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Ederle community reaches out

By Rick Scavetta
SETAF - U.S. Army Africa PAO

VICENZA, Italy — Sgt. Sergio Carrillo drove his big blue van loaded with food through the narrow gates of Caritas, a Catholic charity that helps Vicenza's neediest people.

Carrillo, a Southern European Task Force chaplain's assistant, was fulfilling a holiday mission in the spirit of giving.

"It's the first time I've ever done something like this," said Carrillo, 27, of Los Angeles. "It's a good thing."

Beside him, Maj. Jose Herrera, the Catholic chaplain at U.S. Army Garrison Vicenza, checked a list of donations contributed by Soldiers, civilians and families. It was quite a haul. Bags and boxes filled the seats and floors of the oversized van. There were 120 cans of food, 21 pounds of pasta, Italian coffee, sugar and cereal. He also counted roughly 1,500 diapers, plus baby powder and rash ointment.

"We have generous people," Herrera said. "Christmas is a season, not just a 24-hour period. We're still thinking of giving."

Earlier in December, Soldiers at Caserma Ederle read in an Italian newspaper that there was a need among those in Vicenza hard hit by the economy, especially those from the immigrant community, said Col. David Smith, the SETAF chaplain.

"We saw an opportunity to reach out to our neighbors and make a positive contribution," Smith said.

AFN Vicenza ran announcements alerting the community to the need. Vicenza military community leaders sent e-mails to units across the post. Instead of collecting money during the holidays, the chapel collected offerings of food and supplies for the local community.

At Caritas, Carrillo and Herrera unloaded the van with help from Italian volunteers. Inside, several African immigrants watched.



Sgt. Sergio Carrillo, a SETAF chaplain's assistant carries a box of donated supplies into a Vicenza food pantry run by the local Catholic archdiocese.

SETAF recently began its transition to U.S. Army Africa, a new endeavor to support U.S. Africa Command. About 30 percent of people who use Caritas services are from Africa, said Vincenzo Vario, a Caritas worker who oversees the charity's food bank and emergency shelter.

"Many are from Nigeria, Ivory Coast, Senegal and Burkina Faso," Vario said.

Many Caritas clients don't have money to pay for rent or

utilities. The charity has seen an increase of 27 percent compared to last year, Vario said.

"Many are pregnant women or single women with children," Vario said.

Vario and other Caritas staff welcomed the Soldiers and said they were grateful to receive the donation. Vario hoped to see more Americans stationed in Vicenza volunteering in the local community, he said. "We see Americans are people and they have a heart."

Everyone capable of reporting suspicious activities

Uncle Sam wants your eyes, ears

USAG Vicenza Press release

The tip that led to the conviction in December of five individuals of plotting to

massacre Soldiers at Fort Dix, N.J., came from an alert clerk at an electronics store, according to news media reports.



"What's intriguing about the case is that it only came to light because a Circuit City employee saw something strange in a videotape and called the FBI," said Peter Huller, the Vicenza garrison force protection program manager.

"In the world of antiterrorism, we're all potential sensors - persons or devices that notice activity and report it to the appropriate authorities," Huller said.

"Sometimes photography is for recreational or personal reasons; however, there are times when photography has another purpose such as assisting in the planning for a terrorist attack," he added.

Huller said suspicious photography is one of the most frequently reported activities on military bases. Many times the incident turns out to be easily explained and is not suspicious at all. However, he added, "we cannot make this assumption on our own, nor is it our job to do so."

"Suspicious photography" does not necessarily indicate terrorist behavior, Huller explained, but photography along with any of the following

increases suspicion:

- note taking or drawing;
- trespassing or trying to access unauthorized areas;
- asking questions about things like hours of operation, shift changes, or security cameras;
- taking pictures of items with no apparent aesthetic value;
- being furtive or evasive;
- taking pictures of items that are inconsistent with the story;
- repeat occurrences of a photographer at same location;
- odd timing of photography;
- and, the photographer wearing clothing or behaving in a way that is out of place or inconsistent with the story.

Huller said members of the Vicenza military community may report suspicious activities to the MPs at 0444-71-7626, toll free at 800-064-077 or DSN 634-7626; or, to the 24-hour military intelligence duty agent at 335-712-4263.

Reports should be as complete as possible, including the location, date and time of the incident, a description of the suspect and license plate numbers.

For more information, call the installation antiterrorism office at 0444-71-8069 or 8984.

Updated
We can
help
Page 4

Going for gold in golden years

By Kent Thompson
ACS Financial Readiness
Program manager

Paying in cash and staying out of debt appealed to her at an early age, according to Karen, who works on Caserma Ederle, and now she's approaching retirement with one house paid off and the land in hand to build a second home.

"When I was first on active duty after college, I saved 50 percent of every paycheck so I could pay cash for everything I needed, which included anything from a couch to a car," she explained.

"It meant waiting for some things until I had the money put away, but to me that was better than going into debt," she said. "I was so used to living hand to mouth during college I didn't mind the wait since I now had money to put away."

To satisfy one of her retirement goals, to have her own home near her brother and sister, Karen said she recently bought land in her hometown.

"I paid cash for that through a CD (certificate of deposit) and a checking account I have at Global (credit union)," Karen said. "They advised me to make a CD last year because I would get much better interest than in my normal money manager checking account. I plan to put away about a third of each paycheck now, in addition to my IRA (individual retirement account) and TSP (thrift savings plan) of course, so that I can pay cash when I eventually build the house.," she said.

"One does not need debt once one is finally retired, right?"

She notes that her original retirement home in Florida is about paid off.

"I always paid ahead on the mortgage and then refinanced back in the mid-90s when I was told I had to take early retirement from the Army," Karen explained.

Karen said her "urge not be in debt" is such that she has considered paying off the house now with about \$18,000, but her investment advisors recommend to wait "since I can write off the interest paid as an expense against the income I receive from the tenants."

Visit the Web site www.militarysaves.org to start, or put more focus on your savings or call the Financial Readiness office at 634-8634 or 0444-71-7500 from off post to learn more about what the Army's Financial Readiness program has to offer.

Get financially savvy

Financial Readiness offers the following free classes:

The *Investment Club* meets at the library Jan. 21, 11:30 a.m.- 1 p.m.

No matter what your skill or knowledge about money, this club is for anyone who is interested in learning more about investing.

Begin to build your wealth and not debt with *POWERPAY* debt reduction tool with Financial Readiness on Jan. 13, 9 - 10 a.m.

How much of a PCS move do you pay for out-of-pocket? Find out with *Relocation and Your Money* Jan. 20, 9 - 10 a.m.

Call 634-7500 to register.



Community members march along Olson Avenue January 2008 in honor of Dr. Martin Luther King Jr.

Martin Luther King Jr. march set for Jan. 15

This year's march to honor the life and works of Dr. Martin Luther King Jr. is Jan. 15 and begins at 1:30 p.m. in front of the Ederle Theater. Marchers will walk from the theater to the chapel along Olson Avenue. At the chapel participants will hear guest speaker, 1st Sgt. James Hill, Company B, 2nd Battalion, 503rd Infantry, 173rd Airborne Brigade Combat Team, and then gather for light refreshments in the chapel activity room. (Outlook file photo)

Realistic goals help make for successful weight loss

By Barb Schneider
RD, LD dietitian
Vicenza Health Center

A popular resolution every new year is to lose weight. Healthy weight management is a great goal.

In order to set yourself up for success, it's important to set realistic goals. Weight loss should occur at a rate of one-to-two pounds per week.

It's important to eat at least three meals per day and plan for healthy snacks, too.

Skipping meals makes your body less efficient at using energy and you won't mobilize fat stores as well - that makes losing weight a bigger challenge. Setting attainable, measurable

goals will enable you to follow through with the lifestyle changes you may need to make in order to achieve and maintain a healthy weight. Eating a little less and exercising a little more can set you on the path to successful weight loss.

Exercise is a key component in weight management, both in losing weight and in keeping those pounds off.

If you're currently on "couch potato" status, start your exercise program slowly.

Of course, if you have underlying medical conditions, you should see your doctor for medical clearance before beginning any exercise program.

Choose physical activities you enjoy and will engage in on a

regular basis.

Take advantage of the services at the post fitness center. Exercise with a friend - it will hold you accountable and

make exercise a fun activity in your day. By practicing moderation in intake and staying active, you can have a healthy weight.

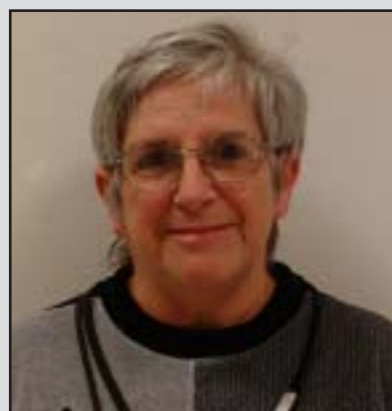


The post fitness center has equipment and classes to help you on your way to healthy weight management. (Outlook file photo)

Speak Out

What was your New Year's resolution?

-By Outlook staff



Jean Lindquist
SETAF G-4

"To submit my retirement paperwork and begin planning the next stage of my life."



Maj. Lilibeth Sheppard
SETAF G-8

"To be more patient with my child."



Nuccia Cazzola
SETAF G-8

"To be involved in more activities and to learn new things outside of work."



Lt. Col. Stephanie Tutton
Director of Fires and Effects

"To improve my time management skills."



Black ice

USAG Vicenza Safety Office

Approximately a quarter of all automobile accidents in the United States are caused by adverse weather conditions. Driving during the winter presents a number of hazards; the deadliest of all winter driving hazards is encountering black ice.

What is black ice? It is a layer of ice on a road thin enough to be almost completely clear. When this occurs it is nearly impossible for a driver to see.

Often black ice will form in shaded areas, near lakes or rivers, in tunnels, on overpasses/bridges and patches along the road.

The possibility of encountering black ice is greatest when

temperatures are near or below freezing. Note that road surfaces can freeze long before water freezes; black ice can form on roads when air temperatures are 40 degrees F.

Drivers can help neutralize the risk by taking the following precautions:

- Check your tires; are they designed for winter driving and what's their condition

- Increase separation between vehicles, prepare in advance for engaging intersections, traffic circles, turns and stops. Always forewarn others of your intentions

- Keep your vision clear; clean and clear windows and lights allows better visibility

- Slow down and buckle up .

Required by Jan.12

New mandatory visa waiver

USAG Vicenza Passport office

The Visa Waiver Program is a Department of Homeland Security program that enables eligible citizens or nationals of certain countries to travel to the United States for tourism or business for stays of 90 days or less without obtaining a visa. They do have to apply for an Electronic System for Travel Authorization.

Citizens or nationals of the following countries are currently eligible to travel to the United States under the VWP: Andorra, Austria, Australia, Belgium, Brunei, Denmark, Finland, France, Germany, Iceland, Ireland, Italy, Japan, Liechtenstein, Luxembourg, Monaco, The Netherlands, New Zealand, Norway, Portugal, San Marino, Singapore, Slovenia, Spain, Sweden, Switzerland and the United Kingdom.

The Department of Homeland Security has also announced that nationals of the Czech Republic, Estonia, Latvia, Lithuania, Hungary, Republic of Korea and the Slovak Republic will be able to travel without a visa for tourism and business travel of 90 days or less beginning on Nov. 17 provided they possess a biometric passport and register on-line through the ESTA, a system which is referenced below.

The ESTA doesn't substitute a visa when one is required under United States law. Individuals who possess a valid visa will still be able to travel to

the United States on that visa for the purpose for which it was issued. Individuals traveling on valid visas will not be required to apply for an ESTA.

The ESTA application data will remain active for the period of time that the approved ESTA is valid, which is generally two years, or until the traveler's passport expires.

Beginning Jan. 12, 2009 ESTA will be mandatory. All nationals or citizens of VWP countries will

ESTA will provide an almost immediate determination of eligibility for travel under the VWP.

However DHS recommends that ESTA applications are submitted no less than 72 hours prior to travel.

Travelers are not required to have a specific plan to travel to the United States before they apply for an ESTA.

DHS will not initially collect a fee for ESTA applications.



be required to receive an authorization through ESTA prior to boarding a U.S-bound airport or vessel. A third party, such as a relative or travel agent, will be permitted to submit an ESTA application on behalf of a VWP traveler.

Also, if nationals or citizens of VWP countries are en route to another country, they will require either an ESTA or a visa to transit the United States.

If a national or a citizen has already a B1/B2 visa they do not need to apply for an ESTA.

ESTA is a web-based system. To submit applications go to www.cbp.gov

The applications may be submitted at any time prior to travelling to the United States under the VWP, in most cases

DHS will be able to communicate a traveler's ESTA status with the carriers, however DHS recommends that travelers print out the ESTA application response in order to maintain a record of their ESTA application number.

A traveler will need a new travel authorization when: the traveler is issued a new passport, the traveler changes name or the traveler's country of citizenship changes.

If an ESTA expires before the traveler leaves the United States, the traveler is not required to apply for another ESTA, however the traveler will need to apply for a new ESTA for future travel.

For more information call the passport office at 634-7721.

To the Soldiers and families on Caserma Ederle:

I would like to express a heartfelt thank you from my family and myself to the men and women serving our country.

I too have served in the U.S. Army and know what it's like to walk a post in the middle of a freezing night or eat a "festive" holiday meal in a mess hall instead of a home.

To you, the boots on the ground folks, we say thank you, thank you very much for your sacrifices

Boris Yaro, Northridge, CA



173rd ABCT File photo

The Outlook

Jan. 8, 2009 Vol. 42, Issue 1

SETAF Commander
Brig. Gen. William B. Garrett III

USAG Vicenza Commander
and Publisher
Col. Erik Daiga

USAG Vicenza
Public Affairs Officer
Jon Fleshman

Editor
Gary L. Kieffer

Photojournalist
Laura Kreider

The Outlook is an unofficial publication authorized and provided by AR 360-1.

All editorial content of The Outlook is prepared, edited, provided and approved by the U.S. Army Garrison Vicenza Public Affairs Office in building 3, room 101 on Caserma Ederle in Vicenza, Italy. Telephone DSN 634-7000,

off post at 0444-71-7000 or e-mail: editor@eur.army.mil.

The Outlook is published weekly by the USAG Vicenza PAO, Unit 31401, Box 10, APO AE 09630. It is printed by Centro Stampa Editoriale SRL, Grisignano (VI) 0444-414-303.

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 Southern European Task Force.

Submissions: Send all submissions for publication to 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 2,500 per week.



Owner Giuliano Brigo (left) with fellow barbers Valentina Zancan and Luca Casarotto

At your service

PX barbers

Giuliano Brigo, or "Mr. G" to his customers, is proud to have been the owner of the PX barber shop for 15 years. A local Vicentino, Giuliano started there in Dec., 1993. He employs five other barbers at the shop, all of whom have received their Italian diploma and have many years experience haircutting. The barber shop is open Mon.-Sat. 8 a.m. - 7 p.m. and Sun. 11 a.m. - 4 p.m. Regular haircuts cost \$9, \$10.75 for style or flat top.



Chaplain Bill Schneider
Vicenza Family Life chaplain



Charlie Fields
Alcohol, Drug Control
officer



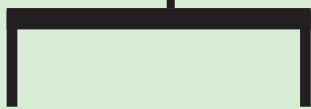
Leslie Hall
Counselor



James Shaffar
Clinical director

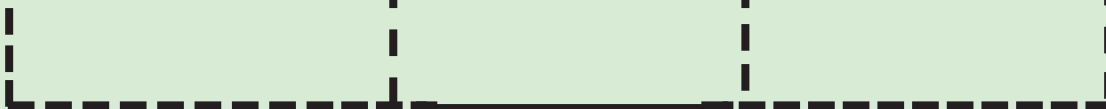


William Davis
Counselor



Vicenza Chaplain

Mon-Fri, 8:30 a.m.-5 p.m.
Chapel, bldg 29
634-7519, or 0444-71-7519 off post



Army Substance Abuse Program (ASAP)

Mon – Fri, 8 a.m. to Noon and 1 – 5 p.m.
Located in building 169, next to the health clinic
634-7554 (on post) or 0444-71-7554



Dr. (Lt. Col.) Robert McKenzie
Behavioral Health chief &
psychiatrist



Capt. Tyler Dumars
Social Work Services

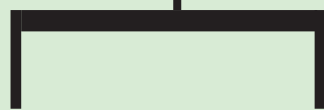


Vicenza Behavioral Health

Mon – Fri, 8 a.m. – Noon and 1 – 4:30 p.m.
Located in the Vicenza Health Clinic
634-7604 or 0444-71-7604 (off post)

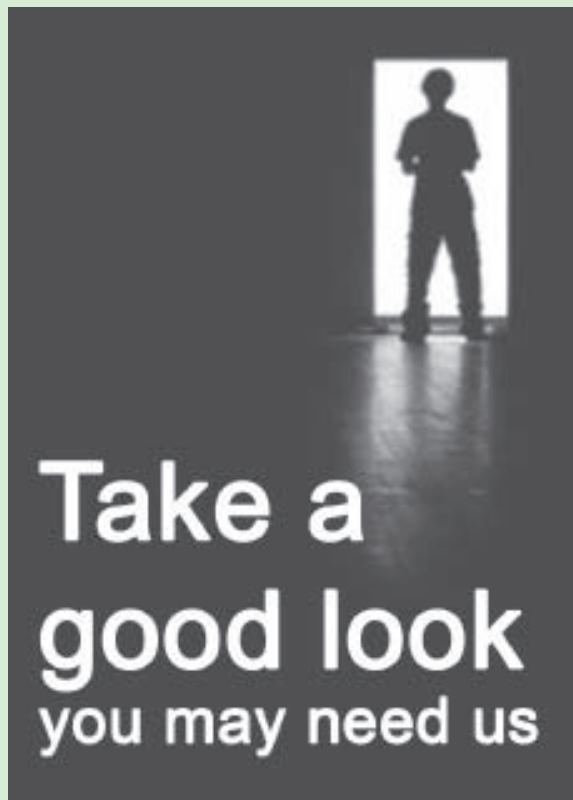


Judy Crow
Adolescent Substance Abuse

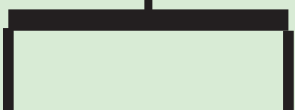


**Adolescent Substance Abuse
Counseling Service**

Mon – Fri, 7:30 a.m. – 4 p.m.
Located in Vicenza High School, room 61
634-7127 (on post) or 0444-71-7127 (off post)



Military & Family Life consultant
& CYS Behavioral Health specialist
Free, anonymous, confidential



**Military & Family Life
Consultants**

Davis Soldier & Family Readiness Center
Bldg 108
Cell phone 333-489-8967
634-7500 or 0444-71-7500 (off post)



Tammy Wilbur-Hoistad
Family Advocacy Program
specialist



Carolyn Parse Rizzo
Family Advocacy
Installation Victim advocate



Kent Thompson
Financial Readiness
Program manager



Army Community Service (ACS)

Davis Soldier & Family Readiness Center, Bldg 108
Mon – Fri, 8 a.m. – 5 p.m.
634-7500 or 0444-71-7500 (off post)

24 hour
community hotlines

Army Community Service 634-7500

Chaplain Hotline 634-KARE (5273)

Military OneSource 00-800-3429-6477

Military Police Hotline 634-SAFE (7233)

Sexual Assault Hotline 634-JUST (5878)

Puppy pushers howling over proposal

By Joyce Costello
USAG Livorno Public Affairs

The Italian Foreign Minister Franco Frattini proposed to the European Union legislation aimed at combating the trafficking of young animals, according to a statement on the Ministry of Foreign Affairs website.

Frattini is working with the ministry of justice and ministry of health to amend Italian penal code, according

“The problem of illegal trafficking in animals, which originates for the most part in Eastern Europe, is taking on serious proportions as a result of the countless irregularities in controls performed by the Italian authorities,” Frattini said in a press release.

He added that animals are often arriving in Italy diseased and without the proper immunizations.

For American service members stationed in Italy, the

Vicenza Veterinary Clinic will treat up to one litter of animals a year, but anything more is considered breeding,

according to Kelly Junod, veterinarian at the clinic.

“U.S. S.E.T.A. regulation 411 states that dog owners who are in government leased, barracks or other government housing may not breed dogs or own more than dogs,” said

“We definitely do not encourage breeding or the profit gain from selling animals for private and commercial purposes and

strongly encourage all pet owners to spay and neuter their animals for several health benefits.”

USAG Livorno director, Kelly Kelker said according to Regulation 3-59 b. h a r e d s i b i l i t i e s, e n t s m u s t c o m p l y w i t h o c c a s i o n a l r e g u l a t i o n s r e g a r d i n g t h e c a r e a n d c o n t r o l o f p e t s.”

“Folks must also secure approval before soliciting within a housing facility or area or conduct a private business in a family housing unit or in a government housing area,”

added Kelker.

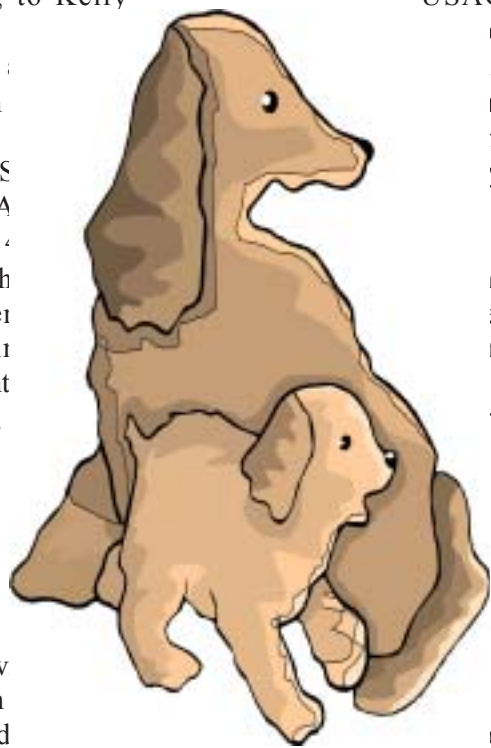
Capt. Anthony Valenti, command staff judge advocate, USAG Livorno, further explained that breeding pets as a business is prohibited in government housing areas both as a commercial activity and for health reasons.

“The important thing for people to remember is that we are guests in this country under the Status of Forces Agreement and we work on Italian installations,” concluded Valenti.

The projected day for the veterinarians coming down to Camp Darby is Feb. 2-5.

They plan to have full services such as vaccination, spay and neuter surgery and deworming when they come down here.

If you need to make an appointment for your pet, call the Vicenza Veterinary Treatment Facility at 635-4841, or 0444-71-4841 from off post, and let them know that you are calling from Camp Darby.



New internet comm center open

Now open 24/7

If you went to Club V looking for the Communications Center over the holidays, you probably discovered the doors locked.

The comm center has relocated to Davis Soldier and Family Readiness Center, bldg 108, and is now open 24 hours a day, seven days a week.

Internet access is free and seven of the computers have webcams and headsets so you can chat with friends and family back home or downrange.

Internet users packed the facility during its initial opening. (Photo by Diana Bahr, USAG Vicenza Public Affairs)



Darby Dates

Consumer rights and obligations

Learn what you the consumer are entitled to and what your responsibilities are during this quickie class on Jan. 13. Contact ACS at 633-7084 for details.

Reintegration, relationships and PTSD

Tips on how to better manage family relationships following a deployment in this Jan. 14 class. Particular attention is focused on how Post Traumatic Stress Disorder affects family relationships. Call ACS at 633-7084.

Children's story hour

The children's story on Jan. 14 will honor the birthday of Martin Luther King Jr. Story time begins at 10 a.m. For more information, call the library at 633-7623.

Community Action Council

Let your voice be heard. The CAC will begin at 3:30 p.m. on Jan. 14. Send any issues to: usaglacs@eur.army.mil or log onto www.usag.livorno.army.mil and click on CAC. For more information, call the ACS at 633-7084.

Interview skills

Get tips on putting your best foot forward in this great class on Jan. 16. Class begins at 11:30 a.m. For more information call 633-7084.

Ducati and Lamborghini museums with ITR

See the most spectacular pieces from the Ducati and Lamborghini collections on this Jan. 17 excursion. Call ITR for more information at 633-7589.

Ski Abetone

Make learning to ski one of your New Year's resolutions and have a ball on Jan. 17. Packages are available for those without ski equipment for skiing at Abetone Jan. 12.

Call ODR for more information at 633-7775.

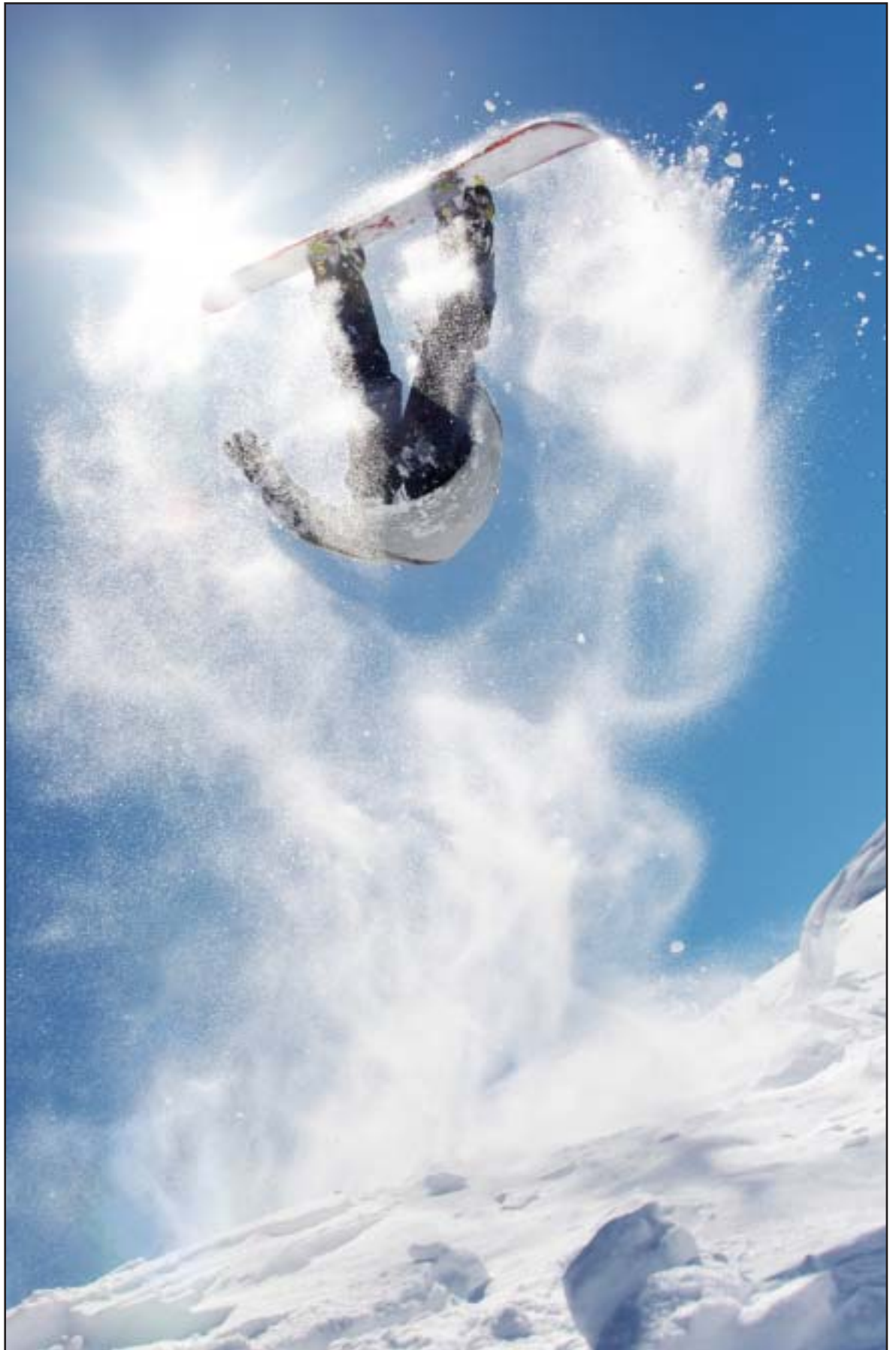
ODR preps your gear



Snow gear always ready for enthusiasts

Paul Brownlee, a maintenance technician for Outdoor Recreation works on maintaining the scores of winter equipment available for sign-out. (Above) Brownlee waxes a set of skis after they returned from a week on the slopes. (Right) He works on a snowboard before putting it back on the racks for the next renter.

(Photos by Sgt. Maj. Kimberly Williams, SETAF PAO) (Photo far right, courtesy ODR)



Ski, snowboard trips for all ages

Sign up at Outdoor Rec for the following ski/snowboard trips. Call 634-7453 for details.

Transportation is included in all fees below:

January ski, snowboard trips

Jan. 16 – 18: Romantic Panarotta weekend, 7 a.m. – 7 p.m. \$300 (includes accommodation with full board).

Jan. 17: Obereggen, 6 a.m. – 7:30 p.m., \$30.

Jan. 19: Folgaria, 7 a.m. – 7 p.m., \$25.

Jan. 24: Kronplatz, 6 a.m. – 8 p.m., \$35.

Jan. 31: Madonna Di Campiglio, 6 a.m. – 7:30 p.m., \$30.

Jan. 31 – Feb. 1: Romantic Panarotta weekend, 7 a.m. – 7 p.m. \$175 (includes accommodation with full board).

February trips

Feb. 7: San Martino, 6 a.m. – 7:30 p.m. \$30.

Feb. 8: Feb. 13 – 16: Interlaken heliski weekend. Must be expert skier. Leave Friday at 5:30 p.m., \$180 (includes accommodation).

Feb. 14: Obereggen, 6 a.m. – 7:30 p.m. \$30.

Feb. 16: Folgaria, 7 a.m. – 7 p.m., \$25

Feb. 21: Kronplatz, 6 a.m. – 8 p.m., \$35.

Feb. 28: Val Gardena, 6 a.m. – 7:30 p.m. \$35.

March trips

March 7: San Martino, 6 a.m. – 7:30 p.m., \$30.

March 14: Obereggen, 6 a.m. – 7:30 p.m., \$30.

March 16: Folgaria, 7 a.m. – 7 p.m., \$25.

March 21: Kronplatz, 6 a.m.

– 8 p.m. \$35.

March 28: Madonna di Campiglio, 6 a.m. – 7:30 p.m., \$30.

Youth Services ski trips

Vicenza youth in grades 6 - 12 (except overnight Garmisch trips, only for grades 7 - 12) have their own ski/snowboard trips with Youth Services. Times vary for each trip. All trips depart and return to the Teen Center, bldg.373.

Sign up deadline is two days prior to each trip with the exception of the Garmisch trip. Sign up at Davis Soldier and Family Readiness Center, CYS Central Registration, bldg. 108.

Minimum number of participants is five, maximum is 30. Direct questions to Michael Morris at Youth Services, 634-7659.

Now Showing

Ederle Theater

Jan. 8	Secret Life of Bees (PG13)	6 p.m.
Jan. 9	High School Musical 3 (PG)	6 p.m.
	Saw V (R)	9 p.m.
Jan. 10	The Curious Case of Benjamin Button (PG13)	3 p.m.
	Role Models (R)	6 p.m.
Jan. 11	The Curious Case of Benjamin Button (PG13)	3 p.m.
	Changeling (R)	6 p.m.
Jan. 14	Saw V (R)	6 p.m.

Camp Darby Theater

Jan. 8	Pride and Glory (R)	6 p.m.
Jan. 9	Yes Man (PG13)	6 p.m.
Jan. 10	Saw V (R)	6 p.m.
Jan. 11	Marley and Me (PG)	2 p.m.

Admission: Age 12 and over \$4, under age 12, \$2. The Ederle Theatre box office opens one hour prior to show time.

Looking for the movie synopsis? Check out the AAFES Web site: www.aafes.com, scroll to the bottom of the page and click on Movie Schedule.

Looking to buy or sell items? Check out MWR's Marketplace at www.mwrmarketplace.com.

Push fitness in the new year



Master Sgt. George Hunter, Headquarters Support Command SETAF, exercises at the weight machines regularly. "I go to the gym three, four times a week," he said. "This is the best fitness center; it has very good equipment. I also think it has great cardio equipment and it is always available." The post fitness center is loaded with all types of equipment and personnel to guide you through its use. After your workout take advantage of the saunas and massage therapists. So don't let the weather hold back your fitness regimen. (Photo by Laura Kreider, Outlook Staff)

Caserma Ederle community sports wrap-up

USAG Vicenza Sports and Fitness Program

Press release

The Vicenza military community has been involved in sports on and off post over the past few months.

Soccer

The garrison Lions soccer team participates in the local *National Centro Sportivo Italiano* league.

The Lions ended the season with three losses, two wins and one tie.

Hoops action

Sports and Fitness is putting together co-ed basketball teams.

The first practice is set for Jan. 13, 7 p.m. in the fitness center gym. Call 634-7009 for details.

The garrison unit recreational basketball team is up and running, but more teams are needed.

A coaches meeting is set for Jan. 8 at 2:30 p.m. or 5:30 p.m.

Latest league statistics are:

Certified with one win; HSC SETAF with one win and one loss; the Unbeatables with one win and one loss, Chosen 2/503 with one loss and 14th Trans with one loss.

The garrison unit recreational basketball league play is

underway and scores from the Dec. 8 game were:

HSC SETAF, 34 v 14th Trans, 32

Unbeatables, 60, vs 14 Trans, 26

Dec. 10 game results were: Chosen 2/503, forfeit, vs Unbeatable, 2

Certified, 68, vs HSC SETAF, 37.

Powerlifting, wrestling competitors sought

Competitors and coaches interested in participating in a garrison powerlifting and wrestling team are encouraged to attend a meeting at either 2:30 p.m. or 5:30 p.m. at the post fitness center.

In case of inclement weather, call the Sports and Fitness center offices at 634-7009 for details.

Duck! It's dodgeball time

The garrison is putting together a dodgeball league to start playing in January.

The following teams are ready to throw and looking for opponents: C Co.2/503rd, AFN, Able Co, 2/503d.

Float like a butterfly, sting like a bee?

The garrison is seeing participants for the post boxing team.

Call 634-7009 for details.



The Shark's No. 43, Jesse Rivas, drives for his two points in another layup against the Green Giant's defense. The teams are part of Youth Sports. (File photo by Gary L. Kieffer, Outlook staff)

Sports shorts

Sports and Fitness

The Post Fitness Center offers personal trainers and massage therapist by appointment.

For availability and prices call the front desk at the fitness center at 634-7616 or 0444-71-7616.

Class rates lowered

The cost for taking fitness classes at the fitness center has been lowered to \$3 per class.

Discounts are available when purchasing monthly passes.

Call the fitness center at 634-6222 for details.

Basketball teams forming

Get out of the barracks and over to the fitness center.

The first practice is Jan 13, 7 p.m. at the fitness center. Come ready to practice. Male and female players and coaches are needed so spread the word and help build a competitive Vicenza community post team.

Call 634-7009 for information.

Youth bowling league

Youth ages 6-18 can enjoy the fun of after-school bowling every Tuesday.

Open registration runs Jan. 19-Feb. 4 through Youth Sports and the league will run Feb. 10- March 24.

Snack time is 3-3:30 p.m. and children can purchase one slice of pizza and water for \$3.50 or bring a homemade snack from home.

Note that no outside commercial food will be permitted.

Call 634-6151 for registration information.

Cheerleading day camp offered

The Vicenza High School Cheerleading Squad will host a cheerleading day camp for community members in grades K-6. Campers will learn cheers, chants and basic jumps.

Camp is Jan. 24, 9 a.m - noon and cost is \$15.

All campers will be invited to cheer with the VHS cheerleaders during half time at a VHS game.

Registration begins at 8:45 a.m. on the day of camp.

Space is limited to the first 50 campers.