STARS STRIPES.

FREE MAR 2024

STUTTGART

Eat. Stay. Love.

Spotlight on Canterbury

Where to Go for History Buffs





SERVING THE MILITARY IN WAR AND PEACE SINCE 1949.



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



STARS 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





STUTTGART FONTANA

vour 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

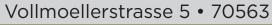
> LAUNDRY AND IRONING facilities available

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



VAIHINGEN - STUTTGART

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

BOOK TODAY 0711 730 2300



GERMANY

May Day Celebrations and Demonstrations Across Germany | May 1

May Day, as a celebration of the first day of summer, dates back to the Iron Age. Nowadays, men present saplings to their lovers, maypoles are erected and bonfires are lit to ward off witches. It also serves as Germany's Labor Day.

29th Freienfels Knight Games Weinbachs-Freienfels | May 9–12

Pentecost Festival: Travel back to 1631 Rothenburg | May 17–20

Tolkien Days | Geldern | May 24-26

Bernau Hussite Festival | Bernau | May 30- June 2

The Big Meeting: Fantasy Festival Aach am Bodensee | Aug. 9–11

Museum Embankment Festival | Frankfurt | Aug. 23-25

Beethoven Festival | Bonn | Sept. 5 to Oct. 3

BELGIUM
Procession of the Holy Blood | Bruges | May 24

Ommegang Pageant of Brussels | Brussels | July 3 and 5

The Battle of Waterloo Reenactment Braine-I'Alleud | June 18

Why not attend a reenactment of one of the most famous battles in history? Watch as Napoleon and over 90,000 troops fall to the Duke of Wellington.

Beselare Witch Parade | Beselare | July TBD

Festival of Wallonia: Celebration of Belgian Independence | Namor | Sept. 12–16

Tamala Malerk

IRELAND AND THE U.K.

St. Patrick's Day | Cities across Ireland | Mar. 17

Gloucester History Festival Spring Weekend Gloucester | Apr. 12–14

Glastonbury Abbey Medieval Fayre Glastonbury | Apr. 27–28

Highland Games | All over Scotland | May-Sept.

Southwick Revival "Spirit of D-Day" Southwick | June 8–9

Chalke Valley History Festival Broad Chalke | June 24–30 What began as a small festival in 2011, has grown to host over 25,000 visitors across 70 acres every year. This festival entertains you with reenactments, discussions, workshops, live music, debates and more.

TANKFEST 2024 | Bovington | June 28-30

Fleadh Cheoil na hÉireann (Irish Traditional Music Festival) | Wexford | Aug. 4–11

The Yorkshire Wartime Experience Yorkshire | Aug. 9–11

Puck Fair: Ireland's Oldest Festival Killorglin | Aug. 10–12

National Ploughing Championships Screggan | Sept. 17–19

Up Helly Aa: Viking Tradition Festival Shetland | Jan. 28, 2025

SWEDEN National Day | Stockholm | June 6

Midsommer Day | Cities across Sweden | June 24

Stockholm Early Music Festival – A Classic Fest Stockholm | June 4–9

This is a festival for history and music lovers alike. As one of the most popular music festivals in Sweden, it features musicians from all over the world performing music from the Baroque, medieval and Renaissance eras. Put on your classiest attire and prepare to enjoy delicious Swedish fare between performances.

Medieval Week | Visby | Aug. 4–11

AUSTRIA

Summer Solstice Celebrations—Fire Festival: Since 1604 | Wachau and Nibelungengau | June 22 and 29

Mozart Week | Salzburg | Jan. 2025

CZECHIA

Royal Silvering of Kutná Hora | Kutná Hora | June 22–23

Five-Petalled Rose Celebrations Cesky Krumlov | June 21–23

Summer Shakespeare Festival | Prague | June–Sept.

ITALY

Explosion of the Cart | Florence | Mar. 31

Easter Procession/Procession Of Mysteries: 24-hour procession | Sicily | Mar. 29

The Procession of the Snake Catchers | Cocullo | May 2

Game of the Bridge Festival | Pisa | June 29

Festa della Madonna Bruna | Matera | July 2

Quintana of Ascoli Piceno | Ascoli Piceno | July-Aug.

POLAND Jewish Cultural Festival | Krakow | June 23–30

SWITZERLAND Swiss National Day | Across Switzerland | Aug.1

Fête de l'Escalade: Celebration of Geneva's victory against Savoyard | Geneva | Dec. 7–8 ■



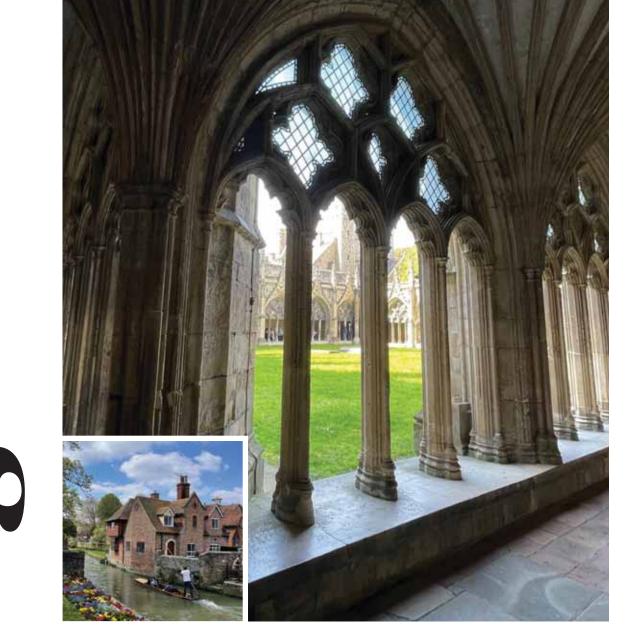




American dentists and team, trained and licensed in the U.S.A.

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.





Canterbury

By Kat Nickola

The name Canterbury comes from Old English. Originally called Cantwareburgh, its literal meaning was "the fortified town" (burgh) for the "people" (ware) of "Cant" or Kent. When walled towns were first built, they were designed as an evacuation shelter for people across the local county to use during a Viking invasion. The name for the county of Kent is a much older ancient British Celtic word, likely meaning "the land on the edge." Most people visit Canterbury for its famous cathedral and the tales that go with it, but it is also worthwhile to explore the ancient walls and take a trip down the river.

The Canterbury Cathedral has been a pilgrimage site since Archbishop Thomas Becket was martyred at the cathedral on Dec. 29, 1170. Becket lived during a time when the Christian church was heavily overseen by the royal government. He was first a chancellor and advisor to King Henry II and seems to have enjoyed the prestige. However, when the king promoted him to Archbishop of Canterbury, Becket became more devout and favored reforms that separated royal authority over the church. Henry disagreed and Becket was exiled for years. When he finally returned to Canterbury, four of Henry's knights murdered him. Becket's tomb at Canterbury Cathedral became a pilgrimage site and the many healing miracles of pilgrims helped canonize his sainthood. Even Henry II eventually sought public penance. Over time a pilgrimage cult grew and was devoted to Becket's memory as the hero that defied a tyrant, though historians see the story with more nuance.

My Pilates Place

Looking for A PERSONALIZED WORKOUT?

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 O178-261-1180
 hallo@mypilatesplace.de
 www.mypilatesplace.de
 isagan followis on the second second

Give the Gift of

earty

with a gift card from Cocada Kosmetik!

axation

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



Aqua Facial - 108€ or complete for - 120€ Laser Hair Removal - we accept VAT Forms Brazilian Lymphdrainage - 85€ Lymph drainage after surgeries - we offer packages with 6 or 10 treatments Chemical peelings, facials, spray tanning & more

NOW OFFERING - Fat Reduction Treatments, 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

Eat•Stay•Love

Deutsches Vuseu

By Kat Nickola

For a special night out, book an online reservation at Frau im Mond, the rooftop restaurant at the Deutsches Museum. They have a customizable cheese fondue menu designed to share while you

take in the night air of the outside terrace. The terrace is open all year, so bundle up.

On the other end of the island, in a former industrial museum, the **Blitz** restaurant serves Tex-Mex favorites with a vegetarian twist. The jackfruit tacos and sweet potato fajitas are highly recommended, as is sitting outside along the river. If you still have energy at the end of the day, the adjacent Blitz Nightclub is open for dancing until 2 a.m. Find out what artist is performing and get tickets via their website: www.blitz.club.







To truly make this a museum-themed weekend, stay in the JAMS Music Hotel. Walk through the door, and you will feel like you stepped right into the retro music scene of the 1970s. This boutique hotel

dives deep into modern music history with floors that pay homage to rock legends and an extensive vinyl LP library. All rooms come with a record player, pro speakers and a stocked minibar. Book directly at jams-hotel.com for a great breakfast to fuel your five-minute walk to the Deutsches Museum.



With one or two overnights to enjoy all it has to offer, the **Deutsches** Museum is a destination unto itself. It is the world's largest science and technology museum and occupies the Museumsinsel (museum island) in the heart of Munich.

This is not a boring science museum! You can explore the inside of a recreated medieval alchemist's workshop, view atomic physics from a unique perspective or watch robots in a purpose-built arena. Seeing it all would be exhausting, so choose the topics that interest you most. Start by downloading the Deutsches Museum app. It is loaded with audio tours, maps and augmented reality that brings static displays to life in eight different languages, including English. If you can't choose what to do, start with the two-hour highlights tour.

With a day devoted to the museum, you can take advantage of the daily special programs like the planetarium show. From anatomy to hydraulics, molecules to outer space, there are special interactive exhibits everywhere designed to ignite your curiosity. If you need some fresh air, take an afternoon walk along the Munich Planetary Way which begins at the sun sculpture in the museum courtyard and continues 4.5 km along the Isar River walkway with signs indicating proportional distances of the planets in our solar system.





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

HIGHLIGHTS OF NORMANDY By Genevieve Northup

Perhaps best known as the site of a pivotal World War II mission, Normandy is a region of France with soaring beachside cliffs, charming medieval towns, one of the the most famous walled cities in the world and fabulous cuisine. Here is what you need to see during your trip to Normandy.



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



1

Beaches of the D-Day Invasion

On June 6, 1944, Allied Forces landed on a 50-mile-long stretch of Normandy's oceanfront during the largest seaborne invasion on record. An aerial assault began overnight before troops came ashore. Pounded by rough seas, cold temperatures and heavy winds, 156,000 soldiers waded onto the beaches under heavy enemy fire. An estimated 4,000 troops died that day. 2024 is the 80th anniversary of this historic event.

The heroic operation resulted in the securing of the Normandy beaches, and soon the Allies headed south toward Paris and Germany. World War Il ended less than a year later, thanks in no small part to D-Day efforts.

The best way to truly understand what was at stake during this risky operation is with a tour. Your guide will paint a picture of the battlefield by showing black-and-white photos of the battle and recounting stories from survivors.



2

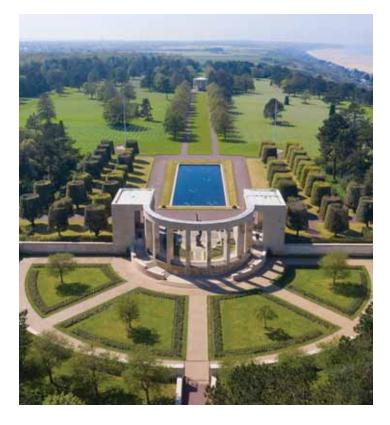
Normandy American Cemetery

Pay your respects to American service members who gave their lives during World War II at the memorial cemetery in Colleville-sur-Mer. A columned half-circle structure contains the names of more than 1,500 soldiers whose remains were never found. Among those buried on the grounds are two of President Theodore Roosevelt's sons, Medal of Honor recipients and Army Ground Forces commander Lesley J. McNair. In addition to gravesites, the cemetery has a small WWII museum.

Sainte-Mère-Église

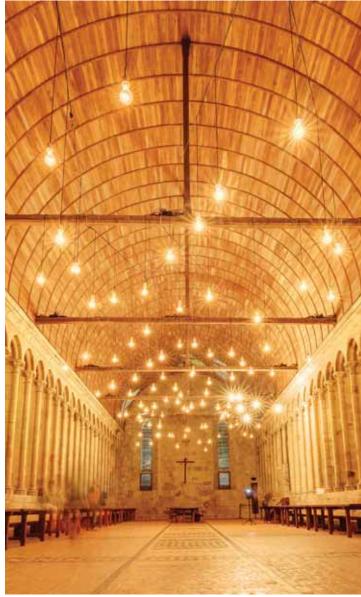
In the hours before the beach invasion, paratroopers of the 82nd Airborne deployed to Sainte-Mère-Église. Private John M. Steele's parachute became tangled on the steeple of the town's church during his descent in the dark. Steele hung from the church for several hours before being captured by German forces. He escaped and rejoined American paratrooper forces to liberate Sainte-Mère-Église.

If you visit the church, you will see a mannequin hanging from the church, its parachute flapping in the breeze. Inside the church is a stained-glass window commemorating the arrival of the paratroopers. The nearby Airborne Museum offers a fascinating, interactive look at the airborne divisions engaged in WWII.









Bayeux Tapestry

Located in the beautiful town of Bayeux, the Bayeux Tapestry tells the story of a very different invasion: William the Conqueror's quest to take the throne as king of England in the 11th century. First mentioned in the 1400s, the hand-stitched tapestry provides a chronicle of the two years leading up to the Battle of Hastings. Standing 19 inches tall and stretching 220 feet in length, it is astounding to consider the amount of time that went into hand-stitching the fine details of Viking-style ships, weaponry and facial expressions. An audio guide fills in the historical gaps and explains the symbolism hidden throughout the masterpiece.

Mont St. Michel

A Christian pilgrimage site for a few hundred years, Mont St. Michel began as a refuge for monks seeking a place for quiet reflection. A grand abbey was built atop the hilly island in 966 and was upgraded over the centuries. It is isolated from the mainland during high tide by water and low tide by sandy bogs.

Today, Mont St. Michel is anything but peaceful and far more accessible. Arrive early in the morning to avoid tourists and watch the sunrise above the commune's spires. Walk the maze of cobblestone streets and hike up the abbey steps for panoramic views.

After sightseeing, make sure to enjoy some local food. Buy a warm baguette and smear it with rich Normandy butter or Camembert cheese. Order a pot of mussels in brie-infused cream — you'll want to drink the sauce, even if it embarrasses your dining companions. Finish with an apple tart and snifter of Calvados, a local apple brandy.

4

5

WHERE TO GO

FOR HISTORY BUFFS: AACHEN

By Tamala Malerk

amous comedian, Suzy Eddie Izzard once said that she grew up in Europe, "where the history comes from." Since moving to Europe, I have a greater appreciation for that statement. While historical remnants are all over the world, Europe seems to take it a step further. I recently spent a few days in the German city of Aachen, "the city of Charlemagne." I was completely surrounded by history. The city is walled by the debris of a 14th-century fortress. You may randomly stumble upon a gate or tower as you walk to the Eurogress to catch the latest ballet, concert or play.



BEAUTY & HEALTH



in

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

OFFICES

www.karynjbeginlaw.com

PCS Without Stress

to/from USA

Ship Cars/Containers

Hours: Monday-Saturday 9am-9pm For a free rate request, please email us at:

info@worldwide-ship.do Call 0800-5226274 or

0800-WSR-SHIP (972-7447)

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

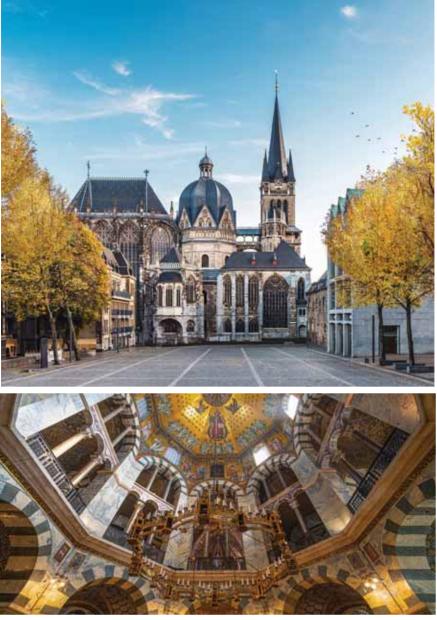
Worldwide legal representation for U.S. Immigration





🖂 info@antikissimo.de





If you have ever dreamed of being a 19th-century aristocrat, or are somewhat curious about how they lived, the Couven Museum is the place for you. Inside, each room demonstrates how a house may have been decorated by an upper-class citizen during this era. I marveled at the large collection of gold teapots and kettles. I was shocked at the entire room adorned in different tile styles intentionally so the owner could decide which ones they wanted for the rest of the house. Once you finish touring the house, you can go to one of the many restaurants and cafes right outside their door.

One way to get your steps in Aachen is to stroll along Route Charlemagne, which leads you to the city's highlights. At the Center Charlemagne, one can learn all about the history of Aachen and see tons of artifacts, interactive exhibits and information dating as far back as the ninth century. At the Dom, I recommend the six-euro guided tour so that you can see the amazing stained glass in the Dom and the Throne of Charlemagne that Napoleon took it upon himself to completely desecrate. Napoleon had the throne carved down to his specific standards.

If media and news are your thing, head over to the International Newspaper Museum which houses more than 200,000 German and international newspapers that date back as far as the 16th century.

If you cannot decide between all of the museums, pick up the "Six-for-Six" card which gives you admission to each of the five municipal museums and the city hall for 14 euros.

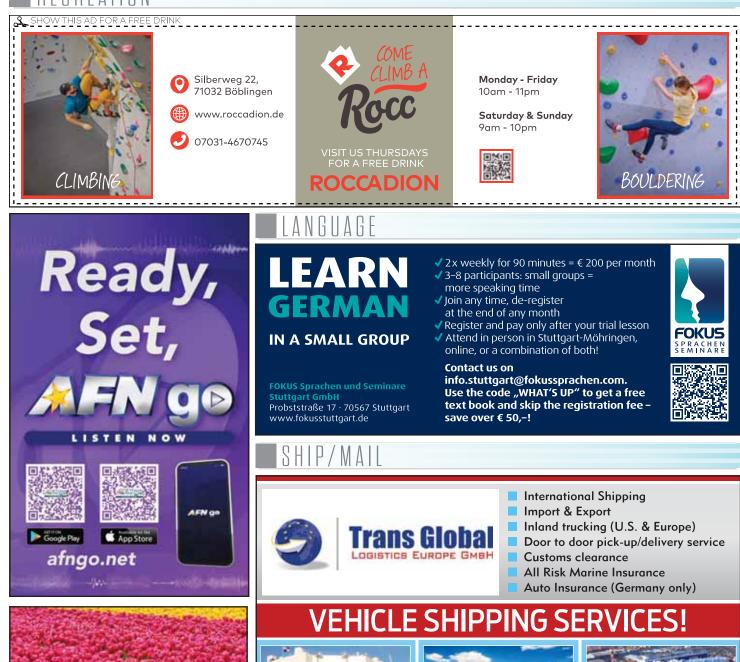
Take a short drive to my favorite spot on the trip, Three Country Point, where the borders of Germany, Belgium and the Netherlands meet at a point. You can nerd out and stand in three countries at once. There is something for everyone on site. There are hiking trails, playgrounds for the children, a restaurant and coffee shop and a souvenir store.







RECREATION





Phone: Toll-Free: E-Mail: Web: GERMANY +49 (0) 6134-58444-0 0800-CARSHIP (Germany only) info@transglobal-logistics.de www.transglobal-logistics.de UNITED KINGDOM +44 (0)1638-515714 enguiries@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

<u>at the Louvre</u>

By Kat Nickola

LAMASSU

These huge protective creatures are worthy of a place in Harry Potter's wizarding world. With bull bodies, eagle wings and human faces of Sargon II, these massive statues are a wonder. They were built to protect the ancient unfinished Assyrian city of Khorsabad.

ROOM 229, RICHELIEU WING

MONSTER Backgammon

Look closely at the details of these backgammon pawns and you will see some wild creatures. Carved in walrus ivory, these medieval German game pieces have men riding bearded fish, griffons attacking boars and a centaur shooting a bow.

ROOM 502, RICHELIEU WING



DE MONZON

They say it is a lion, but the fancy tail and, well, what looks like a mustache, make this bronze piece a fun find. It was uncovered in a Spanish castle ruin from the 11th-century Caliphate of Córdoba. Why it has its mouth open is a mystery, but it is said to be an automaton.



ROOM 185, DENON WING

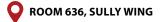
ST. GEORGE'S DRAGON

There are plenty of artworks depicting St. George's famous slaying of the dragon but visit the anonymous painting of the German School of Art for a truly odd dragon. With webbed feet, odd mammal body and nearly human face, it looks like Gollum sprouted wings.

ROOM 819, RICHELIEU WING

BLUE HIPPO

More cute than creepy, this Egyptian hippo was found in an ancient tomb in Thebes. It was hand-shaped with earthenware and glazed bright blue before being fired in a kiln. This fun little gal is also covered in plant tattoos.



PUSS IN BOOTS

Outside in the sculpture garden is a monumental bust of the French writer Charles Perrault in his magnificent bourgeois wig. At his 'feet' le chat botté does not want to dance with the girls. His fabulous, feathered hat, blowing cape and precious pirate boots may get dirty.

JARDIN DES TUILERIES



CENTAURE BORGHÈSE

Why is Cupid trying to pull the centaur's hair? The half-horse, half-man on this Imperial Roman marble statue looks like he got saddled with babysitting duty and isn't pleased. He just wants to keep his beard tidy.

ROOM 348, SULLY WING



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







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

English-speaking staff

American dental hygienist

make an appointment.

- Teeth whitening
- Fillings, crowns, bridges, root canals

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

- Periodontics
- Orthodontics/Invisalign
- Implants

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