Ideas for Christmas Eve:
An unusual Christmas

The Germans and Americans are planning major construction work

Cultural Tips for Germany and Europe

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The Bavarian Times-Team wishes you happy holidays, good luck and success in 2021.

Stay healthy as we stand together to meet the challenges of the Corona pandemic.

We thank our readers, customers and business partners for the good cooperation in the past year.
GRAFENWOEHr, Germany - The German Army in Grafenwoehr is planning extensive construction measures with a volume of 119 million euros. German Federal Parliamentarian Albert Rupprecht and Mayor Edgar Knobloch consider that a clear sign of further German-American use of the training area. The plans of the US Army for its rotating training troops were met with even greater interest.

In July 2018, Rupprecht had been introduced to the German Army’s infrastructure measures in Grafenwoehr for the first time. Lt. Col. Florian Rommel and infrastructure sergeant Patrik Krause from the local German Army command explained the current planning status. The German military’s barracks in Camp Normandy are old and dilapidated, one kitchen has already been closed, and another can only be used in emergency mode.

The headquarters building needs a general renovation, the target machine shop is too small to meet mission requirements and also in need of renovation. Additionally, there is a need to accommodate 1,400 training troops. Currently, the German Army only has 750 spaces and access to US accommodations is becoming increasingly difficult, said Rommel.

Therefore, the property-related expansion concept provides for the construction of 25 buildings on a contiguous area of around 40 hectares at Camp Normandy. The Americans have already agreed to a land exchange. Detailed investigations into development measures are ongoing, the respective paperwork has already been submitted to state construction office.

The variant layout will be presented on Nov. 4, 2020; this is a prerequisite for budgetary approval by the Federal Ministry of Defense. 119 million euros are currently in the planning. The infrastructure measure could begin with the construction of a filling plant in March 2021, a vehicle maintenance facility would follow in June 2021, followed by service buildings and accommodations in October and November of next year.

Capt. Hans-Juergen Gmeiner emphasized the good cooperation with the US Army in Grafenwoehr and the trust that has grown over the years. He could also imagine a co-location of the local German Army headquarters with US Range Control and Range Operations. Mayor Edgar Knobloch also emphasized maintaining relationships.

He called on Rupprecht to bring the chairman of the German Foreign Affairs Committee, Norbert Roettgen, to Grafenwoehr to further and expand public knowledge about the excellent German-American cooperation. Knobloch welcomed the plans to improve the infrastructure.

As the spokesman for the Bavarian garrison towns, he heard from the working group in Berlin about the shortfalls at the state con-
Howard Johnston, deputy to the garrison commander, US Army Garrison Bavaria, and architect Andrea Hoesl from the garrison department of public works presented the plans for the rotating US training troops.

1950s. According to the US garrison, 55 new buildings are to be built on an area of around 50 hectares. The first planning funds have already been approved, the costs for the first and second construction phases will amount to 190 and 100 million US dollars.

Construction could start as early as 2022 if the capacities of the state construction office are sufficient, said Hoesl. In her opinion, the overall project justifies an additional state construction office at Grafenwoehr, which had already been in place during the EB-G project. Johnston emphasized the task of the US garrison to develop ideas and plans for the timely accommodation of the training troops and the necessary infrastructure. This happens regardless of political considerations and withdrawal plans, said Johnston.

Knobloch and Rupprecht rated the German and US Armies’ plans as a clear signal “pro Grafenwoehr.” Rupprecht will work together with Bavarian State Parliamentarian Tobias Reiss to support the establishment of a state construction office at Grafenwoehr Training Area.

by Gerald Morgenstern
GRAFENWOEHR, Germany - Mayor Edgar Knobloch presented historical and current news from "Grafenwöhr off Post" to US Consul General Meghan Gregonis, Installation Management Command-Europe (IMCOM-E) Director Tommy Mize and the executives of the US Army. With entries in the city's Golden Book, the Americans thank the city for decades of hospitality.

“You should know how their soldiers live in Grafenwoehr and get to know the city outside of the installation,” Mayor Edgar Knobloch welcomed Meghan Gregonis, the US Consul General from Munich and IMCOM-E Director Tommy R. Mize from Wiesbaden, in charge of all US installations in Europe.

Also attending the city tour were Brig. Gen. Christopher R. Norrie, 7th US Army Training Command, Garrison Commander Col. Christopher R. Danbeck, Brigadier Matthew Van Wagenen from the Allied Rapid Reaction Corps, Col. Daniel Miller from the city’s partner unit 41st Field Artillery Brigade, their spouses and staff.

Knobloch presented the history of Grafenwoehr from the time when it was granted city privileges, the construction of the historic town hall, the establishment of the training area, the events of war, the invasion of the Americans, and post-war reconstruction to current developments. "We are currently completely renewing our entire infrastructure to include road construction work, renovation of the town hall, outdoor pool, the construction of a new administration building and much," said the mayor.

When Norrie asked where he would see Grafenwoehr in five years, Knobloch made it clear that this also largely depends on the Americans. "Grafenwoehr is not growing fast but steadily, the military should continue to play a role in that," said Knobloch. In the discussion, the American guests attested Knobloch and the city officials a lot of innovativeness.

"Thank you very much for decades of hospitality and the exemplary cooperation. The citizens of Grafenwoehr have made a major contribution to the fact that our soldiers have always felt at home here,” Consul General Meghan Gregonis wrote into the city's Golden Book. Director Tommy Mize also thanked Grafenwoehr for giving American soldiers a “home away from home” with his entry.

The fountain on the historic market square, the city wall, Maria Himmelfahrt Church, the communal brewery, Annaberg and Schoenberg hills were stops of the city tour. In the elementary and middle school located in the cultural center, principal Anja Breu presented the class rooms in the renovated school building, in the course of which the Americans drew many parallels to the new building of their school and also took away suggestions.

Rainer and Joerg Zechmayer provided information about the production of “Forms with Format” for the automotive industry when the US guests visited their company in Huetten. In the culture and military museum, culture manager Birgit Ploessner and Gerald Morgenstern guided the guests through the exhibitions. Finally, the Americans took a seat in the "Mickey Bar of the Museum" which features the piano that Elvis Presley played in Grafenwoehr. He is considered the most famous American soldier who ever trained at Grafenwoehr Training Area.

by Gerald Morgenstern
GRAFENWOEHr, Germany - The senior non-commissioned officers of the German Army’s Military Training Area Command South located in Wildflecken were able to personally experience the good cooperation between the German the US Army on Grafenwoehr Training Area.

In the German Army, company first sergeants are referred to as “spears.” The soldiers, whose distinguishing mark is the yellow shoulder cord, are the senior non-commissioned officers of their units and in charge of the company’s administrative duties. This year, the senior non-commissioned officers of the German Army’s Military Training Area Command South met in Grafenwoehr for their annual conference.

1st Sgt. Norbert Prediger of the Office of the German Military Representative (DMV) in Grafenwoehr organized the meeting of his comrades from the military training areas in Baumholder, Heuberg, Hammelburg and Wildflecken. The soldiers were greeted by their commander, Lt. Col. Ralf Stachowiak and Lt. Col. Florian Rommel welcomed them at DMV headquarters in Grafenwoehr.

Professional development focused on new personnel regulations, Corona protective measures and the exchange of experiences.

Reserve Sgt. Maj. Gerald Morgenstern explained the history and the current situation on the training area while touring the US Army’s barracks and housing areas.

The training and shooting facilities as well as the highly technical development status of the training area were shown on range 132. At a Black Hawk helicopter on the airfield, Staff Sgt. Sam Osenga gave the first sergeants a briefing about the mission of the American rescue squadron "Dust-off." US spokesperson Andre Potzler had arranged a professional exchange with Command Sgt. Maj. Frank Velez from 7th US Army Training Command (7ATC).

Velez explained 7ATC’s training mission and presented options for further cooperation with the German Armed Forces. The conference ended with a stop at the historic Patton Desk located in the NCO Academy. There, 1st Sgt. William Richardson introduced the academy’s training principles. The deputy school commander pointed out that the American sergeants are only trained by NCOs and that there are no officers in the NCO Academy.

| by Gerald Morgenstern

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**Bavarian Times**

1st Sergeant Norbert Prediger (third from right) organized the “spears” conference in Grafenwoehr. At the airfield, the first sergeants were briefed about the mission of the American air rescue squadron.
Grafenwoehr, Germany — The Better Opportunities for Single Soldiers (BOSS) program hosted a first-time event of pumpkin carving and painting at the Bavaria Arts and Crafts Center, on Friday Oct. 16. Participating Soldiers carved and painted pumpkins, while wearing masks, sanitizing hands and working at properly distanced workstations.

The materials were provided by the USAG Bavaria BOSS program president, Sgt. Grant Healey. He expressed care for single Soldiers, who are away from home, and organized the event to help keep their family traditions alive. According to Sgt. Healey, the event also helped sustain resiliency.

“We try to keep those traditions rolling or teach them knew ones,” said Sgt. Healy. “Some of these guys have never carved pumpkins before.”

Participating Soldiers showed great enthusiasm and gratitude for the program event.


The Boss team submitted photos of their festive pumpkins to the 2020 Pumpkin Carving Contest, hosted by the USAG Bavaria Family and MWR. If community members wish to participate in the virtual contest, view this link for rules. The contest runs until noon Oct. 31, 2020.

To learn more about USAG Bavaria’s BOSS program and how to join, visit their website and Facebook page.

Grafenwoehr, Germany — Dunkin’ Donuts opened their second store within the USAG Bavaria footprint on Friday, Oct. 30. Garrison commander, Col. Christopher R. Danbeck, cut the ceremonial ribbon during the grand opening inside the Tower Barracks Exchange mall, as Exchange employees and customers watched in excitement.

Dunkin’ Donuts employees made over 3,000 donuts to prepare for their first day. And the line of physically distanced customers maintained a steady flow throughout the grand opening event.

One customer, Spc. Ronald Kirby, ordered a coffee and a donut.

“It’s a little piece of home,” Kirby said. “I’m from Boston, and we have these everywhere. I’m glad this is now available to us.”

Tower Barracks personnel are now enjoying donuts, pastries and coffee, but it was not easy opening a new location during the COVID-19 pandemic.

According to Chris Litch, the Exchange visual merchandise manager, the initial plan was to open this Dunkin’ Donuts location earlier in the year. However, construction was halted due to COVID-19 safety measures and restrictions.

“COVID affected the opening quite a bit,” said Kyra Stegall, the Grafenwoehr store manager of Dunkin’ Donuts. “But I’m so happy that we are open now.”

The Tower Barracks store marks the 16th location for Dunkin’ Donuts in Bavaria.
GRAFENWOEHR, Germany — In celebration of being awarded 2019 Army Distinguished Credit Union of the Year, USAG Bavaria Service Credit Union (SCU) management made a generous contribution back to the community on Wednesday, Oct. 7. SCU Vice President of Overseas Operations, Philip R. von Streicher, presented a check to garrison commander Col. Christopher R. Danbeck, so that it can be used to help fund Family and Morale, Welfare and Recreation activities across the footprint.

The Army Distinguished Credit Union of the Year award recognizes the SCU’s involvement within the USAG Grafenwoehr community and partnership with the Command. The award was issued by the Department of the Army in August, 2020. Last year, the USAG Bavaria SCU held 177 military events and donated over $88,000 in direct support of the Garrison’s sponsored events.

During Wednesday’s ceremony at the Grafenwoehr SCU branch, von Streicher expressed organizational gratitude for the recognition, and pride in supporting servicemen and women.

“This is the fourth time, in the last 19 years, USAG Bavaria won this price. What we intend to do with this, is to return to the community — some support for all the support they give us,” said von Streicher. “This is a symbiotic relationship.”

All four full-service branches – Grafenwoehr, Vilseck, Hohenfels and Garmisch – each made a contribution of $5,000, for a grand total of $20,000 payable to a community agency of the commander’s choosing.

“This is awesome,” said Danbeck, “Thanks for what you are doing.”

SCU has been serving the military since 1957, and operating in the USAG Bavaria footprint since 2001. Previously, SCU received this award in 2017.

“The 2019 award recipient branch took great pride in their customers, as they held 177 military events and donated over $88,000 in direct support of the Garrison’s sponsored events,” said Brig. Gen. Mark S. Bennett of the U.S. Army Financial Management Command. “With all of that, there’s no doubt why they were selected.”

Service Credit Union Vice President of Overseas Operations, Philip R. von Streicher, presented a check to garrison commander Col. Christopher R. Danbeck.

”This is the fourth time, in the last 19 years, USAG Bavaria won this price. (Streicher)"

### Additional Information

- **Paint and paint mixing service**
- **Tools and machine tools**
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- **Gardening tools, fences, garden furniture**
- **Plants for deck, balcony and garden**

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TOWER BARRACKS

PRACTICE FIRE EXTINGUISHER SAFETY WITH USAG BAVARIA’S FIRE DEPARTMENT

GRAFENWOEHR, Germany – During National Fire Prevention Week, the USAG Bavaria Fire Department invites community members to participate in fire extinguisher trainings. This year, the campaign runs from Oct. 4 to Oct. 10, 2020.

At these trainings, participants learn about fire safety and practice using a fire extinguisher under the guidance of an instructor. For the remainder of the week, these trainings are offered in both English and German.

In case you cannot attend a training, here are main takeaways everyone should know:

WHAT TO DO IF A FIRE BREAKS OUT
• If it is safe to do so, call the on-post Fire Department immediately. The DSN for Tower and Rose Barracks, Hohenfels and Garmisch is 112. If using a cellphone on-post, call CIV 09641-83-112 for Tower Barracks, CIV 09662-83-112 for Rose Barracks, 09742-83-112 for Hohenfels and CIV 08821-750-112 for Garmisch. (These numbers should also be used in the case of medical, natural or man-made disasters).
• If you need to dial emergency services for an off-post incident, call 112 from your cellphone.
• Do not assume a fire alarm is false, as this may create panic, confusion and misinformation – thus potentially putting lives at risk.
• Exit the building using the Escape and Rescue Plan, and make contact with the building’s fire warden at the Assembly Point.
• Do not re-enter the building, unless a fire department official gives the all-clear.

WHAT ARE FIRE CLASSIFICATIONS
Fires are classified by the type of material and fuel used for combustion, which then determines the variety of extinguishing agent needed. According to NFPA 10-2018 and the USAG Bavaria Fire Department, there are five primary classes of fires. All certified fire extinguishers will include a label to identify suitable use.

HOW TO OPERATE A FIRE EXTINGUISHER
Follow the P.A.S.S. system, as exampled in the video below by USAG Bavaria fire inspector Sebastian Baier:
• Pull the pin
• Aim the nozzle
• Squeeze the lever
• Swing nozzle from side to side

Lastly, an empty dry chemical powder fire extinguisher is hazardous waste. When disposing this type of extinguisher, Baier instructs that people should contact their building manager or evacuation coordinator for assistance.

If you want to individually schedule a training session this National Fire Safety Week, refer to the flyer.

If you want to request a training session for your unit, please contact the USAG Bavaria Fire Prevention Program at: usarmy.bavaria.id-europe.list.des-grafenwoehr-fire-prevention@mail.mil. Because these trainings take place outdoors, future sessions will most likely be scheduled in next spring when weather is more favorable.

by Sidney Sullivan

Scan the code & watch the video!
HAAG CEMETERY: A CULTURAL AND HISTORICAL GEM

GRAFENWOEHR, Germany - "When we are far and wide away, who will pray at the grave for All Souls' Day"? This question was once asked by the local poet Erhard Trummer from the disbanded training area village of Haag. Since 1992 the former residents of Haag have been answering this question with a visit to the Haag and Langenbruck cemeteries. This year, for the first time and due to the restrictions of the corona pandemic, visits to the cemeteries in the training area had to be canceled.

DISBANDMENT IN 1938
In 1938, when the training area was expanded during the Third Reich, 3,500 people from 58 villages, farms and hamlets had to leave their traditional homes. This also included the village of Haag, located in the center of the extension area for the training area. At that time, the incorporated community already had more than 500 inhabitants. It was disbanded in 1938.

Only remains of walls, vaulted cellars, a granite stone with a cross, history boards and the old village pond still point to the village. Haag Cemetery is located on the eastern hill above the village. Like the remains of buildings in the once flourishing town, the cemetery fell into disrepair. The wooden crosses and tombstones fell over and were overgrown by nature for decades.

GENERAL RENOVATION OF THE CEMETERY
It was not until 1992 that the further and final decline of the cemetery was stopped. Former Haag residents, including Toni Englhardt and the local Grafenwoehr Historic Society, were the initiators of the "general renovation." The federal forest office took care of the deforestation and the US Army put gravel on the road to the cemetery.

The road construction team of the former German Army liaison command, now known as DMV, invested more than 600 hours of work. The gravestones lying in the earth were put up again in painstaking detail by hand. An old picture of the cemetery showed their locations. Usually there were only wooden crosses above the graves. Historical photos show the crypt of the von Grafenstein family. The crypt building was dismantled and rebuilt in Obersteinbach, where the Grafenstein’s dead were reburied.

Due to the tightened Corona protective measures, the visit to the graves at Haag and Langenbruck cemeteries located on Grafenwoehr Training Area and Rose Barracks, Vilseck, scheduled for Nov. 8, 2020, was cancelled.

GEM IN THE TRAINING AREA
With the renovation of Haag Cemetery, a cultural and historical gem was created in the middle of the training area. Most of the ornate tombstones date from before 1900 and are mainly made of sandstone. The sandstone, which is usually prone to the weather, has patinated and preserved itself by lying in the ground, and the inscriptions are often still legible.

The grave sites, richly decorated with ornaments, cherubs and symbols, always attract great attention. A former resident carved the cross that is now located on the cemetery which is cared for by employees of the German Army.

Every year since 1992, around All Souls Day in November, former Haag residents and members of the Vilseck and Grafenwoehr church congregations have visited the graves at Haag cemetery and Langenbruck cemetery, which is located on the edge of Rose Barracks in Vilseck. With hymns and prayers, clergy men and visitors remember the deceased buried in the cemeteries located in the military training area.

The visits are accompanied by employees of the public affairs office of the US Army Garrison, mostly by Franz Zeilmann from Vilseck, and the EOD soldiers of the German Army. r. Werner Stubenvoll, chairman of the Sorghof soldiers and warriors’ association, whose roots are also in Haag, has organized the visits for years.

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For more information, visit us on Facebook at “Grafenwoehr Training-Area Book.” The book may also be ordered online.

| by Gerald Morgenstern

HISTORY OF THE TRAINING AREA

GRAFENWOEHR, Germany – “Grafenwoehr Training Area, Yesterday - Today” is the title of the bi-lingual book written by Reserve Sgt. Major Gerald Morgenstern. A new edition was released in December 2018. On 288 pages with more than 800 photos, it does not only tell the history of the training area since 1910 but also covers the development of the training area in recent years. The book also includes greetings by US Army commanders and the development of Hohenfels Training Area. In a detailed chapter, the book also covers the former village of Haag and its cemetery. “Grafenwoehr Training Area, Yesterday - Today” is available in bookstores and at various sales locations on and off post.

For more information, visit us on Facebook at “Grafenwoehr Training-Area Book.” The book may also be ordered online.

| by Gerald Morgenstern
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Grafenwoehr, Germany — USAG Bavaria Garrison Commander, Col. Christopher R. Danbeck, presented the Customer Service of Excellence Award to the Tower Barracks Army Lodging team, on Oct. 8, 2020.

The award was presented at the Tower Barracks Army Lodging facility, located on-post Grafenwoehr. The lodging team was awarded for its consistent motivation in serving hotel guests for reasons involving PCS, TDY and leisure. During fiscal year 2020, the team served a total of 70,294 guests at the facility.

“I’m super proud of you guys for getting this prize,” said Danbeck. “Customer service is a huge deal. Thank you for everything you do.”

The lodging manager accepted the award, on behalf of the Tower Barracks Army Lodging team, with great enthusiasm.

“The USAG Bavaria Tower Barracks Army Lodging operation is mission essential,” said Waltraud Schill-Rueckert, USAG Bavaria Tower Barracks Army Lodging manager. “We are providing the first impression, and creating the last memories at Tower Barracks.”

The Army Lodging has 72 standard, 17 extended and 47 family suites. The grand opening was nine years ago, in Sept. 2011.

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The Army Lodging has 72 standard, 17 extended and 47 family suites. The grand opening was nine years ago, in Sept. 2011.
“Close the door, there’s a draft!”: This frequent exclamation is justified because the cool air that we often encounter in train stations, hallways, stairwells, offices and living spaces can be tricky. Our temperature sense does not react to light air currents in the same way it reacts to icy weather. The body cools down slowly and steadily. Often one fails to protect and warm up in time. Then the blood vessels in the affected parts of the body contract unnoticed. The blood circulation suffers and with it the immune system because the immune cells and other important defense substances in the body have difficulties getting to the places where pathogens have to be fought. Wetness promotes this process, which is why we catch infections particularly easily in bad weather or after a sweaty exercise in combination with drafts. The cold air flow can promote a number of symptoms such as muscle tensions like the typical stiff neck. The respiratory system becomes more susceptible to cold viruses and the urinary tract can also get "cold." If we wear clothes that are too thin or sit on cold surfaces, the abdomen can cool down even more quickly.

WHEN THE BLADDER CATCHES A COLD

Constantly having to go to the bathroom, releasing only small amounts of urine and experiencing pain when doing so are typical signs that the body’s defense system has capitulated and the bladder has become infected. Women in particular are often affected by cystitis, as the female anatomy makes it easier for the pathogens to invade the urinary tract. The culprits are almost always bacteria, especially E. coli. A good treatment option for urinary tract infections is taking bearberry leaf extract. It contains antibacterial and anti-inflammatory plant substances that fight the triggers of a bladder infection and alleviate painful symptoms. Drinking a lot and staying warm supports the healing process. Antibiotics can often be avoided with this herbal therapy.

AVOID DRAFTS, KEEP YOUR BODY WARM

To avoid drafts, windows should not be tilted permanently, but should regularly be completely opened for a few minutes. If it gets too cold, it helps to apply the so-called “onion principle,” meaning to dress in several layers. We can also properly prepare ourselves when traveling: When ventilation systems in trains and buses generate a draft and the air cools down significantly, it helps to wear warm clothing, or have a blanket ready. You can also get insulating seat pads to protect yourself against cold seats.

| Bavarian Times | 13 |
Anyone who complains about a cold, sore throat or cough these days often thinks: “Do I have Corona now?” That is understandable. Isn’t there a guideline as to when it might be Corona and when it’s just a normal cold? “That would be nice if we knew that. In fact, nobody knows. Loss of the sense of taste is often reported, but this is not a reliable indicator. There is no guideline other than that if you haven’t had any big celebrations or risky encounters, we assume it’s a normal cold,” says pharmacist Dirk Vongehr.

**DRINK, GARGLE, CALM DOWN**

If this is the case, the main goal is to get rid of the symptoms quickly. “The first recommendation is to drink a lot. This liquefies the mucus and allows it to drain off,” says Vongehr. Teas are particularly suitable because the warm vapors have a beneficial effect on the upper respiratory tract. “In addition, herbal expectorants with extracts of ivy and thyme can help.” The second point concerns the sore throat, which is one of the most unpleasant cold symptoms: Gargling with tea or a tincture of chamomile or sage can be helpful here. “Anyone who has to be ready to go immediately due to professional or private obligations, an inflammation- and pain-relieving spray that is used locally makes sense,” says the pharmacist. It is best to seek advice on suitable medications in a qualified pharmacy.

The third SOS measure is effective cough control. Cough suppressants can quickly calm the irritating tingling sensation in the bronchi. Otherwise, inhaling in the morning and evening is a means that has proven itself. In fourth place is the afflicted running nose: Rinsing with a nasal douche has a relieving effect and flushes out pathogens. Irritated and dry mucous membranes are cared for with a care spray containing panthenol and salt. "Decongestant nasal sprays should only be used for a short time because of their habituation effect," emphasizes the pharmacist.

**VITAMINS AND SLEEP ALSO HELP**

Vitamin C and zinc preparations are suitable as the fifth SOS measure. They strengthen the immune system and the body’s own defenses. Measure number six is sleep: Basically, when you have a cold, it is important to treat yourself and rest. The immune system is closely related to the duration and quality of sleep. After eight hours of slumber, the number of immune cells increases significantly. If you don’t have a fever, a walk in the fresh air is also recommended - naturally dressed warmly.
Healthy teeth equal quality of life - the experienced and qualified team of Doctor Christoph Radeck has set itself the goal of maintaining this quality of life into old age. They achieve this through thorough diagnoses, therapies for dental problems according to the most modern standards and, above all, through prophylaxis. The philosophy of the Radeck Dental Practice is: "It's best not to let it get to the point where it hurts."

The dental practice is located in the heart of the Upper Palatinate at Wörthstraße 8 in Weiden. Doctor Christoph Radeck and his professional team have been offering a wide range of services there since 2006.

In addition to preventive examinations, offers include professional teeth cleaning to whiten the teeth, cosmetic corrections to promote dental aesthetics and dentures. This does not only affect the elderly, but young people as well. Individual requests are welcome and transparency is part of the dental practice’s concept.

Billing is uncomplicated and done straight via Tricare. As a service-oriented company, appointments can be made at short notice. This usually avoids long waiting times. The Radeck Dental Practice's office hours are Monday, Tuesday and Thursday from 8 a.m. to noon and 2 p.m. to 6 p.m.; Wednesday and Friday from 8 a.m. to noon.

Appointments can be made during those times by calling 0961-401 92 10. Emergencies are dealt with immediately.

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(djd). If our feet are cold in winter, it seems normal. But there are people who always have this feeling even though they are wearing warm socks. Just as suspicious: despite cold temperatures, feet are hot. This may be due to a disturbed temperature sensation, a typical symptom of nerve damage, also known as neuropathy. The common cause of this is diabetes. According to the German Diabetes Health Report 2020, more than every third diabetic suffers from neuropathy. This can also manifest itself through sensory disturbances such as tingling, pain, numbness or a reduced sensation of pain or touch on the feet. In addition to being bothersome, neuropathy symptoms are an indication that the risk of developing diabetic foot syndrome - a common cause of amputation - is increasing.

FOUR TIPS HELP WINTERIZE THE SENSITIVE FEET OF PEOPLE WITH DIABETES.

1. REGULAR INSPECTION
Do the shoes still fit with thick socks? Are the feet adequately protected from the cold? People suffering from neuropathies, often do not properly perceive pressure points, temperatures or wounds. Therefore, shoes and feet should be checked daily. Any changes should be discussed with a physician.

2. THE RIGHT WARMTH
A warming foot bath is especially good in winter. Feet should not be immersed in lukewarm water (30 to 37 degrees Celsius) more than three times a week for a maximum of three minutes. It is best to check the temperature with a thermometer to avoid unnoticed burns. For the same reason, hot water bottles should also not be used.

3. FOOT CARE FROM WITHIN
Good blood sugar control is the most important measure to slow down nerve damage. A healthy diet and regular exercise make a decisive contribution to this. Diabetes also increases the risk of vitamin B1 deficiency, which can cause or worsen neuropathies. With the help of the vitamin B1 precursor benfotiamine, which is available in pharmacies without a prescription as milgamma protekt, this deficit can be effectively compensated. Our body can absorb benfotiamine much better than conventional vitamin B1. By compensating for the deficiency, sensory disturbances in the feet can also be alleviated.

4. CAREFUL SKIN CARE
Neuropathy often also leads to very dry, cracked skin on the feet - a problem that usually worsens in the cold season. Then, it is even more important to regularly care for sensitive feet with a urea-containing cream. A rounded sandpaper file is suitable for shortening the nails.
GRAFENWOEHR, Germany — Inclement weather brought on by the autumn and winter months can deliver a blow to Bavaria and the surrounding area, affecting your decision to travel.

Garrison officials and street cleaning crews at U.S. Army Garrison Bavaria installations at Garmisch, Grafenwoehr, Hohenfels and Vilseck will do everything they can to keep services running. Snow and ice, however, may result in changes in road conditions, school closures, work delays or a temporary shutdown in some garrison services.

WHAT TO DO
You have options. Be in the know. Here’s how:

- Register in Alert! today. Ensure you and your family receive Army Alert messages before bad weather hits. Alert is the U.S. Army’s mass warning notification system. The system notifies users in several ways: as a pop-up on their workstation computer, an email to work and home addresses, a text message to their cell phone, and a voicemail to their work, home and cell phones. Add up to 10 phone numbers and email addresses. Visit https://home.army.mil/bavaria/index.php/Alert.

- Stay connected to home.army.mil/bavaria. In the left hand column there is a “Road Conditions” button. Click it to find out about school closures, road conditions and weather conditions.

- Log on to the USAG Bavaria Facebook at facebook.com/USAGBavaria for information pertaining to weather updates, delays, closures and driving conditions in Grafenwoehr, Netzaberg and Vilseck. Connect to the Hohenhels Facebook page in Hohenfels and the Garmisch page in Garmisch.

- Download the USAG Bavaria mobile app. Select your location and click Road Conditions & Closures.

- If you are without Internet access, call the “Weather & Roads” hotline, at any time of the day. For current driving conditions in Grafenwoehr, Netzaberg and Vilseck, call DSN 475-ROAD (7623), CIV 09641-83-7623. In Hohenfels, call DSN 466-4001, CIV 09472-83-4001. And in Garmisch, dial DSN 440-3300, CIV 08821-750-3300.

- Tune into AFN Bavaria radio at 98.5 FM in Grafenwoehr, 107.7 FM in Vilseck, 89.9 FM in Amberg, 93.5 FM in Hohenfels or 90.3 FM in Garmisch. Or, listen online at AFN 360. Radio DJs provide updates on conditions in Bavaria.

- If you are a Soldier and are still unsure, call your staff duty officer for further guidance.

DRIVING AND ROAD CONDITIONS: UNDERSTANDING THE DIFFERENCE
When you get updates from garrison Facebook, AFN radio or the Weather & Roads hotline, you will encounter two terms: driving conditions and road conditions.

The driving condition is an advisory to drivers of privately owned vehicles—in other words, an advisory to you as a Soldier, civilian or parent who is deciding about driving to work or school. Driving conditions levels are set as follows:

- Non-hazardous: Conditions allow for normal vehicle operation
- Hazardous: Drivers are likely to encounter snow, slush and patches of black ice. Caution is advised during vehicle operation.
- Dangerous: Drivers are likely to encounter snow, drifting snow, black ice and limited visibility. Extreme caution is advised during vehicle operation.
- Extremely dangerous: Drivers are likely to encounter snow, heavy drifting snow, extreme sheet ice, limited visibility

Continued on page 18
### Road-Condition Status Characteristics

<table>
<thead>
<tr>
<th>Road Condition</th>
<th>Road Surface</th>
<th>Snow</th>
<th>Ice</th>
<th>Snow Depth</th>
<th>Visibility</th>
<th>Temperature</th>
</tr>
</thead>
<tbody>
<tr>
<td>Green</td>
<td>Dry</td>
<td>None or blowing powder</td>
<td>None</td>
<td>None</td>
<td>More than 164 ft (50 m)</td>
<td>Above 35 °F (+2 °C)</td>
</tr>
<tr>
<td>Amber</td>
<td>Wet</td>
<td>*Packed *Slush</td>
<td>*Black ice *Slush</td>
<td>*Less than 4 in (10 cm)</td>
<td>*Between 65.5–164 ft (20-50 m)</td>
<td>Between 30 °F (-1 °C) and 35 °F (+2 °C)</td>
</tr>
<tr>
<td>Red</td>
<td>*Flooded</td>
<td>*Drifting</td>
<td>*Sheet ice</td>
<td>*Between 4–8 in (10-20 cm)</td>
<td>*Between 50–65.5 ft (15–20 m)</td>
<td>Between 10 °F (-12 °C) and 30 °F (-1 °C)</td>
</tr>
<tr>
<td>Black</td>
<td>*Heavily flooded</td>
<td>*Heavy drifting</td>
<td>*Extreme sheet ice</td>
<td>*More than 8 in (20 cm)</td>
<td>*Less than 50 ft (15 m)</td>
<td>Less than 10 °F (-12 °C)</td>
</tr>
</tbody>
</table>

*When one or more of the road conditions marked with an asterisk are noted the corresponding road-condition status must be declared

- and potential “white out” conditions. Only emergency travel should be conducted.

Road conditions are set at green, amber, red and black. These levels only pertain to conditions for dispatching military tactical and non-tactical vehicles. All DOD sedans, station wagons, car-ryalls, vans, buses and public works vehicles are considered "non-tactical."

Contrary to popular belief, the driving and road conditions do not dictate whether you as a Soldier, civilian or student should come to work or school, though they are indicators that you should practice caution commensurate with the current condition.

Road conditions are determined for both on- and off-post. Conditions are set based on the most deteriorated spots on-post and within the surrounding communities. Military police patrols may deem amber conditions on General Patton, for example, but red in Schmidmuhlen or Hohenburg. Therefore, road conditions are red.

If you have concerns but no installation-wide delay or closure has been announced, contact your staff duty officer or supervisor. Commanders and supervisors are empowered to decide whether individuals can delay reporting.

The garrison shuttle will not run during red or black road conditions. The dining facilities remain open. Child care facilities remain open to mission essential personnel.

### UNDERSTANDING HOW BAVARIA Responds To Bad Weather

The garrison commander and respective garrison managers determine work delays, early dismissals and school closures. This information will instantaneously be routed to https://home.army.mil/bavaria and AFN and made available to the public. So stay connected, tune in, turn on and before leaving your house, use good judgment and err on the side of safety.

When conditions warrant, the garrison command team may direct delayed reporting, early release or garrison closure for schools and garrison employees. This decision is based on a combination of driving and weather conditions.

The garrison command team’s decisions apply to all personnel, mission partners, directorates, agencies and DoDEA-Europe schools.

The announcement of delayed reporting or garrison closure will be made as early as 4 a.m. The garrison’s Installation Operations Center (IOC) — which is staffed 24/7 — updates the weather website and weather hotline, and notifies AFN broadcasters, who then broadcast updates as early at 4:30 a.m. An Alert! message is sent to registered users.

The garrison command team make every effort based on available data to announce an early release two hours prior to the forecasted degradation of road conditions. This allows for DoDEA school officials to stage school buses and prepa-
re students and parents. The IOC will also contact mission partners in addition to updating the website, phone recordings and AFN.

UNDERSTANDING THE DIFFERENCES BETWEEN WEATHER OUTLOOK, ADVISORY, WATCH & WARNING
The primary mission of the U.S. Air Force’s 7th Weather Squadron stationed in Grafenwoehr is to support air operations at USAG Bavaria. But they also provide weather updates to garrison’s IOC. Either the IOC or the Public Affairs Office (PAO) will release inclement weather information to the public. Here’s what you need to know:

ADVISORY: Issued when hazardous weather is occurring, imminent or likely. Advisories are for less serious conditions than warnings.

WATCH: Issued when the risk of hazardous weather has increased significantly, but its occurrence, location and timing remain uncertain.

WARNING: Issued when hazardous weather is occurring, imminent or likely. A warning means weather conditions pose a threat to life and property.

WORK AND SCHOOL DELAYS, EARLY DISMISSALS & CLOSURES
When a delay is announced at any of the USAG Bavaria communities, the garrison’s Department of Public Works needs time to clear roads and parking lots. Primary roads are cleared first, followed by secondary and tertiary roads. Garrison employees have up until two hours to report to their normally scheduled reporting time, but no later than 9 a.m.

School buses will pick up children from their bus stops two hours after their normal pickup time.

When inclement weather results in work delays or early closings, Child Development Centers and School-Age Centers are open to mission-essential personnel only. If an early closure is announced, non-mission essential personnel must pick up their children immediately. All other CYS facilities and programs will be closed in accordance with the garrison closure plan.

During a work delay, expect garrison front-door services such as the fitness centers to open no earlier than 9 a.m. Appointments — such as those scheduled at the medical and dental clinics — may be postponed. Always call ahead prior. Use the phone book at www.finditguide.com.

YOUR RESPONSIBILITIES AS A COMMUNITY MEMBER
You are responsible for your own safety. The decision to drive to work or send your children to school is up to you. Weather conditions can vary drastically across Bavaria, as well as change at a moment’s notice.

You are required by German law to remove as much snow and ice from your vehicle as possible, particularly from windows, mirrors and headlights. Make sure you have maximum visibility — no peephole driving — and that your vehicle does not present a hazard to other drivers. If accumulation is heavy, also remove snow from the roof, trunk and hood so that large chunks do not fly off towards other drivers. Police can stop you and impose fines if your vehicle is determined unsafe to you or others.

Off-post residents in leased housing and private rentals are responsible for snow and ice removal in their driveways and on public sidewalks bordersing their home. Permitted de-icing products, such as sand and Tiefen-Eisfrei, are available at USAG Bavaria Self-Help and AAFES locations, as well as off-post hardware stores. For more on what Self-Help offers, visit our Self-Help page.

EXPAND VISIBILITY AND INFLUENCE WEATHER DECISIONS
We want to provide an outlet allowing community members to report road and weather conditions in their area. That puts eyes on areas that may otherwise go unnoticed. Community feedback can become part of the decision-making process to call a delay, early dismissal or closure.

We’re using the hashtag #BavariaWeatherEyes. When weather near your home poses a hazard, report it. From your Facebook Groups or Profile page, report your location, date/time, weather and road conditions and stamp it with #BavariaWeatherEyes. Ensure we can see your post by putting it on a public page or setting the post itself to be publicly viewable. Alternatively, on nights we predict potential bad weather, we’ll post to Facebook soliciting feedback. Report there. We’ll monitor trends, which can be used to influence the decision to call school and office delays. Details at www.bavarianews.com/bavariaweathereyes.
Bavarian Times

(djd). It’s dark and rainy, the windshield keeps misting up from the inside. The windshield wipers create strong streaks with every movement, additionally impairing visibility. Under these conditions, dangerous traffic situations can quickly arise. Especially when the fall weather is dreary, the motto is "see and be seen." Functional and correctly set lighting also contributes to this, as do new windshield wipers. Fogged-up windows can also indicate a dirty cabin filter. Bosch experts recommend changing the cabin filter at least once a year At the start of the cold, wet season, we recommend a pit stop in your repair shop. A thorough vehicle check does not only improve safety, but also protects you against breakdowns.

SEE AND BE SEEN
The annual light test that car repair shops offer in the fall is a must for many drivers. If the car headlights are set incorrectly, oncoming traffic can be blinded and dangerous situations can arise. Experienced mechanics report that the light setting must be corrected in up to every third car. A specialist only needs a few simple steps to adjust the headlights correctly again. The stop in the repair shop also provides a good opportunity for a fall check-up. A malfunctioning battery on frosty days is a common and annoying defect that can be avoided by testing the energy dispenser early. If your visit to the repair shop shows that the battery has already deteriorated, it can be replaced immediately - instead of breaking down following the first frosty winter night.

CHECK PROTECTS AGAINST BREAKDOWNS
Therefore, many repair shops offer special checks for the fall and winter season. In addition to the battery, the test program includes the brake system, the engine and much more. Replacing the windscreen wipers is often recommended. Otherwise, streaks on the glass and the light from oncoming traffic can lead to an unpleasant and dangerous impairment of vision. Such a blind flight can have fatal consequences, especially in the fall or winter when road conditions are wet and slippery.

A clear view in any weather: New windshield wipers are a worthwhile investment.
If you are interested in VOLVO, we are your partner of choice. As one of the largest Volvo dealers in Bavaria and the metropolitan areas of Munich, Regensburg and Nürnberg, we have a lot of experience!

Our modern repair shops and our highly qualified personnel guarantee first-class, fast and reliable service and repairs.

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- New vehicle sales / VOLVO contractual partner
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- Car wash
- Car interior detailing
- Professional automotive detailing
- Electronic chassis frame measuring
- Tire service
- Car parts sales

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Mileage combined from 5.3 l/100km–10.7 l/100 km. CO₂-emissions combined from 139 g/km–249 g/km (IAW VO/715/2007/EWG).

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Volvo Zentrum Amberg
Autohaus Hofmann GmbH
Kümmersbrucker Straße 6a, 92224 Amberg
Phone: 09621-78230
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Vehicle shown is for illustration only, and may contain optional equipment available at additional cost. Program and guarantees are subject to terms and conditions. Offered by Auto Exchange Kulthorpe-Harries GmbH (AAH)
Dry run before the cold and wet emergency
Handling snow chains needs to be practiced

(djd). As a result of the last mild winters, some motorists might ask whether they still have to put on winter tires or whether all-season tires, for example, are good enough. The answer: In the event of a real onset of winter, which can still occur in Central Europe, winter tires are absolutely recommended. And even those are not always enough. Anyone traveling by car in alpine regions during the cold season should carry snow chains. On many routes they are even mandatory in winter road conditions, violations are punished with hefty fines. Snow chains are only useful if you can pull them on. Since this process often happens under adverse conditions and at frosty temperatures, the necessary steps should be well-known.

PRACTICE MOUNTING IN ADVANCE
Generally, modern ice and snow chains can conveniently be assembled and disassembled within a very short time. Despite the simplified mounting, you should still have practiced it in the garage before leaving. After a short driving distance of 50 to 100 meters, the fit of the chains must be checked again. A chain that is too loose not only offers less grip on frozen ground, it also poses the risk of damaging tires or wheel arches.

SNOW CHAINS PACKED IN RECYCLABLE CARDBOARD BOXES
The Aalen-based supplier has developed the innov8 Hybrid snow chain. It enables an intuitive and, therefore, even faster and easier mounting. Another plus is the limited space in the wheel arch of just seven millimeters and the complete protection of the light alloy rims. The plastic cases of most of this company's snow chains have been converted to completely recyclable cardboard boxes. A waterproof linen sack is included in the box to stow the chains after use.

CHECK EXISTING CHAINS
Anyone who already owns snow chains should check whether they still fit on the current vehicle. Problems can arise especially with chains that are more than ten years old. Their usability with current wheel-tire combinations has not been tested. For front-wheel drive cars, drivers should take a closer look when it comes to ease of installation. All mounting systems are generally suitable for rear-wheel drive vehicles.
The Lell car dealership has been an authorized BMW dealer since 1982. At the time the youngest authorized BMW dealer, J.B. Lell founded his business as a small company, run by its proprietor. Over the past 30 years, it quickly became an established point of contact in the northern Oberpfalz region. Today, there are Lell dealerships in six locations with more than 200 employees, four of them are BMW dealerships in the Oberpfalz and Upper Franconia regions. BMW and Mini dealerships are located in Schwandorf, Wunsiedel, Kümmersbruck and Weiden.

Just recently, the company was recognized for its excellent BMW repair services. All service pro cesses were evaluated ranging from making an appointment, providing customer service to repair services. The Lell team achieved the amazing score of 99 percent. Customer service and customer wishes are the number one priority at all Lell car dealerships. Lell’s unique promise to the customer is to be fully committed to serving its customers while constantly optimizing its services. Lell car dealerships stand out because of their excellent service, customer-oriented consulting, professionalism, dependability and customer trust. Our highly qualified employees always use the latest diagnostic and repair techniques for the maintenance and repair of your vehicle. Whether it is Smart Repair, rim repair or a complete make-over of your car to include tinting the windows: Lell’s service team provides fair service combined with high expertise. If your car has to be in the shop for a longer period of time, Lell offers you several solutions to keep you mobile. You can either use the service of getting a replacement vehicle, also available with an automatic transmission, until your car is ready, or, if it’s just a short repair, you wait at the car dealership while enjoying a coffee and free Wi-Fi access.

Getting car service or buying parts without having to pay taxes is especially attractive for customers since Lell accepts VAT forms. Additionally, you may pay with your credit card for your services directly at the car dealership.

BMW M5
Mileage: 10.6l/100 km (combined)
CO2-emissions: 242 g/km (combined)
Elegant and practical, progressive and sporty: the Q5 Sportback. The Q5 Sportback is a coupe with dynamic lines that address customers who appreciate not just expressive design and technical innovation, but also sporty character and high everyday utility. Simple operation and clear displays provide for relaxed driving.

The Audi Q5 Sportback is a real eye-catcher and exudes a powerful presence as is typical for the SUV models from Audi. Large air inlets flank the octagonal Singleframe. The headlights with a distinctive daytime running light signature feature LED or optional matrix-design LED technology. The continuous, elegantly sweeping shoulder line emphasizes the wheels and with them the quattro all-wheel drive. The side sill trim on the doors imbue the CUV with stability and robustness. The greenhouse extends low over the body and begins its downward slope early so that the third side window tapers sharply to the rear. The starkly sloped rear window and the seemingly high-mounted rear bumper give the Q5 Sportback a very dynamic and powerful appearance.

**THE ENGINE LINEUP**

The Audi Q5 Sportback will receive a 2.0-liter TFSI® engine and a 12v mild-hybrid electric vehicle system to deliver 261 horsepower and 273 lb-ft of torque. The SQ5 Sportback utilizes the 3.0-liter TFSI® V6 engine which produces 349 horsepower and 369 lb-ft of torque.

The SQ5 will also come standard equipped with adaptive dampers and offers an available air suspension which allows for adjustment of the ride height in addition to the firmness of the dampers, controllable via the standard Audi drive select. Available dynamic steering offers a variable steering ratio that adjusts based on vehicle speed and the Audi drive select setting. During slower driving, the more direct ratio with fewer steering wheel rotations stop-to-stop and the higher power assist improve comfort. At higher speeds, the more indirect ratio has a positive effect on tracking and provides for high directional stability.

**DIGITAL AND INTUITIVE: CONTROLS AND CONNECTIVITY**

For the controls, displays and infotainment, the Q5 Sportback uses the same new technology in the updated Q5: the third-generation modular infotainment system or MIB 3. When fully equipped, the display-based Audi virtual cockpit plus with 12.3-inch display and a head-up display are also on board. The multifunction steering wheel plus enables simple operation of the most important functions and displays.

The MMI navigation plus infotainment system is paired with a 10.1-inch touch display. Its home screen is customizable and many vehicle settings can be put into individual user profiles and stored online on the myAudi customer portal. Each authorized user can access them for any Audi models appropriately equipped.

Optional hardware modules such as the Audi phone box or the Bang and Olufsen® sound system with 3D sound supplement the infotainment system.

Market launch is in first half of 2021.  (Audi of America)
“Building on the widely popular Wrangler Willys, we’re thrilled to announce the Willys model is joining the Gladiator lineup as another way for Jeep to connect with our customers,” said Jim Morrison, Head of Jeep Brand - North America. “Gladiator Willys models harken back to the original Jeep lineup while offering an aggressive look and additional increased capability.”

JEEP GLADIATOR WILLYS
The 2021 Jeep Gladiator lineup is bolstered by the addition of the Willys edition and marks the first time it is available on Gladiator. The Gladiator Willys edition features a limited-slip rear differential, Rubicon cab rock rails and shocks, and 32-inch BFGoodrich KM2 mud terrain tires. These features, combined with Jeep’s Command-Trac 4x4 part-time, two-speed transfer case with a 2.72:1 low-range gear ratio, bolster the Gladiator Willys’ off-road capability.

This added capability is highlighted by a rugged appearance. Special exterior design cues feature a Willys hood decal, heritage 4WD tailgate decal, unique black 17-inch aluminum wheels with gray pad print and a gloss black sport grille. All-weather slush mats are also standard. The Sport S based Gladiator Willys also includes standard Technology Group with 7-inch radio with connective services and Convenience Group.

The 2021 Jeep Gladiator, engineered from the ground up to be the most off-road capable Jeep truck ever, builds on a rich heritage of tough, dependable Jeep trucks with an unmatched combination of rugged utility, authentic Jeep design, open-air freedom, clever functionality and versatility.

Equipped with the proven 3.6-liter Pentastar V-6 engine and a versatile cargo box, Gladiator is built to handle the demands of an active lifestyle while delivering an open-air driving experience in a design that is unmistakably Jeep. Combining traditional Jeep attributes with strong truck credentials, the Jeep Gladiator is a unique vehicle capable of taking passengers and cargo anywhere.

All Gladiator models are Trail Rated with a badge indicating that the vehicle is designed to perform in a variety of challenging off-road conditions identified by five key consumer-oriented performance categories: traction, ground clearance, maneuverability, articulation and water fording.

(FCA US, Jeep®)
BMW is proud to present the all-new, second generation 4 Series Convertible, 35 years after the very first 3 Series Convertible was unveiled at the Frankfurt Motor Show. The new four-seater continues the tradition of exhilarating open-air motoring, rightfully deserving “The Ultimate Driving Machine” moniker with its modern styling, low-slung shoulder line, cutting-edge technology and performance.

The most noticeable change from the previous generation is the switch from hardtop to newly designed soft-top, which brings many benefits including weight reduction, greater cargo space and a lower center of gravity for improved handling.

NEW CONVERTIBLE SOFT-TOP
The new 4 Series Convertible’s top uses large panel bow elements with a honeycomb-design construction, a flush-fitting glass rear window, multiple layers of insulation and a fabric cover available in two colors. The fabric is pulled taut when the roof is closed, giving the car a coupe-like appearance with a classic fabric top convertible feel.

The soft-top roof color choices include standard black and an optional Moonlight black which gives the fabric a classy metallic shimmer, especially in direct sunlight.

The soft-top is also approximately 40 percent lighter than the previous generation’s hardtop. The smooth surface, when closed, improves the 4 Series Convertible’s aerodynamics and reduces wind noise. The effective insulation allows for quicker heating of the cabin in colder temperatures. Another benefit of the fabric top is an extra 0.2 inches of headroom when compared to the previous hardtop.

Opening and closing the soft-top takes 18 seconds and can be performed at up to 31 mph. The three bow panels fold neatly into a compact Z configuration which can also be performed via the remote key thanks to the Comfort Access system which is standard on the M440i models and optional on the 430i models.

The compact dimensions of the folded soft-top increase cargo area to 9.0 cubic feet, an increase of 1.2 cubic feet over the previous 4 Series Convertible. The top features a safety mechanism which prevents it from being lowered if the trunk area is filled. A pass-through door in the rear seat allows for longer items to be carried inside the car.

A standard wind deflector with two mesh elements can be fitted in the rear to reduce both wind noise and air turbulence. When not in use, the deflector can be stored either within easy reach behind the rear backrest or in its fitted bag in the cargo compartment.

NEW 48-VOLT MILD HYBRID SYSTEM
A new 48-volt mild-hybrid system is standard on the 6-cylinder M440i and M440i xDrive Convertibles. The 48-volt starter/generator unit is complemented by a separate 48-volt battery which allows for energy recuperation, storage and use during driving. Energy can be recuperated from deceleration, braking and from excess electricity generated while driving in Sport mode.

The excess energy is converted to electricity by the 48-volt starter/generator and stored in the 48-volt battery. This energy can be used by the starter/generator unit to boost performance during hard acceleration or by providing power for electronic systems, thus reducing the load on the engine and improving overall efficiency.

The 48-volt starter generator also improves efficiency by allowing the stopped engine to be restarted quickly with little vibration. The Auto Start/Stop function can now turn off the engine while the driver is braking for a stop as soon as the speed drops below 9 mph.

(BMW USA)
The first word that should come to mind after an accident...

...and for any other service around your vehicle!

- Collision Repairs
- Smart and Spot Repairs
- Complete and Partial Paintwork
- PDR
- Accident Claims Settlement with the Insurance Company
- Replacement & Repair of Windshields
- MOT / Annual Exhaust Emission Check
- Vehicle Inspection
- Tire Service
- Air Conditioning Service
- Brakes
2021 FORD EDGE: SMARTER, MORE STYLISH THAN EVER

Built to excite, the 2021 Ford Edge and performance-oriented Edge ST add smart new technologies, including a new standard largest-in-class 12-inch size center screen, standard SYNC® 4A with optional Connected Built-in Navigation and cloud connectivity with conversational voice recognition, plus refinements to Edge's interior and exterior design.

"Ford Edge is the choice for tech-savvy customers on the go," said Angela Cascaden, Edge marketing manager. "It offers standard Ford Co-Pilot360 technologies with driver assist features. And with SYNC 4A with over-the-air updates, customers can get the latest tech and services from Ford at any time – no dealership visit required."

The 12-inch screen supports multi-tasking, enabled by splitting the screen into larger and smaller windows. For example, if a customer wants to keep their navigation route on the screen while changing songs, they can choose to display the radio or other streaming music services in the Adaptive Dash Cards display area.

All-new cloud connectivity combines conversational voice recognition with the power of internet-based search results, so you always have access to the latest information with almost every request – such as "Find me the best Thai restaurant" – while SYNC can make data-based suggestions to drivers. Staying in contact with friends and family becomes easier, with natural speech recognition enabling communication via SMS and email.

Removing the need to plug-in a mobile device, SYNC 4A includes Wi-Fi enabled Apple CarPlay and Android Auto compatibility and SYNC AppLink. For customers subscribed to SiriusXM® with 360L, the 2021 Edge can also provide a curated listening experience with on-demand streamed content and personalized entertainment channels.

To make charging mobile devices easier, the 2021 Ford Edge adds two additional USB ports, one being a USB-C – bringing the total to four – to give backseat passengers easier access to device charging.

SYNC 4A offers optional Connected Built-in Navigation for traffic and hazard information, parking, gas prices and weather – all stored in the cloud.

And while SYNC 4A leverages the cloud, it will still retain on-board processing power to help minimize performance issues where there might not be strong cell service – meaning your road trip is in good hands even when you go off the beaten path.

Finding information about the 2021 Ford Edge will also become easier than ever with SYNC 4A, which includes an all-new digital owner’s manual. Instead of flipping through dozens of pages, the digital owner’s manual includes in-depth information on vehicle features, streamable how-to videos to help you learn, and more – all through a searchable database.

Edge was the first Ford SUV to offer Ford Co-Pilot360 as a standard suite of features and continues to offer available advanced driver assist tech including Enhanced Active Park Assist, Evasive Steering Assist, Adaptive Cruise Control with Stop-and-Go and Lane-Centering and a 180-degree front camera. Driver-assist features are supplemental and do not replace safe driving or the driver’s attention, judgment and need to control the vehicle. It does not replace safe driving. See Owner’s Manual for details and limitations.

2021 Edge also features an extensive wheel lineup for increased choice and customization, with nine options including 18-inch Sparkle Silver-painted aluminum wheels standard on the SE series and 21-inch premium gloss black-painted aluminum
wheels available on ST. New interior trim options for Edge include a Ceramic interior option on Titanium Elite models and a new Cloth interior option for SEL. New available exterior colors are Carbonized Gray and Lithium Gray.

Returning for 2021 is Edge ST-Line for SUV customers who prefer Edge ST’s bold style while prioritizing value over performance. Edge ST-Line features a unique ST-style grille with body-colored bumpers, black ST beltline molding combined with lower sport cladding, standard fog lamps and signature LED lighting. Black roof rack side rails, 20-inch gloss black aluminum wheels and unique Edge ST-Line badging further enhance the look.

Edge ST remains the choice for performance-minded customers. Featuring a specially tuned 2.7-liter EcoBoost® pumping out 335 horsepower and 380 lb.-ft. of torque using 93-octane fuel – the first SUV from Ford Performance is outfitted for dynamic handling. It includes a quick-shifting 7-speed automatic transmission, standard all-wheel drive with selectable traction control, an available ST Performance Brake Package, and ST-tuned sport suspension and steering.

(Ford Motor Company)

The Segerer family in Schmidmühlen has been offering competent service for everything that has an engine since 1920. The company has also been a certified Ford dealer for 32 years. This makes the company the right contact for repairs and spare parts, paintwork and bodywork, the tire service now due before winter, the maintenance of your air conditioning, towing services and many other services. Ford Segerer also handles the shipping and import of vehicles or parts from the United States. Anyone looking for cheap new cars will also find attractive offers here. The friendly service staff is trained in German and English and will be happy to help you choose the right vehicle. Ford Segerer can be reached by phone at +49 474-951 79 40 or by e-mail at info@ford-segerer.de. Or just drop by the car dealership located at Am Anger 2 in Schmidmühlen and get advice.
GRAFENWOHR, Germany - From January 2021, there will be more information about Elvis Presley in the museum. A separate room with rare collector's items such as posters, records, autographs from companions and much more features the world career of the most famous GI in Grafenwoehr. Stations include his lightning career before his military service, his movies and albums after he left, and the grandiose comeback of 1968.

Additionally, there is, of course, the story about his stay in Grafenwoehr for maneuver training. Contemporary witnesses report on their experiences in videos, numerous photos prove the stories. The highlight is the grand piano where Elvis once gave a private concert in the Mickey Bar, knowingly breaking his record deal that did not allow him to perform during his military service. It was also the world's only known concert in Europe; he never went on tour outside of the USA.

Elvis Presley is the most famous GI in the more than one hundred year history of the military training area. However, there is much more to tell about the training area itself. Its beginnings during the time of the Bavarian Kingdom, the two world wars with prisoner-of-war camps, the Cold War and the symbiosis with the city of Grafenwoehr until today. You can learn all about this in English at the Grafenwoehr Culture and Military Museum. Admission is four euros per person, family ticket is 10 euros. The museum is open on Sunday, Tuesday, Wednesday and Thursday from 2 to 5 p.m.

Culture and Military Museum Grafenwoehr
Martin-Posser-Str. 14, 92655 Grafenwoehr
Phone: 09641-8501
info@museum-grafenwoehr.de
www.museum-grafenwoehr.de

| by Birgit Plößner

RELIGIOUS SERVICES
Every Thursday (Netzaberg)
Gospel Bible Study
Every Thursday, 6.00 pm–8.00 pm

Every Wednesday (Hohenfels)
Korean Service
Every Wednesday at 1830 there will be a Korean Service at the Nainhof Chapel in the Hohenfels Training Area.

Every Sunday (Netzaberg)
Catholic Mass > 8.30am–9.30 am
CRE Classes > 10.00am–11.00 am
General Protestant Service > 11.00 am–12.15 pm
Protestant Children's Church > 11.30 am–12.30 pm
Gospel Service > 1.00 pm–3.00 pm
Gospel's Children's Church > 1.30 pm–3.00 pm

Every Sunday (Hohenfels)
Catholic Mass > 9.30 am–10.30 am
Protestant Worship Service > 11.00 am–12.30 pm

GARRISON EVENTS
Sun, Dec 6, 2020
Exchange Veteran Owned Business Recruitment (USAG Bavaria)
Are you a Veteran or Service-Connected Disabled Veteran with a small business? The Exchange provides opportunities for veteran-owned businesses to stay connected to their military community. Please contact our Service Business Office at 09641-9240058 for more information. You can also find out more at www.aafes.com/about-exchange/doing-business/services-vending.htm.

Every Wednesday
VFW Tower Post 10692 Social Hour
Come on out to socialize with your local VFW Post at Bldg. 505 on Tower Barracks: ask us questions - plan events - just hang out!

COVID-19
Please observe the current information and regulations regarding the CORONA VIRUS. Further information is available on the website of the U.S. Army Garrison Bavaria.
Anyone who tries to master the German language needs a little help on the way there. Sure, if you read through the articles below, you will not be able to speak German fluently. But that’s not really the point. Some offer useful tips for practicing the language, others are funny observations about the bizarre aspects of the German language.

**Idioms, their meanings and synonyms**

**ABWARTEN UND TEE TRINKEN (JUST WAIT AND SEE)**
When you get to hear the words, roughly speaking, you should first remain calm and be patient. There is no reason to be alarmed and there is no point in driving yourself crazy beforehand. It can also mean that you should wait for a good opportunity, or that something is definitely not going to be as bad as you think.

**DA STEPPT DER BÄR (THE BEAR IS STEP-DANCING THERE)**
That’s what people say nowadays when the mood is exuberantly good and boisterous somewhere.

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**GERMAN WORDS EXPLAINED**

<table>
<thead>
<tr>
<th>German Idiom</th>
<th>English Translation &amp; Comment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Erdapfel</td>
<td>Earth apple</td>
</tr>
<tr>
<td>Hinkriegen</td>
<td>bring about or get something done (with skill)</td>
</tr>
<tr>
<td>Milchmädchen-rechnung</td>
<td>A mocking term for a naïve consideration or argument that ignores essential aspects and comes to a plausible, but actually incorrect result.</td>
</tr>
<tr>
<td>Pechvogel</td>
<td>Bad luck bird</td>
</tr>
<tr>
<td>Augenweide</td>
<td>Describes a very beautiful and very pleasing sight. Literally, something that will cause your eyes to be wide open.</td>
</tr>
<tr>
<td>gebongt</td>
<td>Similar to &quot;okaydokey,&quot; meaning that something is seen as okay or done, or that something has been understood.</td>
</tr>
<tr>
<td>gettung</td>
<td>bring about or get something done (with skill)</td>
</tr>
</tbody>
</table>

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**Example with which something can be demonstrated particularly impressively.**

**Prime example**

**Filmriss**

"Filmriss" is a slang term for a temporary memory loss or blackout. The word is often used after excessive alcohol consumption, which has a strong impact on memory performance.

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**The colloquial word “fesch” was shortened from “fashionable”, it stands for pretty, smart or sporty looking.**

**fesch**

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**The most obvious English equivalent would be "right?" or "isn’t it? When a speaker uses this particle, he often wants to see whether the person he is speaking to agrees with the statement he/she just made or whether what he/she has said is correct.**

**gell**

---

**“Snooty” describes a person who is conceited and therefore treats others in an unfriendly and disdainful way.**

**Hochnäsig**

---

**Literally it means “coffee gossip” but stands for a cozy get-together with a chat over coffee and cake.**

**Kaffeeklatsch**

---

**Describes a naïve person that trusts others in a childlike, unworldly way and believes everything without further questioning it.**

**Blaüugig**

---

**A mocking term for a naive consideration or argument that ignores essential aspects and comes to a plausible, but actually incorrect result.**

**Milchmädchen-rechnung**

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**If everything goes wrong, or if you are out of luck, then that’s what Germans will call you.**

**Pechvogel**

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Contact our Sales Department

**Mr. Stefan Neulinger**

stefan.neulinger@bavarian-times.com

Phone: 0961 / 85-592

**Mr. Klaus Sporr**

klaus.sporr@bavarian-times.com

Phone: 0961 / 85-291

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www.bavarian-times.com
Selected tips, interesting information about people, country and culture can be found in our cultural tips section. Some of the tips listed are taken from the Facebook fan page of U.S. Army Garrison Bavaria. To see all garrison tips on Facebook, use hashtag #USABavariaCulturalTips.

Not all pharmacies in Germany (Apotheke) operate 24 hours. German pharmacies take turns operating throughout the night. There is always at least one open near you. Here's how to find one.

Mobile & Internet Contracts in Germany:
How do I terminate my contract?

Pilsen is about 90 minutes east of Grafenwoehr, explains Marty Egnash at Stars and Stripes. It’s the location of the PilsnerUrquell brewery. Take a tour.

Not all pharmacies in Germany (Apotheke) operate 24 hours. German pharmacies take turns operating throughout the night. There is always at least one open near you. Here’s how to find one.

Scanning QR codes with an iPhone is very easy. Open the “Camera” app and point it at the code. As soon as the smartphone has recognized the QR code, a message appears at the top of the screen. It tells you which type of code your iPhone has identified. This can be the link to a website, an app from the app store, or a video on YouTube. If you tap on the message, your iPhone will execute the respective command.

German roadside assistance: Understanding ADAC. It’s an automobile club in Germany that provides roadside assistance to its members, and during warmer months the club opens a booth at the garrison here to provide newcomers with information.

Making your own bread is as easy as picking up a bread baking mix in any supermarket or discounter or check on recipes online. What’s your favorite kind of bread? (Video on Facebook)
Anyone who drives an "American" car in the USA surely is familiar with the problem: The road signs show speed limits in kilometers per hour - but the speedometer measures miles per hour (mph). Our converter helps you with the conversion and will save you from having to become a math genius!
**Corona Signals** for Bavaria

- The traffic signal is set to **RED** when and if the incidence is above 50 cases per 100,000 residents.

These rules apply*:
- Private parties and contacts: no more than two households or five people
- Wearing a mask is mandatory in heavily frequented spaces, in pedestrian zones, in public buildings, for all grades during class, in universities, for attendees of (sports) events, etc.
- Curfew and ban on selling as well as consuming alcohol in public spaces from 22:00 on

*You can find more information in German on our website: [www.corona-katastrophenschutz.bayern.de](http://www.corona-katastrophenschutz.bayern.de)

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**Corona Signals** for Bavaria

- The traffic signal is set to **YELLOW** when and if the incidence is between 35 and 50 cases per 100,000 residents.

These rules apply*:
- Private parties and contacts: no more than two households or ten people
- Wearing a mask is mandatory in heavily frequented spaces, in pedestrian zones, in public buildings, in secondary schools during class, in universities, for attendees of (sports) events, etc.
- Curfew and ban on selling as well as consuming alcohol in public spaces from 23:00 on

*You can find more information in German on our website: [www.corona-katastrophenschutz.bayern.de](http://www.corona-katastrophenschutz.bayern.de)

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**Corona Signals** for Bavaria

- The traffic signal is set to **GREEN** when and if the incidence is below 35 cases per 100,000 residents.

These rules apply*:
- Limitations of face-to-face contact in public spaces
- Private events (i.e. weddings etc.) with a maximum of 100 participants in closed spaces and a maximum of 200 participants in the open
- Wearing a mask is mandatory when (including, but not limited to) using public transportation, going shopping, eating and drinking in restaurants, bars, etc. and in case minimum distance (1.5m) cannot be kept

*You can find more information in German on our website: [www.corona-katastrophenschutz.bayern.de](http://www.corona-katastrophenschutz.bayern.de)

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**THE BAVARIAN CORONA TRAFFIC LIGHT GIVES AN OVERVIEW OF THE CURRENT MEASURES IN BAVARIA**

For the latest information on the corona virus, visit the US Army Garrison Bavaria website. The latest developments can be found on the "Coronavirus (COVID-19)" page.

Simply scan the QR code and surf the Garrison website.

Current as of Nov. 1, 2020

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**STOP CORONA VIRUS**

Keep your distance, wear a mask, wash your hands, air rooms regularly
Twelve strange Christmas traditions from around the world

Christmas traditions in Germany only feature small regional differences, but are basically similar. While many Germans go to church on Christmas Eve, Dec. 24, and then exchange gifts, on the night of Dec. 25, “Santa Claus” flies through the air with his sleigh and comes into the house through the fireplace. There he fills the Christmas stockings with his gifts. Here’s an overview of twelve Christmas customs from all over the world:

1. Italy
Ironically, in Italy, which is dominated by Catholicism, a custom has long been upheld that gave reason to celebrate outside the church calendar. On Jan. 6, children were given presents by the witch Befana, who flew from house to house on a broomstick. For some years now, Italian children have also been given presents on the night of December 25th.

2. Spain
Probably the most important Christmas ritual apart from going to church is the drawing of the lucky numbers of Christmas lottery. The “Lotería de Navidad” is the oldest and largest lottery in the world. On Dec. 22, billions of dollars will be distributed and everyone hopes for the main prize “El Gordo” (the fat one).

3. The Netherlands
In the Netherlands, family and food (“Kerstdiner”) are the focus of the Christmas holidays. Santa Claus “Sinterklaas” is already coming in November. With the “Zwarten Piet” (black Peter) as his helper, he arrives in a decorated steamboat full of gifts. The highlight is the “Pakjesavond” (packages evening) on Dec. 5. Then gifts are exchanged.

4. Poland
In Poland, only meatless dishes are served on Christmas Eve, but thanks to the traditional twelve dishes, nobody will go hungry. In many families, an extra place setting is added in the event of an unexpected guest. Legend has it that animals can talk on Christmas night.

5. Czech Republic
According to a Bohemian tradition, an apple is cut open after Christmas dinner to predict the future. If the apple’s core resembles a star, it means happiness and health; if it shows a cross, it predicts disaster.

6. Romania
Pig slaughter is typical in Romania during Advent. “Someone slaughters the pig” colloquially means that he or she is “thinking about Christmas.” Children go from house to house and sing Christmas carols for money or sweets.

7. Bulgaria
On Christmas Eve, at the end of lent, an odd number of traditional meatless dishes is served. Red peppers with rice filling, grape leaves and sauerkraut roulades are particularly popular. The table is not cleared after dinner so that the deceased can eat during the night.

8. Greece
Instead of a Christmas tree, many Greeks put up a boat decorated with fairy lights in the garden or at windows. Presents are usually not given for Christmas, but on New Year’s Eve. Santa Basil then puts them under the bed.

9. Russia
In accordance with the Julian calendar, Russian-Orthodox Christmas is celebrated 13 days later than German Christmas. However, Father Frost brings the presents on New Year’s Eve. The families gather around a Christmas tree and eat together.

10. Mexico
Christmas customs have their origins in Spanish colonial times. Turbulent parades, the so-called “posadas,” define the scene on the streets at Christmas. The parades simulate the Holy Family looking for a hostel.

11. Namibia
Hereros spread the fur of slaughtered oxen or goats with the hairy side down in front of a “sacred fire.” The men stamp on it which is supposed to bring good luck.

12. Ethiopia
Christmas is celebrated here on the night of Jan. 6 to 7. The faithful come dressed in white to church services that last for several hours. Afterwards, there is a feast with meat and hot sauces, following a 43-day lent.
Ideas for Christmas Eve

Christmas lives off its traditions, including the rather unpleasant effect of becoming a little more boring every year. But you can do something against that without destroying your family’s “Christmas spirit.” Following are a few ideas that are particularly suitable for families.

1. Christmas presents

In most households there is only one variable when it comes to exchanging presents: Will it be done before or after dinner. If everyone rushes to the presents at the same time, all the fun that you have been working towards for so many weeks is over within half an hour at the latest.

So why not spice it up a little? All you need is one or two dice and a modification of the classic Secret Santa game. Each family member is assigned a number. If there are more than six guests, two dice numbers are added. Then the dice are round robin. There is a fast and a slow version of the game:

• Fast version: Everyone can get a present as soon as their number is rolled, regardless of who rolls it.
• Slow version: You can only get a present if you roll your assigned number.

You can spice it up even further by handing out small gifts for unused numbers. If only adults participate in the game, a small drink can be served.

2. Christmas BBQ

It’s always the same. Either a family member stands in the kitchen halfway through Christmas Eve to prepare a luxury menu, or you get bored with the most popular Christmas menu. But if your living room has a balcony, or a patio, you can turn it into an outdoor winter event by having a Christmas barbecue. The list of things you need is short:

• Lots of warmth (heater, fire basket, etc.)
• Thick seat cushions and blankets for all guests
• Mulled wine or, alternatively, a stiff grog
• Holiday decorations: If there is no white Christmas, baking snow can also fall and you should definitely light lanterns
• Paper plates: Porcelain gets so cold in winter that it cools down steaks and the like within minutes

Then BBQ like you would in the most beautiful summer. However, a little more quiet please to not disturb your neighbors.

3. 24/7 Game festival

However, things can actually look very differently, particularly in families. How about already starting the party in the afternoon by reading Christmas stories aloud that are unconventional and funny. It continues with …

• Video games that everyone can participate in
• Classic board games or puzzles
• Christmas cartoons
• A joint visit to the playground
Of course, you can just buy Christmas ornaments or, like every year, use grandma’s old tree decorations. But if you are in the mood for more individuality on your Christmas tree, you will love these great ideas for painting and designing Christmas ornaments. Your children will anyway!

What type of Christmas tree decorator are you? Do you always follow family tradition and put the same Christmas ornaments and straw stars on the tree that your grandparents used, or do you come up with a new creative motto every year?

Painting Christmas ornaments:
Great fun for children

If you want to put something very special on your Christmas tree this year, don’t just buy new tree decorations, make them yourself. Painting Christmas tree ornaments is one of the easiest ways to create individual Christmas decorations. A great idea that children will also enjoy.

Ideas and practical sets to paint and design Christmas tree ornaments

To let your Christmas tree sparkle with individual decorations, we have collected the best ideas for you to paint and design Christmas ornaments. For many of the ideas there are practical craft kits you can buy so that you can soon put cool Christmas ornaments on your tree that nobody else has.

Christmas ornaments as individual as your fingerprint

It doesn’t take much to design individual Christmas ornaments, all you need is your fingers (or baby’s hand) and a little paint and your unique Christmas ornaments are ready - and they look super cute.

WHAT YOU NEED:
• Simple, colorful Christmas tree ornaments
• White acrylic paint
• Acrylic paint set (e.g. with 12 colors)
• Waterproof pens suitable for all surfaces
Recipe tip: Chocolate tart with cashew nuts and banana

The all-round fair chocolate tart with cashew nuts and banana is a delicious creation by professional pastry chef Matthias Ludwigs.

INGREDIENTS: 135 g butter, 140 g couverture* 70%, 3 large eggs, 170 g cane sugar *, 100 g cashew nuts *

For the banana topping: 2 bananas *, 40 g cane sugar *, 40 ml orange juice *

(*) These products are available with the Fairtrade seal.

PREPARATION: Heat the butter in a saucepan, melt the couverture over a water bath and mix the two together. Mix the eggs with the sugar until the sugar has dissolved. Mix everything well, pour into the tart pan lined with baking paper and sprinkle on the roughly chopped cashew nuts. Bake at 170 °C for about 15-20 minutes until the mixture no longer "wobbles." Then cut the bananas into 1 cm thick slices. Caramelize the sugar in a saucepan until golden yellow and deglaze with orange juice. Add the bananas, bring to a boil and let steep. Then spread on the cooled tart.

If you want to surprise your guests with a special cake, you should try this recipe.

Sweet delicacies with fair-trade ingredients:

For the Christmas coffee table:

Recipe tip from professional pastry chef Matthias Ludwigs

Extraordinary:
You can surprise your guests with a chocolate beetroot cake with fair ingredients.

INGREDIENTS: 100 g coconut oil *, 125 ml maple syrup or honey *, 50 g bitter chocolate * (cocoa content 70%) broken into pieces, 250 g raw grated beetroot, 3 eggs, 270 g spelled flour, 2 teaspoons baking powder, 5 tsp. Cocoa powder *, a pinch of salt, 1 tbsp. desiccated coconut *

(*) These products are available with the Fairtrade seal.

PREPARATION: Preheat the oven to 175 degrees Celsius. Heat coconut oil in a saucepan over low heat. Add maple syrup or honey and chocolate and stir until chocolate has melted and then remove from heat. Add the grated beetroot. Whisk the eggs in a bowl and add the other ingredients. Sieve the flour, baking powder, cocoa powder and salt and mix with the remaining ingredients. Grease a bundt pan with oil and line it with desiccated coconut. Bake the dough for about 30 minutes.
HOME IS JUST A SNACK AWAY!

DISCOVER THESE AND MANY OTHER AMERICAN PRODUCTS IN STORE
It smells seductively of cinnamon, cardamom and cloves and is not missing at any Christmas market: the mulled wine. When it’s cold outside, we like to enjoy the specialty best. But what characterizes a good mulled wine?

Exquisite blend of spices

Every mulled wine must meet certain guidelines. It may only be refined with sugar and spices. The basis is only wine, the alcohol content must be between 7 and 14.5 percent by volume. The quality of the wine used plays a major role. For example, the well-known original Nuremberg Christmas market mulled wine produced by Gerstacker is made from selected grape varieties. The traditional drink gets its special taste from its exquisite blend of spices made from more than 25 natural spices. This mixture is soaked in the high-quality red wine, which is specially made for the mulled wine, for at least 36 hours. The traditional and secret recipe was developed with a well-known Nuremberg gingerbread maker and has remained unchanged to this day. Another decisive factor for good quality is that the alcoholic beverage is bottled promptly after the production process.

Just as important: mulled wine should not be too hot. If its temperature is too high, the sensitive spices and alcohol will evaporate. In addition, too much heat can caramelize the sugar, which leads to a bitter taste. Heating it to a maximum of 62 degrees Celsius is ideal. You also shouldn't keep it warm for too long. A tip: The sweet warmer can also be used to prepare a dessert - such as a mulled wine tiramisu.

Recipe idea:

mulled wine tiramisu

INGREDIENTS FOR 4 PERSONS:
- 250 ml Nuremberg Christmas market mulled wine produced by Gerstacker
- 250 g mascarpone
- 4 eggs
- 100 g of brown sugar
- 1 untreated lemon
- 2 tbsp. raspberry jam
- 200 g ladyfingers or spiced Christmas cookies

For decorating:
- cinnamon, brittle or something similar

PREPARATION:
Separate the eggs. Beat the egg whites with half the sugar until stiff. Mix in the remaining sugar with the egg yolks and mix in the mascarpone and raspberry jam. Slice off the zest of the lemon and add this to the mascarpone cream along with the lemon juice. Finally fold in the egg whites. Then put the mulled wine in a flat container and carefully soak the ladyfingers or spiced Christmas pieces in it. Then alternately layer the cream and ladyfingers/ spiced Christmas cookies in several layers in dessert glasses. Finish with the cream and cover the tiramisu. Chill for at least 2 hours. Garnish with a pinch of cinnamon and spiced Christmas cookies before serving.

You can pamper your guests during Advent with mulled wine tiramisu.
PRESSATH, Germany - It'll be that time again soon. The search for the dream tree begins. Every year around 25 million Christmas trees are set up in Germany. The most popular tree among Germans is the Nordmann fir. It has a market share of around 70%. In the USA, the diversity is much greater.

Favorite trees also differ among the regions. Every year, numerous US citizens come with their families from nearby Grafenwoehr to Pressather Tannenland and look for their dream tree. That is why forester and Christmas tree expert Gerhard Hoesl has gained a lot of experience over the years. He knows the expectations and preferences of customers when buying a Christmas tree. Germans love the naturally grown type of tree with evenly arranged rows of branches which can easily be decorated with balls. As a rule, it should be narrow, and fitting the space requirements of the apartment.

US citizens prefer absolutely conical, extremely dense and bushy trees - often with the broadest possible growth. The trunk and rows of branches are barely visible. Christmas tree expert Hoesl knows where these differences come from.

The production standard in the large Christmas tree farms in the USA is to consistently and extremely cut all trees into shape ("sharing.") These extreme topiary measures are carried out with machetes and hedge trimmers. as a result, trees similar to sugar loaves emerge, which look very similar to artificial trees. This is perhaps one of the reasons why many people in the US still put up artificial Christmas trees.

But even in this country, many Christmas tree producers have recognized that the appearance and beauty of the trees can be significantly improved with appropriate topiary measures. That's why Hoesl, like a tree stylist, cut many trees into shape in his Pressather Tannenland. Needless to say, it takes special knowledge so that this doesn't go wrong. Not all tree species tolerate such extreme pruning measures. It is best to cut Fraser Fir, Colorado Fir, Douglas Fir and Beach Pine to shape. In the case of the Nordmann fir, only the width should be adjusted, if necessary. It usually reacts to inconsistencies in the peak shoot with crooked growth, etc.

The forester has been experimenting with fir trees from all over the world for almost 20 years. He especially loves the American species. The Colorado fir, which is native to California, also grows very well in the Upper Palatinate. Their long, soft, silvery to bluish needles look very aesthetically. Due to their aromatic scent, the noble fir, as well as the mountain fir (Alpine Fir), is increasingly in demand. Both have their home in the Rocky Mountains. But also blue spruce, white pine, milled fir, Douglas fir and many other species grow in the Pressather Tannenland.

However, the trend towards buying trees from the region can be seen in both nations due to an increase in environmental awareness. The elimination of long transport routes protects our environment. In addition, native trees are, of course, much fresher and keep their needles much longer and they smell much more intensely in the living room.
Contemplative & atmospheric Christmas for home

When the days get shorter again and the smell of gingerbread and cinnamon in the air, Advent is not far away. An apartment decorated for Christmas increases the anticipation of the contemplative days. At the big Möbelhof Christmas Market you will find everything you need for a festive decoration!

Opening of the Christmas market
Christmas flair, a huge selection and top prices: The big Christmas market at Möbelhof Parsberg offers the appropriate ambience for a shopping spree in a Christmas atmosphere. Discover decoration tips and let yourself be excited and inspired by the design ideas of Möbelhof’s interior designers.

More than 1,000 takeaway gift ideas
In addition to the popular gift vouchers, Möbelhof offers everything your heart desires. Here you will find wonderful Advent and Christmas decorations such as stars and garlands. Of course there is also a large selection of Christmas trees and matching Christmas tree stands during the holiday season. Additionally, there are the most beautiful Christmas figures, Christmas baubles in all sizes, shapes and colors as well as atmospheric Christmas lights and accessories to discover.

Time to cuddle
For the cool season and for relaxing evenings at home Möbelhof furnishing experts recommend cozy faux fur blankets, pillows and carpets. Just stop by and take a look.

Bring in nature
Natural materials such as wood create a pleasant room climate and ensure a cozy and contemplative atmosphere at your home. A decor trend that underlines this naturalness are deer antlers. Möbelhof decoration tip: They are a great accessory to attract attention to a wooden wall. The rustic ambience invites you to spend cozy hours by candlelight.

Möbelhof Parsberg
Lindlbergerstraße 26 // 92331 Parsberg
Mon.-Fri.: 9.30 a.m.-7.00 p.m.
Sat.: 9.00 a.m.-6.00 p.m.
www.moebelhof.de
8. REGENSBURGER KUNDENSPiegel
Untersucht: 9E INRICHTUNGSHÄUSER
87,9% Durchschnittlicher Zufriedenheitsgrad
Freundlichkeit: 93,1% (Platz 1)
Beratungsqualität: 88,8% (Platz 1)
Preis-Leistungs-Verhältnis: 81,9% (Platz 3)
Kundenbefragung:02/2020
Befragte(Möbel)=729 vonN(Gesamt)=905

Visit our Christmas market
with more than 1,000 takeaway gift ideas.
In the Bavarian Forest, you can go downhill on the longest natural sled run in Eastern Bavaria. Here, at the family skiing area on Silberberg mountain, adults and kids alike will enjoy sledding.

**SLED RUN AT GEISSKOPF**

One of the longest natural sled runs in Germany is located on Geißkopf mountain.

The 1,097 meter-high mountain is located in the Breitenau region near Bischofsmais. Due to its modern ski lifts, it is not only popular with skiers, it also guarantees sledding fun. The two-kilometer-long natural sled run is one of the longest in Germany. If you don’t have a sled, just rent one on location.

A nice extra is the fact that once you raced downhill, it is super easy to get back up due to the chair lift that effortlessly takes up to the start of the sled run. If the cold air and sledding make you hungry, you can enjoy regional and innovative food at Geißkopfhütte restaurant on top of the mountain. You can either sit down in the cozy guest room, or if the weather is nice, on the deck and enjoy an exciting panoramic view over the Bayerwald mountains. In the valley, you can visit the cozy Forstgasthof restaurant and friends of après-ski activities simply go to the pavilion next to the central ticket booth where fun is guaranteed.

Apart from the unique sled run, Geißkopf also offers excellent skiing conditions. A conveyor belt, two rope ski lifts, five T-bar lifts and a one-seat each chair lift take every skier to the right slope – whether kids, beginners, advanced or professional skiers. The offers are rounded out by floodlight skiing and visiting Geißkopf-Snow- and Fun Park. And there are also groomed hiking paths and slopes for hikers and cross-country-skiers. All in all, the Geißkopf is a top winter sports area that offers everything your heart desires. For more information, go to www.bayerischerwald.de

**SLED RUN AT SILBERBERG**

Great sledding fun at the family skiing area on Silberberg mountain near Bodenmais

With a height of 955 meters above sea level, Silberberg mountain is the local mountain of Bodenmais, a a spa town in the Bavarian Forest that offers lots of unique events year-round.

The family-friendly skiing area with easy slopes, a children’s ski park with aa magic carpet, ski lift, carousel and T-bar lift features ideal conditions for little kids, beginners, and for those who love to sled! The local natural sled run is approximately half a kilometer long. Sledding fun and snow are guaranteed thanks to snow canons.

If you don’t have a sled, you can rent one at the valley station. From there, you can conveniently take the cable car to the start of the sled run and then go rapidly downhill. On Silberberg mountain, visitors can go to Bergmannschänke restaurant and enjoy the panoramic view, or go visit the cozy Silberberg-Alm restaurant at the valley station which features a playground and petting zoo for the little ones.

By the way: There’s not only a lot to see on the mountain, there’s also a lot to discover in the mountain! Starting at the end of December, spa treatments will be available and tours through the mine “Barbarastollen.” For more information, go to www.bayerischerwald.de

**OTHER SLED RUNS IN EASTERN BAVARIA**

- Natural sled run Brennes-Mooshütte near the Arber Ski School in Bayerisch-Eisenstein; Length 800 meters
- Forest Sled Run Hochzell in Bodenmais; Length about three kilometers
Stop by!

www.tiergarten.nuernberg.de

Relaxation between wild moors and hot springs

THERMAL BATHS WITH A FEEL-GOOD FACTOR IN THE UPPER SWABIA-ALLGÄU REGION

(djd). Winter time is thermal bath time: There is nothing better for wellness fans than to immerse themselves in the soothing warmth of a sauna and hot tub. The natural wealth of thermal springs as well as the unique moor landscape turn the Upper Swabia-Allgäu region into a health landscape in which those looking for relaxation get their money's worth.

EXPERIENCE GENTLE NATURE

The wintry moor landscape near Bad Buchau is romantic. Not only does the Celtic sauna in the Adelindis thermal spa invite you to enjoy regenerating hours - here, nature also shows its gentle side. The Federsee bridge leads right into the mysterious habitat of the moor with its fascinating variety of plants. The local recreation area Tannenbühl near Bad Waldsee with its own game reserve and the Wurzacher Ried, the largest intact high moor in Europe, offer exceptional nature experiences in every season.

WINTEr TIME IS OUTDOOr TIME

Winter sports enthusiasts can let off steam skiing, snowboarding and tobogganing, especially in the Württemberg Allgäu. Cross-country skiers glide on groomed trails through the quiet snowy landscape if snow conditions allow. If you want to enjoy the peace and quiet, you can go for an extended winter walk, especially across the Adelegg near Isny in the Allgäu, or visit the pilgrimage church on Bussen mountain, the "Holy Mountain of Upper Swabia." The premium hiking trails "Danube Rocks Runs" in and around Sigmaringen are also great for winter hiking.

To relax and loosen up your muscles, we recommend a visit to one of the six thermal baths in the region. At Waldsee thermal spa, located in the moor spa town Bad Waldsee, indoor and outdoor pools, bubble loungers and steam grottos invite you to relax. In the sauna area of the Adelindis thermal spa in Bad Buchau, guests can stay until midnight once a month. In Bad Saulgau, Sonnenhof thermal spa, which has been awarded five wellness stars, attracts with sulfurous thermal water and a brine steam bath. There are 53 parking spaces available for motorhomes right next door.

Schwaben thermal spa Aulendorf offers bathing fun for families and can be accessed from the affiliated hotel via a separate bathrobe corridor. Parkhotel Jordanbad in Biberach is particularly suitable for a wellness weekend, inviting its visitors to a feel-good experience in the thermal baths, in the Four-Elements-Spa and a culinary finale in one of the three restaurants. Moor treatments such as a mud bath in a wooden tub, which is offered in Baden-Württemberg's oldest mud spa, Bad Wurzach, are particularly beneficial. Further information is available at oberschwaben-tourismus.de.
(djd). The water gurgles, splashes and rushes past moss-covered rocks. A snapshot for the viewer. But the rounded granite blocks show that the Waldnaab river has been doing its work here for hundreds of years. Glittering points of sun dance on the surface of the water, but the light is already absorbed by the deep green of the forest at the edge of the river. The scenery is reminiscent of a world full of mythical creatures. Involuntarily one looks for trolls and elves. Due to its bizarre rock formations, the deeply cut valley is also called the Grand Canyon of the Upper Palatinate. For enthusiastic cyclists and nature lovers, the Waldnaabtal cycle path is a great way to escape everyday life and enjoy the landscape.

Wild and romantic Waldnaab valley

The 77-kilometer-long tour starts at Silberhütte and leads past idyllic villages to Unterwildenau, where it turns into the Naabtal cycle path. At particularly interesting points, such as the butter churn or the Sauerbrunnen, you come across ornate gray steles. They are part of the Oberpfälzer Natur-Navi project. With the help of QR codes, you can get interesting background information about the sights on your smartphone, or listen to exciting legends via audio guide apps. If you don’t want to cover the entire route, the city of Weiden can be a worthwhile destination of the bike tour. The "Pearl of the Upper Palatinate" is known among music lovers above all for its famous son, composer Max Reger. But the many colorful Renaissance houses, imposing churches and extravagant fountains also contribute to the cheerful, lively atmosphere in the city.

Small Upper Palatinate cycle tour

Additional cultural sights and natural beauties in the area around Weiden can be explored from the bike saddle. The varied low mountain range offers the right tour for every taste. An overview can be found at www.weiden-tourismus.info. Ambitious cyclists can, for example, tackle the "Small Upper Palatinate Cycle Tour." The 155-kilometer-long tour is made up of various cycle paths: Bavarian-Bohemian Friendship Cycle Path, Green Roof Cycle Path, Bockl Cycle Path, Waldnaab Valley Cycle Path and Naab Valley Cycle Path. Untouched idyllic landscapes alternate with charming cities. Numerous castles and palaces such as Haus Murach or Friedrichsburg Castle line the path.

Around Weiden in the Upper Palatinate

By bike through pristine landscapes and charming places

The idyllic Upper Palatinate offers varied tours for cycling fans.
Social distancing involves avoiding social gatherings, group events, public places, and crowds, even if you feel healthy.

Examples of activities to AVOID

- Group gatherings >10 people
- Visitors in your house
- Sleep overs
- Play dates/playgrounds
- Malls
- Concerts
- Mass transit
- Theaters
- Gyms
- Athletic Events
- Crowded stores and restaurants
- Non-essential doctor and medical appointments
- Non-essential workers in your house

COVID-19 can spread through respiratory droplets in the air and can live for hours on surfaces. The above activities are just some of the ways people can unknowingly spread the virus to others.

Try these safer activities

- Take a walk outside
- Clean your home
- Family game night
- Go for a hike
- Read
- Go for a drive
- Yard work
- Listen to music
- Video chat
- Play in your yard
- Cook a meal
- Stream a show

Please exercise your own judgment and adhere to all federal, state, and local government guidance when practicing social distancing.
(djd). A phone call or an e-mail is all it takes and a little later a box of fresh fruit and vegetables will be on the doorstep. Eggs, dairy products, bread, meat and organic food products are also available upon request. Everything in organic quality and produced under fair conditions - if possible in the neighborhood. No wonder that this service is gaining more and more fans. The daily need for groceries can be met comfortably and in an environmentally conscious way.

SUSTAINABLE AND HEALTHY
Suppliers who produce and operate sustainably are particularly popular because consumer awareness regarding responsibly produced food is increasing, as well as for topics such as waste avoidance, short transport routes and the fight against the waste of food waste. In Germany, around eleven million tons are thrown away every year. With an eco box, on the other hand, organic products can be ordered in any quantity and selection, and if desired, newly every week. Whether for a single household or an extended family, companies are now also among the customers and are putting fresh fruit on the conference tables instead of plastic-wrapped cookies.

Companies belonging to Ökokiste e.V. attach great importance to the shortest possible transportation routes. Their boxes drive an average of just 2.5 kilometers to the customer. Re-usable containers issued for a deposit and boxes made from recyclable material help to avoid waste. And what many do not know: Even drinks in organic quality, including juices, lemonades and wines, are delivered - and the empty bottles are picked up again.

GOOD REASONS FOR THE DELIVERY OF ORGANIC FOOD
An organic food subscription is not only practical, environmentally conscious and relaxed, it can also be a real asset to your daily menu.

• More variety: Many organic farmers grow old, almost forgotten or simply unusual types of fruit and vegetables in addition to the common varieties. An organic food subscription ensures that you always have new taste experiences. Interested parties can also find the right recipes at www.oekokiste.de. There is also the possibility of simply trying out the offer.

• Pure enjoyment: Aromas, flavor enhancers and chemical additives have no place in organically baked goods. In contrast to conventional bread, which can contain up to 200 additives.

• According to your taste: If you like, you can put together your eco box every week or you can simply be surprised. Some companies offer practical assortment boxes, for example for mother and child, raw food fans or even pure regional boxes. Good to know: If you don't like or tolerate certain things, just let them know in advance - it's guaranteed not to end up in your box.
THREE THINGS FROM THE CORN FIELD:

GOOD FOOD CAN BE SO WILD ON COLD DAYS, LOCAL VENISON ON YOUR PLATE PUTS YOU IN A GOOD MOOD

JUICY WILD BOAR LOIN WITH POLENTA AND AN AROMATIC MUSHROOM SAUCE

INGREDIENTS FOR 3 PEOPLE:

• 2 wild boar loins
• 2 fresh corn on the cob
• 200 g polenta (corn grits)
• 4 shallots
• 200 g chanterelles, alternatively forest mushrooms
• 200 ml red wine, alternatively grape juice
• 1 tbsp. crème fraîche
• 1 teaspoon honey
• 1 tbsp. butter
• 1 dash of rapeseed oil
• 10 leaves of sage
• salt and pepper

PREPARATION:

Pour the corn grits into 750 milliliters of boiling, salted water and simmer for 15 minutes, stirring, until a solid paste forms. Pour into a baking dish lined with baking paper, smooth out, cover and allow to cool. For the sauce, fry shallots and chanterelles in butter, deglaze with red wine or grape juice, allow to reduce. Let the thyme sprigs simmer, remove. Stir in the crème fraîche, season with salt and pepper. Add a small glass of vegetable stock, simmer for 15 minutes, puree and pour the porridge into preserving jars. If necessary, heat and dilute with stock or milk.

Boil corn on the cob (corn shouldn’t be hard) for 15 minutes in unsalted water. Drain, fry all over in rapeseed oil. Season with salt and liquid honey.

Season the wild boar loin with salt and a pinch of sugar, leave to rest for 15 minutes. Fry in rapeseed oil over high heat. Then let it steep for 10 to 12 minutes in a preheated oven at 150 degrees Celsius. Cut the firm corn porridge into strips and fry it in a little rapeseed oil. Serve with briefly fried, salted sage leaves.

Cut the rolls open, coat the underside with fruity sauce or chutney, top with the wild garlic and orange topping, and put on the meat with cheese and bacon.

(djd). Healthy, sustainable and wonderfully diverse: local venison ensures pleasant enjoyment on cold fall and winter days. It is rich in vitamin B as well as minerals such as zinc and iron and provides important omega-3 fatty acids. Wild animals lead a species-appropriate life in the wild: they feed naturally and move around a lot. Game is characterized by its regional origin and short supply chains, making it a sustainably produced food.

Whether briefly fried, braised or out of the oven: the meat of wild boar, roe deer or venison scores with its versatility and fine aromas, and is a natural, high-quality alternative to traditional meat products.

MERRY CHRISTMAS AND A HAPPY NEW YEAR

WE OFFER:

Wine & Spirits
Vinegars & oils
Spices & Dips
Risotti & pasta
Sweet & hot items
Teas
Exterior & interior decoration
Garden objects
Gift ideas
Applied arts
Home accessories
Jewellery

WE ARE LOOKING FORWARD TO SEEING YOU!
FOOD & DRINKS

Margarita, surprisingly new

4 RECIPE TIPS: Margaritas with a difference

Recipe tips: The classic cocktail in four variations for every season

Special margarita

2 CL Cointreau
6 CL Tequila
2.5 CL Fresh Lime Juice
2 Bar Spoons of Agave Syrup

Summer margarita

3 CL Cointreau
5 CL Tequila
2 CL Fresh Lime Juice
4 Fresh Strawberries

Fall margarita

3 CL Cointreau
4 CL of Mezcal
2 CL Fresh Lime Juice
1 CL Elderflower Juice

Winter margarita

3 CL Cointreau
5 CL Tequila
2 CL Fresh Passion Fruit
0.5 CL Cinnamon Syrup

Enjoyment Times Four

An essential part of every margarita is an orange liqueur like Cointreau. The crystal clear spirit is made from 100 percent natural ingredients and offers fruity flavors from sweet and bitter orange peel. The Cointreau family has been producing the successful liqueur with their “Triple Sec” since 1849. Only four ingredients are required for a perfect margarita: 30 ml Cointreau, 50 ml Tequila blanco, 20 ml fresh lime juice and a salt rim. The result is a well-balanced acidity-sweetness ratio. This explains why the margarita has remained successful to this day and at the same time reinvents itself again and again.

Four recipes vary the classic recipe in a clever way and turn the summer cocktail into a drink for every season. Each of the new margaritas uses seasonal flavors back and, thus, perfectly fits the occasions of the season. These include the Special Margarita, which emphasizes the sweetness of the selected oranges in the liqueur with agave syrup. The Summer Margarita conjures up characteristic summer aromas with fresh strawberries and sugar cane syrup and puts the focus on the fruity side. The Fall Margarita surprises with elderflower juice and creates a flowery note, which is perfectly complemented by the smoky aroma of the mezcal instead of the tequila, and the volcanic smoked salt. Finally, the winter margarita relies on cinnamon, which is balanced by a touch of acidity from fresh passion fruit.
"HOME IS NOT A PLACE, BUT AN ATTITUDE TOWARD LIFE"

MALZER - THE INTERIOR DECORATOR: THIS IS WHERE APARTMENT AND CHRISTMAS DREAMS COME TRUE

Whether it’s floor coverings or carpets, upholstery, curtains and drapes, blinds, home accessories, sun and rain protection, or room design: Malzer brings a breath of fresh air into your home. The two managing directors Ingrid Lange and Ruppert Schreffl attach particular importance to competent and individual advice. Every customer can be sure to be in good hands here, regardless of his or her interior design preferences. The Malzer team always takes the necessary time, whether it is in the store or at the customer’s home.

ENCHANTING CHRISTMAS DECORATIONS

Stopping by during the holiday season is especially exciting because that’s when the shop is regularly transformed into a Christmas market that is unparalleled in the entire city. Whether hand-blown Christmas tree balls from Inge-Glass-Manufacture, enchanting pendants from Gisela Graham, extraordinary chains of tree lights in all variations, deceptively real-looking LED candles, Christmas plaids, pillows and furs from Heitmann, or charming table linen from ProfiLux and Zoeppritz - Malzer has everything you need to celebrate Christmas in an atmospheric ambience.

MAKE YOUR HOME SPECIAL

At Malzer, expert and individual advice are a given and so are high-quality goods. This does not only apply to interior design, but also to interior decoration that is sold in the shop next door. Everything that makes living even more beautiful can be found here: plaids, pillows, table linen, home accessories, or table decorations. Everyone who loves the extraordinary and wants to make something very special out of his or her home will find it here. Whether modern or classic, the trends are always set by the customers themselves.
weiden Christmas shopping: festive, inspiring, sparkling.