

Marina Fortun, 14 (from left), and Vince Stefano, 16, compete in the teen watermelon eating contest sponsored by FMWR's Child, Youth and School Services.

Susan Huseman



Susan Huseman

Tiffany Quilter, 7, sports patriotic makeup.



Susan Huseman

C.J. Fresia leaps to make a catch while the band Western Highway plays for the crowd. While waiting for the fireworks, people played horseshoes, cards, read and relaxed.

Celebrating Stuttgart-style

Nothing says "Independence Day" more than fireworks, hotdogs, watermelon and football — and Stuttgart military community members enjoyed these and much more during the U.S. Army Garrison Stuttgart celebration held July 4 on Husky Field.



Sage Oldmixon enjoys a hotdog during the celebration. Entertainment included live bands, bouncy castles, arts and crafts activities for children and fireworks.

Martin Greeson

Garrison to offer new meal options on Patch

By Susan Huseman

USAG Stuttgart Public Affairs Office

When the closure of the Black Stallion Inn Dining Facility on Patch Barracks was announced last month, many of its customers wondered where they would be able to get a quick, nutritious lunch.

It turns out it will probably be the same place where they've always gotten one.

Officials representing U.S. Army Garrison Stuttgart, the Stuttgart Civilian Personnel Advisory Center and the local German Works Council are working on sealing the deal to place

a German Kantine in Building 2386, the current location of the DFAC, according to Ed McCargo, the U.S. Army Garrison Stuttgart Plans, Analysis and Integration chief.

The DFAC, which has limited its customer base to active duty military members since June 30, is scheduled to close at the end of July as part of an Installation Management Command initiative to trim \$300 million from its annual logistics budget.

Lunch is the main hot meal of the day in Germany, and Kantines are employer-provided cafeterias where workers can eat a reasonably-priced hot lunch.

They are part of the workforce tariff agreements for Army garrisons in

Germany, and are open to everyone, McCargo said.

"Although the details are still being worked out, the Kantine, similar to those operating on Kelley Barracks and Panzer Kaserne, will serve breakfast, lunch, sandwiches, snacks and coffee," said McCargo, estimating that the Kantine will open for business sometime in August.

It is expected that the new Kantine would operate with hours similar to those of the German Kantine on Panzer, which is open Monday through Friday from 7 a.m. until 4 p.m.

It will also offer a similar menu.

Breakfast offerings will consist of German-style breakfast sandwiches

along with a ham, egg and cheese sandwich. Eggs, bacon and potatoes, yogurt and juices will also be available. For lunch, diners could expect pork steaks, chicken, risotto, schnitzel, goulash and other German or European dishes.

McCargo said the menu would be posted weekly at the facility, allowing for customers to plan ahead.

Other dining options on Patch Barracks include the Exchange-run Patch Food Court and Patch Eatery, a Family and Morale, Welfare and Recreation-operated outdoor grill, Manolito's Mexican restaurant, and the Patch Commissary deli.

See New meal options on page 4

Page 6

Tresses trimmed for charity

Seven Stuttgart military community members donated over six feet of hair to the Locks of Love program June 27 to benefit disadvantaged children.



Page 9

Units welcome new leaders

52nd Signal Battalion, and 1st Battalion, 10th Special Forces Group (Airborne), both hosted change of command ceremonies on June 29, welcoming their new leaders.



INSIDE THIS EDITION

Commander's Column

Stuttgart — I'm glad that I had the chance to live here

Commentary by Col. Carl Bird
USAG Stuttgart commander

Hope and I are at the end of our tour here in Stuttgart, and I just want to say that I really am glad that I lived here.

The last two years have been a great experience.

This was our first European assignment, and it gave us the chance to explore much of what Stuttgart, Germany and Europe have to offer.

We've enjoyed Stuttgart's vibrant cultural scene, visiting its museums, concert halls and castles, and taking part in the numerous festivals organized throughout the year: the wine village, Frühlingsfest, Volksfest and Christmas market. It's been great fun.

On the business side, the garrison's German neighbors are one of our greatest assets. Over the years, the garrison has built confidence and trust with key German leaders in the greater Stuttgart area, and as a result, we have fantastic stationing support.

Shortly after taking command of the garrison, I realized just how fortunate we were to be part of the greater Stuttgart military community.



Col. Carl D. Bird

Hope and I have truly enjoyed calling U.S. Army Garrison Stuttgart "home."

We love the small town, neighborly feel of the garrison: that everyone knows one another by name, that there are nice and generous people who are willing to help others out.

We love that this is a joint services community and that we've been able to live among families of all service branches. I'd like to think that we now speak three more languages: Navy, Marine and Air Force!

I am extremely fortunate and privileged to have been able to work in a joint services environment such as this.

Not only has it been a unique and interesting experience, but the level of support the garrison has received from U.S. European and Africa Commands, and the other tenant units has been very inspiring.

While the garrison offers some awesome programs and services, time and time again, it's the partnerships with our tenant units that make them possible.

This month's annual Run to Remember, a collaboration between 1st Battalion, 10th Special Forces Group, and the garrison Family and Morale, Welfare and Recreation, is one example. School registration, where the garrison, the schools and the Exchange join forces to make registration easier for our families, is another. The Stuttgart Community Spouses Club Spring Bazaar, where hundreds of people pull together as one to benefit the community, is yet another.

Excellence is everywhere.

Last year, the USAG Stuttgart Army Substance Abuse Program won the Secretary of Defense Community Drug Awareness Award for its prevention and outreach efforts, for the second time in three years.

The 1-10th SFG(A) Dining Facility on Panzer Kaserne earned top place in the military garrison category of the 2012 Philip A. Connelly Award for Excellence in Army Food Service.

And the Stuttgart Law Center just received the Judge Advocate General's Excellence in Claims Award for fiscal year 2011, for its handling of claims following the Stuttgart warehouse fire that

I'd like to think that we now speak three more languages: Navy, Marine and Air Force!

occurred in October 2010.

The fire destroyed the household goods of 121 military families, and in less than 24 hours of being notified, the community rallied into action with unselfish donations of money, clothing and furniture.

But it doesn't take a devastating event for an outpouring of generosity in this community.

As evidence, I offer up this year's Combined Federal Campaign, the most successful ever held in the Stuttgart military community, where service members and civilian employees donated more than \$520,000 to support non-profit organizations that provide health and human service benefits throughout the world.

And what about the community volunteers who donated more than 213,000 hours last year to assist local organizations and agencies, saving more than \$4.5 million in labor costs?

At a time of restructuring and financial belt tightening, their efforts continue to be tremendous, and my hat is off to them.

And while the garrison will continue to be faced with fiscal challenges, you can be sure it will still forge forward to provide the best possible service to our service members, their families and our tenant units.

Why? Because the garrison is staffed by professionals who understand their mission is to deliver superior services and support to the community.

No matter who is in charge, they will continue to make USAG Stuttgart a better place to serve, live and play — one service member, one civilian and one family member at a time.

Thank you all for making these past two years one of the most professionally and personally rewarding experiences I've ever had.

I'll see you all on the high ground.

THE CITIZEN

Col. Carl D. Bird

U.S. Army Garrison Stuttgart Commander

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According to the Workplace Bullying Institute, workplace bullying is the repeated mistreatment of a target by one or more perpetrators through verbal abuse; intimidating, offensive conduct; or work interference. Bullying begins with one person singling out a target. Before long, the bully easily recruits others to gang up on the target.

www.photos.com

Workplace bullying a growing problem for employers, employees

By Dawn Desjardins
Special to the Citizen

Stepping into a bully-free work environment may seem a luxury these days. Reported incidents having to do with bullying and harassment are on the rise, and believe it or not, workplace homicides are a daunting reality.

In one year alone, workplace violence accounted for one out of five work-related deaths in the U.S.

“Going postal,” a slang term used in some circles to characterize an extreme reaction to excessive stress, is no laughing matter.

U.S. Army Garrison Stuttgart took a proactive stand against workplace violence on June 28, when the Equal Employment Opportunity Office hosted a lunchtime class at Panzer Kaserne on bullying in the workplace.

Bullying is defined as “repeated and unwanted actions by an individual or group intending to intimidate, harass, degrade or offend,” according to the Alternative Dispute Resolution Interagency Working Group, a central forum for information about the federal government’s use of ADR.

According to the group, it is also an abuse or misuse of power, and psychological violence.

“As a garrison, in order to make our environment more conducive to working, we need to address these issues,” said Dr. Ronnie Holmes, the EEO manager.

The good news is that bullying can be lessened with recognition of the problem, desire for change and practice from the parties involved.

The not-so-good news, reported Holmes, is that “Seventy to 80 percent of the bullies aren’t aware of what they are doing.”

He noted the negative impact they can have on an entire organization, and touched on “the grey line between bullying and harassment,” noting the legal implications of the latter.

“The bully ... may stretch [bully behaviors] up to that line, knowing they are safe,” Holmes said.

The effects of bullying weigh on productivity, morale and psychological health, and may become an unbudgeted, heavy-hitting fiscal issue, as well.

Holmes reported that the costs involving a case of harassment, which generally begins with bullying, “can range anywhere from \$60,000 to \$300,000, depending on how far it may go from the initial point of filing a complaint to as far as litigation and settlement.”

The objectives of the EEO session were to define workplace harassment and bullying in the workplace, define employee responsibility as it relates to workplace bullying, and identify the best route for resolution of bullying complaints.

Eshe Faulcon, an EEO specialist, was present and said the lunch and learn-style forum was chosen for the topic because “It is a casual, informal way to learn more [about a subject] that is hard to address in typical training environments.”

Sonia Greer, an educator in family advocacy for Family and Morale, Welfare and Recreation, joined the class to gain knowledge.

“There is a lot of media attention [on this topic] with kids and adults, as well. You can never go wrong with a refresher,” she said.

Holmes closed the session with a stark forewarning, calling it “the calm before the storm. ... Workplace violence is a result of bullying and harassment.”

An EEO handout suggested that prevention is a fundamental solution: “... Remember the ‘golden rule’ — treat coworkers exactly like you would like to be treated, — with dignity, respect, fairness and equality. Everyone deserves a workplace where they can perform their duties and responsibilities to the best of their ability — a workplace that is free of fear and full of respect.”

News & Notes

USAG Stuttgart change of command to be held July 23

Col. John P. Stack will replace Col. Carl D. Bird as commanding officer of U.S. Army Garrison Stuttgart during a change of command ceremony scheduled for July 23.

The ceremony will take place at 11 a.m. on the Panzer Kaserne parade field, adjacent to USAG Stuttgart headquarters, Building 2949.

Stack comes to USAG Stuttgart after serving as deputy commander for Special Operations Command (Forward), Pakistan.

In the event of inclement weather, the ceremony will be held in the Panzer Fitness Center, Building 2990.

Technology expo July 26

The Patch Barracks/Stuttgart Area Technology Exposition will be held on July 26 from 9 a.m. to 2 p.m. at the Patch Barracks Fitness Center.

The free event is hosted by Defense Information Systems Agency-Europe, and the Stuttgart chapter of the Armed Forces Communications and Electronics Association. All military, civilian, and contractor personnel are invited.

More than 70 exhibitors will demonstrate the latest in cloud computing, secure data storage, networking products and services, communication technologies, audio and visual equipment and more.

To pre-register for this event, visit www.FederalEvents.com, click on “Patch Barracks,” choose the “To Attend” tab, and click on the Pre-Register link.

Child supervision guidance helps to protect children

The Army in Europe Child Supervision policy is meant to help parents safeguard their children. The guidance is based on the child’s grade in school, not age.

Parents are ultimately responsible for the welfare and actions of their children. Failure to exercise parental responsibilities may constitute child neglect.

For complete guidance and enclosures, visit www.stuttgart.army.mil and click on the command policies tab on the “Garrison” drop-down menu.

Navigating MEB/PEB process

Service members new to the Medical Evaluation Board and Physical Evaluation Board process can request help through the MEB Outreach Counsel.

Licensed attorneys are available to provide information, advice and advocacy to Soldiers throughout the MEB and PEB process. The attorneys and paralegals receive specialized training on the Integrated Disability Evaluation System.

For more information, visit <https://www.jagcnet.army.mil/otjagosc>.

You can also call the Heidelberg office at 371-2091/civ. 06221-17-2091; the Vilseck office at 476-3358/civ. 09662-83-3358; or Landstuhl office at 590-8286/civ. 06371-9464-8286.

The Citizen staff will take a short publication break during July. We will return to print on Aug. 9.

We wish all of our readers a safe, sunny summer!

Maj. Jason Rossi places an order for a chicken caesar salad July 3 with Jessilyn Artemitschuk at the Patch Eatery, as Stefano Esposito prepares the orders. Almost as top secret as the facilities that it shares with U.S. European Command, the Eatery, located well off the beaten path in the basement of Building 2301 on the J-Mall, serves breakfast and lunch from 7 a.m. to 2 p.m. Monday through Friday.

Susan Huseman



Mark Howell

Customers wait in line to order sandwiches at the Patch Commissary deli July 5. Next month, work will begin to expand the deli, allowing for increased selection and speedier service.



Sehne Bakery, in the Patch Food Court, has added breakfast sandwiches, a yogurt parfait and a fruit smoothie to its menu. On July 30, the bakery will begin to open at 6:30 a.m.

Susan Huseman

New meal options

Continued from page 1

The Patch DFAC averaged about 300 customers a day during lunch. With these hungry, pressed for time diners now looking for alternative lunch spots, garrison officials intend to mitigate long lines and wait times through a variety of initiatives.

Patch Commissary

The Defense Commissary Agency will expand the Patch Commissary deli. Plans call for the deli to relocate to the space that was once occupied by a pasta bar that closed in September 2010.

In the new space, the commissary will continue to offer made-to-order sandwiches, rotisserie chicken and a salad bar, but will also add a self-serve food bar with a selection of hot entrees for quick mealtime solutions. The bakery operation will also be expanded.

Jeff Rose, the Patch Commissary store director, estimates that customer throughput — the speed and volume of the flow of customers — will double when the expanded deli opens for business.

The deli project is expected to start in August and be completed in November.

Patch Food Court

For those looking at healthy fast food options, the Patch Food Court may be answer, if they select wisely.

Subway has long promoted its selection of subs that offer less than six grams of fat. Taco Bell joins in with lower-fat alternatives found on its “Fresco” menu. Burger King and Sehne Bakery both offer salads.

The Exchange recently added more seating in the food court to accommodate customers and plans to ensure that they will not have to wait in line longer than they already do.

“We have speed-of-service goals for each of the food concepts, and we’ve added additional labor to meet them,” said Marc Floyd, the European Command Consolidated Exchange general manager.

Floyd explained that the goals vary with each brand. “At Subway, the sandwich is made right in front of the customer. This takes more time than getting a burger from Burger King.”

To accommodate customers looking for breakfast options, both Sehne Bakery and Burger King will open 30 minutes earlier, at 6:30 a.m., beginning July 30.

The German-owned bakery has expanded its selection of breakfast items, to include yogurt parfaits, a fruit smoothie and breakfast sandwiches.

To promote the healthy choices available at the food court, the Exchange will distribute nutritional brochures and wallet cards, T-shirts and other giveaways at its facilities.

From July 30 to Aug. 6, lunch customers will receive a coupon for 10 percent off of their meal when they visit the following day.

Patch Eatery

Well off the beaten path, the Patch Eatery, tucked away in the basement of Building 2301 on the J-Mall, serves breakfast and lunch from 7 a.m. to 2 p.m. Monday through Friday.

“It’s convenient for those working in the J-Mall, but it is open to everyone. They have good food and good service,” said Floyd.

Breakfast consists of eggs with ham or bacon. The lunch menu includes a variety of pastas, several entrée salads, to include a caprese salad made with tomatoes and mozzarella cheese, and a pork steak with french fries.

The Eatery does a strong takeout business, but the small restaurant can accommodate 40 diners.

As with all Exchange concepts, the Eatery takes U.S. dollars and euros.

Family and MWR Mobile Grill

Family and Morale, Welfare and Recreation operates a mobile barbecue grill in front of the Patch

Community Club, Building 2505. When raining, the grill will locate to the patio, in back of the club.

The grill operates Monday through Friday from 11 a.m. until 1 p.m. Here, customers on the go are able to grab burgers and hot dogs, and on occasion, ribs and wurst. Lunch plates come with chips and a soft drink. A hot dog plate will cost \$4; a rib plate, \$9, according to Karen White, the Patch Community Club manager.

Manolito’s

Manolito’s is a Family and MWR-contracted Tex-Mex restaurant located in the Swabian Special Events Center (Building 2505), but its offerings are not limited to Mexican fare. The menu includes burgers, salads, sandwiches and steaks, in addition to burritos, quesadillas, tacos and fajitas.

The restaurant serves lunch from 11 a.m. to 2 p.m. Monday through Friday. Take-out is available by calling 430-5758.

Java Cafe coming in near future . . .

Possibly one the more exciting options is still on the horizon. Family and MWR intends to open a Java Café in Building 2325, next to the credit union. Along with specialty hot and cold beverages, the concept will offer gourmet boxed lunches, wraps, salads and other grab-and-go selections.

Garrison officials estimate that the project will be completed by the end of the year.

DFAC to close July 31

The Black Stallion Inn Dining Facility will close its doors on July 31. A special farewell meal for active duty military only, will be offered July 27 from 11:30 a.m. to 1 p.m.

A farewell meal for civilians was served June 29.

AFRICOM Olympics

The second annual AFRICOM Olympics will be held on Kelley Barracks Aug. 10.

Members of U.S. Africa Command, Special Operations Command Africa and Marine Forces Africa, are invited to bring their families to participate in sporting events, children's activities and a free barbecue.

For more information, visit www.africom.mil/lync.asp.

ADAC car checks

The German automobile club, Allgemeiner Deutscher Automobil-Club e.V., or ADAC, will conduct free vehicle checks July 16-17 at the AAFES gas station on Patch Barracks and July 18 on Kelley Barracks, behind Building 3360 on Birch Strasse. On all three days, checks will be available from 9:30 a.m. to 1 p.m. and from 2-5 p.m.

Three checks are offered: brakes, shocks and speedometer. ADAC members may choose two out of three checks, and non-members may choose one.

For more information, contact the U.S. Army Garrison Stuttgart Safety Office at 431-3134/civ. 07031-15-3134.

Join SGAWC in 37th annual Volksmarch

The Stuttgart German-American Wandering Club will host its 37th annual Volksmarch on July 28 and 29. This year, the club will offer 6, 13 and 23 kilometer walks through the hilly terrain of Stuttgart. Organizers say about six km. of the trails are stroller friendly.

On Saturday, walkers may start from 10 a.m. to 3 p.m. for the 6 and 13 km. walks; and from 10 a.m. to 1 p.m. for the 23 km. walk.

On Sunday, the start times for the 6 and 13 km. walks are from 8 a.m. to 1 p.m.; from 8 a.m. to noon for the 23 km. walk.

The start hall is located in Heumaden, at Kemnater Strasse 50, 70619 Stuttgart.



USAREUR CSM visits

During a visit to the Stuttgart military community July 3, the U.S. Army Europe senior enlisted advisor, Command Sgt. Maj. David Davenport, stopped by the Warrior Zone on Patch Barracks to meet Better Opportunities for Single Soldier members. Here he meets Pfc. Taylor Stewart (from left), Staff Sgt. Elizabeth Dillion and Tech Sgt. Edward Thomas.

Martin Greeson

For more information, including GPS coordinates, visit the club's website at www.sgawc.org.

Annual TARP briefings scheduled this month

U.S. Army Garrison Stuttgart will hold Threat Awareness and Reporting Program briefings July 17 at 9 and 11 a.m., and 1 and 3 p.m. in the Patch Theater. On July 23, briefings will be held 9 and 11 a.m., and 1 and 3 p.m. in the Kelley Theatre.

All military and civilian personnel, regardless of branch of service, are required to receive a TARP briefing at least once a year. Family members are also encouraged to attend.

For more information, contact your unit's security manager.

Appointments needed at Wellness Center

Because of staffing shortages, the Army Wellness Center Stuttgart is currently operating with limited capabilities. To better serve customers, walk-in service has been discontinued.

The Wellness Center, located in Building 2337 on Patch Barracks, is open Monday through Friday

from 7:30 a.m. to 4:30 p.m. and on Friday, from 7:30 a.m. to noon.

To make an appointment, call 430-4073/civ. 0711-680-4073.

Community Banks to open later July 25

The Community Banks on Patch and Kelley Barracks, and Panzer Kaserne will be closed for training the morning of July 25. The banks will open from 11 a.m. to 4 p.m.

Due to PCS soon?

If you are relocating within the next three or four months, it's time to begin preparing for the move.

Permanent change of station/pre-separation briefings will be held Aug. 15, Sept. 19 and Oct. 17 at 1 p.m. in Building 2913 on Panzer Kaserne.

Information will be provided from various agencies, to include transportation, customs, medical and dental clinics, Tricare, vehicle registration, housing and Army Community Service. Army personnel will also receive a briefing on finance issues.

All separating Army personnel must attend this briefing to receive pre-separation information.

Advance registration is required. For more information and to sign-up, call 431-2599/civ. 07031-15-2599.

Find out more about your local commissary

Want to know more about your local commissary, such as hours of operation, store details, where to find products and how to contact your commissary manager? Just log onto www.commissaries.com.

The site also includes recipes, coupon links and scholarship information. Commissary shoppers can also make a customized shopping list based on products available at their commissary.

Free lunch with USO

The USO Stuttgart mobile canteen will serve free hamburgers, chips and drinks to the community twice this month:

- July 25, from 11 a.m. to 2 p.m. in the parking lot behind Building 2915 on Panzer Kaserne; and

- July 26 at the Patch Commissary from 11 a.m. to 2 p.m.

The USO is located in Building 2915 on Panzer Kaserne.

For more information on its programs, visit <http://affiliates.uso.org/stuttgart> or call 431-3505/civ. 07031-15-3505.

Learn CPR

The American Red Cross Stuttgart Station will offer an adult and pediatric first aid/CPR/AED class on July 28 from 9 a.m. to 4 p.m. in Room 314, Building 2915, Panzer Kaserne.

Advance registration is required for this class. The cost is \$55.

For more information, stop by the Red Cross Office in Building 2915 on Panzer Kaserne or call 431-2812/civ. 07031-15-2812.

Join Fit for Life

Family and Morale Welfare and Recreation fitness centers will host Fit for Life, a six-month fitness training and tracking program designed to increase the fitness levels of community members.

Participants will track their miles and/or minutes of aerobic, strength or flexibility activities and earn incentive awards when they reach their mileage goals.

The program runs through the end of the year.

For more information, call 430-7136/civ. 0711-680-7136.

Send community-wide announcements to stuttgartmedia@eur.army.mil

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www.eur.army.mil/organization/faq.htm



After donating 10 inches of her hair to Locks of Love, Callista Rasco, 7, has her hair styled to match a doll she brought in as a model.



Carl Steffen (from left), Samantha Poteete, Jennifer Zeitler, Jessica Rasco, Emily Zeilter, 13, Mikayla Hall, 11, and Callista Rasco, 7, show off their new 'dos' after donating a collective 80 inches to Locks of Love.

A hair stylist cuts Jessica Rasco's 10 inch ponytail for a Locks of Love donation.



Carl Steffen shows off his freshly loped ponytail.

Good hair day: Community members donate 80 inches of hair to 'Locks of Love' program

Story & photos by Gloria Colon-Buzatu
USAG Stuttgart Public Affairs Office

Hair has long been regarded a symbol of beauty and health.

Losing it as an adult can be traumatic enough. It's even more distressing for a child.

That's why seven Stuttgart military community members donated over six feet of hair to the Locks of Love program June 27.

The Florida-based nonprofit organization provides prosthetic wigs made from human hair to children 6 to 21 years of age in the U.S. and Canada who suffer from various forms of alopecia, an auto-immune disorder that causes the hair follicles to shut down, or other conditions that cause long-term medical hair loss.

For Jessica Rasco, it was a family affair. She and her two daughters, Callista, 7, and Mikayla Hall, 11, each donated at least 10 inches of hair.

"It's the right thing to do," Rasco said.

They were joined by Jennifer Zeitler and daughter Emily, 13; Carl Steffen and Samantha Poteete. The group met up for a mass hair-cutting session at a salon in Vaihingen to have their tresses trimmed according to Locks of Love procedures.

Many of them had donated before.

A repeat donor since 1998 — when Locks of Love first started — Poteete, a Navy lieutenant commander, donated 15 inches, which put her over her goal of 100 inches.

For Poteete, it was not a sacrifice. "Your hair just grows ... there's no effort involved," she said.

But it wasn't so easy for Jennifer Zeitler, as she

watched the stylist cut daughter Emily's hair.

"She's got gorgeous hair. I've been taking care of her hair since she was a baby, and it's hard to see it all go," she said, visibly emotional. "It's a mother daughter thing."

Zeitler, inspired by her daughter, decided then and there to give up her own hair to the delight of the others, who in the days leading up to the event, had tried to coax her into donating, without success.

Since retiring from the military, the lone male of the bunch, Carl Steffen, has provided his hair to the charity three times.

"It's just hair, and it grows back," he said.

Because Locks of Love is a program for children, Steffen's gray hair will be sold by the charity to offset the manufacturing costs of a prosthesis, which typically retails between \$3,500 and \$6,000.

FAMILY & MWR
USAG STUTTGART GERMANY

BINGO
Every Sunday
Patch Community Club
Doors Open 1 p.m.

Advertisement

Advertisement

For more "Good hair day" photos, visit www.flickr.com/photos/usagstuttgart

Advertisement

Patient liaison retires after 43 years of service

By Susan Huseman
USAG Stuttgart Public Affairs Office

The beauty of birth, the devastation of disease — up to her last day of work as a patient liaison coordinator, Rosie Sipley has experienced the ups and downs of the lives of the people she has advocated for.

Sipley retired June 30 after 20 years of helping Stuttgart military community members navigate the German health care system, and perhaps more remarkably, after more than 43 years of service to the U.S. Army.

“Rosie has just been a superstar, not only in the clinic, but in the Stuttgart military community. I could always rely on Rosie to be at work and do her job. She never missed a day,” said Col. Larry Connell, the health clinic commander, at Sipley’s retirement party last month.

Connell said Sipley was solely responsible for the hospital bus tours, labor and delivery tours, and the birth certificate assistance program.

“She started them on her own accord and initiative, and she’s done an awesome job with them,” he said.

Sipley, a local national employee, began her career with the Army in 1968 as a clerk in the civilian personnel office at Robinson Barracks.

After two years, she transferred to 5th General Hospital; eventually working her way up the ladder to become the

civilian personnel officer.

When the hospital closed at the end of 1992, Sipley went to work at the health clinic on Patch Barracks as a patient liaison coordinator trainee.

“Of course, being in civilian personnel, I had no medical experience,” Sipley said. But through on the job training, “I learned a lot.”

As a patient liaison, Sipley, visited American patients in the area hospitals and assisted with cultural and language issues.

“I tell them in Germany, just because it’s done differently doesn’t mean that it’s wrong,” Sipley said.

Assisting patients and acting as an intermediary between doctors, nurses and hospital staff allowed Sipley to do what she said she enjoys most: help people.

“They’re sick, they’re in a strange country, their tolerance level for things that are different is at rock bottom,” Sipley said of her patients.

But helping people cope with some of the most intense, raw and intimate experiences they may ever endure can be draining, no matter how deeply one loves the job.

“Sometimes all I do is hold their hands and tell them we’re going to get through this ... and explain the next step, when it is happening ... why it is happening.

“Many times I’ve gone home and

cried because there is nothing that can be done. You see a 34-year-old man who has a brain tumor and young children ... and you go home and think life is really [hard],” Sipley said.

Even so, there are moments of pure joy.

Sipley recounted how six years ago she serendipitously helped an adopted man find his German birth mother after 55 years.

According to Sipley, the man, assuming he’d been born at 5th General Hospital, had called the health clinic front desk and asked to speak to whomever had worked at the clinic the longest. The call was transferred to her.

“I listened to his story and within 24 hours, I was able to find out who his mother was; two weeks later, he was standing in my office,” Sipley said.

Because Germans must register every time they move, Sipley was able to follow a paper trail from city hall to city hall, aided by city employees who felt that “everybody has a right to know who their mother is.”

“Again, unbelievably, within 24 hours I found out where she lived. The next day, we went to visit her,” Sipley said.

“Now, when he comes to visit her from the States, he comes to visit me.”

“It’s a nice story,” she said. “I made somebody happy.”



File photo

Rosie Sipley, the “original” patient liaison for U.S. Army Health Clinic Stuttgart since 1998, retired June 29 after more than 43 years of service to the U.S. Army.

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The 'power' of change: *managing garrison utilities*

Story & photo by Carola Meusel
USAG Stuttgart Public Affairs Office

Most people don't even blink an eye when they power on their computers, turn on a television, jump in a hot shower or pull out a bag of popcorn from the microwave.

We want electricity, heat and water when we want it.

But when it comes to delivering utilities in U.S. Army Garrison Stuttgart, there's even more to it.

It is critical to the missions of U.S. European Command and U.S. Africa Command, with deployed troops all over the world, to be able to communicate 24/7. A power outage is not a welcomed event.

In USAG Stuttgart, employees work every day to ensure these necessities are provided.

One of these employees is Josef Werner Meschenmoser, a local national civil engineer who works with the Directorate of Public Works' Operation and Maintenance Division.

Meschenmoser started working for the U.S. Forces on Jan. 1, 1980, two weeks after he returned from a two-year tour in Saudi Arabia, where he worked for a German company.

"Back then I was informed by the German job center that the U.S. Forces in Stuttgart was searching for local national employees and I applied for a job," Meschenmoser said.

He first reported to duty at Grenadier Kaserne in Zuffenhausen, where he worked for the Engineering Resources Management Division of the Directorate of Engineering and Housing, today's DPW. In 1983, Meschenmoser became the chief of that division. His duties included facility inspection and cost estimates.

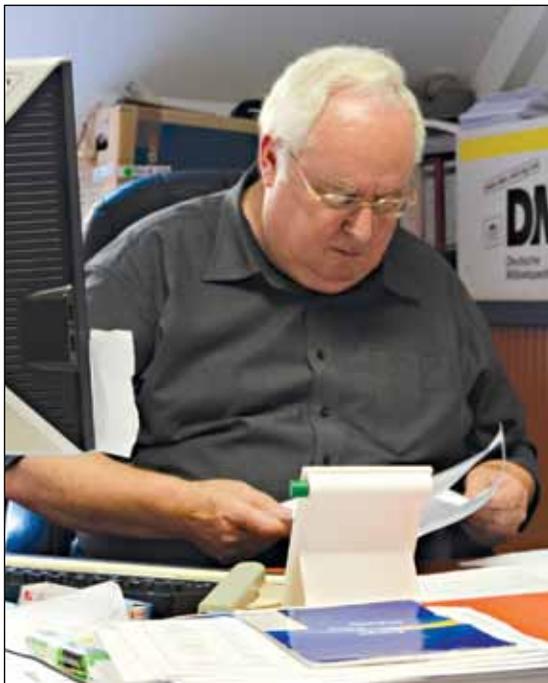
In 1992, when VII Corps left Stuttgart, many installations were closed and reduction in force measures were conducted — mainly affecting the local national work force.

Meschenmoser received a cancellation of his work contract. However, a few days later, the termination was repealed and he relocated from Grenadier Kaserne to Patch Barracks, to oversee the base maintenance contract for Patch Barracks and the Stuttgart Army Airfield, he said.

During the following years, the contract was expanded to cover the maintenance of all Stuttgart installations.

In 2001, he relocated again, this time from Patch to Kelley Barracks. His mission was the establishment of a new utility planning and systems branch for DPW's Operation and Maintenance Division.

"Our branch contractually and technically main-



Josef Werner Meschenmoser, a local national civil engineer who works with the USAG Stuttgart Directorate of Public Works' Operation and Maintenance Division, reviews utility invoices June 28 before authorizing payment.

tains the military installations with water, sewage, heat, electricity, gas and oil," Meschenmoser said.

Throughout the following 11 years, and with the new utility branch, many things changed in USAG Stuttgart. In-house utility operations were phased out and services were contracted out.

That is because the water, electricity and heat services for Patch, Kelley and Robinson Barracks were privatized, and now are the responsibility of Energie Baden Württemberg (EnBW) utility company.

With the privatization, 15 kilometers of new water pipes were installed throughout all three installations and high voltage electricity lines were replaced on Kelley Barracks, according to Meschenmoser.

Other projects included major renovations of three power plants for EUCOM, the Defense Information Systems Agency and 52nd Signal Battalion, all on Patch Barracks.

"These commands are critical and have to be equipped with a backup power system in case of a power outage," Meschenmoser said.

Another change affected the garrison's heating systems.

"The garrison used to own and operate oil heating plants on Kelley, Robinson and Patch Barracks,"

“Not only do we have to ensure that we are maintaining the military installation, but that we are taking care of the people who live here.”

Josef Werner Meschenmoser
Civil engineer

Meschenmoser said. These plants are now operated by EnBW.

Panzer Kaserne is the only remaining installation with its own oil heating plant.

According to Meschenmoser, the plant will no longer be operated by the garrison, as Panzer will be connected to the local community district heat system in October 2013.

With EnBW now responsible for the maintenance and delivery of water, heating and electricity, the utility systems branch acts as a liaison between U.S. Forces and the German authorities, ensuring compliance with both German and American standards pertaining to utility management. The branch also reviews the contracts and makes payments.

In 33 years of working for the U.S. Forces, Meschenmoser has stayed flexible and adjusted to the ever-changing structure and requirements of the garrison. To his co-workers, Meschenmoser has always been rock solid.

"He has always been there for his employees," said Hans-Joachim Kalweit of the DPW operation and maintenance division. "We can always rely on him for advice, and he is always willing to share his knowledge."

All one has to do is ask and Meschenmoser can easily rattle off details and events related to utilities, even after all these years. He seems to have really lived his job.

Perhaps it is because he truly cares. Meschenmoser said he has always felt connected to the Stuttgart military community and its people, from a private to a general, or a civilian employee to a EUCOM ambassador.

"Not only do we have to ensure that we are maintaining the military installation, but that we are taking care of the people who live here," he said.

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New commanders take charge



Lt. Col. Robert A. Vitt (from left) the outgoing commander, Col. Jimmy Hall, commander of 2nd Signal Brigade, and Lt. Col. David J. Lambrecht, the incoming commander of 52nd Signal Battalion, present arms during 52nd Signal Battalion's change of command held at Patch Barracks on Washington Square June 29.



Lt. Col. Robert Berg, the new commander of 1st Battalion, 10th Special Forces Group (Airborne), speaks during the change of command ceremony held on the Panzer Kaserne parade field June 29. Berg assumed command from Lt. Col. Isaac J. Peltier.



Lt. Col. Isaac J. Peltier hands the battalion colors to 10th Group Commander Col. John Deedrick during 1st Battalion, 10th Special Forces Group (Airborne), change of command ceremony.

Photos by Martin Greson



Tech Sgt. David Hartung plays with the U.S. Air Force Five Star Brass Band during 52nd Signal Battalion's change of command.

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Explore history, fun in Stuttgart's 'bean quarter'

Story by Carola Meusel

USAG Stuttgart Public Affairs Office

Stuttgart takes great pride in its annual fests and cultural outings. Locals and visitors alike find themselves confronted with endless opportunities for outdoor fests and "must do" happenings, especially during the summer months.

Almost every fest celebrates a historic event, anecdote or tradition, as does the "Bohnenviertelfest," or bean quarter's fest, that will be held July 19-21 in downtown Stuttgart.

The bean quarter was founded in the 15th century and was one of Stuttgart's first housing areas to be built outside the city fortification. The quarter was mainly occupied by the city's poorer residents, such as craftsmen and vintners, who worked there as well.

The name "Bohnenviertel," or bean quarter, originates in the fact that most of its residents grew pole beans and vegetables in their gardens to feed their families. For years, the residents knotted beans on strings so that they grew like garlands around the housing facades.

When Württemberg's crown prince Karl was born in 1823, residents of the Bohnenviertel announced: "Erbse, Bohne, Linse: Hurra, mer hent en Prinze!" which translates to: Pea, bean, lentil — hurray, we have a prince!"

In the 19th century, vendors, craftsmen and day laborers settled in the quarter. Flower, vegetable, jewelry, antique shops and restaurants opened, setting ground for the neighborhood's eclectic atmosphere.

The Bohnenviertel even played a part in the development of the automobile.

According to Monika Kurfess of the "Handels-und Gewerbeverein Bohnenviertel," a business association of all vendors in the quarter, the "body" for the first automobile came from the Bohnenviertel.

While it's common knowledge that Gottlieb Daimler invented and built the first gas engine in Bad Cannstatt, in 1886, the bean quarter's Wilhelm Wimpff factory supplied him with a horse carriage that he later converted into the first four-wheeled automobile.

According to the "Geschichte des Bohnenviertels," or history of the bean quarter information paper, people who lived in the bean quarter were described by fellow Stuttgart residents as "unique" and "eccentric."



Visitors enjoy food, drinks and company during last year's "Bohnenviertelfest" at Stuttgart's historic bean quarter. The timbered building in the background is the "Schellenturm," or "handcuff tower," that was built in 1564 as part of the city fortification. The Schellenturm received its name from the "Schellenwerkern," prisoners who had to fulfill their public service and wore leg irons to prevent them from escaping. Today, the Schellenturm houses a Swabian wine restaurant.

Photo courtesy of HGV Bohnenviertel

Today, the quarter, which is the only originally preserved part of Stuttgart's historic downtown area, still sticks to this motto and features small, unique stores, arts and crafts, restaurants, bars and coffee shops, according to Kurfess.

"It's the charm of this historic quarter that makes it so very special," Kurfess said. "Everything here is smaller and a little different."

Visitors to the bean quarter will find furniture, interior decorations, antiques, jewelry, books, galleries, arts and crafts as well as traditional Swabian wine restaurants, Italian, Greek, Russian and Asian cuisine and specialty stores.

The tradition of the Bohnenviertelfest dates back to 1991, when local merchants decided to form a business association to reestablish the quarter's historic heritage.

Ever since, on the last weekend in July, patrons crowd the streets and alleys of the Bohnenviertel for the annual outing.

During the street festival, visitors have the chance to tour and explore the bean quarter's cobblestoned streets, hidden alleys and timbered houses. According to Kurfess, patrons can also stroll through the shops and even take a glimpse into a studio or production hall of an interior designer.

"The fest is like an open house for all our visitors and they have the chance to look behind the scenes

exclusively during the event," Kurfess said.

Most stores are open all evening throughout the three days of the event.

Regional bands and musicians will entertain the crowds with rock, pop, jazz, funk and soul, and folk tunes.

A children's program with arts and crafts and face painting will be offered, as well.

Visitors can also indulge in Swabian, African, Greek, Italian, Croatian and Asian foods, as well as in local wines, summer cocktails, chocolate-covered fruits and homemade cakes.

"Visitors to the bean quarter are invited to simply enjoy their time at the fest. They can take in the historic charm, shop, eat, drink, listen to music and simply have a good time," Kurfess said.

The fest will run July 19 and 20 from 6 p.m. until midnight, and on July 21 from 3 p.m. until midnight. The bean quarter is located between the "Charlottenplatz" and "Leonhardsplatz" squares.

For more information, visit www.das-bohnenviertelfest.de or www.bohnenviertel-stuttgart.de.

Sources: "Geschichte Bohnenviertel und Pfarrstrasse:" <http://www.dreimohren-stuttgart.de/html/bohnenviertel.html>; „Bohnen-Tour (3) Geschichte des Bohnenviertels: content.stuttgarter-nachrichten.de/stn/page/21936_0_9223_-geschichte-bohnen-tour-3-.html.

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Festivals

Stuttgart will host the **Lichterfest**, or festival of lights, July 14 from 4 p.m. to 1 a.m. at the "Höhenpark" Killesberg park and leisure area.

The event will feature a 25-minute fireworks display set to music, at 10:15 p.m., and the entire park area will be "magically" illuminated. Beside the firework and light shows, the event will offer a "Zauberwald," or magic forest, where according to the event press release, visitors will be taken on a journey of lights, shadows, colors, mystic music, sounds and voices.

Bands will also entertain the crowds with pop, rock, soul, blues and electro tunes throughout the event.

Patrons can indulge in Swabian, Italian, French and American foods and beverages.

Trampolines, a hands-on circus, bouncing castles and various playgrounds throughout the Killesberg park area will offer child-friendly activities.

Entrance tickets cost €13. Family tickets (two adults and two children 15 years old or younger) cost €29 when purchased early, and €16 or €35 at the event.

Tickets can be purchased by calling civ. 0711-25555-55 or at info@easyticket.de.

The Höhenpark Killesberg is located at Am Kochenhof 1, 70192 Stuttgart.

For more information, visit www.lichterfest-stuttgart.de.



in.Stuttgart

A 25-minute fireworks show will be the highlight of this year's "Lichterfest" festival July 14. The event will be held at the Killesberg park and leisure area.

The **Fashion and Music** festival will be held July 27-28 at the Outlet City in Metzingen.

The event will run July 27 from 2-11 p.m. and July 28, from noon until 11 p.m.

The festival will feature international stars, such as Amy MacDonald, Aura Dione and Marlon Roudette. For house and electro beat enthusiasts, popular European disc jockeys, such as Ian Carey, Mike Kronenberger und Steven Harding, will present their latest musical creations.

Entertainment, fashion shows and workshops will also be offered.

For a pure summer feeling, visitors can take a break at the beach area, complete with palm trees and sun beds.

Entrance to the festival is free.

The Outlet City Metzingen is located at 72555 Metzingen.

For more information, visit www.fashion-music.net or www.outletcity.com.

The **Henkersfest** will run July 25-28 at the "Wilhelmsplatz" square in downtown Stuttgart.

The fest will be open July 25 and 26 from 4 p.m. to 1 a.m., July 27 from 3 p.m. to 1 a.m., and July 28 from 2 p.m. to 1 a.m.

The outdoor event will feature international foods and a cocktail bar, as well live bands.

For more information, visit www.henkersfest.de or www.cafestella.de.

Backnang will host the **Badisches Markgrafentfest** July 28-29 in the historic downtown area.

On July 28, the event will run from 11 a.m. until midnight, and July 29 from 11 a.m. to 11 p.m.

Vendors will offer Swabian and Alemannic arts and crafts, such as pottery, jewelry, soaps and herbs throughout the event. Regional food and wines from Swabia and the Baden area will be offered.

Arts and crafts for children are available, as well.

The event will take place at Stiftshof and Freithof, 71522 Backnang.

For more information, visit www.backnang.de.

The **Scheunenfest**, or barn fest, in Freiberg, on the Neckar River, will run July 27-30.

The fest will be held at the "Alte Scheune," an old barn adjacent to the Gewerbegebiet Ried, 71691 Freiberg am Neckar.

On July 27, the fest will kick off at 5 p.m., on July 28 at 4 p.m., July 29 at 11 a.m., and July 30 at 5 p.m.

Music lovers will be entertained

with live bands playing rock tunes from the 1960s and 70s, acoustic pop and reggae, and can also hit the dance floor.

Fine regional food, as well as freshly brewed beer and wines from the Württemberg area will be served.

On July 29, the fest will start with a "Frühschoppen," a brunch with beer, at 11 a.m.

A children's program will be offered, and kids are also welcome to play at the garden and leisure area surrounding the barn.

Entrance to the event is free.

For more information, visit www.freiberger-scheunenfest.de.



in.Stuttgart

The "Stuttgarter Sommerfest" is known as one of Germany's most beautiful summer fests. This year's event will run from Aug. 2-5 and spans from Schlossplatz and the Neues Schloss to the State Opera.

The **Stuttgarter Sommerfest**, or summer fest, will run Aug. 2-5.

The fest will span from Schlossplatz and the Neues Schloss to the State Opera, and will be open Aug. 2 from 11 a.m. until midnight, Aug. 3 and 4 from 11 a.m. to 2 a.m., and Aug. 5 from 11 a.m. to 11 p.m.

The event will feature 33 live bands playing South American, rock, swing, soul and jazz tunes. Summer cocktails, Swabian food, as well as fine seafood will be offered. Visitors can eat in elegant pavilion tents or stroll along the festively illuminated theater lake.

For more information, visit www.sommerfest-stuttgart.de.

The **Schlemmermarkt** food festival will run Aug. 3-5 at the Marktplatz in downtown Sindelfingen.

On Aug. 3, the festival will be open from 5 p.m. until midnight, Aug. 4 from 11 a.m. until midnight, and Aug. 5 from 11 a.m. until 10 p.m.

The event will feature fine regional and international cuisine, and beverages, and will also feature entertainment with live country and western, and jazz bands.

A fireworks display is scheduled for Aug. 4 at 10:45 p.m.

On Aug. 5, a gospel service will be held from 11 a.m. until noon at the Marktplatz.

For more information, visit www.sindelfingen.org and click on the City Marketing link.

Esslingen will host the **Zwiebelfest** from Aug. 3-13 at the Marktplatz in the historic downtown area.

The fest will be open Sunday through Thursday from 11 a.m. to 11 p.m., Friday and Saturday from 11 a.m. until midnight.

The tradition of the fest dates back to the Middle Ages.

According to the legend, the devil requested an apple from a woman at Esslingen's market. Instead of an apple, the cagey woman provided the devil with an onion.

Once the devil tasted the "fake" apple, he screamed: "These are your apples! That's ridiculous. This is an onion, a spicy onion. And that is why from now on you will be called 'onions' instead of 'Esslinger.'"

According to the story, shortly after the incident, the devil left Esslingen and never returned.

Hearty Swabian food, to include onion cake, as well as local wines and "Sekt," or sparkling wines, will be offered.

For more information, visit www.esslingerzwiebelfest.de.



photos.com

The "Esslinger Zwiebelfest" celebrates the city's legend of the onion every year with hearty regional food and wines. This year's fest will run Aug. 3-13.

What's happening in FMWR

Connect at the C.A.R.E. Fair Aug. 18

Connect with your community and learn all about U.S. Army Garrison Stuttgart and Family and MWR at the Community Activities Registration and Education Fair on Aug. 18 from 10 a.m. to 2 p.m. at the Exchange Mall on Panzer Kaserne.

From official garrison organizations to private organizations, over 60 organizations will be on hand to share what they have to offer.

Party with BOSS

Enjoy fantastic food, music, dancing, prizes and fun with Better Opportunities for Single Soldiers and service members from all services on July 21 from 6-10 p.m. at the Marriott Hotel in Sindelfingen. Cover charge is \$5.

For more information, call the Stuttgart BOSS president at 430-7135/civ. 0711-680-7135.

Sunday bingo

Stop by the Patch Community Club every Sunday for bingo and a chance to win over \$3000 in

prizes. Doors open 1 p.m., and play starts 3 p.m.

For more information, call 421-5433/civ. 0711-680-5433.

Run to Remember

Register now for the Run to Remember half marathon and 5K and honor those service members who died after 9/11. The race will be held July 21.

The opening ceremony begins at 8:30 a.m. The half marathon starts at 9 a.m.; the 5K starts at 10 a.m.

Sign up at any U.S. Army Garrison Stuttgart fitness center.

For more information, call 430-7136/civ. 0711-680-7136.

Lunchtime grill

Hungry for a burger, hotdog or a brat? Then head to the outdoor grill at the Patch Community Club Monday through Friday from 11 a.m. to 1 p.m. On Wednesday, try the pork steak; ribs are served on Friday.

For more activities, or to join the Family and MWR email list, visit www.stuttgartmwr.com or [facebook.com/familyandmwr](https://www.facebook.com/familyandmwr).



Coming to Patch Theater

July 13 — The Amazing Spiderman (PG-13) 2 p.m., Think Like A Man (PG-13) 5 p.m., Savages (R) 7 p.m., The Amazing Spiderman (PG-13) 10 p.m.

July 14 — The Amazing Spiderman (PG-13) 1 and 4 p.m., Think Like A Man (PG-13) 7 p.m., Savages (R) 10 p.m.

July 15 — The Amazing Spiderman (PG-13) 1 and 4 p.m., Think Like A Man (PG-13) 7 p.m.

July 16 — The Amazing Spiderman (PG-13) 6 p.m.

July 17 — Think Like A Man (PG-13) 6 p.m.

July 18 — The Avengers (PG-13) 6 p.m.

July 19 — Ramona and Beezus (G) 3 p.m., Battleship (PG-13) 6 p.m.

July 20 — Ice Age: Continental Drift (PG) 2, 4 and 6 p.m., What To Expect When Expecting (PG-13) 9 p.m.

July 21 — Ice Age: Continental Drift (PG) 2 and 4 p.m., What To

Expect When Expecting (PG-13) 7 p.m., Men In Black 3 (PG-13) 10 p.m.

July 22 — Ice Age: Continental Drift (PG) 2 p.m., What To Expect When Expecting (PG-13) 4 p.m., Snow White And The Huntsman (PG-13) 7 p.m.

July 23 — Ice Age: Continental Drift (PG) 6 p.m.

July 24 — Legend Of The Guardians: The Owls Of Ga'hoole (G) 3 p.m., What To Expecting When Expecting (PG-13) 6 p.m.

July 25 — Men In Black 3 (PG-13) 6 p.m.

July 26 — The Tale Of Despereaux (G) 3 p.m., Snow White And The Huntsman (PG-13) 6 p.m., The Dark Knight (PG-13) 9 p.m., The Dark Knight Rises (PG-13) midnight

For more movie listings, visit www.shopmyexchange.com. The Patch Theater phone number is civ. 0711-120-8222.

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