



The Outlook

November 4, 2010

U.S. Army Garrisons Vicenza & Livorno

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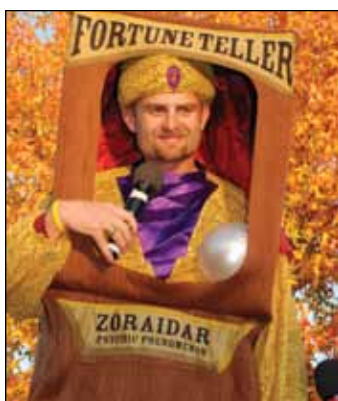
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'Welcome Home Sky Soldiers'



Photo by Annette Fournier

Sgt. Robert Shreve, 1st Battalion, 503rd Infantry Regiment, hugs his wife Kristin at the homecoming ceremony for the arrival of a group of almost 50 173rd Airborne Brigade Combat Team Soldiers Oct. 21. "This is not the time for long speeches, because there are some people behind me who have been waiting for a long time to see you," said Col. Erik Daiga, garrison commander, during his remarks. "Welcome home, Sky Soldiers." Another 100 troops returned Nov. 3.

Coming home: Ups, downs expected post-deployment

Editor's note: This is the second in a series of articles about reintegration for homecoming Soldiers and their families.

By ANNETTE FOURNIER
Outlook Editor

For the Soldiers and families of the 173rd Airborne Brigade Combat Team, it has been a long year.

But the year of deployment is coming to an end as groups of Soldiers have been redeploying over the past month, with more troops to arrive in the coming weeks. After a year in a combat zone, integrating back into home life can be a challenge, but Soldiers will have a lot of help along the way.

"If you are like many Soldiers and family members, you will go through emotional ups and downs as you navigate the journey of reuniting," said Chap. (Maj.) Douglas Thomison, USAG Vicenza Family Life Chaplain. "The first step to a thriving reintegration and reunion is to know what stages are typical to the process of coming home and where you are in that process."

There are five stages to reintegration, anticipation, reunion, realizing changes, negotiating changes and the discovering that the change and newness is OK. Chaplains teach about these phases in Battlemind and other trainings.

During the anticipation phase, people may romanticize the homecoming and then enjoy a "honeymoon period" during the exciting, high time of the reunion phase.

See BATTLEMIND, Page 2

High waters force closure of roads, post services

By Annette Fournier
Outlook Editor

Muddy water surged into homes and business, engulfed local bridges and roads and forced closures on Caserma Ederle and throughout the city of Vicenza and surrounding areas Nov. 1-3.

Caserma Ederle provided the Italian military with 1,200 sandbags Nov. 2 and an additional 4,000 Nov. 3. They will use them with relief efforts in and around the city.

The flooding was due to days of heavy rainfall according to Larry Kilgore, director, Directorate of Plans, Training, Mobilization and Security.

Caserma Ederle officials closed nearly all offices and services on Caserma Ederle early Nov. 1 and for the entire day Nov. 2.

"The Prefect of Vicenza shut down the (city) schools because of the rivers flooding," Kilgore said. "The Crisis Management Team got together and came up with the decision to shut down the school and the post for safety reasons."

An estimated 80 percent of those who



Photo by Jim McGee

City police check streets and assist in downtown Vicenza after heavy rainfall caused flooding in Vicenza and the surrounding area Monday and Tuesday. More photos of the flooding and clean-up efforts can be seen at U.S. Army Africa's Flickr page at www.flickr.com/photos/usarmyafrika, and on USAG Vicenza's and AFN Vicenza's Facebook pages.

work on the installation either could not make it to their work place or it would have taken them between two to four hours to find alternate routes around flooding, according

to the Crisis Management Team's Nov. 1 meeting notes.

The flooding impacted the Vicenza
See FLOODING, Page 3

Battlemind: Soldiers urged to 'find restoration' during post-deployment challenges



Photo by Annette Fournier

Raygan Segars, 4, hugs her father, Spc. Edward Segars, Oct. 21 at Hoekstra Field at the homecoming of Soldiers from the 173rd Airborne Brigade Combat Team. Bonding and communicating with family members are both recommended as ways to speed the return to life in garrison after a deployment.

Continued from Page 1

However, as time passes, the emotional high fades. In the realizing changes phase, both the Soldier and family find that things and people have changed, and there may be unresolved business from before the deployment. People begin working through those challenges during the negotiating changes phase. Thomison said confronting difficulties is to be expected.

"That is fine," he said. "It is normal. It is time to constructively deal and adjust to being home. By staying positive, being a good listener, and keeping solution focused, you can come out even better. If you need help, just ask."

Dr. Deanna Beech, U.S. Army Health Clinic Vicenza Behavioral Health, agreed.

"Remember that they're likely to come back jumpy, irritable, and having trouble sleeping" she said. "They're coming back from combat. The best thing is to remember that it is a post-deployment reaction phase and it does pass."

Talking (things) out with those who have 'been there done that' is a phenomenal accelerator for healing.

**Chap. (Maj.) Douglas Thomison
USAG Vicenza Family Life Chaplain**

During the final stage of reintegration, families enter a "new normal" phase. This is when families can understand that things have changed during their time apart and accept it.

Thomison recommends a few ways to promote positive reintegration and a healthy emotional well being.

"Talking (things) out with those who have 'been there done that' is a phenomenal accelerator for healing. Informal sharing as well as formal support groups are often cited as one of the most productive (ways) Soldiers and families can lead themselves to better post-deployment health," Thomison said.

He also recommends maintaining or developing meaningful spiritual connections through faith. Another way to ease reintegration troubles is to "Cultivate strong, positive

relationships, particularly with one's parents and spouse," he said. "Find restoration."

Beech encouraged Soldiers to use post resources to help ease their transition.

"There are things you can do to accelerate getting back into a more normal baseline," she said. "Exercise and communicating are important. Mostly its cardio, cardio, cardio."

Beech said The Wellness Center offers biofeedback to help Soldiers learn to relax.

"ACS and Behavioral Health have classes on resiliency, and even just going out and doing social activities through Outdoor Recreation or the BOSS program can be a way to get yourself out of a rut," she said. "If things aren't settling down after awhile, then there are a lot of resources across post. Take advantage of them."

Vicenza's Dining Facility awarded at Europe culinary competition

USAREUR Public Affairs

Several U.S. Army Europe and Installation Management Command-Europe food service personnel and dining facilities received awards for achievements at the 43rd Annual Food Service Awards ceremony at Patrick Henry Village in Heidelberg, Germany, Oct. 28.

USAG Vicenza's South of the Alps Dining Facility took second place in the USAREUR/IMCOM-E level Philip A. Connelly Awards for food service for the large garrison dining facility category.

The awards program "recognizes the

teamwork, professionalism, service and the quality that our dining facilities have, and continue to improve on," said Brig. Gen. Paul Wentz, USAREUR's deputy chief of staff for logistics.

The four teams that earned Connelly awards competed in a field of 27 dining facilities across Europe, Wentz said.

The dining facilities competing for the Connelly awards were evaluated in several areas, including food preparation, taste, nutrition, service and sanitation during evaluations earlier this year.

"Without great dining facilities we would struggle to maintain the great Soldiers that we have, so thank you for

what you do, and continue to do, for our Army," Wentz said.

Winners of the USAREUR-level awards will go on to compete at the Department of the Army level in December.

The U.S. Army Garrison Grafenwoehr Dining Facility took first place in the large garrison dining facility category.

The small garrison dining facility category first place award went to 1st Battalion, 10th Special Forces Dining Facility, U.S. Army Garrison Stuttgart, and second place to the Warrior Sports Café Dining Facility at U.S. Army Garrison Hohenfels.



Photo by Sgt. Daniel J. Nichols

The Vicenza DFAC took second place for large garrison dining facilities at the 43rd Annual Food Service Awards ceremony in Germany Oct. 28.

Speak Out

What is your favorite thing about autumn?



Pino Imbesi
Ciao Café

"My favorite thing is the color of the leaves. In autumn the trees look wonderful."



Cara Panzarella-Tarr
ACS

"Drinking hot cider, Halloween and my son's birthday!"



Staff Sgt. Rei Gotierrez
USAHC-Vicenza

"The changing of the leaves to yellow, orange and brown is my favorite."



Angelo Sibilla
Education Center

"The smell of chestnuts roasting on an open fire; it reminds me of my childhood."



Tashunda Vaughn
USARAF

"I love the fall scenery with all the colors and natural beauty."

by Sasha Sibilla

Flooding: U.S. provides sandbags for Italian military's relief efforts

continued from Page 1

downtown area, Torri di Quartesolo and Longare greatly, according to Kilgore.

"Those areas were hit hard," he said.

Water also shut down sections of the Autostrada and tangenziale, and numerous bridges and outlying roads. The roads surrounding Caserma Ederle stayed fairly clear, with the exception of high-water in isolated areas.

American residents shared their own flooding photos on the USAG Vicenza and AFN Vicenza Facebook pages. AFN reporters posted videos, including those taken with cell phones, to update community members.

Staff Sgt. Alejandro Briceno, AFN Vicenza, was out covering events.

"In one particular location, the water was over its banks on the west side of the river and surrounded an apartment building's first floor," Briceno said. "You could see a man in his second floor window looking below at the water. The last time I saw anything like that was when I deployed in support of Hurricane Rita relief efforts."

Robert Burns, U.S. Army Africa, lives in downtown Vicenza and said four feet of water covered the entrance to his building and half of his car.

"I woke up and my power was off," Burns said. "Then I looked out the window and saw a river. It was surreal.

As the water got higher and higher, I started to wonder what I would do if the levels continued to rise. The water was rushing as fast as the river. It was a little traumatic. The water was rushing so fast that I couldn't have gotten out if I wanted to."

Caserma Ederle community members headed to the homes of friends and co-workers, especially in the Torri area, to help families move furniture and clean up, Kilgore said. Other community members helped downtown business owners and residents to bail water out from businesses, homes and garages.

Kilgore said the Crisis and Consequence Management Teams performed well.

"This helped test our emergency abilities," Kilgore said. "For instance, emergency essential personnel who work at Longare were able to come to Caserma Ederle to work."

Throughout the closure, the shoppettes on Villaggio and main post, the Ederle Inn, the Benincaso Birthing Pavilion and the DFAC remained open. Emergency essential personnel still reported to the Caserma to keep services running.

More photos of flooding can be seen at U.S. Army Africa's Flickr page at www.flickr.com/photos/usarmyafrika or at AFN Vicenza's and USAG Vicenza's Facebook pages.



Photo by Laura Kreider

Caporale Giovanni D'Altorio (right) passes sandbags to 1st Caporal Maggiore Pietro Pinnola in the Vicenza commissary parking lot Wednesday. The two Italian Soldiers from the Reggimento Genio Ferrovieri, a unit located in Castel Maggiore near Bologna, unloaded 4,000 sandbags and transferred them to a truck to be distributed in the Vicenza area to help avert flood waters.



Photo by Elena Zancan

Muddy waters cover part of Via Colderuga near Longare.

As the water got higher and higher, I started to wonder what I would do if the levels continued to rise. The water was rushing as fast as the river.

Robert Burns
U.S. Army Africa employee



Photo by Spc. Jason Anderson

Staff Sgt. Alejandro Briceno and Staff Sgt. Clinton Carroll, both of AFN Vicenza, stand near a the flooded river passing under a bridge on Via Roma in Torri di Quartesolo.



Photo courtesy of Staff Sgt. Timothy Fisher

Water invades streets in downtown Vicenza at Piazza 20 Settembre.

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

USAG Vicenza Commander and Publisher
Col. Erik Daiga

USAG Vicenza Public Affairs Officer
Grant Sattler

Editor
Annette Fournier

Photojournalist
Laura Kreider

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Do you want to introduce a new employee to the community? Email us at editor@eur.army.mil to suggest personnel to feature in the *At Your Service* column or to submit stories or photographs for publication.

Community Camera

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

Photos by Laura Kreider

Halloween serves up sweet times:

(Right and lower left) Hundreds of Italian community members headed to Villaggio for Trick-or-Treating Friday. The event followed the Halloween Carnival, which included several activities at the Villaggio teen center, such as Halloween Twister, musical chairs, a mad scientist laboratory, a fortune teller and a costume fashion show.

(Lower right) Volunteers from the Vicenza military community assisted at a Halloween party organized by the USAG Vicenza Public Affairs Office at the La Fraglia Cooperative for disabled persons Oct. 30. This year, 25 volunteers participated, among them a group of Girls Scouts accompanied by their leaders and parents. Besides the traditional Trick-or-Treating, there was also a pumpkin carving contest.



Red-Ribbon Week: Cheryl Davis with the Army Substance Abuse and Prevention office and students from Vicenza High School prepare for the Red Ribbon Week kick-off event Oct. 23. The event featured a balloon fest and games for families at the football field and free bowling at the Arena.

The high school held a "Splat Out Drugs" game Oct. 26 and a Red Fashion Show Oct. 28. The middle school held a Spirit Week with a Pop Art Competition. The winners received savings bonds from Global Credit Union. The Red Ribbon Week activities were planned by the Army Substance Abuse Program, ASACS and Project T.R.U.S.T.

VCC Bazaar: Eleven-year-old Shalesa McLeod (right) and her mother Ginger try on some of the Venetian masks while shopping at the annual Festa Italia Bazaar held at the Vicenza post gym Saturday. Many community members visited the bazaar, which was also located at the Luna Bubble and the teen center.



10-Miler Team: The U.S. Army Africa 10-Miler team pose for a picture in the USARAF Chief of Staff's office Oct. 19. From left are: Lt. Col. Stephanie Tutton, Sgt. 1st Class Kyle Davis, Staff Sgt. Tasha Falcon, Sgt. Maj. Osvaldo Del Hoyo, 1st Sgt. Fidelis Etim, Capt. Amanda Miller, Sgt. Jason Marshall, Maj. Rachelle Hathaway and Col. Marcus De Oliveira, USARAF COS. Del Hoyo, President AUSA Mediterranean Chapter, presented the team with a set of warm-ups on behalf of the Chapter, and Oliveira gave the team a motivational pep talk before they departed to Washington, D.C. Team members Capt. Adolph Dubose and Staff Sgt. Rosemary Hernandez-Oglesby were not available for the photo. The team members trained for almost three months, logging an average of 30-40 miles a week. The men's team placed in the top 10 percent and the women finished in the top 25 percent.

New menus promote healthier workforce

Story and photo by
CHIARA MATTIROLO
USAG Livorno Public Affairs

The Camp Darby Italian mensa recently unveiled a new lunch menu that focuses on a proper nutritional balance while maintaining a pleasant taste.

“We thought that after many years of service we needed to upgrade the menus we offer, so we collaborated with Dr. Gloria Marchetti, a biologist and nutritionist, to renovate the menu,” said Federica Ardisson, mensa contract owner.

Ardisson added that the new menu is dominated by seafood, and only extra virgin oil is used, even for cooking purposes, and all vegetables are now steamed instead of boiled so they maintain the maximum amount of the nutritional elements.

“When we prepared vegetable soups we used to lightly fry the onion, carrots, and celery in oil, making the “soffritto” before adding water and all the other ingredients,” said Monica Bertocchini, head cook. “Now we want to keep our food lighter so we avoid the soffritto and just put the ingredients in water, adding oil at the end of the cooking process.”

The new healthy menu requires a little



Monica Bertocchini, head cook at the Italian mensa, prepares a healthy version of minestrone, vegetable soup, as part of the new healthier menu.

more work from the mensa personnel, but they are glad to do a good job and meet the increasing requests for diet food.

“Our personnel cleaned 40 kilos of squids for 400 people. The quality of those is much superior and the squid are bigger and more tasteful,” said Ardisson.

One customer, Massimo Carpina, said he especially enjoyed the new vegetable soup, which he felt tasted fresh and with

no additives.

To ensure the lunchtime crowds enjoy the healthier food, a questionnaire prepared by the nutritionist will be distributed at the mensa in late November.

“We want our customers to feel free to express their opinions and needs so that we can tailor more pleasing menus in the future while maintaining a focus on help(ing) keep the Camp Darby workforce healthy,” said Ardisson.

Darby Dates

Visit the community calendar for upcoming event and details at
www.usag.livorno.army.mil

Veterans Day Ceremony

The Florence American Cemetery will honor veterans at a ceremony Nov. 11 at 11 a.m. The ceremony is open to the public.

Italian Ceramics trip

Join the Camp Darby FRG, the Spouses Club and Friends of Camp Darby for a ceramics trip to Nove Nov. 11. Call 633-7084.

Library grand opening

Come see the newly renovated library at their grand opening Nov. 8 at 10 a.m.

Safety Day

Nov. 10 is USAG Livorno Safety Stand-Down day. Visit the safety web page for a complete list of events.

Commissary hours

The commissary will be open Nov. 11 for normal hours and Nov. 25, 9 a.m.- 2 p.m.

ACS classes

Join ACS for the Interview workshop Nov. 9 at 3 p.m.
Deployed Spouses Support Group is Nov. 10 at 5 p.m.
Couples Communication is set Nov. 16 at 4:30 p.m.
Call 633-7084 to sign up.

SAS/Ys

Parents' Night Out is Nov. 19.
YS Kickback Night is Nov. 19.

Fitness Center

On Nov. 18, the Fun Run begins at 7 a.m. and the Health and Wellness Fair is 8 a.m.- 3:30 p.m.
A 5K Turkey Trot is Nov. 24 at 7:30 a.m.

ITR trips

Visit the Barberino Outlet Nov. 11, the Gigi Mall Nov. 20, the Ferrari Museum Nov. 25, Rome Nov. 27 or Florence Nov. 28

ODR trips

Spend Thanksgiving skiing the Matterhorn. Call 633-7775 for details.

Darby Community Club

Veteran's Nacho Bar is Nov. 12. Right Arm night and Texas Hold 'em are Nov. 19. Bikes n blues night is Nov. 20.

Religious Activities

Audition for the Chapel Christmas play Nov. 17.
On Nov. 18, join the pilgrimage to Montenero. For details, call the chapel at 633-7267
9:40 a.m. Catholic reconciliation
10 a.m. Catholic Mass
11:15 a.m. Protestant worship
10 a.m. Protestant Sunday school
11:15 a.m.: Catholic CCD

Ghosts, Goblins enjoy Darby Trick or Treat



(Clockwise from top) Better Opportunities for Single Service members volunteer to paint faces at the community-wide Halloween celebration; a Health Clinic Soldier dares children to grab a treat before a skeleton hand grabs them; Units and offices around Camp Darby decorate their areas and handed out treats to children; a monkey tries to go on the run during the Trunk or Treat Festival hosted by Youth Services Oct. 29.

Photos by Joyce Costello



Vicenza Wellness Expo:

The Benè Wellness Expo is Friday, Saturday and Sunday in Vicenza at Viale dell'Oreficeria, 16. The Expo features wellness tourism, information on spa resorts, eco-wellness resorts, beauty and technology. Times are Friday 2 p.m.-midnight, Saturday and Sunday 10 a.m.-7 p.m. and Monday 10 a.m.- 5 p.m. Admission fee is € 12 or reduced, €8. Children younger than 14 are admitted free. Check out other things to do this weekend below.

Courtesy photo



Macy Gray: Nov. 14 in Milan, Alcatraz; Nov. 15 in Florence, Teatro Saschall.

Joe Satriani: Nov. 11 in Milan, Alcatraz Club; Nov. 12 in Padova, Gran Teatro.

Swan Lake by Matthew Bourne: Nov. 17-21 in Milan, Teatro degli Arcimboldi.

Emerson & Lake: Nov. 19 in Rome, Auditorium conciliazione; Nov. 21 in Milan, Conservatorio; Nov. 26 in Padova, Gran Teatro.

Simply Red's Farewell, The Final Tour: Nov. 20 in Milan, at the Mediolanum Forum.

Adam Lambert: Nov. 24 in Milan.

Shakira: Nov. 27 in Torino, Palaolimpico.

Kings of Leon: Dec. 3 in Bologna, Futurshow Station.

30 Seconds to Mars: Dec. 8 in Bologna, Paladonna.

Local festivals & shows

San Martino Festival:

Friday – Sunday in Quinto Vicentino, Villa Ca' Prigioni, Via Monte Grappa 30, about five miles northeast of Vicenza.

♦ Friday: 9 a.m. - 5 p.m., guided visits to the vegetal labyrinth.

♦ Saturday: 2 – 9 p.m., visit the Ca' Prigioni Villa; 2:30 p.m. farming workshops; 6:30 p.m. typical farmer dinner. Cost is €15 and €10 for children.

To reserve, call 0444-356-053. For help, call Anna Terracino at 634-7169 or e-mail anna.terracino@eur.army.mil.

♦ Sunday: 10 a.m. – 9 p.m., local products and crafts exhibit and sale; noon: food booths open; 2:30 p.m.: historical parades with re-enactment of the Roman period, the Middle Ages and from 1900 to present.

Festa dei Ossi de Mascio:

"Pig bones festival" held Saturday and Sunday in Sarego in a heated tent in Piazza Don Stefano Lago, about 16 miles southwest of Vicenza. Food booths featuring risotto with tastasale (minced pork, garlic and rosemary), pork sausage and pig bones open Saturday at 6:30 p.m. and on Sunday at 12:30 p.m.

Chestnut Walk:

Sunday in Castegnero, about nine miles south of Vicenza, featuring 6K, 10K, or 20K non-competitive walk. Walk begins at 8 a.m. from Piazza Mercato. Registration fee is € 2.

International Horse Festival and Line Dance Grand Prix:

Nov. 4 through Sunday in Verona, Viale del Lavoro 8, about 38 miles west of Vicenza. Western lifestyle clothing and accessories; Country music with Super DJ and live bands; Country dance competition; huge saloon with Tex-Mex food and drinks and beers.

Admission fee is €22 or €17 for children 6-12.

For a detailed program in English and to purchase online discount tickets, visit www.feracavalli.it/en/biglietteria/.

Benè Wellness Expo:

Expo in Vicenza, Viale dell'Oreficeria, 16, Friday 2 p.m.-midnight; Saturday and Sunday 10 a.m.-7 p.m.; Monday 10 a.m.- 5 p.m. Features wellness tourism, Spa resorts, eco-wellness resorts, beauty and technology. Admission fee is € 12, or reduced €8. Children younger than 14 are admitted free.

Antique market:

Sunday 8 a.m. - 6 p.m. in Noventa Vicentina, Piazza IV Novembre, about 20 miles east of Vicenza.

Regional Italian food and wine exhibit / sale:

Friday - Sunday, 10 a.m.-8 p.m. in Vicenza, Piazza dei Signori. On Saturday, 11 a.m.-noon and 4:30-6 p.m., free cheese making workshop for children and their parents.

Antique and collectors market:

Saturday, 8 a.m. - 7 p.m. in Thiene, Piazza Chilesotti and Corso Garibaldi, about 18 miles north of Vicenza.

Local products and crafts exhibit and sale:

Sunday, 10 a.m. – 6 p.m., in Zugliano, about 15 miles north of Vicenza.

FREE concerts, exhibits & events

Fotoberfest – photo exhibits, in Vicenza:

♦ Fashion Café, Contrà Mure Pallamaio, 7 a.m. -7 p.m., closed on Sunday; "England and Wales" by Marco Pieropan, ongoing through Nov. 12; "Travel journal" by Mariangela Anaclerio, Nov. 13-30;

♦ Novearti bookstore, Piazza Biade 11, Tuesday - Saturday 9 a.m. – noon and 3:30-7:30 p.m.; Monday and Sunday 3:30-7:30

p.m.; "2010 Memorial Day" by Rinaldo Todescato, Friday. "Photos between the lines" by Valentino Follador, Saturday - Nov. 28.

♦ Radio Varsavia, Contrà Piazza del Castello 3/A, Tuesday - Saturday, 9 a.m. - noon and 3:30-7:30 p.m.; Monday and Sunday 3:30 - 7:30 p.m. "Britain" by Lucio Frigo, Friday; "Live in Vicenza 2010" by Antonio Cunico, Saturday through Nov. 12; "Manhattan" by Adalberto Zanella, Nov. 12-30.

♦ Tao – Pietre, arte & alchimia, Stradella S. Barbara 1/B; Tuesday-Saturday 9 a.m. - noon and 4-7 p.m.; Monday 4-7 p.m.: "Algeria" by Renato Freddolini, ongoing through Nov. 4. "Places I've done time" by Luke Wynne, Nov. 6-27.

♦ Il Grottino Pub, Piazza delle Erbe 1, daily 5 p.m. - 2 a.m. "Ireland under the clouds" by Maurizio Cucchiara, Friday. "Alaska" by Samuele Boldrin, Saturday - Nov. 28.

♦ Villa Lattes, Via Tahon di Revel, Monday and Friday 9 a.m. – noon; Tuesday and Thursday 3 - 6 p.m.; Saturday and Sunday 4 - 6:30 p.m.; "Creativity" and "Life of the Ganges River" by Giulio Montini, ongoing through Monday. "Veneto photo almanac" by Giorgio Bertonecello, Tuesday - Nov. 21.

Oriental

Transparencies:

Glass painting exhibit ongoing through Sunday, in Vicenza, Scaletta 62, Contrà Porta Santa Lucia, 62. Wednesdays - Saturdays 4:40-7 p.m.

Musical performances:

Lester and the Landslide Ladies, Acoustic night, Nov. 4, 9 p.m., Sabotage Bar, Via dell'Industria 121, Vicenza.

Devoid: metal music, Friday 10 p.m., Sabotage Bar, Via dell'Industria 121, Vicenza.

Laudate Dominum in chordis et Organo, classical music Saturday, 7 p.m., in Vicenza, San Filippo Neri Church, Corso Palladio, 32.

Autumn Concert: Saturday 9 p.m. in Vicenza, San Paolo Church,

Viale G. Carducci, 13. Music by Venosa, Mendelssohn, Anton Bruckner, Arvo Part.

Conservatory students' in concert: Saturday, 5 p.m., in Vicenza, Conservatory, San Domenico Room, Contrà San Domenico 33. Music by Grieg, Nielsen and Lakeu.

Between London and Venice: classical music concert Sunday, 8:45 p.m., in Arcugnano, S. Agostino Church, Viale S. Agostino, about five miles south of Vicenza. Music by Mozart and Galuppi.

Organ Festival: Sunday, 8:45 p.m., in Vicenza, S. Gaetano Church, Corso Palladio 147.

Explore the sky:

Astronomical Observatory of Arcugnano, Tuesday, 8:30 p.m., Via S. Giustina, 127, about five miles south of Vicenza. View the sky and the planets in great detail.

Concerts

Holiday on Ice Tropicana: Friday-Sunday in Torino, Palatorino.

Sporting events

Wrestling Raw World Tour: Saturday, Assago (Milan), Mediolanum Forum.

For information in English or to purchase tickets online, visit <http://www.ticketone.it/EN/>.

ODR trips

Don't miss out on the year-round tours, trips and events offered by the installation's Family, Morale, Welfare and Recreation's Outdoor Recreation Office:

Ski all weekend in **Solden, Austria** Nov. 11-14. Head to Florence and visit the **World War II War Memorial and Cemetery** on Nov. 14, a new trip with ODR that requires a passport.

Check out these trips and many more activities and events coming up this fall and winter in the Outdoor Recreation schedule available online at www.VicenzaMWR.com or register on MWR Online Services.

Now Showing

Ederle Theater

Thursday	Vampires Suck (PG-13)	6 p.m.
Friday	The Last Exorcism (PG-13)	6 p.m.
	The Expendables (R)	9 p.m.
Saturday	Lottery Ticket (PG-13)	3 p.m.
	Paranormal Activity 2 (R)	6 p.m.
Sunday	Takers (PG-13)	3 p.m.
	Paranormal Activity 2 (R)	6 p.m.
Wed.	The Last Exorcism (PG-13)	6 p.m.
Nov. 11	Vampires Suck (PG-13)	
	Camp Darby Theater	
Friday	Vampires Suck (PG-13)	6 p.m.
Saturday	Red (PG-13)	6 p.m.
Sunday	Nanny McPhee Returns (PG)	1 p.m.
Oct. 29	Hereafter (PG-13)	6 p.m.

Admission: Age 12 and up \$4, under 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 or www.aafes.com/ems/euro/livorno.htm.

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

New to Vicenza?

The Spouse and Family Newcomer Orientation is Friday from 11:45 a.m.-12:45 p.m. ACS provides an overview of programs and services offered to family members. For more information, contact the Relocation Readiness Program at 634-7500/8525.

Meet the Mayors

The community is invited to meet their local mayors and civic leaders, sample local specialties and learn about places to see and things to do in the local area at the Arena Nov. 19 from 10 a.m. -noon. The informal event will feature informational booths from several towns in the area.

The Arena will be closed for other activities and reopen at 4 p.m.

Italian Cooking class

A five-week Italian cooking class begins Nov. 12 at the Arts and Crafts Center. Learn about Italian cooking by making pasta, sauces, antipastos and more.

Car classes

Two Winter Safety Training classes are being offered by the Auto Skills Development Center and sponsored by the 509th Signal Battalion.

Snow Chain Training - Nov. 10 from 10 - 11 a.m. and 2 - 3 p.m.

Winter Car Care Tips for Women (Lunch and Learn) - Nov. 16 from 11 a.m. - noon.

Those interested must make reservations by calling 634-5033. Students should bring their car and snow chains to the Auto Skills Development Center.

Job Opportunities

The Directorate of Family and MWR is looking for people to join their team. The current positions available are: Child & Youth Program assistant for the Homework Center (flex schedule), lead Child and Youth Program assistant (part time) with SAC and a financial assistant (part time).

For information or to apply for these or other NAF positions call 634-7349 or visit www.vicenzaMWR.com and click on the Jobs tab.

Basketball & cheering

Basketball and cheerleading enrollment is Nov. 15 - Dec. 8 for children ages 3-15. Register at CYSS Parent Central Services Office at Davis Hall, Bldg 108. Space is limited. At the time of enrollment CYSS registration must be valid through the end of the season, which is Jan. 12 - Feb. 26. Practice will begin around the last week of December.

Call 634- 6151 for information.

ACS

The community is invited Nov. 17 at 3:30 p.m. to the ACS lobby for the Angel Tree Opening Ceremony. Give a holiday present to a child in the USAG Vicenza Community who might otherwise go without. For more info call 634-7500.

AFTB Level II

Army Family Team Building Level II is Nov. 17-19, 8:30 a.m. - 2:30 p.m. Join AFTB and learn how

to improve your communication skills, personal relationships, as well as learn stress managements skills. Discover how teams form and grow, how to solve problems, and how to resolve personal conflict. For more information, call ACS at 634-7500.

Building Relationships

Building a Stronger Relationship with your Child through Play (Clay art totem pole making) is Nov 18, 2:30 - 3:30 p.m. This workshop gives an opportunity to engage in hands-on and interactive activities that promote communication, teamwork and bonding.

Activities will range from creating family mosaics to participating in family challenges. Every month a new activity will be introduced. This class is open for families with children pre-school to teen. Class size is limited. For more information contact FAP at 634-7500.

Holiday Sewing

Create a holiday table runner and napkin set Saturday as part of the Holiday Sewing offerings at the Arts and Crafts Center. Contact CYSS regarding Saturday hourly childcare available at the CDC.

Bowl for a buck

Every Monday in November Bowl for \$1 a game Mondays 11 a.m. - 2 p.m. Throw three strikes in one game and win a coupon for \$1 off your next game on a Friday or Saturday, valid until Dec 31.

Free legal help

Navigating the MEB-PEB process is complicated, but free legal help is available. Visit the USAG Vicenza homepage at <http://www.usag.vicenza.army.mil> and click on "Hot Topics" to review the full news article.

Dental Clinic November Hours

The Dental Clinic sick call hours for the month of November will be temporarily changed to the afternoons Mondays through Fridays from 12:30-2:30 p.m. due

to mission requirements. After November, Dental Clinic sick call hours will return to 8:30 - 10:30 a.m. Mondays, Tuesdays, Wednesdays and Fridays, and 12:30-2 p.m. on Thursdays.

Health Center November Hours

During November, the Health Center may be closed between the hours of 7 a.m. and 1 p.m. for Soldier reintegration. All non-reintegration needs (including pharmacy) will be addressed in the afternoon.

We apologize for any inconvenience this may cause.

For emergencies, call 118 or 99-118 from post. For medical advice, call the 24-hour Nurse Advice Line at 800-877-660. For the San Bertolo Patient Liaisons, call 0444-75-3300. For the clinic patient advocate, call 0444-61-9106.

The Benincaso Women's Center (Labor and Delivery) operations will not be affected.

Birth Control

Women interested in starting or renewing a birth control prescription can call the GYN Clinic at 636-9000. Press 2 for the Benincaso Women's Center, then 2 again for the OB/GYN clinic.

FMWR wants feedback

Help FMWR serve you better. Take a short survey at www.vicenzamwr.com/library.html.

Photography class

Sign up for one of two photography classes being offered Wednesdays in November at the Arts and Crafts Center and enter the 2010 Army Photography Contest by Nov. 30.

Join the Boy Scouts

Boy Scout Troop 295 meetings are every Tuesday from 5:45-7 p.m. in the Vicenza High School cafeteria. All boys ages 11-18 are invited to join and experience fun and adventure while learning valuable life and leadership skills.

For information, call Philip

Bonney at 327-130-8933 or Rich Price at 634-8082 or 347-289-6163.

Homeschool Events

■ Every Monday in November, Art Enrichment

■ Every Friday in November, Italian Enrichment

■ Nov. 11, Field Trip Bonamini
■ Nov. 18, Swim Social 2 - 4 p.m.

■ Nov. 24, Field Trip Pewter Workshop

■ Dec. 3, Mom's Night Out
For more information contact vicenzahomeschoolconnection@yahoo.com or see vicenzahomeschoolconnection.com.

USARAF FRG

USARAF's next FRG meeting will be Monday from noon - 1:30 p.m. at the Vicenza Arts and Crafts Center. Door prizes and lunch provided. RSVP by Nov. 4 to Tashunda Vaughn at 0444-71-6084 / 634-6084 or e-mail tashunda.s.vaughn@eur.army.mil.

Master's Degree Programs

The University of Phoenix offers master's programs in MBA, MAED, classroom or online. Classes are 6-weeks long and offer continuous enrollments. Most students can complete their MBA or MAED in less than two years. For more info, call at 634-8928 or e-mail Sarah.Foley@phoenix.edu.

Runners Club

The new Fleet Feet Running Club is seeking community members of all skill levels. For info, e-mail fleetfeetrunningclub@googlemail.com.

Community Calendar Highlights

Friday: Newcomer Orientation

Nov. 11: Veterans Day (Federal holiday)

Nov. 17: Angel Tree opening

Nov. 25: Thanksgiving Day (Federal holiday & LN employee day of rest)



Photo by Laura Kreider

Retiree Appreciation: Jennifer Collins, Vicenza Health Center Family Medicine nurse, checks the blood pressure of Dennis Severson during Retiree Appreciation Day held at the Luna Bubble Oct. 28. This year, more than 100 retirees took advantage of the many information booths and services set up for the event. They could also receive their flu shoot. The event ended with a barbecue held behind the facility.

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 (Daily Mass is held weekdays at noon)

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

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

11 a.m.: Protestant worship

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

5 p.m.: Contemporary Christian service

Mondays

Noon: LDS scripture study

Tuesdays

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

Wednesdays

3 p.m.: Praise dance practice

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

5 p.m.: Contemporary Praise band practice

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 September-May. Call 340-139-4073 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

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. downtown. Scripture study held Mondays, noon-1 p.m. at chapel.

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 noon on Monday, or by 4 p.m Friday if Monday is a holiday.



CYSS soccer running full steam: Brazilians Team player Joseph Adams (#6) prepares to pass to Ian Christie while Antonio Segura (right) plays as a defense opponent during the CYSS soccer practice held at the multipurpose field Oct. 21. The Brazilians team has two coaches, Julia Sibilla and John Segura. Both want to make sure that the kids always have fun on the field. "The kids have really worked hard at practice to develop new skills and learn the fundamentals of the game," said Sibilla. "We had a slow start but have really picked up momentum and have developed into quite a good team," she added. "They [kids] really enjoy and have fun with each other and are true teammates," said Segura. The Vicenza CYSS Soccer Junior Championship game is Saturday at 9 a.m. at the post soccer field. The game will determine who goes to the Eastern IMCOM-Europe Championship Nov. 13 and 14 at Vicenza.

Photo by Laura Kreider

10-Miler includes first time Wounded Warriors division

By Alexandra Hemmerly-Brown & Gary Sheftick
U.S. Army News Service

More than 50 wounded, visually impaired and amputee athletes signed up for the 2010 Army 10-Miler Oct. 24, competing against each other in categories of their own for the first time.

The largest 10-mile road race in the world attracted 30,000 American and international runners, and although participants with injuries have participated in past years, the growing number of wounded service members interested in the race spurred the creation of their own division.

"The ATM is moving in the right direction," said Capt. Ivan Castro, a blind Soldier who has been encouraging fellow blind runners to join him in races such as the 10-Miler.

Castro lost his vision completely four years ago when two mortars exploded nearby his position in Iraq. This was his fourth 10-Miler, and he's also completed a dozen marathons, plus a 50-mile run and a 400-mile bike course.

Another visually-impaired runner, Capt. Joe Bogart, was one of three wounded warriors with limited sight who competed in the race Sunday.

An IED destroyed one of his eyes and injured the other while he was deployed to Iraq. Yet Bogart now commands C Company, 35th Engineers at Fort Leonard Wood, Mo., and last year completed a second tour in Iraq.

Bogart said he lost his guide after the first mile of the race and completed the last nine miles on his own.

Even recent surgeries couldn't keep one female Soldier off the track.

1st Lt. Bergan Flannigan of Tupper Lake, N.Y., was the second woman to finish in the hand-cycle category with a time of 1 hour, 1 minute and 54 seconds. Flannigan, who underwent three surgeries just three weeks ago, lost her right leg to an IED while on patrol in Kandahar, Afghanistan.

It was one of Flannigan's occupational therapists who encouraged her to take part in the 10-Miler.



Photos by Alexandra Hemmerly-Brown

Above, 1st Lt. Bergan Flannigan crosses the finish line at the Army 10-Miler in Washington, D.C., Oct. 24. The race was Flannigan's first using a racing bike after losing her right leg to an improvised explosive device in Afghanistan in February. Below, Neal Cabanting crosses the finish line Sunday in just over 58 minutes.

"It feels good," Flannigan said. "That last mile was a killer though."

"It's amazing. She's always been somebody that if she tells you she's going to do something, she's always going to surpass what you've expected," said Elizabeth Bierwirth, Flannigan's cousin who cheered her on.

Retired Staff Sgt. Nick McCoy, from Redding, Pa., also competed using a racing bike. He lost parts of both his legs while on patrol in Iraq to an IED.

Another Soldier, Sgt. Jack Schumacher, 26, lost his leg 17 months ago from an rocket-propelled grenade attack in Afghanistan. This was his first time running a race since the injury and he said people cheered him all along the route.

Schumacher said he went from not being able to walk a year ago to running 10 miles with help from a prosthetic running leg Sunday.

Chris Self finished first in the wheelchair category with a time of 34:20. He completed the race almost 13 minutes faster than the first of almost 30,000 able-



bodied runners.

Joseph Bemfohr finished first in the wheelchair hand-cycle category, coming in at 37:22. Rory Cooper finished just two seconds later at 37:24 and Stephanie Mason came in third place at 42 minutes flat.

Men's Basketball

The community is invited to the Vicenza vs. Padova men's basketball game Nov. 17 at 8 p.m. in Post Gym Basketball Court. For more information on the Host Nation Community Relations Program, call Shay Morris, program manager, at 634-8879.

Turkey Trot

Join our Italian neighbors for the "Turkey Trot", a 4K run around Lago di Fimon, Nov. 13 at 8 a.m. The first 35 runners to sign up on site will receive a T-shirt. Call 634-6240 for more information.

Lion Strong to end

The Lion Strong incentive program will officially end Nov. 11. For information, call 634-6530.

CYSS basketball & cheerleading sign-ups

Basketball and cheerleading enrollment is Nov. 15 - Dec. 8 for ages 3-15. Register at the CYSS Parent Central Services Office at Davis Hall. Space is limited. CYSS registration must be valid through the end of the season, which is Jan. 12-Feb. 26. Practice will begin around the last week of December.

Call 634-6151 for information.

Register now for basketball season

Registration for the upcoming basketball season runs through Nov. 17. The season starts Nov. 24. Register by calling 634-7009.

Get in prime shape for ski, snowboard season

Skiers and snowboarders can join coached workouts in preparation for the snow season. Workouts will take place at the fitness center Tuesdays at noon. Call 634-6240 for more information.

Become a CYSS coach today

Potential coaches must pass a background check, and will receive training and certification.

Contact 634-6151, alex.ruiz5@eur.army.mil or sky.clarke@eur.army.mil more for information.

Unit/rec play set at post fitness center

Basketball: 11:45 a.m.-1:30 p.m. every Monday, Wednesday and Friday for six or more players.

Volleyball: 6:30 p.m. every Tuesday for 8 or more players.

Men's Soccer: 7-8:30 p.m. every Tuesday and Thursday for 11 or more players.

Women's Soccer: 5:30-7 p.m. every Tuesday for 8 or more players. Call 634-7009.