

FREE

STARS  AND STRIPES®

SEPTEMBER 2020

# WHAT'S UP

WHAT TO SEE | WHAT TO DO

STUTTGART

*Experience the thrill  
of Alpine Cattle  
Drives*

*10 Reasons why  
Germany is the  
place to be*

**& SO  
MUCH  
MORE!**

*Rediscover Enchanting*  
**GERMANY**



**FIND US IN STUTTGART - JUST 4 MINS FROM PANZER!**

## WHY BUY FROM US?

- Over **20 years experience** dealing exclusively with the American military overseas.
- We **only** work with the **military community**, so we know the processes inside out.
- We will **walk you through** the process of buying or selling your car.
- We offer **assistance** to secure independent financing and insurance.



### **Used Car Guys**

Robert-Bosch Str 6, 71101 Schönaich

📞 01727 129 046

[stuttgart@usedcarguys.net](mailto:stuttgart@usedcarguys.net)

[facebook.com/UCGStuttgart/](https://facebook.com/UCGStuttgart/)



**STUTTGART@USED CARGUYS.NET**

**WWW.USEDCARGUYS.NET**



# WHAT'S UP

A Stars and Stripes Community Publication

## COMMANDER

MARCI A. HOFFMAN, Lt Col, USAF

## BUSINESS OPERATIONS MANAGER EUROPE

CAROLINE MILLER

## PUBLISHING & MEDIA DESIGN, DIRECTOR

MARIE WOODS

## WRITER-EDITOR

MARY DEL ROSARIO, AMANDA PALUMBO

## GRAPHIC ARTISTS

CARRIE FARRELL, LAURA HERSH,  
ANDREA VARGAS

## ENGAGEMENT MANAGER

KAREN LEWIS

## MARKETING COORDINATOR

REMY JOHNSON

## MULTIMEDIA ADVERTISING, MANAGER

DOUG DOUGHERTY

## MULTIMEDIA ADVERTISING, CONSULTANTS

SEAN ADAMS, HEIDI BAYFIELD,  
NATE JAMISON, TOM KEYS,  
CLAUDIA STIER, JEFF TEESELINK

## ADVERTISING COORDINATORS

AL GREEN, KRISTI KIMMEL

## COVER DESIGN BY

CARRIE FARREL

Cover Location: Oberbayern, Bavaria, Germany

## ADVERTISING OFFICE

Unit 29480, APO, AE 09211

Postfach 1980, 67607

Kaiserslautern, Germany

+49(0)631-3615-9000

or email: [dougherty.doug@stripes.com](mailto:dougherty.doug@stripes.com)

## CONTACT US:

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

Email: [memberservices@stripes.com](mailto:memberservices@stripes.com)

Visit our website for more information  
at [www.StripesEurope.com](http://www.StripesEurope.com)

## TO ADVERTISE CONTACT:



### HEIDI BAYFIELD

STUTTGART AREA MULTIMEDIA CONSULTANT

[bayfield.heidi@stripes.com](mailto:bayfield.heidi@stripes.com)

TEL: 0152-56725021



**pullman**  
HOTELS AND RESORTS

STUTT GART FONTANA



**your home  
away from  
home**



## 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 0 • F. +49 711 730 2525 • E. [h5425@accor.com](mailto:h5425@accor.com)

**BOOK TODAY 0711 730 2300**

Fall

By: Emma Bareihs

# Crafts for Kids

WHEN THE WEATHER TURNS COLD, THE WIND PICKS UP AND THE RAIN HAMMERS DOWN RELENTLESSLY, IT'S A GOOD IDEA TO HAVE INDOOR ACTIVITIES TO KEEP KIDS BUSY. WITH JUST A FEW RANDOM SUPPLIES, KIDS CAN MAKE SOME PRETTY AWESOME PROJECTS. JUST REMEMBER TO HAVE A GOOD CLEAN-UP PLAN IN PLACE! HERE ARE SIX PROJECTS FOR YOUR KIDS TO KEEP BUSY THIS FALL.

## What you'll need:

- Empty toilet paper rolls
- Black or brown tempera paint
- Black or brown construction paper
- Paintbrush
- Black pipe cleaners
- Scissors
- Hole punch
- Glue
- Googly eyes
- Black and silver markers
- Bat wing template (optional)

## Create a Hanging Bat



Paint your toilet paper roll black or brown, depending on the color bat you'd like. Let dry. Draw bat wings onto construction paper and cut out. Glue wings onto back of toilet paper roll. Cut out small triangles from construction paper for ears and glue onto bat, along with googly eyes. Use marker to draw a mouth. Punch two holes in the bottom of bat for legs. Cut black pipe cleaner in half. Twist one end of each pipe cleaner through the punched holes. To create feet, snip the last inch off the pipe cleaner. Wrap the piece around the bottom of each leg. Fold the middle part of the foot to make a hook for hanging. Hang bat.

# HAND and FOOTPRINT TURKEYS



Coat child's hand with yellow paint and press firmly onto white craft paper. Repeat with orange and red paint with the palm in the same spot to create turkey feathers. Set aside to dry. Coat child's foot with brown paint and toes with orange paint and press firmly onto white craft paper. Set aside to dry. Cut around the handprints and footprints when dry. Cut a red tear drop shape for the waddle and a yellow triangle shape for the beak. Attach waddle, beak, and googly eyes to footprint to create turkey face. Glue handprints to the back of footprint. Voila! A turkey.

## What you'll need:

- Red, yellow, orange and brown craft paint
- Paintbrushes
- Wipes
- Red, white and orange craft paper
- Googly eyes
- Scissors
- Glue

## Paper Plate LEAF WREATH



Cut out the middle of the paper plate. Stick leaves onto plate using sticky dots or glue guns until the plate is no longer visible. Make a loop out of ribbon and secure on the back of the paper plate. Hang and admire.

## PINE CONE Bird FEEDERS

### What you'll need:

- Pine cones (the more open the better)
- Peanut butter
- Twine
- Bird seed



Cut twine long enough to tie around the top of the pine cone and hang from a tree branch (12-20"). Tie twine around top of pine cone. Using a small spatula or butter knife, spread peanut butter on the pine cone. Pour birdseed into a bowl and roll the pine cone in the seed. Sprinkle more directly onto the pine cone if necessary. Hang in a location where you can watch the birds enjoy.

## Popsicle stick SCARECROWS

### What you'll need:

- 8 Popsicle sticks
- Glue
- Brown, yellow, white and orange paper
- Scissors
- Brown or black marker
- Brown paint
- Cereal box



Cut a rectangle out of the cereal box and spread glue all over it. Stick on 7 popsicles in a row. Cut a few strands of "hair" out of the yellow paper. Glue the last Popsicle stick diagonally to make the scarecrow's hat with the yellow hair behind it. Paint hat brown and let dry. Cut eyes from white paper, a nose from orange paper and create a flower with yellow paper. Draw on a smile with the marker.

## PUFFY GHOSTS

Start by cutting a ghost template in the white cardstock. Glue cotton balls onto the template until the ghost is covered. Cut out eyes and a mouth from black paper, glue to ghost. For extra fun, add a string and hang up your ghost!



### What you'll need:

- White cardstock
- Scissors
- Glue
- Cotton balls
- Black paper



# Embracing GERMANY

## Alpine Cattle Drives

By Stacy Roman

Cattle drives invoke images harkening back to the Old West. Lone ranchers sporting a ten-gallon Stetson attempting to lasso a stray cow while riding a trusty steed across vast miles of arid, cacti-riddled landscape à la John Wayne, or the less-glamorous “City Slickers.” However, if you ask your friendly German neighbor about cattle drives, you’ll likely get a much different answer. The “Almabtrieb” or “Viehscheid” is the annual Alpine cattle drive which takes place in the high altitudes of the Bavarian mountains. It’s an event you won’t want to miss.

### WHAT EXACTLY IS “ALMABTRIEB” AND “VIEHSCHIED?”

“Almabtrieb” and “Viehscheid” are basically the same thing — an Alpine cattle drive. In the Allgäu region of Bavaria, it’s referred to as “Viehscheid” or cattle separation. Near Berchtesgaden as well as in Austria and Switzerland, it’s more commonly known as “Almabtrieb.” Dating back to the Bronze Age, this time-honored tradition is engrained in German culture. Each spring, farmers and ranchers lead their branded cattle up to the higher pastures in the Alps. During the summer, the cows munch and graze their way around these green meadows. Not only does this help feed the cattle, but also helps reduce mountain erosion.

As the leaves begin to change and fall rears its head toward the end of September, it’s time to bring the cattle back down the mountains. Farmers dressed in traditional Bavarian garb (think Lederhosen, Dirndls and fedoras) lead their herd back to town. To celebrate, the cattle are often adorned with stunning floral headdresses, wreaths and gigantic metal bells which clang incessantly as they make their way home. Once the cows make it to the final destination, it’s time to start the party. Festivals with local fare, plenty of frosty beverages and traditional music are held. It’s quite similar to Oktoberfest, only a little rowdier.

### KNOW BEFORE YOU GO

“Almabtrieb” and “Viehscheid” are subject to changes and cancellations, so you’ll want to check the visitor websites to be sure of the dates and details. In light of the recent pandemic, this year’s events may be smaller or may not be held at all. Also, if even just one cow meets an untimely demise or is severely injured during the summer months while up in the mountains, the procession is usually held without the fanfare and festival out of respect. If the cattle drive takes place, it usually occurs mid to late September. Most popular in the Tyrol, Allgäu and Berchtesgaden regions, each “Almabtrieb” carries its own distinct flare. In Schönau, the cows are herded onto a boat which takes them across the crystal-clear waters of Königsee. In some areas, other animals such as goats or sheep may join in the long walk home.

While the notion of cattle drives is considerably different from what we’re used to in the States, it’s no less spectacular to witness at least once while you’re stationed in Germany. They don’t party until the cows come home — they party because they came home. ■



# The Health Plan that Covers You Worldwide

## FOREIGN SERVICE BENEFIT PLAN



- ✓ Receive access to mental health programs designed to help ease life's stressors
- ✓ Receive worldwide coverage – 200+ direct billing partners, overseas providers treated as in-network
- ✓ Save with our competitive rates and low annual deductibles
- ✓ Enjoy generous chiropractic, acupuncture and massage therapy benefits
- ✓ Use our convenient 24/7 translation line & nurse advice line
- ✓ Keep this health plan if you return to the U.S.

[afspa.org/fsbp](https://afspa.org/fsbp)

FEHB High Option Plan open to eligible Federal Civilian employees.



FOREIGN SERVICE BENEFIT PLAN

*Caring For Your Health Worldwide®*

All benefits are subject to the definitions, limitations, and exclusions set forth in the Foreign Service Benefit Plan's Federal brochure (RI 72-001)

LAST  
MONTH  
TO VOTE

**VOTE  
NOW**

*for a chance to win a*

**\$100 gift card**



★ Enter at ★

**www.  
VoteNow.  
Stripes  
.com**

*by Sept 30th, 2020*

**Check out the 2020 winners online at [BestOfGermany.Stripes.com](https://BestOfGermany.Stripes.com)**



## GERMANY'S HIGHLIGHT

# Fall Colors

By Amanda Palumbo



Grab your  
pumpkin-spice latte  
and Banana Republic scarf  
because it is the season that  
gives us the reason  
to live: fall.



© TUPUNGATO/23RF.COM





Jokes aside, what we love about Germany in spring and summer, its lush green vegetation, is why we fall in love all over again come September. The temperature starts to drop, the air becomes crisper and the leaves evolve into new hues. There really isn't a bad view in Germany during autumn, but there are a few key places to snap that Instagram-worthy photo of all those bright #fallcolors.

## Schwangau

This adorable Bavarian village never disappoints as it fills with fantastic fall colors every year. The town is most famous for the castle that towers over it, the Neuschwanstein Castle. This 19th-century Romanesque Revival palace is the castle on so many Bavarian postcards. The castle itself provides panoramic views of the mountains, rivers, lakes and the kaleidoscope of colors from the changing trees below. If you want that iconic shot of the castle sitting on the hilltop with the wide array of fall colors behind it, head to Marienbrücke, or Marien Bridge. Crossing the bridge is free and a great place to take in the view.

If you time your visit just right, you can witness something that is quintessential Bavaria: an Alpine cattle drive. Celebrations are held in late September or early October, but only if herdsman return with the cattle without any accidents along the way. There is music, dancing and parades complete with cows adorned with elaborate floral headdresses. Plus, it's a great opportunity to wear your Dirndl or Lederhosen!

## Baden-Baden

We could easily say, "Go to the Black Forest to see fall colors," but considering the Black Forest is more than 6,000 square kilometers (and much of it evergreen trees), we'll narrow it down for you. A popular forest village that has everything a fall-watcher would want is the town so nice they named it twice, Baden Baden.

Baden-Baden is a fairytale village that transforms into an autumn paradise, bursting with a sea of orange, red and even purple vegetation. The great thing about Baden-Baden is you don't have to go very far to experience this parade of color. The forest not only encircles the town but also weaves through it. You can walk down the city streets and be surrounded by a cascade of falling orange and yellow leaves. If you need a little extra R&R, Baden-Baden is an incredible spa town with healing thermal baths.

An honorable-mention spot is just a 40-minute drive south of Baden-Baden. The city of Kehl, along the German-French border, is a prime spot for Rhine River cruises. Sipping fine Germany wine on a crisp fall day while taking in the theater of chromaticity before you will be one of your favorite memories.

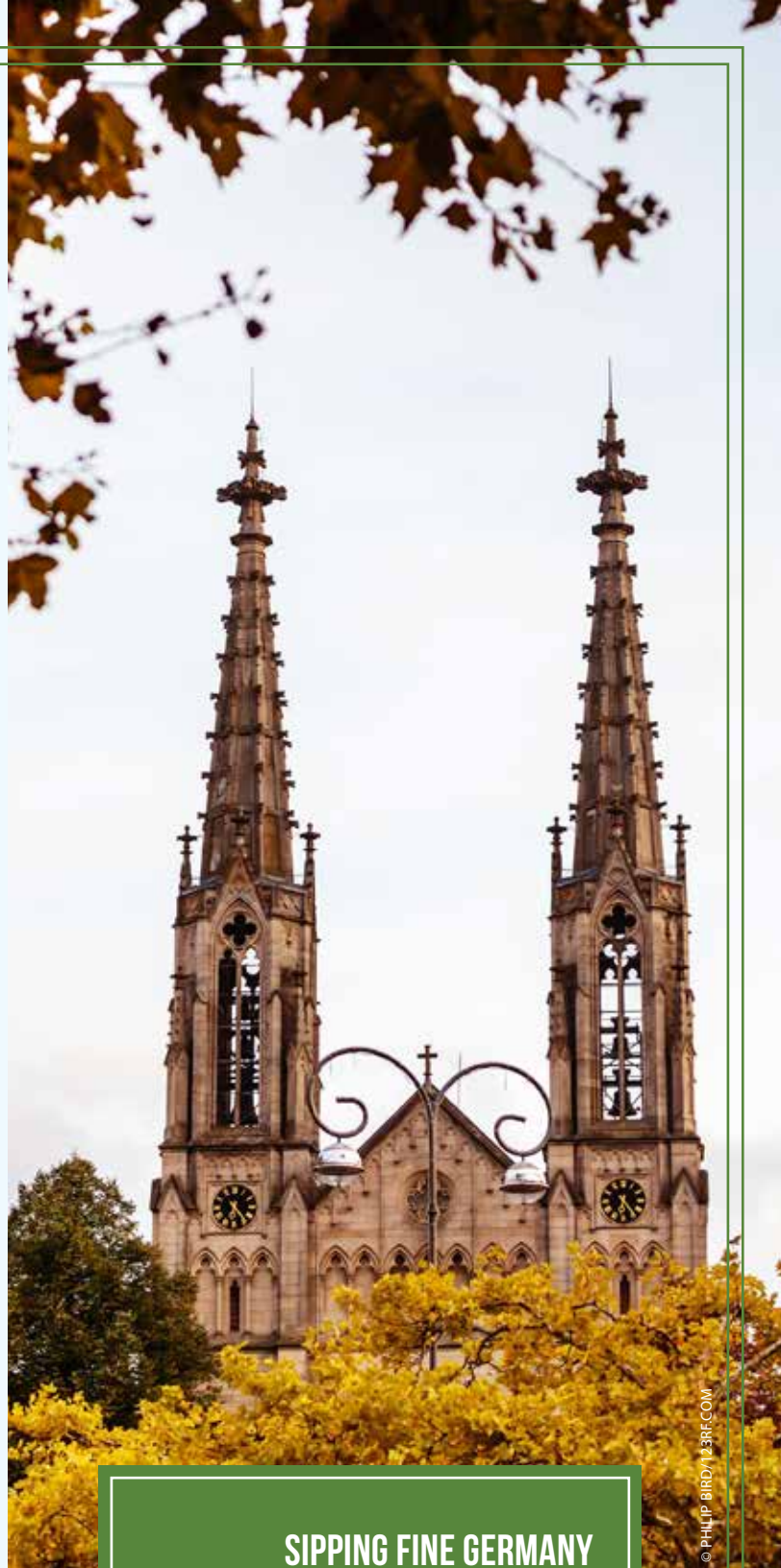
## Berchtesgaden National Park

I know we feature Berchtesgaden National Park a lot but for good reason. It is by far one of the best national parks in Europe. In autumn, it transforms into something truly magical. Thanks to the diversity of its forest, you can witness an incredible mix of leaves changing into a colorful gold menagerie while the evergreens remain their shade of hunter green.

Berchtesgaden offers some of the best hiking Germany has to offer with trails that range from stroller-friendly to advanced. There are incredible walking paths around Lake Königssee, which provides a photographer's dream. That same symphony of color reflects off the bright blue water, along with a stunning backdrop of the snow-capped Alps. When you snap this picture make sure to tag it #nofilter because beauty this pristine will never need one.

## Good to know:

Autumn officially starts on September 22nd. Fall colors are usually at their peak around mid-October. While out admiring all the colors, make sure to have a jacket and an umbrella handy. Germany's weather can be very unpredictable in the fall. ■



**SIPPING FINE GERMANY  
WINE ON A CRISP FALL DAY  
WHILE TAKING IN THE  
THEATER OF CHROMATICITY  
BEFORE YOU WILL BE ONE OF  
YOUR FAVORITE MEMORIES.**



# *Rediscover Enchanting* **GERMANY**

By Stacy Roman

This time of year in Germany is almost magical. There's a chill to the air, the days grow shorter and festival season is usually in full swing. However, this year is a little different. While the leaves transform into brilliant shades of red and orange, most of the social landscape has changed. With the cancelation of festivals—including the world-famous Oktoberfest—it can feel a bit deflating. Don't let it get you down! Now is a fantastic time to rediscover how amazing our host nation truly is. From breathtaking scenery and bustling cities to time honored traditions and a bit of deep-fried goodness, there are plenty of reasons to fall in love with Germany.





# Dentistry Of The Next Generation

## OXIDIO

**Dr. Reinhard Winkelmann, Lukas Winkelmann, DMD** (University of Pennsylvania, Philadelphia) and our international, English-speaking team welcome you to our state of the art, renovated office in Gärtringen.

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

Visit **[www.oxidio.com](http://www.oxidio.com)** to find out more or call us to make an appointment.

### Dental Office

**Dr. Reinhard Winkelmann**

Blücherstr. 13

71116 Gärtringen

Email: [praxis@oxidio.com](mailto:praxis@oxidio.com)

Phone: 07034-647729-66



**[www.oxidio.com](http://www.oxidio.com)**



## FULL OF WONDEROUS SIGHTS

There is no shortage of spectacular places to see. Castles dating back hundreds of years can be found everywhere. Even just driving on the autobahn, you're likely to spot them from afar. Nestled in valleys or perched atop a hill overlooking towns and rivers, some such as the timeless Schloss Heidelberg stand as testaments to their former glory. Others like Neuschwanstein and Burg Eltz boast unparalleled vistas and harken back to fairy tales from childhood.

In the north, the isolated wind-swept island of Sylt offers miles of sand dunes and pristine coastline. In the west, vineyards line the vast rolling hills along the Mosel and Rhine rivers. Fall is my favorite time to visit, as the changing leaves set the hillsides ablaze with crimson and gold. The Black Forest is a favorite for many. With hiking trails and charming villages, the region is also known for intricately carved handmade cuckoo clocks. Bordering Switzerland and Austria are the majestic mountains. Filled with jagged peaks, crystal clear lakes, deep ravines and gorges, the Alps are simply breathtaking.



Eibsee Lake,  
Bavaria



## VIBRANT METROPOLISES

Even if you're not fond of busy urban centers, Germany's cities are wonderfully eclectic and unique. Housing the European Central Bank and the German stock market, Frankfurt is a burgeoning financial powerhouse. Along with its skyscrapers and blossoming businesses, Frankfurt is home to plenty of traditions. Each year it hosts the Buchmesse—the world's largest book fair. It also has its share of culinary favorites with "Apfelwein," apple wine and "Grüne Soße," green sauce which originate in the region.

The capital city of Berlin has a rich and complex history. Once split into two, East and West Berlin, signs of the dichotomy are still visible today. Visitors can trace the delineating line of the Berlin Wall by walking along the bricks which are cemented into the ground. Remnants of the wall remain and are now a living art gallery.



Brandenburg Gate



Reaching further back are museums dedicated to coming to terms with the atrocities committed in World War II. A visible reminder of the war still stands at the Kaiser Wilhelm Memorial Church. The bombed shell of the building pierces the sky, with gaping holes in the tower. While the church was rebuilt in a more modern style, the original remains as testament to the cost of war.



German  
currywurst



Legendary beers  
of Germany

## EAT AND DRINK ALL THE THINGS

There is an amazing amount of good German eats to discover. Sure, we all miss our legit Mexican cuisine; however, I promise you there are plenty of delicious dishes which might help make up for it. "Käsebrezels," cheese pretzels bigger than your face, crispy golden weinerschnitzel, and melt-in-your-mouth "apfelstrudel" topped with vanilla sauce are just a few tasty morsels to try. Although each region has its own specialties (Lebkuchen in Nuremberg, Flammkuchen in Saarland and Rheinland-Pfalz), one of the most popular dishes around the country is currywurst. Thought to have originated in Berlin, this savory dish consists of a cooked bratwurst slathered in a curry-based ketchup sauce and is often accompanied by piping hot frites.

Of course, it wouldn't be a meal without having something to wash it down with. Grab a liter or "Maß" of one of Germany's legendary beers.

Once brewed to perfection according to Reinheitsgebot, or purity laws, beer was created with water, barley and hops. The brews created and sold at Oktoberfest each year must follow the tradition of Reinheitsgebot. More a wine drinker? Taste your way along the Deutsche Weinstraße, or German Wine Road. Spanning the rolling hills along the Mosel and Rhine Rivers, discover award-winning wines which makes this region so special.

When you're first assigned to Germany, it's easy to start planning your trips to other countries and cities. However, don't forget to look right in your backyard. From spectacular landscapes, culinary hikes and seasonal markets, there is so much to explore and rediscover in this fantastic host nation we're lucky enough to call home. Although this year may look a bit different from most, the traditions and culture of Germany still shines through. ■



THINK OF ALL  
THE BEAUTY  
STILL LEFT  
AROUND  
YOU AND BE  
HAPPY!

*Anne Frank*





## Sexual Abuse Claims in Boy Scouts Bankruptcy

**Regardless of how old you are today or when the sexual abuse occurred, you need to file your claim by 5 p.m. (Eastern Time) on November 16, 2020.**

The Boy Scouts of America (“BSA”) has filed bankruptcy in order to restructure its nonprofit organization and pay Sexual Abuse Survivors. Please read this notice carefully as it may impact your rights against BSA, BSA Local Councils and organizations that sponsored your troop or pack and provides information about the case, *In re Boy Scouts of America and Delaware BSA, LLC*, No. 20-10343 (Bankr. D. Del.). This notice is a short summary. For more detail, visit [www.OfficialBSAClaims.com](http://www.OfficialBSAClaims.com) or call 1-866-907-2721.

### Who Should File a Sexual Abuse Claim?

**Anyone who was sexually abused during their time in Scouting, on or before February 18, 2020, must file a claim.** This includes sexual abuse in connection with Boy Scouts, Cub Scouts, or any entity or activity associated with Scouting. Sexual Abuse Claims include, but are not limited to: sexual misconduct, exploitation, or touching, sexual comments about a person or other behaviors that led to abuse, even if the behavior was not sexual or against the law, and regardless of whether you thought the behavior was sexual abuse or not. These acts could be between a: (1) child and an adult or (2) child and another child.

### When and How Should I File a Sexual Abuse Claim?

You should file a claim using the Sexual Abuse Survivor Proof of Claim by **November 16, 2020 at 5:00 p.m. (Eastern Time)**. **If you do not file a timely Sexual Abuse Claim, you may lose rights against BSA, BSA Local Councils or organizations that sponsored your troop or pack, including any right to compensation.** Only BSA is in bankruptcy. If you have a claim against the BSA Local Councils or other organizations, you must take additional legal action to preserve and pursue your rights.

**Your information will be kept private.** You can download and file a claim at [www.OfficialBSAclaims.com](http://www.OfficialBSAclaims.com) or call 1-866-907-2721 for help on how to file a claim by mail. Scouting participants who were at least 18 years of age at the time the sexual abuse began may also have claims related to sexual abuse and should consult the appropriate claim form at [www.OfficialBSAclaims.com](http://www.OfficialBSAclaims.com).

### ACT NOW Before Time Runs Out:



**If a plan to reorganize BSA is approved, it could release claims you hold against certain third parties, including against BSA Local Councils and organizations that sponsored your troop or pack.** Please visit the website to learn more.

### Other Support

BSA will fund in-person counseling for current or former Scouts or their family. To request in-person counseling, please call 1-866-907-2721 or email [restructuring@scouting.org](mailto:restructuring@scouting.org).

**Your information will be kept private.**



# 10 Reasons to Love Germany

By Mary Del Rosario

1. The number of castles there are will make you feel like you're living in a fairytale. Burg Eltz, Hohenzollern Castle, Lichtenstein Castle, and Cochem Castle are among the popular ones.
2. Tasty dishes such as "käsespätzle," cheesy noodles, bratwursts, schnitzel and döner will please your palette and will warm your soul.
3. Beer and wine in copious amounts.
4. There are countless fests to partake in to include Oktoberfest, Bad Dürkheim Wine Fest and many culinary hikes.
5. The locals pride themselves as being efficient and environmentally friendly.
6. Its centrally located position makes traveling to other countries easily accessible.
7. The charming Christmas Markets will be an event you'll look forward to every holiday season.
8. There are bakeries around every corner filled with heavenly baked goods and the freshest bread.
9. From the Black Forest to the Fairytale road, enchanting cities are to be found in every area.
10. You can take beautiful photos wearing your dirndl or lederhosen with a castle or field as the backdrop.



# 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.

Docteam42  
Poststr.42  
71032 Böblingen

Appointments,  
prescriptions,  
refills, referrals:  
[www.docteam42.com](http://www.docteam42.com) or  
[info@docteam42.com](mailto:info@docteam42.com)

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



Please visit our website

**[www.docteam42.com](http://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**



# Mespelbrunn Castle



## WHY GO THERE

This romantic location, hidden in a forest of colors, is one of few castles that remains unscathed from various wars. Its survival is likely due to its moderately concealed location within the mountain forests. Though the castle is not particularly large, it offers a delightful insight into the past, especially since it has continuously been inhabited.



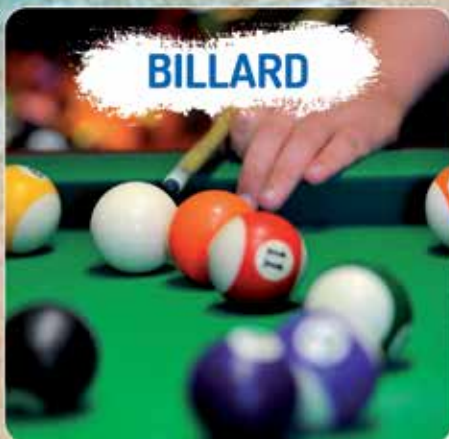
# Bowling & Billard Lounge

STUTTGART - MÖHRINGEN

Lautlinger Weg 5  
Tel. 0711 - 7801561  
www.bowling-moehringen.de



OPENING HOURS • Mon - Thur 3 pm - 11 pm • Fri 2 pm - 2 am • Sat 11 am - 3 am • Sun/feast day 10 am - 11 pm • before feast day - 2 am



## COCADA

Kosmetik & Waxes

Just for you...  
Get your gift certificate today!

### FALL SPECIAL

#### Diode Laser Hair Removal

Armpits .....	65€
Brazilian .....	120€
Lower legs .....	120€
Back .....	120€
Chest and belly .....	120€

- Pain Free
- All skin and hair types

### NEW AT COCADA

Maderotherapy-Cellulite Massage...	60€
( 6 session package - 10%off )	
Thai and Classic Massage (60min).....	50€
Eyelash Extensions (new set).....	85€
Eyelash Lifting.....	49€
Microblading ( 2 Sessions).....	300€
Make-Up - Varies, please inquire	



We also have MicroNeedling, Microdermabrasion,  
Mesotherapy facial, waxes, airbrush tanning and much more. Check out our URL...

Come and enjoy our Spa in Böblingen! We accept VAT forms.

Call for appointments at: 0 70 31 721 79 93

Postplatz 8 • 71032 Böblingen • www.cocada-kosmetik.de

Follow us on Instagram  
"Cocadakosmetik"



# *Mespelbrunn Castle*

# ON YOUR RADAR

By Jessica Zen

**Nestled in the forest of the Spessart Mountains and surrounded by a water-filled moat, Mespelbrunn Castle is truly a historical gem. Known as a water castle, it features a mashup of late medieval and early Renaissance architectural styles. This amazing piece of history is untouched by the ravages of war and still functions as a residence today in Germany. This little castle is the perfect spot for a day trip from Frankfurt, as it is located just outside the city.**

This lovely castle dates back to 1412 when it was just a modest house. Hamann Echter was the first owner and was given the title of Vizedom of Aschaffenburg from Prince Johann von Nassau, the Archbishop of Mainz. The original house has undergone many updates to become an impressive castle. In 1427, surrounding walls, towers and a defensive moat were added. Today the only thing remaining from the 15th century is the impressive round tower. Most of what you can see today was built in the 16th century, from 1551-1569. The architectural updates strongly reflect a traditional Renaissance manor house.

Perhaps the most famous Echter family member to live in the castle was Julius Echter (1545-1617). He was the Prince-Bishop of Würzburg and constructed multiple churches in the area in an effort to perform an ecclesiastical restoration of the Catholic Church. These new churches were Gothic style, featuring steep, black slate roofs. In just three years, around 100,000 people returned to the Catholic faith. The Echter family owned the castle until 1665, when the last male heir passed. Through marriage, the Counts of Ingelheim took ownership of the castle and eventually opened it to the public in 1930 for tours.

When you visit the castle, you'll see a square-shaped central building resting on the east side of the lake. The inner courtyard is surrounded by multiple-story wings and there are two towers. The southern wing of the castle is currently inhabited by the Counts of Ingelheim. However, you can still tour the north wing and other parts of the castle. Rooms open for touring feature the family's furniture that has been collected over the years. You can visit the Knight's Hall, chapel, banquet hall, which is full of weapons and the ancestor's hall, featuring family portraits. There is also a particularly interesting Chinese room that features items from East Asia.

If you're hungry, the little cafe on site is a great place to grab a bite to eat. Here you can find schnitzel, sandwiches, salads, coffee, brats and more. Enjoys views of the castle while you fuel up and enjoy the beauty of the surrounding forest.

Mespelbrunn Castle is a great day trip from Frankfurt, as it is only about an hour away via A3. Once you arrive, you must take a 40-minute tour to see the interior. All tours are in German, unless you request one in English prior to arrival. There is ample parking just outside the castle grounds.



Add Mespelbrunn Castle to your growing list of travel destinations. After all, it's not every day you get to see a castle that is surrounded by a moat, has a 15th-century tower that is standing and is still inhabited! Step back in time and appreciate the intricate architectural styles and the beautiful nature that surrounds the castle grounds. Who knows, maybe you'll be inspired to build a "castle" and grounds of your own some day! ■



## AUTOMOTIVE



**LAWAL'S GARAGE**  
BÖBLINGEN

**ALL MAKES & MODELS**



**Buy**



**Sell**



**Bodywork**



**Detailing**



**Service**

VAT forms accepted

English and Spanish Spoken • Military Spouse Owned & Operated



TEXT

**015210536957**

EMAIL

ilhas2002@yahoo.co.uk

## 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!



**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  
enquiries@carshipuk.co.uk  
www.carshipuk.co.uk

### U.S.A

+1-972-602-1670  
+1-800-264-8167 (US only)  
info@tgals.us  
www.tgals.us

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





# USAG STUTTGART FAMILY & MWR

## SEPTEMBER ON-BASE EVENT LISTINGS 2020

• COMPILED BY MWR MARKETING •

### Sports & Fitness

#### Sep. 9: Yoga for Sports Performance Workshop

Join our experienced yoga instructor for this four session (Sep. 9, 16, 23, 30) workshop to learn techniques to prevent overuse, injuries, promote muscle recovery, and boost your sports performance. Things to remember: bring your own mat, social distancing will be enforced, space is limited. Cost: \$75 for all four sessions. Class will be held at 5:30 p.m. at the Patch Fitness Center, Patch Barracks Bldg. 2337. Sign up at any Stuttgart Fitness Center. CIV: 09641-70-596-2724 / DSN: 596-2724

### Careers

#### Sep. 8: CYS Virtual Recruitment Fair

CYS is looking to hire Child & Youth Program Assistant (CYPA) positions only. CYPA positions are available on all USAG Stuttgart installations and within all age ranges from 6 weeks to 18 years old. Applicants must be 18 years old at time of appointment and be able to communicate in English, both orally and in writing. Interested applicants must submit the required documents (in PDF format) between 7:30 - 10 a.m. on the day of the fair to [usarmy.stuttgart.hqda-cpac.mbx.naf@mail.mil](mailto:usarmy.stuttgart.hqda-cpac.mbx.naf@mail.mil). Visit the MWR website for details. CIV: 09641-70-596-4100 / DSN: 596-4100

### Social

#### Fridays: Dysfunctional Karaoke

9 p.m. Swabian Special Events Center, Patch Barracks Bldg. 2505. Sing your favorite tune, on or off key every Friday at the Swabian Bar! Drinks available for purchase. COVID-19 Rules: Masks are required when ordering drinks. Social distancing rules apply. Guests must sign in and out of the bar. CIV: 0711-680-5433 / DSN: 430-5433

#### Sep. 12: C.A.R.E. Fair

10 a.m. - 2 p.m. The Exchange parking lot, Panzer Kaserne. This annual fair hosted by Army Community Services (ACS) is the perfect way to connect with the organizations in our USAG Stuttgart community. Sign up for activities and clubs, meet the faces behind the organizations, and learn about the resources available to you. We're glad YOU live here! CIV: 09641-70-596-3362 / DSN: 596-3362

#### Sep. 24: Trivia Night

5:30 p.m. at the Swabian Special Events Center, Patch Barracks Bldg. 2505. Do you know a ton random facts? Then come to the Swabian bar, every 4th Thursday and show off your skills. Beverages available for purchase. Masks are required when ordering drinks and social distancing rules apply. Guests must sign in and out of the bar. CIV: 0711-680-5433 / DSN: 430-5433

### Golf

#### Sep. 12: Commander's Cup Golf Tournament

Stuttgart Golf Course, Aldinger Strasse 975, Kornwestheim 70806. This is the 12th annual tournament, a prestigious event where players compete to win the coveted traveling Commander's Cup. Format is 4-person scramble (best-ball). Tee times start at 8 a.m. (no shotgun start this year due to COVID safety). Bring your own team or sign up individually and we'll do our best to put you on a team. The Cup is won by the low gross team, all other prizes will be net. Event is handicapped using USGA method to even the playing field. Established handicap is preferred but not mandatory. On course team and individual skills contests and also the popular beat-the-pro contest. Awards presentation will be via live Facebook broadcast. CIV: 0174-171-5926

### Training

#### Sep. 9: Sponsorship Training

3 - 4 p.m. Army Community Service (ACS), Panzer Kaserne Bldg. 2915. This training will equip new sponsors with the tools and resources needed to provide newcomers with a smooth transition during their PCS. The class is offered virtually via Microsoft Teams. Contact ACS to register. CIV: 09641-70-596-3362 / DSN: 596-3362

### Travel & Adventure

#### Sep. 13: Intro to Paragliding


MWR Tours, Panzer Kaserne Bldg. 2915, Room 312B. What better way to embrace the beautiful European scenery than to observe it from on high as you glide gracefully through the sky? Spend the day with a dedicated instructor learning the basics of paragliding in this beginner course. Students will progress through classroom presentation, equipment introduction, demonstration, canopy familiarization and launch practice. After that, it's off the training hill to practice short, low flights from the training slope. That's right - you get to fly on your first day! Must be 14 years old to participate. Cost \$119 per person. Register by Sep. 3. Visit the MWR Tours page for policies and procedures during COVID-19. CIV: 09641-70-596-2104 / DSN: 596-2104

#### Sep. 19: Intro to SCUBA

MWR Tours, Panzer Kaserne Bldg. 2915, Room 312B. Want to leave your cares and worries on the shore? Then SCUBA is for you! Take our intro to SCUBA class to learn what SCUBA is all about. Your class will begin with an equipment orientation. Then, alongside dedicated and knowledgeable instructors you will go for a dive. That's right - you get to test the waters on your first day! Following your dive, we will indulge in a delicious BBQ dinner! Must be at least 10 years old. Mask is required. Hand sanitizer will be provided. Cost \$134 per person. Transportation is included. Signup with MWR Tours by Sep. 10. CIV: 09641-70-596-2104 / DSN: 596-2104

 **FACEBOOK:** FamilyandMWR

 **YOUTUBE:** StuttgartFamilyandMWR

 **TWITTER:** @StuttgartMWR

 **INSTAGRAM:** @StuttgartfamilyMWR

 **PODCAST:** #MWRPodSquad

For more information visit [STUTTGART.ARMYMWR.COM](http://STUTTGART.ARMYMWR.COM)



## LAW OFFICES



### 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

## MOTORCYCLES



Dexheimer  
MILITARYSALES

0631-36190811

www.motorradsale24.de/military-sales

## AUTOMOTIVE

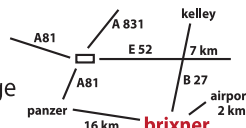


### Maintenance, repair and overhaul - body work

- 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

## PERSONAL SERVICES

### ★ ★ ★ ★ AMERICAN ★ ★ ★ ★ IN GERMANY?

**FIND NEW, INTERESTED FRIENDS & MORE!**

Join  
**NOW**  
and get  
our  
**3-month  
trial  
FREE!**

In our unique, members-  
verified, online club



\*offer valid for U.S. citizens.  
use code USL2020 to benefit.  
<https://uslovewiesbaden.club>

## SHIP/MAIL

**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-WSA-SHIP (972-7447)**

Fragil

## RESTAURANTS

Party and  
Catering-  
Service



Take away  
Lunch Special  
(Mo – Fri)



**authentic  
indian cuisine**



**NEW LOCATION**

**STUTTGART** Pforzheimer Str. 309 • Phone 0711- 88 94 306

**ECHTERDINGEN** Esslinger Str. 11 • Phone 0711- 99 76 38 16

**LEONBERG** Leonberger Str. 97 • Phone 07152-90 32 32

Hours: 12.00 – 14.30 and 17.30 – 23.00

**WWW.KASHMIR-RESTAURANT.DE**

# Changing Smiles, Changing Lives



- Aesthetic Dentistry
- TMJ/Facial Pain Treatment
- Certified Dental Hygienist
- Preventive 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](mailto:info@heidelbergdentistry.com)  
[www.heidelbergdentistry.com](http://www.heidelbergdentistry.com)

## Böblingen Dental

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



**CHARLES A. SMITH, DDS  
& ASSOCIATES**

Specialists for Aesthetic Dentistry