

## Soldier's Medal awarded to 21st TSC Soldier

By Grant Sattler  
USAG Vicenza PAO

A Vicenza stationed Soldier received the Soldier's Medal Tuesday for his actions May 31, when he took an armed bank robber down after a heist in Sarasota, Fla.

21st Theater Sustainment Command Commanding General Brig. Gen. Aundre Piggee presented the peacetime award for heroism to Staff Sgt. Eddie Peoples in front of members of his unit and community at the Caserma Ederle Post Theater.

A movement control specialist with the 386th Movement Control Battalion, 21st Theater Sustainment Command-Italy, since April 2010, Peoples used his vehicle to block the getaway of the bank robber's car, got out and disarmed him, pinning him to the ground until law enforcement arrived on the scene.

The 11-year veteran is a native of Bradenton, Fla., and was in the U.S. on leave assisting his ailing father in May last year when he made an afternoon stop at a local bank, accompanied by two of his young sons. He was waiting in the lobby when a gunman entered and announced a robbery. The bank, occupied by about 40 bank employees and customers, fell silent. Silent except for the sound of two small boys giggling.

Peoples watched as the robber brandished his weapon, noticing the sound of children, pointing it at him, bank employees and customers repeatedly.

"He was terrorizing the bank and I knew I had to do something," Peoples said. "He was just a domestic terrorist, spreading terror inside that bank with threat to life and limb. If I were in Iraq, I would take action. This was no different."

The father of four positioned himself between the gunman and his two children and quickly made a place of concealment for his boys with lobby furniture.

As soon as the robber exited the building with an undetermined amount of cash, the veteran of four deployments to Iraq and Kuwait determined to follow him.

Telling the story to those assembled at the ceremony, General Piggee said, "We all wonder how we would

See MEDAL, page 3



Photo by Paolo Bovo

Brig. Gen. Aundre Piggee, left, commanding general, 21st Theater Sustainment Command, congratulates Staff Sgt. Eddie Peoples after pinning a Soldier's Medal on him Tuesday. Peoples was awarded due to his actions in stopping a bank robber in Florida last year while back in the U.S. on leave.

## African-American Soldiers build partnerships in Africa

By Sgt. Mark A. Henderson  
128th MPAD, UTARNG

MOPTI, MALI — African-American Soldiers marched to war with George Washington to secure our nation's freedom.

They fought against the Confederate States to end slavery.

They lived and died in the trenches of France, to stop the Kaiser's aggression.

They escorted bombers to Germany to rain down destruction on the 3rd Reich.

They were drafted to patrol the jungles of Vietnam in the name of democracy.

In all of these conflicts they were also fighting a war for equality at home.

February is Black History Month, a time to

remember the sacrifices and triumphs of all of the African-American heroes that have risked their lives in the name of equal rights.

"My father had a 32-year career in the Army and he told me about his experiences," said Army Col. Reginald D. Sanders, the task force deputy commander with the 369th Sustainment Brigade, New York National Guard.

"When my father was at Pearl Harbor they (the Army) would lock up the black Soldiers in their compound for their own protection," said Sanders.

Since the days of World War II, the military has become fully integrated and promotes equal rights. African-Americans continue to serve in the United States military, and do so in the highest levels of command.

This February, the U.S. military joins a multi-

national taskforce in Mali as part of Atlas Accord 2012, a bilateral exercise to build partnerships and train together to provide humanitarian support to people in need.

"The cultural exchange has been amazing," said U.S. Army Capt. Isaac A. White, the rotary wing officer in command for the exercise from the 11th Tactical Aviation Brigade based in Ft. Knox, Ky.

"Coming here as an African-American and working with the African troops during Black History Month has given me a greater appreciation for what we have at home and the strides our country has made," said White.

"It's a great honor," said U.S. Army Master Sgt. Bentley Heyliger Jr., communications chief with the 369th SB based in Harlem, N.Y.

Coming to Africa, to my roots, is something I never

See AFRICA, page 2

I  
n  
s  
i  
d  
e

### News pages 3 & 4

TBI awareness month; Free Zumba classes on post offered by USARAF Soldier

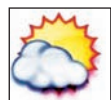


### Camp Darby page 5

Soldiers who fought in Sommocolonia honored; Darby bantam basketball wins in Vicenza



70/41  
Friday



66/41  
Saturday



57/45  
Sunday

The Info-X Community information meeting will be Wednesday 10 a.m. at the Arena.



## MG Hogg teaches World Geography to VMS

U.S. Army Africa Public Affairs Office

Exactly one year ago Maj. Gen. David R. Hogg treated 21 World Geography students from Vicenza Middle School to an in-depth world geography lesson. Because of the overwhelming positive experience for both ‘teacher’ and students, Hogg agreed to return to VMS, Feb. 23-24, to teach not one, but four seventh-grade World Geography classes.

Hogg captured the seventh-graders’ attention with an impressive collection of African artifacts, in-depth presentations and unique insights into Africa’s culture and people.

“These presentations are personally and professionally satisfying. Last year was the first time I’ve had the opportunity to engage in this kind of academic setting — it was fun and very rewarding. These kids are smart and they had some great questions,” Hogg said. “There’s a feeling of satisfaction when you can contribute to the education of our youth and the professional satisfaction of being able to talk to kids about what the U.S. Army is doing in Africa.

“Seeing the eagerness of some of the students is inspiring,” Hogg said. “One of the students wants to be a Middle East foreign area officer. Seeing a seventh-grade student wanting to be a Foreign Area Officer gives you faith in our system and reinforces the fact that Department of Defense Dependent schools have good educational programs,” Hogg said.

Hogg received high marks for his presentation from both George Hanby and his students.

Seventh-grader John Casey, who aspires to be a FAO, said Hogg’s presentation was fascinating and informative.

“He got me really interested in Africa, and really knows what he’s talking about,” Casey said. “I’ve always been interested in military service and international relations and I want to work as a FAO in the Middle East some day. You can tell he knows a lot about Africa by the way he broke down the issues in different regions and his explanation of how elections affect the people in Africa,” Casey said.

Hanby took notes during the presentation and praised Hogg’s ability to teach and connect with the students.

“He’s very good at explaining what U.S. Army Africa does and that we have a tremendous impact on African nations,” Hanby said. “What he has imparted to these students is that the African people are much the same as Americans. They



Photo by Rich Bartell

U.S. Army Africa Commander Maj. Gen. David R. Hogg helps Juliana Cloeter adjust adaptive eyewear. Glasses similar to these were recently given to citizens of Zanzibar. Hogg made in-depth presentations to World Geography classes at Vicenza Middle School Feb. 23-24. Hogg shared his insights, information as well as several pieces of African art and gifts from his personal collection.

have the same hopes, aspirations and dreams for their kids and families as we do. They’re really not much different except for the conditions in the country. And that’s what U.S. Army Africa is working to improve,” Hanby said.

Hogg received a certificate of appreciation from VMS for his presentations there.

“General Hogg is now an honorary seventh grade world geography teacher at Vicenza Middle School. We really recognize his commitment to the schools and to the education of our kids,” Hanby said.

## AFRICA: Soldiers build bonds while in Africa

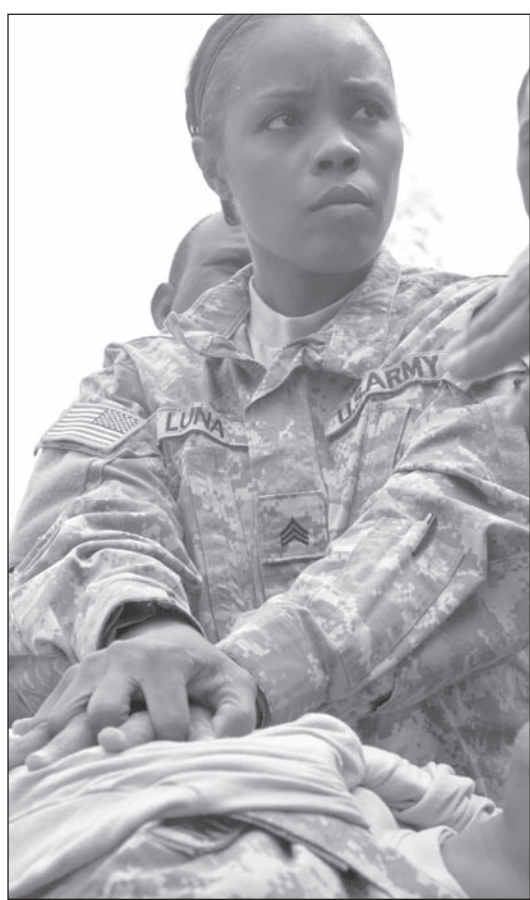


Photo by Spc. Kimberly Trumbull

Sgt. La Tonia Luna, 807th Medical Detachment Support Command, demonstrates CPR to Malian Defense Force medical staff at an MDF hospital in Mopti, Mali, Feb. The 807th provided medical support and training for Atlas Accord 12.

Continued from page 1

thought I would be able to do, and I hope I can come back, said Heyliger. “It’s an emotional thing to come here to see the people — it’s a beautiful thing.”

“I went to the market here and at first all of the vendors crowded around trying to sell me their wares,” Heyliger said. “I told them I would go down the line and buy one item from each of them. This way I can share the love with everybody, because we are all brothers,” he said.

“It gives me a greater appreciation for life, knowing everything we have and being able to come here and participate in a humanitarian mission to help my people,” Heyliger said.

According to Sgt. Maj. Orell Golding, brigade operations sergeant major for the 369th SB, “Being here in Africa during Black History Month is overwhelming. It’s a very personal experience; there are no words to describe what it feels like to be here during this month.”

Sgt. La Tonia R. Luna, a healthcare specialist with the 807th

Medical Detachment Support Command, said, “When I was a little girl; I used to watch the shows like ‘Feed America’ and cry. Now I’m here and helping the people and those tears have changed from tears of sadness to tears of joy.”

“There are situations where they may be less fortunate, but they don’t show that,” Luna said.

“I’m just really excited to be here amongst the people and our African partners to train and learn from them,” she expressed with a smile.

Uganda is one of the African nations participating in this exercise and hosted the Atlas Drop exercise last year.

“We are honored to work with the Americans,” said Maj. Alex Baguma, a logistics training officer for the Uganda Peoples Defense Forces. “You have the black Americans who are born in America and those that are also born here in Africa serving in the U.S. Army. They are all treated the same as any other ethnic group, it is a great thing,” Baguma continued with a smile. “That’s why the U.S. is called the melting pot.”

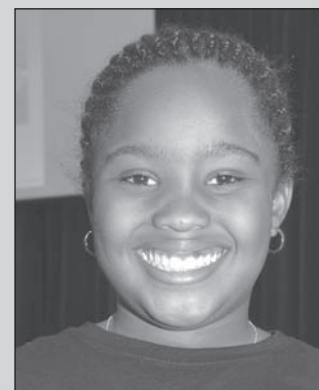
## Speak Out

What does Black History Month mean to you?



Daphne Wilkerson  
Warrior Transition Unit

“Black History Month to me means a part of my heritage. It is a celebration of famous Black Americans and their impact on history.”



Lillian Carr  
VES

“It means a lot to me, I wish we had it every day of the year because I would get to learn about many African-Americans.”



Autumn and Pfc. Luis Llanos  
2nd Bn., 503rd Inf. Regt.

“Black History Month means awareness of the culture and what it represents. It also shows the history and roots of what was experienced.”

By Laura Kreider



## MEDAL: 21st Soldier awarded for quick reaction

Continued from page 1

react if placed in that situation. Here's what our hero had to say, 'He waved the gun at one of my children, so when he walked out of the bank, I followed him.' Most of us would have stayed in the bank, but not our hero. Sergeant Peoples dashed out.

"I asked him earlier. You know he has a gun, you're safe now, your children are safe, and the other bank customers are safe--What causes you to follow him? He said, 'You know, as a father, I train my kids, and I've told them that when I go to combat, I go and I fight the bad men. My sons are old enough to know that this was a bad man. And I've taught them that we should do the right thing ... I would be letting my sons down if I didn't take some action,'" General Piggee related.

Exiting the bank, Peoples quickly entered his rental van, maneuvering it to block the robber's attempted getaway in a sedan. Blocked in, the thief rammed the van multiple times, then jumped out and confronted Peoples as he got out of his van, brandishing his weapon and pointed it at his face.

"Sergeant Peoples, a combat veteran, remained undeterred," General Piggee said, describing the 34 year old's action to stop the larger 6'2", 260 lbs. bank robber. "Sergeant Peoples grabbed the gun and took this guy down to the ground."

Peoples explained the day of the incident in an interview with a local television station reporter that, "I've been through five deployments. I've fought the Muqtada al Sadr militia, so weapons getting pointed at me, it doesn't really bother me anymore. I took the weapon away from him and put him on the ground. The rest is history."

He credits standard Army Combatives training for giving him the skill to quickly disarm the robber.

Peoples stood over the suspect on a large pile of stolen cash until local authorities arrived on the scene. Deputies arrested the man for armed robbery and Peoples went back inside the bank to retrieve his middle sons, Ikaika, 7, and Kioni, 5.

Peoples said in the news interview, "When I walked back in the bank, my oldest boy said 'Did you get the bad men?' and I said 'Yep, I got the bad men,' and everyone applauded."

The Sarasota Police Department presented a commendation medal to Peoples later that day for his selfless actions in the face of danger.

Speaking to his fellow Soldiers, Peoples said, "Although I would never recommend stepping into such a dangerous situation, I hope that my actions would give future criminals a brief pause to consider that the men and women to their left or right just might be past or present members of the U.S. Armed Forces. As members of the Armed Forces it is our duty and our oath to protect this great nation from all enemies, both foreign and domestic."

General Piggee concluded, "He is an example for the United States Army. This is what this medal is about - true personal courage in the face of danger or adversity. It is living the warrior ethos, in or out of uniform."

## Brain Injury Awareness month teaches about injuries, signs to look for

By Dr. Catherine Frantom  
U.S. Army Health Center Vicenza

March is Brain Injury Awareness month and, thus, an opportune time to provide community information about brain injury and the services available to individuals in need. Anyone can sustain a brain injury so everyone can benefit from education about prevention and how to recognize the signs and symptoms when injury occurs. A series of topics will appear in Outlook each week in March as space allows, to promote brain injury awareness. This is the first of four articles to be presented in the series.

Traumatic brain injury can be defined as a disruption in brain function caused by a blow, bump, jolt or other injury to the head. No two brain injuries are alike, so treatment and outcome depend on many factors including individual differences and the nature of the injury.

Traumatic brain injuries are classified as either 'penetrating' such as from a bullet, or 'closed' as in situations where no brain penetration occurs. The severity level - mild, moderate or severe - is determined by initial injury criteria such as duration of lost consciousness and post traumatic amnesia. Force of impact does not always equate to injury severity because there are mediating variables that affect the relationship between the two. Brain injury in general, however, may result in a wide variety of symptoms involving cognitive changes, sensory and perception deficits, headaches and/or emotional changes. Because of the variables contributing to recovery and outcome, treatment can be maximized through a multi-disciplinary team approach.

Any level of traumatic injury can be sustained downrange as well as in our community at large but concussions are the most frequently presenting type of injury within our TBI clinic. While the terms 'concussion' and 'mild TBI' are often used interchangeably, concussion can be conceptualized as a subset of milder brain injury. According to the American Academy of Neurology, concussion is a trauma-induced alteration in mental status that may or may not involve loss of consciousness. True, the outcome of concussion and mild TBI overlap so strongly that the case can be made to combine them. However, a concussion is a physiological injury to the brain that briefly shuts down function, while TBI is a physical-structural injury to

the brain with a different outcome. The vast majority of concussions do not have positive neuroimaging abnormalities associated with them.

Concussions may occur as a consequence of IED explosions and other events downrange but can as often occur in non-deployment situations such as vehicle-related accidents, sports injuries, hard landings from parachute jumps, falls that result in striking the head, and violent acts. The hallmarks of concussion are confusion and loss of memory for the traumatic event, and frequently, the inability to recall details immediately before or after the event. Other signs and symptoms of concussion may immediately follow the trauma or evolve gradually over minutes to hours. These most commonly include headache, dizziness, imbalance, cognitive difficulties, and nausea. Over the next hours and days, the injured person may complain of mood and cognitive disturbances, light and noise sensitivities, and sleep problems. Fortunately, symptoms resulting from concussion generally resolve within hours or days and after a brief period of rest. More enduring difficulties are rare and occur in only a small percentage of concussed individuals for a variety of neurological or non-neurological reasons, for example, in those who experience co-occurring symptoms of post trauma stress or in those with pre-existing vulnerabilities. Early and serial monitoring and treatment of symptoms appears to result in substantial improvement in the vast majority of concussed patients and may reduce long-term problems.

Parents, too, need to be aware of how a head injury may affect their children. While head trauma resulting from play and sporting events is a common concern, few bumps on the head of this nature result in serious injury. Nonetheless, it is always a good idea for children to see a doctor even if emergency care is not required but especially if there is loss of consciousness, confusion or disorientation, or functional changes exhibited at any time following an injury.

The multi-disciplinary TBI team at Vicenza Medical Health Center is available to educate, evaluate, and guide individuals and their family members through the treatment and recovery process following mild to moderate range TBI. Education is the key to prevention and recovery. For individuals with concussion, reassurance and a brief period of rest will enable return to normal routines - complete recovery is the norm.

### The Outlook March 1, 2012, Vol. 45, Issue 8

**U.S. Army Africa Commander**  
Maj. Gen. David R. Hogg

**USAG Vicenza Commander and Publisher**  
Col. David Buckingham

**USAG Vicenza Public Affairs Officer**  
Grant Sattler

**Editor**  
Julie M. Lucas

**Photojournalist**  
Laura Kreider

eur.army.mil.

The Outlook is published weekly by the USAG Vicenza PAO, Unit 31401, Box 10, APO AE 09630. It is printed by Artigiana Grafica, Montegalda (VI), 0444-636-427.

Editorial publication is an authorized section for members of the U.S. Army overseas. Contents of The Outlook are not necessarily the official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army, Installation Management Command-Europe, U.S. Army Garrison Vicenza or the U.S. Army Africa.

**Submissions:** Send all submissions for publication to [editor@eur.army.mil](mailto:editor@eur.army.mil). Submissions should be made via e-mail and must be received by Monday at noon for that week's publication.

The editor reserves the right to edit all submissions for style, brevity and clarity. Circulation is 2,000 per week.

The Outlook is an unofficial publication authorized and provided by AR 360-1. All editorial content of The Outlook is prepared, edited and approved by the U.S. Army Garrison Vicenza Public Affairs Office in Bldg. 109 on Caserma Ederle in Vicenza, Italy. The office's DSN number is 634-7581, off post at 0444-71-7581 or e-mail: [editor@eur.army.mil](mailto:editor@eur.army.mil)

### At Your Service



### Directorate of Emergency Services

**Daniel Brush** is the new deputy director for the Emergency Services. Brush has been overseas before with duty in Germany in the same position, but attended junior high school in Vicenza when his father was stationed here. He has a bachelors in sociology and a masters degree in criminal justice and is the co-author of a book series, "Sports by the Numbers."

"I'm getting settled and looking forward to working with Italians and joining our forces together to create a peaceful and safe environment," he said.

His office is located in the Military Police station, building 4A and for questions, call 634-7197 or email [daniel.j.brush.civ@mail.mil](mailto:daniel.j.brush.civ@mail.mil).

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



# Community Camera

## USARAF Soldier offers alternative fitness on post

By Junel Jeffrey  
Special to the Outlook

Salsa. Reggae. Hip hop. Merengue. The playlist of fast, edgy music genres goes on and on, and so do the dance moves of Zumba instructor Sgt. First Class Maria Angeolina Caulford, a U.S. Army Africa Soldier who has been volunteering her time teaching servicemembers and their Families since January 2009.

Caulford, who works fulltime as the logistics senior movement noncommissioned officer-in-charge in her unit, got certified to teach Zumba in an effort to help an injured Soldier reach her physical fitness goals. She says she loves to teach.

"I looked Zumba up on YouTube and started to teach myself some moves and basic steps," said Caulford. "I started teaching Zumba within a month and loved it."

Often defined as a "Latin dance-inspired fitness program," the exercise regime combines cardio exercise with high and low-impact instructor-led dance routines that literally keep participants on their toes.

Caulford, who once taught Zumba to class of pregnant Soldiers, says the exercise regime is open to anyone who wants to exercise and is willing to try.

"Zumba does not discriminate against people with injuries as long as you maintain your own level of impact and limit your moves when having a previous injury," Caulford said. "You know your body better than anyone else."

Tara Albert, a Camp Adventure intern and new member of Caulford's Caserma Ederle Zumba class, says anyone who likes dancing will enjoy Zumba.

"I went to my first Zumba class three years ago and instantly fell in love with the workout," said Albert. "I really enjoy working up a sweat while the music courses through my body, motivating me to keep moving. I tend to get lost in the fun of the dance moves, and I forget that I am working out."

Albert says the dance steps can be a little intimidating at first, but after doing the routines a few times and



getting the steps Zumba is a blast.

After a rhythmic warm-up and stretching period, Caulford's iPod spins the music as she takes her class on a high-energy 45-minute dance workout that is known for improving endurance, furthering weight loss, and even decreasing unwanted inches in body fat.

Caulford says she is personally satisfied to know she's helping others reach a goal for better health.

"Working out can be extremely difficult and sometimes limiting, depending on your physical condition," said Caulford. "Zumba is a fun way of getting results while not realizing that it is a workout until you are done dancing and completely soaked in

sweat."

According to Albert, "Zumba is a great alternative to mundane, traditional workouts. It is great for all levels of fitness, because the moves can be enhanced or simplified to meet different needs. Zumba really gets your heart rate going and tones your muscles."

Caulford said, "My classes are open to anyone who needs the exercise and is willing to try. Most importantly it consists of lots of fun."

Free Zumba classes are offered at the Teen Center Monday, 7 a.m. to 8 a.m., and Thursday, 6 a.m. to 7 a.m. For more information, contact Caulford at [caulford\\_family@hotmail.com](mailto:caulford_family@hotmail.com).



Photos by Anna Terracino

**Carnevale party:** Above and at right, participants in the La Fraglia program for persons with special needs, dress in costumes for a Carnevale party Feb. 19. Caserma Ederle has many exchanges and volunteers who help at the center.





## Honoring those who fought in Sommocolonia

Story and photos by  
Chiara Mattiolo

USAG Livorno Public Affairs

"In honor of those who fought" reads the ribbon on the wreath that a delegation of servicemembers from Camp Darby laid in Sommocolonia, Feb. 23.

Every year, in combination with the African American History Month, Soldiers, Airmen and civilians from Camp Darby pay a visit to the near by town of Sommocolonia where American Soldiers of the Buffalo division fought and many lost their lives.

In particular, Lt. John Fox, who at the age of 29, lost his life calling artillery fire on his own position the day after Christmas 1944. Fox received the Medal of Honor 50 years after his death for his heroic action.

At the time, discrimination and racism were very strong and as Lt. Col. Vittorio Biondi, Italian Army historian, explained many African-American soldiers were denied consideration for the Medal of Honor solely due to their race.

"This visit meant a lot to me," said Sharon Carter who was in the military and is now serving the U.S. Government as a civilian. "It helped understanding today the sacrifices of yesterday, not only for what concerns the war but also the racism."



Camp Darby community members visit the village of Sommocolonia on the Gothic line where Buffalo Soldiers fought. See more photos at <http://www.flickr.com/photos/campdarby/sets/72157629077587452/>.

Capt. Daniel Hill, USAG Livorno Staff Judge Advocate, said this visit was a moving experience for what the 92nd Mountain Division did.

"It is good to remember the sacrifices our predecessors made to lead us to a better world," said Hill. "The soldiers of the Buffalo Division were treated differently, and still they did what a soldier has to do; the U.S. Army is a very different army today thanks to their sacrifices."

Air Force Lt. Kai Reyes and his wife Megan are both historians, for them this visit to World War II battle lines and meeting some of the old villagers has been a unique experience.

"It is wonderful to understand history by learning what forces did on the ground, we need to learn from our own mistakes by not forgetting the past," said Kai Reyes.

The touching story about the long time forgotten Lt. Fox narrated by a local expert like Lt. Col. Biondi who promptly pointed out all the fields where the mines were and the exact spot where the hero died, added "unforgettable details."

According to Roberto Guerrini, Italian veteran, remembering the fallen soldiers is a responsibility for everyone and it is important to recognize their sacrifices

as much as it is to learn from their tragic experiences and to enhance awareness in young people.

"Youngsters don't believe what we went through," said Guerrini. "I was a partisan first and then I fought for five months with the 5th Armed Division side by side with the American Soldiers."

Guerrini remembers they reached Sommocolonia by donkeys because they were bringing food to the African-American soldiers in the trenches.

"It is an honor to step into history and appreciate the sacrifices people made to make my world a better place," said Carter. "I want to thank Lt. Fox, even though it cost his life."

The Sommocolonia residents joined the Camp Darby delegation to the deposition of the wreath and put all their efforts to provide the warmest welcome to the American Community offering a homemade meal and a delicious coffee and pastries on the town's terrace.

"These meetings have a very important meaning," said Biondi. "All of the Western counties have a continuative link with the United States, they helped us fighting fascism and since then we made every possible effort to pass on the history of our nation through our family traditions and narration of historical facts."



Sgt. Haywood Manciel stands in front of the ruins where Lt. Fox called artillery down on his position in order to destroy advancing German troops while giving his fellow Soldiers a chance to regroup down the hill in a World War II battle.

## Darby bantam basketball win first game

By Tom Hlavacek  
Special to Outlook

The Camp Darby bantam basketball team had something to cheer about on the bus ride home from Vicenza Feb. 25. They won their first game of the season over Aviano. Darby's center Nadia Sykes led the team with 12 points and 10 rebounds.

"Good passing and playing as a team was the reason for today's win," said Coach Akiel McKnight.

"I am proud to report that our kids won their first game of the season when they beat Aviano 17-13," said Sgt. John Miler, assistant coach. "It feels awesome to coach our youth and watch them get better every day; go Darby bantams."

The Darby bantams (age 10-12) have their final home game of the season March 3.



Photo by Alex Ruiz

Aviano and Camp Darby bantam basketball teams battle it out on the court in Vicenza Feb. 25. Darby won 17-13.

## Darby Dates

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

### 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.

### Garrison Awards Ceremony

March 22 at 2 p.m. at the DCC, the Garrison Commander will host a Quarterly Award Ceremony recognizing those who have distinguished themselves through their accomplishments and service to the Army and the Camp Darby Military Community.

### Youth Sports and Fitness registration

633-7681

Register March 1 - 31 for youth baseball.

### ITR

633-7589

- ♦ Rome, March 10
- ♦ Ducati & Lamborghini museum, March 17

### Sports & Fitness

633-7438

- ♦ Whether you want to coach or you're just playing for fun, register for this season's Recreation Volleyball League from March 5 thru April 5. Games begin April 11.

### Darby Community Club

633-7855

- ♦ Celebrate St. Patty's Day March 17 with all things green.
- ♦ Seether live March 25. Catch this post grunge rock band from Pretoria, South Africa, as they tour in support of their sixth album called 'Holding Onto Strings Better Left to Fray.'

### ODR

633-7775

See Tuscany on a bike this summer from June 11-15. The Tuscany Bicycle Tour is not for the Sunday cyclist; it will take you through the heart of Tuscany and averages approximately 100 kilometers per day. Register now before March 10.

### 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



## Creativity exhibition:

Demonstrations are offered Thursday-Sunday at the Abilmente creative exhibition, held in Vicenza at Viale del Lavoro 69. Workshops include patchwork, crafts, embroidery, weaving, needlework and more.



Courtesy photo

### Local events

#### San Rocco Festival:

Saturday and Sunday, in Brendola, Piazza Mercato, about 9 miles southwest of Vicenza. Antique trades show presented by the Brendola craftsmen association.

#### Abilmente 2012 - Bricolage and Manual Creativity Exhibition:

Thursday-Sunday, in Vicenza, Viale del Lavoro 69. 9 a.m.-7 p.m. Patchwork, craft, decoupage, embroidery, weaving, needlework, and home decorations ideas. Hands-on mini workshops. Admission fee: €11. Reduced €9 for children 6-12 and senior citizens over 60. Free entrance for children under 6. For more details in English, visit [http://www.salonedelbricolage.it/nqcontent.cfm?a\\_id=1886](http://www.salonedelbricolage.it/nqcontent.cfm?a_id=1886).

#### Passione Moto – Bike expo:

Saturday-Sunday, in Padova, Via N. Tommaseo 59, about 24 miles southeast of Vicenza. New and used motorcycles' sales; spare parts and accessories; modeling and specialized publications; collectables and vintage. Admission fee: €14; reduced €10 for children 13-17 and senior citizens older than 65. Free entrance for children under 13.

#### Olio Capitale – Top quality extra-virgin oil expo:

Friday-Sunday, 10 a.m.-7 p.m.; Monday 10 a.m.-2 p.m., in Trieste, Piazzale De Gasperi 1, about 120 miles east of Vicenza. Attendees can experience some of the highest quality extra virgin olive oil in Italy during the Olio Capitale, the country's premier olive oil exhibition. Events will be held Friday and Saturday from 10 a.m.-7 p.m. and Sunday from 10 a.m.-2 p.m. Stop by the oil bar to taste extra-virgin olive oil with regional experts. Tasting sessions cater to English speakers. Cooking tips will be offered. Admission is €5. Attendees can pre-register online and get a reduced (€3) ticket. Visit <http://www.oliocapitale.it/eng/index.html>.

#### Fairs in Verona:

Viale del Lavoro 8, about 38 miles west of Vicenza, Saturday 9 a.m.-6:30 p.m. and Sunday 9 a.m.-6 p.m., with a €12 admission fee you can visit two fairs.

- ♦ Scale model-making expo: Miniature trains, planes, trucks, cars; historical models, kites, and shows; hands-on workshops.

- ♦ Electro expo: Electronics, electrotechnics, information technology and office ware.

#### Movies

The Odeon Theater, in Vicenza, Corso Palladio 176, will be featuring movies in English through the winter. Monday: London Boulevard by William Monahan. 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:

**Marostica,** 8 a.m. – 7 p.m., Piazza Castello, about 18 miles north of Vicenza (130 vendors)

**Noventa Vicentina,** 8 a.m. – 6 p.m., Piazza IV Novembre, 20 miles south of Vicenza (120 vendors).

#### Local agricultural products sale:

**Vicenza,** Tuesdays, 8 a.m.-1 p.m., Piazzale de Gasperi; biological products market, Saturdays, 8 a.m. – 1 p.m., Piazza Matteotti

**Bassano del Grappa,** Saturdays, 9 a.m.-1 p.m., Viale Angarano; Tuesdays, 3:30-7 p.m. Via del Mercato

**Creazzo,** Fridays, 8 a.m.-12:30 p.m., Piazzetta San Marco

**Malo,** Saturdays, 8:30 a.m.-1 p.m., indoor at the Val Leogra Wine Cooperative, Via Pasubio 13

**Montecchio Maggiore,** 4:30-8:30 p.m. Wednesdays, Piazza Carli

**Schio,** Mondays, 3:30 p.m.-7 p.m., Via Cà Toalda 7

### 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.

#### Painting exhibit:

Ongoing through Saturday, in Bassano del Grappa, Chiesetta dell'Angelo, Via Roma 80, about 22 miles northeast of Vicenza. Monday 2:30-6:30 p.m. Tuesday-Saturday 9 a.m.-6:30 p.m.

#### Piano concert:

Sunday, 6 p.m., in Marostica, San Marco Church, Contrà Gaggion Basso, about 18 miles north of Vicenza.

#### Wrought iron sculptures:

Ongoing through March 9, Tuesday, Thursday, Saturday and Sunday 10 a.m.-12:30 p.m. and 3-7 p.m.; Wednesday and Friday 3-7 p.m., in Vicenza, ViArt, Contrà del Monte 13.

#### Silver works exhibit:

Ongoing through May 9, Tuesday, Thursday, Saturday and Sunday 10 a.m. -12:30 p.m. and 3-7 p.m.; Wednesday and Friday 3-7 p.m., in Vicenza, ViArt, Sala del Capitolo, Contrà del Monte 13.

### BOSS trips

#### Ski/Snowboard trips:

March 3 in Brixen  
March 16-18 Dolomiti Superski

### Concerts

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

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

**Steve Hackett:** April 18 in Florence

**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

**Marilyn Manson:** June 7 in Padova

**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  
**Sting:** July 10 in Piazzola sul Brenta

**B.B. King:** July 13 in Pistoia

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

**The Beach Boys:** July 27 in Milan

**Alice Cooper:** July 30 in Milan

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:

Friday-Saturday, 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

**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

**Final ski/snowboard trip:** April 7

**Genoa Aquarium trip:** April 7

**Borghetto and Parco Sigurtà:** April 11

**Legoland in Germany:** April 12-15

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

Thursday	The Muppets (PG)	6 p.m.
Friday	Alvin and the Chipmunks: Chipwrecked (G)	6 p.m.
	We Bought a Zoo (PG)	9 p.m.
Saturday	Alvin and the Chipmunks: Chipwrecked (G)	3 p.m.
	Act of Valor (R)	6 p.m.
Sunday	Alvin and the Chipmunks: Chipwrecked (G)	3 p.m.
	Act of Valor (R)	6 p.m.
Wed.	We Bought a Zoo (PG 13)	6 p.m.
March 8	We Bought a Zoo (PG 13)	6 p.m.
March 9	The Adventures of TinTin (PG)	6 p.m.
	Mission Impossible: Ghost Protocol (PG 13)	9 p.m.

### Camp Darby Theater

March 9	Mission Impossible: Ghost Protocol (PG 13)	6 p.m.
March 10	This Means War (R)	6 p.m.
March 11	The Adventures of TinTin (PG)	1 p.m.
March 16	Joyful Noise (PG 13)	6 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)



## CYSS

- Enrollments for CYSS Tennis program are open March 12- April 6, for age 8-14. The season runs April 16-May 21 with practice Mondays 5:30-6:30 p.m. on the Villaggio Tennis Courts. Enroll at Parent Central Services, or call 634-6151 for more information.
- Track and Field enrollments are March 12-30, for ages 6-15. Season is April 11- May 26, with practice Tuesdays and Thursdays, 5:30-6:30 p.m. Enroll at Parent Central Services.
- YS heads to Paris for Spring Break. Due to high demand, a lottery system is used to select youth for the trip. Sign up Monday-March 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.
- Family Game Night at the Villaggio Youth Center is Saturday, 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

- Saturday or Sunday, 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.
- Become familiar with techniques used in pencil and charcoal drawing in the evening with beginning drawing in six consecutive classes beginning Wednesday.
- 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.
- Enroll in a four-week Italian Cooking Course to learn the basics of the Italian kitchen. Making pasta and sauces, plus recipes for fish, meats and vegetable will be included. No experience necessary. Class begins March 9 and runs through March 30, 6-8 p.m.

## 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 Saturday 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

- Learn about the legend of the Leprechaun, make a shamrock hat and join the scavenger hunt around the Library, for ages 3-11 March 14. Contact the Library at 634-7291.
- 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 Saturday and Sunday 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 Tuesday from 4:30-6:30 p.m. There will be fun, food and prizes for everyone.

## Arena

- Join March Madness at the Arena! Bowl Monday -Thursday all day long for \$1 per game and \$1 for shoes. Enjoy food and beverage specials throughout the month and enter to win free bowling games. It's all part of March Madness! Call 634-7013 for more information.
- Free country line dancing classes will be offered from 8-9 p.m. Thursday nights at the Lion's Den, starting this week and continue March 15 and 29.

## VCC

- The Vicenza Community Club is offering continuing education scholarships for 2012. Applications are available and the deadline is Monday. For more info. contact Mari McKenzie at [scholarships@vccitaly.org](mailto:scholarships@vccitaly.org).
- The VCC March Luncheon's theme is African Safari and will be held March 14 from 11:30 a.m.-1 p.m. The cost is \$15 and RSVPs need to be by March 9. Reserve your spot at the Thrift Store or email [reservations@vccitaly.org](mailto:reservations@vccitaly.org).

## Community Bank late opening

The Community Bank will be opening at 11 a.m. Monday due to mandatory staff training.

## 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).

## SGM Association

Vicenza Sergeants Major Association will hold a meeting Friday 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.

## Space A brief

A Space A brief will be held March 13 at the ACS Conference

Room from 9 a.m.-noon.

## AFTB training

Army Family Team Building is offering Levels 1, 2, and 3 online. To access the classes, go to <https://www.myarmyonesource.com/FamilyProgramsandServices/FamilyPrograms/ArmyFamilyTeamBuilding/default.aspx>.

The next step in the program, the Instructor's class will be offered quarterly in a classroom setting at ACS. The next Instructor's training is scheduled for March. Contact the AFTB program manager at 0444-71-7942 for details.

## Expectant mother parking

Expectant mothers parking spaces on the installation are solely for those expectant mothers who have been given the parking pass by their doctor, per USASETAF Regulation 190-2. Expectant mothers who have not received the parking pass are not authorized to park in the designated spots and are subject to being cited by military police. Consult with your doctor as to when you will be eligible for the parking pass.

## Trial Defense Services

Soldiers: If you are questioned by law enforcement, CID or members of your command about suspected acts of misconduct, you have the right to remain silent.

If questioned, you should immediately demand to speak to an attorney. Let a U.S. Army Trial Defense attorney help you. Call 634-7043 to speak with a free Trial Defense attorney.

## Food Handler's Course

The Food Handler's course has changed its time and location. The new time will be 10 a.m. in the Pediatrics Class Room of the Vicenza Health Center. Class will be conducted on the third Tuesday of each month. For more information contact Staff Sgt. Craig Brown at 636-9516 or email [brown4@amedd.army.mil](mailto:brown4@amedd.army.mil).



Photo by Anna Terracino

**Music Café:** Italians join in the fun of the live music show at Music Café at Soldiers' Theatre. The next event at the theater will be the musical, "Oklahoma" March 9-25.

## 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.



## Vicenza Mako Sharks crush records at champs

*Vicenza Mako Sharks Swim Team*

The Vicenza Mako Sharks Swim Team completed their nine month long competitive season in Eindhoven, Netherlands, at the European Forces Swim League Championships in record breaking fashion. Vicenza qualified 37 swimmers in 165 events and 10 relays, which was the largest Champs squad in team history. These swimmers competed against more than 600 other swimmers ages 6-19 from 19 teams across Europe.

During the two-day meet, 25 EFSL records were broken including three by Vicenza swimmers. James Jones, 14, broke two of these records. On Saturday he broke the 100 meter freestyle and on Sunday he broke his own record set earlier in the season in the 50 meter freestyle.

James Anderson, 9, broke a record that stood for 15 years in the 9 year old boys 50 meter breaststroke.

"Many of our swimmers were fighting colds and still managed to swim personal best times," said Michelle Hughes Vicenza's head coach. "We had kids in nearly every event and many of them finished in the top six and took home medals. The team had incredible depth this year."

Leading the medal count for the Mako Sharks was James Jones with four first places, two thirds and one fourth.

Vicenza's 10 and under Medley Relay A team comprised of James Anderson, Jamie Casey, Hayden Diaz, and Tatiana Jones, 10, took home the bronze medal. This was the first time a Vicenza relay team has medaled at champs in over



*Courtesy photo*

Members of the Mako Sharks swim team pose together after a competition in The Netherlands. Three of Sharks broke records while competing in the meet.

five years.

On Saturday, the League announced the top pentathlon winners in each age group. "EFSL keeps track of all swimmers' fastest times throughout the season in each of the five competitive strokes (freestyle, butterfly, breaststroke, backstroke, and the individual medley) and recognizes the top six in each age group with the combined fastest times" explained Assistant Coach Alex Hughes. "A swimmer must be competitive in every stroke in order to place in the top six."

Vicenza had seven swimmers recognized this year: Jamie Casey 5th, James Anderson 3rd, Hayden Diaz 3rd, Jack Labadia, 10, 4th, Thomas Ballou,

11, 6th, Tatiana Jones 3rd, and Matteo Borsi, 15, 3rd.

Vicenza coaches capped off the championships by placing third in the Coaches Relay for the second year in a row.

"Some of the coaches practice all year for this event," said Assistant Coach Cassie Benjamin. "I just wanted us to finish ahead of Naples."

Naples' relay teams consistently placed first or second all weekend but their Coaches Relay team finished in 4th place, behind Vicenza.

For more information on the Mako Sharks Swim Team visit <http://makosharks.homestead.com>

### Swimmers qualified for two-day championships at Eindhoven's National Zwemcentrum de Tongelreep

James Anderson (9)  
Katie Ballou (12)  
Thomas Ballou (11)  
Evie Bass (11)  
John Bonney (16)  
Elizabeth Bonney (15)  
Andrew Bonney (12)  
James Bonney (9)  
Anna Bonney (8)  
Miriam Bonney (8)  
Joseph Bonney (6)  
Rebekah Bonney (6)  
Zach Borja (12)

Matteo Borsi (15)  
Jamie Casey (10)  
Anuk Dayaprema (12)  
Selomi Dayaprema (9)  
Hayden Diaz (10)  
William Donohue (14)  
Rima Gasparini (16)  
Jacob Heath (9)  
Elizabeth Jackson (8)  
Christiana Jones (11)  
James Jones (14)  
Tatiana Jones (10)  
Jack Labadia (10)

Shane Murrell (15)  
Ben Owens (16)  
Anna Pepper (8)  
Elizabeth Pepper (11)  
Connor Piskator (11)  
Molly Romano (9)  
Sohni Shaikh (15)  
Gabiella Smith (8)  
Dylan Stone (11)  
Ainsley Tally (7)  
Madison Whitworth (8)



**Couples yoga:** Right, Chris and Lacy Wolff help to stretch each other during couples yoga on Feb. 14. Above, a couple works on a pose together.



### 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 Sundays 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://makosharks.homestead.com/index.html>.