

FREE

STARS  AND STRIPES®

AUGUST 2023

WHAT'S UP

WHAT TO SEE | WHAT TO DO

RHEIN MAIN



Battling Cities

A DAY AT NEUNKIRCHEN | EDITOR'S PICKS | & MUCH MORE!



MAINZER LANDSTRASSE 167
60327 FRANKFURT AM MAIN

FOLLOW US ON INSTAGRAM
@CHICAGOWILLIAMSBBQ



CWBBQ.DE

GEKKO HOUSE[®]
FRANKFURT



A place to unwind in the
middle of the city.
Life is crazy, but over here
it's crazy good.



visit
gekko-house.com
#lifeiscrazy

MARRIOTT
BONVOY[™]



THE NEXT BEST THING TO YOUR MOMMA'S COOKING.
DISCOVER WHAT CHICAGO WILLIAMS IS ALL ABOUT AND
YOU'LL KEEP COMING AROUND FOR MORE.

AND IF YOU NEED A PLACE TO CRASH ...
WE ARE LOCATED IN FRANKFURT'S GEKKO HOUSE. THE
CITY'S BEST PLACE TO KICK BACK AND RELAX, WITH BEDS
WAY MORE COMFORTABLE THAN YOUR MOMMA'S COUCH.



WHAT'S UP

A Stars and Stripes Community Publication

COMMANDER

KATIE R. FIDLER, LTC, U.S. ARMY

BUSINESS OPERATIONS

MANAGER EUROPE

JOHN RODRIGUEZ

PUBLISHING & MEDIA DESIGN,

DIRECTOR

MARIE WOODS

PUBLISHING & MEDIA DESIGN,

MANAGER

CARRIE FARRELL

WRITER-EDITORS

ERICA FOWLER, TAMALA MALERK,

KAT NICKOLA

GRAPHIC ARTISTS

AMANDA DEHART, RYAN JOYE

MARKETING COORDINATOR

AYLA ROBACK

MARKETING ASSISTANT

AL GREEN

MULTIMEDIA ADVERTISING,

MANAGER

DOUG DOUGHERTY

ADVERTISING SALES ASSISTANT

DANNY PADRO

MULTIMEDIA ADVERTISING,

CONSULTANTS

SEAN ADAMS, HEIDI BAYFIELD,

KANDACE BLEVIN, NATE JAMISON,

JEFF TEESELINK

COVER DESIGN BY

AMANDA DEHART

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

TEL: 0172-666-8135

CONTACT US:

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

or DSN: 314-583-9111

Email: memberservices@stripes.com

WWW.STRIPESEUROPE.COM



@STARSANDSTRIPESEUROPE

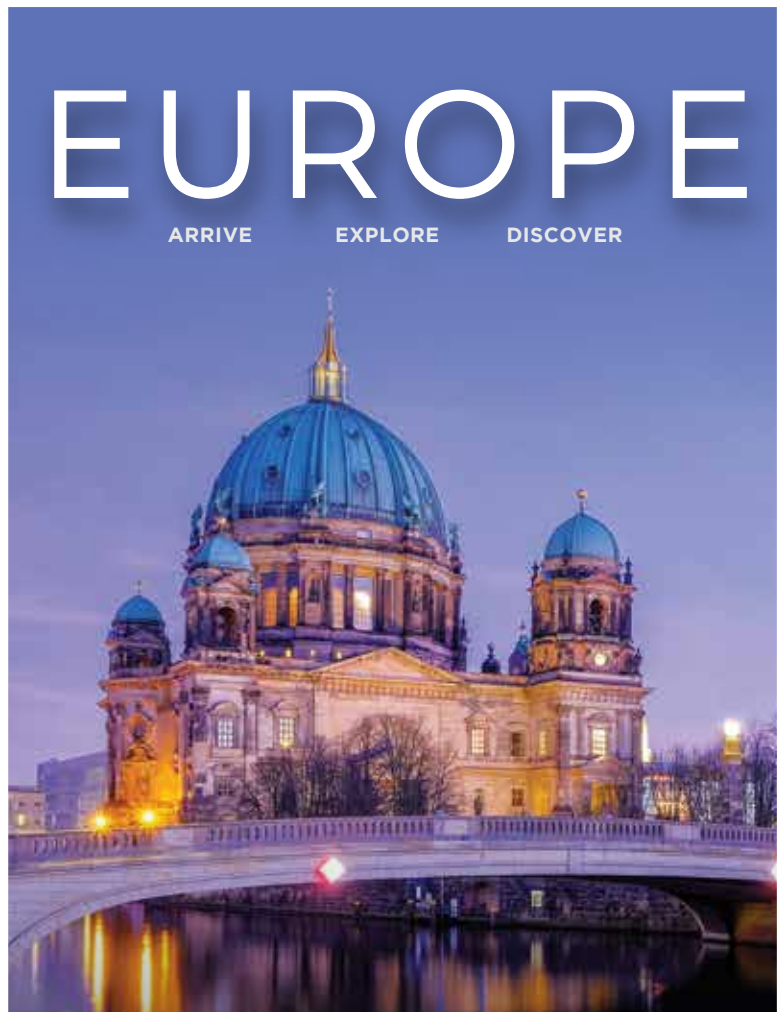
FALL/WINTER EDITION AVAILABLE STARTING SEPT. 15TH

EUROPE

ARRIVE

EXPLORE

DISCOVER



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

August Events

By Tamala Malerk

EDITOR'S PICKS

It's the last full month of summer and we've got eight events for everyone to enjoy this wonderful weather. Always remember to check an event's website before traveling.



Hamburg Summer DOM Jul. 21- Aug. 20, Hamburg

The largest folk festival in the north has returned for the summer. Enjoy rides, food, games and more. Wednesdays are family days (with discounted prices) and Fridays are for fireworks.



Folk am Neckar Festival Aug. 4-5, Neckarelz

Folk music from all over the world is coming to Germany for two days. Celtic, folk-rock, classic, bluegrass and contemporary folk music will grace the stage. Beer on tap and camping opportunities are available.



Garden Festival Corvey Aug. 4-6, Hoexter

Enjoy three days of children's programs, fairy tales, lectures, workshops, a fashion show, music, food, theater groups and shopping at the bazaar. Music from a variety of African nations will be represented at this event.



Open Air Filmfest Aug. 10-14, Weiterstadt

Since 1977, this film festival has been bringing entertainment to the Hesse area with the first fest lasting one day and playing to a three-person audience. Now, the festival spans five days, attracts filmmakers from dozens of countries and hundreds of films are shown.



©PETER STEHLIK PS-2507, CC BY 3.0

Koblenz Summer Festival and Rhine in Flames

Aug. 11-13, Koblenz

200 bands from different genres span seven days for three days. During this festival, you can catch fireworks in the skies of Spay and Koblenz with "Rhine in Flames."



©MELKOM

Museumsuferfest

(Museum Embankment Festival)

Aug. 25-27, Frankfurt am Main

Local museums are presenting special programs this weekend along with art, culture, food, drinks and music for you to enjoy along the river. There are also several stage productions occurring.



Gourmet Festival Düsseldorf

Aug. 25-27, Düsseldorf

Bring a refined pallet and your appetite. More than 200 exhibitions from "upscale gastronomy" will bring high-quality, unusual and rare delicacies for you to try.



DINOWORLD

All month long, Berlin

All across Tierpark Berlin, you will find life-size dinosaurs that move and make sounds. Along with the dinosaurs is an educational exhibit that teaches you about their way of life. If you cannot make it this month, the dinos will be there through October.

Tell Your Story!

Editor's Pick Call Out:

Did you attend one of previous Editor's Picks events? We want to hear all about it! Please share something memorable about your experience in about 50-70 words and you could be featured here. Send your submissions to contentteam@stripes.com. ■

MEDICAL



INTEGRATIVE
OSTEOPATHIE

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

Wiesbaden's highest rated 5 minutes from Clay Kaseme
Osteopaths and Chiropractors

SERVICES

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

**BOOK ONLINE
NOW!**



★★★★★
90
GOOGLE
REVIEWS

Intergative Osteopathie Lessingstrasse 1, Wiesbaden
Info@osteopathiewiesbaden.de | Tel. 0611-13707021
WWW.OSTEOPATHIEWIESBADEN.DE



LAW OFFICES



BECKER & CO

U.S. & GERMAN ATTORNEYS

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

FULL SERVICE LAW & TAX FIRM

Call 069 - 299 - 2069 - 0

maiss@b-co.legal

www.b-co.com

TRAVEL

Worldwide Pet Shipping



▲ Daily departures
▲ Pick-up Service

PetAir takes care
Frankfurt Airport
Ph. +49 69 120186550



www.petair.de

...takes care

HOTELS

**PENTA
HOTEL**
WIESBADEN

**YOUR HOME AWAY FROM
HOME IN BEAUTIFUL
WIESBADEN.**

Visit our restaurant and
Pentalounge—located right next to
Hainerberg Housing area.

Conference rooms for up to 250 persons.

Single & Double Rooms and TLAs
available. All major credit cards and
VAT forms accepted.

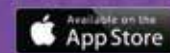
Abraham-Lincoln Straße 17 | 65819 Wiesbaden
Tel: 0611-797700 | sales.wiesbaden@pentahotels.com

Use code
PENTA2022 for
a free welcome
drink or 10%
discount for
meetings in
our hotel.

Ready, Set,



LISTEN NOW



afngo.net

PHOTO of the month

St. Peter's Cathedral in Trier is a mighty Romanesque monolith in the ancient and walkable city center. Many relics and magnificent facades crowd the echoing nave and its bedecked chapel offshoots. Of the eight archbishops buried in the cathedral, one archbishop-elect Richard von Greiffenklau zu Vollrads plays a role in this month's conflict-filled feature story. It's hard to believe that today's peaceful Trier has such a tumultuous history, but when it has been here since the Romans left their mark, it is easy to understand what they saw in the lush rolling hills that are still busy today cultivating wine grapes.

Photo by Karen Kearby.

For a chance for your photo to be featured, email contentteam@stripes.com.



ANTIQUES

THE WORLDS OLDEST & BIGGEST
CUCKOO-CLOCK
Clocks - Gifts - Souvenirs

**Receive full tax discount with
your VAT form + an additional
10% discount off all clocks!**

- 75 Years of Experience
- Worldwide Shipping available
- Overseas repairs services
- Your specialist for cuckoo-clocks,
beer mugs and all Christmas items!



Opening Hours:

Monday - Saturday 10:00 - 18:00
Special arrangements possible

www.gifts-from-germany.com

Full English website includes driving directions, payment methods etc.

Gebr. Stern GmbH • An den Quellen 3 • 65183 Wiesbaden • Tel. 0611-30 21 12 • info@gifts-from-germany.com

RESTAURANTS

Finest
ASIAN
Cuisine

The right place for
your next
Hail & Farewell

China Restaurant
Mayflower

Open daily 11:30 - 15:00 & 17:30 - 23:30
USD accepted - Master Card/Visa

Uthmann Strasse 8, Mainz-Kostheim
(near Mz. Kastel Storage station)

Tel. 06134- 258928

MEDICAL

Private Practice in Wiesbaden

General Medicine • Cardiology • Angiology

- Annual Check-Ups
- Prescription Refills
- Lab Diagnostics
- Work/Sport Physicals
- Diagnostic Ultrasound
- Urgent Care Services
- Heart & Lung Function Testing



Tricare is Accepted!



**DR. MARIE-ISABEL
MURRAY**

- ✓ English-Speaking
- ✓ Highest Quality Healthcare
- ✓ Patient-focused
- ✓ American Board-Certified
- ✓ Short Waiting Time
- ✓ Free Parking (around the back)

Book Your Appointment Today!

Mainzer Str. 98-102, 65189 Wiesbaden (Welfenhof-Zentrum)
+49 (0) 611-94917358 • info@drmurray.de

www.drmmurray.de



MOTORCYCLES

**BMW
MOTORRAD**



**Dexheimer
MILITARYSALES**

☎ 0631-36190811

www.motorradsale24.de/military-sales

SHIP/MAIL

**WORLDWIDE
SHIPPING Agency**

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

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

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

Fragile



Neunkirchen

By Tamala Malerk

Located 40 minutes west of Kaiserslautern is Neunkirchen, Saarland's second largest city after Saarbrücken. The name translates to "nine churches" and there you can find three Catholic and six Protestant churches. It is also believed that the name derives from the phrase, "An der neuen Kirche" which translates to "by the new church." If seeing historical churches isn't your thing, there is so much more you can do in Neunkirchen.

Go to the zoo: I first discovered the Neunkirchen Zoo when I decided to brave 10 degree weather to check out their on-site Christmas market. The weather is much more favorable for a visit now. There are over 700 animals on-site, with 120 different animal species spread across 20 hectares. The zoo has been in the area since 1926. Feed the giraffes and meerkats and catch the twice-daily falcon flights. There is a variety of food selections on-site: burgers, waffles, crepes, coffee, regional cuisine and more.



Get in some shopping: Bring your credit cards and euros and get ready to shop until you drop at the largest shopping center in Saarland, the Saarpark-Center. There are 115 specialty stores for you to peruse across 35,000 square meters. While there, see if you can spot Sammy Spencer Freiherr von Shoppinghausen, their meerkat mascot. There are 13 different food spots, so there is something for every appetite. The mall is open Monday-Saturday, and their next shopping Sunday is Oct. 29.

Visit history: World War II and history buffs will want to make their way to the Spitzbunker Neunkirchen. This bunker was used as protection during World War II. Up to 600 people could find shelter here according to tracesofwar.com when the town was bombed.



Go back to the city's iron roots with a tour of Altes HüttenAreal where you can tour the old factory and iron works.

Catch a football game: Cheer on Borussia-Neunkirchen as they take on their opponent of the week. They have players of all ages on the field, with youth, men's and women's teams.

Enjoy the great outdoors: Do some fishing or people-watching at the Bliespromenade. On Aug. 3, catch the last concert of the City Musiksommer 2023 series at the promenade. Continue to enjoy the sunny weather at Hüttenpark. Throughout the park, you can see hints of its industrial past with old machine parts scattered about. What was once an industrial wasteland is now a haven for children's playgrounds, walking areas and open-air events.

Grab a bite to eat: No matter how you choose to spend your day in Neunkirchen,

you will definitely get hungry at some point. Stumm's Brauhaus promises to bring you some great local fare. There is home-brewed beer, Moselle wine, bread from the local bakery and game from the Oberthal Hunting Ground. They also serve German classics such as Flammkuchen and Käsespätzle. You can eat here Monday through Saturday for lunch and dinner. For those into Italian food, Neunkirchen has Pinseria Villa Medici featuring a variety of pasta and pinsa (not pizza) dishes. ■

Fun fact: The difference between pinsa and pizza is the resting time, shape (oval rather than circle) and dough ingredients. Pinsa dough can rest up to 120 hours before preparation according to essen-und-trinken.de.



40 YEARS
OF EXPERIENCE



info@petair.de



+49 69 1201865 - 50

(Frankfurt)

+49 89 370403 - 00

(Munich)



www.petair.de



Our team has decades of combined experience in shipping live animals and our employees are LAR (Live Animal Regulations)-trained.



In-house veterinarian.



We have IATA-compliant pet travel crates for sale.



We have offices in Frankfurt, Munich, Copenhagen & Sarajevo.



We are a part of a worldwide network of IPATA pet-shipping agents.



We have our own fleet of special air-conditioned and GPS-monitored live animal transport vehicles.



H&R BLOCK®

Germany H&R Block Tax Offices.
Get face-to-face tax help.

- Express filing ITIN
- Reports of Foreign Bank Accounts (FBAR's)



**PROUD
SPONSORS
OF THE
AFN 80TH
ANNIVERSARY
GALA**

Ramstein

06371-8020410
eclemons@hrblock.com

Wiesbaden

0611-890-23100
eclemons@hrblock.com

Vilseck/Grafenwöhr

0173-573-6112
jorellano@hrblock.com



Hunting, golf, crafts and travel this August with MWR

Rheinblick Open

Compete in the Rheinblick Open — a 36-hole, individual stroke play championship held over two days — Aug. 5-6. A Golf Game Day will be held Aug. 4 as part of the annual tournament. Register at the Rheinblick Pro Shop or call civ (0611) 143-548-5485.

Hunting Course

Outdoor Recreation hosts a U.S. Forces German Hunting Course Aug. 1 to Oct. 21. Classes will be held from 6-9 p.m. on Tuesdays and Thursdays with shooting and practical exercises on Friday afternoons. Cost is \$269. Call civ (0611) 143-548-9801 for details.

Rhein River Cruise

Army Community Service's Relocation Readiness Program hosts a cruise on the Rhein River on Aug. 2. Call ACS at civ (0611) 143-548-9201 for sign-up details.

Fly the friendly skies

Wiesbaden Outdoor Recreation invites adrenaline junkies to take a tandem jump over the friendly skies of Bitburg on Aug. 26. The trip includes round-trip transportation to Bitburg and the tandem jump with a skydiving professional. Cost is \$349 per jump. Call civ (0611) 143-548-9801 for information.

CYS Special Opening

Wiesbaden Child and Youth Services holds a special opening for registered children ages six weeks to fifth grade on Aug. 12 from 10 a.m. to 4 p.m. Cost is \$48. Call civ (0611) 143-548-9356.

Berchtesgaden Trip

Wiesbaden Outdoor Recreation offers a trip to Berchtesgaden in the Bavarian Alps Aug. 11-13. The trip includes visits to the Eagle's Nest and Salzburg.

Cost is \$429 per adult, \$329 for children (ages



Enjoy a Game Day and two tournament days at the Rheinblick Open on Aug. 4-6.

3-11) and \$249 for infants. Register at the Outdoor Recreation Center on Clay North.

Resume Writing Class

The Employment Readiness Program hosts a Military Spouse Resume Writing Class on Aug. 3 at 10 a.m. in the ACS Multi-Purpose Room. Call civ (0611) 143-548-9201.

Intro to Sewing

The Wiesbaden Arts and Crafts Center holds Introduction to Sewing classes on the first Sunday (Aug. 5) of the month from 10 a.m. to 12:30 p.m. Cost is \$20 per class. Sign up at the center.

Play in the Playground

The New Parent Support Program hosts Play in the Playground on Aug. 9 and 23 in the Aukamm Playground behind Westfallen Str. 21 from 10-11:30 a.m.

Foreign Born Spouse Meeting

Get together with fellow spouses to share experiences, stories and good conversation during the monthly Treffpunkt: Foreign Born Spouse Meeting on Aug. 9 at 11:30 a.m. The Treffpunkt: Foreign Born Spouses Meetings are held every second Wednesday of the month from 11:30 a.m. to 2 p.m. in the ACS Multipurpose Room.

Friday Night Scramble

Unwind after the work week with some friendly competition at the Rheinblick Golf Course. Make your own four-person team for this nine-hole scramble tournament. Upcoming scrambles are on Aug. 18; Sept. 1

and 15. Call civ (0611) 143-548-5485 for details.

IMCOM-E Biking Challenge

Wiesbaden Outdoor Recreation hosts the 2023 Installation Management Command-Europe Biking Challenge through Sept. 8, 2023. U.S. ID cardholder participants are invited to get out on the roads, trails and biking paths in Europe while logging the distances covered. There is a \$50 registration fee — which includes a custom-designed biking Jersey and finisher coins for those who reach 500 or 1,000 kilometers. Visit Outdoor Recreation to register.

Intro to Quilting

Get an Introduction to Quilting during this monthly class at the Wiesbaden Arts and Crafts Center on Aug. 19 from 10 a.m. to 12:30 p.m. Classes are held on the third Saturday of the month from 10 a.m. to 12:30 p.m. Cost is \$25. Call civ (0611) 143-548-9838.



Brake Service Class

Learn how to identify and repair the components of the brake system during the Brake Service Class on Aug. 27 at 10:30 a.m. at the Wiesbaden Automotive Skills Center. Cost is \$25. Call civ (0611) 143-548-9817 to register.





Trans Global
LOGISTICS EUROPE GMBH

VEHICLE SHIPPING SERVICES!



- 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)

For Further Information Please Contact

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

ANDREWS FEDERAL CREDIT UNION SUPPORT FOR TODAY SUCCESS FOR TOMORROW

CONVENIENT INTERNATIONAL BANKING

Andrews Federal Credit Union proudly serves military members and their families on military installations in central Germany, Belgium, and the Netherlands.

CONNECTING WITH YOU

wire | Zelle®

Andrews Federal has a network of branches in the U.S. and Europe, including many on or near military installations.

When you bank at Andrews Federal, you can send money easily wherever you are. Use Wise to transfer money to over 80 countries at the real exchange rate in Digital Banking. Or use Send and Receive Money with Zelle® to send money to friends, family and other people you trust, wherever they bank¹.

Visit andrewsfcu.org to find the branch nearest you to manage your money, get financial advice and more.



Andrews Federal Credit Union is Federally Insured by the NCUA. We do business in accordance with the Equal Credit Opportunity Act. No federal endorsement implied. Must be a member of the credit union to open any deposit or loan account. Our field of membership includes US Active Duty or Retired Military personnel (or their spouses, dependents or dependent survivors) of Joint Base Andrews, Joint Base McGuire-Dix-Lakehurst, and military installations in central Germany, Belgium, and The Netherlands; as well as over 200 employer groups throughout Maryland, Virginia and New Jersey. We also have nationwide membership eligibility through the American Consumer Council and anyone who lives, works, attends school or worships in Washington, DC. *U.S. checking or savings account required to use Zelle®. Transactions between enrolled users typically occur in minutes. Terms and conditions apply. Zelle® and the Zelle® related marks are wholly owned by Early Warning Services, LLC and are used herein under license.



instead of 699,-

499,-

Lounge furniture set 'Margrethe'

4-piece, poly rattan, brown, upper material made of easy-care polyrattan, classic braided look, table with clear glass plate, incl. seat and back cushions
28691248

**Visit our big summer
furniture exhibition!**



instead of 999,-

799,-

Sunfun lounge furniture set 'Hannah'

5-part, textile, grey, freely combinable with other set arrangements, powder coated aluminum frame, which is still strong, higher seating comfort through seat and back cushions, elegant, modern design that suits many furnishing
25536517



instead of 999,-

799,-

Sunfun Lounger 'Melina'

L 206 x W 167 x H 200 cm, black metal frame made of powder-coated aluminum, durable and weather-resistant materials, accommodates up to 2 people, optical highlight in the outdoor area
28577959



BAUHAUS

55130 Mainz, Max-Hufschmidt-Straße 9, Phone: 0 61 23 100-1

BAUHAUS Gesellschaft für Bau- und Hausbedarf mbH & Co. KG Südwest, Sitz: Dudweiler Landstraße 14, 66123 Saarbrücken



www.bauhaus.info

Wenn's gut werden muss.



Seating
which is light but
and back cushion set,
styles



instead of 1.699,-

1.299,-

Sunfun lounge furniture set 'Aria'

5 pieces, anthracite, frame made of stable, powder-coated aluminum, high seating comfort thanks to high-quality upholstery made of sunbrella fabric, lounge with stool and side table, side table with a composite table top, padding with quick-dry function

28578794



The expert store for all your needs!



Ihr Spezialist für Pflanzen und Gartentechnik



Lowest Price Guarantee

12%

If you find an identical product within 14 days from the date of purchase cheaper elsewhere, please contact us and receive the product at a 12% lower price than competitors. This offer is not applicable on Internet deals, rugs, and clearance sales.

0 6131 / 6 22 45-0, Fax: 0 6131 / 6 22 45-13

Battling Cities

By Erica Fowler



f Germany's estimated 25,000 castles, most of them have stories of violent clashes motivated by divergences over politics, religion and resources. The thick stone walls may have long crumbled, hidden in the woods. Some lucky structures may have been re-mortared and preserved to protect the artifacts within. These estates have been adopted by private owners, maintained by the community that grew up around it or retained by the lines of nobility that managed to hold on to their ancestral castle. Being in Europe, I'm glad to have access to an endless list of these time capsules that are so fascinating to visit.

DELIVERING A LITTLE BIT OF HOME ACROSS THE GLOBE IS OUR MISSION

- ✓ Keeping service members connected to home and country
- ✓ Free WiFi, American TV and program in the USO Centers
- ✓ Supporting 1.045.000 service members and families around the globe
- ✓ Supporting programs that boost morale

USO WORLDWIDE
STRATEGIC PARTNER



www.tkscable.com

TKS A VODAFONE
COMPANY

RECRUITING FOR NEXT YEAR COUNTING ON-BASE FACILITIES

Blue Chip Inventory Service has been counting
Inventory on military bases for over 50 years.

This is an ideal temporary job for veterans, spouses, older teens (17+), and adult dependents as well as retirees. Experience preferred, but we will train.

Throughout Europe, also dipping into Cairo, Riyadh and Asia
Some inventories take 2-days to count, most take only 1-day.

You can work one inventory, many or all.

Belgium, The Netherlands, Germany, Italy, Spain, Turkey,
Cairo, Riyadh, Lejes, Guam, Japan (includes Okinawa), So Korea

\$18 - \$20/hour DOE.

If interested, please email your interest ASAP

stripesad@count-it.com



**PROUD SPONSORS OF THE
AFN 80TH ANNIVERSARY GALA**



Landstuhl's Berg Nanstein

A newcomer to the Kaiserslautern Military Community (KMC) will quickly notice the red-hued ruin of Burg Nanstein above Landstuhl. It is a worth a visit to see the many architectural additions over the years, enjoy the view and have a good meal at the tavern beside it. But the story of the rebellious knight Franz von Sickingen is arguably the most intriguing part of Nanstein's story. Von Sickingen had been an ally of the Reformation and provided refuge for theologians of the movement, even offering Martin Luther asylum. In a bid to improve the condition of knights, he set his sights on the secularization of power and his target was Richard, the Archbishop-Elector of Trier.

During a series of attacks in 1523 called the Knights' Revolt, von Sickingen attempted to overtake Trier, one of the oldest cities in Germany. He and his allies were forced to fall back, and von Sickingen fled to Nanstein which suffered bombardment from the Elector's supporters. He was buried under the rubble of a cannon blast and died of his injuries days later. The castle was so gravely damaged, that its impressive battery tower lay in ruins. Berg Nanstein had later glory days with repairs and palatial editions by von Sickingen's descendants but was again pummeled by Elector-Princes during the Thirty Years' War and then by French troops in 1689. If you look at the stonework up close, you can still see the differences in stone size, mortar and colors where various repairs have been made after assaults.

Heidelberg Castle

The city of Heidelberg is charming and impressive all at once, but what is now an idyllic university-filled community was the scene of some of the deepest fissures in European history. In the 17th century, the beginning of the Thirty Years War played out when the owner of Heidelberg Castle, Frederick V of the Palatinate, reluctantly accepted the crown of Bohemia. He was a Protestant amid a mighty religious reckoning between several European ruling parties. His short reign leading Bohemia ended with his battlefield defeat in 1620, hence his title as the Winter King. Heidelberg Castle was left undefended and was captured by the Catholic Holy Roman Emperor Ferdinand II's forces. A further onslaught from the French during the Palatinate War of Succession in 1688 destroyed the fortifications because the French King Louis XIV wanted to eliminate resistance in this region. The mark of this conflict remains to this day in the gaping holes along the skyline of the structure, its windows a ghostly frame of its formerly unblemished grandeur.



he most powerful political entity in Renaissance Europe was the Holy Roman Empire, which was comprised of much of Germany, and parts of France, Austria, Switzerland and Italy. It lasted from the crowning of Charlemagne in the Middle Ages to the dissolution of the throne in the Napoleonic era. You may have heard of prince-electors throughout European history, who selected the next emperor for a millennium.





Reichsburg Cochem

The magnificent Cochem Castle today crowns a vineyard-covered hilltop, overlooking a bend in the Moselle River. It was built as a customs castle, or “zollburg” to secure and monitor the river and surrounding area bustling with trades crafters and travelers. Most of what you see today is a 19th-century Gothic revival creation, but the foundations are the remains of a medieval defensive castle. The Palatinate War of Succession brought about the castle’s undoing in 1689 as part of the French campaign to bring the Palatinate to its knees. The French set the castle aflame and then blew it apart. The castle ruins later found luck in the 19th century in the form of the steel and iron magnate Louis Ravené, who extensively renovated it as his summer residence. It is now a must-see in one of the most beautiful Moselle River towns.



Hohenzollern Castle

This comparatively young and intact castle is actually the third iteration of this symbol of Prussian and southern German power. The first castle was obliterated after nearly a year of ongoing attacks in 1423 by the Swabian League. The Württemberg counts took the castle during the Thirty Years’ War, and the Austrian Hapsburgs followed. It then flipped ownership between the French and Austrians until it was left to the ravages of time in the late 18th century. The only surviving part of the castle from this time is St. Michael’s Chapel, which was expanded. The current towering structure was constructed in the 19th century when King (then Crown Prince) Friedrich Wilhelm IV of Prussia decided the castle should be rebuilt as a glorious Hohenzollern ancestral seat. Wide paths along the castle provide beautiful vistas, a beer garden serves refreshments and glittering displays of royal trappings are shared with visitors. This includes Frederick the Great’s extensive collection of fancy tobacco boxes, of which he was said to own around 300. One tobacco box on display supposedly saved his life on the battlefield because it deflected a bullet from within his jacket, which is also on display. After touring the many rooms, this third version of the castle doesn’t only look like it’s ready for a fight on the outside, but it is protecting a whole other level of magnificence on the inside. Luckily its fighting days full of siege and smoke are behind it, but it does make for a great story. ■





Volunteering with KMC Adopt Don't Shop

By Tamala Malerk

Volunteering can be such a fulfilling activity. This year we are highlighting a new organization or event for those who are looking to learn more about the services and resources available to them as well as for those who are looking to give back to the community.

This month, we are featuring **KMC Adopt Don't Shop**. I had the pleasure of speaking with the foster coordinator and dog trainer, Ronda Smith, and current foster dog mom, Autumn S.



SCAN TO CONNECT
ON FACEBOOK



Ronda has been with KMC Adopt Don't Shop for a year and a half. She often prefers animals to people, is currently in school for vet medicine and just wants to give back to the animals.

Ronda stressed that foster and adopt are not for everyone. Animals can be a huge commitment; however, fostering can be a way to figure out if you are ready to adopt. If you choose to adopt, there is a rigorous five-part process to ensure that the situation is ideal for both the family and the animal involving applications, interviews and meet-and-greets. Ronda is passionate about connecting animals with families and by the end of the interview she asked me, "Have you ever thought about a cat?"

If you love animals but cannot make the commitment to fostering or adopting, Ronda explained there are plenty of other ways to volunteer and help with the animals. Caring for them is expensive. There are veterinarian costs, boarding, feeding, training and more. You can donate items for fundraisers, contribute monetarily or simply bid on raffle items. They need people to help with the re-homing process and to transport the animals to adoptive and foster homes. You can do something as simple as sharing animals up for adoption on your social pages.



Ramstein/Wiesbaden Dental Care

American Doctors & Staff

*Creating
Healthy
Smiles*



- 🦷 Family Dentistry
- 🦷 Registered Dental Hygienists
- 🦷 Cosmetic Dentistry
- 🦷 Crowns / Bridges
- 🦷 Root Canals
- 🦷 Oral Surgery
- 🦷 Whitening
- 🦷 Implants
- 🦷 Periodontist

UNITED CONCORDIA®



RAMSTEIN DENTAL CARE



06371 406230



Poststrasse 1, 66877 Ramstein



RamsteinDental@gmail.com



www.RamsteinDental.com



WIESBADEN DENTAL CARE



06119 887 2650



Bahnstrasse 14, 65205 Wiesbaden



WiesbadenDentalCare@gmail.com



www.WiesbadenDental.com



Volunteering with

KMC Adopt Don't Shop

Ronda also connected me with Autumn, a foster mom who wanted to share her story. As Autumn adjusted her computer's camera, the biggest, most lovable-looking boy invaded the picture. I'm sure Autumn was saying something, but I must admit, my focus immediately switched to this giant. She noticed fairly quickly and stated, "This is Sega" and then turned to him and said, "Sit, we are going to an interview."

Autumn and her spouse PCS'ed to the Kaiserslautern area with their husky, Moku. Unfortunately, Moku had a sudden seizure in December 2022 and passed away. Autumn had fostered a few dogs while Moku was alive, but Moku struggled with adapting to other male dogs. After he passed, Autumn decided that she was ready to take on a greater foster challenge and in came Sega. He is a 120-pound Turkish Kangle, a breed of herd protection dogs.

Sega came with many warnings: "He was aggressive and reactive!" He had already been rehomed six or seven times. The family before Autumn and her spouse had him only three days before calling and saying that someone needed to pick him up the next day. While she was telling me this, Sega was in the background rolling around in the sunbeam peeking through their window.

Autumn wasn't sure what to expect when Sega showed up at her house in the backseat of someone's car with no lead or muzzle and warnings of being people and dog aggressive. Autumn simply reached in, and he came right out. For three months, Sega has been training to work on reactivity. He does really well with training, but he is still protective of "his" people and "his" house. When I asked her if he was on track to become a "foster fail," she said that while they love Sega, he really needs a ranch

and something to protect because he is going stir-crazy in a house.

When asked about the rewarding aspects of volunteering, Autumn said, "Sega brought us a ton of comfort...and gave us something to do (after the loss of Moku). He needed us." KMC Adopt Don't Shop works hard to align the right animal with the right family. As someone who works hard to coordinate people and animals, Ronda loves "seeing how happy and comfortable the animals are in their new homes."

While I only spoke with Ronda and Autumn, there are many who ensure these animals are safe and happy. Ronda wanted to make sure they were mentioned:

"I just want to thank the founders of KMC Adopt Don't Shop, Amy and Brendon Bale, as well as all the hard-working ladies who put in so much time helping these fur babies and our foster families who help support us in finding furever homes. I appreciate Kindsbach Sunshine Farm for lending us a helping hand when needed with fur babies, especially dog training. Thank you Amy, Caroline, Jennifer, Léonie, Mariana and Melissa! Y'all are awesome. Thank you to our past volunteers and thank you to our future volunteers as well. We could not do this without you."

If you are interested in learning more about fostering, adopting, helping with transportation and re-homing, fundraising or donating to KMC Adopt Don't Shop, reach out to Ronda at kmccadoptdontshop@gmail.com, or go to their Instagram page: [instagram.com/kmccadoptdontshop](https://www.instagram.com/kmccadoptdontshop). ■





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
- Lifetime career services and alumni benefits



VISIT US ON BASE

Bldg. 1023E, Rm. 12 or
in our virtual office



**UNIVERSITY OF MARYLAND
GLOBAL CAMPUS | EUROPE**

europe.umgc.edu

DOG *(and People)* FRIENDLY *Pupsicles*

Adapted by Tamala Malerk

It is HOT out there and what better way to cool off than a frozen treat for you and your favorite four-legged furry friend?

Here is what you need for most of these recipes:

1. Silicone popsicle mold, ice cube tray or small paper cups
2. Blender or food processor
3. Unsweetened plain yogurt
4. Popsicle sticks or carrot sticks (optional)

Berryful Pupsicle

¼ cup blueberries, pureed
¼ cup strawberries, pureed
½ cup plain yogurt

Apple Honey Pupsicle

⅓ cup unsweetened apple sauce
2 tablespoons Xylitol-free* peanut butter
2 tablespoons honey
½ cup plain yogurt
¼ cup blueberries, pureed (optional)

Pumpkin Pupsicle

½ cup pumpkin puree
½ cup plain yogurt
1 tablespoon Xylitol-free peanut butter
¼ cup bananas, pureed

Dairy-Free Frozen Fruit Pupsicle

¼ cup bananas, pureed
½ cup seedless watermelon, pureed
½ cup pineapple chunks, pureed
Splash of coconut milk (optional)

Sweet Potato Pupsicle

¼ cup sweet potato, pureed
½ cup plain yogurt
¼ cup bananas, pureed
1 tablespoon Xylitol-free peanut butter



For each recipe:

Blend ingredients together, pour into molds, add optional wooden or carrot sticks and freeze until solid (can be roughly four to five hours). Remove from molds, or peel off paper cups, and treat your dog and yourself!

Recipes adapted from The Dog Bakery, Dog Tipper, Rover and Food with Feeling.

**Xylitol is toxic to dogs*

MY DENTIST WIESBADEN

ZAHNÄRZTE AM KURHAUS



YOUR Full Service Dentistry in the heart of Wiesbaden



- ★ Aesthetic Family Dentistry
- ★ Specialists for Pediatric Dental Care
- ★ Periodontics
- ★ Endodontics
- ★ Implants
- ★ Bleachings
- ★ Nitrous Oxide



Hours of Operation:

Monday – Thursday 8:00 –18:00

Open Fridays from 8:00 –14:30



Wilhelmstraße 60

65183 Wiesbaden

Tel. 0611-5059980

info@zahnaerzte-am-kurhaus.de

www.my-dentist-wiesbaden.de

One of Germany's

Finest Microbrewery



Experience Brauhaus Castel's:

- Homemade Craft Beer
- Authentic German Food
- Fabulous Beer Garden
- Guided Brewery Tours on request
- Open all day from 11:30
- English speaking staff
- All meals and beer available to go



Private & Company Events | Hail & Farewells | Capacity up to 250 People

www.brauhaus-castel.de

info@brauhaus-castel.de

Tel. 06134-24999

Otto Suhr Ring 27 | 55252 Mainz-Kastel



American Dollars Accepted