surely conquer the best of what Athens has to offer! From its immortal architecture atop the Acropolis to its lively districts and one-of-a-kind foods and drinks, Athens will easily steal your wanderlust-filled heart! ■



HELLO
january
EVENTS AROUND GERMANY

EDITOR'S *Picks*

January Events

By Shereece Spain



LEGEND QUEEN ELIZABETH II

Jan. 1-6, Völklingen

Come out of the cold to experience an exhibit that captures 60 years of the life of the longest reigning monarch of England.



DIRTY DANCING

Through Jan. 13, Munich

Enjoy this movie classic live on-stage at the German Theater. You'll be singing to all your favorite songs while you bop along to the beat in your seat.



FESTIVAL OF ILLUSIONS

Jan. 4-6, Stuttgart

Young and old alike can enjoy an evening of magic and illusions by various artists. Make sure your hands move quick so the tickets don't disappear before your eyes.



WINTER WINE HIKE

Jan. 9-Feb. 5, Bad Dürkheim

Vineyards are beautiful in summer and fall, but there's something mesmerizing when they're covered in frost. Register now to sample winter wine selections.



IBU WORLD CUP BIATHLON

Jan. 14-20, Ruhpolding

Watch some of the world's finest athletes contend in this famous competition. Events take place in Oberhof, Arber and Ruhpolding.



WINTER WORLD

Jan. 19, Karlsruhe

Feel the heart-thumping beat and rock out with over 20 DJs from around the world. Get your tickets online now!



RUSSIAN BALLET MOSCOW

Jan. 20, Frankfurt

Be captivated by the legendary story of the swan, Princess Odette, coming to life in search of true love to break an evil spell.



DAZZ JAZZ WINTER DARMSTADT

Jan. 11-20, Darmstadt

The Jazzinstitut will host a variety of jazz ensembles from around the world. Ticket prices vary by concert and are available online.

PLAN
AHEAD

STUTTGARTER FRÜHLINGSFEST

April 21-May 13, Stuttgart

Stuttgarter Frühlingsfest is Europe's biggest spring festival! Enjoy rides, yummy food, beer and wine! Although it takes place a few months down the road, it's best to start reserving hotel rooms, tables in beer tents and figuring out your transportation. Be sure to find proper attire for the fest, to include dirndls for women and lederhosen for men.



..... FOR MORE EVENTS VISIT www.stripeseurope.com!



New year brings new adventures

Fishing Course

Wiesbaden Outdoor Recreation hosts a U.S. Forces German Fishing Course Jan. 10-13. Learn what you need to know to purchase a German Fishing License. Call civ (0611) 143-548-9801 to sign up.

Sewing class at the library

This month's Maker Space at the Wiesbaden Library focuses on Basic Sewing Machines — start or improve your skills — Jan. 5 at 4 p.m. Call civ (0611) 143-548-9821 to reserve a space.

'Sound of Music'

Wiesbaden's Amelia Earhart Playhouse features its latest musical production, Rodgers and Hammerstein's "The Sound of Music," with final performances on Jan. 4, 5 and 6, 2019. Follow the adventures of the Von Trapp family in Austria as the approach of World War II impacts their lives. Performances are at 7:30 p.m. on Friday, 2 and 7:30 p.m. on Saturday and 2 p.m. on Sunday. Pick up tickets at the Playhouse or Wiesbaden Arts and Crafts Center.

Foreign Born Spouses

Army Community Service hosts a monthly potluck for foreign born spouses on Jan. 9 from 11:30 a.m. to 2 p.m. Call civ (0611) 143-548-9201 for details.

Preschool Story Time

Children up to age 6 are invited to the Wiesbaden Library on Thursdays at 10 a.m. for a fun hour of stories, crafts and songs.

Hunting and Fishing Exhibition

Wiesbaden Outdoor Recreation offers a trip to Dortmund on Jan. 31 to attend the largest hunting and fishing exhibition in Germany. Sign up for this trip at the Wiesbaden Sports, Fitness and Outdoor Recreation Center by Jan. 28, 2019.

'Doubt: A Parable'

The Amelia Earhart Playhouse hosts performances of the Pulitzer Prize- and Tony



Hit the slopes with Outdoor Rec
Go skiing or snowboarding in the famed Austrian resort of Kaprun, Austria, Jan. 19-21. Trip includes two overnights in a beautiful hotel with breakfast and dinner — and two full days of skiing. Equipment use is included in the price of the trip. Stop by Outdoor Recreation in the Wiesbaden Sports, Fitness and Outdoor Recreation Center for details.

Award-winning John Patrick Shanley drama, "Doubt: A Parable," on Jan. 11 and 12 at 7:30 p.m., Jan. 13 at 2 p.m. Call the Playhouse at (0611) 143-548-9812 for reservations.

Car class

The Wiesbaden Automotive Skills Center holds a Basic Car Maintenance Class on Jan. 13 from 10:30-11:30 a.m. Cost is \$10 per person. Call civ (0611) 143-548-9817.

Game Afternoon

The Wiesbaden Library invites families and individuals for an afternoon of board games Jan. 17 from 4:30-5:30 p.m.

Black Forest Express

Carve your tightest turns on the slopes of the Black Forest with Wiesbaden Outdoor Recreation on Jan. 12, 2019. Call civ (0611) 143-548-9830 or 9801.

Lego Block Party

Boys ages 7-12 are invited to the Wiesbaden Library on Jan. 19 from 2-4 p.m. for a Lego Block Party. Call civ (0611) 143-548-9821 to reserve a space.

Live Your Awesomeness

Sample the various fitness opportunities available — for free — during the Wiesbaden Sports, Fitness and Outdoor Recreation

Center's Live Your Awesomeness Fitness Showcase on Jan. 12 from 10 a.m. to 2 p.m.

Recreational Shooting

Get in some target time with Wiesbaden Outdoor Recreation at the McCully Range in Wackernheim on Jan. 26 from 10 a.m. to 3 p.m. Call civ (0611) 143-548-9830.

NFL Sundays

Watch the action unfold at the Vault Club and Casino during NFL Sundays. Bring your friends with groups of four getting one free pizza with the purchase of a beverage. Also win prizes during the Halftime Trivia Contest. Call civ (0611) 143-548-9410.

Host Nation Orientation

Army Community Service sponsored Host Nation Orientation is a great way for newcomers to learn about German culture, language, public transportation, and tips about living in our community. Host Nation Orientation is held every Tuesday from 9 a.m. to 5 p.m. at the Wiesbaden Entertainment Center. Call Army Community Service at civ (0611) 143-548-9201 for more information.

Martial arts classes

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

American Girl Doll Social

Girls ages 6 and above are invited to enjoy an American Girl Doll Social at the Wiesbaden Library on Jan. 19 from 10 a.m. to noon. Bring your American Girl Dolls and enjoy stories, projects, tips on good manners and refreshments. Space is limited for this free event; register by calling the library at civ (0611) 143-548-9821. ■



CITY SKI CHAMPIONSHIPS

Through Feb. 3 in

Mont Blanc de Courmayer, Switzerland

Witness a skiing spectacle filled with professionals, eat delicious Swiss food and drink and take in the charming, historic surroundings.



CHINESE NEW YEAR

Feb. 5 in London, England

Celebrate "The Year of the Pig" in London's festive Chinatown.



BERLIN INTERNATIONAL FILM FESTIVAL

Feb. 7-17 in Berlin, Germany

Film premieres are held at this event and celebrities will also grace the stage.



ST. VALENTINE'S DAY

Feb. 14 in Terni, Italy

This Valentine's Day honor not only this holiday but Saint Valentine as his remains were laid to rest here.

Things to do next month!

February

By Mary Del Rosario



FÊTE DU CITRON (LEMON FESTIVAL)

Feb. 16-March 3 in Menton, France

See the works of over 300 professional artist who create citrus-themed floats which require 145 tons of citrus fruits!



SANTA CRUZ DE TENERIFE CARNIVAL

Feb. 24-March 10 in Tenerife, Spain

Colorful dancing parades, floats, drinks and food make Carnival in this island comparable to the one in Rio de Janeiro.



COLOGNE CARNIVAL

Feb. 28-March 5 in Cologne, Germany

The highly anticipated Carnival highlight is back with its traditional events, silly costumes, colorful masks, music and of course, beer.



MOTORCYCLE FAIR

Feb. 2-4 in Leipzig, Germany

Head to Leipzig's Motorrad Messe for models on the latest bikes, quads, trikes, gear and catch live performances from professional riders.

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