

BAVARIANTIMES

News & Magazine for Grafenwoehr | Vilseck | Hohenfels

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HAPPY
HALLOWEEN

How to get fresh pumpkins in Franconia
and the Upper Palatinate

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The German Armed Forces
modernize their camps //Page 8

Nature, culture, enjoyment –
the Black Forest calls //Page 44



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Command Sgt. Major James A. Boersma is the new highest-ranking non-commissioned officer of the U.S. Army Garrison Bavaria.



CSM Boersma (left), his wife Alyson, and their children are new members of the garrison team. Col. Stephen Flanagan (second from right), his wife Carolina, and their children are delighted about this.



The military act of assumption of responsibility was completed with the passing of the garrison flag.

It's better in Bavaria: James A. Boersma returns to Bavaria as Command Sergeant Major

GRAFENWOEHR, Germany — Command Sgt. Major (CSM) James A. Boersma is the new highest-ranking non-commissioned officer of the U.S. Army Garrison Bavaria at Grafenwoehr Training Area. He succeeds CSM Hermes Acevedo, who transferred to his new assignment in the USA at the end of May.

The blue and white Bavarian sky accompanied the assumption of responsibility of the new command sergeant major.

US military personnel from the tenant units, mayors and deputy county commissioners of the neighboring local counties, Bundeswehr soldiers from partner units, and representatives of the police and government agencies gathered for the ceremony on the parade field in front of the water tower. After the invocation and the playing of the national anthems, Col. Stephen Flanagan presented the garrison flag to the new Command Sgt. Major James A. Boersma as a symbol of the assumption of responsibility.

Col. Flanagan, commander of U.S. Army Garrison Bavaria, warmly welcomed CSM Boersma and his family to the garrison team. The garrison's infrastructure responsibilities range from playgrounds and residential areas to schools. Its primary mission is to provide service, support, and care for the Soldiers and their families. Flanagan emphasized the long-standing ties to the host nation Germany, and the Free State of Bavaria. The partnership and solidarity with the cities and municipalities is exemplary; it is not for nothing that the garrison motto is "Better in Bavaria."

"Grüß Gott, I look forward to working with you," was the greeting from CSM James Boersma. The new addition to the garrison family thanked everyone for the friendly welcome and the assumption of responsibility ceremony. The location is no stranger to CSM Boersma, who was stationed at Rose Barracks in Vilseck years ago with the 2d Cavalry Regiment. His last duty station was Camp Atterbury, Ind.

CSM Boersma will be living in Vilseck with his wife, Alyson, and their children, Scarlett, Jacob, and Katherine. The Army Song and a gun salute from the Volsbach Reservist Association Blackpowder Shooters concluded the event.

| by Gerald Morgenstern



U.S. Army Garrison Bavaria is the largest U.S. garrison outside the U.S. Approximately 40,000 people live, work, and participate in training operations at the locations in Grafenwöhr, Vilseck, Hohenfels, and Garmisch. This includes approximately 16,000 U.S. soldiers, 13,000 U.S. family members, and over 2,800 German employees. The Command Sergeant Major is considered the garrison commander's closest and most important advisor, advising him on all matters concerning the military installations.



SUPERHEROES CONQUER THE ROTMAIN CENTER

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The Rotmain Center will be transformed into a stage for legendary heroes on **September 27, 2025**.

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The Rotmain-Center is looking forward to a heroic afternoon – be there and don't miss this extraordinary event!

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'SAFETY STARTS WITH ME'

BACK TO SCHOOL: BE ALERT FOR CHILDREN – STAY SAFE ON ROADS, AUTOBAHNS

KAISERSLAUTERN, Germany – Back to school starts soon, and the 405th Army Field Support Brigade Safety Office is asking that we exercise extreme caution while operating our motor vehicles on the roads, especially when approaching areas where there may be small children and when traveling along school bus routes and nearby schools and daycare centers.

As part of the Army's 101 critical days of the summer safety and the 405th AFSB's "safety starts with me" campaign, Leann Fraka and LaShaun Chappel want people to be safe – and when it comes to back to school – keep our children safe, too.

Micheal Dean has been working at the 405th AFSB's Logistics Readiness Center Bavaria Drivers Testing and Training Station on Tower Barracks in Grafenwoehr, Germany, for more than four years. He said the rules of the road in Germany are very different than the U.S.

"And this is true when it comes to our children and the school buses here in Germany," said Dean who is the lead DTTS instructor for Garmisch, Hohenfels and Grafenwoehr. "We should always exercise extreme caution, slow down and stay observant near the schools and along the bus routes."

"Watch out for children crossing roads unexpectedly. A lot of accidents are caused by distracted driving. During the

school season and whenever you are operating a vehicle, pay attention and take your time. There's no rush," Dean said.

Rabih Youness is an employee at the Kaiserslautern Military Community Student Transportation Office. He said when a bus stops to drop off or pick up students, be careful. In fact, he recommends stopping and waiting.

"When we provide training for our students, we tell them to wait until the bus leaves and look both ways before crossing the street," said Youness, "but for the drivers, always be on the lookout and check to see if any students are passing from the other side of the bus."

Stephen Todd, a transportation specialist at 405th AFSB's Logistics Readiness Center Ansbach, said school buses in Germany don't look like school buses in the U.S. The German school buses look like regular metro or city buses. There will be an orange sign on the back of the bus with an illustration of two children walking, though. That's the differentiation.

"Watch out for children crossing roads unexpectedly. A lot of accidents are caused by distracted driving."

– Micheal Dean

"If you see that their turn signal is on this means they're about to pull over, and you cannot pass them at normal speed. It's safer to just stop and wait, but if you do decide it's safe to pass you must reduce your speed to walking speed," said Todd, who has worked at the Drivers Testing

and Training Station on Katterbach Kaserne for 16 months.

Todd also stressed the importance of motor vehicle safety in Germany and Europe, in general. He talked about priority roads and understanding the rules of the road. For example, when approaching an intersection while not on a priority road, the vehicle to the right always has the right-of-way. Also, road signs, he said. There are a lot of road signs in Germany and Europe that may not be familiar to U.S. licensed drivers. For that reason, Todd recommends studying and learning all the German and European road signs. And then there's the autobahns, he said.

"Literally this weekend on the way back from Rammstein, I saw a terrible accident with a Mercedes-Benz station wagon on the autobahn. It was going too fast, lost control and ended up flipping several times before colliding into the guardrail," he said.

"It's fun being on the autobahn where it's unlimited and unrestricted, and you can go as fast as you want, but please do not do that," said Todd. "Even the most experienced drivers can make a mistake. All it takes is a split second. Please slow down and be sensible."

"The discipline you display on the battlefield and in your profession must extend to the road. Driving comes with the responsibility to protect yourself, your fellow Soldiers, and civilians, also your family. Drive sober, buckle up and stay focused. Your readiness and the readiness of this brigade depend on it," said Col. Ernest Lane II, the commander of the 405th AFSB.

"With school starting soon, pay special attention to the children. They will be crossing streets, running to bus stops, and playing near the roadways," Lane said. "Slow it down in heavily populated areas, especially where there are children. Let's take this moment to renew our commitment to our families, friends, coworkers and neighbors, and be extra safe while operating our motor vehicles on the road."

The U.S. Army Combat Readiness Center has many valuable tools and resources when it comes to operating a motor vehicle. Learn about driving safety briefing tools, alcohol and

"The discipline you display on the battlefield and in your profession must extend to the road. Driving comes with the responsibility to protect yourself, your fellow Soldiers, and civilians, also your family."

– Col. Ernest Lane II, the commander of the 405th AFSB

accidents, distracted driving, TRIPS, and more at USACRC's automobiles webpage.

The 405th AFSB is the premier logistics integrator and synchronizer for U.S. European Command, enabling readiness solutions to 'Support the Warrior' by operationalizing U.S. Army Materiel Command capabilities and delivering readiness within the U.S. Army Europe and Africa areas of responsibility at the point of need.

The 405th AFSB is assigned to U.S. Army Sustainment Command and provides materiel enterprise support to U.S. forces throughout Europe and Africa – providing theater sustainment logistics; synchronizing acquisition, logistics and technology; and leveraging AMC's materiel enterprise to support joint forces. For more information on the 405th AFSB, visit the official website and the official Facebook site.

| by **Cameron Porter**, 405th AFSB Public Affairs Officer

Back to SCHOOL SAFETY

- Obey Speed Limits in School Zones
- Always Stop for School Buses
- No Cell Phone Use While Driving
- Be Alert for Students Walking or Biking to school



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A ceremony on July 28, 2025, marked the beginning of the next construction phase at the Grafenwoehr military training area. The new military camp will be built on an undeveloped site.

A several million-euro investment in the future



GRAFENWOEHR, Germany – The symbolic groundbreaking ceremony in Grafenwoehr, Bavaria, on July 28, 2025, marked the start of a significant project at the NATO (North Atlantic Treaty Organization) training area. A new military base is being built here: modern, sustainable, and tailored to the supply and training operations of the German Armed Forces.

Grafenwoehr Training Area has been in military use for over a century, and under the responsibility of the US Armed Forces since 1945. It is one of the largest training areas in Europe for live-fire training. Every year, more than 4,000 soldiers train here under realistic conditions on more than 23,000 hectares. The cooperation between the German Armed Forces, the US armed forces, and other NATO North Atlantic Treaty Organization partners makes the site a central pillar for training and operational readiness – its importance is increasing in light of global security challenges.

The Grafenwoehr installation is home to the German Armed Forces Service Center Amberg with the Grafenwoehr Site Service Center, as well as the German Military Training Area Command, which represents the interests of the German Armed Forces through the German Military Representative. The construction project is being implemented jointly by the Amberg-Sulzbach State Construction Office and the Munich-based Center of Competence in Construction Management, the regionally responsible German military agency.

NEW INFRASTRUCTURE ON AN OPEN AREA

With the groundbreaking ceremony for the basic infrastructure, the previously unused area will be technically upgraded: electricity, water, and sewage networks, street lighting, a transformer station, a district heating network, fiber optic connections, and traffic areas are being built on the proverbial green pasture. The goal is a future-proof infrastructure for Germany Armed Forces' operations – efficient, sustainable, and functional. The planned construction costs for this first phase amount to approximately 65 million euros.

CUSTOM-TAILORED ACCOMMODATIONS AND TRAINING FACILITIES

The extensive construction project will gradually replace the aging buildings. The extensive modernization will create modern accommodations for up to 1,100 soldiers on the new site. In addition, a dining facility for 600 persons, including a training DFAC for 300 persons, and space for mobile field kitchens, will be built. Furthermore, the new buildings will include a central armory, a medical center, and technical training facilities – including a motor vehicle hall with a wash-rack and a staff and administration building. A total of approximately 210 million euros will be invested in the entire project.

"National and alliance defense requires an infrastructure tailored to the needs of the German Armed Forces and our allies. It is crucial to optimize this infrastructure without compromising the capabilities of the troops. The armed forces' mission must be guaranteed 24/7. Grafenwoehr is a prime example of this, as the existing training area can continue to be used until the new Camp Normandy is completed."

– Professor Dr. Roland Börger

President of the Federal Office of Bundeswehr Infrastructure, Environmental Protection and Services



A Bundeswehr soldier reacts to simulated gunfire at the 7th Army Noncommissioned Officer Academy (NCOA), Grafenwoehr, Germany, June 4, 2025. The 7th Army NCOA seeks to deepen the German-American military partnership to ensure training transformation efforts resonate at the point of need across the European theater and alongside our multinational partners.



Joint groundbreaking ceremony with representatives from politics, the US and German Armed Forces.

The German Armed Forces modernize their camps at Grafenwoehr Training Area

The accommodation capacity for the soldiers will be significantly increased and improved. This major construction project will create attractive accommodations, workplaces in modern buildings, and short distances. A land swap with the US armed forces created space to consolidate the German Armed Forces' operational area into a single site. The first major construction phase now begins with the development of the infrastructure.

FOCUS ON SUSTAINABILITY

Ecological sustainability was also a conscious consideration during the planning phase. The entire property's heat supply will be provided centrally via the property's own district heating network, largely from renewable energy sources such as biogas and combined heat and power. Photovoltaic modules will also be installed on the roofs of the buildings. Old, no longer needed buildings will be demolished, areas will be desealed, and integrated into the new landscape. Monocultures will give way to climate-resilient mixed plantings, and paths and building entrances will be designed in a natural way.

FIT FOR THE FUTURE

The construction of the new Camp Normandy will not only strengthen operational readiness but also future-proof the Grafenwoehr training site. For the soldiers, this means modern accommodations, state-of-the-art infrastructure, and an environment that optimally supports their training and mission. The groundbreaking ceremony marks the beginning of a project that will strengthen the site strategically, logistically, and infrastructurally – for years to come.

| by German Armed Forces Press Release

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NEWS BRIEFS: Our Garrison in Pictures

At a Glance: Key Updates from U.S. Army Garrison Bavaria

A compact overview of the latest events at U.S. Army Garrison Bavaria – captured in pictures. From community events to military news: Our news briefs inform you about what's happening at the garrison.

| by **Editor**

Multifaceted AFSBn-Germany employee with 6 tours, deployments to Germany done it all - John Schulz (center) briefs some of his fellow staff members from Army Field Support Battalion-Germany at the battalion conference room in Vilseck, Germany, July 18, 2025. Schulz is a transportation specialist at AFSBn-Germany in support operations. He's also a State of California National Guardsman and a lieutenant colonel who, in addition to this, served for 20 years in the active Army and 16 years in the U.S. Army Reserve.



Photo Credit: U.S. Army courtesy photo

Soldiers assigned to 1st Battalion, 14th Field Artillery Regiment (1-14th FAR), 75th Field Artillery Brigade, loaded onto an airplane for their deployment to Grafenwoehr, Germany, in Fort Sill, Oklahoma, June 28, 2025. 1-14th FAR stands ready to deploy and provide lethal fire support around the world.



Photo Credit: U.S. Army by Sgt. Christian Carrillo



Photo Credit: Bryan Gatchell, USAG Bavaria Public Affairs

HOHENFELS, Germany – Fireworks light up the sky above Warrior Field as U.S. Army Garrison Bavaria - Hohenfels community members watch. USAG Bavaria - Hohenfels celebrated the 249th anniversary of the signing of the Declaration of Independence with "Freedom Fest" July 3, 2025 in the 1st Battalion, 4th Infantry Regiment, cantonment.

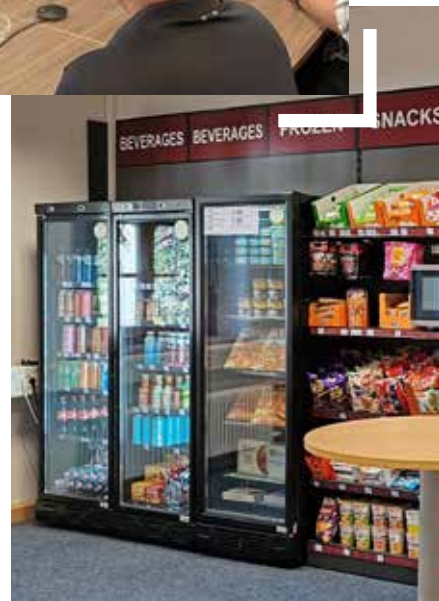




Photo Credit: Bryan Gatchell, USAG Bavaria Public Affairs

U.S. and German leadership cut the ribbon to open U.S. Army Garrison Bavaria's 64th annual German-American Volksfest Aug. 1, 2025 in the Grafenwoehr and Vilseck military communities. The Volksfest continues for three days, and it includes vendors selling both American and German food and beverages, games and rides for families, displays of German and American military equipment, and live musical entertainment.



Photo Credit: Bryan Gatchell, USAG Bavaria Public Affairs

GRAFENWOEHR, Germany – A color guard leads a parade during the opening of U.S. Army Garrison Bavaria's 64th annual German-American Volksfest Aug. 1, 2025 in the Grafenwoehr and Vilseck military communities. The Volksfest continues for three days, and it includes vendors selling both American and German food and beverages, games and rides for families, displays of German and American military equipment, and live musical entertainment.

GRAFENWOEHR, Germany – U.S. Army Spc. Michael Fish, a unmanned aircraft system (UAS) operator from the 173rd Airborne Brigade prepares to fly a Skydio X10 for a M67 grenade drop in the Grafenwoehr Training Area, Germany, June 25, 2025. Soldiers from 7th Army Training Command, the Joint Multinational Training Group-Ukraine and 173rd Airborne Brigade all worked together to make this the first live grenade drop from a UAS in the U.S. Army.



Photo Credit: U.S. Army by Sgt. Collin Mackall



Photo Credit: Andrea Griesser, USAG Bavaria Public Affairs

GARMISCH, Germany – The Army and Air Force Exchange Services set up a self-service mini-market to sell Soldiers and other community members food and drinks recently at Sheridan Barracks in Garmisch, Germany.

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Photo Credit: U.S. Army by Spc. Adrian Greenwood

GRAFENWOEHR, Germany – U.S. Army Brig. Gen. Terry Tillis, commanding general of the 7th Army Training Command, greeted incoming military families and children on the first day of school at the Department of Defense Educational Activity's Grafenwoehr Elementary School in Grafenwoehr, Germany Aug. 18, 2025. Tillis led the assembled teachers, parents and students in saying the Pledge of Allegiance.

GRAFENWOEHR, Germany – Representatives of the German-American Partnership enjoy the first day of the 64th Annual German-American Volksfest at Grafenwoehr Training Area, Germany, August 1, 2025. The U.S. Army Garrison Bavaria-hosted German-American Volksfest was held from Aug. 1-3, 2025, at Grafenwoehr Training Area, Germany. Thousands of guests from areas both near and far attended the event, where they enjoyed a variety of activities such as carnival games, rides, retail booths, live music, and beer halls. Countless food and beverage vendors lined the festival grounds, offering a large variety of American and German culinary favorites. Equipment displays from the U.S. Army, Bundeswehr were open for guests to explore, strengthening ties between the military, civilian, and local communities. The USAG Bavaria annual Volksfest is the largest event of its type in Germany, drawing crowds from all over the country to celebrate the partnership and friendship between both nations.



Photo Credit: U.S. Army by Sgt. Taylor Kammen



Photo Credit: Courtesy

GRAFENWOEHR, Germany – U.S. Army Cpt. Christopher Conner, a physician assistant assigned to the 1st Battalion, 14th Field Artillery Regiment, enters patient data into the new PhoenixMed electronic health record platform. Army medical personnel stationed in Poland and Germany are fielding a new web-based platform designed to streamline electronic health record management and improve patient care in forward or remote operating locations. PhoenixMed is specifically designed for Army healthcare providers, nurses, and medics operating at Role 1 and Role 2 medical sites. The fielding that is currently taking place in Europe marks a crucial step towards potentially deploying the system to Army outlying medical locations globally.

U.S. Army Cpt. Kendal P. Peter, right, battery commander, receives the unit guidon during an assumption of responsibility ceremony at Grafenwoehr, Germany, July 25, 2025. 1st Sgt. Anthony Rogers assumes responsibility for the Battery.



Photo Credit: U.S. Army by Plc. Francisco Torres



USAG Rheinland-Pfalz shares latest 'Customs News Release' – Customs helps guests drive around in Germany.

RHEINLAND-PFALZ SHARES LATEST 'CUSTOMS NEWS RELEASE' – CUSTOMS HELPS GUESTS DRIVE AROUND IN GERMANY

KAISERSLAUTERN, Germany – Stationing in Germany offers the advantage of friends and family visiting and traveling around Europe. However, if U.S. Army Europe and Africa (USAREUR-AF) plated vehicles are to be used for excursions; customs approval is necessary. Nevertheless, approval is not necessary if any member of your household possessing a USAREUR-AF driver's license will be present in the vehicle while your guests are driving.

To obtain an Exception to Policy for Authorization to Operate a Privately Owned Vehicle (AEA Form 550-175D), visit your local U.S. Forces customs office and the customer service personnel will assist in filling out the application form. If you would like to have the paperwork ready before your relatives or friends arrive, you should bring along your vehicle registration and legible copies of their passports, stateside driver's licenses and either an official German translation of their licenses or an International Driving Permit (IDP).

In the United States, IDPs are issued by the American Automobile Association (AAA) only and come as a grey (5.8 x 4.1) paper booklet. IDPs issued by other providers, especially online versions, are not genuine and are considered invalid. For visitors from countries other than the USA, please ask your local customs office if an IDP or translation is required. Also, please make sure that your automobile insurance covers your guests.

It is also important to note that your guests cannot be residents of Germany or plan to establish residency in Germany and must be 18 years or older.

For visiting dependents, the U.S. Forces Customs in Europe and Africa (USACA-E) will issue AEA Form 190-1APQ for up to 90 days. Your guests can use this exception to policy to drive a USAREUR-AF registered privately owned vehicle (POV) in Germany for up to 90 days within a six-month period. The 90-day period begins on the day the visitor arrives in Germany or any other country of the European Union. The document must remain in the car when your guests use your vehicle independently, along with their passports, the vehicle registration, proof of insurance, and their IDPs (or official translations of their licenses).

Driving in Germany is a tax-free privilege for U.S. Forces personnel and their family members, which is why the customs authorization is required for guests. This exception to policy does not allow your guests to buy gas at AAFES/ESSO gas stations or use your AAFES fuel ration card. Likewise, friends or family visiting Germany who rent a car may not use AAFES gas stations or fuel ration cards.

Your guests can have a great time driving around Europe if you plan ahead. If you have questions email or call any U.S. Forces Customs office to find out more or consult the customs web site at <https://www.europeafrica.army.mil/customs/> for more details on procedures and locations of customs offices.

POC for this 'Customs News Release' is Kai Vollmer, Customs Specialist, U.S. Army Customs Agency - Europe, usarmy.wiesbaden.usareur.list.opm-customs-service@army.mil.

USAG Rheinland-Pfalz serves, supports, and secures the total force community enabling power projection for the European Theater.

| by **Courtesy**

Newly promoted Maj. Alec Velasco enjoys the moment with his wife, Stella, at his promotion ceremony in December of 2023. Velasco is now the executive officer for Army Field Support Battalion-Germany, and Stella is a staff employee at the Netzaberg Youth Center in Grafenwoehr, Germany, where they live.



AFSBn-Germany executive officer follows father's footsteps, Army career

VILSECK, Germany – Army Maj. Alec Velasco grew up outside of Fort Stewart, Georgia, the home of the 3rd Infantry Division. His dad was a 'Dogface' Soldier with the 3rd Inf. Div. – first in Germany and then at Stewart. Growing up the son of a Soldier, Velasco said following his father's footsteps only made sense.

A Reserve Officers' Training Course cadet and student at the University of Georgia, upon graduation in 2013 Velasco commissioned as an Army second lieutenant and began his career. Velasco's first unit was a support battalion in the 2nd Armored Brigade Combat Team, 3rd Inf. Div. He was now officially a Dog-face Soldier, too, just like his dad.

That was almost 12 years ago. Today, Velasco is the executive officer for Army Field Support Battalion-Germany (AFSBn-Germany). His battalion is responsible for the Army Prepositioned Stocks-2 mission at the Dülmen and Coleman APS-2 worksites, both located in Germany.

The quartermaster officer turned logistician said he didn't know a ton about APS-2 before being assigned to AFSBn-Germany – first as the battalion support operations officer and later as executive officer – but thanks to a multitude of APS-2 experts already assigned to his battalion headquarters and at the worksites when he arrived, he quickly learned from the best of the best.

"I've been extremely fortunate," said Velasco. "I have a great team here at battalion and great teams at both the Coleman and Dülmen worksites. These guys are all phenomenal, super

professional and very gifted in their technical expertise. They've all got 10 times more experience than I do, which made my transition a lot easier and to this day, makes my job a lot easier."

As the AFSBn-Germany executive officer, Velasco said it's all about filling gaps. His battalion headquarters at Vilseck and the primary staff there have one critical mission, he said, and that's supporting the Dülmen and Coleman APS-2 worksites.

"The teams at the APS-2 worksites manage the APS-2 stocks, and we as a battalion headquarters are here to enable them. If there are any gaps, we try to help fill them. It's about guiding and coaching and looking forward to what's coming up next so we can stay ahead of things and fill any gaps before they become issues," said Velasco, who is 34 years old and calls Hinesville, outside of Fort Stewart, his hometown.

Interesting about the APS-2 mission for AFSBn-Germany – unlike the other APS-2 battalions in the 405th Army Field Support Brigade and the other APS-2 worksites across Europe – the battalion's primary workforce at the worksites are contractors, said Velasco. With that comes a lot of nuances, he said, and a lot more to ascertain and understand.

"There definitely was a learning curve coming here, just like any unit, and at times it's been extremely challenging, but it's also been very enjoyable and rewarding," he said. "I really like working in this organization. And living in Europe for both me and my family – we've been enjoying it a lot."



Army Maj. Alec Velasco, the executive officer for Army Field Support Battalion-Germany (right), works with Charles Drum, an AFSBn-Germany support operations specialist, at the battalion headquarters in Vilseck, Germany, March 13.

Being married for 10 years and being a father to a 3-year-old son, Velasco said family is number one. His wife, Stella, is not only supportive of him but also extremely supportive of the Army communities where they've lived. In fact, for several years she's worked at multiple child development centers – both stateside and in Germany – and she now works at the Netzaberg Youth Center in Grafenwoehr where they live.

“My wife is extremely supportive of my career and she herself serves the Army community by providing education and care for our youth. She's passionate about supporting Soldiers by taking the best care and providing the best opportunities for their children,” Velasco said. “She's also an amazing mother to our son and has no rival when it comes to planning the best four-day weekend getaways.”

- Army Maj. Alec Velasco

AFSBn-Germany is one of four battalions assigned to the 405th AFSB tasked with helping enhance U.S. Army Europe and Africa's readiness and capability to support the warfighter.

Headquartered at Rose Barracks in Vilseck, AFSBn-Germany has mission command of the Coleman and Dülmen APS-2 worksites. APS-2 sites like Dülmen and Coleman help reduce deployment timelines, improve deterrence capabilities and provide additional combat power for contingency operations.

The 405th AFSB is assigned to U.S. Army Sustainment Command and headquartered in Kaiserslautern, Germany. The brigade provides materiel enterprise support to U.S. forces throughout Europe and Africa – providing theater sustainment logistics; synchronizing acquisition, logistics and technology; and leveraging U.S. Army Materiel Command's materiel enterprise to support joint forces. For more information on the 405th AFSB, visit the official website and the official Facebook site.

| by **Cameron Porter**, 405th AFSB Public Affairs Officer

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Hohenfels softball places second in quarterfinals, qualifies for European 'PremierCup'

REGENSBURG, Germany – An off-post softball team comprised of U.S. Army Garrison Bavaria – Hohenfels community members came in second during quarterfinals July 20, 2025 at the Armin-Wolf-Arena in Regensburg, Germany and qualified to compete in the PremierCup of the European Slowpitch Softball Championship.

During The quarterfinals, the Regensburg Titans played several games against five other competing softball teams, including a Czech team, a German team, two Dominican Republican teams, and a Venezuelan team.

The Titans lost the final game of the quarterfinals to Austria-based Dominican Republican team Los Titanes de Linz, who beat the American team by one run. Because they were the runners-up in the quarterfinals, they are advancing to the PremierCup, which is set to take place Oct. 10 and 11 also in Regensburg. There they are set to compete against teams from Austria, Czechia, Italy, the Netherlands and Spain as well as Los Titanes from Dominican Republic.

The Regensburg Titans, an American team based out of Hohenfels, Germany, competed in the PremierCup quarterfinals July 20, 2025 at Armin-Wolf-Arena in Regensburg, Germany. The Titans lost out to Austria-based Dominican Republican team Los Titanes de Linz, but still qualified to play in the PremierCup Oct. 10 and 11 at Regensburg.

Arland Torres, who works as the customer service supervisor for the Hohenfels Commissary, is the coach for the team. The team started up three years ago and for the past two years they have qualified for tournaments in Germany.

"My guys play their hearts out," he said. "It's everything I've wanted through softball."

Torres sees the team going farther, taking part in championships in Spain and Italy.

To learn more about the European Slowpitch Softball Championship or the Oct. 10-11 PremierCup.

| by **Bryan Gatchell**, USAG Bavaria



Photo Credit: Michael Lane (Courtesy), Michael Drager – stock.adobe.com





IN HISTORY'S FOOTSTEPS: RAILGUNNERS EXPLORE THE HISTORY OF THE GRAFENWOEHR TRAINING AREA AND THE TOWN OF GRAFENWOEHR

The City of Grafenwoehr's partner unit, the 41st Field Artillery Brigade, was on a reconnaissance tour of the training area, museum, and town hall. Deputy Mayor Anita Heßler welcomed the Americans to the town hall, and Gerald Morgenstern (both wearing coats of arms) gave a tour of the training area

GRAFENWOEHR, Germany — Since its reactivation in Grafenwoehr in November 2018, the town of Grafenwoehr has maintained a partnership with the 41st Field Artillery Brigade. The unit strengthened its ties to the town with a tour of the training area's historical sites, a visit to the Cultural and Military Museum, and a reception at the town hall.

In June 1910, the "Royal Bavarian Grafenwoehr Artillery Firing Range" was officially opened with the first artillery shot. The 41st Field Artillery Brigade (41st FAB) continues the artillery tradition in Grafenwoehr. The soldiers, known as "Railgunners," have been permanently stationed in Grafenwoehr since 2018. The commanders of the headquarters company, led by Brigade Commander Col. Frank Maxwell and Brigade Command Sgt. Major Caleb Webster, began a training course to learn about the history of the military training area and the town. The morning tour of the training area was guided by retired German Army Sgt. Major Gerald Morgenstern, the author of the military training area book.

The railgunners made stops at the shrine of the first artillery shot and the Bleidorn Tower. In the test area of the demolished Westwall bunkers, the artillerymen were particularly interested in the artillery observation bunker and the so-called ship cannon bunker. The tour also covered the historical development of the barracks around the Water Tower. In the Cultural and Military Museum, the Americans were informed about the origins of the town, the establishment of the training area, the expansion starting in 1938, and the development during the American era. The tour of the museum ended at the figure of Elvis Presley playing the piano he once played in the Micky Bar.

Deputy Mayor Anita Heßler welcomed the officers and NCOs of the partner unit in the City Hall conference room. The historic City Hall was built in 1462, thirty years before Columbus discovered America. With a series of photographs, the Mayor presented the city's facilities, highlighting the newly renovated Waldbad outdoor pool, which has also been well-received by the Americans. "The training strengthens the commitment, knowledge, and cohesion not only within the Railgunners team, but also with our partners and the city," summarized

Col. Maxwell. Together with Command Sgt. Major Webster, he presented the coat of arms of the 41st Field Artillery Brigade to Deputy Mayor Heßler and Gerald Morgenstern. This was reciprocated with the city's new coat of arms pins. At the end of the event, the brigade staff gathered for lunch at the Gasthof zur Post.

| by Gerald Morgenstern

HISTORY OF THE TRAINING AREA

"Grafenwoehr Training Area, Yesterday – Today – Edition 2024" is the title of the bilingual book by retired German Sgt. Major Gerald Morgenstern.



The 288-page book, with more than 800 photos, not only presents the history of the training area since 1910 but also explores the development of the training area in recent times. The book also features comments from U.S. Army commanders, and documents the development of Hohenfels Training Area. One chapter also describes the test bunkers of the West Wall. "Grafenwoehr Training Area, Yesterday - Today - Edition 2024" is available in bookstores, in the military museum and at various sales locations on and off post.

More information can be found and online orders can be placed on the Facebook page "Grafenwoehr Training Area Book."

5

GOOD TIPS
FOR ACUTE
BACK PAIN

(DJD). A nasty stabbing pain in the lower back, a tense, aching neck: almost everyone knows these things. In the BURDEN 2020 disease study, six out of ten people reported having experienced back pain at least once in the past year, and almost half reported neck pain. These are usually acute complaints that subside on their own after a while. But hardly anyone wants to wait that long, as the pain often severely restricts everyday life. Here's what you can do to get quick relief:

1

STEP POSITIONING: This can be a relief for acute lower back pain. To do this, lie on your back on a blanket or yoga mat and place your lower legs on a stool, chair, or stack of pillows so that your hip and knee joints form roughly right angles. Push your buttocks close to the support so that your lumbar spine is in contact with the floor. Relax for a few minutes and carefully stand up.

EXERCISE: Even if you'd rather stay motionless on the couch because of the pain, resting your back isn't good for it in the long run and can even cause further tension. Gentle, back-friendly activities like walking, swimming, walking, (slow) dancing, or yoga are ideal for loosening the muscles and mobilizing the spine. Targeted exercises for back pain can be found at www.doc-gegen-schmerzen.de, as well as video training for various complaints such as lumbago and neck pain.

PAINKILLERS: Often, the pain must first be relieved before you can move or relax. For self-medication, local treatment with pain ointments or gels is particularly recommen-

ded, as they work directly at the site of the pain. doc Ibuprofen Pain Gel, for example, received a "very good" rating from Öko-Test. It has proven effectiveness with a similarly low rate of side effects as a placebo.

3

4

HEAT: Whether it's a hot water bottle, a cherry stone pillow, or a bath, heat relaxes and promotes circulation. Heat packs from the pharmacy are also a good solution for on-the-go use.

MASSAGES: A massage is often very pleasant, especially for neck tension. It's best to see a professional, but even amateurs can gently massage it – be sure not to grip too tightly or exceed the pain threshold.

5

If severe back pain persists for more than three days or is accompanied by symptoms such as numbness, incontinence, or paralysis, medical advice should be sought immediately.



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HEART FAILURE



"Anyone who suffers from diabetes or notices the first signs, such as shortness of breath or reduced performance, should always ask their doctor for a blood test. The earlier the diagnosis, the better the chances of treatment," says Winfried Klausnitzer (73) from Nuremberg, who suffers from heart failure and diabetes.

SUFFERER ADVISES DIABETICS TO TAKE A BLOOD TEST AT THE FIRST SYMPTOMS

(DJD). According to the German Heart Foundation, at least four million people in Germany suffer from heart failure, but the number of unreported cases is likely significantly higher. People with type 2 diabetes are particularly at risk. The good news: The sooner heart failure is detected, the better it can be treated. "The earlier you receive a diagnosis and begin treatment, the better and longer you can live with it. Therefore, you should consult your family doctor at the first symptoms. You can determine whether heart failure is suspected with a simple blood test, for example," explains Dr. Klaus Edel, Chief Physician of Cardiological Rehabilitation at the Rotenburg an der Fulda Cardiovascular Center.

Four questions for Winfried Klausnitzer (73) from Nuremberg, who suffers from heart failure and diabetes.

When and how was your heart failure diagnosed?

Klausnitzer: When I was about 40, I had a silent heart attack that went unnoticed and damaged the back wall of my heart. Almost ten years later, I began experiencing problems with shortness of breath and reduced physical performance. After that, it took another twelve years before I was diagnosed with heart failure – a condition I had never heard of before.

Why did the diagnosis take so long?

Klausnitzer: My heart failure wasn't detected – even though I have diabetes and am therefore in a high-risk group. If a simple blood test had been done back then, I would have been diagnosed much earlier. This would have spared me a long period of suffering, and my treatment could have begun much sooner.

How did your life change after the diagnosis?

Klausnitzer: The treatment had a quick effect on me. Suddenly being able to climb to the second floor without taking breaks improves your quality of life enormously. At the beginning, I had to learn to adhere to the therapy rules and pay more attention to parameters like weight and blood pressure. Then new medications came along that help with both heart failure and diabetes, which was ideal for me.

What are your tips for living well with heart failure?

Klausnitzer: You should take all the time in the world to enjoy life and maintain a healthy lifestyle with exercise and a healthy diet. What's particularly important to me: Anyone who suffers from diabetes or notices the first signs, such as shortness of breath or reduced performance, should always ask their doctor for a blood test. The earlier the diagnosis, the better the chances of treatment.

"The earlier you receive a diagnosis of heart failure and begin treatment, the better and longer you can live with it. Therefore, you should consult your family doctor at the first symptoms," advises Dr. Klaus Edel, Chief Physician of Cardiological Rehabilitation at the Rotenburg an der Fulda Cardiovascular Center.

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SILICONE HYDROGEL CONTACT LENSES ALLOW SIGNIFICANTLY MORE OXYGEN TO REACH THE EYES

(DJD). At first glance, all contact lenses look the same, but appearances can be deceptive. In fact, the material they are made of makes a big difference. This influences comfort, performance, and eye health. Anyone who already wears contact lenses or wants to start should ask their optician about upgrading to disposable silicone hydrogel contact lenses. Here's what you should know:

WHY DISPOSABLE CONTACT LENSES?

Disposable contact lenses require no maintenance. They are simply disposed of after use and replaced with a fresh pair for the next use. Modern contact lens technologies and designs are characterized by excellent visual performance and a high level of comfort. No slippage, no fogging of the lenses, and an unrestricted field of vision at all times make them easy to wear for all activities and also score points at sporting challenges.

WHY DAILY LENSES MADE OF SILICONE HYDROGEL INSTEAD OF HYDROGEL?

Silicone hydrogel allows significantly more oxygen to reach the eyes, thus ensuring healthy contact lens wear. A good oxygen supply is essential for the eyes and ensures that they remain clear, white, and healthy.

WHAT ARE THE KEY DIFFERENCES?

Hydrogel contact lenses can lose moisture over time, especially with extended wear. This can lead to dry eyes at the end of the day with itchy eyes, blurred vision, and, in the long run, oxygen deficiency. Silicone hydrogel contact lenses, on the other hand, usually have a lower water content than hydrogel contact lenses, but their material composition makes them significantly more permeable to oxygen. Thanks to the silicone they contain, they allow up to five times more oxygen to reach the cornea than hydrogel contact lenses, making them ideal for longer wear periods.

WHICH SILICONE HYDROGEL DISPOSABLE CONTACT LENSES ARE PARTICULARLY WELL-SUITED FOR AN ACTIVE LIFESTYLE?

The MyDay and clariti 1 day disposable contact lenses are made of silicone hydrogel. These contact lenses are available in a wide range of prescriptions—regardless of whether you are nearsighted or farsighted, have astigmatism, or want progressive contact lenses. All contact lenses in this product family have a built-in UV filter. However, UV-absorbing contact lenses are not a substitute for UV-absorbing protective eyewear, as they do not completely cover the eye and the surrounding area.

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WHEN MEMORY DECLINES

(DJD). What did I want...? Those who struggle with forgetfulness and feel like they can no longer concentrate properly often fear that these could be signs of Alzheimer's disease. It is often overlooked that a vitamin B12 deficiency can also be the cause. Such a deficiency can have serious health consequences. One possible consequence: impaired brain function, which negatively impacts mental performance.

These effects can occur because vitamin B12 is essential for the nervous system, blood formation, and energy metabolism. A deficiency in this vital nutrient can therefore manifest itself

VITAMIN B12 DEFICIENCY CAN BE A CAUSE

in memory impairments, as well as in many other symptoms. These range from fatigue and exhaustion to gait disturbances and paraesthesia in the extremities.

MANY CAUSES

The causes of a vitamin B12 deficiency are diverse. In older people, this is often due to the fact that they are no longer able to properly absorb the vitamin from food. This can be caused, for example, by age-related changes in the digestive tract or by diseases such as chronic gastritis (inflammation of the stomach lining). Certain medications, such as acid reducers or the diabetes medication metformin, can also impede vitamin absorption. Vegetarian or vegan diets can also lead to a deficiency, as vitamin B12 is primarily found in animal products. A vitamin B12 deficiency, which can be diagnosed through blood tests at a doctor's office, is usually easy to correct. Vitamin B12 stores can be replenished with the help of vitamin B12 medications. Studies have shown that tablets containing 1,000 micrograms of vitamin B12 per day are effective. It is important to act early, because the longer a deficiency persists, the greater the risk of permanent nerve damage.

Professional associations point out that in cases of memory impairment and suspected dementia, possible treatable causes should always be considered. A vitamin B12 deficiency is one of the most common treatable triggers of these symptoms.

Photo Credit: DJD/Wörwag Pharma/Colourbox



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BRACES AND INVISALIGN

DON'T BE AFRAID TO HELP

WHY EVERYONE CAN – AND SHOULD – PROVIDE FIRST AID

(DJD). Every year, around 1.3 million people in Germany complete a first aid course – often required for a driver's license or as part of professional qualifications. But in an emergency, many hesitate. Studies by the ADAC and the German Red Cross show that only about half of those surveyed feel capable of acting correctly in an emergency. For more than half of those surveyed, their last course was more than ten years ago. And only 55 percent were able to correctly answer basic questions about how to behave in an emergency situation. The message is clear: Quick intervention can save lives.

COURAGE OVER PERFECTION

Fear often stands in the way – the worry of doing something wrong, causing harm, or being overwhelmed. But doing nothing is the greatest risk. Making an emergency call, placing the patient in the recovery position, or performing chest compressions can be crucial long before professional help arrives. For every minute without help, the probability of survival decreases by about ten percent. Even simple actions like checking breathing and consciousness or quickly dialing 112 make a difference. Therefore, many organizations recommend refreshing first aid knowledge every five years at the latest. Modern courses are practical and reduce the fear of an emergency.



Quick action can save lives: Everyone should be able to provide first aid.



Photo Credit: DJD/VKS/Getty Images/blackCAT | Svitlana Hulko

First aid counts – every second counts until emergency services arrive. Infusion solutions often play a crucial role in initial treatment.

MODERN EMERGENCY MEDICINE

Once paramedics are on site, the right equipment can save time. Infusion solutions, for example, play a crucial role in the initial treatment of accident victims, but also in hospital emergency rooms. They contain vital minerals such as potassium, sodium, magnesium, and calcium. They can be used to stabilize the cardiovascular system, for example, in cases of major blood loss. In an emergency, an infusion means 30 minutes more time for the emergency physician to save a life. The effectiveness of these solutions is due to their quality. The salts used here have a very high purity of 99.9 percent. The high-purity salts extracted from German potash mines are processed under strictly controlled conditions into so-called pharmaceutical salts. Each batch is tested before being released for emergency medical use.



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SAFE ON THE ROAD EVEN IN BAD WEATHER

(DJD). Slippery roads, poor visibility, and damp weather in the fall place high demands on the vehicle's technology – and on the driver's attention. Anyone who wants to get through this season safely should therefore schedule a technical check at the workshop on time. There, professionals inspect the most important components such as lighting, wiper blades, tires, brakes, and battery – and immediately repair minor defects before they can cause major damage.

GOOD VISIBILITY MEANS SAFETY

"Seeing and being seen" is essential in the dark. Nevertheless, many drivers neglect their windshield wipers. This can have dangerous consequences, as worn wiper blades cause streaks and significantly impair visibility. "Cyclists and pedestrians are then easily overlooked. That's why we recommend replacing wiper blades before winter," explains Bosch expert Tanja Schell. As a rule of thumb: If a streak remains in the center of vision after wiping, or more than three remain at the edges, it's advisable to replace them.

A tip: On frosty nights, placing a film or cardboard underneath the wipers prevents them from freezing and becoming damaged. The windshield washer fluid should also be prepared for the cold

season. Sufficient antifreeze prevents the nozzles from freezing and ensures clear visibility even in subzero temperatures.

LIGHT MAKES ALL THE DIFFERENCE

When the days get shorter and darker, functioning lighting is essential. A light check is therefore always part of a fall workshop appointment. Those driving an older vehicle can also significantly improve visibility with modern light bulbs: "Ultra White" bulbs, for example, provide up to 100 percent more light than conventional halogen bulbs.

DON'T FORGET TO CHECK THE BATTERY

A common cause of breakdowns during the cold season is a weak starter battery. Especially as temperatures drop, the demands on its performance increase. A battery test at the workshop provides early information about capacity and helps avoid unpleasant surprises. This check is even more important for electric cars: The supply battery plays a key role here. Specially trained workshops can not only check its condition but also replace the modules using solutions such as the high-voltage repair kit for certain vehicles. Other battery components can be reused. This is not only more sustainable but also significantly cheaper than a complete replacement.

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GRIP INSTEAD OF SLIPPING

HOW A SEASONAL TIRE CHANGE ENSURES GREATER SAFETY AND LOWER FUEL CONSUMPTION

(DJD). With falling temperatures and increasingly bad weather, it's time again to think about seasonal tire changes. Switching from summer to winter tires isn't just a matter of legal regulations, but above all of safety. Rubber designed for summer conditions loses a lot of its performance in cold weather. They harden at low temperatures, significantly reducing the car's grip.

SAFE ON THE ROAD IN ANY WEATHER

Winter tires, on the other hand, are made of softer compounds that ensure better grip in cold weather. They also have deeper grooves and a special tread pattern. "Fine sipes in the tread wick away water and slush, thus increasing traction in adverse weather conditions," explains Vergölst tire expert Carsten Kleinschmidt. But winter tires demonstrate their strengths not only on snow, but also in wet conditions and where aquaplaning is imminent. The safety advantages are equally evident in braking distance: "Tests show that vehicles with winter tires come to a stop significantly sooner in low temperatures than those with summer tires – a crucial factor when every meter and every second counts," says Kleinschmidt. The tried-and-true rule of thumb for seasonal tire changes is "from O to O" – from October to "Ostern" (Easter). Depending on your region and the current weather, wintry road conditions can be expected more frequently during this time. Tip: Booking an appointment early saves you long waits and ensures you're safe on the road in the event of a sudden change in the weather.

CHECK TREAD AND TIRE PRESSURE REGULARLY

Not only the timing of the tire change is important, but also the condition of the tires. Regularly checking the tread depth is essential; at least 1.6 millimeters of tread is required by law. Tire pressure is also very important: Even small deviations from the recommended value can significantly shorten their service life and increase fuel consumption. A pressure loss of just 0.4 bar can reduce tire mileage by up to 30 percent. Driving style also influences tire durability. High speeds, harsh braking, or rapid acceleration place a heavy strain on winter tires and lead to increased wear. Anticipatory driving with sufficient following distance, smooth steering, and timely coasting before intersections not only contributes to your own safety but also protects the tire tread.

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The Hyundai Tucson Hybrid has been awarded one of the Best Cars for Car Seats by Cars.com. With 51 vehicles tested, Tucson is one of seven vehicles to earn this recognition. To qualify, vehicles had to score well in Cars.com's Car Seat Checks evaluation where certified child safety seat installation technicians conduct hands-on tests of a car's Latch system and check the vehicle's ability to accommodate different types of car seats. The Tucson Hybrid received straight A grades across each category in the evaluation.

"As a mobility solutions provider, safety is at the forefront of everything we do and keeping our owners and their loved ones safe is our priority," said Cole Stutz, chief safety officer, Hyundai Motor North America. "We're not only equipping our vehicles with 'Smartsense' advanced safety systems and convenience features

but also educating families across the U.S. through our Hyundai Hope initiatives with the knowledge and resources to make informed, life-saving decisions with regards to car seat safety."

"Every child seat we tested—infant, rear facing convertible, forward facing convertible, and booster—earned straight A's in the Tucson Hybrid's second row, thanks to easy-to-locate LATCH anchors, removable head restraints for better seatback contact, and -user-friendly- tether points," says Jenni Newman, Cars.com editor in chief and certified car seat technician. "Installations were effortless, and even with all seats in place, a six-foot driver still had roomy legroom—making the 2025 Tucson Hybrid not just spacious, but genuinely family ready. That's why it was named one of Cars.com's- 2025 Best Cars for Car Seats."

(Hyundai Motor America)

Photo Credit: Hyundai Motor America

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TRAIL BOSS JOINS THE 2026 CHEVROLET SILVERADO EV LINEUP

Chevrolet will offer its popular off-road Trail Boss trim as part of the 2026 Silverado EV lineup starting this summer. Previously available on Silverado and Colorado, the newly available lifted off-road trim offers customers the added capability they expect from a Trail Boss with the benefits of an electric truck.

"Trail Boss has been one of the highest turning trims in our portfolio since we first launched it on the 2019 Silverado," said Scott Bell, vice president, Chevrolet. "Adding Trail Boss to Silverado EV gives customers an option that builds on our strong truck pedigree, high electric range and off-road capability."

MORE CAPABILITY

"The Silverado EV Trail Boss delivers similar capability expected with other Chevy Trail Bosses," said Joe Roy, chief engineer for Silverado EV. "It's an impressive truck that will meet the needs of our customers looking to get off trail and still have all the features customers have come to love about Silverado EV, including range and off-road power."

With a 2-inch lift, the Trail Boss has 24% higher ground clearance than the base Silverado EV. The coil suspension is uniquely tuned with a hydraulic rebound control system.

Trim-exclusive Terrain mode is available at low speeds and offers additional control when maneuvering areas with uneven terrain. Compared to Normal mode, Terrain mode unlocks sharper 4-Wheel Steer, giving drivers better ability to control torque and traction at low speeds. Paired with other drive modes, including off-road mode and Sidewinder mode, the Silverado EV Trail Boss is ready for adventure.

Sidewinder, first introduced on RST trim vehicles, allows all four wheels to turn in the same direction and move the truck diagonally at low speeds¹. Selectable from the infotainment screen, the feature gives drivers a new way to conquer everything from rugged terrain to tight parking spaces.

LOOKS LIKE A BOSS

Beyond capability, the Silverado EV Trail Boss looks the part of an off-road truck, with bold, aggressive design that includes the following trim-exclusive design features:

- High-angle approach front fascia
- Rugged 35-inch all-terrain tires with unique 18-inch wheels
- Exterior badging
- Unique interior
- Red front tow hooks

For those looking to customize their rig, auxiliary switches are easily accessible for accessory lights and more.

Silverado EV is available in nine exterior colors, including three new options: White Sands; Polar White Tricoat; and Magnus Gray Matte Metallic.

DRIVER ASSIST UPDATES

Silverado EV also offers Super Cruise 6 enhancements, including integration with Google Maps that navigates to the correct lane for your chosen route with ease when on Super Cruise-capable roads.

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And, newly-added hands-on functionality keeps you centered in your lane and adapts to the speed of the driver ahead, all while your hands remain on the steering wheel. Then, when you reach a Super Cruise-enabled road, the steering wheel lightbar turns green and hands-free driving will automatically engage for added comfort.

Adaptive Cruise control has also been upgraded so the driver can choose to automatically adjust speed to match posted speed limits. Super Cruise with towing is available on LT and Trail Boss.

A FULL LINEUP

With three trims – Work Truck, LT and Trail Boss – Chevrolet offers a Silverado EV for every price point, capability need and

lifestyle. The Silverado EV lineup has expanded to provide customers with more choice, and now the brand will sunset the launch trim RST. The 2026 Silverado EV has a starting MSRP of \$54,895 and continues to offer customer-favorite features:

- Up to 10.2kW of off-board power available on all trims
- Multi-Flex Midgate available on LT and Trail Boss
- WOW mode to unlock max horsepower and torque available on LT and Trail Boss
- 22-inch wheels available on WT and LT
- 17.7-inch-diagonal center infotainment screen paired with 11-inch-diagonal driver informational center standard on all trims, including Work Truck for the first time

(General Motors)

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THE 2026 BMW M850i EDITION M HERITAGE

Since its North American debut on the misty coast of Monterey, CA, in 2018, the BMW 8 Series Gran Coupe has been acclaimed for its graceful styling, strong performance, and advanced technology. Today, BMW returns to Pebble Beach to unveil a very special limited-edition 8 Series: the 2026 M850i Edition M Heritage. The M850i Edition M Heritage evokes the original 8 Series from the 1990s through five historic paint finishes from BMW Individual. The interior features M sport seats and Alcantara trim, while special wheels and exterior design elements round out the exclusive profile.

Limited to just 500 units distributed to a few select markets around the world, the M850i Edition M Heritage promises to reward drivers not only with the extraordinary driving experience unique to the 8 Series, but also the satisfaction and pride of owning a rare and special BMW.

Production of the M850i Edition M Heritage begins in November 2025, with deliveries expected to commence in the first quarter of 2026. The M850i Edition M Heritage may be ordered in any of five historic shades that were available on the original E31 8 Series that debuted at the Frankfurt Motor Show in 1989: Bright Red, Mauritius Blue metallic, Cosmos Black metallic, Oxford Green metallic, and Daytona Violet metallic. These BMW Individual paint finishes are included in the price of the Edition M Heritage.

Whichever shade the customer ultimately chooses will be complemented by the standard M carbon roof, featuring exclusive M tri-color accent stripes. Distinctive bi-color Orbit Grey 20-inch

dual-spoke alloy wheels Style 895M wrapped in summer performance tires also set the M850i Edition M Heritage apart. The exterior design of the M850i Edition M Heritage is further enhanced by the standard M Sport Professional package, which includes M Sport brakes with black calipers, M Shadowline lights, and Extended Shadowline exterior trim.

Moving inside, the M850i Edition M Heritage features unique seating, upholstery, and trim elements not available for order on other 8 Series models. The driver and front passenger are provided M Sport seats finished in BMW Individual Black Full Merino Leather and Alcantara, with a diamond-shaped upholstery pattern. Alcantara also graces the headliner, dashboard, and upper door panels. The seats, door panels, and seat belts all feature M tri-color stitching, and there is a special, non-illuminated M badge in each front seat headrest.

The center console is finished in a unique matte-finish carbon fiber. The glass shift lever and iDrive control lend a touch of elegance to the assertively sporty interior appointments. The cupholder cover and the doorsill plates are inscribed with "M850i Edition M Heritage" and "1/500" script, to remind everyone aboard of the Edition's rarity.

(BMW of North America)





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The highlight of our modernization journey is the newly completed dealership in Schwandorf. Spanning along Industriestraße, it now includes a dedicated

BMW ALPINA area that invites you to experience driving pleasure, innovation, and sheer confidence. Every detail has been designed to ignite your enthusiasm for automotive excellence.

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SEPTEMBER, OCTOBER AND NOVEMBER

BUCKET LIST FOR GERMANY

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1) HIKING IN THE ALPS



The Alps offer a unique diversity: from gentle valleys and blooming alpine meadows to rocky high mountains and icy glaciers. Depending on your fitness and experience, the options range from leisurely hikes to day trips and hut tours to via ferratas and alpine tours.

2) VISIT THE BALTIC SEA



The Baltic Sea reveals its special side in the fall: Colorful coastal forests invite you to walks and bike rides, the crane migration offers an impressive natural spectacle, fall storms make beach days exciting, and amber can often be found, and numerous wellness options provide relaxation.

3) SAXON SWITZERLAND



Saxon Switzerland in the fall entices with colorful forests, fog, and tranquility. Highlights: Bastei, Schrammsteine, Pfaffenstein, Kinnitzschklamm. Experiences such as the Kinnitzschalbahn and Elbe boat trips round out the visit. Tip: sturdy shoes, warm clothing, and a flashlight. The best starting points are Rathen, Bad Schandau, and Königstein.

4) THERMAL BATHS IN BAVARIA



In the fall, wellness in Germany's thermal baths is particularly relaxing. Erding Thermal Spa offers a tropical flair, large pools, saunas, and slides. Siebenquell GesundZeitResort delights with adventure saunas, healing water, and outdoor pools. Kristall-Therme Trimini impresses with its elegant ambiance, hammam, steam bath, and panoramic views of Lake Kochel – ideal for relaxation and romance.

5) BERLIN WALL



The Berlin Wall (1961–1989) has shaped Berlin's history. Important sites: East Side Gallery (painted, photogenic), Bernauer Straße Memorial (original remains, watchtower), Checkpoint Charlie (border crossing, museum), Mauerpark (flea market, performances), and Topography of Terror (Nazi and division history). Museums: DDR Museum, Stasi Museum, German Historical Museum.

THE SPECIAL ART NIGHT IN WEIDEN:

ART ENJOYMENT UNTIL MIDNIGHT



WEIDEN, Germany – On Friday, October 24, art will fill the Weiden night air: "Art Enjoyment until Midnight" – this somewhat different art night invites you to discover, enjoy, and marvel. Throughout the city center, various venues will open their doors and offer a broad spectrum of exhibitions, readings, concerts, and workshops. The exhibition venues are as diverse as the art itself – sometimes surprising, sometimes traditional, always inspiring.

The "enjoyment" on this evening represents not only creative experiences, but also culinary delights. In addition to artistic performances, you can expect sophisticated food and unusual drinks – small culinary delights that round out the cultural experience.

A free shuttle bus connects the various venues, even those located a little further away. So nothing stands in the way of a nighttime journey of discovery through Weiden's art scene. Prepare to be surprised – by a night full of colors, shapes, sounds, and ideas.

| by **Stadtmarketing Weiden**

AMBERGER MICHAELI-DULT FROM

SEPTEMBER 26 – OCTOBER 5, 2025

"O'ZAPFT IS!" - LET'S HAVE FUN AT THE TRADITIONAL FUN FAIR IN AMBERG

Folk festivals are an important part of Bavarian culture. Tradition and modernity come together here. The traditional Amberg Dult takes place twice a year in Amberg, too, in spring and fall. It's almost that time again: From September 26 to October 5, 2025, the Amberg Michaeli-Dult invites you to celebrate! With attractions and exciting rides for young and old, a cozy atmosphere, a diverse music program, and, above all, the many culinary specialties, the Amberg Dults delight thousands of visitors every year.

The medieval town of Amberg is a beer town with more than 500 years of tradition, and Amberg's beers are particularly impressive due to their high quality. Therefore, it goes without saying that beer from Amberg will be served in the festival tent and beer garden, this time from the Winkler Brewery. A special attraction at the Michaeli-Dult are the two fireworks displays on Friday, September 26 and Friday, October 3, when they unfold in all their colorful splendor high above the festival grounds. Other attractions such as the Children's and Family Day, a country music evening, and a boxing match provide variety in the program.

Further information and the complete Dult program can be found at www.amberger-dult.de

Amberg DULT

Sept 26 – Oct 5, 2025

TRADITIONAL BAVARIAN FUNFAIR

WED, OCT 1
KIDS & FAMILY
DAY

FRI,
SEP 26 & OCT 3
FIREWORKS



www.amberger-dult.de

WHAT IS A KIRWA?



KIRWA-DATES

KIRWA 2025		LOCATION
19.09.2025 - 21.09.2025	Iberinger Kirwa	Eisenstrasse 19, 92256 Hahnbach
19.09.2025 - 21.09.2025	Massenrichter Kirwa	Massenricht, 92242 Hirschau
20.09.2025 - 22.09.2025	Vilshofener Kirwa	Pfarrberg 6, 92286 Rieden
21.09.2025 - 22.09.2025	Egelsheimer Kirwa	Egelsheim, 92277 Hohenburg
26.09.2025 - 27.09.2025	Kirwa St. Michael Amberg	Robert-Koch-Straße 62, 92224 Amberg
26.09.2025 - 28.09.2025	Oberwildenauer Kirwa	Oberwildenau, 92706 Luhe-Wildenau
26.09.2025 - 29.09.2025	Kirchröttenbacher Kirwa	Kirchröttenbach 19a, 91220 Schnaittach
27.09.2025 - 29.09.2025	Pfreimder Kirwa	Prägarten 31, 92536 Pfreimd
02.10.2025 - 05.10.2025	Wirbenzer Kirwa	Wirbenz 112, 95469 Speichersdorf
03.10.2025 - 06.10.2025	Allersburger Wiesenkirwa	Allersburg, 92277 Hohenburg
03.10.2025 - 06.10.2025	Neuhauser Kirwa	91284 Neuhaus an der Pegnitz
04.10.2025 - 05.10.2025	Ohrenbacher Kirwa	Ohrenbach, 91275 Auerbach in der Oberpfalz
04.10.2025 - 06.10.2025	Pursrucker Kirwa	Pursruck, 92272 Freudenberg
09.10.2025 - 13.10.2025	Förrenbacher Kirwa	Förrenbach, 91230 Happurg
10.10.2025 - 13.10.2025	Herpersdorfer Kirwa	Büttnerstraße 1, 90542 Eckental
11.10.2025 - 12.10.2025	Michelfelder Kirwa	Michelfeld, 91275 Auerbach i.d.OPf.
11.10.2025 - 13.10.2025	Großschönbrunner Kirwa	Vilsecker Straße 3, 92271 Freihung
11.10.2025 - 13.10.2025	Oberlandler Kirwa	Schleißdorf, 92272 Freudenberg
16.10.2025 - 20.10.2025	Seugaster Kirwa	Seugast, 92271 Freihung
18.10.2025 - 20.10.2025	Ehenfelder Kirwa 2025	Ehenfeld 17, 92242 Hirschau
18.10.2025 - 20.10.2025	Pfaffenhofener Kirwa	St.-Martin Str. 11, 92280 Kastl
24.10.2025 - 26.10.2025	Weiherhammerer Zeltkirwa	Hauptstraße 51, 92729 Weiherhammer
25.10.2025 - 27.10.2025	Vilsecker Burg-Kirwa	Schlossgasse 8, 92249 Vilseck
07.11.2025 - 09.11.2025	Kirwa Neustadt am Kulm	Jahnstraße 4, 95514 Neustadt am Kulm
07.11.2025 - 10.11.2025	Freihunger Kirwa	Am Harranger 1, 92271 Freihung
14.11.2025 - 16.11.2025	Kaltenbrunner Kirwa	Kaltenbrunn, 92700 Kaltenbrunn
22.11.2025 - 22.11.2025	2. Kirwatanz-Marathon	Kultur-Schloss Theuern, Portnerstraße 1, 92245 Kümmerbruck
22.11.2025 - 24.11.2025	Thansüßer Kirwa	Brunnenstraße 4, 92271 Freihung



A Kirwa, also called a Kirchweih, is a traditional festival that is celebrated in many places in the Upper Palatinate. Its origins lie in the Middle Ages and go back to the consecration of a church. The Kirwa is characterized by fest tents, music, dancing and culinary delights. It is a meeting place for the whole community and offers the opportunity to celebrate together. Many places have their own customs and traditions that are associated with the Kirwa. These often include parades or the setting up of a Kirwa tree (= a decorated tree).

The Kirwa is an expression of a sense of community and connection to one's own homeland. It is an integral part of the regional culture and is passed on from generation to generation. The exact processes and names of the Kirwa can vary depending on the region. In Franconia, for example, it is called "Kerwa," in Upper Bavaria it is called "Kirta" and in other regions there are other names.

| by Editor



Photo Credit: Laura Wiegand-Urban, schulzfoto - stock.adobe.com

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WASSEN' 2025



When the "Wasen" is celebrated again in Stuttgart from September 26 to October 12, 2025, the Neckar foreland will be transformed into a colorful sea of lights, festival tents, and rides. With around four million visitors annually, the Cannstatter Volksfest is not only the largest fest in Baden-Württemberg, but also the second largest fest in Germany.

But behind the exuberant hustle and bustle lies a story that began more than 200 years ago in a time of hardship.

A FEST BORN OUT OF CRISIS

The origins of the Cannstatter Volksfest date back to 1818. King Wilhelm I and his wife Katharina founded the "Agricultural Festival of Kannstadt" after the Kingdom of Württemberg was severely affected by the famine following the volcanic eruption of Mount Tambora (1815).

The festival was intended to strengthen agriculture, encourage farmers, and popularize new cultivation methods. The tradition of the Agricultural Festival, which now takes place every four years parallel to the "Wasen," dates back to this idea.

The symbol of these roots remains the Fruit Column, a 26-meter-high monument that thrones on festgrounds annually again since 1972 and expresses gratitude to nature and the harvest.

FROM FARMERS' MARKET TO MEGA EVENT

The first major parade in 1841 attracted more than 100,000 visitors – despite Stuttgart's city population of only 40,000. Today, around 150,000 spectators line the streets when the magnificent parade with historic floats, musical groups, and traditional costumes moves through Bad Cannstatt at 11 a.m. on September 28, 2025.

CENTERPIECE: THE FEST TENTS

No "Wasen" is complete without fest tents – and each one has its own unique atmosphere. From the rustic Almhütte Royal with its Tyrolean flair to the traditional Hofbräu tent "Beim Benz" to the vibrant Wilhelmer's Schwabenwelt, each tent offers a blend of music, beer, and festive atmosphere.

THRILLS AND NOSTALGIA: THE RIDES

The Cannstatter Volksfest 2025 combines high-tech and tradition: Adrenaline fans can look forward to the "Power Tower 2" or the looping roller coaster "Teststrecke," while classics like the Etagenkarussell and the "Wilde Maus" evoke nostalgic feelings. The Expo Ferris Wheel dominates the "Wasen" skyline and offers spectacular views over Stuttgart.

Where history meets goosebumps – the Cannstatter Volksfest is the heartbeat of Stuttgart

Dates 2025

- September 26: Keg tapping by Mayor Frank Nopper – official start
- September 28: Grand parade (11 a.m., live on TV)
- October 1 and 8: Family days with discounted prices
- October 12: Closing fireworks display (9:30 p.m.)

GETTING THERE: PUBLIC TRANSPORTATION IS ESSENTIAL

The logistical scale of the festival requires strict control of visitor flows. Therefore, those arriving by car not only pay a parking fee (€8 per day), but also risk traffic jams and a lack of parking spaces. Environmental regulations such as

the diesel ban reinforce the recommendation to switch to the S-Bahn, U-Bahn, or regional trains. The special U11 line takes visitors directly to the "Cannstatter Wasen" entrance, while the S-Bahn (S1-S3) to Bad Cannstatt stops just a few minutes' walk away.

TRADITIONAL COSTUME, TRADITION, AND ATMOSPHERE

Although not mandatory, traditional costume is part of the experience for many. Dirndls and lederhosen dominate the scene in the tents, with the Swabian version adding its own touch. Wearing traditional costume is not just a fashion accessory, but an expression of regional identity – and contributes to the unmistakable atmosphere.

| by Editor



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97318 Kitzingen Hoheimer Straße 1

97421 Schweinfurt Mangasse 7

97076 Würzburg Nürnberger Str. 74a

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92224 Amberg - Fashion-Outlet
Regensburger Str. 63 a

96050 Bamberg - Fashion-Outlet;
Gelsfelder Straße 48

Dirndls • Lederhosen • Bavarian Style Fashion

Want a German phone number? Like in most countries around the world, expats in Germany who want to communicate with friends and family have the choice between a mobile phone contract (Handyvertrag) or a pre-paid SIM card. But which is the best mobile network in Germany, and what do you need to get a SIM card? This guide will explain everything.

DO I NEED A GERMAN SIM CARD?

If you already have a mobile phone and your provider doesn't charge you extra for use in Germany, you may be wondering if you even need a German SIM card. Of course, you can continue using your foreign phone in Germany, but there are a few things to keep in mind.

First, check if your existing mobile provider imposes a limit on international roaming. Most providers limit roaming and also charge high fees for additional calls, texts, and data. A German SIM card may be cheaper in the long run.

Additionally, a foreign phone number can make it more difficult to deal with German authorities and businesses—for example, calls from your foreign phone to German numbers will most likely incur additional charges. It's also not uncommon for German websites to fail to recognize foreign numbers, making everything from opening a bank account to setting up your utility bills more difficult. A local phone number can make your life much easier.

MOBILE NETWORKS IN GERMANY

There are three major mobile networks in Germany, each covering about a third of the market:

- Telekom
- Vodafone
- O2

MOBILE PHONE PROVIDERS IN GERMANY

In addition, there are a growing number of phone providers that use the networks of these three major providers and often offer cheaper rates. These mobile discount operators (MVNOs) are:

- Congstar, Edeka Smart, Penny Mobil, fraenk, and others use the Telekom network.
- 1&1, otelo, Lidl Connect, Lycamobile, and others use the Vodafone network.
- Blau, Smartmobil.de, Aldi Talk, Lebara, ortel mobile, and others use the O2 network.

WHICH IS THE BEST MOBILE NETWORK IN GERMANY?

The three different mobile networks offer different advantages and disadvantages:

- According to Connect.de, Telekom has the best network coverage of all mobile networks and good reliability, but this comes with above-average prices.
- Vodafone is the second-largest network and offers good network coverage and fast mobile internet speeds. It also offers customer support in English.

MOBILE PHONE

PROVIDERS

& SIM CARDS

IN GERMANY



- O2 (Telefónica) is generally the cheapest of the three major mobile networks, with low prices and generous amounts of data, but its network coverage is not as extensive as that of Telekom or Vodafone. In major German cities, O2 is actually just as good as Vodafone, but in rural areas, the mobile signal can be patchy.

You can check network coverage in your area using the following websites: • Telekom • Vodafone • O2

GETTING A GERMAN SIM CARD AND PHONE NUMBER

Since 2017, anyone wishing to sign a mobile phone contract or purchase a prepaid SIM card in Germany must provide valid ID and proof of address. This is the result of the German government's efforts to combat anonymous communication between criminals. To get a German SIM card, you will therefore need:

- A valid ID, such as a passport (not a driver's license)
- A registration certificate

MOBILE PHONE CONTRACTS OR

PREPAID SIM CARDS

The choice between a mobile phone contract and a prepaid SIM card depends on how long you are staying in Germany. Once signed, mobile phone contracts are relatively straightforward and offer security—you don't have to worry about topping up, for example—and generally offer the best value in terms of data and call allowances. You can also purchase newer mobile phone models if that's important to you.

However, if you're unsure how long you'll be staying in Germany (as is the case for many expats), it may be advisable to purchase a prepaid SIM card to avoid additional costs in the future. The biggest advantage of prepaid SIM cards is their flexibility: you're not tied to a contract and can cancel at any time. However, the rates are usually slightly higher than mobile phone contracts, so they can be more expensive over a period of several years.

MOBILE PHONE CONTRACTS IN GERMANY

Signing up a mobile phone contract can be a good idea if you plan to stay in Germany for a longer period. The advantages of a mobile phone contract include:

- You generally get a lower overall price than with a prepaid SIM card.
- You can choose between a SIM-only or SIM-plus mobile phone contract, which means you have a good range of prices and can get a new phone if needed.
- You can combine your mobile phone contract with your landline, internet, and TV to receive discounts.

However, it's important to note that mobile phone contracts in Germany usually have a minimum term of 24 months. If you want to terminate your contract early, you'll be charged a hefty fee. You'll also have to expect a small one-time activation fee at the start of your contract.

Since 2021, customers can no longer be locked into long-term contracts after renewing their original contract. This means that after the initial contract term expires, if you do not cancel your contract within the minimum notice period (usually three months), you will receive a one-month fixed-term contract that can be terminated with one month's notice.

To sign a mobile phone contract, you will need to provide proof of identity and address (see above). You will also need a German bank account to set up direct debit payments and may also need a SCHUFA credit report. It is possible to sign a German mobile phone contract online, but you will need to verify your identity either via video call or Postident.

PREPAID SIM CARDS IN GERMANY

Purchasing a prepaid SIM card is the fastest and easiest way to get a German phone number. Prepaid SIM cards in Germany offer more freedom and flexibility than mobile phone contracts, but are generally more expensive in terms of data, calls, and messages.

You have two options for using your prepaid SIM card:

- You can top up your credit and spend it on data, texts, and calls (Pay As You Go).
- You can use prepaid plans.

More and more mobile providers in Germany are offering prepaid plans that work like pay-as-you-go plans, where customers who regularly top up their prepaid SIM cards receive a quota of texts, calls, and data (including 5G) that they can use within four weeks. Since there is no contract, you can cancel your plan monthly.

To get a prepaid SIM card in Germany, you can either order it online or buy it in person at a store. With so many options available, it's worth comparing different deals before choosing a provider. Again, you will be required to provide proof of identity and proof of address before purchasing a SIM card in Germany.

Once you have your SIM card, you can insert it into your phone and get started. Note that your phone must be unlocked for this to work. You can top up your balance online, via an app, or by purchasing top-up vouchers at various stores in Germany.

THE BEST PREPAID SIM CARDS IN GERMANY

Looking for a prepaid SIM card in Germany? Telekom, Blau, Lebara, and O2 all offer prepaid plans, meaning you get a fixed data allowance, a certain number of calls, and texts for a fixed monthly price with no contract. Prices start at just €4.99 per month.

THE BEST MOBILE PHONE CONTRACTS IN GERMANY

Signing up for a mobile phone contract in Germany is the most expensive option, as you're not only paying for your data, minutes, and texts, but also for using a brand-new device. However, in terms of the included data and minutes/texts, they're generally cheaper overall. You can also reduce your monthly payment by paying a flat rate upfront. All of the providers listed on this page also offer SIM-only contracts at lower prices. Which contract is best for you depends on what type of phone you want and how you use it.

| by Editor

EMERGENCY NUMBERS

112 AND 110 IN GERMANY

There are two main emergency numbers in Germany:

- 112 is used for fire and medical emergencies.
- 110 is used for emergencies requiring police assistance.

Calls to both numbers are free and can be made from a landline, payphone, or mobile phone, even if your phone is locked. In Germany, calls are answered in an average of nine seconds. Operators typically speak both English and German.

Instructions for 112 and 110:

- Dial the number and wait to be connected to an operator.
- Describe the incident clearly.
- State your location and explain how you can be reached.
- Answer all questions and follow the operator's instructions.
- Do not hang up until instructed.
- Keep your phone clear after hanging up, as a call back may occur.

Call 112 in the following cases:

- Fire/smoke/explosions
- Serious accidents
- Someone is trapped/unconscious/bleeding/choking
- You witnessed a suicide attempt

Call 110 in the following cases:

- Attempted theft/property damage
- Bodily harm/danger to life

Do not use 112 or 110:

- For jokes
- To check if it's working
- To report an accident/emergency again
- For contact details of doctors, dentists, pharmacies, or similar
- For minor, non-urgent accidents or incidents – either go to a hospital or contact the emergency medical services

Using 112 in other countries

112 is a single emergency number that can be used in all EU countries. Depending on the country, it operates either alongside other national emergency numbers or as a main number. You can use 112 in the following countries: Austria, Belgium, Croatia, Cyprus, Czech Republic, Denmark, Estonia, Faroe Islands, Finland, France, Germany, Greece, Hungary, Iceland, Ireland, Italy, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Monaco, Netherlands, Norway, Poland, Portugal, North Macedonia, Romania, Serbia, Slovakia, Slovenia, Spain, Sweden, Switzerland, Vatican City, and the United Kingdom.

MEDICAL EMERGENCIES AND EMERGENCY CARE OUTSIDE OFFICE HOURS IN GERMANY

Depending on the severity of your emergency, there are different phone numbers in Germany that you can call if you are involved in a medical emergency.

What to do in a medical emergency?

In a serious medical emergency, call 112 to call an ambulance. In hospitals, the emergency room is called the "Notaufnahme."

Medical Care Outside Office Hours

If you need medical assistance outside of office hours (e.g., if you feel unwell but don't need an ambulance), try calling your primary care doctor first. There is usually an answering machine with the contact details of the on-call doctor.

Alternatively, you can call 116117 to reach a non-emergency doctor. This number operates throughout Germany. The hotline is available 24/7, including evenings, weekends, and on public holidays. You can also visit the 116117 website to find a practice near you that offers emergency services.



Scan the QR code to find an on-call doctor.



On-call pharmacies

If you urgently need a medication or a prescription filled, you can find an on-call pharmacy by calling 0800 002 28 33 from a landline or 22 8 33 from a mobile phone (calls cost up to 0.69 cents per minute). Most cities also have an on-call pharmacy that is open outside of normal opening hours.

| by Editor

EMERGENCY PHONE NUMBERS



112

112



110

BAVARIANTIMES

To avoid culture shock in the supermarket or on the highway, it's worth taking a look at the most important measurements Americans should keep in mind during their stay in Europe. Here are the most common measurements that regularly need to be converted from US units to European units – from temperature to speed.




CHEAT

Basic traffic signs

IN GERMANY

SHEET

RIGHT OF WAY & STOP

- **Priority road (yellow diamond sign)** → Vehicles on this road have the right of way. 
- **Yield (triangle upside down, red border, white inside)** → corresponds to "Yield" in the USA. 
- **Stop sign (octagonal, red with "STOP")** → as in the USA, absolute stopping is mandatory. 

SPEED



- **Round sign, white with a red border, number in the center** → speed limit (e.g., "60" = 60 km/h).

- **Crossed-out sign** → End of speed limit. 



- **Autobahn (blue sign with bridge/motorway symbol)** → No general speed limit, but recommended speed: 130 km/h.

NO ENTRY OR TRANSIT

- **Red circle with a white crossbar** → "No entry." 
- **Red circle with a white center** → "No entry" (usually for all vehicles). 

PARKING

- **Blue "P" sign** → Parking permitted. 
- **Crossed-out "P" or sign with arrows** → No parking / restricted stopping.  

MOTORWAY & COUNTRY ROAD



- **Blue Autobahn sign** → Start of Autobahn.

- **Blue sign with car symbol** → Expressway. 

- **Town entrance (yellow town sign)** → In-town = 50 km/h. 



- **Town exit (crossed-out sign)** → Start of country road = 100 km/h.

SPECIAL INFO

- **Right before left:** If there are no signs, traffic coming from the right has the right of way in Germany. (Very important and often unusual for US drivers!) **! IMPORTANT !**
- **No right turns on red,** unless a small green arrow sign (on a black background) is posted
- **Autobahn rules:**
 - Keep to the right always drive on the right, only use the left to overtake.
 - No speed limit does not mean "free passage all the time" – there are many sections with speed limits.

TIP

Many smartphones and smartwatches offer conversion functions – or you can use online calculators or apps like "Convert Units" or "Unit Converter." This makes the jump across the Atlantic easy, even for numbers.

Take a Photo of our
Cheat Sheet and share it



BEDS IN THE USA VS. GERMANY

WHAT'S THE DIFFERENCE?

After several hotel stays of blissful sleep, we finally made the switch to a German bed system at home! With two separate mattresses under one unifying pillow top, I don't feel my husband tossing and turning in the middle of the night. Plus, we each got to choose the firmness we like.

EXPAT & TRAVELER TIPS

For Expats (Buying Beds & Linens):

- Shop in centimeters — U.S. sheets won't fit German frames. I have used my flat US sheets that are slightly larger as a fitted sheet and tucked it under.
- Couples usually buy two 90×200 cm mattresses in one 180×200 cm frame, although there are preference variations.
- Want a seamless feel? We added a topper to cover both mattresses.
- Duvets are usually one per person (the dimensions may differ from the mattress itself). Prefer one big one? Even if you have 2 mattresses, you can still easily purchase linens and a cover for a unifying look.
- Tall? You can order Überlänge (extra long) mattresses and bedding (210 or 220 cm).

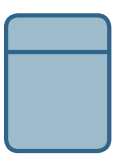
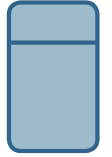

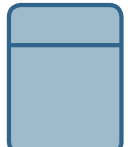

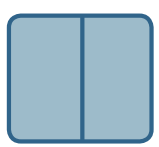

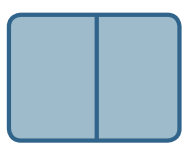


Travelers (Hotels & Rentals):

- A "Doppelbett" often means two 90×200 cm mattresses in one frame. If you want one continuous mattress, message the hotel.
- Expect two duvets in hotels (unless it's a big international chain).
- Read the fine print in case you do not want two singles pushed together (with a gap). Confirm before booking if that's not your style.
- In rentals, like Airbnb, a "double bed" could mean a small one that is too tight for two people or two singles pushed together. It is always best to message the hotel and inquire.



BED SIZES (DIMENSIONS)



Twin 99 x 191 cm			Single (Einzelbett) 90 (or 80) x 200 cm
Full 137 x 191 cm			Large Single (großes Einzelbett) 100 x 200 cm (or 210)
Queen 152 x 203 cm			Double, Komfort (Doppelbett) 160 (or 140) x 200 cm
King 193 x 203 cm			Doppelbett 180 x 200 cm (2 X 90) x 200 cm
California King 183 x 213 cm			Larger (Übergröße) 200 x 200 cm (occ. 210, 220)

LAYOUT

DESIGN & SETUP



US: Box springs + taller frames = high, plush look



DE: Slatted box or bases (Lattenrost) to adjust firmness

COMFORT & CULTURE



US: 1 mattress + 1 duvet = cozy shared space



DE: 2 mattresses + 2 duvets = no blanket tug for war

THIS IS ONLY AVAILABLE IN SAARLAND

FIVE GOOD REASONS FOR A TRIP TO THE BORDER TRIANGLE

(DJD). On October 3, all eyes will be on Saarbrücken, as this year's celebration of German Unity Day will take place there. Moreover, the small state of Saarland has some great experiences to offer.

Breathtaking viewpoints

A literal highlight is the view of the Saar Loop, the symbol of the densely forested Saarland. From the tower of the wooden treetop walk, you can even get a bird's eye view: The barrier-free path winds its way 42 meters high, with learning and play stations along the way revealing the secrets of this natural wonder. Near Saarlouis, however, a futuristic memorial to the end of mining attracts all eyes: The walkable Saar Polygon sits enthroned on the slag heap like a lunar landscape. Breathtaking photos and a travel blog can be found at www.urlaub.saarland.

World Cultural Heritage: Iron and steel

The Völklinger Hütte (Völklinger Ironworks) is the world's only completely preserved facility from the heyday of the iron and steel industry. Founded in 1873 and soon to become one of the most modern ironworks in Europe, it is now a UNESCO World Heritage Site. Between the mighty blast furnaces, the blower hall with its gigantic flywheels, and the impressive garden wilderness, there is much to discover: authentic industrial history up close at a unique venue for international exhibitions, festivals, and concerts.

Rolling meadows, wild forests

Hikers and cyclists in Saarland immerse themselves in unspoiled natural landscapes that offer well-maintained trails far from the hustle and bustle of the city: The UNESCO Bliesgau Biosphere Reserve is characterized by rolling meadows, orchards, and beech forests. Rare orchids grow here, beavers and water buffalo, wild geese and storks live along the river. And in the Hunsrück-Hochwald National Park, hikers can roam through the primeval forest on certified premium trails: for example, the Saar-Hunsrück-Steig long-distance hiking trail and its "dream loops," which invite you to day hikes.



One of the "dream loops" is the Perl Panorama Trail in the border triangle of France, Luxembourg, and Germany.

The Saar Loop is the symbol of Saarland and a natural wonder.



From the treetop walkway, visitors can enjoy a bird's-eye view of the Saar Loop.

The futuristic Saar Polygon is a walk-through monument to mining history.



Savoir vivre on the Saar

The Saarland residents' motto, "Hauptsach gudd gess" (the main thing is to eat well), is no coincidence: In the border triangle of Germany, France, and Luxembourg, culture, enjoyment, and lifestyle come together – not least in the cuisine. Those who want to experience the Saarland can choose between seven Michelin-starred restaurants, attend wine tastings and specialty weeks, or take culinary hikes.

The Saarland Germany Festival

To celebrate the 35th anniversary of German reunification, Saarbrücken invites you to participate in the Germany Festival from October 2-4: Stages in the city center await guests with a colorful program, presentations from more than 150 exhibitors, a regional fair, and culinary delights.

From Elend, the hiking trail to the "Schnarcherklippen" (Snoring Cliffs) is not far.



The aerial photograph of Sorge shows a friendly Harz town with a view of the Brocken.



Europe's smallest turnaround loop in Stiege is a real insider tip for railway enthusiasts.

Hidden Treasures in the Upper Harz

A place called Elend (Misery) and the "Schnarcherklippen" (Snoring Cliffs): Insider Tips for Explorers

(DJD). Off the beaten track, the Upper Harz holiday region on the Brocken offers extraordinary experiences for nature lovers, technology enthusiasts, and gourmets. Those who stay in one of the quiet mountain villages in the western tip of Saxony-Anhalt will discover signposted hiking trails right outside their door, nearby excursions for the whole family, and exciting stories from the Middle Ages to the present day.



Mystical Nature and curious names

One beautiful hiking destination, for example, is the "Schnarcherklippen" near Elend: A safe ladder leads up the bizarre rock towers to a viewpoint overlooking the mountains and valleys. The wind whistles around their corners and edges, giving them their amusing name. The names of the Harz towns of Elend and Sorge (Concern) also make visitors smile or frown. But they have historical roots – and aren't meant to be bleak at all: They derive from the Old High German words for foreign land and edge or border, which in the Middle Ages stood for their isolated location in the impassable border region. Further historical background, legends, and anecdotes, as well as interactive hiking maps and tour tips, can be found at www.oberharzinfo.de.

Railway Romance and engineering art

An insider tip for all technology enthusiasts awaits them in the small village of Stiege: Not far from the lakeside castle and Germany's only wooden church in the style of a dragon, Europe's smallest turning loop can be admired. Here, the railcars of the Harz Narrow Gauge Railway turn around in a very tight space – a testament to the Harz's engineering skills from its mining history. The mighty railway viaduct in Neuwerk near Rübeland, which stretches almost a hundred meters across the valley, also dates from this period. It is part of the historic Rübeland Railway, on which steam locomotives still puff through the Harz Mountains today.

Traditional specialties

A journey back in time to mining history can be experienced with all the senses at the Büchenberg Show Mine in Elbingerode. At the end of a tour, visitors can also sign up for a traditional "Tzschערper" meal, named after the miners' most important tool: the Tzschערper knife was also their cutlery for eating bratwurst, Harz cheese, lard bread, and pickles. In contrast, the East German Vehicle and Technology Museum in Benneckenstein offers a more "nostalgic" taste: The historic Mitropa dining car is a highlight, where homemade solyanka is served from April to October. And afterward, a few steps are a good idea, for example, to the "Red Sofa" above Benneckenstein. This iconic rest area offers a sweeping view and a special Harz Hiking Badge stamp.

Treetop Walk and Freedom Lights

Discover the Wartburg Hainich World Heritage Region from Mühlhausen

The treetop walk in the Hainich National Park ▲ offers views of the primeval forests, which are part of the UNESCO World Heritage.

(DJD). Hike through pristine primeval forests, stroll through charming half-timbered towns, and discover medieval castles – in the Wartburg Hainich World Heritage Region, nature and culture merge to create unique vacation experiences. Nestled between the Wartburg town of Eisenach, the royal seat of Gotha, the spa and rose town of Bad Langensalza, and the medieval imperial city of Mühlhausen lies the Hainich National Park with its ancient beech forests, parts of which have been UNESCO World Heritage sites since 2011. Hikers can explore the primeval forest in the heart of Germany with its enormous biodiversity on more than 20 themed trails, some of which are designed as accessible and family-friendly circular routes. A photo stop at the geographical center of Germany near the Germanic sacrificial bog of Vogtei is also a must.



◀ Mühlhausen, with its medieval character, will be the venue for the Thuringian State Exhibition in 2025.



◀ Hikers explore the UNESCO Hainich World Heritage Site with its pristine nature and enjoy the scenic diversity of the Eichsfeld-Hainich-Werra Valley Nature Park.

freedom and the historical events. A diverse cultural and musical program will accompany the evenings. You can stay overnight and feast in the heart of the old town at the Hotel Brauhaus zum Löwen, which has its own brewery. Tickets and information on all events, as well as further excursion and accommodation tips, are available at www.tourismus.muehlhausen.de and at the Tourist Information Office.

Primeval forests and wildcat village

Those longing for peace and nature can immerse themselves in the primeval forests of the Hainich National Park or experience them from above on the 540-meter-long treetop walk. Rare animal species such as the wildcat live in these primeval forests, where nature is allowed to be nature. These shy forest dwellers can be observed up close in the exhibition area of the Hütcheroda Wildcat Village.

Young and old can also enjoy informative and entertaining access to the national park's natural treasures on the Feenstieg (Fairy Trail), Pfad der Begegnung (Path of Encounter), and Silberborn adventure trails with their interactive stations. Visitors can reach the Wartburg Hainich World Heritage region in central Germany conveniently and sustainably via ICE train connections to Eisenach or Gotha, or via the regional train stations in Bad Langensalza and Mühlhausen.

Year of freedom

Mühlhausen is a great starting point for active or cultural explorations. The medieval imperial city is just a stone's throw from the national park and is also the venue for this year's Thuringian State Exhibition "Freedom 1525 – 500 Years of the Peasants' War" (until October 19). Over 400 exhibits at three exhibition venues illuminate the historical upheaval. The festive culmination will be the "Freedom Lights" on October 17 and 18. Five medieval church facades will be illuminated with artistic illuminations that explore the idea of



◀ During the "Freiheitsleuchten" (Freedom Lights) festival, five medieval church facades will be illuminated with artistic displays that explore the idea of freedom and historical events.

Nature, culture, enjoyment

The Black Forest is Germany's largest contiguous low mountain range and is known for its dense forests, picturesque villages, and traditional culture. It is especially famous for the cuckoo clock, Black Forest ham, and Black Forest cherry cake.

In addition to nature, many cultural and tourist highlights also beckon. These include the historic cities of Freiburg and Baden-Baden, the many hiking trails, thermal baths, and ski resorts. The highest peak is the Feldberg at 1,493 meters, which is ideal for hiking in summer and skiing in winter.

TOP SIGHTS IN THE BLACK FOREST:

TRIBERG WATERFALLS

At an impressive height of 163 meters, the Triberg Waterfalls are among the highest in Germany. The waters of the surrounding streams and the Gutach River combine to form a mighty torrent that plunges over several cascades and cliffs into the depths.

A highlight in every season: Around 500,000 visitors come annually to this popular destination in the Black Forest, which can be reached via five different entrances. While a spectacular waterfall fireworks display takes place in summer, in winter the waterfalls transform into a fascinating world of ice and glittering ice crystals. You can easily reach the waterfalls both on foot and by car.

FELDBERG

The 1,493-meter-high Feldberg is the highest peak in the Black Forest and a popular destination for hikers and winter sports enthusiasts alike.

WINTER PARADISE AND HIKING PARADISE

The Feldberg, with its ski slopes, attracts winter sports enthusiasts from all over Germany until May. But the mountain, with its impressive landscape, is also a highlight in summer. Numerous trails offer opportunities to explore nature on foot.

IMPRESSIVE NATURE AROUND THE SUMMIT

The 12-kilometer-long Feldberg Trail leads around the summit. On this hike, you can not only marvel at the impressive landscape, but also admire the Ravenna Gorge with its waterfalls and the glacial Feldsee lake. The latter lies at the foot of the mountain and marks the beginning of the Southern Black Forest Nature Park. It can only be reached on foot or by bike.

REFRESHMENT OPTIONS

Around the Feldberg, there are many inns, restaurants, and staffed hiking huts that invite you to stop for refreshments. Sturdy hiking boots are recommended for anyone planning to hike the mountain.

BLACK FOREST OPEN-AIR MUSEUM: A JOURNEY BACK IN TIME

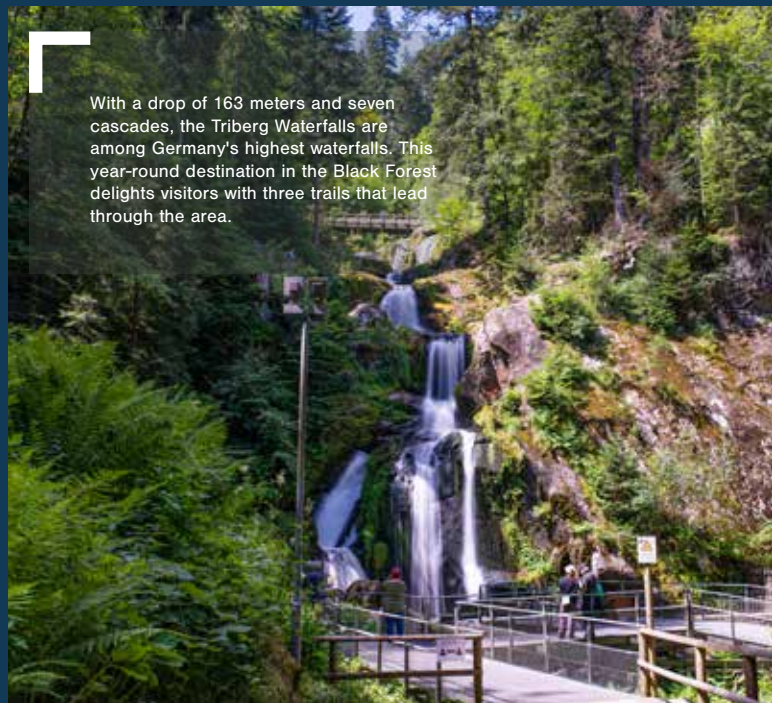
Would you like to know how people used to live in the Black Forest? Then a visit to the Vogtsbauernhof Black Forest Open-Air Museum in Gutach is just the thing for you! Here, in the oldest open-air museum in Baden-Württemberg, you can immerse yourself in the history of this holiday region. Discover the life, living, and working lives of the Black Forest people over the past centuries. The museum was built in 1963 around the more than

300-year-old Vogtsbauernhof, which was saved from demolition. Since then, many other historic Black Forest farms, stables, a court chapel, and even a large herb garden have been added.

Experience firsthand what life was like back then:

Craft and mill demonstrations: Regularly see how traditional crafts were practiced. Activities for children: There's plenty for younger visitors to discover and try out, too.

A special tip for groups: For groups of 12 or more, there's a special option. After a guided tour, you can book a "country



With a drop of 163 meters and seven cascades, the Triberg Waterfalls are among Germany's highest waterfalls. This year-round destination in the Black Forest delights visitors with three trails that lead through the area.



– the Black Forest calls:

More than cuckoo clocks and cherry cake

outing" where you churn your own butter – the perfect reward for a delicious snack!

TITISEE: THE JEWEL OF THE HIGH BLACK FOREST

Lake Titisee has also made it into the Black Forest's most popular tourist attractions. Known far beyond the region, the lake attracts numerous water sports enthusiasts, especially in summer, including waterskiing and windsurfing enthusiasts. Rowboats and bathers also enliven the shore. The beach promenade, ~~by Editor~~ called the "Gold Coast," is the perfect place to enjoy the sun, as the lake is otherwise difficult to access.

MYTHS AND FACTS OF LAKE TITISEE

With an area of just under 1 square kilometer, Lake Titisee is a relic from the last Ice Age. Numerous myths surround it. It is said that a sunken city lies at the bottom of the 20-meter-deep lake. Another legend states that there is an underground connection to the ancient lake and that its depths are so unfathomable that precise measurement is almost impossible. But whether with or without myths, Lake Titisee is definitely worth a visit.

OTHER ATTRACTIONS IN THE BLACK FOREST:



EUROPA-PARK IN RUST

Europa-Park in Rust, near Freiburg, is one of the most popular amusement parks in Europe and, with its roller coasters and log flumes, offers thrills for all ages. In addition to the fast-paced rides, country-specific themed areas provide entertainment, and lively and varied shows to entertain the whole family.

FREIBURG IM BREISGAU

Freiburg is an absolute must for your short break in the Black Forest! Discover sights like the Freiburg Cathedral in the historic old town and enjoy breathtaking views of the city from the Schlossberg.

LICHTENTALER ALLEE

Lichtentaler Allee is an impressive example of garden art in the heart of the Black Forest and has delighted visitors for over 300 years with its overwhelming variety of flowers, trees, and streams. As a popular excursion destination, it attracts visitors from all over Germany to enjoy nature on the outskirts of the metropolis of Baden-Baden.

SCHLUCHSEE

Lake Schluchsee is an ideal destination for pure relaxation and water sports, nestled in the beautiful landscape of the Black Forest. As a climatic health resort at 1,200 meters above sea level, it offers a variety of options for active vacationers, families, and those seeking relaxation, both summer and winter.

BADEN-BADEN

With more than 2,000 years of history and luxurious spas, such as the Friedrichsbad and the Caracalla Thermal Baths, elegant Baden-Baden is a retreat full of joie de vivre. This Black Forest city captivates with its blend of impressive sights, art, and culture.

WORLD-FAMOUS CUISINE FROM THE BLACK FOREST

The Black Forest is known not only for its dense forests and picturesque landscapes, but also for its culinary treasures. Tradition and craftsmanship shape the region's specialties, which are appreciated worldwide.

- **Black Forest Ham:** Air-dried and cold-smoked ham, distinguished by its dark color and intense, spicy flavor. A classic of regional meat art.
- **Black Forest Cherry Cake:** The famous cream cake with cherries, chocolate, and a dash of kirsch. It combines sweet, fruity, and slightly alcoholic flavors to create a unique treat.
- **Black Forest Kirschwasser:** A clear fruit brandy made from local cherries, it has a strong aroma and is traditionally used as a digestif or to enhance desserts.

THE BLACK FOREST'S MOST POPULAR SOUVENIR:

The cuckoo clock

A traditional Black Forest wooden craft, famous for its intricate design and characteristic cuckoo chirping. It combines intricate carving, mechanics, and regional culture in a souvenir that is popular worldwide.

| by Editor

Lake Schluchsee is considered the water sports center of the Black Forest and has been one of the cleanest bathing lakes in Germany for years. The magnificent landscape surrounding the lake offers wonderful hiking and biking tours.

Straight from the field:

How to get fresh pumpkins in Franconia and the Upper Palatinate

Fall is here, and that means it's finally pumpkin season again! In this overview, you'll find some places in the region where you can get these orange giants fresh from the field.

Freshly harvested pumpkins not only taste good—a trip to a pumpkin patch is also a wonderful seasonal destination. Here's a small selection of fields and farms in the region where you can either harvest the pumpkins yourself or get them fresh from the field.

PUMPKINS FOR HALLOWEEN, TOO

Pumpkin carving is one of the most well-known Halloween traditions. The tradition originated in Ireland. There, the legend of "Jack O'Lantern" was told, a cunning farmer who outwitted the devil. After his death, Jack was allowed neither into heaven nor hell and since then has wandered through the darkness with a hollowed-out turnip and a glowing coal as a lantern. When Irish immigrants came to America, they replaced the turnip with the pumpkin, which was more common there – larger, easier to work with, and bright orange. This is how the tradition we know today was born.

Special Halloween pumpkins are particularly suitable for carving: they are large and round, have a relatively soft shell, and are long-lasting.

Smaller edible pumpkins like the Hokkaido pumpkin are edible, but difficult to carve.

Today, pumpkin carving is an integral part of Halloween preparations for many families and children. It combines creativity, craftsmanship, and fun – and at the same time, provides atmospheric decoration during the dark season.

Not all pumpkin varieties are equally suitable for Halloween pumpkin carving – some are too small, too hard, or quickly become mushy. Here are the best tips:

SUITABLE PUMPKIN VARIETIES

- **Halloween Pumpkin (Jack O'Lantern / Howden Pumpkin)**
A classic for hollowing out: large, round, strong shell, but not too hard. Easy to carve and has plenty of space inside.
- **Rocket / Early Harvest**
Medium size, rather smooth shell, perfect for more detailed carving.
- **Ghost Rider**
Vivid orange, thick-walled, very stable – lasts longer, ideal for large faces.
- **Racer F1**
Popular in competitions, consistent shape, easy to hollow out.

About the Pumpkin

This fruit is relatively low in calories due to its high water content of around 90 percent. However, it contains plenty of vitamins and important minerals such as iron and potassium. Pumpkins get their orange color from their high beta-carotene content, which can be converted into vitamin A by the body. Pumpkins are becoming more popular in Germany every year, also due to their positive effects on blood lipid levels and the digestive tract.

The pumpkin is therefore an extremely healthy berry. Yes, you read that right – a berry. According to the definition, berries are fruits whose seeds lie freely within the flesh. This also applies to pumpkins.



Pumpkin Festival in Ludwigsburg

PICK-YOUR-OWN PUMPKIN

Jerry's Pumpkin Patch

Address: Lohweg 7, 92367 Pilsach

Cell Phones: +49 171 7239 338 or +49 171 7239 343

The pick-your-own field is expected to open in mid-September; further information will be announced. The field has an American owner near Hohenfels.

Piggyback Harvest Experience –

Harvest Your Own Field

Address: Vacher Str. 30, 91056 Erlangen

Phone: +49 911 762570

Farm Shops / Gemüse König

Address: Winterleitenstr. 5, 92690 Pressath

- Zintlhammer

Phone: +49 9644 91268

Lang Farm Shop

Address: Altenparkstein 25, 92665 Kirchendemenreuth

Phone: +49 9681 1570

Beutnerhof

Address: Weidener Str. 31, 92694 Etzenricht

Phone: +49 961 43612

Gut Aschach - Albert Freidl

Address: Gut Aschach 1, 93138 Lappersdorf

Phone: +49 941 82198

Roidl Hof Irlach

Address: Irlacher Dorfstraße 9, 92442 Wackersdorf

Phone: +49 9431 6714

Schnell's Pumpkin Seeds - Farm Shop

Address: Ringstraße 4, 91126 Kammerstein

Phone: +49 9122 830703

PUMPKIN FESTIVAL IN ALTENDORF

On the first Sunday in October, the pumpkin season traditionally reaches its peak with the Pumpkin Festival, which is now known far beyond the country's borders.

Many farms open their doors on this day and present pumpkins of various sizes, shapes, and colors, as well as a variety of culinary specialties featuring this fall vegetable. Anyone who has tasted the variety of these delicacies will inevitably fall under the spell of pumpkins.

The Pumpkin Festival takes place in 96146 Altendorf (approx. 1.25 hours from Grafenwoehr).

| by Editor

World's largest pumpkin exhibition from August 23 to November 2, 2025

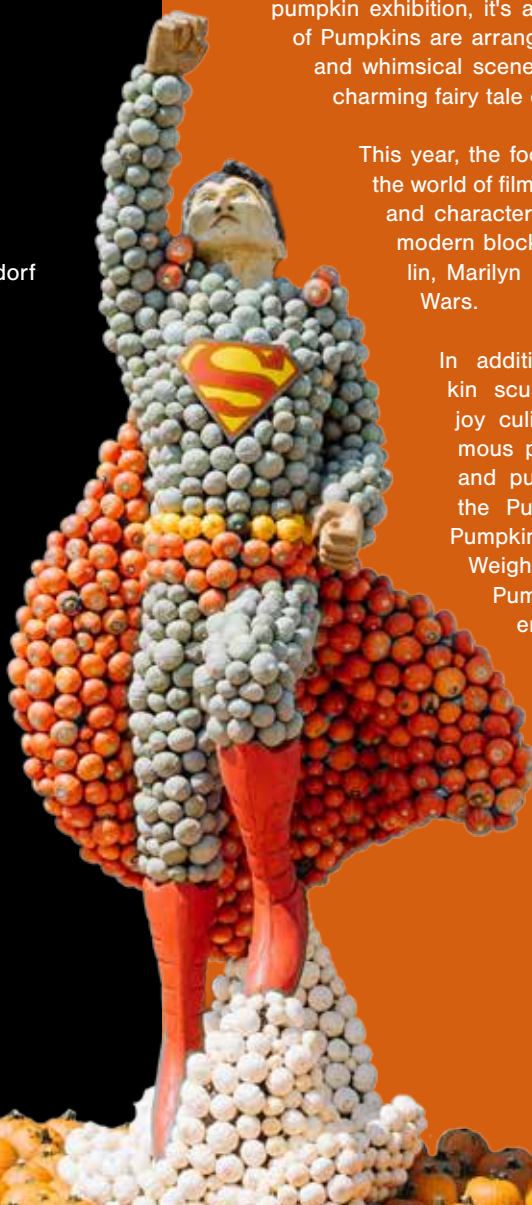
LUDWIGSBURG, Germany – Experience the magical Pumpkin Fest in Ludwigsburg. It's an amazing spectacle that transforms the magnificent grounds of Ludwigsburg Residential Palace into a vibrant autumn wonderland. As the world's largest pumpkin exhibition, it's an absolute must-see! Millions of Pumpkins are arranged into breathtaking sculptures and whimsical scenes - from towering dinosaurs to charming fairy tale characters.

This year, the focus is on pumpkin figures from the world of film, including famous personalities and characters from Hollywood classics and modern blockbusters such as Charlie Chaplin, Marilyn Monroe, Harry Potter, and Star Wars.

In addition to the impressive pumpkin sculptures, visitors can also enjoy culinary delights such as the famous pumpkin soup, pumpkin ravioli, and pumpkin secco. Events such as the Pumpkin Slaughter Festival, the Pumpkin Carving Festival, the Pumpkin Weighing Championships, and the Pumpkin Regatta provide additional entertainment.

The exhibition ends in early November, but some pumpkin figures can still be admired until early December as part of the Luminous Dream Trails.

Taste the flavors of fall! Indulge in a delicious array of pumpkin-themed culinary delights all over the place and enjoy exciting activities for all ages in this atmosphere.



PURE FALL ENJOYMENT

PUMPKIN SOUP

ONE CLASSIC, ONE WITH A
SOPHISTICATED SURPRISE

Hokkaido pumpkin: sweet, creamy, and with an edible skin—perfect for warming fall soups.

Fall smells of golden leaves, cool air, and warming soups. Nothing fits this season better than a velvety pumpkin soup. Whether traditionally served with sour cream or surprisingly refined with silken tofu – both recipes bring heart and soul into bowls full of well-being.

PUMPKIN SOUP

WITH SILKEN TOFU

CLASSIC PUMPKIN SOUP

INGREDIENTS FOR FOUR TO SIX PEOPLE

- One medium-sized Hokkaido pumpkin
- 2 onions
- 2 garlic cloves
- 2 tablespoons butter
- about 1/2 liter broth
- 1 teaspoon dried marjoram
- Salt
- Pepper
- 200 g sour cream

► PUMPKIN SOUP RECIPE

Wash the pumpkin and remove any brown, tangled parts. Remove the seeds, dice the pumpkin flesh, and sauté in hot butter along with the chopped onions and garlic. Add broth and season with marjoram, salt, and pepper. The pumpkin should just be covered with liquid. Cover and simmer for about half an hour until softened.

Now stir the sour cream into the soup. To prevent it from curdling, transfer the sour cream to a separate bowl and stir in a few tablespoons of the hot sauce. Only when the mixture is creamy, add it to the rest of the pumpkin cream soup in the pot. Purée everything with a blender and season to taste.

Dish with a drizzle of pumpkin seed oil, a few pumpkin seeds, and a drizzle of fresh sour cream before serving.

INGREDIENTS (SERVES 3 TO 4)

- 400 g silken tofu
- 1 kg pumpkin (Hokkaido)
- 2 onions
- 200 ml orange juice
- 1 l vegetable broth
- 50 g ginger
- 1/2 bunch cilantro
- A dash of olive oil
- A pinch of chili or cayenne pepper
- Salt

► HOW TO PREPARE PUMPKIN SOUP
WITH SILKEN TOFU

Peel the onion and chop into large cubes, peel the ginger and finely chop it.

Wash the pumpkin, dry it, halve it, scoop out the seeds with a spoon, and cut the flesh into slightly larger pieces.

Heat a large splash of olive oil in a pot on the stovetop, sauté the diced onion until translucent, add the pumpkin pieces, deglaze with orange juice (reserve a small splash for the tofu) and vegetable stock, add the ginger, and simmer gently over medium heat until softened.

Then blend with a blender until creamy, season with salt, cayenne pepper, and another splash of orange juice, if desired, and pass through a fine sieve.

Pluck the cilantro leaves from the sprigs and finely chop.

Place the silken tofu in a bowl, season with a splash of orange juice and a pinch of salt, and stir in the cilantro.

Fill the hot pumpkin soup into deep bowls, sprinkle with the seasoned silken tofu, and serve.

BAVARIAN HOSPITALITY AT ITS BEST: ENJOY THE BOOTSHAUS IN AMBERG'S HISTORIC CENTRE IN AUTUMN

The Bootshaus is the address for Bavarian upscale cuisine in the historic old town of Amberg. But not only that – the five houses, partly protected as historic monument and more than 800 years old, also offer a beautiful boutique hotel – for those that search for something special to stay for the night, or an unforgettable experience for a visit from abroad.

No two rooms in the Bootshaus are the same, but each one is unforgettable. It can be the half-timbered wall setting striking accents, or the historic roof truss, the beamed ceiling and a round arch creating an atmospheric ambience. The 19 guest rooms range from 15 double rooms to 4 suites of varying sizes, all offering the highest levels of comfort and state-of-the-art facilities. Now, in autumn, two of the suites, that have an integrated private sauna, offer a particularly cozy stay. Not forgetting the free-standing bathtub! And always right there – the river "Vils" – atmospherically staged offering an ever-changing beautiful sight.

The restaurant also impresses with great cuisine and beer from its town Amberg. All dishes are freshly prepared with regional ingredients. Having the different seasons in mind, the recipes and

menus are always carefully crafted. In autumn you can expect fresh dishes with venison or mushrooms from the nearby forests. The cozy dining area invites you to enjoy a hearty snack or a fine dinner, while you can still catch some sun rays during the day at the terrace overlooking the river.

The team at the Bootshaus speak English throughout, and the restaurant menu, room information and website are available in English, too.

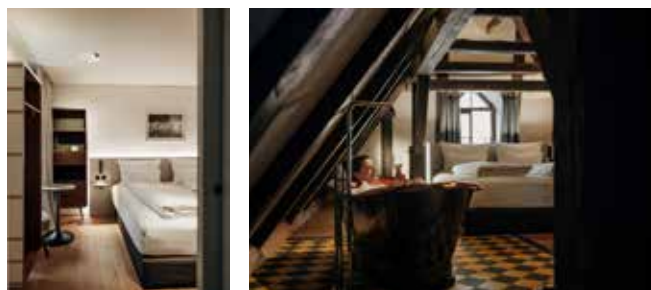


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AMBERG



BEER IN GERMANY – DIVERSITY WITH TRADITION

GERMANY IS KNOWN WORLDWIDE AS THE LAND OF BEER. MORE THAN 1,500 BREWERIES AND MORE THAN 7,000 VARIETIES MAKE THIS DIVERSITY UNIQUE. BEER HERE IS NOT JUST A BEVERAGE, BUT DEEPLY ROOTED IN CULTURE AND REGIONAL IDENTITY.

BEER TYPE	Alcohol content (Vol.-%)	Region / Origin
Pils	4,5 – 5,2 %	All of Germany (especially North & East)
Helles (Lager)	4,7 – 5,2 %	Bavaria, Southern Germany
Export	5,0 – 5,5 %	Dortmund, Baden-Württemberg
Märzen	5,0 – 5,5 %	Bavaria, especially Oktoberfest
Dunkel	4,5 – 5,6 %	Bavaria, Franconia
Bockbier	6,0 – 7,5 %	Bavaria, Lower Saxony (Einbeck)
Doppelbock	7,0 – 9,0 %	Bavaria (monastery breweries)
Eisbock	9,0 – 12,0 %	Franconia (Kulmbach)
Weizenbier / Weißbier	4,5 – 5,6 %	Bavaria (but popular throughout Germany)
– Kristallweizen	4,8 – 5,5 %	Bavaria
– Hefeweizen (naturally cloudy)	4,8 – 5,5 %	Bavaria
– Dunkles Weizen	4,8 – 5,5 %	Bavaria
Kölsch	4,5 – 5,0 %	Cologne
Altbier	4,5 – 5,5 %	Düsseldorf, Lower Rhine
Berliner Weiße	2,5 – 3,0 %	Berlin
Gose	4,0 – 4,7 %	Leipzig, Halle
Rauchbier	4,8 – 6,0 %	Bamberg (Franconia)
Zwickel / Kellerbier	4,5 – 5,2 %	Franconia, Southern Germany
Landbier	4,5 – 5,5 %	Regionally variable

A defining chapter in its history is the German Beer Purity Law of 1516, which prescribed water, malt, hops, and later yeast as the only ingredients. To this day, it is considered a symbol of quality and artisanal brewing.

The German beer world is roughly divided into top-fermented and bottom-fermented varieties. Top-fermented beers ferment at higher temperatures and often have fruity, spicy aromas. These include Bavarian wheat beer, Kölsch from Cologne, and Altbier from the Lower Rhine. Specialties such as the sparkling Berliner Weisse or the salty-sour Gose from Leipzig are also included. Bottom-fermented beers are produced at cooler temperatures and taste clearer and leaner. These include the widely popular Pilsner, the smoother Helle, the more robust Export, the Märzen, and various Bock beers.

Regional preferences vary greatly: In Bavaria, Helles, Weizen, and Bock predominate. The north loves a bitter Pilsner, while in the Rhineland, the rivalry between Kölsch and Alt lingers. In Franconia, hundreds of small breweries ensure an unparalleled variety – from Kellerbier to the famous Rauchbier from Bamberg.

Today, Pilsner is still the market leader, but Helles is becoming increasingly popular. Parallel to this, the craft beer movement is growing, setting new standards with modern brewing styles.

Whether in a wheat glass, a Kölsch Stange, or a stein: beer remains more than just a beverage in Germany – it is an expression of tradition, conviviality, and enjoyment.

BräuWirt restaurant and brewery in Weiden's historic old town!

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| by Editor

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