

# BAVARIAN TIMES

News & Magazine for Grafenwoehr | Vilseck | Hohenfels

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ski areas in Austria

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# Grafenwoehr Elementary School: School of the 21st century



"We are, we are the Grizzlys," the American elementary school students drummed and sang loudly and rejoiced with the invited guests at the official opening of the U.S. elementary school.

GRAFENWOEHR, Germany – "We are, we are the Grizzlys," drummed and sang loudly by the American elementary school students and rejoiced along with the invited guests at the official opening of the U.S. Elementary School on Tower Barracks, Grafenwoehr. The 37.5 million dollar building is as big and impressive as the grizzly, the school's mascot.

The Department of Defense Education Activity (DoDEA) in Europe and the U.S. military community Grafenwoehr had invited to the ribbon cutting for the new school. Construction had been

going on since 2018 and the students moved in during a soft opening in April 2023.

The principal of the Grafenwoehr elementary school, Michael Defrancesco, welcomed the guests, including Dr. Johannes Urban from the Bavarian State Chancellery and pointed out the long school tradition of the Americans in Grafenwoehr. The first U.S. elementary school in Grafenwoehr was built in 1946 and until recently was still part of the old school complex.

The commander of the 7th Army Training Command, Brig. Gen. Steven Carpenter, congratulated the military community on the new school building. He highlighted the U.S. Army's support for soldiers' families and urged children to have fun at school in addition to the seriousness of learning. Grafenwoehr Mayor Edgar Knobloch presented the city's coat of arms and noted that the school opening, parallel to the start of school, is an outstanding event for Bavarian children.



Home of the Grizzlies is inscribed on the entrance sign of the new U.S. elementary school. A vertical wind turbine also indicates the school's sustainability and environmental concept.

The ribbon at the school entrance was cut by students, soldiers from the military community as well as planners and representatives of the construction companies.

For Grafenwoehr, the school is an important location factor; the modern school building ensures happy children who have lifelong, good memories of their school days. Col. Dan Kent, commander of the U.S. Army Corps of Engineers, Europe District presented the symbolic key to Mr. Defrancesco. The construction of the new elementary school, which will accommodate around 400 students, cost approximately \$37.5 million. The school has plenty of space with a total area of almost 9,000 square meters on two floors and is designed according to the “global classroom” concept.

Merrel Deadmond, a fifth grade student, was the final speaker and expressed the joy of his classmates. The ribbon at the school entrance was cut by the students, soldiers from the military community as well as planners and representatives of the construction companies. The act was accompanied by loud cheers from the young grizzlies.

The school implements the DoDEA standard “21st Century Schools for 21st Century Learning.” Facilities of this standard allow educators to create spaces that are flexible and adaptable to enable different forms of learning, which corresponds to open learning landscapes in Germany. The school was built with two main wings. The two-story wings contain open learning rooms that can also be separated with variable walls. Therapy rooms, a library, a gym and a large event room in another wing complement the classrooms. Also noteworthy is the equipment that corresponds to the digital age; even a small film studio can be used by the students. A small sports field, playground

“The school has plenty of space with a total area of almost 9,000 square meters on two floors and is designed according to the “global classroom” concept.

area, environmental trail, school garden and amphitheater are located in the school's outdoor area, as architect Andrea Hösl, head of the planning and construction department of the U.S. Army Garrison Bavaria, explains. The guests at the ribbon cutting ceremony had the honor of being guided through the complex and the school grounds by students from different grades.

In addition, the school has sustainability-focused teaching resources, including a vertical wind turbine, a photovoltaic system and an energy dashboard that presents real-time data on energy consumption and production in the school that teachers can integrate into lesson plans.

The concept has already won a U.S. award. The school was planned by the U.S. Army Corps of Engineers, Europe District, which, together with the Department of Defense Education Ac-



tivity, has launched a program that calls for the construction of an additional 31 new facilities, including 27 new schools on U.S. installations. The Grafenwoehr project was tendered and awarded by the Bavarian State Construction Office and built predominantly by local companies.

| by Gerald Morgenstern



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# 9/11: Tower Barracks commemoration of the terrorist attacks

GRAFENWOEHR, Germany – "The terrorist attacks of September 11 shook the foundations of our greatest buildings, but not the foundations of the American people," said Brig. Gen. Steven Carpenter. The US Army commemorated the victims of "Nine-Eleven" with a ceremony.

The 709th Military Police Battalion invited people to "Patriots Day" at the US Army Garrison Bavaria to commemorate September 11, 2001. The backdrop was emergency services and vehicles from the US fire department, the military police and the Bavarian police in front of the flags at half-mast.

Civilian guests and employees of the US Army, soldiers, emergency services personnel, the Bundeswehr and representatives of the surrounding communities with the mayors Edgar Knobloch, Grafenwoehr, and Hans-Martin Schertl, Vilseck, took part in the celebration. The memorial service started with the hymns and prayers of the military chaplain.

Guest speaker was the commanding general of the 7th US Army Training Command (7ATC), Brig. Gen. Steven Carpenter. Carpenter emphasized that the horrific events of September 11 brought the nation together. Firefighters, first responders, soldiers, civilians, families and the American people were woven together like a thread. "September 11 is an opportunity to take a look at the world and change what is bad and improve what is already good," was the general's message.

A spokeswoman looked back at the timeline of the Nine-Eleven attacks. At 8:46 a.m. New York time, American Airlines Flight 11 crashed into the North Tower of the World Trade Center, followed by the attack into the South Tower at 9:03 a.m. The



The commanding general of 7th Army Training Command, Brig. Gen. Steven Carpenter, remembered "Nine-Eleven" in his speech.

attack on the Pentagon in Washington D.C. and the plane crash in Pennsylvania followed.

A total of 2,977 men, women and children from 93 nations lost their lives in the terrorist attacks. 421 first responders, firefighters and first aiders died in the collapse of the Twin Towers of the World Trade Center, and many also died from the long-term consequences.


The fire brigade bell rang especially for them. The "five-strikes signal," a traditional sign used by New York City fire stations, signals the death of firefighters.

The Veterans of Foreign Wars group Grafenwoehr laid a wreath in memory of the victims. After a moment of silence, a trumpet sound ended the ceremony.

| by **Gerald Morgenstern**



Guests of honor, Brig. Gen. Steven Carpenter (second from right) and the Veterans of Foreign Wars laid wreaths in memory of the victims.



The officers and senior leaders of the "Railgunners" showed great interest in the history and current events in the city. Commander Col. Wilbur Hsu (center, right of Mayor Edgar Knobloch) reemphasized the partnership with the city.

## U.S. partner unit "Railgunners" visits the Grafenwoehr town hall

GRAFENWOEHR, Germany – Mayor Edgar Knobloch invited the officers and sergeants major of the 41st Field Artillery Brigade to a reception in the meeting room of the historic town hall. The artillery unit nicknamed "Railgunners" is the city's partner unit.

The Grafenwöhr town hall was built in 1462, 30 years before Columbus discovered America. Mayor Edgar Knobloch explained historical and current data about the garrison town of Grafenwoehr to the senior leaders of the 41st Artillery Brigade. Col. Wilbur Hsu, the brigade commander, Command Sgt. Maj. Kristian Castro as well as the commanders and leaders of the brigade staff and individual battalions were interested listeners.

In the briefing, the city mayor discussed the history of the city, the infrastructure from the school, Stadthalle auditorium to the forest outdoor pool, the commercial settlements as well as the connection to the military and the training area. Using the large painting of the air raids, he explained the bombing of the training area and the city in April 1945. From former occupiers, the Americans quickly became allies and real friends who have been shaping the life, modernity and uniqueness of Grafenwoehr since 1945.

The training area with the Bundeswehr and US Army is also the largest employer and most important economic factor in the region. The Americans are welcome in Grafenwoehr; the city offers the soldiers and their families a temporary home away from home, said Knobloch. The "Railgunners" were stationed in Grafenwoehr in 2018 and a partnership was formed in the same year. The soldiers and their families regularly take part in the city's events and festivals. With a certificate, Col. Hsu thanked Mayor Knobloch for the reception, the friendly welcome and the hospitality he always provides.

The artillerymen were accompanied by Andre Potzler from the public affairs office of the 7th Army Training Command (7ATC). The program of the unit's three-day senior leader event also included a tour of the water tower. The author of the training area book, city councilor Gerald Morgenstern, explained the history of the Grafenwoehr landmark and discussed the tradition of artillery on the training area. When the Railgunners visited the Cultural and Military Museum, former city councilor and former 7ATC range safety officer Josef Neubauer proved to be an experienced training ground expert.

| by **Gerald Morgenstern**

Photo Credit: Gerald Morgenstern

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## CONSTRUCTION STARTS ON NEW MILITARY WORKING DOG FACILITY AT USAG BAVARIA

GRAFENWOEHR, Germany – A groundbreaking ceremony marked the start of the construction of a new military working dog facility Sept. 13 at U.S. Army Garrison Bavaria.

The ceremony was attended by USAG Bavaria leadership, distinguished guests and two of the current kennel's residents, military working dogs Andy, 8, and Blus, 6.

With the groundbreaking ceremony, the construction phase for a new, permanent, standard design military working dog facility officially began. The facility will replace the current military working dog kennels which were built more than a century ago.

"This kennel is long overdue," said Col. Kevin A. Poole, USAG Bavaria commander. "We have to take care of our canine friends of the 131st Military Working Dog Detachment. It breaks my heart every time I walk into this kennel. I have been helpless for the last year, but we move a step further now that we are about to break ground on this facility."

Planning for the new facility began in 2014 and construction was planned for 2019. Nevertheless, the pandemic and inflation delayed the project.

"Our old building was built in 1914, and it needed a massive upgrade for health and standard reasons for the dogs, so they have good care and health while they stay with us," said Staff Sgt. Nicholas Ames, noncommissioned officer in charge of the plans and operations for the 131st Military Working Dog Detachment.

The new facility will be 5,070 square feet (471 square meters) and offer administrative offices, supply spaces, multipurpose rooms, food prep and storage, medical examination and training rooms and kennels. The \$4.6 million project is scheduled to be complete in the next three years.

"We have narcotics dogs and explosive detection dogs, and they all have bite work capabilities, so they are able to chase down a bad guy, find them and bite them," said Ames. "We are composed of seven dogs, the maximum the kennel can offer at the moment. With the new building we will be able to house 14 dogs in total."

The current kennel complex will remain operational throughout the planned 635 days of construction with the new kennel facility ready for occupation at the end of October 2025.

"The military working dogs that are stationed here provide law enforcement support for USAG Bavaria," said Sgt. 1st Class Steven Staples, detachment sergeant for the Combined Military Working Dog Detachment – Europe. "They are also a deployable asset. We deploy to several different locations wherever the mission requires. To have these dogs housed well in proper kennels and to make sure that their health is taken care of is of the utmost importance for the safety of the community."

"The facility will help ensure the proper training, safety, and wellbeing of our military working dog teams, which represent a strategic asset in Europe, Africa and around the world," said Col. Richard Stearns, Commander of the 18th Military Police Brigade. "These teams deploy worldwide in support of the president, the vice president, secretaries of state and defense, key NATO and partner nations, and in support of the combatant commands."

The training of a military working dog initially is 120 days at Joint Base San Antonio. After that they get sent to the field, and they get trained almost daily.

When the dogs are around 9 years old they retire, usually into the home of a former handler.

| by **Natalie Simmel**

# THREE NEW APPRENTICES START CAREER WITH USAG BAVARIA



The three new apprentices (in the middle) and their trainers (two on the left, two on the right) in front of the Water Tower on their first day of the apprenticeship, Sept. 1, 2023.

GRAFENWOEHR, Germany – Three German apprentices began a more-than-two-year phase of their career by joining the U.S. Army Garrison Bavaria workforce Sept. 1, 2023.

Col. Kevin A. Poole, garrison commander, welcomed them to the Army community during their initial onboarding session. "You are valued members of this team," he said. "It is very important for this Garrison that you are all here. ... Thank you for your service and for choosing us."

This year three apprentices will start their two-and-a-half-year journey with the garrison. Ricarda Kneidel and Patrick Hofmann will work in the Directorate of Public Works, and Anna Warstat will work in the Directorate of Resource Management.

"Apprentices are superstars," said Rodrigo Velazquez, director of Resource Management. "Some of them are top performers. I am excited for the new apprentices to finally join our team. ... We need to invest and grow the workforce of the future. We are here to support you guys. You are the future of the garrison."

All three apprentices expressed excitement to work in an international environment, to learn, and to meet new people.

"I am looking forward to my time here and want to learn a lot," said Hoffman. "I hope that with this training I can help the Americans here and make their life better."

An apprenticeship in the German system allows interns to obtain on-the-job training while also attending a vocational school. The program provides an innovative way to supplement and rejuvenate the local national segment of the garrison workforce.

"The U.S. Army Apprenticeship Program is a very successful program, having produced a great deal of young talent that is now essential to our workforce and our success," said Ann-Kathrin Hartmann, administrative services specialist with the Workforce Development section, DHR.

Hartmann herself was a former apprentice and is now responsible for the apprenticeship program at USAG Bavaria. "It is a pleasure to watch these young people grow and to guide them along their journey," she said.

During the event Kathrin Schertl, management and program assistant and former apprentice at DPW, was honored for exceptional good work during her apprenticeship. Schertl was among the top graduates of the 2022/2023 academic year at Europa Berufsschule and was therefore already honored for her achievements in July. Now that she also passed her tests at the chamber of industry and commerce with honors, she was recognized again.

"She and her accomplishments are a hallmark of the garrison for future generations of trainees," said Hans Pappenberger, program analyst at DPW and Schertl's on-the-job trainer. "We are glad that we can continue to employ her in our service."

"These past two years I have spent working for USAG Bavaria have been rather interesting," said Schertl. "I would like to thank you for the opportunity of getting to know a little more about all of the structures, mission goals and specific working skills and requirements that I have been given by the USAG Bavaria and, especially, the DPW."

USAG Bavaria offered a variety of apprenticeship positions since 1998. So far, there have been more than 100 graduates of the program. Of the graduates, 77 percent have chosen to continue working with the Grafenwoehr Military Community.

| by **USAG Bavaria Public Affairs**

For a list of American job opportunities and German job and apprenticeship opportunities, visit <https://home.army.mil/bavaria/index.php/employment>



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# SCHOOL CHILDREN LEARN **SAFETY BASICS** AT USAG BAVARIA

"Safety is a top priority at our school. Our students also receive extra bus safety training", said Melanie Waechter-Greulich, Host Nation teacher at Netzaberg. "As part of our curriculum for Host Nation teachers, we also teach the students rules of the road and road signs.

This year, Lt. Alex N. Rivera Torres, Police Training Coordinator, and Sgt. Michael O. King from Vehicle Disposition taught over 550 children the basics of safety from Oct. 16-23.

"Our Military Police supports us, and the students look forward to it every year", explained Waechter-Greulich. "This creates a positive relationship with the police, and it is also more engaging. I am grateful to the MP for taking the time and dedication to do this."

The training summarized on topics such as what to do when an individual gets lost on and off the installation, pet regulations and guidelines, how to contact emergency personnel and provided the correct number, pedestrian safety, traffic safety, vehicle safety involving the importance of seatbelts, and lastly identifying different types of traffic signs.

During the training, traffic rules were emphasized by playing the Red Light, Green Light game to have the children learn in a fun environment. At the end of the training students could check out the police car while simultaneously learning about the importance of buckling up.

"I believe that instilling safety training at a young age can develop mature adults in the future", said King. "Children have early childhood development in listening, communication, following instructions, and completing tasks. By providing the necessary resources to younger children, they can have a foundation of knowledge to not only to keep to themselves but also teach others about safety as well."

| by **Natalie Simmel**

“Safety is a top priority at our school. Our students also receive extra bus safety training.  
(Melanie Waechter-Greulich)



School children of Netzaberg Elementary and Middle school had guests from the USAG Bavaria Military Police to teach them the safety basics.

# 60 YEAR-ANNIVERSARY OF THE KENNEDY MEMORIAL

GRAFENWOEHR, Germany – On November 22, 1963, US President John F. Kennedy was assassinated with multiple gunshots while on a campaign trip through downtown Dallas at around 12:30 p.m. This terrible event also shocked the military town of Grafenwoehr. As a sign of the close ties with its American neighbors and friends, the city put up a memorial stone for the president in December 1963 at the intersection of Alte Amberger Straße - Vilsecker Straße - Rosenhofer Straße. The Kennedy memorial was ceremoniously unveiled at a memorial service on December 21. A silent march took place from Marienplatz to the square in front of the former post office. Honor platoons of the US Army and the German Army had already been lined up. Mayor Walter Asam, on whose initiative this commemoration stone was initiated, referred to the great solidarity with the Americans. He concluded his speech with a request to stand up for freedom and peace in the spirit of the late president.

## FUNERAL MARCH

September 11, 2001, a Tuesday. This day is associated with terror that shocked the entire world. The collapse of the World Trade Center in New York cost thousands of lives. This attack also left its mark on Grafenwoehr. On the following Friday, citizens of the city, political representatives from the federal, state, district and county governments, mayors and city council members of the surrounding communities, delegations from the US Army and German Army as well as police departments and fire departments from the entire region gathered for a commemorative service in the Peace Church. The subsequent funeral march with around 2,000 people to the Kennedy memorial is still remembered by many residents today. Many placed candles and flowers in front of the stone. US commander Lt. Col. James Drago put it simply: "It's nice that we have neighbors we can rely on."

## COHESION

During the citizens' festival of superlatives in July 2005 - 95 year-anniversary of the military training area, 60 year-anniversary of the US Army presence in Grafenwoehr, 50 year-anniversary of the German Armed Forces, the Kennedy memorial stone was also the focus. During an ecumenical service between Germans and Americans, texts were read and songs were sung that spoke of building bridges, friendship and peace. U.S. commander Col. Richard G. Jung summarized his request to God in one sentence: "For Peace in the World!" Young and old tied colorful woolen threads together as a symbol of peace. A colorful sign that was probably also seen as a reference to human equality. As everyone flocked to the secular celebration, the bundle of colorful woolen threads was brought to the Kennedy memorial and decorated it with it. You couldn't have found a better place. November 22, 1963 and September 11, 2001 were decisive days of fate for our American neighbors and friends.

Time and time again, the Kennedy Memorial witnessed the enormous desire for peace around the military training area. Today this topic is present again, which is why Col. Richard G. Jung's intercession from 2005 is more important than ever: "For Peace in the World!"



*Kennedy Memorial 2022*



*Inauguration 1963*

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# MEMORIAL STONE UNVEILING: STONE AND BRONZE MONUMENT

## VETERAN SERGEANT FIRST CLASS MARK WILLIAMS OF ALABAMA UNVEILED THE MEMORIAL



At the memorial service two days after the tragic event in September 1960, the steel helmets of the 16 soldiers who were killed were lined up on the altar.

GRAFENWOEHR, Germany – It was the worst shooting accident involving American ground forces during the Cold War. On September 2, 1960, 16 young American soldiers lost their lives and 27 were injured, some seriously, when an errant artillery shell detonated at Camp Kasserine. 63 years later, a memorial plaque was unveiled on Tower Barracks to commemorate the deaths and the tragedy, and those affected by the accident shared their memories.

"This monument is more than stone and bronze. It is a lasting tribute to the bravery of these soldiers. A symbol of the enduring connection between our nations and those who serve," said Col. Kevin Poole, highlighting the significance of the memorial. The commander of the U.S. Army Garrison Bavaria asserted that although 63 years have passed, the impact of that fateful day is still felt throughout the military community. The actual installation of the monument should have taken place in September 2020, but was postponed due to the Corona pandemic.

Mike Abbey, the garrison executive officer, was able to welcome military guests as well as mayors Edgar Knobloch, Grafenwoehr, and Hans Martin Schertl, Vilseck, to the celebration. Chaplain Major Moshe Lans said the opening prayer. Retired Sgt. 1st Class Mark Williams, head of the 3rd Squadron 12th Cavalry Association, traveled from Alabama specifically to attend the ceremony. As a veteran of the unit, he unveiled the plaque along with garrison Command Sgt. Maj. Hermes Acevedo and Col. Poole. "As we dedicate this monument, may this place not only serve as a reminder, but also as a symbol of our gratitude and respect!" said Poole.

Mark Williams used his notes to flash back to the events of September 2, 1960. There was a lot of activity at the Grafenwoehr military training area; soldiers from the 3rd Armored Division, the unit then stationed in Büdingen, Hesse, had arrived and moved into their tents at Camp Kasserine, which later became the long-standing German-American Volksfest site. However, the troop's activity on this rainy day came to an abrupt end. At around 9:20 a.m., a loud whistle was heard, followed immediately by a loud explosion.

A misdirected artillery shell had landed in the middle of the tent city, killing 15 Americans and injuring 27, some seriously, within an instant. Another soldier died from his injuries shortly afterwards. The cause of the tragedy was a misdirected eight-inch artillery shell. This had been fired by another unit of the 3rd Armored Division from a howitzer in a firing position northwest of Auerbach, near the abandoned town of Hopfenohr.

However, the explosive projectile landed in Camp Kasserine, around three kilometers behind its actual target, in Impact Area A. The reason for the miss was an incorrect and stronger pro-

### HISTORY OF THE TRAINING AREA

"Grafenwoehr Training Area, Yesterday - Today" is the title of the bi-lingual book written by Reserve Sgt. Major Gerald Morgenstern. 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. One chapter also deals with accidents and their memorial stones. "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 by sending an e-mail to [morgenstern.gerald@t-online.de](mailto:morgenstern.gerald@t-online.de).





Those involved in the unveiling of the monument: Veteran Mark Williams (right) came from America especially for the ceremony, Sabine Kissler from the garrison's parish office coordinated the planning of the memorial stone. John Romweber's (left) father survived the accident after being seriously injured.

pellant charge. The young soldiers had to pay with their lives for this fatal mistake by the artillerymen. Three large team tents were hit and completely torn apart, those involved were directly hit and completely torn to pieces, and those involved were faced with a scene of horror. Colin Powell was a prominent contemporary witness.

The future Chairman of the Joint Chiefs of Staff and Secretary of State of the USA was in Grafenwoehr at the time as a first lieutenant and platoon leader. In his autobiography he reports on his experience on September 2, 1960: "I have already seen hundreds of war films, but nobody could prepare me for what I saw that day." A major rescue operation began, the wounded were flown to the army hospitals in Fürth, Nuremberg and Frankfurt. Two days later, an emotional memorial service took place near the site of the accident. The steel helmets of the dead were lined up on an altar.

One of the participants in the unveiling of the memorial stone was John Romweber, a teacher at Vilseck High School. His father survived the accident after being seriously injured. Moved, he echoed his father's descriptions. Lance Cpl. George Peter Romweber, born in 1940, was a tank driver in the affected unit and was in one of the tents. "My father was in the tent and had a man on his shoulders, because it was raining they were trying to close a vent in the roof of the tent when the explosion happened."

The comrade on his shoulders protected him from the shrapnel of the grenade and saved his life," said Romweber. His father had to undergo eight operations in the military hospitals, his

recovery took 18 months, and when he was healthy again, he left the army. His father was always aware of how lucky he was to survive, and Romweber was correspondingly grateful for the unveiling of the memorial stone.

On the bronze plate, which is supported by a granite stone, the names of the 16 deceased U.S. soldiers can be read alongside the unit's coat of arms and the description of the accident. The memorial was made by the Fleischer company from Weiden. Sabine Kissler, an employee in the garrison's parish office, coordinated the planning of the construction of the memorial.

| by **Gerald Morgenstern**

Photo Credit: Gerald Morgenstern

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Body positivity means accepting your body as it is. This feeling of acceptance can lead to a healthy perspective on nutrition and exercise.

# Body positivity INSTEAD OF SELF-DOUBT

HOW YOUNG PEOPLE CAN  
SUCCEED IN DEVELOPING A  
POSITIVE BODY IMAGE

(djd). Puberty is a time characterized by uncertainty and self-doubt. Physical changes often precede personality development. This can lead to irritation in your self-image. Basically, this is normal and part of growing up. But what if young people at this sensitive stage of their development are constantly confronted with embellished and seemingly perfect body images in advertising and the media?

## "For myself and not for an ideal of beauty"

Children and young people are often particularly receptive to these types of "role models." The possible consequences: They imitate distorted ideals of beauty, develop a negative self-image or even eating disorders. "Body positivity means accepting your body as it is. This feeling of acceptance can develop a healthy perspective on nutrition and exercise," explains Alina Wolf, health promotion consultant and nutrition expert at the health insurance company mhplus. "I eat healthily and exercise regularly. Not to lose weight, but because I go through the day with more energy. I do it for myself and not to meet some ideal of beauty."

## Young people need role models

The concept of body positivity aims to break the cycle of external evaluation and self-evaluation. The message is: let us convey our naturalness to the outside world confidently and unfiltered and thus become a role model for others. "Role models are important for adolescents' identity and personality development. The movements 'Body Positivity' and 'Body Neutrality' provide positive examples of teenagers and young adults for whom appearance is not the focus," says Daniela Horwath-Wilde, a specialist in child and adolescent psychiatry and psychotherapy.

## Key role for parents

Parents play a key role: They should ask themselves what self-image they are providing for their children. How do parents talk about their appearance in front of their children? Do evaluative statements play a significant role? "In addition to the necessary self-confidence, self-care is important," adds Horwath-Wilde. "This includes a balanced diet, regular, healthy exercise, personal hygiene, adequate sleep and maintaining friendships and hobbies. That's why it makes sense to talk to children and young people about the topic of body positivity and encourage them to develop a critical look." instead of self-doubt



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## MENTALLY HEALTHY

# THROUGH THE CHRISTMAS SEASON

## EXPERT TIPS AGAINST STRESS AND PSYCHOLOGICAL STRAIN DURING THE HOLIDAYS

(djd). Candlelight, contemplation and a cozy get-together: Advent is one of the most beautiful times of the year. But not everyone can enjoy Christmas so carefree. For some people, it is actually a challenge to reconcile gift buying, holiday preparations and the different wishes and sensitivities of the family. Others may wish they had that same hustle and bustle. Instead, they sit at home alone, sad. Such psychological stress often also has a physical impact. "Most people come to us with typical symptoms such as insomnia, restlessness, fatigue, stomach or circulatory problems," says Linda pharmacist Matthias Fischer from Ostenfeld near Husum.

### Create moments of relaxation

It is important for the expert to first talk to the customer in order to find out the cause. "If you notice that mental stress is the cause, I recommend creating targeted moments of relaxation." This could be a walk through the festively lit neighborhood or a quiet half hour on the sofa with a cup of cocoa. Gentle remedies from the pharmacy can also provide relief: "Aromatherapy, for example in the form of fragrant herbal baths or calming medicinal teas with lemon balm or lavender, have a positive effect on the psyche," says Fischer. If you have insomnia, he preferably recommends suitable preparations with valerian or melatonin. Passionflower can be used against depression. A good tip is also the amino acid L-tryptophan, which has mood-enhancing and harmonizing effects and also promotes peaceful sleep. "However, you should always seek individual, expert advice regarding dosage and period of intake," says the pharmacist. In general, such preparations should not be used long-term.

### Upgrade your medicine cabinet

In order to prevent stress during the holidays as early as possible, good planning is important. Many tasks can easily be divided among family members. Lonely people, on the other hand, should seek out or reestablish contacts early on - volunteer support is also needed in many places, especially during the Christmas season. Don't forget: Upgrade your medicine cabinet again now. "Medication for gastrointestinal illnesses, burn and healing ointments, painkillers, fever and cold medicines make sense here," explains Fischer. And to ensure the safety of young and old at the festival, you should now also have a few Corona test kits in your house.

Staying relaxed even during the turbulent Advent season - with the right measures you can do it.

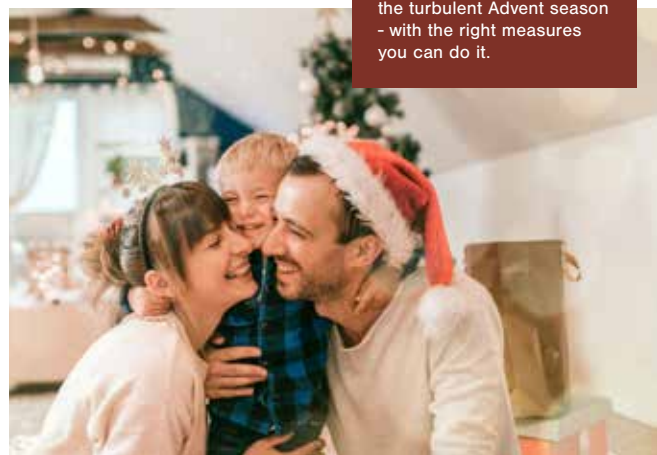


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# Do not suppress your cough

## CURRENT SURVEY SHOWS: DEALING WITH RESPIRATORY INFECTIONS HAS CHANGED

(djd). It's cold season again. If it turns out like the last one, there will be a lot in store for us: Respiratory diseases were responsible for most of the sick leaves in 2022. COVID-19 alone cannot be the reason, as the number has almost tripled in 2022 compared to 2021. Coughing is particularly stressful because it can not only be painful, but also loud. This is embarrassing for many people - and there is also the fear that others might feel disgusted and be afraid of infection. Is this just a subjective feeling or reality?

### SYMPTOMS CAN TRIGGER DISGUST

The new cough trend survey 2023 by Mucosolvan among 1,000 respondents confirms that the external perception of coughs has changed since the pandemic. Accordingly, 81 percent of participants agreed that coughing is more noticed in public, and 72 percent agreed that coughing is taken more seriously as a symptom of an illness. For 36 percent of those surveyed, the coughing of people around them makes them feel disgusted. This shows that the reputation of coughing is still not the best, and has actually gotten worse since the pandemic.

What is alarming, however, is that more than half of the survey participants suppress their coughs. Pulmonologist Dr. Justus de Zeeuw explains why this is not a good idea: "Coughing is a useful reflex that nature has designed to clear the respiratory tract. If this doesn't work, a bigger problem arises." If the accumulated mucus is not coughed up, it can prolong the infection and, if it stays there for a long time, will probably even damage the respiratory tract.



Coughing is now more widely recognized and taken more seriously as a symptom by the public.

### A COUGH WANTS TO BE COUGHED

In the case of a productive cough, the irritation should not be prevented under any circumstances, but rather this natural cleaning and defense function of the respiratory tract should be supported. According to current cough guidelines, experts recommend the active ingredient ambroxol, as in Mucosolvan, for treatment. De Zeeuw emphasizes: "Ambroxol sets standards in the treatment of cold coughs." It can liquefy the thick cough mucus, at the same time activate our body's own self-cleaning system of the respiratory tract and have an anti-inflammatory effect. It makes sense to prevent respiratory infections as much as possible through hygiene (handwashing etc.), exercise outdoors and a diet rich in vitamins and minerals as well as enough sleep and relaxation.

Photo Credit: DJD/Mucosolvan/fizkes/123RF



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### A NOTE FROM DR. RADECK:

It is extremely important to start practicing healthy dental habits at a young age, as good dental habits can save you valuable time, money and energy in the future. If you are currently suffering from tooth pain or are just in need of a semi-annual dental check-up and cleaning, we are here to help. Remember: A dental check-up every six months can detect potential problems before they become a larger issue.

### Here are some of the procedures we offer:

**DENTAL CHECK-UP AND CLEANING:** After we conduct a dental check-up, a cleaning is performed to remove excess plaque and tartar build-up on the teeth and pockets in the gums. This procedure is normally painless. It will help you and us to determine your short- and long-range dental needs.

**BONDING:** Dental bonding is a cosmetic procedure we use to repair a decayed, chipped or broken tooth to restore the tooth to

its original shape and beauty. Bonding is done to restore or improve your smile.

**FILLINGS:** Fillings are one of the most common restorative dentistry treatments we provide. Used primarily to repair minimal tooth fractures, damaged tooth surfaces or to replace the enamel lost due to tooth decay.

**CROWNS:** If crowns, commonly referred to as “caps,” are needed, we can help preserve damaged teeth that may be cracked or help restore teeth with excessive decay. If you need a crown replacement, we are here and can help.

**BRIDGES:** If you had teeth removed or lost through injury, a bridge may be what is needed to fill the gap. Bridges not only fill the gap, but also help prevent the teeth on either side from migrating toward the gap, thus improving your ability to chew solid foods.

**EXTRACTION:** Tooth extraction is by far one of the least favorite things anyone wants to endure. There are many reasons why a tooth may need to be removed such as severe tooth decay or damage, a tooth is non-functioning and does not have any opposing teeth to bite against causing discomfort, or if there are extra teeth that need to be removed to allow for incoming new ones. We can help and will make every effort to insure the procedure is as painless as possible.



Photo Credit: Praxis Dr. Radeck

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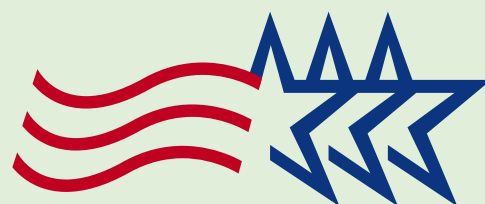
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## WHY HEARING IS SO IMPORTANT RIGHT NOW

(djd). Everyone knows: exercise in the fresh air is healthy and good for you. But in the often gloomy winter months, a walk in fog, rain, snow or dusk can quickly become a challenge. This is especially true for people with hearing loss. If vision is clouded, the focus shifts to other senses - such as hearing. In addition, you listen differently in the dark than in the light because your ear-eye coordination changes. Even a slight hearing loss can lead to increased insecurity when you're out and about.

### Quickly grasp what is approaching

Whether you are walking on dimly lit paths or moving in big city traffic - approaching cars, buses or electric bikes and scooters, as well as alarm signals such as horns, bells, sirens or barking dogs, must be reliably heard and spatially classified. Only then can you react appropriately and avoid accidents. Unfortunately, this is by no means easy when you have hearing loss.

Hearing loss is not uncommon. In Germany, around one in seven adults is affected, and in the age group over 65, around one in two is affected. The digital hearing aid manufacturer audibene, for example, focuses on safety and recommends ta-

king precautions through a hearing test, especially in the dark season. This can be carried out free of charge by an ENT doctor or hearing care professional. Today, such devices are tiny minicomputers that are worn almost invisibly in or behind the ear and improve not only hearing but also the overall quality of life.

### State-of-the-art technology for individual hearing

New generations of hearing aids enable fine tuning to every individual situation, just as you personally want and need it. For example, with dual-chip technology, one chip ensures crystal-clear speech understanding, while the other regulates ambient noise. Thanks to modern battery technology, changing the tiny batteries is no longer necessary. The hearing aids charge inductively overnight. This lays the foundation for being out and about safely in the winter months. In addition, people with poor hearing should adapt their behavior accordingly while on the move. In the dark, light-colored clothing - ideally with reflective strips - is an advantage so that you can be seen better. In general, it is important to always look around carefully and be particularly attentive.

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## What is CrossFit?

# WORKOUT AND TRAINING EXPLAINED

CrossFit is an intensive fitness training that combines functional movements and high intensity. It includes exercises like weight lifting, pull-ups, running and much more. The goal is to improve overall fitness, including strength, endurance and speed. Workouts are often short but challenging and can be done in small groups, with all exercises scalable to an individual's fitness level. CrossFit offers an effective way to increase physical fitness in a motivating environment. The community and competition in CrossFit gyms are an important part of the training concept.

### How is a CrossFit studio different from a traditional gym?

CrossFit workouts are usually daily changing training units put together by a trained CrossFit coach. They are held intensively in small groups/classes. The coaches guide the participants during the training, correct their posture if necessary and monitor the intensity of the workouts. The group atmosphere promotes competition and social interaction. The members support each other, support and motivate each other. In a gym, on the other hand, you usually train alone and follow your own training plan unsupervised. That's never been my thing.

### What does a CrossFit workout look like?

A typical CrossFit workout begins with the coach welcoming the class and introducing the "WOD" (Workout of the Day). After a short warm-up period, the main part of the workout follows, which includes a combination of functional exercises such as weight lifting, bodyweight exercises and cardio training. The workouts are usually time-based or structured in rounds. Participants try to complete the exercises in as short a time as possible or in as many repetitions as possible. The group atmosphere promotes motivation and competition. The workout is followed by a cool-down phase with stretching exercises.

### Can anyone actually do CrossFit?

Basically yes! You don't have to be fit to start CrossFit. You don't have to be a competitive athlete to do CrossFit. That's the great thing about this sport - every workout can be scaled, i.e. adapted to the respective individual performance level. Even beginners can become strong, fit and efficient with CrossFit!

### What's the best way to get started with CrossFit?

Research and find out about licensed CrossFit studios in your area and their courses. The official CrossFit website offers a search function to find studios near you. It is always advisable to have a "get-to-know-you" conversation with the coaches in advance, as they can address your needs/goals or important





details such as physical limitations. A trial training often offers the opportunity to test whether CrossFit is right for you. Most studios also offer a "trial month" at reduced prices, so you can check out the whole thing without any further obligations.

#### Do you need specific equipment for CrossFit?

To start CrossFit you just need a pair of sturdy sports shoes - that's enough! Everything else you need to get started is already in the box.

#### How often should you train CrossFit as a beginner?

If you would describe yourself as rather unfit, two training sessions per week are enough to start gently and slowly and still achieve significant success. The sore muscles and the new physical strain should not be underestimated at the beginning. A two- or three-day break after training is a good idea! If you would like to train more often after two to three months, you can of course do that. The only important thing is: start carefully and increase your workout load step by step.

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| by **Stefan Neidl**

## Whether you're a **recreational athlete**, **retiree** or a **competitive athlete** - **CrossFit is suitable for everyone!**

Licensed CrossFit Level 2 and Level 1 coaches at **CrossFit Grafenwöhr**, experienced in weightlifting, gymnastics and competing ensure that everyone does exactly what they need. Be it recovering from injuries, losing weight or simply having fun and getting healthier. In small groups of around 8-10 athletes, each participant receives individual support - without having to forego the social factor. Because **CrossFit Grafenwöhr** not only stands for an efficient way to make your body fitter and more ready for everyday life. For us, community and togetherness are very important. Members from over five nations, with a wide variety of backgrounds and goals, work together during the classes to improve themselves. Exercises are always adapted to the respective athlete. Beginners and advanced users can train alongside each other, but are equally challenged so that both make progress at their personal levels. The social exchange after the training unit should not be missed.

CrossFit combines content from different types of fitness training. The combination of endurance and strength training, coupled with the body control of gymnastics exercises and the use of various training equipment, such as sandbags and dumbbells, prepare both body and mind for all the challenges of everyday life. CrossFit also impresses with its efficiency. Our trainers ensure an adequate warmup, effective training and targeted cooldown within an hour. The training is not arbitrary - the units follow a plan based on the latest scientific findings in order to achieve not only quick satisfaction, but above all longterm goals. Anyone who wants to continually improve their performance will meet like-minded people at **CrossFit Grafenwöhr**. Several athletes compete regularly and train at their performance level. Laura Rückerl in particular can shine as a trainer with her expertise. The Grafenwoehr native qualified for the German Championships for the third time in a row this year and, with a placement in the top 10, underlined her status as one of the fittest women in Germany.

However, **CrossFit Grafenwöhr** is still suitable for everyone. Be it to prepare for a sports test, to balance out everyday office life, or stay healthy at an advanced age. Our members come from all facets of the community - the oldest member is over 70 years old and can recharge his batteries with us for his grandchildren thanks to individually adapted exercises. As you can see, there are no barriers for entry. Anyone who wants to join, can come along at any time and get started with us.



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# Everything you need to know about winter tires in Germany

Winter tires must be marked with the 3-peak mountain and snowflake by Sept. 30, 2024.



GRAFENWOEHR, Germany — Warm weather is giving way to cold, which means you should prepare your vehicle now for winter. One important thing to know before you hit the road in winter is that Germany has different tire requirements than the United States.

European winter tires have two kinds of markings: a snowflake for snow tires or M+S for tires designed to work in mud and snow, or “matsch und schnee” in German. All-season or all-weather tires may also have the markings and are acceptable for winter driving, but tires designed specifically for snow function better than all-weather tires.

Because you reside in Germany, you may be asking: What kind of winter tires does the German law require? First, it is very important to look for certain signs placed on the tire.

In November 2010, the Bundestag, Germany's parliament, passed a federal law that is much more specific about winter tires. This German federal law was amended in 2015 to require the use of winter tires when conditions are icy. As of January 2018, new winter tires must be marked with the Alpine-Symbol (a 3-peak mountain with a snowflake in the center).

If you own all-season tires or winter tires marked with M+S and produced prior to 2018, they are still approved until Sept. 30, 2024.

The law also apply to motorbikes, trucks and buses, regardless of whether the driver is the owner or is renting the vehicle. All of these vehicles must be equipped with winter tires if you drive in snow or icy conditions.

The German law mandated by the Bundestag requiring winter tires during icy conditions does not specify specific dates, according to ADAC, the German auto club that provides roadside assistance and air rescue. Many German drivers, however, abide by the general rule of “von O bis O” (from O to O), which means snow tires should be put on in October and remain on until Ostern (Easter).

According to the USAG Bavaria Safety office and ADAC, to drive in Germany — no matter the road conditions — ensure you have a tire tread depth of at least 1.6 millimeters. The best is to have 4 millimeters, according to ADAC. A one euro coin can be used for a quick “tread check.” When placed in the tire's tread, you should not be able to see the golden edge of the coin. If you can, the tire needs to be replaced.

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Community members can change tires, by themselves, at the on-post Auto Skills Center.

In some parts of Germany, particularly in the southern mountainous region, snow chains may be required if directed by road signs or police. USAG Bavaria Safety office and ADAC recommend carrying snow chains and checking your route prior to heading out. Know how to put snow chains on before you need them, and make sure you don't exceed 50 kph when driving with them.

If you're unsure if other countries have similar tire laws, check the European Road Safety website. And for more on winter driving, check out the Army Europe Drivers Handbook and Examination.

Remember, if you don't follow these requirements, you can receive a ticket of 80 euro or higher. If you have questions, contact USAG Bavaria Safety office at DSN 526-2303, CIV 09641-70-526-2303.

| by USAG Bavaria Public Affairs

**Be smart and  
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Tires marked only with M+S, which stands for mud and snow traction, may serve as your winter tire through Sept. 30, 2024.



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# Fresh power for all weather conditions

The car battery is particularly challenged in the cold season. A workshop check provides security, and mobile chargers also provide fresh energy when needed.

## A winter check and battery tips prevent car breakdowns in cold temperatures

(djd). Some things never change: With a share of 43.2 percent of all vehicle defects, the starter battery is unchallenged in first place in the ADAC breakdown statistics for 2023 - as it has been for decades. Drivers have it in their own hands to prevent the vehicle from "blacking out": a regular battery check in a specialist workshop makes it possible to identify and correct weak points at an early stage. Especially before the start of the wet and cold season, it is a good idea to make a pit stop to have the vehicle technology and especially the battery professionally checked.

### BATTERY CHECK FOR COMBUSTION ENGINES AND ELECTRIC CARS

The starter battery gradually loses power over years of operation without drivers noticing this aging process. If the voltage is too low, for example, due to many external consumers in the vehicle or lighting not being turned off, the engine can no longer be started. Frosty temperatures can also lead to discharge. "It is therefore advisable to check the battery in the workshop once or twice a year, especially before winter," emphasizes Martin Körner, an expert at Bosch. With appropriate measuring equipment, automotive professionals can identify old batteries and replace them if necessary. The workshop also knows which battery is suitable for each car. Models like the S5 AGM

or S4 EFB are designed for many charging cycles and a long service life.

The workshop appointment is almost even more important for electric and hybrid vehicles. With comprehensive training and the appropriate equipment, Bosch Car Service workshops, for example, are prepared for maintenance needs in the area of electromobility. If the performance of the energy storage in the hybrid car is decreasing, aged modules can be replaced with new, long-lasting nickel-metal hydride modules using a high-voltage repair kit which is significantly cheaper than completely replacing the entire battery.

### ENSURE RELIABLE TECHNOLOGY AND GOOD VISIBILITY

Therefore, when having a winter check done in the workshop, it is also a good idea to have the brakes, lighting and tires checked at the same time. Don't forget the windshield wipers: If they are very worn, they leave streaks on the windshield and impair visibility. New wiper blades therefore represent an important plus in terms of safety, especially in the fall and winter. Your driving style also contributes to a long service life of the starter battery: when starting the cold engine, leave all consumers such as the heating and radio switched off and always depress the clutch to ignite.

Photo Credit: DJD/Robert Bosch

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## Chevrolet Blazer EV is MotorTrend's 2024 SUV of the Year

The all-new Chevrolet Blazer EV topped a field of 40 competitors to win MotorTrend's prestigious "Golden Calipers" for 2024 SUV of the Year. MotorTrend credits the Blazer EV's cutting-edge technology, dynamic design and unprecedented powertrain choices as the reasons for their selection. The Blazer EV continues Chevy's legacy of delivering innovative electric vehicles for its customers, first seen by MotorTrend's 2017 Car of the Year winner, the Chevrolet Bolt EV.

"Chevrolet has truly nailed the design and functionality with the Blazer EV, which looks and operates just as an industry-leading all-electric SUV should," said Ed Loh, MotorTrend Group head of editorial. "The Chevy Blazer EV offers an effortless driving experience, seamlessly integrates into your lifestyle and boasts user friendliness that's hard to match."

The title "SUV of the Year" is one MotorTrend has reserved for only vehicles with the utmost product excellence in the past 25 years. Evaluated on six key criteria, including safety, advancement in design and performance of intended function, the Blazer EV's reputation as the full package rang true to MotorTrend's panel of discerning judges.

"We are excited and honored to receive this recognition for the Blazer EV," said Scott Bell, vice president, Chevrolet. "This vehicle takes convenience and customer choice to the next level, a major step in delivering on Chevrolet's promise to provide an EV for everyone." Available in multiple trims LT, RS and Chevy's first-ever electric SS, the Blazer EV boasts a 17.7-inch-diagonal customizable infotainment touchscreen<sup>1</sup>, available front-, rear- and all-wheel drive configurations and was recently certified by the EPA at 324 miles on a full charge<sup>2</sup> (RWD).

Customers interested in purchasing a Blazer EV should contact their local Chevy EV dealer. Chevrolet's initial launch edition, the Blazer EV RS AWD, is currently available, priced at \$60,215<sup>3</sup>. This price excludes applicable federal tax credits. Pricing for the remaining Blazer EV trims and drivetrains, including FWD variants of the RS and LT, will be announced closer to their launch dates in 2024. Customer orders for other trims will be accepted closer to their launch dates, as well. (Chevrolet USA)

1) Functionality varies by model. Full functionality requires compatible Bluetooth and smartphone, and USB connectivity for some devices.

2) On a full charge. Actual range may vary based on several factors, including ambient temperature, terrain, battery age and condition, loading, and how you use and maintain your vehicle.

3) MSRP. Excludes tax, title, license, dealer fees and optional equipment. Dealer sets final price.

Photo Credit: Chevrolet USA

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# The All-New 2024 BMW X2

The BMW X2 introduced the concept of a Sports Activity Coupe (SAC) for the premium compact segment. And now the more distinctive, sportier, and tech-forward second generation makes its debut. Significantly larger dimensions, a pronounced coupe silhouette, and dynamic lines broadcast the leap in development taken by the all-new BMW X2. The progressive character of the new X2 is also evident in the array of systems enabling automated driving and parking, and in the innovative digital services provided by the new BMW iDrive with QuickSelect and BMW Operating System 9.

As the youngest member of the BMW X model family and one with distinctive emotional appeal, the 2024 BMW X2 embodies a youthful and progressive lifestyle. The new X2 has everything it needs to build on the success of its predecessor, more than 380,000 examples of which were sold worldwide, and in the process strengthen the brand's position in the growing compact segment.

The 2024 BMW X2 will make its world debut at the Japan Mobility Show in Tokyo (formerly the Tokyo Motor Show), which will open its doors on October 26, 2023. The US market launch of the compact SAC will commence in March 2024.

## **Sporting presence, modern and spacious interior.**

The proportions, lines, and surface treatment of the all-new BMW X2 exude sporting prowess, individuality, and a confident presence. The X2's distinctive exterior appearance sets it apart in character from the BMW X1 compact Sports Activity Vehicle and is accompanied by a modern cockpit design shaped by digital innovations including the BMW Curved Display and by generous levels of interior space.

The BMW X2 has grown by 7.6 inches in length over its predecessor, to 179.8. This means it's now 2.6 inches longer than the new BMW X1. Its wheelbase is now 106.0 inches (+ 0.9 inches), and width has grown 0.8 inches to 72.6. Wider tracks at both the front and rear, together with the larger-diameter wheels, give the new BMW X2 a broader, more muscular stance. Overall height is now 62.6 inches, up 2.5 inches compared with the previous generation. The result is dynamically stretched proportions that embrace two signature features of a BMW Sports Activity Coupe: a vertical front end and a roofline flowing deep into the rear end in the traditional coupe style.

Inside, the new BMW X2 has seating for five adults. Both the driver and front passenger and those in the rear seats benefit from noticeable increases in shoulder and elbow room. Kneeroom in the second row of seats has been expanded by a full inch. The rear seat backrests can be folded in a 40:20:40 split. With all the seats in use, the new BMW X2 can accommodate 25.3 cubic feet of cargo. A maximum of 51.7 cubic feet of storage is available with the rear seats folded.

## **Front end with a strong character and unique design features.**

The front-end design of the new BMW X2 brings sporting appeal and visual excitement to the premium compact segment. Front and center are new interpretations of two signature brand features: the BMW kidney grille and twin headlights. The two connected elements of the kidney grille together form an almost hexagonal contour, recalling the front-end design of the



BMW X4 and BMW X6 models. The outline of the BMW kidney grille is highlighted by a three-dimensional surround. The optional illuminated BMW kidney grille gives the X2 an expressively distinctive appearance, especially after dark. The model-specific air inlet grille with sporty honeycomb structure is finished in black high gloss.

The headlight units extend well into the wheel arches. The new BMW X2 comes standard with LED headlights for low and high beam. Two vertical LED units with a subtle arrow shape include the daytime driving lights and turn signal indicators. M Shadow-line headlights may be specified as an option.

The lower air intake extends well into the sides of the front end. It is flanked to either side by elegant, wing-shaped inlays, which guide the onrushing air to the air curtains in the front apron. Together with the eye-catching headlights, the new BMW kidney grille, and a windscreen much more heavily raked than on the new BMW X1, this creates a slim yet powerful front view that emphasizes the width of the X2 and exudes solidity.

### **Interior and equipment. Premium ambience and functionality with a sporting flavor.**

A modern premium ambience with sporting touches and a lot more space than was offered by the previous model await the driver and passengers inside the new BMW X2. High-quality materials, precise workmanship, and a host of details executed



with innovative flair reveal the progress that has been achieved with the new model generation. Generous on-board spaciousness and noticeably increased legroom in the rear compartment combine with a significantly larger luggage compartment, which gives the compact Sports Activity Coupe an impressive degree of practicality.

The progressive aura in the interior of the all-new BMW X2 results primarily from the fundamental upgrades to the display and control/operation system. The new BMW iDrive with Quick-Select based on BMW Operating System 9 represents a reimagining of the driver-centered cockpit design to focus on touch and voice control – via the BMW Curved Display and the BMW Intelligent Personal Assistant. The broad-based implementation of digitalization enables the number of physical buttons, controls and switches required for intuitive operation to be significantly reduced.  
(BMW Group In America)

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## VOLVO CAR USA ANNOUNCES PRICING FOR 2025 VOLVO EX30

Volvo Car USA announced today pricing for its first small premium fully electric SUV, the Volvo EX30. Unveiled to the world this past June in Milan, Italy, the EX30 expands the Volvo Cars lineup of fully electric vehicles to four models.

With an attractive starting price of just \$34,950, Volvo customers can get a premium fully electric SUV for a similar price to an internal combustion engine-powered equivalent.

### MADE FROM CONCENTRATE

Described by the Volvo Cars Design team as “an espresso shot of Volvo,” EX30 confidently distills the company’s Scandinavian design principles into a smaller, more concentrated package.

Customers can configure their EX30 with the choice of five exterior colors – Moss Yellow, Cloud Blue, Vapour Grey, Crystal White, or Onyx Black – ranging from bold and playful, to pure and elegant.

Moving inside, EX30 invites both drivers and passengers to experience the luxury of minimalistic Scandinavian design, using a combination of natural and recycled leather-free materials. Four unique interior design expressions – Mist, Pine, Indigo, & Breeze – are brilliantly complemented by five available ambient light themes, each inspired by Swedish landscapes, making it easy to create a personal EX30.

### BIG ON FEATURES, TOO

The Volvo EX30 comes with all the safety you’d expect from a Volvo car. Equipped with a wide array of radars, cameras and ultrasonic sensors, EX30 is engineered to help protect the people on the inside, as well as the world around it, using the company’s extensive knowledge gained from studying real world accidents and injuries.

Designed to have the lowest carbon dioxide footprint of any Volvo car to date\*, EX30 is also big on planetary safety, representing a major step in the company’s ambitions to be a fully electric car company by 2030 and carbon neutral by 2040.

Standard on every Volvo EX30 is Google built-in, featuring native Google Maps and Google Assistant. Also standard is wireless Apple CarPlay, and a range of advanced safety features including a Driver Alert System, Blind Spot Information System (BLIS), Door Opening Alert and Front & Rear Collision Mitigation.

Upgrading to the Plus equipment level, EX30 owners can enjoy an immersive sound experience by Harman Kardon Premium Sound, a dual tone panoramic roof in Onyx Black, as well as 19 inch wheels.

The Ultra equipment level includes highlights like the next generation of Pilot Assist with Lane Change Assistance, 360 Camera with 3D View, and Park Pilot Assist.

Details on the full consumer offer will be available in the coming weeks.

### HIGHLY CAPABLE POWERTRAINS

The choice of two flexible and efficient electric propulsion options means the EX30 can conquer any journey, from commuting and city driving to weekend adventures.

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With up to 275 miles of EPA estimated fully electric range – the Single Motor Extended Range variant of the Volvo EX30 will be offered with the choice of three equipment levels: Core, Plus and Ultra.

### SINGLE MOTOR EXTENDED RANGE

Equipment level	Starting MSRP (excluding \$1,295 destination)
Core	\$34,950
Plus	\$38,900
Ultra	\$40,600

With a 0-60 mph time of just 3.4 seconds – the Twin Motor Performance variant of the EX30 is the fastest accelerating Volvo car, ever.

### TWIN MOTOR PERFORMANCE

Equipment level	Starting MSRP (excluding \$1,295 destination)
Plus	\$44,900
Ultra	\$46,600

Pre-order deposit holders can begin to configure their EX30 later this fall, with deliveries expected to commence in the first half of next year. Customers interested in the Volvo EX30, or the rest of the Volvo Cars lineup, should contact their local retailer or visit [volvocars.com/us](http://volvocars.com/us) to learn more. (Volvo Car USA LLC)



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# Public Transport in Germany

## 1 How to buy a Ticket

BUS

S

U

**Public transport in Germany and Europe is generally excellent. It is very practical to live in a major German city or metropolitan area without owning a car. Even medium-sized cities have a good public transport network with buses, trams and commuter trains to transport people.**

### How to buy a ticket

Unlike the "Tube" in London, the Metro in Paris, the BART in San Francisco or the S-Bahn in most cities around the world, there are no turnstiles on the S-Bahn and U-Bahn stations in Germany. You don't have to put your ticket into a machine to catch your train.

So you might be tempted not to buy a ticket, but the German "honor system" for public transport works on the principle of "trust but control." You never know when the inspectors in plain clothes will suddenly show their IDs and say the dreaded words: "Tickets please!" (Anyone caught without a valid (stamped) ticket must pay a fine on the spot - including tourists! The fine was increased from €40 to €60 (about \$66) in spring 2015. As the normal fare for a one-way trip is only €3.00, it really isn't worth the embarrassment, let alone the fine.

### N Note

Most of this information applies throughout Germany, but there are slight differences in some cities. For example, in Hamburg, unlike in Berlin and Frankfurt, you don't have to validate your S-Bahn ticket because you can't buy it in advance. The rules for bicycles also vary from city to city. Always check local rules and regulations.

Since most public transport in Germany is organized regionally, a ticket for the S-Bahn is also valid for a tram or a bus. The Berlin S-Bahn, for example, is a subsidiary of Deutsche Bahn, but also belongs to the Berlin-Brandenburg Transport Association (VBB). This means that a ticket purchased at an S-Bahn station is also valid for buses, subways or trams. If you buy a ticket from a bus driver (which is common in Berlin), it is also valid for the S-Bahn as long as you use it within two hours of purchase. Tickets are also available at the multilingual ticket machines on the platforms or at the sales points in major train stations.

## T Travel without paying

The German verb "schwarzfahren" means to ride public transport without a ticket ("to ride black," as in the black market). A person who does this is called a fare evader. In the 1980s, some students in Germany founded the so-called fare evader insurance. If they were caught, the informal insurance group paid their fine. Although there are currently similar fare evasion insurance policies in Paris and Stockholm, this idea is not very popular in Germany, especially after the recent increase in fines.

Berlin, Frankfurt, and some other cities also offer short route tickets (Kurzstrecke) that are good for a maximum of three stops. If you buy a short-route ticket and then travel past the limit, it's the same as having no ticket.

In 2022, Berlin has finally joined Frankfurt and Munich in offering an S-Bahn and a Regio express link to the airport! With an ABC zones ticket, it is now possible to travel by S-Bahn between Berlin Brandenburg Airport (BER) and central Berlin. See "Taking the S-Bahn or FEX to or from the new BER Airport" below for more information.

## C Credit Cards

It's a true miracle! Credit cards are now accepted! Since August 2017, the S-Bahn at their ticket machines and the Berliner Verkehrsbetriebe (BVG), which operates Berlin's buses, trams and subways, accepts credit card payments for tickets purchased at the BVG's 680 ticket machines. As usual, however, there are some catches. Firstly, only chip cards with a PIN code work, not magnetic stripe cards. Second: American Express is not accepted. But MasterCard, Visa, V-Pay, Visa-electron and Diners cards are fine. Although the BVG says that this will happen soon, the ticket machines on the trams currently do not accept credit card payments. Only coins, not even paper money!



### Scan me

Find out more about credit cards and cash payments in Germany in issue 03/2024 on page 34.

| by Editor



With the DB ticket machine you can easily and quickly get tickets for all DB local and long-distance transport offers and the respective network area. You will also receive timetable information with real-time information.

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# BUCKET LIST

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LIVING IN EUROPE PROVIDES AMAZING OPPORTUNITIES FOR THE BEST VACATIONS. FIGURING OUT WHERE TO GO OVER THE HOLIDAY SEASON CAN BE OVERWHELMING WITH SO MUCH TO SEE AND DO. IF YOU'RE LOOKING TO GET AWAY, HERE ARE SOME BUCKET-LIST WORTHY ITEMS TO CONSIDER:

### 1) NORTHERN LIGHTS: LOFOTEN, NORWAY



The Norwegian Northern Lights are an unmissable phenomenon that's not just on the New York Times list. The Northern Lights are an elusive natural phenomenon that is as unpredictable as they are extraordinary.

### 2) VALKENBURG, NETHERLANDS



Discover the most beautiful Christmas parade in Europe this year. Rumor has it that Santa Claus actually comes from Valkenburg aan de Geul. Because when the days get shorter, Valkenburg - in the enchanting Heuvelland region in the south of the Netherlands - turns into a cozy and atmospheric Christmas town.

### 3) PRAGUE CHRISTMAS MARKET



Christmas and Christmas markets are the best things winter has to offer. Prague's Christmas markets can boast of being voted the most beautiful of these events by USA Today readers in an extensive poll.

### 4) SKIING IN THE ALPS



If you love skiing, winter is the perfect time to visit Europe as there are numerous skiing opportunities. The ski season in Europe begins with the end of the Christmas season. So don't think that there is nothing to do in Europe in January and February.

### 5) VENICE CARNIVAL



Every winter, Venice transforms into a dazzling carnival metropolis. Extravagant masks and costumes, traditional events and Venetian balls await you in the Italian lagoon city.

### 6) A SCENIC TRAIN RIDE IN SWITZERLAND



A scenic train ride should be on your European winter list if you want to enjoy the snowy mountains and breathtaking landscapes but don't want to freeze outside.

# MERRY Christmas

AND A HAPPY  
NEW YEAR

The Bavarian Times-Team  
wishes you happy holidays,  
good luck and success  
in 2024.

We thank our readers,  
customers and business  
partners for the good  
cooperation  
in the past year.

TAKE WHAT  
YOU NEED

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GIFT IDEAS



QUIETNESS



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TIME WITH THE FAMILY



FRESH SNOW



THE SMELL OF COOKIES



A CUP OF HOT PUNCH

PEACE AND HOPE FOR 2024



THE SCENT OF SPRUCE



CATCHY TUNE "LAST CHRISTMAS"

## TRADITIONAL ADVENT MARKET IN GRAFENWOEHR ON DECEMBER 9

It gets very Christmassy in Grafenwoehr when the traditional Upper Palatinate Advent market takes place on the market square on December 9. With cookies and mulled wine you can toast to contemplative hours together. It starts at 2 p.m. with a wide range of food, Christmas goods, spices and decorative items at various booths by vendors and Grafenwoehr clubs and groups. There is also constant entertainment on stage thanks to performances by various groups. Live camels, a children's carousel and a visit from Santa Claus ensure fun for the whole family. The evening ends with a concert by the band "Project B" with rocking Christmas hits. Other well-known elements such as the wood carvers' nativity scene, the citizens' association's tombola and the afterparty in the Winterstüberl in the Kommunbrauhaus are also part of the market again this year.

Photo Credit: City of Grafenwoehr



## CHRISTMAS CONCERT BY THE USAREUR BAND IN GRAFENWOEHR

A highlight at the end of the year is the tried and tested Christmas concert by the US Army Europe and Africa Band & Chorus, which will take place this year on Sunday, December 10, in the Grafenwoehr Stadthalle auditorium. Under a theme to be announced, the military band will play great arrangements of Christmas carols and other well-known songs. The event starts at 7 p.m., doors open at 6:30 p.m. Admission is free. If you want to get a good seat, you should be there early. Seating is first come, first served. Drinks and small snacks are provided.

## CUSTOMS, HANDICRAFTS AND SANTA CLAUS



### ADVENT MARKET AT THE "TAUBNSCHUSTER" IN ESCHENBACH

ESCHENBACH, Germany – On the first Sunday of Advent, December 3, the Eschenbach local history association will be holding its traditional Advent market from 1 p.m. in the house, yard and barn at the "Taubnschuster" and in the adjacent Wassergasse.

This year, the focus is again on pre-Christmas customs and traditional handicrafts. Numerous vendors have registered. There is pottery, handicrafts, macrame artwork, jewelry, felt goods, hand-knitted socks, winter hats, liqueurs and schnapps, jams, Christmas cookies, honey products, candles, crocheted animals, woodwork and winter decorations for the home and garden. You can buy books about Eschenbach's history and Upper Palatinate literature at the book stand. There is also a small flea market with ancient rarities.

Of course there are Christmas pastries, mulled wine and chestnuts roasted over a wood fire. For this purpose, the Taubnschusterhaus and the adjacent Wassergasse will be decorated for Advent and atmospherically illuminated. Grilled sausages, chestnuts and hot punch taste particularly good around the roaring campfire. You can sit comfortably in the warm rooms by the tiled stove with coffee, cake or a glass of wine or beer. Various sales booths await visitors in the culture hall on the first floor. There you can also see a nativity carver, a lace maker and a spinner at work.

Of course, the new museum on the city's history and local brewing is open, including the special exhibition "Aufspüld und gsung - Eschenbach musicians then and now." A pre-Christmas music program begins at 3 p.m. with choirs and instrumental groups on the stage in the inner courtyard. Santa Claus will stop by at 3:30 p.m. The Eschenbach night watchman with his trumpeter will announce the imminent conclusion of the Advent market in the Taubnschusterhof at around 6 p.m.

| by Renate Gradi

## Oberpfälzer Advent Market

**Saturday, December 9th 2023 from 2 - 10 p.m.**  
**Market Square Grafenwoehr**

German-American  
greetings with  
Christmas Angels

Musical  
performances

Gifts  
from  
Santa Claus

Carousel  
&  
Camels

Rocking  
X-Mas

Band  
„Project B“  
Benno  
Englhart

**The City of Grafenwoehr**  
cordially invites you to attend

Large  
raffle



## Romantic Christmas market at Dagestein Castle in Vilseck

Vilseck clubs get in the mood for Christmas with Christmas-smelling hot drinks and sweet or savory dishes. Crackling campfires in the castle courtyard provide cozy warmth and live music creates a nice ambiance. Artisans and hobbyists present their range of goods in three barns. If you are looking for a little something for the gift table, you will find it here. There is also a book flea market at the city and parish libraries and a Christmas reading for children.

**Saturday**, at 4:45 p.m., the children of St. Josef kindergarten will march with lanterns from the market square to Dagestein Castle, where the Christmas market will officially open. Afterwards, St. Nicholas gives the children presents. From 6:30 p.m. the stage belongs to the "Guitar Man." Thoroughbred musician Richie Necker presents his "Guitar Christmas Special." An extraordinary program of various genres, rock, soul or pop, ballads, blues or country, sometimes English, German, Italian or Spanish, as well as atmospheric "Christmas classics"

orchestrated with a wide variety of guitars, carried by the musician's distinctive voice.

On **Sunday** from 2 p.m. the Vilseck Music Club and the Tower Brass musicians from Schlicht will get you in the mood for Christmas. At 5 p.m. the Christ child distributes small gifts to the children. From 5:30 p.m. the music club's brass band will warm up the visitors. At 7 p.m. the Vilseck night watchman says goodbye to the visitors with his traditional New Year's saying.

As always, admission is free! Further information:  
[www.facebook.com/vilseck-entdecken](https://www.facebook.com/vilseck-entdecken)

### OPENING HOURS:

**Saturday, Dec. 9, 2023** 4:45 – 9 p.m.; doors open at 4 p.m.  
**Sunday, Dec. 10, 2023** 2 – 7 p.m.



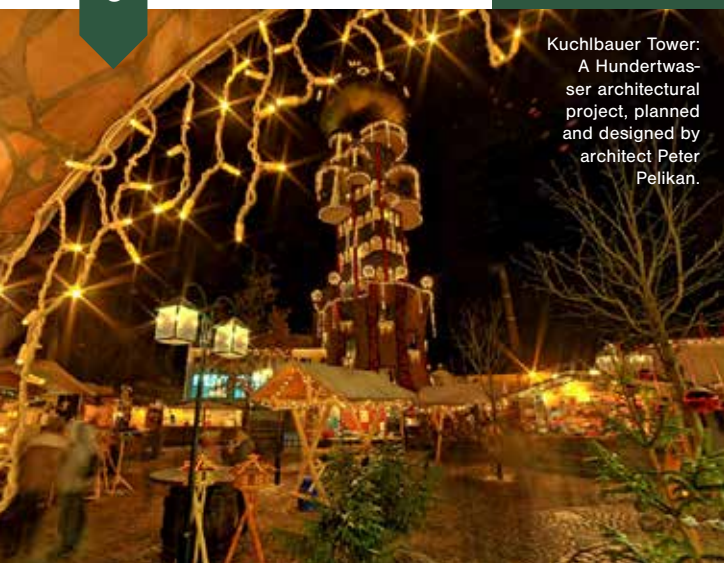
VILSECK DAGESTEIN CASTLE

## Romantic Christmas Market Dagestein Castle, Vilseck

December 9th and 10th, 2023  
Saturday 4:45 – 9 p.m. | Admission 4 p.m.  
Sunday 2 – 7 p.m.



Let us put you in the mood for Christmas!



Kuchlbauer Tower:  
A Hundertwasser  
architectural  
project, planned  
and designed by  
architect Peter  
Pelikan.

# Regional Christmas markets

AROUND  
GRAFENWOEHR,  
VILSECK AND  
HOHENFELS



## CHRISTMAS MARKET AT THE KUCHLBAUER TOWER

The Christmas market at the Kuchlbauer Tower in Abensberg traditionally opens in Advent, from November 22 to December 22, 2023, on Wednesdays and Thursdays from 2 p.m. to 9 p.m., Fridays from 2 p.m. to 10 p.m., Saturdays from 12:00 p.m. to 10 p.m. and Sundays from 12 p.m. to 9 p.m.

## AMBERG CHRISTMAS MARKET

The Amberg Christmas market traditionally opens from November 30 to December 23, 2023 on weekdays from 10 a.m. to 8 p.m. and on Sundays from 1 p.m. to 8 p.m. on the market square of the city of Amberg (Upper Palatinate).

## FRANCONIAN CHRISTMAS MARKET IN ANSBACH

The Ansbach Christmas market has become an insider tip for Christmas market fans in Middle Franconia. Lovingly designed booths, open fireplaces, the scent of mulled wine and roasted almonds, Franconian delicacies based on the famous Ansbach bratwurst and Christmas handicrafts invite you to stroll through the market. Opening times: November 30 to December 23, 2023; Sunday to Wednesday, 11 a.m. to 8 p.m.; Thursday to Saturday, 11 a.m. to 9 p.m. on Martin-Luther-Platz, Montgelasplatz and around the Stadthaus

## BAMBERG CHRISTMAS MARKET

In the heart of the old town, with its illuminated streets and beautifully decorated shops, it smells like sausages and roasted almonds, mulled wine or gingerbread. The market booths offer toys, Christmas decorations, arts and crafts, but also high-quality items and the children's eyes are glued to the displays. The Bamberg Christmas market from November 28 to December 23, 2023; it is open Monday to Saturday from 9 a.m. to 8 p.m., and Sunday from 11 a.m. to 8 p.m.

## BAYREUTH CHRISTMAS MARKET

There is hardly a better place in Bayreuth and in the region to get in the mood for Christmas than the Bayreuth Christmas market. In front of the magnificent backdrop of historic Bayreuth, which is brightly lit in the evening hours, numerous booths on the market square offer culinary delicacies and Christmas goods that are simply part of the time before the festival of festivals. From November 27 to December 23, 2023; Market opening hours: Monday from 10 a.m. to 7.30 p.m., Friday and Saturday from 10 a.m. to 9 p.m., Sunday from 11 a.m. to 7.30 p.m.

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- March/April, 2024



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# Historical, romantic Christmas market at Guteneck Castle

The area around Guteneck Castle is once again transformed into a winter fairy tale and is being illuminated for the second time by light artists from Coburg University using energy-saving technology. This means we can offer you, as usual, a very special atmosphere despite the tense energy situation. On the four weekends before Christmas, Count Beissel von Gymnich creates the 17th unique Christmas market, which particularly appeals to all the senses. A place is created where people can travel back to another time. Childhood dreams are awakened again in the peaceful and harmonious atmosphere.

The many huts and booths are spread across the 50,000 square meter spacious castle grounds with the associated forest, the estate and the castle courtyard. For example, you can look over the shoulder of a glassblower, wood turner, blacksmith and many other craftsmen as they produce high-quality, historical crafts. A variety of animals (pony rides, a falconer with his birds of prey and a petting zoo) can be marveled at, as can the impressive, life-size nativity scene made by master craftsmen - pure castle romance that can be experienced first-hand.

The idyll of this almost mysterious atmosphere is brought to life by the booth operators and jugglers dressed in medieval clothing. And if you're looking for a unique gift among the ex-

clusive Christmas items, you're sure to find it here. The diverse musical program in the beautifully illuminated castle church is carefully put together. The delicacies booths spread throughout the market, the traditional mulled wine booths, the castle café and gingerbread houses on the fairytale trail ensure your physical well-being. Every year the Christ child, Christmas angels and Santa Claus are also present, making the market glitter and shine. The Christmas market at Guteneck Castle will once again be a special, magical time for everyone.

## INFO

23-25 November 2023 | 30 November - 3 December, 2023  
7-10 December 2023 | 14-17 December 2023  
Saturday-Sunday, 11 a.m. to 8 p.m.,  
Thursday-Friday, 4 p.m. to 8 p.m.  
Closed on Sunday, November 26 (church holiday)

## ADMISSION

Thursday and Friday: Reduced admission, €7 for everyone  
Saturday and Sunday: Adults and children, ages 12 and older, €8  
Bus groups of 20 or more people pay €7/person.  
Admission is free for children up to 12 years and for visitors dressed in medieval clothing!

Further information at [www.schloss-guteneck.de](http://www.schloss-guteneck.de)

Phone: 09675 91 46 62 | [kontakt@schloss-guteneck.de](mailto:kontakt@schloss-guteneck.de) | [www.schloss-guteneck.de/veranstaltungen/weihnachtsmarkt](http://www.schloss-guteneck.de/veranstaltungen/weihnachtsmarkt)

## 17. HISTORICAL, ROMANTIC CHRISTMAS FAIR AT CASTLE GUTENECK NABBURG / OBERPFALZ



[WWW.SCHLOSS-GUTENECK.DE](http://WWW.SCHLOSS-GUTENECK.DE)

\* CHOICE OF THE BIGGEST CHRISTMAS MARKET PORTAL  
[WWW.WEIHNACHTSMARKT-DEUTSCHLAND.DE](http://WWW.WEIHNACHTSMARKT-DEUTSCHLAND.DE)

23.11. - 17.12. / THU • FR • SA • SU

THURSDAY AND FRIDAY: 4PM - 8PM  
SATURDAY AND SUNDAY: 11AM - 8PM

**CHRISTMAS MARKET BURGLENGENFELD**

Visit the atmospheric and beautiful historic Advent market at Lengfeld Castle in Burglengenfeld. A real pre-Christmas program awaits visitors as they walk around the castle grounds between the Sinzenhof Tower, the Powder Tower and the beautifully decorated historic Zehr garden. Opening hours: December 01 till 03 2023 from 1 p.m. to 5 p.m.

**ERLANGEN FOREST CHRISTMAS**

The Erlangen Forest Christmas traditionally opens from November 27 to December 23, 2023, Monday to Friday from 10 a.m. to 9 p.m., Saturday from 10 a.m. to 10 p.m., Sunday from 11 a.m. to 9 p.m. and on December 24 from 10 a.m. to 2 p.m. on the Schlossplatz in the city of Erlangen.

**CHRISTMAS MARKET IN FRIEDENFELS**

The Christmas market in Friedenfelds traditionally opens on the third weekend in Advent, December 16, 2023, on Saturdays from 3 p.m. to 7 p.m. and on Sundays from 1 p.m. to 7 p.m.

**CHRISTMAS MARKET AT GUTENECK CASTLE**

The Christmas market at Guteneck Castle opens on the first to fourth weekend in Advent, from November 23 to December 17, 2023, on Thursdays and Fridays from 4 p.m. to 8 p.m., Saturdays and Sundays from 11 a.m. to 8 p.m.



Christmas Market at Guteneck Castle.

**HERSBRUCK CHRISTMAS MARKET**

The Hersbruck Christmas market is open from November 24 to December 23, 2023, Thursday to Saturday from 4 p.m. to 10 p.m., Sunday from 2 p.m. to 10 p.m. on the lower and upper market of the city of Hersbruck. It may not be one of the largest, but it is one of the finest markets in the region.

**KEMNATH CANDLELIGHT SHOPPING**

Traditionally, on Friday, December 1, 2023, from 4 p.m. to 10 p.m., the KEM Association invites you to candlelight shopping in Kemnath. The Christmas market opens with the Kemnath Christ Child who is accompanied by the little angels. Of course, Santa Claus, accompanied by Knecht Ruprecht, also stops by and hands out presents to the children. Afterwards, photos can be taken again with the "heavenly companions."

# 31ST PRESSATH CHRISTMAS MARKET TAKES PLACE ON DECEMBER 3

On Sunday, December 3, it will be really Christmassy in Pressath. From 10 a.m. to 8 p.m. there will be lots of Christmas things to see and buy on Schulstrasse and in the "Haus der Vereine."

Visitors can stroll between the many booths and perhaps do some Christmas shopping. There is the smell of mulled wine and a variety of spices in the air. In addition to Christmas arrangements and craft items, delicatessen and game specialties can also be purchased.

**CHRISTMAS MARKET AT BURGTRESWITZ CASTLE**

The romantic Christmas market at Burgtreswitz Castle traditionally opens on the second weekend in Advent, December 9 and 10, 2023, on Saturdays from 3 p.m. to 9 p.m. and on Sundays from 1 p.m. to 7 p.m. in Moosbach. You can look forward to many vendors and craftsmen with beautiful gift ideas for Christmas, Christmas stories in dialect, Christmas music and seasonal culinary delights.

**CHRISTMAS MARKET NEUMARKT IN THE UPPER PALATINATE**

From November 30 to December 23, 2023, the Neumarkt Christmas market will open the doors of its lovingly decorated little wooden houses on the town hall square and invite visitors from near and far to take a romantic stroll in front of the imposing façade of the historic town hall. An open fireplace provides cozy warmth in the middle of the market. Above it, a large cauldron of Feuerzangen punch is prepared every day according to a secret recipe - an absolute must at the Neumarkt Christmas market! Opening hours: Mondays - Wednesday: 2 p.m. - 8 p.m.; Thursdays - Fridays: 2 p.m. - 9 p.m.; Saturday: 1 p.m. - 9 p.m.; Sundays: 1 p.m. - 8 p.m.

**TIRSCHENREUTH ARTS AND CRAFTS CHRISTMAS MARKET IN THE FISCHHOF**

The arts and crafts Christmas market traditionally opens on the first and second weekend in Advent, November 26 and 27 and December 03 and 04 2023, on Saturdays from 3 p.m. to 10 p.m. and on Sundays from 1 p.m. to 8 p.m. With around 130 booths, the wide range of exhibitors fits into the historical backdrop of Fischhof and Fischhof park in Tirschenreuth. Christmas tree balls and carvings, candles, ceramics, metal, jewelry, fine soaps, spices and many more seasonal items are offered.

**HISTORICAL CHRISTMAS MARKET IN WEIDEN**

The Weiden Christmas market traditionally opens daily from November 30 to December 23, 2023 from 11 a.m. to 8 p.m. on the Upper Market, downtown Weiden. Against the backdrop of the Old Town Hall and the lovingly renovated old town houses with many Renaissance gables, a unique, romantic atmosphere

The supporting program is also quite impressive. Children can look forward to a visit from Santa Claus. There is also a Christmas reading hour and various choirs and singer Anna Schön will get you in the mood for the holidays with Christmas carols.

| by **Renate Gradl**



awaits visitors. This year, the old town hall will once again be transformed into a giant advent calendar. Other attractions for young visitors are the lovingly designed "Fountain Crib" and the fairytale houses on the Lower Market.

#### CHRISTMAS MARKET AND WINTER MARKET AT WALDWIPFELWEG (TREETOPPATH)

Christmas market and winter market on the Waldwipfelweg in St. Englmar in the Bavarian Forest: Atmospheric, romantic booths with creative, Christmas and handicraft gift ideas, warming mulled wine and delicious, wintery and regional delicacies. There is free bus and car parking and a short, illuminated footpath to the site.

Address: Waldwipfelweg, Maibrunn 9a, 94379 St. Englmar  
Opening times: Christmas market on November 24 to December 23, 2023 on the four Advent weekends: Fridays from 3 p.m. to 8 p.m. / Saturdays and Sundays from noon to 8 p.m.  
Winter market: December 27-30, daily from noon to 6 p.m.

| by **Editor**



## SHINY LIGHTS & BOOTH MAGIC AMBERG CHRISTMAS MARKET ON THE MARKET SQUARE

It smells of roasted almonds, gingerbread and grilled sausages. The city's Christmas lighting with its many lights invites you to forget the stress of everyday life and spend a few wonderful hours with family and friends with a cup of delicious mulled wine.

#### Thursday, December 7th, 6:30 p.m

The Ramona Fink Gospel Group performs.

#### Friday, December 8th, 6:30 p.m

Johnny Gold, the "King of Schlager music," spreads cheer.

#### Sunday, December 17th, 5:30 p.m

The Upper Palatinate Castle Devils provide eerie pleasure. They embody the figures of the Rough Nights.

#### Saturday, December 23rd

"Amberg sings in Advent." Visitors are invited to sing along with the town hall brass band in the market square.

Many other events on the live stage provide entertainment on cold Advent days - including the Ladies Big Band Waidhaus, Christmas karaoke and much more. Young and old alike get their money's worth.

**Admission to all events is free.**

Amberger  
Weihnachtsmarkt  
am Marktplatz

36<sup>th</sup> christmas market at the  
marketplace in Amberg

From November 30<sup>th</sup> to December 23<sup>rd</sup>

Opening times  
Monday to Wednesday: 10.00 am to 8.00 pm  
Thursday to Saturday: 10.00 am to 9.00 pm  
Sunday: 1.00 pm to 8.00 pm

HIGHLIGHT  
Sunday, Dec. 17, 2023 | SCHLOSSTEUFEL

Christmas deco throughout the city center.

## KNOWN NATIONWIDE, POPULAR AND CONSISTENT: THE ARTS AND CRAFTS CHRISTMAS MARKET OF THE LIONS CLUB TIRSCHENREUTH

After the very successful first event after Corona last year, the Lions Club Tirschenreuth's arts and crafts Christmas market will also take place in 2023 on the first two weekends of Advent. The organizers also point out the large nativity scene exhibition by the Krippenfreunde Tirschenreuth e.V., which only takes place every five years and can be perfectly combined with a visit to the market.

The impressive lighting of the entire area around the historic fish farm, which is a nationally known trademark of the market, will also guarantee a special experience this year. Since 2017, Bavarian television has ranked the arts and crafts Christmas market in Tirschenreuth in seventh place among the ten most interesting Christmas markets in Bavaria. A fact that will continue to attract entire busses full of visitors from Upper Bavaria and other regions of Germany to the Stifftland region in 2023.

As with previous markets, the issue of energy is taken very seriously by those responsible. The event benefits from the fact that state-of-the-art LED technology has been used since 2012. The well-known lighting of the Fischhof Bridge with the "snowflakes" and the almost 30-meter-high Christmas tree, two outstanding landmarks of the arts and crafts Christmas market, require the power of around five 60-watt light bulbs. On this basis, the charm of the handcrafted Christmas market can be maintained with a clear conscience in the context of environmental awareness. Traditionally, the lighting at the Lions Tirschenreuth arts and crafts Christmas market is switched on for the media on the Friday before the first weekend of Advent at 6:00 p.m., with this year's motto color visible for the first time. This color is also reflected in the exclusive collector's cup, which once again depicts a Christmas motif of a location in the district town of Tirschenreuth. The strictly limited edition will be given away free of charge to the first 2,000 visitors on all four market days. The market will officially open on Saturday, December 2nd, 2023, at 4:00 p.m. in the historic Fischhof - as always with the musical accompaniment of the hunting horn players. The market is open on the first and second weekend of Advent, on Saturdays from 3 p.m. to 10 p.m. and on Sundays from 1 p.m. to 8 p.m. The full booking of all booths in advance guarantees a wide variety of offers.

More than 130 exhibitors will once again ensure a colorful and varied arts and crafts market this year. They show their handcrafted and artistic creations - from artistically refined Christmas tree balls and delicate carvings to scented candles, spices and individual jewelry. This time too there will be numerous musical contributions. The alphorn players will perform on Sunday, December 3rd, 2023, and Saturday, December 9th, 2023, at 5 p.m. in front of the entrance to the historic Fischhof. In addition to the handicrafts, which make up a large part of the market, the culinary offerings are also not neglected. Visitors can choose from a wide range of food - from traditionally roasted almonds and nuts, various types of mulled wine, Feuerzangen punch to hearty dishes such as crusted roast, shashlik pan, pizza, bratwursts and langos to freshly handmade potato chips and even Ethiopian dishes.

The Lions Club Tirschenreuth's traditional Christmas raffle with 2,000 prizes such as geese, ducks and gingerbread should not be missed. On all four market days, Santa Claus distributes gifts to the children from 5 p.m. to 6 p.m. And there is also a lot on offer for the little ones with the large children's railway and the curious alpacas with their kind eyes. As in previous years, entry is 3.50 Euros, children and young people up to 14 years of age are free. This year, the net proceeds will once again benefit charitable and social institutions in the district and in the northern Upper Palatinate region. The members of the Lions Club are looking forward to numerous visitors and wish for good weather, including snow, and an atmospheric Advent season.

The organizers would also like to draw attention to the large nativity scene exhibition organized by the Krippenfreunde Tirschenreuth e.V. in the MuseumsQuartier. This only takes place every five years and can easily be combined with a visit to the arts and crafts market in Tirschenreuth. The exhibition is open daily from 11 a.m. to 5 p.m. from December 2nd, 2023 to January 14th, 2024 and shows artistically valuable landscape nativity scenes from three centuries, built based on historical models. Further information can be obtained from Krippenfreunde Tirschenreuth e.V.

Photo Credit: lumikk555 - stock.adobe.com

### LIONS CLUB TIRSCHENREUTH ARTS AND CRAFTS CHRISTMAS MARKET TIRSCHENREUTH HISTORIC FISCHHOF



**Saturday, Dec. 2/Dec. 9**  
3 - 10 p.m.

**Sunday, Dec. 3/Dec. 10**  
1 - 8 p.m.

**Admission: 3.50€** for  
charities in Tirschenreuth County.

An event of the Tirschenreuth  
Lions Club Aid Society.

#### Large crib exhibit

Krippenfreunde Tirschenreuth e. V.  
from Dec. 2nd, 2023 to Jan. 14th, 2024  
in the MuseumsQuartier



# Visit the romantic Christmas market at Thurn and Taxis Palace

A special Advent experience for the whole family – embedded in the UNESCO World Heritage Site



The “Romantic Christmas market with traditional crafts at Thurn and Taxis Palace in Regensburg” has long been one of the most beautiful Christmas markets in the world. Protected by the imposing facade of St. Emmeram Palace, the inner courtyard shines in a soft, atmospheric light thanks to thousands of candles, lanterns and torches. In the middle of the lovingly decorated village of wooden houses decorated for Christmas, a magnificently decorated Christmas tree stands out.

Open fireplaces on the booth alleys provide warmth and comfort everywhere. Numerous mulled wine specialties are prepared over their embers. Many gastronomic delicacies – from “Altoberpfälzer soup in a loaf” to the traditional “Regensburger bratwurst roll” – round off the culinary offering.

Under centuries-old maple trees, surrounded by the sweet scent of roasted almonds and cotton candy, nostalgic rides in a homely atmosphere await young visitors in the “Children’s Magic Forest!” A ride on the steam locomotive, a ride on the swing ship or the historic Ferris wheel will make every child’s heart beat faster. New this year is a petting zoo for children.

As always, the “Princely Palace Park” – a strictly protected natural monument of international standing – opens to visitors on the weekend and presents itself in Christmas splendor and offers Christmas shoppers a reason to marvel and linger.

Always awaited with great anticipation by young and old: every day at 5 p.m., 6 p.m. and 7 p.m. the “Princely Christ Child” appears on the large, magnificent balcony in the inner courtyard of the castle and recites a cheerful, contemplative poem. The cultural supporting program that accompanies the market plays an important role at the “Romantic Christmas Market at Thurn and Taxis Palace in Regensburg.” Every evening, excellent singers and musicians from Regensburg and the region spread a contemplative and cheerful pre-Christmas atmosphere with Christmas songs, some of which are centuries old.

When the “Romantic Christmas Market at Thurn and Taxis Palace” closes its doors and the tattoos fade away, it is far from over! Monday to Thursday from 10 p.m. and Friday and Saturday from 11 p.m., night owls can conquer the hearty alpine hut “Großes Blockhaus Thurn und Taxis” until 2 a.m. Guests can only experience an atmosphere like during these nights in the mountains.



## Romantic Christmas Market



With traditional craftsmanship

Princely Castle Thurn and Taxis  
Regensburg

Visit one of the  
most beautiful  
Christmas markets  
in the world!



November 24th  
to December 23rd, 2023  
Sunday, November 26th, 2023  
(Sunday in commemoration  
of the dead Sunday), closed!

#### Opening hours:

Monday to Thursday: 3:00pm to 10:00pm  
Friday: 3:00pm to 11:00pm  
Saturday: 12:00pm to 11:00pm  
Sunday: 12:00pm to 10:00pm

Constantly up-to-date information:  
[www.wm-tut.de](http://www.wm-tut.de)

# The most beautiful Christmas markets in Germany 2023

Enjoy the magic of the pre-Christmas season this year: thousands of lights and candles create a romantic flair at the most beautiful Christmas markets in Germany, Christmas music puts you in an anticipatory mood and the scent of carnations, mulled wine and gingerbread is everywhere. We'll tell you where a visit to the 2023 Christmas market will turn into a very special Christmas experience.



## ★ Striezel market in Dresden

The Dresden Striezelmarkt is one of the oldest Christmas markets in Germany - and certainly one of the most beautiful. Until December 24, Dresden is transformed back into a "Christmas City." The Christmas tree decorated with hundreds of lights sits enthroned on the Altmarktplatz, pottery and Christmas decorations are sold at the booths and Christmas delicacies such as the traditional "Striezel," the Dresden Christmas stollen, await visitors on every corner. The stollen has its big appearance on December 3, at the "Stollen Festival," when a specimen weighing about four tons is carried from the Zwinger via the Semper opera, past the Hofkirche and Frauenkirche churches to the market.

**Date: November 29 – December 24, 2023**  
**Opening hours: daily 10 a.m. – 9 p.m.;**  
**November 29 from 4 p.m. to 9 p.m.;**  
**December 24 from 10 a.m. to 2 p.m.**



## ★ Nuremberg Christmas market

Trumpet fanfares ring out, a choir sings Christmas carols, the lights shine, the Christ Child appears: Nuremberg is famous and loved far beyond the city limits for this Christmas spectacle. When the Christ Child appears on the gallery of the Nuremberg town hall at 5.30 p.m. on the Friday before the first Advent Sunday and recites her famous prologue, then the Christmas market on the main market has opened and Nuremberg becomes the "little town of wood and cloth" again. Gold foil angels and cribs, Christmas decorations and toys are sold at more than a hundred red and white decorated booths. The sweet smell of Nuremberg gingerbread, fruit bread and mulled wine is in the air - and here and there the rusty aroma of the traditional Nuremberg bratwurst.

**Date: December 1 – December 24, 2023**  
**Opening hours: Monday to Sunday 10 a.m. – 9 p.m.**  
**(December 1 Opening Ceremony 5.30 p.m.,**  
**on Christmas Eve until 2 p.m.)**



## ★ Christmas markets in Munich

The spirit of Christmas and glitter can be found everywhere in Munich city center during Advent: A huge Christmas tree towers magnificently in front of the town hall on Marienplatz, Christmas decorations are available for sale at the large and small booths and there is a smell of mulled wine. The crib market at Alter Peter church is one of the largest in Germany. In the immediate vicinity of Marienplatz, the winter-bare trees on Rindermarkt are adorned with countless star lights. In the inner courtyard of the Munich residence, the Christmas market is given a stately setting and on Wittelsbacher Platz, visitors can expect a wintry, rustic journey through time to the Middle Ages.

**Date: November 27 – December 24, 2023**  
**Opening times: to be announced**

## ★ Christmas market in Heidelberg

During the Advent season, romantic flair and pre-Christmas coziness spread through the picturesque alleys of Heidelberg's old town. When strolling through the historic town on the Neckar river, little shops invite you to browse for small gifts or Christmas decorations. Hot chestnuts and a cup of punch or mulled wine spread cozy warmth and on the Kornmarkt the "Heidelberg Winter Forest" conjures up a dreamlike Christmas world with over 100 firs and decorated pagoda tents. At Karlsplatz, the Heidelberg ice rink invites you to skate in front of the dreamlike castle backdrop until the beginning of January.

**Date: November 27 – December 22, 2023**

**Opening times: Sunday - Friday: 11 a.m. – 9 p.m.,  
Saturday: 11 a.m. – 10 p.m.**



## ★ Augsburg Christmas market

For more than 500 years, Augsburg's city center has been transformed into a Christmas dream in December. Today's Christmas market used to be a "gingerbread market" where the gingerbread bakers offered their sweet goods. Today, against the magnificent backdrop of the famous Renaissance town hall, numerous market booths offer Christmas handicrafts, heavenly delicacies and hot punch or mulled wine.

**Date: November 27 – December 24, 2023**

**Opening hours: Sunday – Thursday: 10 a.m. – 8 p.m.,  
Friday – Saturday: 10 a.m. – 9.30 p.m.  
(Christmas Eve until 2 p.m.)**



# ENJOY FOOD AND BEER FROM AMBERG DIRECTLY AT THE RIVER



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AMBERG

# THE GREAT GERMAN CHRISTMAS DEBATE



Few dispute that Christmas is a celebration of the Nativity (in the non-secular sense of the season.) However, the associated holiday traditions are not always so clear.

For American families, the holiday season, and especially Christmas Eve, is firmly in the hands of Santa Claus. Before the big day, visitors across America will find Santa Claus and his elves in every mall and major retail store.

With an army of elves at his side, Santa's job in the run up to Christmas Eve is to pose for the obligatory Christmas photos and listen to the children's wish lists.

Then, of course, on Christmas Eve he leaves the mall and flies around the world with his nine reindeer to put the presents down the chimneys and under the Christmas trees. And we Americans are tracking him on its journey around the globe in real time in real-time using the latest satellite technology provided by the North American Aerospace Defense Command (NORAD).

In American culture, Santa is synonymous with Saint Nicholas. The designations "Santa" or "Jolly Old Saint Nick" are merely a difference in semantics. They are one and the same and can be used interchangeably without any difference in meaning. This is not the case at all in German Christmas culture.

## ST NICK VS. SAINT NICHOLAS

In Germany, Saint Nicholas is actually based on the actual Catholic Saint Nicholas of Myra - a wealthy, benevolent saint who had a penchant for secretly leaving gifts, especially under the cover of darkness.

He died on December 6, 343 AD, hence the reason to commemorate him on December 6. In preparation for the big day, German children leave boots and shoes by doors and windows (similar to American children hanging up stockings for Santa Claus) on the evening of December 5, to pick up the treats from St. Nicholas's on December 6.

But history, religion and tradition make odd bed neighbors when it comes to explaining who brings the presents on Christmas Eve in Germany.



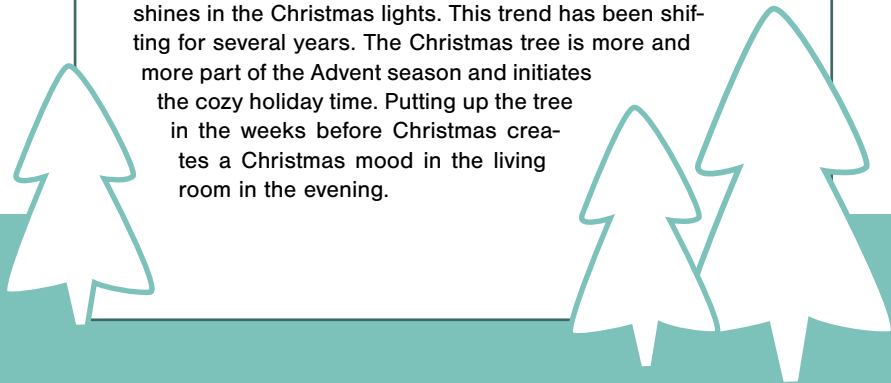


## THE MOST POPULAR CHRISTMAS TREES IN GERMANY

Which tree is in the German Christmas parlor? The clear favorite of the Germans is the Nordmann fir. Its branches are lush green, the needles do not sting and stay on the tree for a long time. Thanks to these characteristics, around three quarters of all Christmas trees sold are Nordmann firs. In second place is the blue spruce with 15 percent. All other species such as spruce, Nobilis fir or pine follow behind.

## WHEN WILL THE TREE BE SET UP IN GERMANY?

The tree is traditionally set up on December 24. Throughout the day, parents and children decorate the tree and set up the nativity scene. Just in time for Christmas Eve, the tree shines in the Christmas lights. This trend has been shifting for several years. The Christmas tree is more and more part of the Advent season and initiates the cozy holiday time. Putting up the tree in the weeks before Christmas creates a Christmas mood in the living room in the evening.



## THE STORY OF THE CHRIST CHILD

An evergreen among the gift-giving rituals is the "forbidden" room. Mysterious and legendary things take place behind its doors from the early evening. The lights on the Christmas tree are lit, the presents are draped under the glowing splendor and the lights are dimmed. Finally, the waiting crowd is greeted by the ringing of bells and admitted into the hallowed halls with the exclamation: "The Christ Child was here!"

How did the Christ Child come about? The Christ Child was invented by Martin Luther, a church reformer who lived around 1500. He rejected the Catholic saints and wanted to abolish Saint Nicholas. Since he was a very influential man, Santa Claus no longer brought presents to many families. The Catholics, however, held on to their Saint Nicholas for a while longer. The holy child did not become established among them until after 1900. Since then, parents have been telling their children that the Christ Child will bring presents at dusk on December 24.

It is not clear whether Santa Claus or the Christ Child will bring the presents. Families usually have a favorite, but they agree that when it comes to Santa Claus or the Christ Child, there is always only one gift bringer. Geographically speaking, it is also difficult to say who is bringing the presents to which area. However, based on Google search results, there is a slight geographic trend: central, northern and eastern Germany are mostly visited by Santa Claus. West, Southwest and South Germany get their presents from the Christ Child. But what remains, regardless of whether it is the Christ Child or Santa Claus, presents are brought to all German families on December 24.

| by Editor

## MODERN HOME FOR SALE



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**Living space: 144 m<sup>2</sup> DIN 277**

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# CULTURAL COMPARISONS: *Christmas*

## CHRISTMAS TRADITIONS IN THE USA AND GERMANY

The tables below provide a simplified comparison of Christmas customs and traditions in the United States and Germany, Austria and Switzerland. At the bottom of this page you will also find a complete list of topics comparing U.S. and German culture.



| by Editor

## CULTURAL DIFFERENCES BETWEEN THE USA AND GERMANY

# *Christmas vs Weihnachten*

Saint Nicholas (St. Nick, Santa) brings gifts on Christmas Eve.

Saint Nicholas brings gifts on December 6th or on the night of December 5.

American children typically open their Christmas presents on Christmas Day (December 25).

German children open their Christmas presents on Christmas Eve (December 24).

The Christmas tree custom was brought to the United States by German immigrants. In England, Queen Victoria's German husband, Prince Albert, introduced the same custom.

The first written mention of the Christmas tree custom in Germany dates back to 1605, but it probably began around 1550 at the latest.

The Christmas tree is lit with colorful electric fairy lights.

In traditional families, the Christmas tree is lit with real candles, but only under strict safety conditions. However, electric fairy lights are usually used.

German-style Christmas markets are only found in large cities with a German-American tradition (Chicago, Cincinnati, Milwaukee, New York, etc.).

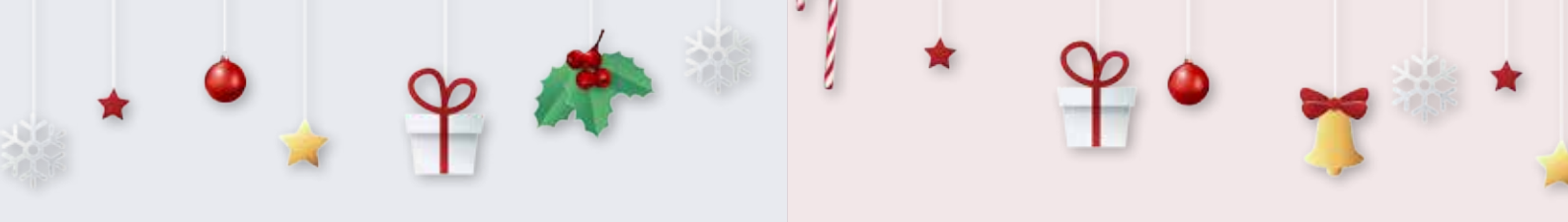
In almost every major city there is one or more Christmas markets that are open from the end of November until Christmas. In large cities there can be more than a dozen such markets.

Christmas market - There are different regional German names for a Christmas market: Christkindlesmarkt, Christkindlemarkt, Christkindmarkt, Advent market, Glühweinmarkt, Striezelmarkt or Weihnachtsmarkt. The Nuremberg Christkindlesmarkt is one of the oldest and best-known Christmas markets in Germany.

Santa Claus (St. Nick) has a sleigh and "eight little reindeer" that take him around the world to bring presents to children.

The German gift bringer is either Santa Claus or the angelic Christkindl.

Santa Claus and Thomas Nast: German-American political cartoonist Thomas Nast not only created the traditional image of the jolly, round Santa Claus in the 1860s, but also the Democratic donkey and the Republican elephant.



American Christmas lasts only one day, December 25.

Few Americans are familiar with Advent and Advent traditions such as the Advent wreath. Even fewer people observe such customs.

Many Americans have adopted a German Advent custom: the chocolate-filled Advent calendar for children.

In the 1880s, American department store magnate F.W. Woolworth discovered Christmas glass decorations during a visit to Germany. He made a fortune by importing the German decorative glass balls to the United States.

Star Singers: Although star singing is very popular in the United States, the tradition of star singers (during Epiphany or the 12 Days of Christmas) is unknown in Germany and some other European countries.

"Silent Night"

"Silent Night," the world's most famous Christmas song, was composed in Oberndorf, Austria, in 1818. Its German text has been translated into more than a hundred other languages.

German Christmas is celebrated over two days (like in Great Britain): December 25 and 26.

Every German knows Advent and the Advent season (the four weeks before Christmas) and the custom of the Advent wreath.

The chocolate-filled Advent calendar for children was invented in Germany in the late 1950s.

The glass balls imported by Woolworth were first invented in Germany, probably in the town of Lauscha - then in the Duchy of Saxe-Coburg, now in the state of Thuringia - in the late 16th century.

Sternsinger: In Germany, children take part in the "Aktion Dreikönigssingen" on January 6 to raise money for children's charities by singing Christmas carols on Epiphany. There is also a similar program in Austria.

# Christmas etiquette

## IN GERMAN-SPEAKING EUROPE

If you're used to Christmas in North America or even in most of the other English-speaking parts of the world, you may not know some of the "Rules of Christmas" in Austria, Germany and Switzerland. Here is our German language "Christmas Etiquette" guide:

### FROHE WEIHNACHTEN!

Do NOT wish Germans (or Austrians or Swiss) a "Merry Christmas" before December 24 or 25. While Americans and Canadians happily say "Merry Christmas!" to each other starting around December 1, this is not the case in German-speaking countries. People wish people a "Happy First Advent!" in the first week of Advent (around the first week of December). As the four weeks of Advent continue, people wish "Happy Advent" (in general) or "Happy First/Second/Third/Fourth Advent!" in the corresponding week of Advent - until Christmas comes. This is similar to the German ban on wishing someone a "Happy Birthday" before their birthday (tough luck!). Advent is an important part of Christmas celebrations in German-speaking countries.

### WEIHNACHTSBAUM

The Christmas tree or fir tree is often put up later than in North America. It may not be put up until Christmas Eve, but it usually stays up until January 6 (Epiphany). This is also the time when children sing as star singers for charity.

### STILLE NACHT

Austria gave the world "Silent Night" - the most popular Christmas song of all time, but there are rules for it too. Since "Silent Night" was first sung in a church with guitar accompaniment on Christmas Eve 1818, it is not allowed to be performed publicly in Austria before December 24. The Austrians want "Silent Night" to remain silent until Christmas Eve.

### 6. DEZEMBER

In Austria, Bavaria and the southern (Catholic) regions of Germany there are two days of Christmas. In addition to the presents under the Christmas tree on Christmas Eve, on the night of December 5, before St. Nicholas Day on December 6, children put their shoes or boots in the hallway so that St. Nicholas can fill them with small gifts. He's not Santa Claus, but he IS Saint Nick. Depending on the region, Christmas presents are brought either by Santa Claus or the Christ Child.



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## A contemplative & atmospheric Christmas for your home

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

### The Christmas market has opened Time for comfort

Bright fairy lights, fragrant candles, Christmas decoration ideas, when you enter Möbelhof you will be enchanted from the start and put in the Christmas spirit.

Be inspired and visit the large Christmas world in Parsberg and Ingolstadt.

### Gifts to take home immediately

Möbelhof gift vouchers are always a popular idea, but this is just one of many ways to make your loved ones happy. In the big Christmas market you will find everything your heart desires. You can choose from a wide variety of Advent and Christmas decorations. Of course, there is a large selection of Christmas trees and matching Christmas tree stands now at Christmas time. You can also discover the most beautiful Christmas figures and Christmas balls in all sizes, shapes and colors as well as atmospheric Christmas lights and accessories.

It gets cold outside and cozy and warm inside. For relaxing evenings at home, the Möbelhof furnishing experts recommend cozy faux fur blankets as well as pillows and carpets with a fur look. Just stop by and take a look.

### Natural ambience for your home

Wood, for example, ensures a pleasant indoor climate and a cozy and contemplative atmosphere.

A decorative trend that underlines this naturalness is deer antlers. The Möbelhof decoration tip: This will showcase a wooden wall particularly well. The rustic ambience invites you to spend cozy hours by candlelight.

## Möbelhof Parsberg

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## UNESCO WORLD HERITAGE WARTBURG: Many art treasures, the “Luther room” and Elizabeth

The Wartburg, located near Eisenach in Thuringia and surrounded by wooded hills, occupies a very unique position in the German castle landscape. It was founded around 1067 by Ludwig the Springer. It has been a UNESCO World Heritage Site since 1999.

Under Hermann I, the Wartburg blossomed into a famous court of the muses, where all the fine arts were cultivated, the songs of Walther von der Vogelweide were heard and poems by Wolfram von Eschenbach were written. In connection with Richard Wagner's opera “Thannhäuser,” the legend of the “Singers' War at the Wartburg” became world famous.

The “Luther room”, which served as the reformer's living and working space from May 1521 to March 1522, is particularly popular with visitors and pilgrims. This is considered the birthplace of the Luther Bible. In the Wartburg Museum there is a great collection of Reformation pamphlets, a Bible annotated by Luther himself, various objects from his possession and - in addition to many portraits of Luther and his contemporaries - the unique Cranach portraits of Luther's parents, who were natives of the Eisenach region.

But the life and work of St. Elizabeth of Thuringia is also told in two rooms in the Wartburg. She cared for the poor and sick and gave away her earthly possessions. Elizabeth died at the age of 24, consumed by caring for others. Almost four years after her death, at Pentecost 1235, Pope Gregory IX canonized Elizabeth.

The legend of the “Miracle of the Roses” also revolves around Elizabeth. When Elizabeth was on the way from the castle to the village with a basket full of food covered with a cloth, her husband Ludwig asked her what was in her basket. Elizabeth replied: “Roses.” And instead of bread and food, Ludwig saw “fragrant roses” lying in the basket.

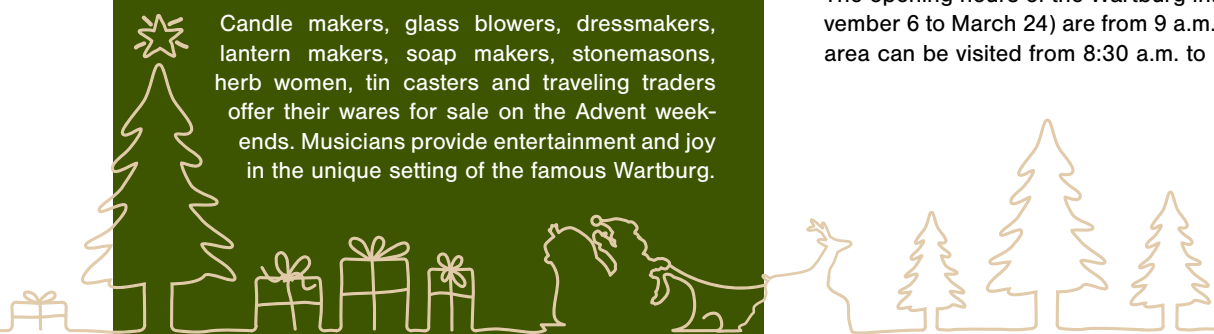
### OPENING HOURS

The opening hours of the Wartburg interiors in winter (from November 6 to March 24) are from 9 a.m. to 3:30 p.m. The outdoor area can be visited from 8:30 a.m. to 5 p.m.

### Advent at the Wartburg

The traditional “Historic Christmas Market at the Wartburg” on **December 2, December 3, December 9, December 10, December 16 and 17. from 10 a.m. to 7 p.m.** takes its guests into the world of historical trade and time-honored, almost forgotten crafts.

Candle makers, glass blowers, dressmakers, lantern makers, soap makers, stonemasons, herb women, tin casters and traveling traders offer their wares for sale on the Advent weekends. Musicians provide entertainment and joy in the unique setting of the famous Wartburg.



| by **Renate Gradl**

Alpbach and Reith im Alpbachtal are the heart of one of the largest ski areas in Tyrol. Families and recreational skiers feel particularly at home at Ski Juwel Alpbachtal Wildschönau.

# THE NINE LARGEST SKI AREAS IN AUSTRIA

Sölden is the first and only ski resort in Austria to offer three thousand-meters-high mountains, also known as BIG 3, and one of the most exciting skywalks in the world. A steel, glass-clad footbridge that rises 20 meters above the glacier abyss.

If you are looking for varied and large ski areas, Austria is the right place for you. Modern cable cars, perfectly groomed slopes and, above all, the breathtaking mountain panorama always in view.

- 1 SÖLDEN IN TYROL**  
144 kilometers of slopes: three ski areas are connected here, guaranteeing breathtaking views.
- 2 SERFAUS-FISS-LADIS IN TYROL**  
187 kilometers of slopes: suitable for all skill levels and families and guaranteed snow up to an altitude of more than 2,000 meters.
- 3 SAALBACH IN SALZBURGERLAND**  
270 kilometers of slopes: a real winter experience with rustic ski huts and official freeride areas.
- 4 ISCHGL IN TYROL**  
238 kilometers of slopes: One day is not enough to "experience" all the varied slopes with a length of up to 11 kilometers.
- 5 SCHLADMING-DACHSTEIN IN STYRIA**  
230 kilometers of slopes: excellent cuisine and modern cable cars. Six fun slopes and a cross park provide variety.
- 6 ARLBERG IN VORARLBERG**  
300 kilometers of slopes: the largest ski area in Austria and one of the five largest in the world.
- 7 SILVRETTA MONTAFON IN VORARLBERG**  
140 kilometers of slopes and seven super steep "Black Scorpion" runs for experienced winter sports enthusiasts.

## SKIING IN THE ZILLERTAL

150 kilometers of slopes: skiing at 2,500 meters above sea level and the longest run in Austria.

## SKIWELT WILDER KAISER-BRIXENTAL IN TYROL

225 kilometers of slopes: perfectly groomed and wide slopes for enjoyable carving. Thanks to its altitude, the ski area is considered to have snow.

| by Editor

### Which ski areas in Austria are guaranteed to have snow?

White splendor and endless fun on the slopes – these ski areas in Austria are considered to have snow:

- Gastein / SalzburgerLand
- Hochkar / Lower Austria
- Großglockner, Heiligenblut / Carinthia
- Turracher Höhe / Carinthia
- The Tauplitz, Bad Mitterndorf / Styria
- Hauser Kaibling / Styria
- Wildkogel Arena / SalzburgerLand
- Obertauern / SalzburgerLand
- Zillertal Arena / Tyrol
- Ischgl / Tyrol
- Serfaus-Fiss-Ladis / Tyrol
- Kühtai / Tyrol
- Obergurgl-Hochgurgl in the Ötztal / Tyrol
- Silvretta Montafon / Vorarlberg
- Ski Arlberg / Tyrol
- Dachstein, Krippenstein / Upper Austria

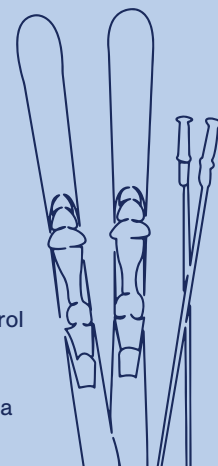


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## KAISERSCHMARRN

## PANCAKE – A CLASSIC DISH



Whether in a mountain hut while skiing in the Alps or simply prepared at home, Kaiserschmarrn as a dessert or as a sweet main course - everyone likes this classic dish.

The dessert was first served to the Austrian Empress Elisabeth in 1854. It is said to have accidentally torn while serving, which later became its special feature. Only then was the dessert "renamed" for Emperor Franz Joseph I and called Kaiserschmarrn.

We'll show you how easy and quick you can conjure up original Kaiserschmarrn.

Kaiserschmarrn with apple compote.



Traditional Austrian Kaiserschmarrn served with plums and raisins.



## INGREDIENTS FOR 4 PERSONS

- 4 eggs
- 125g flour
- 125 ml milk
- 1 pinch of salt
- 1 teaspoon Baking powder
- 40g sugar
- 80g raisins
- 4 tbsp butter
- 1 tbsp powdered sugar for sprinkling

As a side dish: Warm or cold vanilla sauce, apple compote or plum roaster.

For the plum roaster:

- 500 g ripe plums
- 8 tbsp sugar
- 1 vanilla pod (pith)
- 1 cinnamon stick

## STEP 1:

4 eggs / 125 g flour / 125 ml milk / 1 pinch of salt / 1 tsp baking powder / 40 g sugar

Separate eggs. Process the egg yolks with flour, milk, salt, baking powder and sugar to form a smooth dough and let it rest for 10 minutes.

## STEP 2:

4 egg whites / 80 g raisins

Beat the egg whites into a stable foam and carefully fold into the dough. Then add the raisins. Whether you add raisins, depends on your personal taste.

## STEP 3:

4 tablespoons butter / some powdered sugar

Put two tablespoons of butter in a pan and fry a crispy pancake at medium temperature. Flip the pancake and add the remaining butter. After baking, tear the pancake into pieces and sprinkle with the powdered sugar.

# ENJOY AN EXCELLENT, DECORATED BEER

Silver at the International Craft Beer Award for the Zoigl from BräuWirt Weiden



"It really doesn't get any fresher," says brewer Wolfgang Scheidler and laughs. "Because our Zoigl is directly brewed where it is served." The BräuWirt in the middle of the old town of Weiden is not only the only house brewery in the whole city, but has also been recognized as the best pub brewery in Bavaria by the Munich organization "Event & Culture."

But that's not all. Now another award could be celebrated. At the Meininger's International Craft Beer Award, the Zoigl Hell received silver in the cellar beer category. "We are constantly trying to develop ourselves further," says Wolfgang Scheidler.

"Our next goal is gold." Until then, the BräuWirt will continue to brew freshly on a regular basis - and you can taste it. "The Zoigl is still a really handcrafted beer," explains master brewer Wolfgang Scheidler. "It is untreated and unfiltered, one of the most original beers there is. With us, it comes straight from the tank to the tap. Every sip is really fun. In addition, our beer is not driven around or is left in the beverage or supermarket for a long period of time because light also has a negative effect on the taste of beer."

In addition to light and dark Zoigl and Zoiglweißbier, seasonal specialty beers are also regularly brewed as the seasons change. "The guest can be surprised again and again with us," say two beer experts. "Just ask and try something new." The dark Christmas bock beer is already maturing in the tanks. This is then served from the first Advent and fits perfectly with Christmas delicacies such as game, goose or duck. "With its distinct sweetness it even goes well with gingerbread," says Wolfgang Scheidler. Of course, the dark bock beer - just like the Zoigl - is also available at the BräuWirt as a takeout.

But the Zoigl can not only be drunk at the BräuWirt in Weiden, it can also be experienced. During a beer tour, everyone can look over the shoulder of the master brewer at work. If you want more, you can also book a brewing course and be there yourself while brewing beer. This takes six to eight hours and also includes a morning pint and a snack. As a voucher, a brewery tour is a perfect Christmas gift. Vouchers are also available for the inn, in which not only the beer but also the food is always freshly prepared - or the adjoining old town hotel.

An overnight stay here is also a good idea if you don't want to go home after a party. Because not only does the Zoigl taste good at the BräuWirt, it is also a wonderful place to spend the holidays. And the cozy inn with a wide variety of rooms on a total of four levels is ideal for truly any Christmas party.

"Whether in a small, cozy group or a larger group, we have the right offer for every celebration," says Wolfgang Scheidler. And who doesn't like to toast with a fresh Zoigl? To an enjoyable Advent and Christmas season.

Think about your Christmas party now and make a reservation at the BräuWirt. Whether in a small, cozy group or a larger group - everything is possible here.



Photo Credit: BräuWirt (2) | Sara Neidhardt

Unterer Markt 9  
92637 Weiden  
Phone: 0961/481330  
[www.braeuwirt.de](http://www.braeuwirt.de)

**Opening hours:**  
Daily from 11 a.m. to 12 p.m.  
Warm meals all day  
until 10 p.m.



## MULLED WINE RECIPE

### INGREDIENTS FOR 4 PERSONS:

- 0.75 l sweet red wine
- Zest of 1/2 organic lemon
- 2 cinnamon sticks
- 10 cloves
- Juice of 2 oranges
- 50 ml orange liqueur
- Sugar according to personal taste

### PREPARATION

1. Place all ingredients except the orange liqueur in a saucepan.
2. Mix the ingredients and heat slowly over low heat. When the wine foams on the surface, cover the pot and let it steep for 10 to 15 minutes. After 10 minutes, stir in the orange liqueur.
3. Pour through a strainer before serving.

**Wine recommendation:** Sweet red wine

## BON APPETIT!

# MAKE YOUR OWN MULLED WINE

The Advent season is a time full of coziness and tranquility. Especially now, when it's getting dark earlier, it's easy to get into the right Christmas spirit with baking cookies, making advent calendars for loved ones, or even with a warm mulled wine. You don't have to rush to the next Christmas market for that. Mulled wine is also very easy to make yourself. You need a few basic ingredients and no great cooking skills. The nice thing is that you can let your imagination run wild. The right mix of sweetness, acidity, fruit and spice ensures the perfect taste.

Be merry this festive season. Impress your friends and family with this easy recipe, courtesy of the German Wine Institute:





# Maximum service and optimal safety

**Lell car dealership offers dependable service for your BMW in the Oberpfalz region**

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 processes 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 transmis-

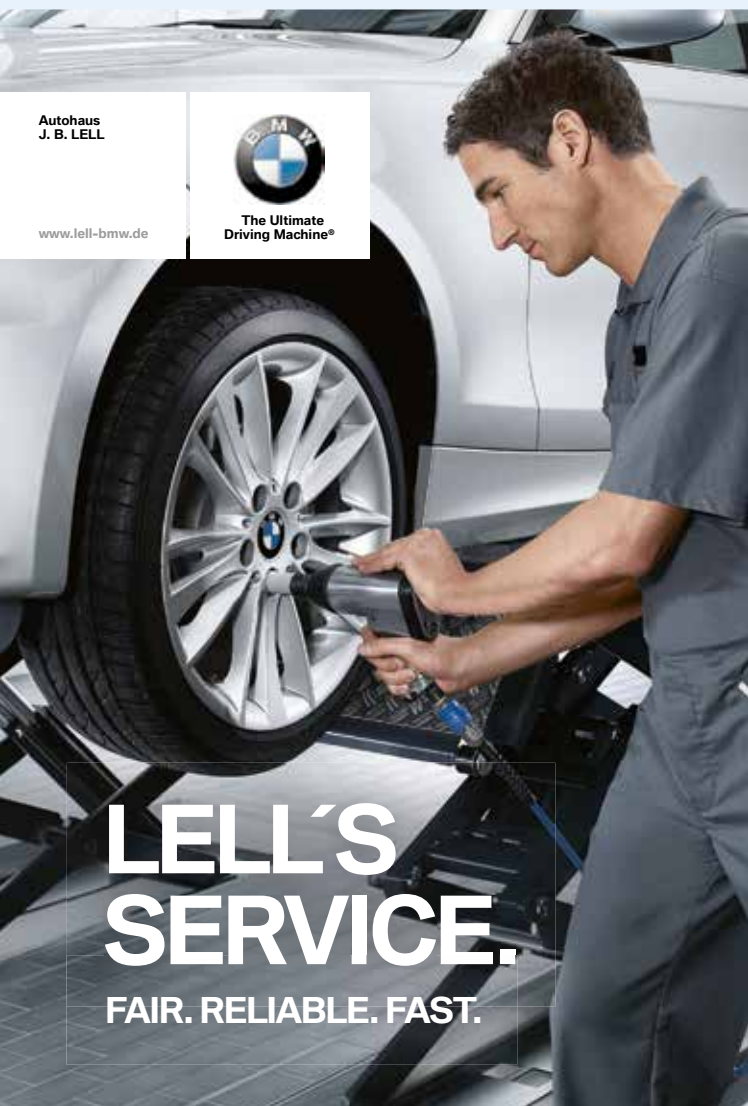
sion, until your car is ready, or, if it's just a short repair, you wait at the car dealership while enjoying a coffee and free Wi-Fi access.

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)



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