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JOHN RODRIGUEZ

PUBLISHING & MEDIA DESIGN,

DIRECTOR

MARIE WOODS

PUBLISHING & MEDIA DESIGN,

MANAGER

CARRIE FARRELL

WRITER-EDITORS

ANNA BAGIACKAS, TAMALA MALERK

GRAPHIC ARTISTS

BRITTANY ATKINS, RYAN JOYE

ENGAGEMENT MANAGER

KAREN LEWIS

MARKETING COORDINATOR

MEGAN WILLMORE

MARKETING ASSISTANT

AL GREEN

MULTIMEDIA ADVERTISING,

MANAGER

DOUG DOUGHERTY

MULTIMEDIA ADVERTISING,

CONSULTANTS

SEAN ADAMS, HEIDI BAYFIELD,

NATE JAMISON, TOM KEYS,

CLAUDIA STIER, JEFF TEESELINK

COVER DESIGN BY

RYAN JOYE

ADVERTISING OFFICE

Unit 29480, APO, AE 09211

Postfach 1980, 67607

Kaiserslautern, Germany

+49(0)631-3615-9000

or email: dougherty.doug@stripes.com

TO ADVERTISE CONTACT:



SEAN ADAMS

RHEIN MAIN AREA

MULTIMEDIA CONSULTANT

adams.sean@stripes.com

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PHOTO of the month

Situated in the Bavarian Alps and close to the Austrian border is the picturesque area of Berchtesgaden. Filled with plenty of outdoor activities such as hiking and paragliding and home to the infamous Eagle's Nest, Berchtesgaden has another showstopping landmark—the pilgrimage church of Maria Gern. This beautiful Roman Catholic church beckons visitors every year with its impressive architecture and elaborate interior.

Photo by Tim Sutphen.

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June Events

EDITOR'S

PICKS

By Karen Bradbury

The sun is out, the days are hot and the nights are even hotter! Germany takes full advantage of all the light and warmth of the season with an events calendar bursting with activities for young and old, the sports-inclined and those who'd rather just kick back and be entertained. As always, be sure to double-check dates and regulations in place at the time of the event.

Schlossbeleuchtungen / Castle Illuminations June 4, Heidelberg



Heidelberg's tumultuous history comes to life through a light show recalling the burning of its castle and dazzling fireworks. The show repeats on July 9 and Sept. 3.

Theatrium / Wilhelm Street Festival June 10 & 11, Wiesbaden



Elegant Wilhelmstraße proves it can party with this street fest filled with tasty treats, cold drinks, live music, walking acts and an artisans market.

Internationales Straßenfest /
International Street Fest
Sindelfingen, June 17 to 19



Sindelfingen celebrates its international character with a street fair that proudly shines a spotlight on the foods, cultures and customs of its residents.

Altstadtfest / Old Town Festival
June 18 & 19, Amberg



The entire Old Town is transformed into a massive party zone, with vendors selling food and drink, concerts and colorful shows performed by local talent.

Johannisnacht / Johannes Night
June 24 to 27, Mainz



Mainz remembers its most famous son, Johannes Gutenberg, inventor of the printing press, with a street party bursting with bands, books, sports and fun.

Weinfest der Zeller Schwarze Katz /
Wine Fest of the Zell Black Cat
June 24 to 27, Zell



A charming village by the Mosel River is the setting for this convivial wine fest offering quality wines, culinary treats, live bands and grandiose fireworks.

Lange Nacht der Kultur/ Long Night of Culture
June 25, Kaiserslautern



A wealth of cultural experiences, from concerts to exhibitions is a delight for all ages. Expect more than 150 live performances from afternoon until late in the night.

Kessel Festival
June 25 & 26, Stuttgart



This festival combining music, sports and culture is organized with sustainability as its guiding principle. Expect local acts, ball sports, a market and program for kids.

PLAN AHEAD

Zugspitze Ultra Trail
July 15 to 17, Garmisch-Partenkirchen

Up to 4,000 participants are expected to take part in Germany's biggest trail running event. Runners can choose from five different courses, with distances ranging from 25 to 106 kilometers around the country's highest peak. ■

a day at

KLOSTER EBERBACH

By Anna Leigh Bagiackas



ALL IMAGES ©DIADIS/123RF.COM

“

THE EBERBACH WINE-MAKING PROCESS CONTINUES TO MIRROR THE VALUES THAT THE MONKS FIRST ESTABLISHED IN THE 12TH CENTURY: GENTLE PROCESSING AND RESPECT FOR THE ENVIRONMENT.

”

An enchanting afternoon awaits visitors to Eberbach Monastery, located in the Hesse region and one of Europe's most well-preserved medieval complexes. A quick 25-minute drive outside of Wiesbaden or a longer 1 hour-and-15-minute drive from Kaiserslautern, this 900-year-old monastery is open to visit and enjoy one of its oldest occupations: wine.

Founded in 1136 by Bernhard von Clairvaux with 12 French monks, the Eberbach Monastery has long been associated with fine wines of the Rheingau, as it was a primary occupation of the monks. Their winemaking quickly grew and by the 15th century, the Eberbach winery was the largest in Germany. Although Eberbach was secularized in 1803, the wine industry continued to live on.

All About the Rieslings

Speaking of wines, there are many opportunities for tasting during your visit. On site, you can take a guided tour of the monastery and wine facilities, accompanied by a tasting. The wine shop is located in the former wine press house, and is fully stocked with wine for purchase and staff eager to advise you on which wines to take home. For a relaxing way to sit and sip, check out WINEBAR 1136 on-site and be sure to check their calendar of events for special wine tastings and experiences.

The winery's grape varieties include Riesling, Pinot Noir, Pinot Blanc and Pinot Gris, and the wine-making process continues to mirror the values that the monks first established: gentle processing and respect for the environment. Because the Riesling is one of the region's most popular grapes, you won't be surprised to hear that Eberbach focuses on this grape and produces some of the finest in the world.

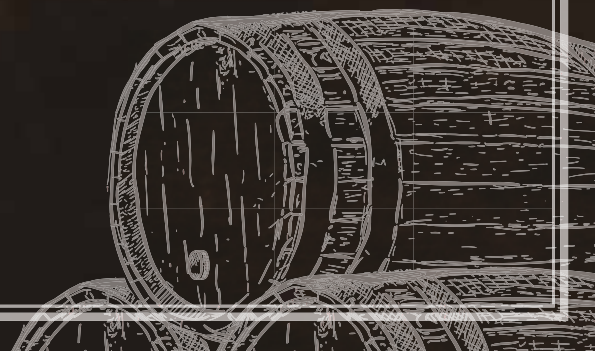
Beyond the medieval complex of the winery, you can also find the winery's vineyards spread out in the area. These are some of the most coveted grape-growing locations and are open to visit and sip wine, such as the wine terraces on the Bergstrasse or Steinberg domains of Eberbach. Back at the main site, you can even make your visit a full weekend affair because Hotel Kloster Eberbach provides the hospitality for a complete Eberbach experience. Now for a bit of trivia. Do you know what movie was partially filmed at the Eberbach Monastery? The famous actor Sean Connery starred in "The Name of the Rose," and you can visit the movie's filming locations at the monastery during your guided tour—offered with German and English audio guides.

Gastronomy at the Monastery

After your history lesson and a preview of the wines, you may be a little peckish. Luckily, the monastery property has a few different options for you. Stop at The Gatehouse for quick and easy bites or enjoy a beautiful meal at The Monastery Tavern. Serving Cistercian cuisine, the restaurant focuses on regional and seasonal ingredients—what the monks and those in the abbey would have eaten, but with a modern and contemporary twist.

Things to Know

You can easily purchase wine or souvenirs on site, but the online wine shop also makes it easy to stock up or order gifts for wine-loving friends. Be sure to research any entrance restrictions or requirements prior to visiting, including purchasing visitor day tickets online. ■



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Summertime means adventure time

Hunting, Dog, Fishing Expo

Wiesbaden Outdoor Recreation hosts a trip to the Hunting, Dog and Fishing Messe in Dortmund on June 9. Cost is \$49 per adult, \$39 for children up to age 16. Bring Euros for meals and purchases. Sign up at Outdoor Recreation or call civ (0611) 143-548-9801.

Four Person Scramble

The Rheinblick Golf Course holds a Four Person Scramble Tournament on June 4 starting at 9 a.m. Make your own team to participate. Cost is \$25 for Rheinblick and Rhein-Main members; all others pay \$25 plus applicable tournament greens fee. Call civ (0611) 143-548-5485.

Foreign Born Spouses Meet

Get together with fellow spouses to share experiences and good conversation during the Treffpunkt: Foreign Born Spouse Meeting on June 8 at 11:30 a.m. at Army Community Service's Multipurpose Room. Call civ (0611) 143-548-9201 to register.

'The Mountaintop'

The Amelia Earhart Playhouse presents "The Mountaintop," a fictional retelling of the last hours in the life of Dr. Martin Luther King Jr. on June 10, 11, 17 and 18 at 7:30 p.m.; June 12 and 19 at 2 p.m. In the play the exhausted Civil Rights leader confronts his destiny and his legacy. Purchase tickets at the Wiesbaden Arts and Crafts Center or the Playhouse.

IMCOM-E Biking Challenge

Track your kilometers on the bike now through Sept. 9 for the chance to earn commemorative coins and a biking jersey. Stop by Outdoor Recreation on Clay North or call civ (0611) 143-548-9801.



Wiesbaden Library patrons are invited to take part in the Summer Reading Program starting June 12.

Summer Reading Program

The Wiesbaden Library holds its "Beyond the Beaten Path" Summer Reading Program from June 12 to July 17, 2022. Program sessions are every Sunday during those dates from 2-3:30 p.m. Visit the Wiesbaden Library or call civ (0611) 143-548-9821 for details.

Army Birthday Run

The Wiesbaden Sports and Fitness Center hosts a 5K Army Birthday Run starting at 6:30 a.m. on June 14. The run/walk is open to all ages and is free to participate.

Children's Book Club

The Wiesbaden Library will begin hosting a weekly Children's Book Club on June 14. The club, led by Samuel Martin, will meet every Tuesday at 10 a.m. Pre-school-age children are invited to enjoy crafts, activities, snacks and more (all included). The first book to be read will be "Raising a Hero," by Laura Numeroff. Call civ (0611) 143-548-9821 for details.

Army Birthday Discount

The Automotive Skills Center will offer five percent off for all active duty Army Soldiers for services and rentals on the U.S. Army Birthday June 14. Just show the staff your ID card and mention

five percent. Call civ (0611) 143-548-9817.

Spouse Orientation

Connect with representatives from around the garrison to learn about education, employment, host nation, financial management and many other topics during the Spouse

Orientation on June 15 from 9 a.m. to 1 p.m. Call civ (0611) 143-548-9201.

Paintball Play Days

Wiesbaden Outdoor Recreation hosts Open Paintball Play Days on June 18, Aug. 20 and Sept. 17 from 10 a.m. to 3 p.m. Minimum age is 10. Cost is \$25 per person including marker, air, mask and field fees. Register at Outdoor Recreation on Clay North or call civ (0611) 143-548-9801.

Youth Golf Academy

Golf lessons for juniors ages 7-17 are offered throughout the summer months at the Rheinblick Golf Course. Sessions will be held from 1-2 p.m. on June 11, 18, 25; July 2, 9, 16, 30; Aug. 6, 27; and Sept. 10 and 17. Cost is \$15 per session. Call civ (0611) 143-548-5485 to register.

Father's Day Specials

The Wiesbaden Entertainment Center has a great deal for families on Father's Day, June 19 — while the rest of the crew pay the normal rates, Dads bowl for free. The Wiesbaden Automotive Skills Center also pays tribute to Dads with a Father's Day Discount on June 19. Dads who bring their kids along to learn about vehicle repairs get five percent off their bay fee.



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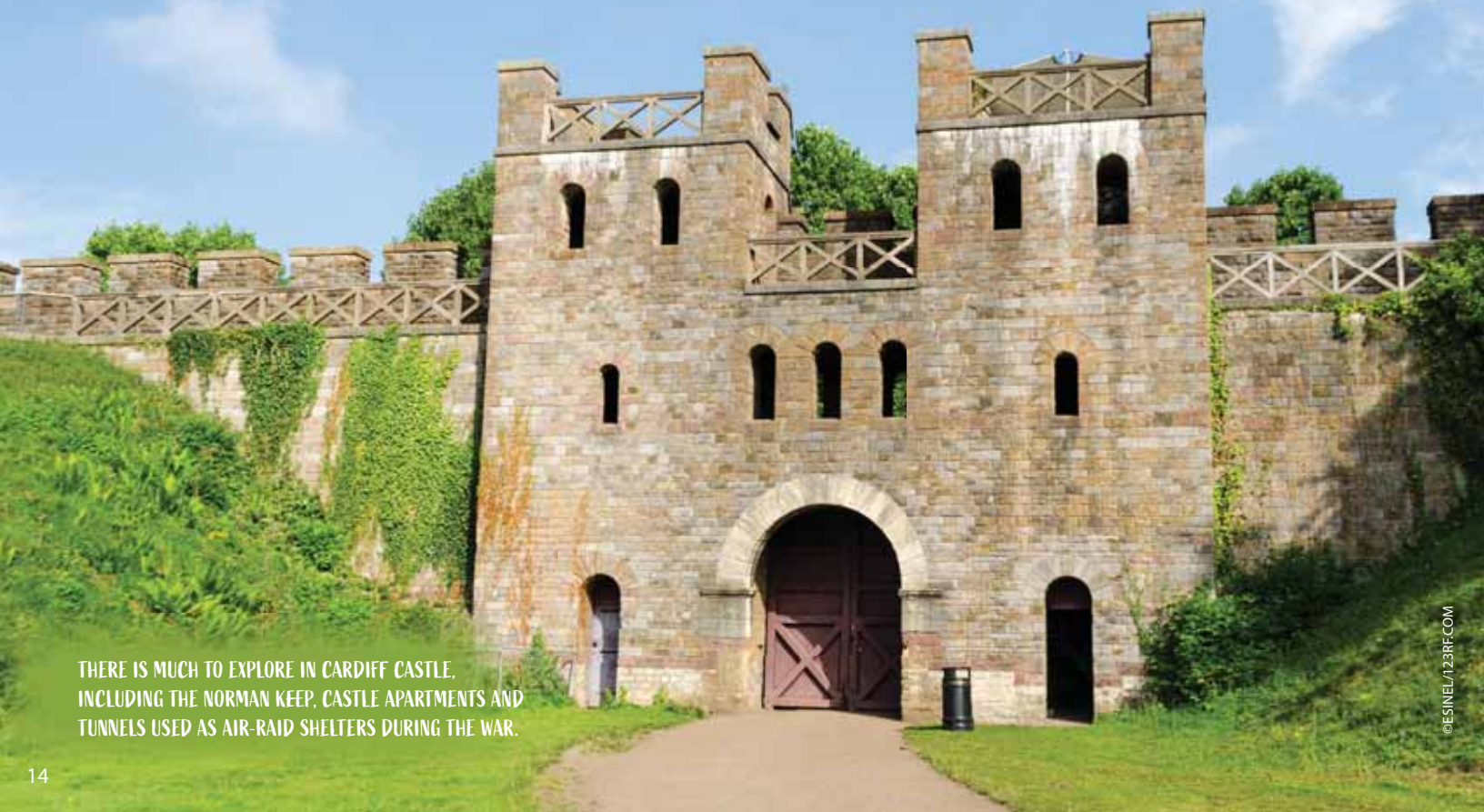
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TAKE AN ADVENTURE TO Wales

By Stacy Roman

Does flying through the air in a dark green forest, beachcombing the pebbly shoreline or taking in a world-class show in an ultra-modern theater sound like fun? If so, you can do all of the above and so much more on your next trip to the United Kingdom. Avoid the crowds of London and Edinburgh and head in the opposite direction. The small yet uniquely charming country of Wales is bursting with plenty of thrilling escapades just waiting for you. With three breathtaking national parks, spectacular coastlines and waterfalls, ancient castles and legends, Wales will leave you with wonderful memories and more.

THERE IS MUCH TO EXPLORE IN CARDIFF CASTLE, INCLUDING THE NORMAN KEEP, CASTLE APARTMENTS AND TUNNELS USED AS AIR-RAID SHELTERS DURING THE WAR.





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With three breathtaking national parks, spectacular coastlines and waterfalls, ancient castles and legends, Wales will leave you with wonderful memories and more.

A LITTLE HISTORY

Wales has been inhabited for hundreds of thousands of years, with evidence showing Neanderthals once roamed through the region. Wales has been part of numerous kingdoms and empires in more modern times. In the 1500s, King Henry VIII passed legislation to fully incorporate the country into what is now known as the U.K. While it has had a heavy English influence, the Welsh have steadfastly and proudly retained their culture and language.

In the 19th and 20th centuries, the plethora of iron and coal found in Wales led to an economic and industrial boom. Steelworkers and coal miners from around the U.K. settled in Wales. In the post-World War II era, the demand for steel and coal decreased drastically. As the times shifted, Wales became a devolved nation—one that is part of the U.K. but can decide how to spend and administer its budget and create many of its own laws.



MAGNIFICENT NATIONAL PARKS

Wales is home to three of the 15 national parks in the U.K.; Snowdonia in the north, Pembrokeshire Coast along the southwest shores and Brecon Beacons in the south-central part of the country. Known for its craggy peaks and namesake, Snowdon (the tallest mountain in Wales), Snowdonia is a popular spot with visitors all year. Avid hikers can ascend to the top of Snowdon for stunning views of the countryside. Centuries-old castle ruins and crumbling abbeys dot the landscape, making for fascinating hikes and treks through the park.

Further south, Brecon Beacons offers lush meadows, rolling hills, lakes and some spectacular waterfalls. Evidence of ancient Roman stone circles, burial mounds and other prehistoric landmarks can make your imagination run wild. For those who love stargazing, Brecon Beacons was the first national park in Wales (and the U.K.) to be designated as an International Dark Sky Reserve. On a clear night, visitors can look up and see an incredible blanket of twinkling stars stretching across the horizon.

Pembrokeshire Coast National Park follows 186 miles of pristine coastline in southwest Wales. Outdoor enthusiasts can hike along the shoreline in its entirety or break it up into smaller chunks. Rocky beaches teeming with marine life and waterfowl are a nature lover's paradise. Visitors can pitch a tent, rent an RV or do a little glamping along the coast.

THE VIEWS FROM SNOWDON ARE STUNNING AND SNOWDONIA IS A POPULAR SPOT WITH VISITORS ALL YEAR.

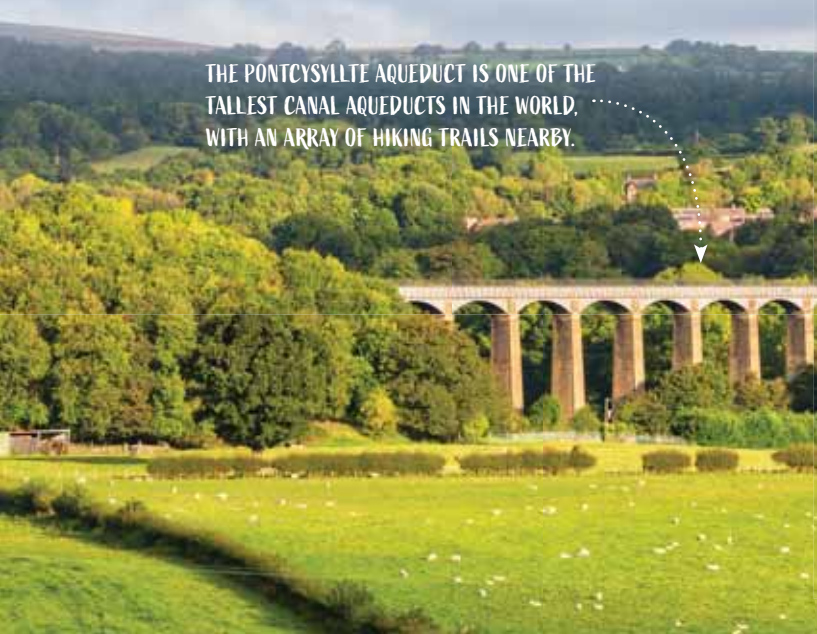


ZIPLINING AND FOREST ADVENTURES

Adrenaline junkies will have plenty of opportunities to get their thrills. Ziplining, which consists of strapping into a harness and zipping through the landscape on a wire, is popular in Wales, and Zip World operates at four different locations in the country. Visitors can choose to soar over old mining quarries, beneath the ground through caverns or through the lush forest canopy. Zip World Penrhyn is home to the world's fastest and Europe's longest zipline. Measuring at more than 1.5 kilometers and with speeds above 100 mph, Velocity 2 will give you an adrenaline jolt like nothing else.

If ziplining is a little too extreme, but you're still looking for an outdoorsy experience, head to the town of Llangollen. This northern area offers plenty of stunning scenery and activities. The Pontcysyllte Aqueduct is one of the tallest canal aqueducts in the world, with an array of hiking trails nearby. Visitors can also partake in gorge walking—hiking along the river's edge, with plenty of sliding down rocks and rappelling along the canyon walls. Or take a less intense trek to Horseshoe Falls and enjoy all that nature has to offer.

THE PONTCYSYLLTE AQUEDUCT IS ONE OF THE TALLEST CANAL AQUEDUCTS IN THE WORLD, WITH AN ARRAY OF HIKING TRAILS NEARBY.



GALIVANT THROUGH THE CAPITAL CITY

Sometimes the urban jungle is more appealing than the rugged great outdoors. Dating back to the 1st century, Cardiff has been at the forefront of trade and export for Wales. The history, culture and traditions woven together make the capital an alluring destination to visit. Sitting atop a former Roman fort, Cardiff Castle is a great place to start. Visitors can explore the Norman Keep, Castle Apartments and tunnels used as air-raid shelters during the war or simply walk the gardens and enjoy the beautiful exterior of the imposing fortress.

The Norwegian Church is another timeless spot in the city. During the height of the Industrial Revolution, Norwegian seafarers often used the church as a landmark to guide them to port. In WWII, it was used as a refuge and meeting point. The famous Welsh children's author, Roald Dahl, was baptized and often attended services at this beautiful house of worship.

Theater and musical art aficionados will want to make a beeline to the Millennium Centre. Built with materials sourced exclusively from Wales, it's a breathtaking homage to Welsh culture. Emblazoned with the inscription, "In these stones horizons sing," in both Welsh and English, this performing arts venue is worth a visit.

When planning a trip to the U.K., veer off the beaten path and see just how enchanting and wonderful Wales can be. This tiny hidden gem of a country will not disappoint with jaw-dropping thrills, incredible countryside, coastlines and cities. ■



THEATER AND MUSICAL ART AFICIONADOS WILL WANT TO VISIT THE MILLENNIUM CENTRE. IT IS A BREATHTAKING HOMAGE TO WELSH CULTURE.

YOUR DUBLIN BUCKET LIST

By Mary Del Rosario

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stairs
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SAM'S
BARBERS

Cheery folk singers, strong stouts and friendly locals make Dublin a city many put on their top list of destinations, especially when in Ireland. Whether the city calls you therefor a day or more, these items below should not be overlooked when exploring Dublin.



1

Earn a certificate for pouring your own pint of beer at the Guinness Academy. This experience is for adults only and costs 32 euros.

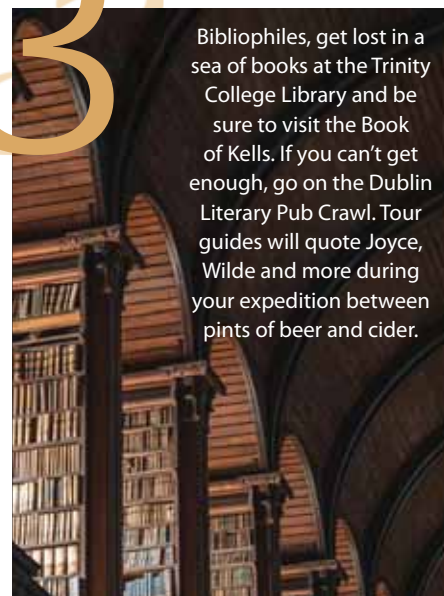
2

If Irish stouts don't call your name, tour the Old Jameson Distillery and take a one- hour whiskey cocktail making masterclass.



3

Bibliophiles, get lost in a sea of books at the Trinity College Library and be sure to visit the Book of Kells. If you can't get enough, go on the Dublin Literary Pub Crawl. Tour guides will quote Joyce, Wilde and more during your expedition between pints of beer and cider.

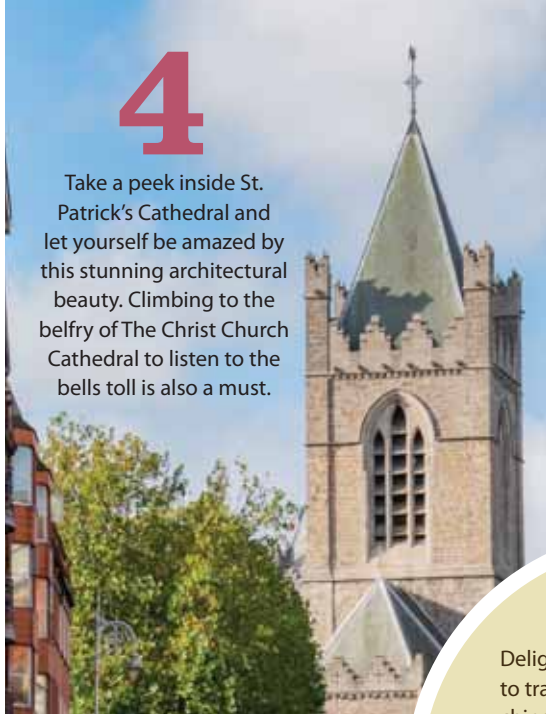


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4

Take a peek inside St. Patrick's Cathedral and let yourself be amazed by this stunning architectural beauty. Climbing to the belfry of The Christ Church Cathedral to listen to the bells toll is also a must.



©KITILEONG/123RF.COM

5

Delight your tastebuds to traditional fish and chips at Leo Burdock. Your stomach will thank you. Irish stew, boxty (potato) pancakes and soda bread are also must eats.



6

Walk across the "half-penny," or Ha'Penny Bridge—its official name is the Liffey Bridge and it was built in 1816.



8

Be fancy and drink tea and eat sumptuous sweets at Queen of Tarts, a charming cafe located in Cows Lane and Temple Bar.



9

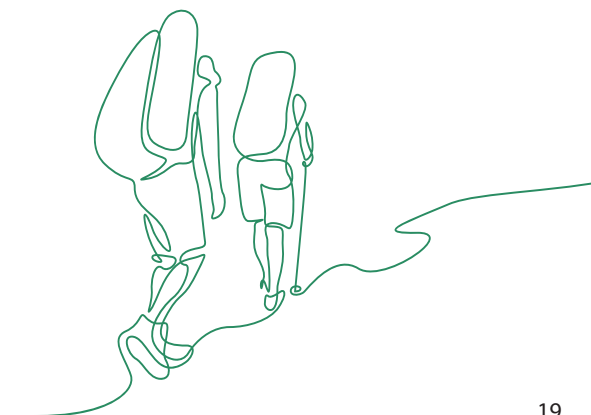
Stroll through Suffolk Street, where you will see a statue of Molly Malone, a legendary Dubliner whose identity isn't fully discovered.



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10

Take a day trip from Dublin to enjoy some hiking in the Wicklow Mountains. This vast area is about an hour away from Dublin. ■

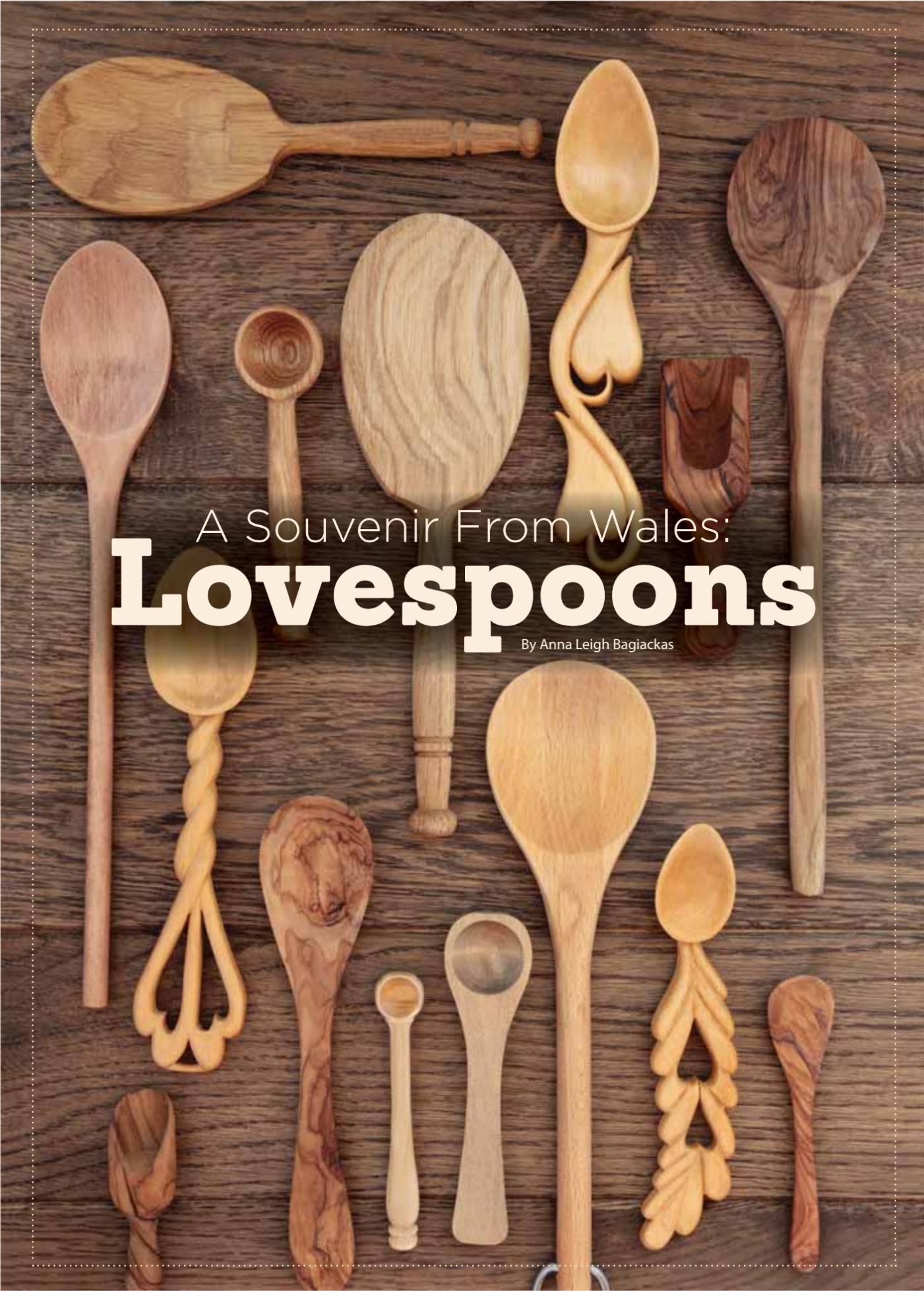


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Meander and pub crawl your way through Temple Bar, Dublin's buzzing neighborhood flooded with beer, whiskey and folk music.



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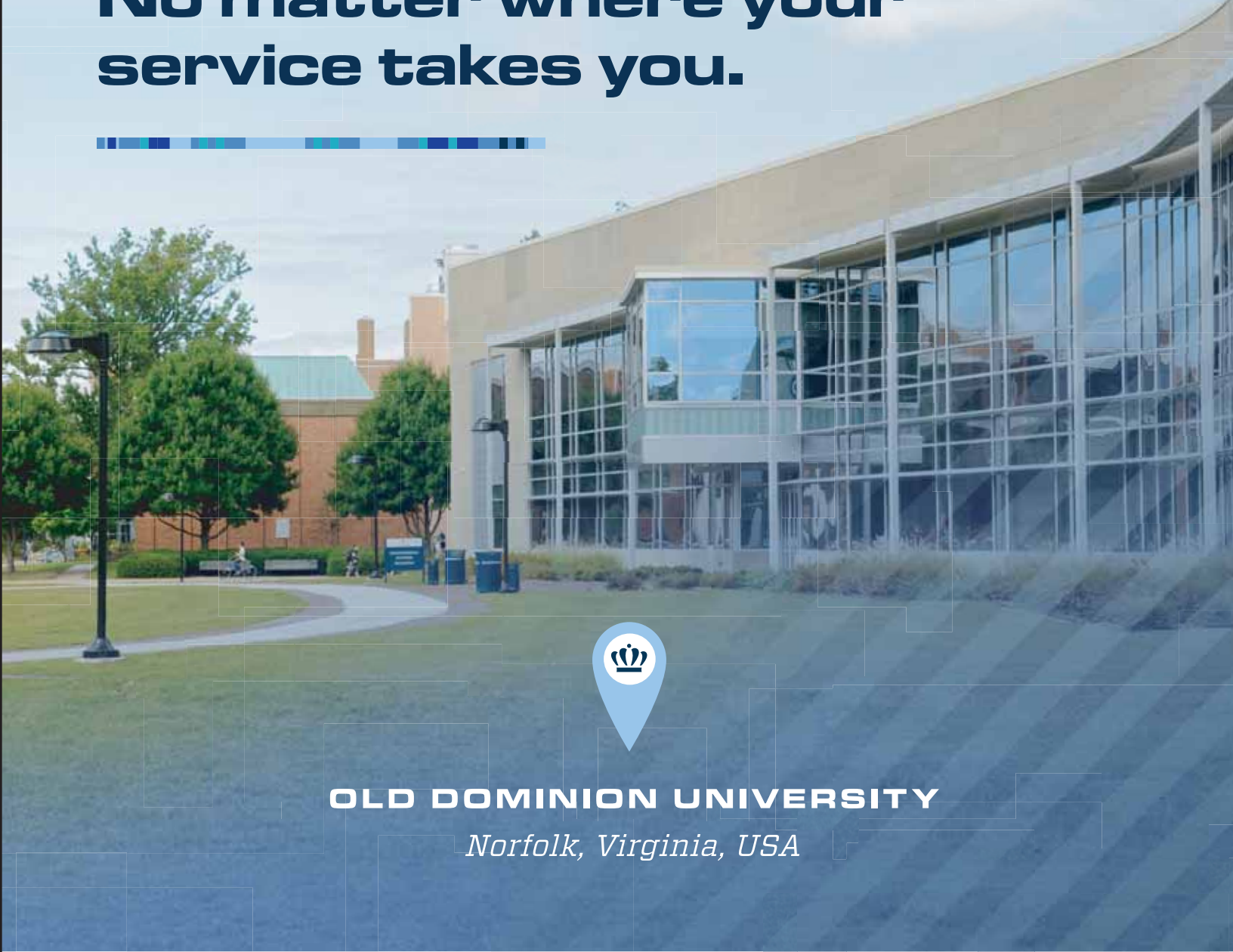


A Souvenir From Wales:
Lovespoons

By Anna Leigh Bagiackas

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You're driving through the Welsh countryside with your best friend, family member or travel companion, surrounded by green rolling hills with sheep grazing in the fields. You think back to the delicious Welsh rarebit and bara brith fruit cake you shared, as well as the pints of beer or Welsh whiskey you tried. Memories of driving along the coast and exploring the city of Cardiff together fill your camera. Learning bits of the Welsh language and meeting locals, it is safe to say you've been charmed by this country, and you think, "what can I take home to remember this special trip?"

A Welsh lovespoon could be exactly what you're looking for. This tradition goes back to 17th-century Wales where beautifully carved spoons were given as tokens of affection, often in a romantic gesture. The spoons would be carved with symbols representing love and friendship, and it was important for the woodworking to show the skill

of the carver. Some believe that the origins of the lovespoon come from the carved "cawl" spoon, which was used to sip Welsh broth. Today, the tradition goes beyond just romance and often, spoons are gifted for special events like birthdays, anniversaries or the birth of a child. Certain symbols represent different things, such as the horseshoe meaning good luck or a ship hoping for a smooth passage through life.

Although you can find similar traditions and items elsewhere in Europe, it is believed that the tradition came from Wales. The earliest dated spoon can be found in St. Fagans National Museum of History, near the city of Cardiff. Woodcarvers and craftspeople today continue the tradition, which has expanded beyond spoons to larger pieces. One part of the lovespoon that makes it unique is how it appears to be made of multiple pieces of wood but is actually crafted from only one.

Where to Find Lovespoons

Although you could easily find a lovespoon online or even at different souvenir shops, seek out some of these shops and galleries to truly appreciate the craft and artists who are continuing the tradition today. If you're taking a road trip around Wales, why not make it a lovespoon tour and stop along the way to explore lovespoon shops and see different designs and meet craftspeople? Many shops will offer personalized items such as name engravings or symbols.

The Lovespoon Workshop:

Try your hand at making your own thanks to the resources and ideas from The Lovespoon Workshop, located near Tenby of Pembrokeshire. This family business has been hand carving spoons since 1975.

The Lovespoon Gallery:

See over 300 unique lovespoons at the gallery in Mumbles, Swansea. This one-of-a-kind gallery holds the largest collection of these spoons from artists all around Wales and has been sharing and selling these pieces since 1987.

Welsh Love Spoons:

Located in the southern valleys of Wales, woodcarvers handcraft a range of intricately designed lovespoons. Carvers use lime wood from Monmouthshire to create their pieces.

Welsh Lovespoon Studio:

This family-run business in South Wales offers both lovespoons and Celtic wall art, carved by designer Phil Arnold. They are inspired by traditions of the Celtic Nations, creating beautifully designed gifts for any occasion. ■

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