



Photo by Laura Kreider

**Who's open?:** Mike Weston, No. 22, of THE THRONE, releases a shot against Thomas Murphy, No. 50 of the HHC, 1-503 during the 2012 U.S. Army Garrison Unit/Recreational Basketball Championship. THE THRONE lost 41-44 and the U.S. Army Health Center Vicenza went on to win the tournament after going undefeated all season. See page 8 for more photos and story.

## U.S. Army Reserve role with USARAF to expand, evolve

Story and photo by Rich Bartell  
U.S. Army Africa PAO

As part of a command visit to Europe, Lt. Gen. Jack C. Stultz, chief, Army Reserve and commanding general, U.S. Army Reserve Command, visited U.S. Army Africa Headquarters, Feb. 12.

During the visit, Stultz along with his Command Sgt. Maj. Michael D. Schultz and Maj. Gen. David Elmo, deputy chief of staff for mobilization and reserve affairs, U.S. Army Europe, first participated in a conference call with Lt. Gen. Mark Hertling, commanding general, USAREUR. Next, the three senior leaders met with USARAF Chief of Staff Col. Marcus De Oliveira and Sgt. Maj. Frank Lauer, USARAF operations sergeant major, to discuss the Army Reserve's future role with USARAF.

Stultz said USARAF and Army Reserve Soldiers have a good working relationship and Reservists add value to the USARAF mission, so their role will likely evolve and expand.

"In the future, we'll probably play a much bigger role with USARAF," Stultz said. "We (already) have people on staff here at U.S. Army Africa (so) it's a growing relationship. We bring to USARAF the same thing we bring to other combatant commands — capabilities," he said.

The Army Reserve has particularly large capabilities regarding medical, engineering, civil affairs and training. According to Stultz, the Army Reserve has



Lt. Gen. Jack C. Stultz, chief, Army Reserve and commanding general, U.S. Army Reserve Command, takes part in a video interview in front of U.S. Army Africa Headquarters in Vicenza, Italy. Stultz said USARAF and Army Reserve Soldiers have a good working relationship. He said that role would likely evolve and expand.

about 85 percent of the Army's civil affairs capability; 60 percent of its medical abilities; 85 percent of its transportation means; and 75 percent of its engineering capacity lies in both Guard and Reserve assets.

Stultz said "it's those types of capabilities that are especially key" since reservists often support USARAF

medical readiness exercises and are working on engineering projects in the Horn of Africa.

The Army Reserve plays a role in engagement strategies and security cooperation operations in Africa as well as other parts of the world by offering services

See RESERVE, page 2

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### News pages 3 & 4

173rd Soldier fights back after injuries; Vicenza schools receive visit from local Italian students

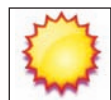


### Sports page 8

USAHC ends season undefeated; 3 Vicenza soccer players selected in All-Tournament team in Germany



63/34  
Friday



64/36  
Saturday



57/32  
Sunday

An African American/Black History Month celebration will be held Tuesday at VES at 1:30-2:30 p.m.



## Expectant moms learn breastfeeding basics

Story and photo by Annette Fournier  
USAG PAO

Five soon-to-be-moms gathered Valentine's Day at the New Parent Support Program area in the Army Community Service building for a how-to lesson on breastfeeding and newborn care. Lactation consultant and registered nurse Andreina Howard led the class, which is held the second Tuesday of every month from 9:30-11:30 a.m. The class is intended to help mothers get started with the right techniques to establish comfortable breastfeeding habits for mother and child and to help moms know what to expect.

"The nurses at the health clinic always know the new moms who have come to this class," Howard said, "because they know how to properly hold the babies. It gives them a head start on breastfeeding right."

Howard began by listing the benefits of breastfeeding for both infants and mothers. For infants, breastfeeding delivers the "right amount of fatty acids, lactose, water and amino acids for human digestion, brain development and growth," according to Howard. It also delivers antibodies and immunities to the baby, is always sterile, always ready and free, and contains 100 ingredients not found in formula. Breastfed babies have healthier weight gain, have good jaw development, and gain psychological benefits of an early sense of bonding, trust, security and comfort. Some benefits to the mother include healthy weight loss post-delivery and faster recovery from pregnancy and birth for the mother's body, Howard said. Breastfeeding also decreases a woman's risk of developing Type 2 diabetes, breast cancer, ovarian cancer and postpartum depression, according to [www.womenshealth.gov](http://www.womenshealth.gov).

During the class, the moms had a chance to learn how to properly hold a newborn for breastfeeding, using dolls with realistically weighted heads and bodies. Howard said a lot of the difficulties and pain that some mothers experience with breastfeeding would be avoided if they learned proper techniques from the beginning, and that getting the hands-on instruction in the class can really help.

Parents can go to the New Parent Support Program area during business hours to ask Howard or registered nurse



A soon-to-be new mother learns swaddling technique during the class at Army Community Center.

Maggie May for help with breastfeeding or information about other concerns. May and Howard will make home visits. There is also a dedicated breastfeeding area for mothers to use if they'd like somewhere comfortable and private to breastfeed on post.

Military and civilian ID-card holders who are expecting a baby or with children ages birth to 3 are eligible for assistance from the New Parent Support Program. The program is offered to help Army Families enhance parent and child attachment, to increase knowledge of child development and positive parenting skills, and to provide connections to the support services that assist parents to be nurturing and capable caregivers. For a list of their classes and services, visit [www.vicenzamwr.com/acs\\_nps.html](http://www.vicenzamwr.com/acs_nps.html) or call 0444-71-7567.

## RESERVE: Role with USARAF to expand, evolve

Continued from page 1

as well as other parts of the world by offering services of trained Reservists.

"We'll have more capability available for units like U.S. Army Africa to tap into, so as we run our force generation cycle, we tell our Soldiers to prepare for deployment of some sort every five years," Stultz said. "We are looking at being available to go to Africa, to the Philippines and the Pacific, and be available to support operations in Central and South America for U.S. Army Southern Command," he said.

As the U.S. Army eyes a major drawdown, Stultz said the Army Reserve manpower cuts won't be as severe and Reserve Soldiers are going to become more relevant than ever.

"As the drawdown of forces occurs, it's going to be mainly in the active force. For the Reserves, we're not going to draw down as significantly... and we will welcome qualified Soldiers leaving active duty," he said.

With the demand for Soldiers decreasing in Iraq and Afghanistan, there will be more opportunities for Army Reservists to support USARAF missions.

"So for us, it's not so much a matter of cuts, it's a matter of more reliance and relevance for the future," Stultz said. "That's why we've got to (remain) engaged with units like U.S. Army Africa. We've been able to answer the question [regarding] capabilities needed for future operations so we (must) ensure USAR Soldiers are trained, ready and available when they are needed," he said.

With the Army relying more heavily on the Reserve, standards will most likely be increased, Stultz said.

"We've got to make sure we are more ready than ever to meet the needs of the Army of the future, and meet personnel standards, physically, medically and educationally," Stultz said. "If Reserve Soldiers don't meet the standards, they may not have a seat at the table," he emphasized.

Stultz said there will be a great talent pool to bring into the Reserve with the active Army drawing down.

"It's not that we are going to come in and clean house -- if a Reserve Soldier is doing what they should be doing, we want them to stay, (but) we will find Soldiers who can replace the ones not making standard," Stultz said.

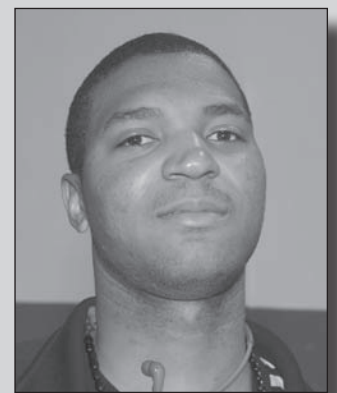


Photo by Rich Bartell

Lt. Gen. Jack C. Stultz, left, chief, Army Reserve and commanding general, U.S. Army Reserve Command, recently visited U.S. Army Africa. Stultz and Maj. Gen. David Elmo, chief of Reserve Affairs for U.S. Army Europe discussed Reserve issues and future operations with USARAF's Chief of Staff, Col. Marcus De Oliveira. Stultz said USARAF and Army Reserve Soldiers have a good working relationship. He said that role would likely evolve and expand.

## Speak Out

What do you recommend as a must visit in Europe?



Sgt. Christopher Hollins  
USARAF

"Travel to different locations including Carnival in Venice, beaches in different parts of Italy and historic places in Rome."



Zane Addison  
VMS

"I recommend going to Normandy, France, to walk on the same sands our World War II heroes did."



Christina Gambrell and  
Christina Salas  
Fitness Center

"Go get lost in Venice — it's only an hour away."

By Laura Kreider



## Local Italian students visit Vicenza schools

Story and photos by **Laura Kreider**

*Outlook staff*

Vicenza Middle School students welcomed more than 20 Italian students along with their two teachers from San Martino di Lupari Middle School from the province of Padova Feb. 15.

The visit, which falls into the school exchanges that VMS plans annually, was coordinated by Isabella Pani, VMS Italian/Intercultural Communication teacher, but it came about due to the efforts of Margherita Frasson, who works at the CYSS. It turns out that her sister, Lucia, is a Math teacher at San Martino and she had expressed an interest in bringing her students to Vicenza Middle School.

“We established the first contact and we hope to repeat this enriching experience in the future,” said Lucia Frasson.

While touring the school, Italian students had the chance to discover the Information Center, Science lab, gym and the Multi-purpose Room/Cafeteria, and they also introduced themselves, talked about their interests and hobbies, and left personal brochures/letters to help Pani’s Italian classes keep in touch with them.

“They (students) also experienced similarities and differences between the two schools and practiced their English,” explained Pani.

On the other side, the American students discovered that the Italian students stay in their classroom for the entire day, while the Italian teachers switch classes.

Before leaving the school, one fun activity ended their visit. All the students were able to participate in the “Titanic Walk” set up by DODEA Teacher of the Year Angie Wilson. A string about 800 feet long, the length of the Titanic ship, was stretched through the hallways of both VES and VMS and down the stairwell, to give all students an idea of just how big the ocean liner was.

“Italian students thought the school was very cool,” said seventh-grader Abigail Matheson.

“They were really nice, supportive and respectful,” commented Grace Torrence, also 7th grade.

While this visit was taking place, students at Vicenza High School were hosting Italian students at their school and VHS students also went to the local schools at the same time.

IT IS Rossi had 10 of their students visit VHS, while eight VHS students traveled to the local school.

“Student exchanges with this school have been going on for three years. We run two types of exchanges with them; one day as a class group when we visit each other for one day only, and multiple days’ exchange,” said Michela Ambruso, Vicenza high school’s Italian teacher.

Some of Ambruso’s class students had met with the Italians at their school last year. One more class from Rossi will be visiting VHS in March, and another visit from the American students to the Italian school will end the cultural exchange of this school year in May.

“These experiences are always very valuable both from a strict academic point as we strive to prepare our students for the global environment they live in, but also because they foster stronger relationships between the American and the Italian communities,” said Ambruso.



Above, Abigail Matheson, 7th grade, right, shows the Italian students from the middle school C. Agostini of San Martino di Lupari her project called “All about me cube collage” during their visit to the American Middle School Feb. 15. At left, Vicenza High School senior Taylor Curry, standing, reads an extract from an Italian book by Alberto Moravia, a novelist and journalist who lived in the twentieth century, during the school exchange at the VHS Feb. 10.

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### At Your Service



### U.S. Army Health Center - Vicenza

Grace Rundblade is the Medevac liaison for the U.S. Army Health Center Vicenza. Rundblade has been in Vicenza for a little over year and started working at the health center in March 2011. Her duties include scheduling patients for the medical shuttle to Landstuhl, Germany, calling doctors and even arranging for lodging. The shuttle runs on Mondays and Thursdays at 7 a.m.

“Basically I serve as a liaison between patients — I’m always on call,” she said.

Her hours of operation are Monday 7 a.m.-3 p.m., Tuesdays-Fridays, 7:30 a.m.-4 p.m. and closed for lunch between 11:30 a.m.-12:30 p.m. Her office is located on the first floor and for questions, call 636-9053 or email grace.rundblade@eur.army.mil.

To suggest a new staff member or volunteer to be featured in The Outlook, email us at editor@eur.army.mil.



# Community Camera

## 173rd ABCT Soldier fights back after injuries

by Lacy Wolff

U.S. Army Health Center Vicenza

When you look at 1st Lt. David Lemm, standing at 6'3" tall, weighing 210 lbs. and carrying only 8-percent body fat, you would not guess that he has suffered through a major spinal injury, surgery, three years of rehabilitation and chronic pain. Lemm stands tall with perfect posture, lifts weights, runs and even attends yoga classes on occasion. You may wonder how he manages to maintain physical fitness, a positive attitude, and the ability to function in the 173rd Airborne Brigade. The answer is not simple. It has taken a lot of hard work, determination and education for Lemm to get to where he is today.

After being injured on a mission while deployed to Iraq, Lemm immediately felt tingling down his left leg with numbness and extreme weakness that soon became very painful. The diagnosis was later described as two herniated discs in the lumbar spine that impinged on the sciatic nerve on the left side, causing extreme pain to radiate down the left leg.

Lemm was medevaced from Iraq to Walter Reed Army Medical Center, Md., and eventually Madigan Army Medical Clinic, Wash., where he immediately began treatment with steroid injections, physical therapy, medication, and traction to determine if surgery was necessary. Lumbar surgery was deemed necessary after two months of treatment. Following the surgery, his treatment consisted of multiple steroid injections and extensive physical therapy, among numerous other rehabilitative procedures. The surgery allowed Lemm to regain the strength in his leg, but the chronic pain is something that he has had to learn to live with.

Neck and spinal injuries are a huge problem for the U.S. Army. According to a study performed by the US Environmental Science Group over a 20-year period (for hospital, disability and accident reports) and a five year follow up of outpatient visits, there were 1,257,878 back or neck-related health encounters, with 85 percent due to back injury conditions. The risk of spinal injury is greater with certain hazardous duties, such as ruck-marching and parachuting. Many are able to manage pain and continue to function, but many are struggling with depression, anxiety, loss of movement, numbness, and difficulty sleeping, which is common when dealing with chronic pain.

How has Lemm been able to escape these ailments? He hasn't. He has learned to deal with his pain and function to the best of his ability. He spent countless hours with his physical therapist, Anya Rapp, learning techniques



Photo by Laura Kreider

1st Lt. David Lemm, 173rd Airborne Brigade Combat Team, lifts weights at the Fitness Center to strengthen his back, following an injury sustained during deployment. Back injuries are extremely common among today's Soldiers.

to strengthen the muscles that support the back. The technique he uses for lifting is called the "pelvic brace." This technique is not easy to learn and requires constant body awareness. It involves engagement of the muscles in the back and abdomen that encompass the entire midsection of the body. In the fitness industry these muscles are often referred to as "the core."

"Continued physical therapy has been the most critical element to my limited, albeit successful recovery," said Lemm. "My progressively intensive physical therapy regime continues to contribute to my ability to not only participate, but excel in numerous physical activities."

Lemm advises others that are dealing with back injuries, "Be proactive and persistent in their rehabilitation. The rehabilitation program should be customized to the individual, their injury, their aptitude for exercise, and their capability to execute the program.

Additionally, an individual with back pain must listen to their body; know when to physically push yourself and when to rest."

If you are suffering from chronic pain, to include back or neck injuries, there are several resources in the Vicenza military community available to assist you. The first step is to speak to a medical provider to learn about options for rehabilitation. Additionally, those dealing with chronic pain may benefit from biofeedback in the Army Wellness Center-Vicenza, the Health Center's Healthy Sleep Habits Class, ACS's Stress and Anger Management Program, and/or USAHC Behavioral Health Specialists.

Lemm's final advice is, "If you have regular or recurring back pain, do not ignore it. Get the problem assessed and address it. While back pain is a part of many individual's lives, if managed properly, it can be significantly reduced, if not eliminated."



Photos by Julie M. Lucas

**Newcomers sponsorship:** Julia Sibilla, Army Community Service Relocation Readiness, speaks with new Soldiers from Company D, 1st Battalion, 503rd Infantry Regiment, 173rd Airborne Brigade Combat Team, about helpful information found in the post newspaper. This was the first of this kind of training to engage newcomers.

## Diabetes support group to start March 1

by Terry DiResta

U. S. Army Health Center Vicenza Population Health

A support group for people who have diabetes and Family members will be starting up at the U.S. Army Health Center Vicenza.

The purpose of this group, which will meet monthly, is to provide an upbeat, positive, "can-do" supportive environment for people with diabetes and interested Family members. It will provide an opportunity to come together and share experiences, challenges, and successes. Diabetes is primarily a self-managed disease. Learning all the things you need to know and keeping track of everything you need to do can be overwhelming, especially in the first year or two after diagnosis. It is necessary to make several lifestyle changes, some of which can be hard to keep up year after year. It helps to know you are not alone, that there are others who are living with this disease — and quite successfully.

The support group will focus on seven self-care behaviors: healthy eating, being active, monitoring, taking medication, problem solving, healthy coping and reducing risks. Some of these behaviors are easier than others to practice. Group meetings will encourage attendees to think about how they are doing in managing each of these areas, what they would like to do better, and sharing what is working well for them.

The group's goal is for people to leave every meeting feeling energized, good about themselves and more confident in their ability to manage their disease by sharing ideas, answering questions and providing support.

The first meeting will be held in the Army Wellness Center classroom, building 112, upstairs on the second floor March 1, from 1-2 p.m. Sign-up is not necessary but for more information call 636-9533 or 0444 61 9533.



## Digital immigrants versus digital natives

By Joyce Costello

USAG Livorno Public Affairs

In the current digital age, you either were born using a touch screens before crayons, having your first words shared on the video cam to family around the world and your birth being announced on facebook as normal activities of a digital native, or you are a digital immigrant, learning how to use your computer, send e-mail instead of snail mail and become the wizard of computer solitaire.

Regardless if you find yourself in either category, then the new brown bag computer class series by Eric Allen, 509th Signal Bn., if you want to know how the computer works or learn how to assemble one.

Allen is a certified a CompTIA A+, Network +, and Security + professional and technician who also holds the Computer Service Technician certification by the Electronics Industry Association. If that sounds Greek to you, in non-tech speak it means Allen knows a lot about the inner workings of computers.

“If you would you like to become a PC technician in a growing field or just know what you should do when you have PC problems or are studying to become a CompTIAA+ certified technician, then the six brown bag classes can help you,” explained Allen. “I’m in the process of building and assembling a new gaming system so I’d like to share this experience



Photo by Chiara Mattiolo

Eric Allen shows some of the elements that participants in the new brown bag computer classes will learn when the free classes begin in March.

with anyone willing to learn and gain knowledge about computers.”

Allen adds that through these classes one may be able to properly configure, assemble, and troubleshoot one’s personal computer.

Classes will run March 5, 7, 9, 12, 14, 16, starting at noon in the Global Credit Union classroom. Allen emphasizes that

seating is limited and based on first come first serve.

“These classes are free and are part of the 509th Signal Battalion knowledge share initiative to impart IT professional development opportunities,” said Frank Maloney, 509th Signal Bn. director.

To learn more about this program, contact 509th Signal Bn. at 633-8309.

## Make 2012 a year to save

By Cynthia Davis

Financial Readiness Program Assistant

Camp Darby kicked off the 2012 Military Saves week Feb. 21 with a cake cutting ceremony and display with ways to save and invest outside of the commissary. This official savings and awareness campaign helps promote healthy lifestyles in personal finance through education and incentives within our Camp Darby military community.

Combined with the support of Global Credit Union and Community Bank, we emphasize the importance of saving to service members and their Family members as well as encourage them to commit to take action over their own personal finances.

The kick-off also begins the start of Camp Darby’s Biggest Saver contest. The contest runs from Feb. 21 February to March 23. The winner will receive a \$75 Cashier’s Check from Global Credit Union. If you want to compete, just use coupons at the commissary and keep the receipt to show how much you saved. Coupons are available at ACS and Commissary, so come on by and find coupons for products your family uses. The contest is designed for an entire month to reinforce the habit of cutting, clipping, saving, and using coupons.

Community members can also take the “Saver’s Pledge”:

*I will help myself by saving money, reduce debt and build wealth over time. I will help my family and my country by encouraging other Americans to build wealth, not debt.*

You can make your pledge at ACS or on the official web site Military saves [www.militarysaves.org](http://www.militarysaves.org). There is even a section for military youth to start saving early and sections for units and family readiness groups with ideas of how to implement the program within your organizations.

To learn how to save and invest, for information about financial advice or how to schedule a financial class for your unit, call ACS at 633-7084.



Photo by Chiara Mattiolo

Camp Darby community members celebrate Military Saves week Feb. 21.

## Photo of the week



Photo by Amanda Piazza

**Viareggio Carnevale:** The two kilometer street parade in Viareggio, is one of the largest of its kind in Italy. Political satire and human rights themes are mixed with marching bands and dancing folks in costumes. There’s still time to enjoy it on Feb. 26 at 3 p.m. and March 3 at 7 p.m.

## Darby Dates

Visit the community calendar for upcoming events and details at [www.usag.livorno.army.mil](http://www.usag.livorno.army.mil)

### New combined retail store hours

Effective March 1, there will be one operating schedule for Exchange and Shoppette. The entire facility will now be open seven days a week and U.S. holidays.

Mon-Fri	7 a.m.- 6 p.m.
Sat.	10 a.m.- 6 p.m.
Sun./holidays	10 a.m.- 4 p.m.

### How to use usajobs.gov seminar

633-7000

Learn how to navigate the new USAJOBS web site by Jane Spencer March 5, at 5 p.m. Find answers to your questions and get hands on experience. This one hour session is limited to four participants. Sign up at the Library.

### Youth Sports and Fitness registration

633-7681

Register March 1 – 31  
 Start Smart: 3 to 4 years of age  
 Pee-Wee: 5 to 6 years of age  
 Minor: 7 to 9 years of age  
 Bantam: 10 to 12 years of age  
 Junior: 13 to 15 years of age  
 Cost: \$45.00 per youth regardless of family income, rank, or civilian grade. Start Smart cost is \$20.00 per child. A 10-percent discount applies to additional siblings that enroll in the sport. Children must be registered in CYS/Youth Services thru June 15.

### National Children’s Dental Health

633-7461

The Livorno Dental Clinic will be offering limited appointments for all middle school and elementary school age children Feb. 27-March 2. There will be dedicated appointment times for comprehensive exams and cleanings for the children after school hours. Space is limited so contact the dental clinic for an appointment.

ITR

633-7589

Bus transportation to Viareggio Carnival Feb. 26

ODR

633-7775

Ski trips every Saturday.

### Religious Activities

633-7267

9:40 a.m. Catholic reconciliation  
 10 a.m. Catholic Mass  
 11:15 a.m. Protestant worship  
 11:15 a.m. Catholic CCD



## Golf world:

More than 100 companies will gather Friday-Monday in Verona to present the latest in golf equipment, clothing and accessories. The event also features the world's largest indoor golf course.



Courtesy photo

## FREE concerts, exhibits & events

### Carnevale photos exhibit:

Ongoing through March 31, Monday-Friday 9 a.m.-noon and 8-10 p.m., in Vicenza, Civic Center, Via Rismondo 2.

### "Three days in Paris" photo exhibit:

Ongoing through Wednesday, 8 a.m.-8 p.m., in Vicenza, Al n. 9 Caffè, Corso SS. Felice e Fortunato 9.

### Carnevale painting exhibit:

Ongoing through Wednesday, Tuesday-Wednesday and Friday-Sunday, 4:30 - 7:30 p.m., in Vicenza, Scaletta 62, Contrà Porta Santa Lucia 62.

## Local events

### Last Carnevale celebrations:

**Caltrano:** Sunday, about 24 miles north of Vicenza. 2 p.m. float parade, Caltrano music band and Mosson Marching Band. Charity raffle.

**Cogollo del Cengio:** Saturday, Piazza Mosson, about 25 miles north of Vicenza, 2:30 p.m. float parade accompanied by Cogollo Music Band and Mosson Drum and Bungle Corps; prizes for the best floats and masks.

**Pojana Maggiore:** Sunday, Piazza Novembre, about 22 miles south of Vicenza. Float parade, bounce houses, mini train, carnival rides and food booths featuring typical Carnevale pastries.

### Nemo a Cimar Marso – March Call Festival:

Saturday – Sunday, in Recoaro Terme, about 27 miles northwest of Vicenza.

♦ Saturday: tour; 4 p.m. Piazza Dolomiti "the lumberjacks at work," cutting wood demonstration with ancient and modern tools; 5 p.m. downtown, entertainment with groups wearing typical Cimbrian\* costumes.

♦ Sunday: 9:30 a.m. float arrival and entertainment with Cimbrian music and dances; 2 p.m. float parade; 5:30 p.m. best float award ceremony; 6:30 p.m. "Omo de Paja" (Straw Man) propitiatory bonfire.

\* The inhabitants of many mountain towns of the province claim to be descendants of the ancient Cimbrian of Scandinavian origin.

### Vivi la casa:

Friday-Monday, in Verona, Viale del Lavoro 8. A home gallery exhibit, about 38 miles west of Vicenza. Saturday and Sunday 10 a.m.-8 p.m.; Monday and Friday 10 a.m.-4 p.m. Admission fee: Friday and Monday €4; Saturday and Sunday €7; free entrance for children younger than 12 and for women Friday.

### Golf Town – Italian Golf Fair:

Friday-Monday, in Verona,

Viale del Lavoro, 8, about 38 miles west of Vicenza. Friday 4-8 p.m.; Saturday-Sunday 10 a.m.-8 p.m.; Monday 10 a.m.-4 p.m. More than 100 companies presenting the latest news on golf equipment, shoes, clothing and accessories. Features the world's largest indoor golf course, with attractive and ecological scenery reproducing a typical landscape from Italy. Golf competitions between champions and professionals-amateurs. The fair also provides non-golfers opportunities to try out a new sport. Admission fee: Saturday-Sunday €7; Friday and Monday: €4. Free entrance for children under 12 and for women on Friday. For a detailed program in English visit <http://www.golftown.it/en/index.php>.

### Mondomare – Nautical Expo:

Friday-Sunday, 10 a.m.-6 p.m., in Padova, in Padova, Via N. Tommaseo, 59, about 24 miles southeast of Vicenza. The exhibition will comprise of the best products and services from powerboats, yachts, sailboats, scuba diving, fishing and water sport.

### Wheels – motorcycle and car fair:

Saturday-Sunday, 9 a.m.-7 p.m. in Bolzano, Piazza Fiera 1, about 110 miles north of Vicenza. Exhibition and sale of cross and trial motorcycles, scooters, new and used bikes, customized bikes, motorbike apparel and accessories, cars, race cars, hot rods, cycling clothing and accessories. Live music. Admission: €12; reduced €8 (children 11-13) and free for children younger than 11. For more details in English, visit <http://www.wheels.bz.it/eng/index.html>.

### Movies

The Odeon Theater, in Vicenza, Corso Palladio 176, will be featuring movies in English through the winter. Monday: Three Musketeers by Paul W.S. Anderson. Tickets cost €6. Show times are 5 p.m. 7 p.m. and 9 p.m.

### Ice-skating rink

**Padova:** Open until May 5. Ice-energy - Sports Center Plebiscito,

Via Geremia Guglielmo, about 24 miles southeast of Vicenza. Open until May 5. Tuesdays, Wednesdays, and Fridays 5-7 p.m. and 9-11 p.m.; Saturdays and holidays 9 a.m.-1 p.m.; 2-8 p.m., and 9-12 p.m.; Sundays 9 a.m.-1 p.m. and 2-8 p.m. Entrance fee: €7 weekdays, reduced €5 for children up to 12 years old; €9 euro weekends and reduced €7. Skate rental is €4.

### Sunday antique markets:

**Piazzola sul Brenta,** 8 a.m.-6 p.m., Villa Contarini about 16 miles east of Vicenza. More than 700 vendors and food booths.

**Recoaro Terme,** 9 a.m.-6 p.m., in Piazza Dolomiti.

**Treviso,** 7:30 a.m.-7:30 p.m., Via San Liberale, about 56 miles east of Vicenza.

## BOSS trips

### Ski/Snowboard trips:

March 3 in Brixen  
March 16-18 Dolomiti Superski

## Concerts

**Johnny Winter:** Sunday in Padova

**Simple Minds:** Tuesday in Milan

**James Taylor and his band:** March 24 in Padova

**America:** March 28 in Trieste  
**Lorena McKennitt:** April 16 in Padova

**Sinead O'Conner:** April 24 in Milan

**Metallic:** May 13 in Udine  
**Allan Holdsworth Band:** May 23 in Milan

**Coldplay:** May 24 in Torino  
**Metalfest:** June 5-7 in Monza

**Bruce Springsteen and the E Street Band:** June 7 in Milan, June 10 in Florence, June 11 in Trieste

**Madonna:** June 14 in Milan, June 16 in Florence

**Black Sabbath:** June 24 in Rho (Milan)

**Tom Petty and the Heartbreakers:** June 29 in Lucca

**Lenny Kravitz:** July 16 in Sarzana (La Spezia), July 19 in Vigevano (Pavia)

Tickets available in Vicenza at Media World, Palladio Shopping

Center or at [www.greenticket.it/index.html?imposta\\_lingua=ing](http://www.greenticket.it/index.html?imposta_lingua=ing) or <http://www.ticketone.it/EN/>.

## Sporting events

### Motocross Freestyle Night of the Jumps:

March 2-3, in Torino

### Fim X Trial Indoor World Championship:

March 17, in Assago (Milan)

### Oktagon – Kickboxing Championship:

March 24, in Assago (Milan)

### WWE Raw Wrestlemania – Revenge Tour:

April 18, in Assago (Milan)

### Superbike World Championship:

June 8-10 in Misano Adriatico (Rimini)

Tickets available in Vicenza at Media World, Palladio Shopping Center or at [www.greenticket.it/index.html?imposta\\_lingua=ing](http://www.greenticket.it/index.html?imposta_lingua=ing) or <http://www.ticketone.it/EN/> or <http://www.zedlive.com>.

## ODR trips

**Antibes and Cannes Express:** March 3

**Brixen ski/snowboard trip:** March 3

**Antibes and Cannes Express:** March 4

**San Martino ski/snowboard trip:** March 10

**Cinque Terre:** March 10

**Dolomiti Superski Weekend:** March 16-18

**Umbria overnight tour:** March 16-17

**Outlet tour in Tuscany:** March 18

**Rome express:** March 24

**Mystery ski/snowboard:** March 24

**Arabba ski/snowboard:** March 31

**West coast discovery tour in Portofino:** March 31

**Chianti art and food:** April 1

**Rome overnight:** April 6-8

Trips can be booked on WebTrac at <https://webtrac.mwr.army.mil/webtrac/Vicenzarectrac.html> or by following the WebTrac link on [www.vicenzaMWR.com](http://www.vicenzaMWR.com) or at ODR.

## Now Showing



### Ederle Theater

<b>Thursday</b>	New Years Eve (PG 13)	6 p.m.
<b>Friday</b>	The Muppets (PG)	6 p.m.
	Sherlock Holmes 2 (PG 13)	9 p.m.
<b>Saturday</b>	Sherlock Holmes 2 (PG 13)	3 p.m.
	This Means War (R)	6 p.m.
<b>Sunday</b>	Sherlock Holmes 2 (PG 13)	3 p.m.
	This Means War (R)	6 p.m.
<b>Wed.</b>	The Muppets (PG)	6 p.m.
<b>March 1</b>	The Muppets (PG)	6 p.m.
<b>March 2</b>	Alvin and the Chipmunks: Chipwrecked (G)	6 p.m.
	We Bought a Zoo (PG)	9 p.m.

### Camp Darby Theater

<b>March 2</b>	We Bought a Zoo (PG)	6 p.m.
<b>March 3</b>	Alvin and the Chipmunks: Chipwrecked (G)	6 p.m.
<b>March 4</b>	Journey 2 (PG)	1 p.m.
<b>March 9</b>	Mission Impossible: Ghost Protocol (PG 13)	7 p.m.

Admission: Age 12 and older, \$4, younger than 12, \$2.

The Ederle theater box office opens one hour prior to show.

**View MOVIE TRAILERS and more online at**  
[www.shopmyexchange.com/ems/euro/vicenza.htm](http://www.shopmyexchange.com/ems/euro/vicenza.htm) or  
[www.afes.com/ems/euro/livorno.htm](http://www.afes.com/ems/euro/livorno.htm)



# Community briefs

## CYSS

- ◆ Baseball enrollment for ages 3-15 is ongoing until March 2. Spaces are limited so don't wait. The season will run April 16-June 2, with practice beginning about March 26. Participants must have a valid CYSS enrollment through the end of the season. Call 634-6151 for further information.
- ◆ EDGE! Focus on Photography runs March 1-22 on Thursdays 3:30-4:30 p.m. for grades 1-12. Capture the moments of life, experience colors, patterns and learn about focal points.
- ◆ Parent Advisory Group meets Wednesday at noon in the large ACS classroom. On the agenda; election of new CYSS Parent Advisory Group Coordinator, CYSS deployment benefits, Month of the Military Child Events, changes in CYS management, CDC and FCC orientation procedures, how to access hourly care space, spring programs and events and status of accreditation. Everyone is welcome. Call 634-8347 for more information.
- ◆ YS heads to Paris for Spring Break. Due to high demand, a lottery system is used to select youth for the trip. Sign up March 5-9 at Parent Central Services. The lottery drawing will be held March 12. The first 24 youth selected will go on the trip, others are on standby in case of cancellations. Visit [www.vicenza.com](http://www.vicenza.com) for trip details or call 634-7659 for more information.
- ◆ School Age Services heads to Venice for a glass blowing demonstration March 3. Cost is \$39 and includes eight hours of supervision, transportation and lunch. You can use your four free hours for the month and save \$16. Sign up before March 1. Call 634-5700 for information.
- ◆ Family Game Night at the Villaggio Youth Center is March 3, 6-9 p.m. Middle School students and their Families are invited. Call 634-7659 for more information.

## Soldiers' Theatre

Soldiers' Theatre presents Rogers and Hammerstein's musical "Oklahoma" March 9-25. Performances on Fridays and Saturdays are at 7:30 p.m. and Sunday Matinee is at 2 p.m. Tickets are on sale by stopping by the box office or calling 634-7281.

## Arts and Crafts Center

- ◆ March 2 or 3, join the Altered Book Workshop. The first hour will be dedicated to basic instructions and sharing of ideas to use in creating your very special Altered Book. The second hour is for you to work on your own creation with the instructor there to get you started. The Art Center has books and supplies to get you started.
- ◆ Learn about different types of cheese, where to find them, and the most important part, what to serve them with! Learn about the preparation of the many delicious compotes, mostardas, and jellies that can be made to compliment the cheese, Friday at 5:30 p.m.
- ◆ Become familiar with techniques

used in pencil and charcoal drawing in the evening with beginning drawing in six consecutive classes beginning March 7.

- ◆ Spend your lunchtime learning how to paint with watercolors in six consecutive Wednesday classes beginning March 7. Classes include basic drawing, color theory and mixing, and you'll practice creating light and contrast. Call 634-7074 or register in line.

## Medical code class

The U.S. Army Health Center-Vicenza is offering a medical coding class this spring. For those interested in becoming a Certified Professional Coder email Capt. Alicia Herman at [alicia.herman@amedd.army.mil](mailto:alicia.herman@amedd.army.mil).

## ARC training

The American Red Cross offers a CPR-AED first aid class will be held March 3 from 8:30 a.m.-4:30 p.m. with a fee of \$55. For more info. call 0444-71-7089 or stop by building 333.

## CTC registration

This term, Central Texas College, offers an Early Childhood course, CDEC 1321: The Infant and Toddler from March 10-31 on Saturdays 9 a.m.-5 p.m. They will also be offering a Criminal Justice Seminar, CJSA 1177: For more information, call 634-6514, email [vicenza@europe.ctcd.edu](mailto:vicenza@europe.ctcd.edu), or visit room 6 in the Education Center.

## Library

- ◆ Coming in April for National Library Week, an Altered Book Contest. Get started now on your entry. Transform any old book into a work of art. Entries are due at the Library by April 6. The Arts and Crafts Center is offering Altered Book Workshops March 2 and 3 to get you started.
- ◆ Every Wednesday, come hear stories, sing songs and make a craft at the library for Pre-School Story Time. Fun begins at 11 a.m.

## Math-a-Mania

PTSA will host a fun family

math night at Vicenza elementary and middle schools March 6 from 4:30-6:30 p.m. There will be fun, food and prizes for everyone.

## Arena

- ◆ Big Country Night at the Lion's Den, Thursday, 7 p.m. features a Country DJ, live music and Line Dancing with instruction. Come on down and join in!
- ◆ It's Leap Day and we are serving up a special Steak and Bake night at the Old Soldiers' Bar on Feb. 29, 5 p.m. Enjoy an 8 oz (\$25) or 12 oz (\$30) steak, with baked potato, sour cream and butter, green beans, tossed salad, bread and dessert plus tea, water and a carafe of wine. Call 634-7685 for more information.

## Job opportunities

Contract positions with Health Clinic Livorno (Camp Darby) - Licensed Clinical Social Worker for Mental Health, AFAP & EDIS Services and doctor of Optometry for Optometrist Exam Services. Start date is on or about April 1. For more information contact Europe Regional Contracting Office - Landstuhl, Germany, POC: Domenico Maddaloni at 0049-6371-86-7043 or DSN: 486-7043 or via email at [domenico.maddaloni@amedd.army.mil](mailto:domenico.maddaloni@amedd.army.mil).

## VCC

The Vicenza Community Club is offering continuing education scholarships for 2012. Applications are available and the deadline is March 5. For more info. contact Mari McKenzie at [scholarships@vccitaly.org](mailto:scholarships@vccitaly.org).

## UMUC Spring classes

The University of Maryland University College once again brings a session full of fun and interesting classes. Spring Session 2 offers: Biology with a lab, International Human Rights, Italian 1, 2 & 4, College Math, Statistics, Intro to Research and College Writing. For new students earn \$700 dollars by applying for "New Student Scholarship." Registration for classes is currently ongoing

until March 18 and classes run March 19-May 13. For more info., call: 634-7055 or email [vice@europe.umuc.edu](mailto:vice@europe.umuc.edu).

## Warrant officer seminar

The South of the Alps Warrant Officer Chapter is hosting an event for warrant officers Friday from 3:30-5:30 p.m. at the Arena. The event is a Warrant Officer Professional Development Seminar and is open to and highly encouraged for all warrant officers assigned to any of the units in Vicenza. Guest speakers are senior warrants from Department of the Army. New information regarding promotions, assignments, mandated retirements, and critical changes affecting all Warrant Officers will be discussed. For info., contact CW4 Mara Martinez at 634-6306. or email [mara.martinez@eur.army.mil](mailto:mara.martinez@eur.army.mil).

## SGM Association

Vicenza Sergeants Major Association will hold a meeting March 2 from 11:30 a.m.-1 p.m. in the VIP room at South of the Alps Dining Facility to accept new membership applications and to elect key position in the Association. The meeting is open to all active duty and retired command sergeants major, sergeants major, and promotable master sergeants. For more information contact Sgt. Maj. Michael Robledo at [michael.a.robledo@eur.army.mil](mailto:michael.a.robledo@eur.army.mil), or 634-6623.

## MOMS Club events

- ◆ Family sledding trip, Saturday at 9 a.m.
  - ◆ Monthly meeting, Monday at 10 a.m.
  - ◆ Infant playgroup, Tuesday at 10 a.m.
  - ◆ Out-And-About, Wednesday
- For further information about the events, contact MOMS Club at [momsclubofvicenza@yahoo.com](mailto:momsclubofvicenza@yahoo.com)

## Space A brief

A Space A brief will be held March 13 at the ACS Conference Room from 9 a.m.-noon.



Photo by Laura Kreider

**Valentine mouse:** Five-year-old Evy Brown, left, shows her mom Linzi a mouse created during the Valentine's Day Workshop held at the Vicenza post library Feb. 8. More than 30 participants ages 3-11 created four valentine's cards including heart mouse, heart fish, rabbit card, and decorate your own card.

## Religious activities

### Chaplain Crisis Line

To speak with a chaplain after hours, call **634-KARE** (634-5273)

### Sunday services

**9 a.m.:** Mass, Sacrament of Reconciliation following Mass, or during duty hours  
**11 a.m.:** Protestant worship  
**1:30 p.m.:** Full Gospel Pentecostal worship  
**5 p.m.:** Contemporary Christian service

### Mondays

**5:30 p.m.:** High School Small Group (sponsored by Club Beyond) meets at The CLUB House for dinner; bible study starts at 6:30 p.m.

### Tuesdays

**9 a.m.:** Protestant Women of the Chapel  
**12:30 p.m.:** Middle School Small Group (sponsored by Club Beyond) meets at the Middle School in room 1017  
**5 p.m.:** Contemporary Praise band practice

### Wednesdays

**3:15 p.m.:** Middle School Club Beyond meets room 1017 in VMS  
**5:30 p.m.:** PWOC Bible study. Dinner provided. No child care  
**5:30 p.m.:** High School Club Beyond meets at the Teen Center for dinner; meeting starts at 6:30 p.m. Call 340-665-3453 for information  
**5:30 p.m.:** Catholic choir practice  
**6:45 p.m.:** Gospel choir practice

### Thursdays

**9:30 a.m.:** Catholic Women of the Chapel  
**5:30 p.m.:** Gospel service choir rehearsal  
**7:15 p.m.:** Gospel service Bible study

### Faith group contacts

**Bahá'í Faith:** Call Russell Menard at 389-133-4627 or 349-708-2535  
**Islamic:** Call 634-7519 (0444-71-7519) for info  
**Jewish:** Call Paul Levine at 345-907-2108  
**Latter Day Saints:** Call Chance Wilson at 327-869-8107. Sunday services, 9:30 a.m.-12:30 p.m. at Viale Trento 246, Vicenza.

Call the Caserma Ederle chapel at 634-7519 (0444-71-7519) for more information on religious activities.

**DON'T BE LATE:** E-mail briefs to [editor@eur.army.mil](mailto:editor@eur.army.mil) noon on Monday, or by 4 p.m. Friday if Monday is a holiday.



## Health Center basketball team goes undefeated

by Tom Hlavacek  
Special to the Outlook

The U.S. Army Health Clinic Vicenza won the garrison unit level championship beating U.S. Army Africa with a scrappy defense and a never-quit attitude Saturday afternoon.

Team captain Marlon Walker led the Clinic with 14 points. Combining for 17 points were the Clinic's three-point specialist Tony Rodriguez and Antoine Fair. After winning 46-28, Walker said, "Our team was able to accomplish three things. We got USARAF out of their zone and we spread out their defense. Thirdly, because we were younger, we out ran them and beat them to the ball."

Walker said in the semifinals against the Church Ball team they were really challenged.

"We were down by five late in the second half but managed to win 49-47 because we never gave up." That attitude helped Health Clinic in the final game.

USARAF was led by Joe Kaminski with nine points and Daniel Brown added eight.

For the third-place game, Church Ball won over Legion 1-503rd, 50-46. Church Ball's Julius Wesley had a game high 24 points with 16 coming in the second half. Wesley's teammate, Damien Richard, finished with 20 points, with 13 of them in the first half. Legion's Chris Jones netted 14 while Quentin Martin was good for 8.

Health Clinic's biggest fan, Reginald Hopkins, cheered the Health Clinic on during the entire season. On Saturday afternoon he gave the Health Clinic team something to cheer about. He presented the team with a personal check for \$900 to be used as the team sees fit. Hopkins said, "It gave me great pleasure to watch this team play together as a team all season."

Last year he gave the team \$800, which was used to purchase uniforms and other team equipment.

The IMCOM-Europe unit level basketball championships will be hosted March 9-11, in Bamberg, Germany. This tournament is for active duty military unit level teams only. Health Clinic will converge against the top unit level team from Germany and Shape, Belgium.

Final tournament standing and records: 1st Health Clinic, 3-0; 2nd USARAF, 2-1; 3rd Church Ball, 3-1; 4th Legion, 1-503rd, 1-2; 5th HHC, 1st-503rd, 1-1; 6th Chosen, 2-503rd,



Photo by Laura Kreider

Lant Berry, No. 44, of the team, Church Ball, releases a short jump shot against the USAHC during Saturday game at the gym. Church Ball took home third place after losing to the undefeated Health Center.

0-1, 7th Co C, 1-503rd, 0-1; 8th The Throne, 0-1; 9th Battle, 2nd-503rd, 0-1; 10th Destined, 2nd-503rd, 0-1.

Game results: Church Ball 51, Battle 20; HHC, 1-503 44, The Throne 41; Health Clinic 47, Co C, 1-503 11; Church Ball 30, Chosen 28; Legion, 1-503 47, HHC, 1-503 38; USARAF 2, Destined, 2-503, 0 (forfeit); Health Clinic 49, Church Ball 47; USARAF 60, Legion, 1-503 46;

Championship: Health Clinic 46, USARAF 28; 3rd Place: Church Ball 50, Legion, 1-503 46.

For more info, contact Ricky Jackson at 634-7009 or email [Rick.Jackson@us.army.mil](mailto:Rick.Jackson@us.army.mil)

## Italia Select players receive all-tournament

by Charity Smith  
U15, U18 soccer coach

Players and coaches from Vicenza, Naples, and Rome who are members of Italia Select Academy traveled to Ansbach, Germany, over the weekend to compete in the Michael Brendel Indoor Soccer Tournament. Comprised largely of German teams from the Olympic Development Program, ISA was the only organization representing from outside Germany.

Sixty six players traveled north to compete and won two of the eight brackets; U13 girls and U18 boys took home gold. ISA had 10 players selected to the All-Tournament Team, three from Vicenza.

Adrianna Lovelace of Vicenza was the goalie for the girls U15 A team and won an all-tournament nod by unanimous votes submitted by the other coaches. Prior to the tournament she was selected by her coach to play up an age group with the U18 girls B team and went on to received another unanimous all-tournament vote in that age bracket. Lovelace was the only player in the tournament to receive such honors in two different age brackets.

Ashley Frank was selected to the all tournament team for U13 girls and her team went on to win their age bracket as well. The final Vicenza player selected for all-tournament was U18 goalie Alex Guerra. His team played the final match of the tournament to win first place in a shootout against Heidelberg following five minutes of golden goal overtime. Guerra made five saves in the final two minutes of the match to stop Heidelberg's attack and send them into the best-of-5 shootout. With ISA making all of their shots and Guerra shutting down Heidelberg the boys U18 A team went on to claim first place.

Taking home All-Tournament Team honors from ISA were Max Mincacci (U11), Maddy Fletcher, Ashley Frank (U13), Brittany Morse, Adrianna Lovelace (U15), Alexandra Mack, Adrianna Lovelace (18), Ben Gerard and Alex Guerra (U18).



Photo by Kristen Morse

Adrianna Lovelace works on her footwork in Ansbach, Germany, where she served as goalie for the girls U15 A team. Lovelace, as well as two other Vicenza players, was selected for the All-Tournament Team.

### Yoga weekend

Anyone interested in yoga will want to be a part of Neesha Zollinger's European tour here in Vicenza April 14-15. She weaves meaningful themes into her teachings that touch the heart, mind and body. With Neesha's guidance, you'll take your yoga practice to exciting new levels, inspired by her celestial energy and wisdom that is sprinkled with playfulness, and passion. Neesha studied for eleven years with Anusara's founder John Friend, travels the globe teaching and is widely known for her classes on [Yogatoday.com](http://Yogatoday.com). Cost for the entire weekend is \$150 or you can choose one day only for \$85. Call 634-7453 for more information.

### Pre-natal swim class

Pre-natal Swim Class is a safe way to exercise during pregnancy. Swimming skills are not required. Classes are on Wednesdays or Fridays. Each session will run for eight weeks. For more info call 634-6536.

### Unit & rec play

New players are always welcome. Call 634-7009 or individual POCs.

**Rugby:** Tuesdays and Thursdays 6-7:30 p.m., North 40 field.

**Basketball:** 11:45 a.m.-1:30 p.m. Mondays, Wednesdays and Fridays for 10 or more, Fitness Center.

**Racquetball:** 6-7 p.m. Tuesdays and Thursdays for 16 participants, Fitness Center.

**Men's Soccer:** 7-9 p.m. Tuesdays and Thursdays for 24 or more players at the turf field behind the Ederle Inn. Email [shaun.nurse@amedd.army.mil](mailto:shaun.nurse@amedd.army.mil) or call 636-9648/9120/9632.

**Volleyball:** 6:30 p.m. Tuesdays for eight or more, Fitness Center.

**Frisbee golf:** 6 p.m. Wednesdays, North 40 field.

**Tennis:** Open play Singles and Doubles on Mondays and Wednesdays, 6 p.m. and 7 p.m.

### Women's basketball

Women's basketball practice held every Sunday from 4-5 at the post gym. All female community members welcome to attend. Focus is on fun and having a great workout. POC: [Julia.sibilla@us.army.mil](mailto:Julia.sibilla@us.army.mil).

### Volunteers needed

The Mako Sharks Swim Team is looking for adult volunteers to assist. For more info., contact John Casey at 0444-91-2612 or email [john.j.casey@us.army.mil](mailto:john.j.casey@us.army.mil). Visit <http://mako-sharks.homestead.com/index.html>.