



Common sense tips key to halting burglars. Page 5



DON'T BE A VICTIM:
Know how to protect you and your family from burglary

Villaggio Residents:

The Villaggio Shoppette will be open until midnight July 4. There will be no post shuttle July 4. Self-Help is closed July 4.

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Local Soldier makes tae kwon do a way of life

Find out more about the 2009 VBS. Download this and many other photos by visiting the garrison homepage and clicking on the flickr icon at the bottom.



Want wealth? Start saving now

By SAMANTHA SMITH
Contributing writer

"There is no such thing as extra money," says Kent Thompson, ACS financial readiness program manager. "Whatever's left over at the end of the month should be savings," said Thompson, "whether it's for a vacation, a home or a new car."

Thompson said single Soldiers earn a good income and have relatively few expenses, which lead many to feel like they're wealthy. Although some Soldiers join the military with debt already accumulated, many incur debt by making purchases they don't really need, he

said.

"Many Soldiers have a short-time horizon. They think 'this will make me happy today' so they buy it," he explained.

But once they get into debt, the pendulum swings and they are left struggling to pay their bills.

According to the U.S. Financial Literacy and Education Commission, the average 25- to 34-year-old spends 25 percent of his or her income paying down debt. Most Soldiers who Thompson sees have high credit card debt, some as high as \$47,000, although the average is

See ACS Page 3

"The biggest fault for anyone who thinks they can never be wealthy is they don't plan to be wealthy."



Photo by Barbara Romano

Begaye received his Silver Star June 30 for his valor during a 2007 enemy ambush in Afghanistan.

Soldier earns Silver Star during ambush

By Capt. JOSEPH SANFILIPPO
2nd Bn., 503rd Inf. Regt.

The Army recognized Staff Sgt. Conrad Begaye for bravery under fire in Afghanistan.

During a June 30 ceremony on Caserma Ederle's Hoekstra Field while

rows of 2nd Battalion, 503rd Infantry Regiment paratroopers stood at attention, Maj. Gen. William B. Garrett III, commander of U.S. Army Africa, fastened the Silver Star to Begaye's uniform – recognition for his leadership and valor during an enemy ambush Nov. 9, 2007, in

See BEGAYE Page 4



File photo by Barbara Romano

The on-post festivities run from 5 p.m. to midnight July 2.

Freedom Fest celebrations set

USAG Vicenza news release

The July 2 Freedom Fest is a way for the U.S. military community in Vicenza to celebrate Independence Day and to have more time with family and friends.

"Since the traditional July 4 event could not be held due to ongoing construction, we moved the festivities to July 2," explained Col. Erik Daiga, garrison commander. "This will also allow our Soldiers and families to enjoy a well-deserved long weekend."

The fest opens at 5 p.m. and runs until

See FREEDOM Page 2

WHAT TO EXPECT

- Live bands
- Dance shows
- Kiddie rides
- Dunk tank
- Light show

Sign up for high adventure

Story and photo by CHIARA MATTIROLO
USAG Livorno Public Affairs

High adventure outdoor recreation trips designed to push your agility and skill are now available through USAG Livorno Outdoor Recreation as part of Warrior Adventure Quest.

"High adrenaline adventure trips are scheduled for the summer,

See SUMMER Page 3



Camp Darby's ODR kicks off its first adventure trip to the Hanging Garden park July 11.

Darby child care center reopens after \$1 M, year-long renovations

Photos and story by CHIARA MATTIROLO
USAG Livorno Public Affairs

The Camp Darby Child Development Center reopened June 16 after a year-long renovation totaling approximately \$1 million.

"This renovation was absolutely necessary," said CDC Director Linda

Fornaciari. "The building had been the same since 1991, and there were many things that needed to be done in order to ensure a more functional environment."

Besides the new flooring and lighting, structural changes were made to raise the building standards and increase comfort for the children and personnel.

"We can count on three bathrooms and five children's sinks now," said teacher Grace Bertei. "We also have shades in the window for nap time and the children seem to be more comfortable."

Demolished walls during the renovation have also increased staff observation and

See RENOVATED Page 2

Freedom Fest features light show

continued from Page 1

midnight, said Dave Sherrick, director of family, morale, welfare and recreation.

In addition to free food, soda and ice cream, Sherrick said there will be live bands and rides and games for adults and children. Italian employees will be permitted to sign in one adult and their immediate family

Festival activities will include:

- Live bands: "Fonic" and "Forever Jack"
- Dance shows: hip hop, flamenco and country
- Children's rides: mini rodeo, inflatable slide, bumper cars, swings
- Mechanical bull, BOSS car bash and dunk tank
- Beer sales at Arena
- Laser light show

member children. All the activities are centered around the North-40 sports field area on Caserma Ederle.

"The evening's finale is a spectacular laser light show," Sherrick said.

Daiga said the construction of

the new health center has ended the use of fireworks at Caserma Ederle forever.

"We simply do not have any more large open spaces on the installation to safely conduct such displays," Daiga said.

He added that if the ongoing construction stays on schedule, the Festa Americana will be held next year and will be open to the public.

Renovated CDC reopens at Livorno

continued from Page 1

supervision in the infant room.

"This room now is open so that we have a better visibility of all the children in the room," said Mariarosa Contadini, an infant room teacher. "We are still experiencing the best layout, but everything is working fine."

In the toddler room, the bathrooms have been moved closer to the playground door.

"It is extremely important for us; this is the age when the children begin potty-training and having the toilet close to the door makes a difference when the children are playing outside and need to hurry to the bathroom," explained teacher Mary Bertei.

A June 19 open house allowed community members to visit the refurbished center.

"We had very positive feedback from the parents on the renovations," said Fornaciari. "It is much more comfortable; the children can take advantage of a nice shady playground. Bottom line, we are very glad to be back at home."

Teen jobs opportunities still open

By SASHA SIBILLA
Outlook contributor

More than 70 teenagers from the U.S. military community in Vicenza are participating in this year's garrison summer hire program.

Students will be hard at work in positions that range from clerical and child development care to labor through July 31.

"The jobs can be everything from sweeping floors and moving furniture to taking care of children" said summer hire coordinator Emma Morris. "U.S. citizens 14 to 22 years old were eligible to apply and are paid

\$5.50 an hour."

But for students who are not participating in the program, self-employed job opportunities are still available this summer.

Whether hoping to make extra cash or gain work experience in preparation for future employment, community youth can participate in the Hired! Apprenticeship program.

"Hired! is a highly structured program that trains youth ages 15-18 in specific career fields," said Gail Penrod, program coordinator.

Participants are trained and evaluated, provided an

education stipend for up to two terms, and paid 15 hours per week.

Interested students should sign up for the next term in the fall by calling DSN 634-7615 or register in person at the teen center.

Other job opportunities include bagging at the commissary, house sitting or walking dogs.

Training is required for babysitting and lifeguard jobs. Babysitter training can be obtained by registering at the American Red Cross, Bldg. 108, Room 47. The Red Cross organizes a training course for babysitters once a

LOOKING FOR WORK?

Consider bagging at the commissary, house-sitting, dog walking, babysitting, or becoming a life guard.

OR

Join the Hired!
Apprenticeship program.
Call 634-7615 today.

month from 9 a.m.-4 p.m. Upon completion of training, babysitters are placed on the CYSS baby-sitters list that is handed out to parents. Call 634-7089 for more information.

To become a Red Cross certified lifeguard, call DSN 634-5181 to register for classes.

Got an issue? Get it solved by management through ICE

By NINO HILL
USAG V Customer Service Officer

The Interactive Customer Evaluation, or ICE, system is a Web-based tool for collecting feedback about the services provided by various organizations throughout the Department of Defense.

On Caserma Ederle, ICE enables the garrison to collect comments about products and services, so that those services and products may be improved

to meet realistic customer expectations.

ICE kiosks are located in the following facilities:

- Library
- Housing
- Tax Relief Office
- ACS
- Auto Skills
- Arts Center
- Ederle Inn

All standard ICE questions rate the

customer's total experience.

The customer management services office gathers and analyses this data for leadership and service providers to use.

ICE complements the efforts of the garrison's monthly Information Exchange (Info X) and annual Army Family Action Plan conference.

The customer service officer or installation ICE site manager tracks the ICE system and works with program

managers and community members to identify trends that are reported to the garrison commander and senior staff.

Issues that impact a group and cannot be managed at the program manager level may be elevated as a potential issue for consideration by the Army Family Action Plan or forwarded up to garrison or regional leadership.

Visit http://ice.disa.mil/index.cfm?fa=site&site_id=321.

Speak Out

Where do you see yourself in 20 years?



Andre Dibias
Family member

"In the U.S. with a good education and in the film industry."



(Ret.) Col. Jeffrey Douville
Formerly of USARAF

"Semi-retired in California."



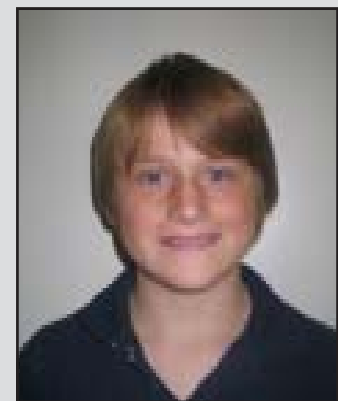
Sara Paglialonga
Family Hair Care

"Working as a hair dresser but owning my own shop."



Bobby Unger
Family member

"In an exotic location working as an architect."



Warren Overman
Family member

"I see myself owning a ranch, farming, and maybe breeding horses."

Summer adventure trips available at Darby ODR

continued from Page 1

from hiking in the Apuane Alps to deep-sea fishing, adventure parks and white-water rafting to mention some," said Robert Collodi, Outdoor Recreation program manager.

On July 11 ODR will kick off its first adventure trip about an hour's drive from Camp Darby at the Riparbella (Pisa) Hanging Garden park.

The park offers acrobatic courses including fixed and suspended platforms linked

through the tree tops by crossings of varying length and difficulty.

Before being allowed to attempt the courses, participants must attend a briefing and be evaluated by park instructors, said Collodi.

Users are supplied with the necessary safety equipment to enjoy the park.

A trip to the Selva del Buffardello adventure park is

scheduled Aug. 22 in the mountains of Garfagnana (Lucca), near the natural park of Orecchiella, with a scenic

view of the Apuane Alps.

"Participants can test their ability with suspension bridges, swinging beams, vertical nets, ropes and obstacles," explained Collodi.

The Selva acrobatic courses are offered at four levels of difficulty—green blue, red and black, according to a participant's ability.

"This is a great opportunity to enjoy the fun with ODR and to take advantage of the numerous outdoors activities that the natural configuration of Tuscany offers," he said.

For a complete listing of the high-adventure activities offered by ODR this summer, call 633-7229 or visit www.usag.livorno.army.mil and click on ODR.

This is an opportunity to take advantage of outdoor activities specific to the Tuscany region.

Troops can transfer GI Bill to family members

By DONNA MILES
American Forces Press Service

It's official. The Defense Department signed off June 22 on policies and procedures service members will use to transfer their unused Post-9/11 GI Bill benefits to their spouses or children, a Pentagon official said June 23.

Eligible service members are able to register their immediate family members to receive those benefits after a new Defense Department Web site went live June 29, according to Bob Clark, the Pentagon's assistant director for accessions policy.

Defense officials are asking those whose families won't use the benefits for the upcoming fall semester to hold off registering until mid-July so applicants who

need immediate attention get processed first.

The Post-9/11 GI Bill takes effect Aug. 1, offering a two-fold benefit, Clark said. It gives the military a tool to help encourage recruiting and retention, while allowing career service members the first opportunity "to share the benefits they've earned with those they love," he said.

To prepare for the anticipated response in the run-up to the Aug. 1 effective date, the department launched a secure Web site next week so service members can register any immediate family members to receive their unused benefits, Clark said.

The site, <https://www.dmdc.osd.mil/TEB/>, can be accessed by CAC card to register or for more information.

ACS offers finance, budget classes to Soldiers, families

continued from Page 1

usually under \$20,000. Many have multiple credit cards, student loans and cell phone bills that have accumulated because they didn't read the contracts carefully.

The poor economy has also contributed to Soldiers debt as they help family members back home who have lost jobs, noted Thompson.

"Helping family is a noble cause, but not if it is a detriment to you and your own family here," he said.

These Soldiers are put into financial peril and often approach Army Emergency Relief for loans.

AER provides no-interest loans to Soldiers who have pressing needs in the cases of transportation, rent, food, utilities, car repairs, insurance, medical or funeral expenses or loss of funds. When Soldiers approach the AER for travel due to a death in the family, Thompson refers them to the Military Personnel Division.

"The MPD has funds set aside to send Soldiers home for a death in the family," he explained, also noting that AER can sometimes help in the case of family

members' travel expenses.

ACS offers classes to help Soldiers and families budget and plan their finances, as well as one-on-one counseling for those with specific debt problems. In Thompson's debt reduction program, Soldiers are required to sign a document and create a payment plan for their debts. For the first three months, they must verify that payments are being made, either by showing receipts or electronic records.

"After that, they report to me, usually through e-mail, to let me know the bills are being paid," said Thompson.

Thompson will also call creditors to work out payment plans, reduce interest rates or if there is a collection agency involved, offer them a payout of 50 cents on the dollar. "Usually they go for it," said Thompson. However, he cautions that these settlements become part of the public record and will reflect 'paid as agreed' instead of 'paid in full,' which could likely affect the individual's credit and possibly his ability to gain certain employment later in life.

"I let the Soldiers decide," he said.



Kent Thompson, Financial Readiness Program Manager at ACS consults with a Soldier about contributing to a TSP account.

While there are many reasons for financial problems, lack of planning is at the top of the list.

"The biggest fault for anyone who thinks they can never be wealthy" says Thompson, "is they don't plan to be wealthy. If you want to have money, you have to plan to have money."

Financial Readiness offers financial management classes Tuesdays from 9-10 a.m. in the Davis Soldier and Family Readiness Center and on-demand for requesting units or groups.

Call 634-7500 for an appointment.

Money Saving Tips

1. Start a Thrift Savings Plan (TSP) through the MyPay Web site.
2. Bank your clothing allowance, tax refunds and pay raises.
3. Once a debt is paid off, continue to put the money into savings.
4. Put away cash gifts to save for a rainy day.
5. After 30 days downrange, enroll in a savings deposit plan and earn a guaranteed 10% annual interest rate.
6. Don't wait until April to change tax status or you risk giving Uncle Sam an interest free loan.

The Outlook

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At your service Family Advocacy



Tammy Wilbur-Hoistad is the Family Advocacy Program manager.

"My job is to oversee the implementation of FAP. I oversee the programs to ensure we have the correct policies and procedures in place to support our Army families and single Soldiers," she said. "I teach couples enrichment classes and parenting skills and family violence awareness."

Wilbur-Hoistad's office is located on the second floor of the Davis Soldier and Family Readiness Center. Call 634-7500. Hours are 8 a.m.-5 p.m. She is also on-call after hours for domestic violence and sexual assault emergencies by calling 634-JUST (5878).

Community Camera

A snapshot of events making news in the U.S. Army military community in Vicenza...



Photo by Laura Kreider

FAITH LIKE A CHILD

Children prepare for the Firefly Finale of the 2009 Vacation Bible School at the Caserma Ederle post chapel. More than 100 community youth participated in the weeklong event June 22-26. "This year's theme for Vacation Bible School took us to the Louisiana bayou," explained Grace Yeuell, Caserma Ederle's chapel director of religious education and VBS program director. Attendees started each day at 8:30 a.m. by forming small groups and with help from nearly 60 volunteers, the children—pre-kindergarten to fifth grade, rotated through stations that included Swamp Stomp Opening Assembly, Bible Bayou, Crawfish Crafts, Gator Games, Dockside Drive-In, Snack Shack and a Firefly Finale. "Volunteers from all of our chapel congregations, both Protestant and Catholic, came together to make a life-affirming VBS happen for the children of the Caserma Ederle community," said Yeuell. VBS volunteer hours totaled 750.



Photo by Cadena Trusty

AROUND THE WORLD

Eight Caserma Ederle high school students traveled to Camp Darby where they met up with garrison youth from throughout Europe to participate in Club Beyond's 2009 Beach Break. Army and Air Force youth traveled from as far away as Turkey and Belgium to attend the annual event.

Club Beyond is an ecumenical ministry for military high school and middle school students. In addition to weekly club meetings, the groups attend retreats, ski trips, summer camps and work service projects.

Ederle students pictured are Jarra Woods, Maya Swinehart, Maya Zaborek, Anna Vallery, Karla Bernasconi, Christopher Stucky, Brian Johnston, Cadena Trusty and Gabby Prieto.

Begaye: Infantrymen fight for each other

continued from Page 1

Nuristan Province.

"There are people who have passed on that deserve this," Begaye said. "There were five men who died. I'll accept and wear it in honor of them, not for my actions, but for theirs."

A simple handshake

Begaye said he would have preferred a simple handshake or a pat on the back. After all, infantrymen don't fight for medals, they fight for each other. That's why Begaye felt grateful to have Soldiers from his unit, Chosen Company, behind him on the parade field during the ceremony.

"What happened there is something I think about every day, it's not easy to forget about," Begaye said, recalling events of that day.

Begaye's unit had just met with local Afghan leaders. They were hiking eastward along a small path on rugged terrain when his squad, his platoon's headquarters sections and a squad of Afghan National Army soldiers began taking fire from enemy positions above. Pinned down at first, Begaye was struck in the arm while retuning fire and directing his men. Begaye bound over a cliff, calling to his troops to follow him down the rocky slope to find cover.

Against the odds

He kept his composure against overwhelming odds, directing and encouraging his fellow Soldiers under heavy fire. One paratrooper had been shot in both legs and was still taking fire. Begaye called out to him to play dead, knowing the enemy would shift their fire away if they thought the Soldier was killed – quick thinking that likely helped save that Soldier's life.

Ignoring his own injuries, Begaye moved a wounded Soldier to a nearby cave to protect him from enemy fire. Using a radio, he called his higher headquarters and directed mortar fire onto enemy positions –

essentially ending the battle. Then he motivated a Soldier to organize a defensive perimeter of Afghan soldiers to prevent their unit from being harassed or overrun.

Twenty-one months later, with his comrades standing quietly on the parade ground behind him, Begaye listened as Garrett spoke.

"Today, we honor a noncommissioned officer whose bold actions turned the tide of battle and saved the day...whose courage under fire and fierce loyalty to his men still astounds us all," Garrett said. "Outnumbered, wounded and initially pinned down in the kill zone of an enemy ambush – he didn't hesitate to leap forward, literally, and take charge of the fight."

Never quitting

Garrett spoke of the "warrior ethos," ideas that guide Soldiers – placing the mission first, never accepting defeat and never quitting, never leaving a fallen comrade.

"These are just words to some people," Garrett said. "But the warrior ethos is a way of life to Staff Sgt. Begaye," Garrett said. "Amazing acts of bravery and valor were commonplace that grim day. But this morning, we recognize Staff Sgt. Begaye for his courage – and we are thankful

for the opportunity to serve with such a man."

After the ceremony, Begaye's wife, U.S. Air Force Staff Sgt. Idellia Beletso, a flight medic based at Aviano, hugged her husband. Hundreds of red-bereted paratroopers lined up to shake Begaye's hand, many who served with him while in harm's way. Begaye, a Navajo from Black Canyon City, Ariz., enlisted in the infantry 10 years ago.

With Chosen Company

An airborne ranger, Begaye arrived in Vicenza in 2003. He deployed for yearlong tours with Chosen Company to Iraq in 2003 and Afghanistan in 2005. In 2007, he deployed to Afghanistan's Nuristan Province



Photo by Rick Scavetta

After a June 30 ceremony at which Staff Sgt. Conrad Begaye was awarded the Silver Star, his wife, U.S. Air Force Staff Sgt. Idellia Beletso, a flight medic based at Aviano, hugged her husband.

with Chosen.

For younger Soldiers, Begaye hopes his story helps them understand the importance of training, leadership and motivation, he said, and a sense of reality of war for troops eager to see combat.

"It should open their eyes. A firefight is a life altering experience – one that I'm still living through," Begaye said. "Soldiers should understand...this is real life and people do die."



Avoid being a target

Simple tips, common sense vigilance can make break-ins a hassle for burglars

By **ADRIANE FOSS**
Outlook editor

A heavy-duty security door and motion sensor lights may make you feel safe at home.

But if not used properly even the tightest protective measures can be an open invitation for burglars.

Just ask Betty Phillips.

Phillips, wife of U.S. Army Africa Chaplain (Col.) William Phillips, interrupted a thief as he drilled a hole in her kitchen door and was entering their home Saturday night.

She said she awoke to her dog barking and entered the kitchen just as the masked burglar with a pen light attached to his forehead was turning their doorknob. She screamed, and he ran away.

"Our landlord put in a great door, bulletproof glass, and we've got very secure shutters," she said. "It's like Fort Knox."

On the night of the attempted burglary, however, Phillips said they forgot to secure their kitchen window and door length shutters.

"We just forgot. I guess we've gotten lax, too comfortable, after living here two years and not having any problems," said Phillips, who lives less than a 20-minute drive from Caserma Ederle.

While USAG Vicenza figures show that the number of home break-ins in the area are comparable to that of similarly populated cities in the U.S., statistics don't comfort

residents.

"Properly applied security measures will deter would-be thieves," said Keith Horne, antiterrorism officer for USAG Vicenza.

Horne's duties include conducting residential security inspections for service members before they move in. When he finds less than adequate security at a home, he makes recommendations to the prospective tenant on how to mitigate the vulnerability. The tenant can then raise these issues with the landlord during pre-negotiations.

The landlord then has the option of installing the requested security or not renting to troops and their families.

27 # of house break-ins in CY 07

25 # of house break-ins in CY 08

"The security measures may be as simple as installing lighting on darker areas of the home, adding a door peephole, or enhancing door locking mechanisms," he said.

Families who have already moved into homes and would like to increase their security can add simple and relatively inexpensive

fixes such as shutter clips (purchased at most local hardware stores for a few euro per set; they are easily installed and prevent shutters from being lifted from the outside).

"The best approach to home security, however, is taking simple steps like closing and locking shutters and doors," remarked Horne. "Know your neighborhood and your neighbors and report suspicious activity."

Horne said those measures may seem overly simple, but it can be just enough to prevent a break-in. Alarm systems and motion sensor lights can be expensive, but

there's no question that they will reduce the likelihood of a break-in at your home.

"Burglars aren't going to spend more than 30-60 seconds trying to gain entry," he said. "It's a crime of opportunity; if they've got to spend more than a minute getting in, they'll just move on to the next house. They know that someone down the street has left his window open."

Horne also urged U.S. military community members to park their vehicles in their garages, when possible. Parking cars out of sight, he said, prevents burglars from tracking when residents are home or away.

"You're giving a burglar the upper hand when you allow him to study your home and know when you're away and when would be a good time to break in," he said.

Although the residential security program is geared toward service members, Horne said he is able to offer individual security tips for civilians.

To find out what you can do to increase your home security, contact Horne at 634-7146.



Burglars can drill a simple hole in a door and gain access to a home in less than a minute. Force protection experts urge residents to use discipline when securing their homes when they are away.

USAG-Vicenza Reported Break-in Totals by Month

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	Total
CY07	3	2	6	5	2	1	5	0	2	1	0	0	27
CY08	3	1	3	1	1	3	1	2	4	3	2	1	25
CY09	-	1	4	-	-	5							

TYPE ENTRY/ BREAK-IN

	'07	'08	'09
Forced entry door	8	9	5
Unsecured rear balcony door	2	0	
Unsecured 2nd floor door	1	0	
Windows forced entry	3	8	3
Unsecured home	5	5	1
Unsecured window	1	0	1
Forced entry no location given	3	2	
Garage	4	1	
TOTALS	27	25	

For information on preventing car break-ins and how to avoid pick pockets, officials suggest contacting a local provost marshal office or visit www.ncpc.org/resources/files/pdf/theft and www.ncpc.org/resources/files/pdf/traveling.

Darby Dates

Benvenuti

New to Camp Darby and don't know where to go to get answers? Learn about Italian customs, culture, local shopping, paying Italian bills and more at this two-week class beginning July 7.

Call 633-7084 to RSVP.

Know your consumer rights & obligations

Learn what you, the consumer, are entitled to and what your responsibilities are during this quick class July 7. Call 633-7084 for details.

Identity theft class

Learn how to protect yourself and family from identity theft crimes in this July 8 class. Call 633-7084.

Texas Hold'em

Come to Texas Hold'em June 26. Fun begins at 6:30 p.m. Call 633-7855.

Story hour

Don't miss story hour July 8 at the post library for ages 3-5. Call 633-7623 for details.

Smooth move/levy briefing July 8

Learn what it takes to have a stress-free move from Camp Darby on July 8.

Call 633-7084 for details.

Debt liquidation class

Learn what it takes to get out of debt and how to report false claims on your credit report when you attend this July 9 class. Call 633-7084.

Darby Religious activities

For details, call the chapel at: 633-7267 (050-54-7267)

9:40 a.m.: Catholic Reconciliation

10 a.m.: Catholic Mass

11:15 a.m.: Protestant worship

Protestant Sunday school starts at 10 a.m.; Catholic CCD at 11:15 a.m.

The chapel is collecting cardboard, robes, children's plastic swimming pools and cardboard rolls from paper towels and toilet paper.

Contact the Catholic education coordinator to find out when the next confirmation will take place or for more information.

Choir practice is at 9:30 a.m on Sunday before Mass.

The congregation needs a cantor.

Talk to Chaplain Porter or Father Roberto to serve.

Quinn's sculpture on display in Verona



Model art

Mark Quinn is one of the exponents of Young British art. Among his works on display in Verona is the *Marbles*, in which people affected by physical malformations are represented as natural descendents of the models of classical sculptures and his *Siren*, a solid gold sculpture of Kate Moss. The exhibition is open through September. SEE BELOW FOR MORE INFORMATION.

Photo courtesy of Palazzo Forti press

Festivals & events

The myth - Mark Quinn painting and sculpture exhibition: May 22 – Sept. 27, Tuesday-Sunday 8:30 a.m.-7:30 p.m., Monday 1:30-7:30 p.m., in Verona, Juliet's House, Via Cappello 23, about 38 miles west of Vicenza.

Mark Quinn is one of the exponents of Young British art. Among his works on display, is the *Marbles*, in which people affected by physical malformations are represented as natural descendents of the models of classical sculptures and his *Siren*, a solid gold sculpture of Kate Moss.

Ticket: 6 euro. Discount: 4 euro for senior citizens over 60 and 1 euro for children between 8 and 14. If you plan to spend one or more days in Verona, you might consider getting a Verona Card to gain unlimited entry to museums, churches and monuments and travel free on the city buses.

There are two cards available, one for 10 euro valid for one day and another for 15 euro valid for three days. You can use your Verona Card at:

Arena di Verona; Lamberti Tower; Juliet's House; Juliet's tomb; Frescoes Museum "G.B. Cavalcaselle;" Roman Theatre and Archaeological Museum; Maffei Lapidary Museum; Museum of Castelvecchio; Basilica of S. Zeno; Saint Lawrence church; Saint Anastasia church; Dome Complex; Saint Fermo church;

Museum of the vintage Radio; Natural History Museum.

Mill Valley Festival, July 4-5, Mossano, about 13 miles south of Vicenza.

July 4 at 7 p.m. food booths, live music and dancing with *Tony Baffo Orchestra*.

July 5 at 9:30 a.m. free guided visit to *La Valle dei Mulini* (Mill Valley) departing from Fattoria della Pozza, località Munari and free refreshments at Mulino Cuchei.

Food stands featuring typical local dishes. Live music and dances start at 9 p.m. with *Luigino Band*.

Tagliata (sliced steak) Festival: July 3-6, in Sarmego, about 10 miles east of Vicenza.

At 7 p.m. food booths featuring bruschette and beers; carnival rides; vintage craft exhibition and live music and dancing at 9 p.m.

On July 5 free horse riding starting at 10 a.m.

Gnocchi and Beer Festival - Gnock'n'Roll: July 2-5, 3:30 p.m. in Poleo (Schio), about 23 miles north of Vicenza.

July 2 at 7 p.m. food booths, 9 p.m. Gnock 'n'roll musical contest - final

July 3 at 7 p.m. food booths, 9 p.m. *Croma Latina* concert and Cuban dances.

July 4 at 7 p.m. food booths; 9:30 *Alfredo Tabasco Blues Band* concert.

July 5 at 7 p.m. food booths with free gnocchi tasting; 9 p.m. *I Cavalieri del Liscio* concert and ballroom dancing.

Prosciuttando - Ham Festival, July 4-5, in Nanto, about 11 miles south of Vicenza.

July 4: departure from Piazza Simposio for free bus tours and guided visits to the *Riviera* ham factory and ham tasting. 7:30 p.m. food stands featuring dishes prepared with sweet ham and *Berici* extra virgin oil of olive. 9 p.m. live music and ballroom dancing.

July 5: 7:30 p.m. booth stands. 9:30 country music and dancing.

Holy Heart (Sacro Cuore) Festival: July 4-6, in Noveledo, about 9 miles north of Vicenza. Food booths open at 7 p.m. on July 4 and 6 and at 6 p.m. on July 5. Carnival rides, mushroom exhibition and folk dances. July 6 fireworks at 11:30 p.m.

FREE concerts exhibits, classes

Punk and glam rock concert: July 2, 9:30 p.m., in Dueville, Giardino Magico, Parco Via Rossi, about 8 miles north of Vicenza.

Art and more - painting, sculpture, music exhibition: July 3-11, 6:30 -9:30 p.m., in Schio, Palazzo Fogazzaro, Via Pasini, about 16 miles northwest of Vicenza

Pizza & Jazz: July 4, 9:30 p.m., in Vicenza, Brasserie Abbazia pizza parlour, Corso San Felice 63.

The Barber of Seville: July 5, 9:15 p.m., in Altavilla Vicentina, in the park of Villa Valmarana Morosini, Via Marconi, about 6 miles southwest of Vicenza.

Pay concerts & events

Lenny Kravitz: in Lucca, July 11.

The Killers: in Rome, July 14. **U-2:** in Milan, July 7.

Elton John with special guest Anastacia: in Verona, July 7.

Testament, Dragonforce and Cathedral: in Piazzola sul Brenta, July 7.

Steely Dan: in Piazzola sul Brenta, July 8.

Gary Husband: in Piazzola sul Brenta, July 26.

Madonna: In Milan, July 14; in Udine, July 16.

James Taylor: in Piazzola Sul Brenta July 15, in Lucca, July 16.

Motörhead, in Piazzola Sul Brenta July 17.

Burt Bacharach with special guest Karima: Lucca, July 18.

Tracy Chapman: Arezzo, July 22.

Bruce Springsteen: in Rome, July 19; in Torino, July 21; in Udine, July 23.

Jack Bruce and Robin Trower: in Piazzola sul Brenta, July 26.

John Fogerty: in Lucca, July 26; in Piazzola sul Brenta, July 28.

ColdPlay: in Udine, Friuli Stadium, August 31.

Tickets are available in Vicenza at Media World, Palladio Shopping Center or online at http://www.greenticket.it/index.html?imposta_lingua=ing or <http://www.ticketone.it/EN/>.

Outdoor Recreation

Via Ferrata: Climb Italian pathways

Climb vertical pathways, Via Ferrata July 6. Call 634-7453.

Caorle beach

Relax and get a tan at Caorle Beach July 9, 9a.m.-6 p.m. \$30. Call 634-7453.

Nice and Montecarlo

Explore the French Riviera July 11, \$100. Call 634-7453.

Mackerel fishing

Enjoy fishing July 11; \$85 includes tackle, equipment, and transportation. Call 634-7453 to reserve a spot.

Lake Garda sea kayak

Sea kayak on Lake Garda July 12, \$45. Trip departs at 7 a.m. Call 634-7453.

Venice trip

Take the train to Venice July 14 at 8:15 a.m. with an escort from Outdoor Rec to show you where the good restaurants and shopping are, plus educational tips and how to use public transportation. Call 634-7453 to register.

Bike Tuscany

Bike the Tuscan countryside, July 17-19, on a level I and III weekend ride.

Lodging is included. Call 634-7453 for pricing and registration.

Hike Mount Pasubio

Hike the 52 tunnels of Mount Pasubio, one of the unique engineering achievements of the Italian forces in WWI.

Trip departs at 7 a.m., July 18. Call ODR at 634-7094 for the list of items you'll need to bring. Costs \$30.

Beach & spa trip

Hit the beach or enjoy the spas of Portorose Slovenia, July 18. The ODR bus takes you there for \$45.

Children under age 2 are free. You must have a tourist passport. Call 634-7994 to register.

Sporting Events

Road to World Boxing Championships 2009: July 10 in Milan, Italy vs. USA.

Now Showing



Ederle Theater

July 2	Transformers: Revenge of Fallen (PG-13)	6 p.m.
July 3	Fighting (PG-13)	6 p.m.
	Transformers: Revenge of Fallen (PG-13)	9 p.m.
July 4	Transformers: Revenge of Fallen (PG-13)	3 p.m.
July 5	Transformers: Revenge of Fallen (PG-13)	2 p.m.
	Sunshine Cleaning (R)	6 p.m.
July 8	Crank: High Voltage (R)	6 p.m.
July 9	Sunshine Cleaning (R)	6 p.m.

Camp Darby Theater

July 3	The Taking of Pelham (R)	6 p.m.
July 4	Coraline (PG-13)	6 p.m.
July 5	Hannah Montana: The Movie (G)	1 p.m.
July 9	Dragonball: Evolution (PG)	6 p.m.

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

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.

Anger management

Learn and practice the basics of anger management. This ongoing series not only teaches the basics but focuses on a new strategy for managing one's anger each week.

Family classes

ACS offers the following classes to assist families:

■ **Breastfeeding Basics** July 14, 9:30 a.m.;

■ **I Have a Volcano in my Tummy**, July 16, 3:30 p.m.; and

■ **Bring Baby Home** July 16, 3:30 p.m.

All classes require registration. For information and to register call 634-7500.

Also, Freddy FAP visits Costa Rica July 16, 3:30 p.m. Families enjoy food and activities from this country.

Register by calling 634-7500.

Stress management

Participants learn about the biology of stress and how and why it has such profound effects on our lives.

They will also identify personal stressors and coping techniques, as well as develop a personal stress management plan.

Multimedia art

Learn the basics of multimedia art in four sessions beginning July 15 at the Art Center.

Classes will be 4-6 p.m. and all supplies are included. Register by calling 634-7074.

Create your pottery

Learn to create your own pottery at the art center in the basic wheel throwing class. Two sessions begin July 19.

Or if you prefer hand-building, two beginner sessions will be offered July 22 and 29.

Mandatory registration by July 17. Call 634-7074.

Soldiers' Theatre

Soldiers' Theatre adult Tap Dance classes begin July 14.

The cost is \$42 for a six-week session. Beginning class is held on Tuesdays and advanced on Thursdays each week.

Call 634-7281 to register.

Summer reading

The post library has two summer reading programs in progress.

"Be Creative @ your Library" for ages 3-11 includes weekly stories and a craft. "Express Yourself @ your Library" is for teens ages 12-18.

Register and begin reading. Check with the library to discover how you can enter your books read to win prizes. For information, call 634-7291.

Eating healthy does not have to be painful

This four-week nutrition series (Thursdays from noon-1 p.m.) with Lt. Col. John Vogel, DO, USAHC-Vicenza, will introduce participants to the basics of nutrition.

It will also provide practical information on how to shop for and prepare healthy meals.

■ July 9: Practical Strategies for Healthy Eating (at Wellness Center)

■ July 16: Insider's Guide to Vitamins and Supplements (at Wellness Center)

■ July 23: Commissary Tour: To Buy or Not to Buy (meet at commissary)

■ July 30: Healthy Cooking Class, 11:30 a.m.-1:30 p.m.

Call 634-8186 for information.

July 4 CDC closures

CDC Bldgs. 395 & 398 will be closed for the federal holiday July 3.

On July 6, Bldg. 398 will be closed for staff training and care will be provided in Bldg. 395 instead. Call 634-5008.

Sign up for book club

Join a free book club, which will read "Three Cups of Tea" by Greg Mortenson July 9 at the library. Sign up at the circulation desk by July 6.

Romp 'n Stomp play

New Parent Support Group offers a free playgroup session July 8 at the Villaggio youth center. Bring your child age 0-3 for playtime from 10-11:30 a.m. Call 634-7912.

Autism/ADHD support group available

ACS Staff will host an Autism/ADHD Support Group July 9. Call 634-7500.

Communication class

The ACS staff will host a class to improve communication for couples July 10. Call 634-7500.

Woodshop certification

Earn your safety certificate for the woodshop July 11. Sign up by July 8.

This certificate is required prior to use of the woodshop. Call 634-7074.

Intro to Framing

Discover how to save time and money learning to frame

your own art, certificates and photos July 25. Sign up by July 12. Call 634-7074.

CIF closure

The USAG Central Issue Facility will be closed for annual property book inventory July 13-17. There will be no transactions during this time. Call 634-3945.

Investment knowledge sharing club

Meets July 1 at Davis Soldier and Family Readiness Center at 11:30 a.m. Exchange investment knowledge with others at this free meeting. Call 634-7912.

Are you proud of YOUR culture?

Would you like to share some of the character that makes your ethnic experience special? Do you want to learn about other people's views of life? Do you want to celebrate American heritage and history with food, music and fun?

The Vicenza Community Equal Opportunity Office is looking for guidance on how to best broadcast your cultural voice. Community members are encouraged to contact EO if they have ideas, resources or enthusiasm to be a part of the installation's special observances. Call Sgt. 1st Class Stu Cameron at 634-7914 or Sgt. 1st Class Joseph Osinski at 634-6061.

Free playgroup

New Parent Support Group offers a free playgroup session every Wednesday at the Villaggio Youth Center.

Parents bring your child, age 0-3, for playtime from 10 a.m. to 11:30 a.m. Call 634-7912.

Become a professional home provider

Increase your family income while staying home with your children. Work part-time to full-time, and get free training. Call 634-7615.

Boy Scouting

Have you completed fifth grade? Are you interested in adventure and learning life-long skills? Do you like traveling and meeting new people?

Then scouting is for you. For more information about BSA Troop 295, call Scoutmaster Charles Calabrese at 335-594-0624 or e-mail charles.calabrese@gmail.com

Army arts contest

Upload digital images of your artwork and fill out a registration form at <https://artscrafts.fmwrc.army.mil> through June 30. This is an annual worldwide contest open to Soldiers, Army civilians, retirees and their family members.

Top three selections will be displayed at the art and culture event on post in August. Local top placers will be sent to the worldwide contest.

Saturday CDC care offered July 11

In honor of Independence Day, CDC 395's monthly Saturday Care will be offered July 11, from 8 a.m.-4 p.m.

Call for reservations beginning June 27 at 634-7559.

Oil painting

Create your own masterpiece with a three-session class in oil painting. Supplies included, begins July 8.

Sign up by July 5 at the arts center, 634-7074.

USO announcements

Sign-up for our Level 1 Italian Class. Cost is \$118 plus the cost of the book. Classes are Tuesdays and Thursdays and from July 7-Sept. 4.

The USO is located in Bldg. 9A. Hours are Monday-Friday 11 a.m.-10 p.m., Saturday noon-6 p.m., and Sunday 12:30-6:30 p.m.. Call 634-7156.

Commissary open

The Vicenza Commissary will be open regular hours over the Fourth of July weekend.

PWOC hosting summer studies

PWOC offers two different studies over the summer. Frazzled Female, a book study, helps women balance faith, ministry, work and home life.

Bible Studies By Demand is a video study perfect for those who will be in and out over the summer.

PWOC meets Tuesdays June 30 and July 7, 14, 21 and 28 from 10-11:30 a.m. in the chapel activity room.

Child care is provided for ages 6 weeks to 12 years. Evening study is on Wednesday from 5:30-6:30 p.m.

Where's the beach?

Visit www.vicenzamwr.com for directions to area beaches.

Schedule your pre-separation counseling

Knowing exactly what benefits and services you've earned by being on active duty is like money in the bank.

Start banking for your future. Attend pre-separation counseling at your Vicenza ACAP Center.

Call 634-7189 to register.

Preschool library story time held weekly

Bring your preschooler, age 3-5, to the post library's Story Time Wednesdays, Thursdays and Fridays from 10-11 a.m. and Fridays from 12:30-1:30 p.m.

Religious activities

Chaplain Crisis Line

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

Sunday services

8 a.m.: Sacrament of Reconciliation, or by appointment

9 a.m.: Roman Catholic Mass. Mass is held weekdays at noon

9 a.m.: Protestant Sunday school and AWANAs (September through May in Vicenza High School)

10:45 a.m.: Catholic religious education (Sept.-May in Vicenza High School)

11 a.m.: Protestant worship

1:30 p.m.: Full Gospel Pentecostal worship

4 p.m.: Lutheran worship

6 p.m.: Contemporary Christian service

Mondays

Noon: LDS Scripture Study

5:30 p.m.: High School Club in the Teen Center

Contact Cadena Trusty at 320-808-6148 or vicecb@yahoo.com.

Tuesdays

9:15 a.m.: Protestant Women of the Chapel

Wednesdays

Noon: Protestant Men of the Chapel Bible study (at DFAC)

3 p.m.: Praise Dance practice

3:30 p.m.: Middle School club meets in VHS cafeteria September-May

5 p.m.: Contemporary Praise band practice

5:30 p.m.: PWOC evening Bible study

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

Islamic: Spc. Kasimov, 329-034-3511

Jewish: Sandy Schoenberg at 634-6202 or sandy.schoenberg@eur.army.mil.

Latter Day Saints: Scripture study is held each Monday, noon-1 p.m. at the Chapel. Sunday services, 9:30 a.m.-12:30 p.m. downtown. Call Sean Peterson at 335-8219492.

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

Community Calendar Highlights

July 2 - Freedom Fest 5 p.m.

July 3 - Italian rest day; U.S. training holiday, federal holiday

July 4 - Independence Day

July 6 - U.S. training holiday

DON'T BE LATE: E-mail briefs to editor@eur.army.mil noon Monday or by Friday at 4 p.m. if Monday is a holiday.

Maj. Matt Hing, 1-503rd Infantry Battalion medical aid station physician (left) practices tae kwon do with his instructor, Master Sung Box Kim. Hing, a black belt, started training in tae kwon do during a tour of duty in Korea and continued after arriving in Italy. "I was fortunate to find Mr. Kim, who teaches right on base," he said.



Martial art a way of life for Soldier

Story and photos by
LAURA KREIDER
Outlook staff

While preparing to PCS to Fort Bragg, N.C., to embark on a family medicine residency, Maj. Matt Hing, a 1-503rd Infantry Battalion medical aid station physician, still makes time for one of his last tae kwon do training sessions.

The class is not crowded; the atmosphere is composed; and participants appear rigorously focused on each move.

"I started training in tae kwon do during a tour of duty (at Camp Casey in) Korea," said Hing, a black belt.

"I had the privilege of learning from a superb master there, and when I arrived in Italy I was fortunate to find Master Sung Box Kim, who teaches right on base," he said.

"Mr. Kim's classes are so small that I have essentially been getting private lessons from him for the past four years

of my tour," he continued.

Over the last few years, Hing came to realize how the sport transforms the student—from the inside out.

"The workouts can be gut-wrenching, but they keep me in better shape than I have ever been in before," he said. "Although there is pure physical value to

the training, I believe the real value lies in how it changes a person," said Hing after his weekly training.

He explained that tae kwon do, like other martial art styles, is much more than just punching and kicking.

"Mr. Kim is a tough teacher who pushes you to the limit. The most important lesson to me has been to try, even when I think something is impossible. Life is too short not to give

your all, to make a difference in the world with whatever abilities you have," said Hing.

"Students learn the value of respecting others and more importantly the value of

self-respect. They learn how to control their body and mind," he said. "I find myself much calmer and focused after every workout. These kinds of things make martial art practice something that I treasure in life because I need those attributes to be a good leader, physician, Soldier and family member."

Fellow tae kwon do student Robin Gonzales has known Hing for five years.

"He was one of my tae kwon do instructors when I was a white belt and we became good friends as well," said Gonzales, a 2nd degree black belt.

"When he returned from the last deployment in Afghanistan, I made sure to go to Hoekstra Field to meet him," said Gonzales. "He never stopped thanking me for doing that. He is a caring and very respectful person and this is one of the virtues that a lot of martial arts have lost in the past couple of decades."

Wherever in the world Hing finds himself, he doesn't plan to give up training, regardless of his senior rank in the taw kwon do.

"Mr. Kim tells me there is no excuse for giving up," he said. "He's given me so much to work on (self defense drills, kicking routines, stretches and forms) that it would take a lifetime for me to master it all. So, I'm sad to leave his dojo, but eager to work on all the many technical and artistic weaknesses I know that I have."

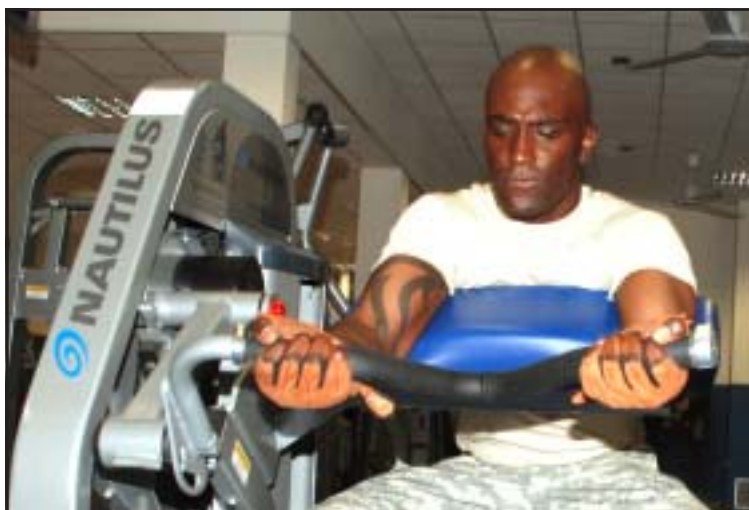


Work it out

Staff Sgt. Jibril Razik, Echo Company 1st Battalion 503rd Infantry Regiment (Airborne) works out at the post gym regularly. "I come here every day, whenever I can," said Razik.

The post fitness center offers a variety of equipment and personnel to guide through equipment use. In addition to weight machines, the center also offers cardio equipment and several classes to choose from. For more information call 634-7009.

Photo by Laura Kreider



Softball Soldier League Standings

Team	Win	Loss	Game Scores
SETAF	6	1	June 22
HHD 509	6	3	D Co 1/503: 8 vs. SETAF: 12
D Co. 1/503	4	3	USAHC: 4 vs. D Co. 1/503: 22
14th Trans.	4	5	F&M: 18 vs. 14 Trans.: 13
AFN South	4	5	June 24
HHC 173	2	0	F&M: 18 vs. D Co. 1/503: 5
Female & Male	2	3	USAHC: 6 vs. SETAF: 10
HHC 1/503	1	2	HHD 509: 5 vs. HHC 173: 9
USAHC	1	7	

Tennis Recreational League

Championship Results June 19-24
Men's Intermediate Category
 Champion: Peter Tarvis; Runner-Up: Matthew Garsez; 3rd Place: Walter Bittante
Women's Intermediate Category
 Champion: Eva Cuello; Runner-Up: Susi Tarvis
Men's Advance Category
 Champion: Magic Kirk; Runner-Up: Thomas Hlavacek

Mr & Mrs. Vicenza Body Builder Competition

Start training now for the body building competition in September. Open to all U.S. ID cardholders 18 years and older and out of high school in the U.S. military communities in Vicenza, Livorno and Ghedi.

Need a personal trainer?

Want help with training plans and nutrition? Contact the Fitness Center at 634-6716. Registration information to be released online at www.vicenzaMWR.com

CYS needs YOU

CYS Sports is always trying to come up with other sports to offer. If you have an idea and are willing to coach this sport, e-mail or call our office at 634-6151 or 0444-71-6151.

CYS Sports is also looking for tennis, basketball, swim team and bowling coaches for next fall.

Perks for becoming a coach include discounts, photos, certification class, T-shirt and supplies.

Get your sports gear at Outdoor Recreation

You can get your gear at ODR when you sign up for sporting events and trips.

ODR offers dive gear, paintball markers and snowboard pants for purchase. Call 634-7453.

July 4th weekend

Horseshoe tournament for male & female, singles & doubles, July 3-4.

There is a participants meeting July 2, 9:30 a.m. outside the Ederle Inn.

Outdoor 6v6 volleyball tournaments and 5v5 basketball will be held with a participants meeting July 2 at 2 p.m. and 2:30 p.m., Fitness Center. Awards for all events. Call 634-7009 for information.

Members, coaches needed for post softball team

Sports, Fitness & Aquatics is looking for players and coaches to help build a male and female post softball team.

Teams will practice Tuesdays and Thursdays at 7 p.m. at the softball field.

Participants must be at least 18 and out of high school.

Aqua aerobics instructor

The USAG Vicenza Sports and Fitness Office is looking for certified aqua aerobics instructors.

Call Joe Reeder at 634-5181 or 0444-71-5181 for more information.