

FREE
FEB 2024

STARS AND STRIPES

STUTT GART

WHAT'S UP

Eat. Stay. Love.

Spotlight on
Alta, Norway

Fan the Flames
at a German Therme

Pub
Crawling

IN CAMBRIDGE



- **GOOD CARS FROM GOOD GUYS** •
- **STARS AND STRIPES' BEST OF GERMANY WINNER** •

Serving the Military Community Since 2012



FIND YOUR CAR

More than 200
late model US spec
vehicles in stock



ARRIVE & DRIVE

PCSing to Germany?
Reserve online and we
will get everything
ready for you.

Hablamos Espanol



SELL YOUR CAR

We make great offers with
quick, friendly, service and
fast payment

RAMSTEIN • KAISERSLAUTERN • STUTTGART • SPANGDAHLEM

 WhatsApp: +49 (0)173 7656 926

WWW.USEDCARGUYS.NET



STARS AND STRIPES.
WHAT'S UP

A Stars and Stripes Community Publication

Europe Office

COMMANDER

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

BUSINESS OPERATIONS MANAGER

John Rodriguez

PUBLISHING & MEDIA DESIGN, MANAGER

Carrie Farrell

WRITER-EDITORS

Tamala Malerk, Kat Nickola, Katie Wells

GRAPHIC ARTISTS

Amanda DeHart, Ryyan Joye

MARKETING COORDINATOR

Kristen Thoennes

MARKETING ASSISTANT

Al Green

MULTIMEDIA ADVERTISING, MANAGER

Doug Dougherty

MULTIMEDIA ADVERTISING, CONSULTANTS

Sean Adams, Heidi Bayfield, Kandace Blevin,
Nate Jamison, Capri Roe, Jeff Teeselink

ADMINISTRATIVE ASSISTANT

Danny Padro

ADVERTISING OFFICE

Unit 29480, APO, AE 09211
Postfach 1980, 67607
Kaiserslautern, Germany
+49 (0) 152-5672-5020

COVER DESIGN BY

Ryyan Joye

Washington Office

PUBLISHER

Max D. Lederer, Jr.

CHIEF OPERATIONS OFFICER

Laura Law

REVENUE DIRECTOR

Scott Foley

ENGAGEMENT DIRECTOR

Chris Verigan

PUBLISHING & MEDIA DESIGN, DIRECTOR

Marie Woods

TO ADVERTISE CONTACT:



HEIDI BAYFIELD

STUTTGART
MULTIMEDIA CONSULTANT
bayfield.heidi@stripes.com
TEL: 0152-56725021

CONTACT US:

Telephone: +49 (0) 0631-3615-9111
or DSN: 314-583-9111

Email: memberservices@stripes.com

WWW.STRIPESEUROPE.COM



@STARSANDSTRIPEUROPE



pullman
HOTELS AND RESORTS

STUTTGART FONTANA



**your home
away from
home**



RENOVATIONS ARE COMPLETE!

Everything is brand new and state-of-the-art.

LUXURY ACCOMMODATIONS

Adjoining rooms and suites

RESTAURANT & BAR

Abundant breakfast

SPA & WELLNESS CENTER

Rejuvenate at our pool and spa

IDEAL LOCATION

Steps from the Vaihingen S-Bahn and U-Bahn stations

LAUNDRY AND IRONING

facilities available

CITY PARK

with kids playground and jogging trails in front of the hotel

Families PCSing receive:

- 10% Discount on food and beverages
- Choose two complimentary amenities - pet accommodation, laundry or parking

Vollmoellerstrasse 5 • 70563

VAIHINGEN - STUTTGART

T. +49 711 730 2301 • E. h5425@accor.com

BOOK TODAY 0711 730 2300



GERMANY

Hot-Air Balloon Festival | Lake Tegernsee | Jan. 28–Feb. 4

“Lobby Hero” at The English Theatre of Hamburg
Feb. 5–Apr. 6 | Hamburg

Fasching/Karneval/ Fastnacht | Throughout Germany
Feb.–Mar. 2024

Cologne Pride 2024 | Cologne | July 6–21

Dürkheim Sausage Market (World’s largest wine
festival) | Bad Dürkheim | Sept. 6–10 and Sept. 13–16

Berlin Beer Week | Berlin | Sept. (TBD)

AUSTRIA

Snowbombing | Mayrhofen | Apr. 8–13

Genuss Festival (Austria’s single largest food festival)
Vienna | May (TBD)

Long Night of the Stages | Linz | June 22

Salzburg Festival (Theater and Opera Festival)
Salzburg | July 19–Aug. 31

World Body Painting Festival | Klagenfurt | Sept. 17–21

FRANCE

“Fête du Citron” (Lemon Festival) | Ville de Menton
Feb. 17–Mar. 3

Cerfs Volants (International Kite Festival)
Berck Sur Mer | Apr. 20–28

International Garden Festival | Chaumont-sur-Loire
Apr.–Nov. (TBD)

Le Nouveau Printemps (The New Spring) | Toulouse
May 30–June 30

Chorégies d’Orange (Oldest Festival in France)
Orange | June 14–July 22

Festival Photo La Gacilly | Brittany | June–Oct. (TBD)

Festival d’Avignon | Locations across Avignon | July (TBD)

Habits de Lumière | Epernay | Dec. (TBD)

Festival of Lights | Lyon | Dec. (tentatively)

La Grande Odyssée (Dog Sled Event)

20 Location across Région Auvergne-Rhône-Alpes
Jan. 2025 (TBD)

ITALY

Venice Carnival | Venice | Feb. 3–13

Ivrea Carnival: The Orange Fights

Ivrea | Feb. 10–13

At one of the oldest carnivals in Italy, you can witness the culminating event: pelting oranges at one another. The event dates back to the end of World War II. Today, nine teams donning tunics in their team colors throw oranges from their designated areas. Don’t worry, there are safe spaces where you can stay orange-free throughout the city.

Palio di Siena | Siena | July 2 and Aug. 16

BELGIUM

Binche Carnival | Binche | Feb. 11–13

Brussels International Animation Film Festival
Brussels | Feb. 27–Mar. 3

Carnival of Bears | Benelux | Mar. 10

46th Cat Parade | Ypres | May 12

Brussels Pride | Brussels | May

Zinneke Parade (“Europe’s craziest festival”)
Brussels | June 1

Brussels Carpet of Flowers | Brussels | Aug. 15–18 (TBD)

CROATIA

Karneval | Rijeka | Jan.–Mar.

Animafest Zagreb: World Animated Film Festival
Zagreb | June 3–8

Korkyra Baroque Festival | Venues across Korkyra
Sept. (TBD)

CZECHIA

Masopust Prague—Prague Bohemian Carnival
Prague | Feb. 8–14

Prague Beer Festival | Prague | Apr. 12–13

Znojmo Historic Vintage | Znojmo | Sept. (TBD)

FINLAND

Midnight Sun Film Festival | Sodankylä Lapland
June 12–16

Juhannus, the Midsummer Festival
Throughout Finland | June 22

Helsinki Pride | Helsinki | June/July (TBD)

Seinäjoki Tango Market | Seinäjoki | July 10–14

Helsinki Festival | Helsinki | Aug. 15–19

Baltic Circle: International Theater Festival | Helsinki
Nov. 15–23

IRELAND AND THE U.K.

Dark Skies Festival | North York Moors and Yorkshire
Dales | Feb. 9–25

Jorvik Viking Festival (Europe’s Largest Viking Festival)
York | Feb. 12–18

Glasgow International Comedy Festival | Glasgow
Mar. 13–31

St. Patrick’s Festival | Dublin | Mar. 17

Gemini Boat Race | London | Mar. 30

Spirit of Speyside Whisky Festival | Speyside | May 1–6

Galway International Arts Festival | Galway | July 15–28

The Galway Races Summer Festival | Galway
July 29–Aug. 4

Puck Fair (Ireland’s Oldest Fair) | Killorglin | Aug. 10–12

Rose of Tralee International Festival | Tralee | Aug. 16–20

THE NETHERLANDS

Chinese New Year | Amsterdam | Feb. 10

Keukenhof Flower Parade | Keukenhof | Apr. 24

“Koningsdag” (King’s Day) | Amsterdam | Apr. 27

Summer Carnival | Rotterdam | July 26–27

Pride Amsterdam | Amsterdam | July 27– Aug. 4

Redhead Days Festival | Spoorpark and City Center
Tilburg | Aug. 23–25

GLOW Festival (Light Art Fest) | Eindhoven
Nov. 2024–Jan. 2025 (TBD)

Amsterdam Light Festival | Amsterdam
Nov. 2024–Jan. 2025 (TBD)

Extra



There is so much going on across Europe that we couldn’t fit it all on one page. Scan the QR for more events across Europe this year. ■

LAW OFFICES



U.S. Immigration Law

Florida Bar Attorney
Over 23 years Experience
"Wir Sprechen Deutsch"

Worldwide legal representation for U.S. Immigration

www.karynjbeginlaw.com



Law Offices of Karyn J. Begin, P.A.
karynbeginlaw@gmail.com

SHIP/MAIL



Trans Global
LOGISTICS EUROPE GMBH

- International Shipping
- Import & Export
- Inland trucking (U.S. & Europe)
- Door to door pick-up/delivery service
- Customs clearance
- All Risk Marine Insurance
- Auto Insurance (Germany only)

VEHICLE SHIPPING SERVICES!



GERMANY
Phone: +49 (0) 6134-58444-0
Toll-Free: 0800-CARSHIP (Germany only)
E-Mail: info@transglobal-logistics.de
Web: www.transglobal-logistics.de

UNITED KINGDOM
+44 (0)1638-515714
enquiries@carshipuk.co.uk
www.carshipuk.co.uk

U.S.A
+1-972-602-1670
+1-800-264-8167 (US only)
info@tgal.us
www.tgal.us

For 2nd POV Shipments - Offices / Agencies near Military Installations

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

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)

AUTOMOTIVE

Inh. Dietmar Sander e.K.

brixner
automobile & classic cars

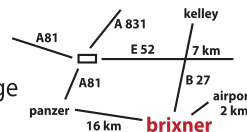


**FULL SERVICE FOR YOUR CAR
ALL MAKES and MODELS**

Maintenance, repair and overhaul - body work

- partner of many insurances
- detailing for PCS shipment
- VAT forms/VISA accepted
- english spoken

Our promise:
best rate on- and off post
great offers for oil/tire change
Ask for prices!



We are happy to serve you

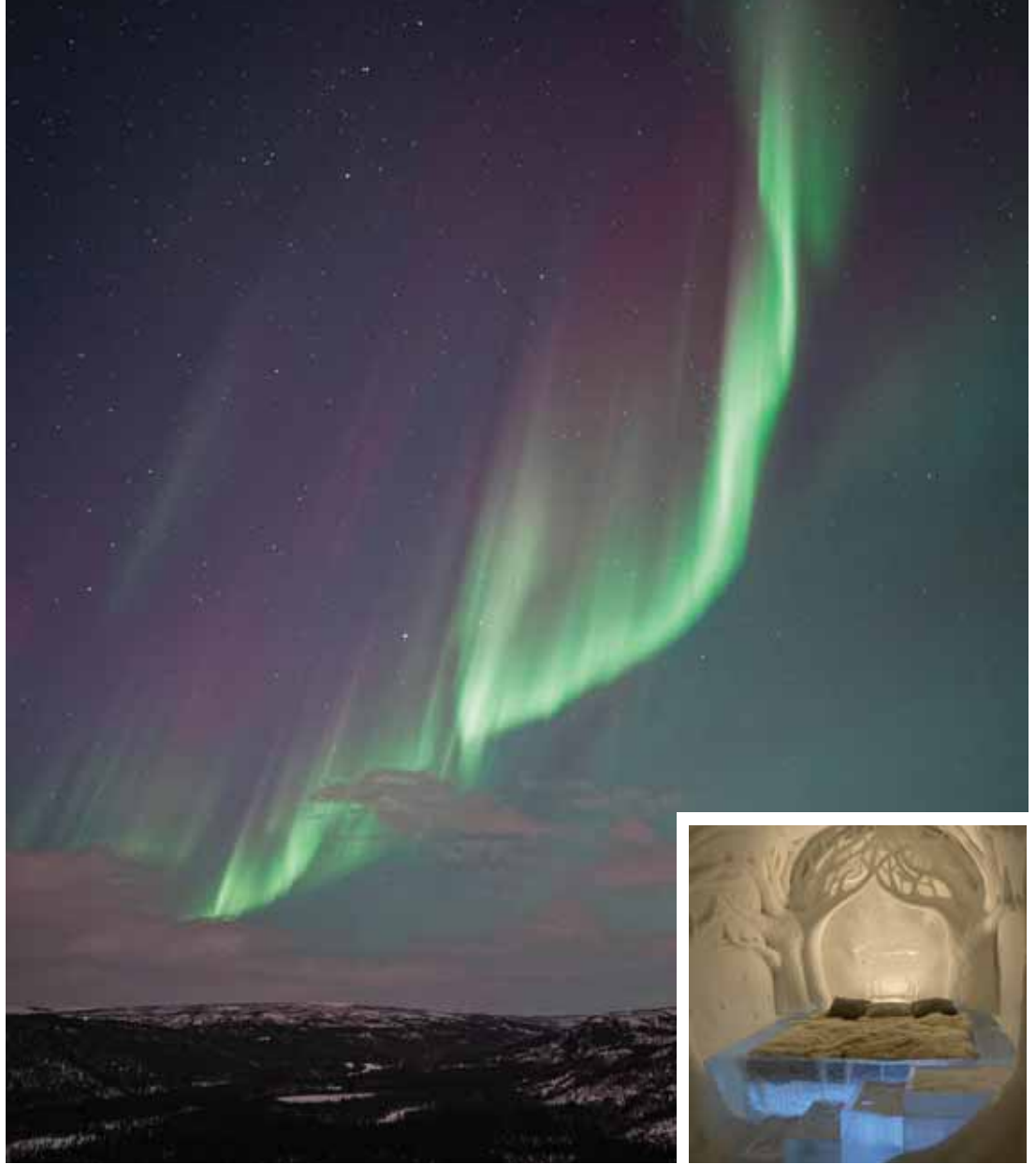
Mon-Fri 7:30 am-6 pm
Brühlhofstr. 9,
70771 L.-Echterdingen

www.brixner.de

info@brixner.de • phone: 0711/993377-0



Spotlight On



Alta, Norway

By Kat Nickola

Venture into the Arctic this winter at the northernmost city in the world. Alta, Norway hugs the rugged coastline of the Altafjord and is the gateway town for adventurers heading into the Finnmark Plateau, the cultural home of the Sami people.

Rock carvings from 7000 years ago have been found along the shoreline throughout the area showing the prehistoric reindeer herds of the Stone Age people who called this area home. There are scenes of hunting, fishing, and sailing in elaborate boats; activities that still draw tourists to the area.

In winter, the Polar Night of northern Norway, there are roughly six weeks when the sun does not peak above

the horizon. However, the daytime hours are immersed in a perpetual twilight of magical bluish luminosity as the sun's light reflects off the sky, sea and snow. The aurora borealis, or northern lights, also adds beautiful luminescent greens, blues and sometimes pinks to the dark night sky.

Each winter, the Sorrisniva Arctic Wilderness Lodge along the Alta River builds the world's northernmost igloo hotel from ice harvested in the valley upstream. Offering all kinds of Polar Night fun like snowmobiling, dog sledding and snowshoeing, the igloo hotel makes a luxuriously frigid home base for winter exploration. ■

Looking for A PERSONALIZED WORKOUT?

My Pilates Place

We offer:

- Location Only 5 Minutes From Patch
- English Speaking Classes
- No Contracts/ Easy Online Booking
- Private or Small Group Classes
- Help to Increase Strength, Flexibility & Find Relief From Those Nagging Pains



BOOK NOW
and get **5% OFF**
your first session!
use code STARS24



My Pilates Place
Hauptstraße 19,
70563 Stuttgart



0178-261-1180



hallo@mypilatesplace.de



www.mypilatesplace.de

YOUR LOCAL MERCHANTS

BEAUTY & HEALTH



THERAPY CENTER AM MAIENPLATZ

Center for: Physiotherapy / Occupational Therapy / Speech Language Therapy

Please contact us via e-mail at info@therapiezentrum-bb.de,
or call us at **+49 (0)7031 236262**

Hours of Operation:
Monday-Thursday-7:00-19:00
Friday-7:00-16:00

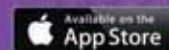
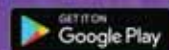
We accept Tricare and all other
private insurances
(Cash, Online Banking, EC Card)

Waldburgstr. 1
71032 Böblingen
therapiezentrum-bb.com

Ready, Set,

AFN go

LISTEN NOW



afngo.net



Eat • Stay • Love

Liechtenstein

By Kyle Haney



EAT

Liechtenstein may be small but that doesn't limit the variety of cuisines available. During my visit to Liechtenstein, I found a delicious menu at the **Scanaua Restaurant & Bar**, in the town of Schaan. As a vegetarian, sticking to plants while traveling can be difficult, but not at Scanaua! They served one of the best vegetarian burgers I've had in Europe! Not only that, but they also have a wonderful beer selection on tap that's perfect after a hike in the Alps or a day on the nearby slopes.



STAY

Liechtenstein can accommodate anyone, from night owls to secluded love birds. Are you looking to burn the midnight oil? Then stay near downtown **Schaan** or **Vaduz** for a livelier scene. More interested in cozying up with your significant other? Then stay in the quiet little ski town of **Malbun** for a real Telluride feel.

However, because Liechtenstein is quite small, it is possible that accommodations can fill quickly. Fear not! You can easily stay just across the border in Switzerland and commute in as little as 10 minutes. I stayed at a great Airbnb just outside Grabs, Switzerland and had an amazing experience!

Liechtenstein may only be 62 square miles in size, but it still packs tons of activities!

LOVE

Depending on the time of year you choose to visit, Liechtenstein offers something for everyone.

If you visit in the winter, then I recommend skiing in the quaint mountain town of Malbun. Sure, there are only five lifts and 23km of skiing, but with how hidden this gem is, you're sure to fill your day with lap after lap of uninterrupted runs. When your legs are sufficiently smoked and your soul is completely recharged, don't forget to head into town and grab a pizza from one of the mom-and-pop pizzerias before making your way back to your accommodation.

If you plan on visiting in the summer, then I recommend hiking the Fürstin Gina Weg trail. Translated as the Princess Gina Way, this 12.2-km loop begins and ends in the town of Malbun. It traverses along the Liechtenstein-Austria border and provides breathtaking views of the Alps at every turn. To do this hike, park your car for free at the Parkhaus Malbun. Then, give in to your inner child and ride the zipline at the Kinderspielplatz while your significant other snaps a few photos! From there, proceed past the Friedenskapelle chapel, and begin making your way to the Fürstin Gina Weg trailhead. I'm not one to take frequent breaks along a hike, but when I visited in October, I couldn't help but stop every 100 yards or so given the fantastic views all around! The trail eventually summits at the top of Augstenberg mountain. From this point, you'll be able to view Austria to the east, Switzerland to the north and south, and the tiny town of Malbun below you. ■





Midwest Family
DENTISTRY



**American dentists and team, trained
and licensed in the U.S.A.**

Relaxed and friendly, we listen to your needs.

Compassionate and comprehensive care.

Located in the heart of Schönaich,
7 minutes from Panzer military base. On-site parking.



Pub Crawling

IN CAMBRIDGE

By Carrie Farrell



So, what's a _____ PUB CRAWL?

At its essence, a pub crawl is when you visit a few pubs and have at least one drink in each. It's about meeting new people and enjoying shared experiences. There is rarely any actual crawling unless you drink so much that you eventually can no longer remain upright. In Cambridge, a pub crawl offers a delightful experience with over a hundred pubs, conveniently located a few yards apart.

Picture yourself ducking through a crooked doorway into a dimly lit room. As your eyes adjust to the cozy ambiance, you notice the eclectic décor – wooden interiors with framed photographs capturing moments of the past and perhaps a fireplace crackling in the corner. The low hum of conversation surrounds you, interrupted by bursts of laughter and the clinking of glasses. The atmosphere is filled with the comforting scent of well-worn leather upholstery, aged timber, and a hint of malt from the ales on tap. A pub is the perfect place to enjoy a round of pints and top-notch grub.

Pub Grub

Curb your hunger with these quintessentially British pub foods.

PIE & CHIPS

Savory pies make a hearty meal and are usually served with a side of peas and chips. Pies are baked with a shortcrust pastry and are filled with a combination of delicious chunky meat and veggies. For something traditional, try a steak and kidney or ham and leek pie.

SUNDAY ROAST

Typical Sunday fare, a roast may be made with beef or lamb. A roast usually comes with potatoes of any variety: mashed, roasted or fried. You can also expect a nice robust gravy, and, possibly, a side of vegetables or a Yorkshire pudding.

GOOD SLEEP. GOOD DAY. GOOD LIFE.

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

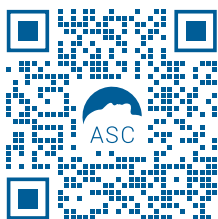


Prof. Dr. H. Schneider is a very well known specialist in sleep disorders such as snoring. Through his decades of research at Johns Hopkins University in Baltimore, he has the very latest knowledge and help to end dangerous snoring. Snoring bears great risks for your health such as developing diabetes,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

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

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

Do not hesitate to contact us today!



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

 Zentrum für
SCHLAFMEDIZIN
American Sleep Clinic

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





“
*Each pub is
 UNIQUE.
 The walls tell
 STORIES*
 ”



Setting STARTED

My first pub crawl was spontaneous. My friends and I casually moseyed from one pub to the next and enjoyed a brew at each one. Enticed by crafted signs showcasing whimsical and eccentric names, we ventured into each establishment with no knowledge-led expectations.

My familiarity with British ales and cider was nonexistent. I asked a ton of questions while staring at the wide selection of drinks available. I may have, not-so-politely, resorted to ordering by way of pointing in an “I’ll have what he’s having” fashion.

Going PRO

During another visit to Cambridge, we booked an organized crawl. Our guide, William (nope, not that William), was so much fun and knowledgeable about the history of each pub.

Our itinerary, near Parker’s Piece, included unique and cozy pubs like The Clarendon Arms, The Elm Tree, The Free Press, The Tram Depot, and The Old Bicycle Shop. All are notable pubs with great atmosphere. Our group sipped through a selection of real ales, draught beer and wines, all while feasting on hearty British favorites such as fish and chips and Shepherd’s pie.

Off-the-beaten-path recommendations from our guide added a layer of adventure. The Old Ticket Office, near the Cambridge Rail Station, is pure eye candy with its stunning restoration and a diverse lineup of craft beer, cider and spirits.

The Eagle, dating back to the 14th century, stands out as one of the oldest pubs. During World War II, Allied airmen used wax candles, lighters, and lipstick to write their names and other doodles onto the ceiling. Boasting even more historical significance, it was here in 1953 that scientists Francis Crick and James Watson



announced the discovery of DNA, thus immortalizing the pub forever.

The pub crawl captures the essence of Cambridge’s history and provides a memorable exploration of the city’s rich drinking culture. Each pub is unique. The walls tell stories, and every piece within seems to have a history. Even if you have no interest in drinking, it’s worth a peek inside.

BANGERS & MASH

A ‘banger’ is typically a pork sausage, while the ‘mash’ is short for mashed potatoes. For this dish, a couple of bangers are often perched atop a pile of mash before the whole thing is doused in gravy. Perhaps there will also be peas.

FISH AND CHIPS

Likely the most well-known pub fare, fish and chips are a fried and salty taste treat perfect for pairing with pub beverages. The fish may be cod, plaice or haddock and is at its best when spritzed with salt and vinegar. On the side, you will find tartar sauce and a pile of mushy peas.

SHEPHERD’S PIE OR COTTAGE PIE

Neither of these special pies has a pastry crust. Instead, a minced meat and vegetable filling is placed in a small stoneware dish, topped with mashed potatoes and baked to perfection. The difference? Shepherd’s pie has mince of lamb, while cottage pie has a mince of beef. ■

docteam42



At Docteam42, we strive to deliver the highest quality healthcare to our American patients. Utilizing the most up-to-date medical knowledge and technology, we provide expert medical care to your entire family. We employ several American nurses to provide our English-speaking patients with competent and comfortable care. Whether you need a Family Doctor, Internist, Pediatrician, Physical Therapist, or Plastic and Aesthetic Surgeon, we have you covered.

HELP WANTED

Front Desk Assistant

Friendly • Reliable • English-speaking



Docteam42
Poststr.42
71032 Böblingen

Appointments, prescriptions,
refills, referrals:
www.docteam42.com or
info@docteam42.com

US Adults:
07031-2043476
US Children:
07031-2043434
General Office:
07031-234545



Please visit our website

www.docteam42.com

to see a list of all of the services we provide or to book your appointment online.

We look forward to your visit!

Tricare Authorized Provider



Fan the Flames at a German Therme

By Kat Nickola

You can't live in Germany and not take a dip into sauna culture by visiting a therme (tare-muh). Defined by its use of natural hot springs, a therme will have spring-fed pools, saunas and relaxation spaces. Typically, the thermal pool area is for people of all ages wearing swimsuits, while a separate spa or sauna space is 'textile-free' and for adults only.

While the pools are a fun way to test the waters, it's really the spa and saunas that my husband and I love for a romantic getaway. These are spaces full of relaxation beds, themed rooms, smaller spring-fed pools, outdoor spaces, and a variety of saunas. Treatments like massages aren't a huge part of the experience but can be added. If nudity is uncharted water for you, it's fine to keep on a wrapped towel in the sauna, and wearing a robe while walking around is the norm.

How to visit the spa

- Book tickets (and hotel) ahead.
- Bring a robe, towel and flip-flops.
- Sauna spaces are co-ed, and nudity is required (no swimsuits).
- Undress and store your items in the locker room.
- A wristband will allow purchases; pay on your way out.
- It's cool to wear your robe or towel when walking around.
- Take off your robe to enter a sauna, but use your towel to sit on.
- Cell phones are prohibited; books are welcome.
- Sauna experiences, which are included in your entry fee, will be scheduled on a board near the entrance.



Follow us on
Instagram "Cocadakosmetik"



Give the Gift of *Beauty & Relaxation*

with a gift card from
Cocada Kosmetik!

Shop online at our website or Instagram.
We ship to your home.



Specials

Maderotherapy - 80€, Vacuslim Fat Loss Wrap - 60€,
Cellulite Treatment Package (x6) - 450€ or (x10) - 750€,
Aqua Facial - 108€ or complete for - 120€
Laser Hair Removal - we accept VAT Forms,
Lymph Drainage, Maternity & Ayurvedic Massage, Waxing, Facials,
Spray Tanning & more

NOW OFFERING - Radio Frequency Treatments for Face and Body
(firmness, weight loss, fat melting, lifting, contouring)

It's time to get hair free! | Laser Hair Removal Specials | Use your VAT form
GIFT CARDS AVAILABLE AT THE SPA AND ON OUR WEBSITE

Postplatz 8 • 71032 Böblingen
www.cocada-kosmetik.de • 07031/7217993



STARS AND STRIPES

MONTH OF THE
**MILITARY
CHILD**

**ARE YOU
A BRAT?**



TELL US WHAT MAKES YOU SPECIAL
militarychild.stripes.com

Sponsored by



For readers who are wet behind the ears, here are some highly-rated therme's for your first plunge.

Mineraltherme Böblingen, Stuttgart

Near Panzer Kaserne south of Stuttgart, this relaxed therme is a local favorite. With five indoor and outdoor hot thermal waters, and even a music-themed floating pool, it is super relaxing. The spa area has lots of themed saunas, including some fun ones out in the pretty landscaped garden. It's a great local spot for a first dip.
www.mineraltherme-boeblingen.de

SchwabenQuellen, Stuttgart

Located in the SI-Centrum entertainment center, this huge therme is usually a fully textile-free spa, but the first Saturday of each month allows bathers with swimsuits. With around-the-world theming, you can swim in the Caribbean, relax in an Egyptian hot tub, nap in the Japanese lounge, bake inside the Canadian log cabin or try the Tibetan meditation sauna. The surrounding SI-Centrum makes this a weekend getaway with two hotels, stage performances, movie theaters and numerous restaurants to choose from.
www.schwabenquellen.online

Taunus Therme, Bad Homburg

North of Frankfurt, this Asian-themed therme leans into the theming so much you may just feel like you stepped off the airplane on the other side of the world. You can swim in the heated outdoor pools of the Japanese-inspired garden, relax in the colorful Persian-inspired rooms and feel the heat of the many saunas.
www.taunus-therme.de



Defined by its use of natural hot springs, a therme will have spring-fed pools, saunas and relaxation spaces.

Weidener Thermenwelt, Weiden

Just over a half hour from Vilseck or Grafenwöhr, this local therme is a wonderful place to take the plunge. The pool space is family-friendly, but the spa area is where you want to be. With indoor and outdoor spaces, this quiet spa has saunas, relaxing infusions and interesting resting spaces sure to help you reconnect. For a girls' day out, Wednesdays are female-only.
www.weidener-thermenwelt.de

Caracalla Therme or Friedrichsbad, Baden Baden

The hot springs in Baden-Baden were first used by Celts before the area was built up as a wellness destination by the Roman army. To relive the history, visit the Friedrichsbad therme where a set ritual along 17 stations is said to rejuvenate the body. If relaxation is more your style, visit the modern Caracalla Therme down the road with its large thermal pools and unique sauna spaces perfect for a calm day together. Both facilities use the local mineral-rich thermal water, and there are plenty of local hotels to choose from.
www.carasana.de

Therme Erding, Munich

In northern Munich, this tropical resort claims to be the world's biggest spa. In addition to the thermal pools, the erlebnisbad is an adventure pool area full of water slides. However, it's the Roman-themed 'Sauna World' that makes this a couple's paradise. With a massive thermal pool, a plethora of themed saunas, swim-up watering holes, and unique scheduled experiences, it's easy to while away a special day. The attached nautical-themed Hotel Victory offers packages.
www.therme-erding.de ■



NOW HIRING: Dental Assistants and Hygienists

Changing Smiles, Changing Lives



- Now offering Ceramic Implants: Biological alternative in highest quality!
- Aesthetic Dentistry
- TMJ/Facial Pain Treatment
- Certified Dental Hygienist
- Preventative Care and Periodontal Therapy
- Orthodontics/Invisalign
- Implants
- Oral Surgery



Dr. Charles A. Smith, DDS is an American trained dentist providing expert dental care with the newest and most successful techniques. Dr. Smith and his Team are proud to provide for your entire family, from infants to geriatrics, treatment to cover all of your dental needs. Our Team is available in two locations and we **now have new extended evening hours in our Böblingen office!**

We look forward to your visit!

Heidelberg Dentistry

Römerstr. 1
69115 Heidelberg
Tel: (0)6221 651 6090
info@heidelbergdentistry.com
www.heidelbergdentistry.com

Böblingen Dental

Charles-Lindbergh-Str. 11
71034 Böblingen
Tel: (0)7031 205 6062
info@boeblingendental.com
www.boeblingendental.com



**CHARLES A. SMITH, DDS
& ASSOCIATES**
Specialists for Aesthetic Dentistry



A ROMANTIC WEEKEND

By Jessica Zen

in Megève

To make the area even more visit-worthy, the mountain gastronomy in Megève is on point. This little village has 89 restaurants and three of them have Michelin stars. **Flocons de Sel**, **Le 1920** is a fabulous choice for a romantic dinner for two.



Snow-covered mountains, candlelit dinners, fireplaces and the spa are calling your name this Valentine's Day. Head to the ski village of Megève in southeastern France for a weekend full of romantic wintry escapes. From top-notch skiing to sleigh rides and rustic chalets, this adorable village is sure to steal your heart.

The village center has cobblestoned medieval streets and lovely old houses. Once a peaceful farming town, Megève has blossomed into a full-fledged ski resort. The Mont Blanc massif surrounds the area and creates the perfect landscape for skiers of all ages and abilities. Those who enjoy wide-open spaces can take advantage of the **Cote 2000** gondola. This area is nothing short of a skier's paradise.

To make the area even more visit-worthy, the mountain gastronomy in Megève is on point. This little village has 89 restaurants and three of them have Michelin stars. **Flocons de Sel**, **Le 1920** is a fabulous choice for a romantic dinner for two. It features an intimate and beautiful natural setting and gourmet food lovingly prepared by the masterful chef. If Michelin stars don't mean much to you, don't worry. The local restaurants feature locally sourced meals with meat that comes from their own farms and plants and herbs straight

from the mountain fields. Regardless of where you choose to spend your special dinner, you are sure to find something that tastes fantastic!

If you want to go all out for this holiday, consider a stay at **Les Fermes de Marie**. This five-star hotel is set in an authentic rescued alpine farmhouse that has been lavishly restored. It features rooms with beautiful rustic, yet upscale furnishings and balconies with mountain views. There is also a fabulous spa with hot tubs and saunas. The numerous bars and restaurants truly make this resort a destination unto itself.

For another option closer to town, try the **Hôtel La Crémaillère**. Horse-drawn carriage rides often roll past this chalet-style hotel, and it is ideally located adjacent to the Chamois ski lifts. Rooms are comfortable in a traditional farmhouse style. The best part? It is only a five-minute walk from the romantic center of town. There is also a nice breakfast buffet and free parking.

Search no further for the perfect winter getaway this Valentine's Day. You and your special someone can enjoy a weekend of skiing mixed with fabulous food and relaxation in the quaint holiday town of Megève. ■



UNIVERSITY
OF MARYLAND
GLOBAL CAMPUS
EUROPE



LOVE YOURSELF EARN A DEGREE

NEXT CLASSES START FEBRUARY — MARCH

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. 2915, Rm. 406 or
in our virtual office

europe.umgc.edu

Introduction to UMGC Europe Webinar

Attend and save \$50 application fee.



OXIDIO

Find the highest American standard of care and a dedicated team with a focus on family, just around the corner!

Lukas Winkelmann, DMD (University of Pennsylvania) and the international, English-speaking team at OXIDIO welcome you to our state of the art dental practice in Gärtringen.

- Dental exams & cleaning
- Teeth whitening
- Fillings, crowns, bridges, root canals
- Orthodontics/Invisalign
- Periodontics
- Implants

English-speaking staff

American dental hygienist

Tricare Preferred Provider offering direct billing

Conveniently located, close to the S-Bahn and A81.

Visit oxidio.com to find out more or call us to make an appointment.

Dental Office

Lukas E. Winkelmann, DMD

Blucherstrasse 13

71116 Gaertringen

E-mail: praxis@oxidio.com

Tel: 07034-6477290

www.oxidio.com



Opening Hours:

Monday to Thursday:


7:00am – 5:00pm

(Lunch Break 12:30pm – 2:00pm)

Friday:

7:00am – 12:00pm



 [oxidio Dr. Winkelmann](#)

 [oxidiodentist](#)

 [oxidio youtube](#)