



SCHOOL NEWS

Parents and students: The Vicenza Middle/High School open house will take place today from 4:45-5:30 p.m.

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What you need to know

Are you the caregiver
for a person with
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Certified maintains
3-year winning streak:
dominates 509th Signal
53-36, SETAF65-46



Refund expired gas coupons

AAFES news release

All POL coupons will expire Sept. 30 in Vicenza and Livorno. Coupons can be refunded for the purchase price at the PX, where your fuel ration card is located, beginning Sept. 28.

Coupons must be in fair condition; the serial number and denomination must be legible. No more than two months ration may be refunded. The last day to refund expired coupons is Nov. 30.

Exceptions will only be granted for

personnel who are deployed during the refund period upon presentation of orders or a letter from the commander.

If any new series of 2009/2010 coupons are sold in September they will be counted against October 2009 rations.

Personnel who are unable to make it to the PX to refund coupons can mail them to:

AAFES Europe Aviano
ATTN: Accounting Office
Unit 6195
APO AE 09601



Photo by Adriane Foss

Expired gas coupons will be turned in for refund as AAFES receives the newly designed coupons. The annual makeover helps protect against fraud and counterfeiting.

1-503 earns Navy Commendation Medal



Distinguished actions during OIFII earns unit time-honored service award

Story and photo by
Pfc. MICHAEL SWORD

It was an early morning for the members of the 1st Battalion, 503rd Infantry Regiment (Airborne), 173rd Airborne Brigade Combat Team, as they

See COMMANDER Page 3

Medical officials: Troops risk permanent damage when they ignore hearing protection

Story and photo by
Spc. OPAL HOOD
5th Mobile PA Detachment

When gearing up for a mission in Afghanistan, a service member wouldn't forget their helmet, gloves, weapon, eye protection or body armor, but what about hearing protection?

According to Air Force Staff Sgt. Lee Adams, an Ear, Nose and Throat technician at Bagram Air Field, more than 50 percent of the patients seen in the ENT walk-in clinics are there for

hearing related issues.

"The first question I ask a patient who comes in with a hearing complaint is 'Were you wearing hearing protection?'" said Air Force Col. Joseph A. Brennan, the ENT doctor here on Bagram. "Since I arrived here in May, I have not had one service member answer yes to that question."

Deployed service members are exposed to many dangers while in combat zones. According to Brennan, many

See WEARING Page 3



Air Force Col. Joseph Brennan, the Ear, Nose, and Throat doctor at the U.S.-run Staff Sgt. Heath N. Craig Joint Theater Hospital, demonstrates how the portable hearing test machine works with the help of Air Force Staff Sgt. Lee Adams, an Ear, Nose, and Throat technician.

Suicide Awareness your duty

National Suicide Prevention Week—Sept. 6-12, 2009

Dr. (Lt. Col.)
BOB MCKENZIE
Chief, Dept. of Behavioral Health
USAG Vicenza

As most people are now aware, suicide rates across the services have been going up over the last several years. Last year marked the highest military

suicide rate in the last three decades. Unfortunately, the trend continues into 2009. This is a trend we need to stop. Suicide destroys families, impacts unit readiness, and decreases a community's overall health and resilience.

There are certain risk factors that may make some individuals more prone to

See DON'T IGNORE Page 3

FOR HELP:
24-Hour
Chaplain
Suicide
Hotline
634-
KARE
(5273)

Respite care available for EFMP caregivers

By SASHA SIBILLA
Contributing writer

Are you the primary caregiver of a child or adult with special needs?

If you need help and a temporary rest period, the Respite Care program may be the answer for you.

The Respite Care program is a component of the Exceptional Family Member Program (EFMP) and provides up to 40 hours of funded respite care monthly for each certified family member.

Care can be provided at the respite care user's home or at other locations such as special needs camps and enrichment programs.

Respite Care is a vital program that decreases family stress, increases family stability and reduces expensive out-of-home placements, thereby contributing to



Photo by Jean Sweeton

EFMP member Lance Deull participates in Caserma Ederle's Respite Care Program.

Soldier readiness. All qualifying families must be enrolled in the EFMP and be on active duty.

The U.S. Army Installation

Management Command published revised guidelines for use of the FY 09 respite care funds on June 11 to further standardize and expedite service delivery

Army-wide. These guidelines became effective Aug. 3.

To learn more about the Respite Care program and to read the new guidelines, visit www.myonearmyonesource.com.

Once into the Web site, click on *Family Programs and Services, Family Programs*, then *EFMP* to visit the *Respite Care program* site. All the new guidelines will be posted along with frequently asked questions.

Families can apply for the Respite Care Program through the ACS EFMP Program.

Call Exceptional Family Member Program manager Frannie Packard at 634-8582 or frances.packard@eur.army.mil, or contact EFMP coordinator Jean Sweeton at 634-7912 or Aekyong.Sweeton@eur.army.mil. They are located at ACS in Davis Hall.

Dietary supplements: Know whether or not to take them

By BARB SCHNEIDER,
RD/LD
USAHC Vicenza

Daily, we can read about some new miracle food or supplement that will make us lose weight, increase energy levels, increase muscle size . . . the list goes on and on.

There are thousands of dietary supplements in today's marketplace. With so many choices and claims, it's difficult to know what might be of help and what to look for in choosing a quality product. First rule of thumb is if it sounds too good to be true, it probably is. There is no one nutrient that is a miracle

cure for what ails you.

Well balanced diet

The science shows us that in most cases, eating a well-balanced, nutrient rich diet is going to provide the nutrients an individual needs. Diets that are rich in fruits, vegetables, whole-grains, low-fat dairy products and lean proteins will meet the needs of most individuals.

There are some stages of the life-cycle and medical conditions that are an exception to this.

For example, pregnant women should take a daily prenatal vitamin. The calorie needs for pregnancy are not much higher, but the needs of

certain nutrients are.

Also, adults consuming less than 1600 calories per day will most likely not get all of the nutrients they need from their food alone and would benefit from a general multivitamin.

Tips to follow

If you plan on taking supplements, here are some guidelines to help you make the best choices:

- With the exception of a multivitamin, stay away from supplements that have long ingredient lists. They are less likely to have enough of the ingredient in them to provide the desired effect.

- The next point to consider is whether or not the supplement actually will do what it claims. AKO account holders have free access to the Natural Medicines Comprehensive Database.

The path is: Self-Service, My Medical, ARMY Move, Nutrition Information – you can then scroll down and find the *Natural Medicines Comprehensive Database* link. This site has good information about supplements, their claims and the scientific proof to date.

Another thing to look for on a supplement is the USP verified mark. The United States Pharmacopeia (USP) is a not-

for-profit company who sets quality standards for prescription and over-the-counter medications and dietary supplements. A USP mark indicates the supplement meets the high standards for integrity, purity and potency.

Partner with provider

Remember to always tell your medical provider about the supplements you are taking or considering. This includes herbal products, sports powders, gels, etc. They may interact with the medications you take.

Remember that "natural" doesn't always equal safe, so partner with your provider.

Speak Out

What do you enjoy most about Hispanic Heritage Month? (Sept. 15 - Oct. 15)



Staff Sgt. Patrick Casseus
HHC, 2-503rd

"I helped in some past events. The recent one was while I was deployed to Afghanistan. The food is very delicious. Hispanic cuisine has a variety of food that you have never tasted before."



Pfc. Charity Galle
SETAF G-6

"I enjoyed eating the foods. That is what we did back home to celebrate."



Leith Harris-Gray
Family member

"I enjoy the food and music."



Carmen Rodriguez
Family member

"I like to take part in the events. In the past I have danced Latino dance at the chow hall with Mexican dresses and I also cooked traditional food."



Jennifer and CWO Christopher Storms
HHC, 173rd Abn. Bde.

"We enjoy learning about different cultures, their customs, their music and their foods."

The Noncommissioned Officer PROFILES OF SUCCESS



Sgt. 1st Class Amy Phillips

Unit: 509th Signal Battalion
Current Position: S3 NCOIC
Age: 33

Hometown: La Grange, Ga.,
Years in service: 14

What would surprise people about you: That I have an adventurous, fun side.

Biggest mentor(s) and why: My mother. She taught and showed me the basic fundamentals of life: live, love, and laugh. She has always emphasized the importance of treating people with kindness and respect. She has shown me how to take the bad and turn it into good.

Life's ambition: I have achieved so many goals in my life. Still there is one thing that I would like to accomplish--to become a mother.

Your definition of an NCO: Someone who always does the right thing for the right reason, even when no one is looking.

List of major assignments/deployments: Two tours in Korea, two at Fort McPherson, Fort Drum and two tours here in Vicenza.

Advice for junior Soldiers: What you put into your career is what you get out of it.

Reason for your success: Hard work, dedication, and discipline. I strive for excellence.

Your defining moment as an NCO: Being inducted into the Sergeant Audie Murphy Club.

Visit the Army's Web site dedicated to the Year of the NCO at www.army.mil/YearoftheNCO.



LION SHAKE

A community volunteer feigns injury due to a car explosion during a 2008 emergency response exercise at Caserma Ederle.

USAG Vicenza will conduct emergency response procedures during its annual Lion Shake antiterrorism exercise later this month. Installation and local national officials join forces each year for the realistic training. The exercise will replicate a real emergency and will disrupt normal day-to-day operations. Impacts to community members may include gate closures, restricted vehicle and pedestrian movement on the installation and the temporary closure of some offices and services.

File photo by Laura Kreider

Commander: medal is another achievement in unit's lineage

continued from Page 1

marched to Caserma Ederle's Hoekstra field for an award ceremony Aug. 13.

The battalion was being recognized for earning the Navy Unit Commendation Medal for its actions during Operation Iraqi Freedom II, while attached to the 1st Marine Expeditionary Force, from Aug. 2, 2004 to Feb. 1, 2005.

"This commendation is another achievement in the unit's lineage, steeped with accomplishments dating back to World War II," said Lt. Col. Matthew McFarlane, commander of the 1-503.

The Navy Unit Commendation Medal

is awarded to a detachment or unit that has distinguished itself in action. While attached to the 1st MEF, the 1-503 performed service of a character comparable to service that would merit the award of a Silver Star medal.

This award is indicative of how we are approaching the fight on the ground as a joint, combined team.

"The award is indicative of how we are approaching the fight on the ground as a joint, combined team," said McFarlane. "No matter who we work for, or with, it is about accomplishing the mission and we could not do that without other Army units, our sister services or other allied forces."

Finally, McFarlane reminded the Soldiers that they fight for one another.

Wearing hearing protection crucial for troops

continued from Page 1

troops do not use hearing protection while out on missions, because they feel that the hearing protection affects their ability to do their job and complete their missions.

"I was in Iraq in '04 and '05 in Fallujah with the Marines and the Army's 1st Infantry Division, and we just couldn't get folks to wear their hearing protection," said Brennan.

"We understand. It is like the old Army helmets, Soldiers were complaining they couldn't shoot with them. So even though they offered better protection, which as a doctor is what I care about, the fight is most important," he added.

Visit www.army.mil and click on the HEALTH link for the rest of the story.

Don't ignore suicide warning signs of family, friends

continued from Page 1

suicide, like suffering from depression, or other mental illnesses, abusing alcohol or drugs, experiencing recent losses like a breakup or divorce, or perceiving to have overwhelming occupational or legal problems.

There are also some warning signs we all need to be aware of, like significant changes in a person's behavior, talking or hinting about suicide, increasing their substance use, or giving away their possessions.

If you are seeing these warning signs in yourself, your family, your colleges or your Soldiers, do something.

Act; don't assume someone else will handle it. If you are concerned, ask the person if they are thinking about suicide, asking doesn't increase the risk.

Care for the person, actively listen and calmly control the situation. Then escort that person to the chaplain, their chain of command or the Department of Behavioral Health (634-7604, or off post 0444-71-7604).

One suicide is too many and help is available in our community. You can call the chaplains suicide hotline 24 hours a day at 634-KARE (5273), and they will help you.

You can walk in or escort your buddy to the Behavioral Health Department without an appointment, and we will see you.

In an emergency you can contact the military police for assistance (634-7233/7626 or off post 0444-71-7233/7626). No one has to go it alone.

The Outlook

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U.S. Army Africa Commander
Maj. Gen. William B. Garrett III

USAG Vicenza Commander
and Publisher
Col. Erik Daiga

USAG Vicenza
Public Affairs Officer
Jon Fleshman

Editor
Adriane Foss

Photojournalist
Laura Kreider

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off post at 0444-71-7000 or e-mail: DL_USAG_Vicenza_Outlook_Editor

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At your service Garrison Command



Chuck Walls is USAG Vicenza's new deputy garrison commander. He comes from Fort Benning, Ga., and has been associated with the U.S. Army for more than 33 years both as an Army officer and DA civilian.

He credits any success he's had to the many outstanding leaders he's worked for as well as the tremendous support of all the people he's worked with. Walls is joined in Vicenza by his wife Terry.

"Terry and I were immediately impressed by what a great community we have here in Vicenza," he said.

Walls said the U.S. Army military community in Vicenza is at a major crossroad of growth and development and he is proud to be a part of all that is happening. "Our goal is simple: To make a lasting contribution to this community and to the wonderful people in it."



(Left) Sp. Timothy Donovan hands out food while volunteering at the Vicenza USO. He was recognized as the USO volunteer of the Year for Europe Aug. 23. One day after his Aug. 21 redeployment from a nine-month tour, Donovan jumped back in at the USO to offer his service.



(Left) Sp. Timothy Donovan prepares hot dogs while volunteering at the Vicenza USO. Donovan said he volunteers because he simply likes to help out.

1-503 Soldier named USO volunteer of year for Europe, continuing to give back to community

Story and photos by
LAURA KREIDER
Outlook Staff

On Aug. 21, the day after returning from his nine-month deployment, Sp. Timothy Donovan of Headquarters and Headquarters Company, 1st Battalion 503rd Airborne Battalion Combat Team, spent his free time volunteering.

Recognized

After completing some of his reintegration duties, Donovan headed to the USO in Vicenza where he was submitted for and won 1st Quarter USO volunteer for Europe.

"I started volunteering at the USO a couple of days after I got back in Italy," said Donovan last month.

He arrived in Vicenza for the first time in August 2004 and left in 2006, only to be reassigned to Vicenza in July 2008.

Helping Soldiers

"I decided to go back to Italy; I like being in Europe. I've also got one of the best units in the Army," he said. "I volunteer because I like helping out, and mostly helping Soldiers," he explained.

"Also, Linda Lorenzana (Vicenza USO director at the time) needed a lot of help, so I took a lot off her back," said Donovan.

Deployment

But volunteering for Donovan isn't exclusive to the USO.

He volunteered for his most recent deployment, his second after Operation Enduring

Freedom VI.

"Why did I do it? When I got back to Italy from being cadre for the last year-and-a-half I was ready to go back into the fight, so I volunteered for the unit out of Hohenfels, Germany, for a nine-month deployment," he said.

Community activities

As a USO volunteer, Donovan assists with community activities including Halloween.

He kept the center open for extended hours, especially in the evenings and helped out in between his deployments. Other community events he has devoted his time to include Thanksgiving, Christmas dinners and the July 2008 Back to School bash.

"I had the chance to know

Sp. Timothy Donovan in September 2008," said Vicenza's USO interim director Jake Jacobs.

Would not be possible

"The work of the USO depends on volunteers," explained Jacobs, who feels it is important to recognize the volunteers "because we have a small staff and without their dedication, our work would not be possible."

After being honored as the 1st Quarter Europe USO winner, Donovan received the plaque for the USO Volunteer of the Year for Europe Aug. 23.

"We had a party for him," said Jacobs. "Timothy is a special person and he does what he does for unselfish reasons."

Donovan, who is a squad

leader, has a knack for organizing, and while at the center he said he recruits other volunteers.

"He is a very calm and relaxing person, the type of person who is just a pleasure to work with," said Jacobs.

Before getting ready for the next deployment, Donovan will take leave and spend time with his family back home.

No breaks

"I'll probably do a little traveling," he said. "I will also be helping the USO as much as I can, everyday, but the most important thing I will be doing is getting my squad ready for the next deployment," he said.

"There is going to be no break for me," said Donovan.

Post entomologist keeping it safe with handcrafted trap

Story and photo by
LAURA KREIDER
Outlook Staff

Franco Lidron, the post entomologist has been very busy recently installing a very special type of trap.

After receiving a call by a Caserma Ederle employee who had a troublesome time mowing grass in a fenced-in area on the installation, Lidron responded by strategically positioning a trap in the critical area of a wasp nest.



"A wasp trap—we are talking about the *Vespula vulgaris*, or so-called German wasp—must be placed in the early night hours," he explained.

By between 9 and 10 p.m., most of the wasps have returned to their nest.

"To place the trap, no noise must be made otherwise the sentinel wasps may attack any possible moving target and the risk of multiple stings is very high," he explained. Nests are usually found in flat areas. They are built underground and often where the colony is not likely to be disturbed.

"Normally in late summer a nest can be used by at least 2,000 wasps. Sometimes, there are two or three entrances and the distance between the entrance and the actual nest goes from 10 cm. up to three meters, according to the size of the nest," he said.

"The trap must stay in place for three to four weeks and is handcrafted



Post entomologist Franco Lidron checks a recently installed, handcrafted wasp trap behind Caserma Ederle's Club V Sept. 3. The trap (at left) holds 3,000 wasps.

because no similar traps are on the market," he said.

Advantages of the trap used by Lidron include the area becomes safe after

placing it over the nest, no insecticides are used and the trap can capture more than 3,000 wasps with one trap application.

Online sign-up coming for CYS programs, expected to save time

By **JOYCE COSTELLO**
USAG Livorno Public Affairs

At the end of September, Camp Darby family members will be able to renew and start the registration process for their family members needing Child, Youth and School Services online as part of a test pilot site.

According to the Darby's acting CYSS coordinator, Vicki Long, Livorno and Vicenza are the IMCOM pilot sites for WEBTRAC, a program

designed by Vermont Systems, that will allow parents to perform certain operations online.

"By pre-registering for CYS Services on WEBTRAC, service members will be able to reduce the amount of time they spend in updating household information input and such," said Long. "Plus, parents will be able to register for programs such as Parent's Night Out, Sports Seasons, SKIES Instructional Classes as well as pay for their program fees from the comfort

of their home."

Long said parents will still need to make an appointment to bring in shot records, physical forms and the special needs forms.

In order to get started, parents must have a valid e-mail address and provide it to CYSS. Parents will then receive a user ID and password that they can use to access the program.

"The benefits vary, but the main benefit being a reduction in face time for registering a

new family, which we estimate that with pre-registration the interview with the clerk will take only 15-20 minutes, rather than one hour," explained Long.

"We're positive that this is just one more service being offered as part of the Army Family Covenant that is helping our Camp Darby families," she said.

According to Long, by February 2010, all Army CYSS services programs worldwide will have this service.

Darby Dates

Lift Your Spirits tour slated Sept. 27

The Lift Up Your Spirits tour is coming to Camp Darby Sept 27.

Trini-I-Tee 5:7, Deitrick and Damita Haddon, Spensha and Army 2008 Operation Rising Star's Joyce Dodson will perform this free inspirational concert in the Camp Darby theater.

Doors open at 6 p.m. Show takes place from 7-9 p.m.

Girls Scout meeting

The Camp Darby Girl Scouts will host an informational parent meeting Sept. 17 in Bldg. 428 from 4-5 p.m.

Parents will be given information about the year, completing registration paperwork and able to ask questions.

For more information, e-mail girlscouts.campdarby@us.army.mil.

Stop by ITR to schedule a trip

Ever wondered how the grapes get from the vine to the bottle?

Witness the entire process of vendemmia from start to finish Sept. 12.

Tour the wine cellars and enjoy a Tuscan lunch with wine tasting. Call 633-7589.

Chianti bike trip

Spend the entire day Sept. 12 biking through Chianti country.

Call ODR for more information at 633-7775.

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

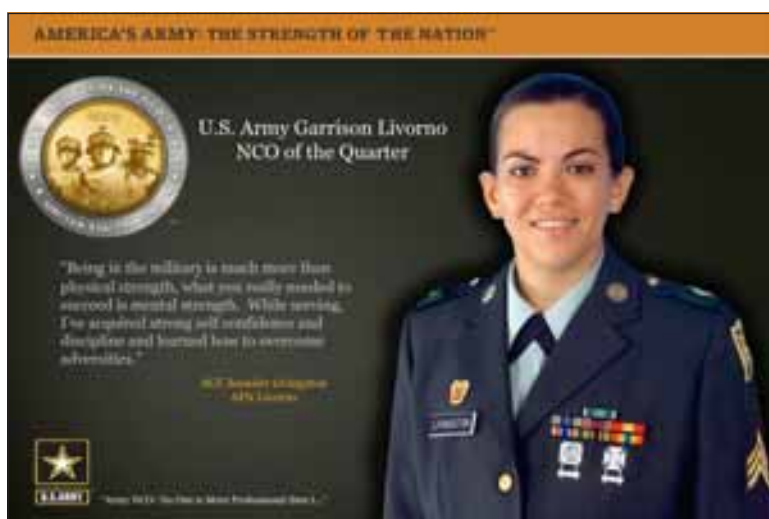
Protestant **Sunday school** starts at 10 a.m.; Catholic CCD at 11:15 a.m.

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.

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.



Graphic illustration by Joyce Costello

"As an NCO she is thoughtful and cares about doing the right thing for the Soldiers," said Marisa Gaona, AFN Livorno station manager, of Darby NCO of the Quarter Sgt. Jennifer Livingston.



Graphic illustration by Joyce Costello

"Arnold eagerly volunteered to attend the SOQ and through her own initiative and hard work ensured that she won it," said Sgt. 1st Class Rennick Beneby of Darby Soldier of the Quarter Spc. Holly Arnold.

Darby NCO, Soldier of Quarter announced

By **CHIARA MATTIROLO**
USAG Livorno Public Affairs

Army Sgt. Jennifer Livingston was selected as the noncommissioned officer of the quarter at the Camp Darby military installation competition Aug. 27.

Livingston, a Worthington, Minn. native, has been serving in the U.S. Army for six years and is currently assigned as television and radio repairman for American Forces Network Livorno.

She said winning competition was a complete surprise.

"This is the first time I competed for the NCO of the quarter," said Livingston "I did good, better than I thought I would have, and this really boosted my confidence."

Her supervisor, Marisa Gaona, always had faith in Livingston's ability to shine at the installation-wide event.

"As an NCO she is thoughtful and cares about doing the right thing for the Soldiers," said Gaona, AFN Livorno station manager. "She's the type of Soldier that volunteers her time and is an integral part of her

community with her involvement in Better Opportunities for Single Soldiers, Combined Federal Campaign and intramural sports."

Livingston joined the Army after attending Minnesota State University with a concentration in graphic design.

The military experience, she said, led her to growth as an individual.

"Being in the military is much more than physical strength, what you really needed to succeed is mental strength," Livingston said. "While serving, I've acquired strong self confidence and discipline and learned how to overcome adversities."

According to Livingston her main reason in participating in this competition was to represent her unit proudly.

"I really strived for the best, more for my unit than for me. I want to be an example for the other Soldiers and a matter of pride to my unit" she said. "To me, understanding, respect and loyalty are very important."

Livingston is now be eligible to compete for Camp Darby's NCO of the year.

By **CHIARA MATTIROLO**
USAG Livorno Public Affairs

Spc. Holly Arnold, a native of Elma, Wash., was selected as Camp Darby's Soldier of the quarter Aug. 27. Arnold enrolled in the U.S. Army after finishing high school and is assigned to the Livorno Health Clinic.

Arnold arrived to Camp Darby in June after a 15-month deployment to Iraq and is very happy about being in a small community where, she said, she feels at home. For Arnold, the Soldier of the quarter competition was pretty hard, but she was never left alone.

"My noncommissioned officer at the clinic helped me so much in the preparation for the competition," she said. "One of the hardest duties was to put together my uniform and awards. A critical extra eye from my NCO really helped a lot."

Her NCO, Sgt. 1st Class Rennick Beneby, said that in today's Army it is more important than ever that Soldiers are mentored in both a garrison and combat environment.

"Competition boards such as the SOQ board involve sacrifice

both on the part of the leader as well as the Soldier and places immense stress on the Soldier who is called upon to face a panel of senior ranking individuals and face scrutiny as well as a barrage of questions," said Beneby. "Arnold eagerly volunteered to attend the SOQ and through her own initiative and hard work ensured that she won it. She has been commended by both staff and patients for her hard work ethic, humility and dedication to both clinic and self improvement."

Arnold said she has learned from the challenge of the Soldier of the quarter competition that hard work definitely pays off.

"I want to tell the other Soldiers that even if they do not win, participating in the competition is still a great learning experience," Arnold said. In her spare time Arnold likes to spend times with friends, travel and play the saxophone. She is pursuing a degree in mathematics.

"I already talked to the chaplain because my next project is to play the saxophone in church," she said. "This is just another way to support the community I live and work in."

Elton John on stage in Milan Sept. 29



Photo courtesy of Fiera del Soco Press Office

The way it used to be: Reenactors, vendors, and entertainers bring the Fiera del Soco festival to life Sept. 11-16 in Grisignano. See below for details.

Festivals & events

Fiera del *Soco -Tree trunk Fair, Friday to Wednesday, in Grisignano, about 14 miles southeast of Vicenza. It's a large annual market with hundreds of booths, exhibitions, and carnival rides.

■ Friday: 9 p.m. live music and dancing with *Marco e I Niagara Orchestra*.

■ Saturday: 7:30 p.m. sport dance show performed by the dance school *ASD Millennium Dance Studio*; 9 p.m. live music and dancing with *Checco & B. Band Orchestra*.

■ Sunday: 7:30 p.m. Caribbean dance, Latin-American and Argentine dance shows; 9 p.m. live music and dancing with *Mery ed Elisa*.

■ Monday: 9 p.m. live music and dancing with *Katty and Piva Orchestra*.

■ Tuesday: 7:30 p.m. country music night with *Urban Country Band*; 9 p.m. *Pietro Galassi Orchestra* show.

■ Wednesday: 7:30 Latin-American, ballroom and baby dance shows performed by the *Team Diablo* dance school; 9 p.m. closing show with *Magri e Lisoni Orchestra*.

* Soco means tree trunk – The fair's name derives from a 1250 apparition of the blessed Virgin Mary on a tree trunk.

St. Christopher Festival, Friday to Sunday, Vicenza, Bertesina. 7 p.m. food booth.

■ Friday: 8:30 p.m. live country music with *Luca&Nicke DJs*

■ Saturday: 8:30 p.m. music and dancing with *I Nuovi Delfini*

Orchestra

■ Sunday: 8:30 p.m. music and dancing with *Graziano Maraschin Orchestra*.

Gnocco Festival, Saturday and Sunday, Selva di Trissino, about 18 miles west of Vicenza.

■ Saturday: 6 p.m. Food booths featuring a variety of gnocchi dishes and other typical dishes and local wines; and bounce houses for children and adults.

■ Sunday: 9:30 a.m. local products exhibition and market; noon – 3 p.m. food booths.

Grape Festival: Friday to Sunday, in Sarcedo, Via Roma, about 13 miles south of Vicenza. Food booths and sale of local D.O.C. wines.

■ Friday: 9 p.m. disco night with *DJ Miami*.

■ Saturday: 9 p.m. ballroom dancing and live with *Jolanda Moro Orchestra*. 8:30 p.m. outdoor dinner featuring local specialties. Cost € 25. For reservation, send an e-mail to *d.oriente@alice.it*.
■ Sunday: 8 p.m. *Sarcedo E. Bassani Band* in concert. 9 p.m. 60s & 70s music with *Gruppo Ottava Nota*. 11 p.m. raffle.

Campionaria – Multi-sector exhibition: Friday to Saturday. 4-9 p.m.; Saturday, 10 a.m.-10 p.m.; Sunday, 10 a.m.-9 p.m.; in Pordenone, Viale Treviso 1, about 92 miles northeast of Vicenza.

House furnishing, lighting and interior decoration, handicrafts, sport and fitness shows and exhibitions. Ticket: 8 euro; free for children under 13.

Expobici: Bike to the future: Sept. 19-20, 9 a.m.-7p.m.; Sept. 21,

9 a.m.-6 p.m., in Padova, Via N. Tommaseo 59, about 24 miles southeast of Vicenza. Tickets: 7 euro; reduced 4 euro (children under 17). For details in English, visit <http://www.expobici.it/Espositori/espositori-ing.html>.

Art Verona: Sept. 17, 4-8p.m.; Sept. 18-20, 11 a.m.-8 p.m.; Sept. 21, 11 a.m.-8 p.m.; Tickets: 16 euro; 20 euro on Sunday; reduced 5 euro (children 6-12 and adults over 65). For details in English, visit <http://www.artverona.it/articles/view/wherehowwhen>.

FREE concerts exhibits, classes

Carnival Rides and free concerts: in Vicenza, Campo Marzio.

■ Today: 9 p.m. *Bobo's Ranch*
■ Saturday: 9 p.m. *Happy notes*
■ Sunday: 6p.m. *Tetrachordcello Quartet*

Medieval music and dances: Today, 9 p.m., in Vicenza, A. Pedrollo Conservatory, Contrà San Domenico, 33.

Dante, Dances and Sounds – Concert of the Conservatory's electronic music students: Saturday, 9 p.m., in Vicenza, A. Pedrollo Conservatory, Contrà San Domenico, 33.

The Soul's Circle – Music and classical dance from India: Saturday, 9 p.m., in Vicenza, A. Pedrollo Conservatory, Contrà San Domenico, 33. Mu

The Dad Horse Experience: in Vicenza, Sunday, 9 p.m., Sabotage Bar, Viale dell'Industria, 12.

Sinergia's Concert: Saturday, 9 p.m., in Vicenza, City

Hall Theater, Viale Mazzini, 39; charity concert for Cardiopathic Children Association.

Bird Fair, Sunday, 6 a.m. – 6 p.m., in Cavazzale, Monticello Conte Otto, four miles north of Vicenza. Truffle-dog and sheepdog, falconry, archers and Soft Air exhibitions. Historical Celtic reenactments and food.

Free sample dance classes, in Thiene, Silicon Kate Association, Via Zanella 28/40:

■ Tuesday: 8 p.m. Belly Dance
■ Wednesday: 7 p.m. & 8 p.m. Jazzercise

Pay concerts & events

Notre Dame de Paris in Verona, tonight.

Micah P. Hinson in Milan, Sept. 19.

Malcolm Middleton in Milan, Sept. 23.

Elton John and Ray Cooper in Milan, Sept. 29.

Saxon: in Trezzo, Milan, October 13; in Bologna, Oct. 14.

The Drones: in Milan, October 14; in Rome, Oct. 15; in Torino, October 16.

Florence and The Machine in Milan, Oct. 16.

The Thermals in Milan, Oct. 20.

Brett Dennen in Milan, Oct. 23. For tickets, visit Media World or [www.greenticket .it/index.html?imposta_lingua=ing](http://www.greenticket.it/index.html?imposta_lingua=ing) or www.ticketone.it/EN/ for tickets.

Sporting Events

World Boxing Championship: in Milan, Friday and Saturday.

Baseball World Cup: Tuesday and Sept. 19, 8 p.m., Vicenza, Stadio Comunale, Via Bellini, 59. Tickets: 25 euro – 17 euro. You can buy your ticket on line on <http://www.listicket.it>

Italian Speedway Grand Prix: in Terenzano (Udine), Sept. 26.

Superbike World Championship 09: in Imola, Sept. 25-27.

Red Bull Motocross of Nations: in Brescia, Oct. 3-4.

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

■ **Horseback Riding** Weekend, Sept 25-27. Escape for the weekend in the countryside.

■ **Thanksgiving Weekend** – Make your travel plans now with ODR!

■ **Paintball** at Camp Darby, Thursday, Nov. 26, 6 a.m. – 7 p.m. lunch included.

■ **Rome Express.** See Rome in a day; trip departs early morning of Fri., Nov. 27.

■ **Thanksgiving Ski & Snowboard** Weekend, Austria: Nov. 27-29

■ **Ski/Snowboard Val Senales** (day trip) Sat., Nov 28, 6 a.m.- 9 p.m.

■ **Milan and Da Vinci's Last Supper**, Sat., Nov 28, 7 a.m.- 9 p.m.

■ **Innsbruck, Austria Christmas Market** on Sun., Nov 29. 6 a.m. – 10 p.m.

■ **Paris and Disneyland**, Nov. 26-29. 379 euro per person, double occupancy. For info and reservations, call CWT Sato Travel at 634-8351

The new Fall/Winter 2009-2010 Calendar is available online now. Download your copy today at www.vicenzamwr.com.

Now Showing

Ederle Theater

Today	Public Enemies (R)	6 p.m.
Friday	Ice Age: Dawn of the Dinosaurs (PG)	6 p.m.
	Bruno (R)	9 p.m.
Saturday	Ice Age: Dawn of the Dinosaurs (PG)	3 p.m.
	All About Steve (PG-13)	6 p.m.
Sunday	Ice Age: Dawn of the Dinosaurs (PG)	3 p.m.
	All About Steve (PG-13)	6 p.m.
Wed.	Bruno (R)	6 p.m.
Sept. 17	Bruno (R)	6 p.m.

Camp Darby Theater

Friday	My Sister's Keeper (PG-13)	6 p.m.
Sunday	Harry Potter (PG-13)	6 p.m.
Sunday	G Force (PG)	1 p.m.
Sept. 17	Public Enemies (R)	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? Visit 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.

Looking for a J-O-B?

Zuma, Jazzercise, Yoga, Pilates, Tae-Bo... Sports, Fitness & Aquatics is looking for dynamic, energetic people to join the group fitness instructors' team.

Don't have a certification to teach fitness? No problem. SF&A will pay for your certification training from a nationally recognized agency at no cost to you. Open to new ideas and classes that USAG Vicenza has not offered in the past. Call 634-7009 today to express your interest.

PTSA breakfast membership meeting

The Vicenza Schools PTSA will hold its first general membership (breakfast) meeting on Wednesday at 8:30 a.m. in the Elementary School gym.

The meeting will highlight volunteer opportunities (spring carnival, book fair, yearbook and more), give an opportunity to voice suggestions and buy agendas elementary school t-shirts.

Inspiration Exchange

An afternoon dedicated to crafters to share crafts and ideas Sept. 30 from 10 a.m.-3 p.m. at the arts center.

Beginner quilting

Learn how to make your own quilt in one day Sept. 26 from 8 a.m.-6 p.m. Call 634-7074.

U.S. citizenship

Becoming a U.S. Citizen class held Sept. 18 at 9:30 a.m. Call 634-7500.

MyCAA

An MyCAA informational meeting will be held Wednesday at 11 a.m. DoD program assists military spouses in completing educational goals for future employment.

Those who qualify are authorized \$6,000. Call 634-7500.

Now hiring

The Vicenza Army Wellness Center is hiring a fulltime program tech. Call 634-8186 or 39-0444-71-8186 for information. All resumes should be turned in before Sept. 21.

Pre-deployment ideas:

ACS offers free classes that help you and your family deal with the stresses of deployment. Call 634-7500 for more info and to register.

■ Communication Miracles for Couples: Friday at 11:30 a.m.

■ AFTB Level I, II, and III Training: Monday- Sept. 18, 8:30 a.m.-2:30 p.m. AFTB focuses on helping families survive and thrive in the Army.

■ Adult Introduction to Stress Management: Monday at noon.

■ Basic Principles of Parenting: Tuesday at 11:30 a.m.

The following classes provide special focus on families with deploying parent

■ Planning & Budgeting for your Future: Tuesday at 9 a.m.

■ Anger Management: Sept. 17 at 11:30 a.m. Parent-child session at 2:30 p.m.

CYSS parent news

Advisory Group meeting set Tuesday at noon at the Davis Soldier and Family Readiness Center.

Learn with AFTB

AFTB will hold Levels I, II and III Monday-Sept. 18 from 8:30 a.m.-2:30 p.m. Learn how the Army works, how to take care of yourself and how to be an effective community leader. Childcare is free during class hours. Call 634-7500.

Candlelight ceremony

USAG Vicenza will celebrate Suicide Awareness Month with a candlelight ceremony at the post theater Sept. 22 at 4 p.m. The U.S. military community in Vicenza is invited to attend. Community members are encouraged to be a part of the ceremony by submitting a reading, story, poem etc.

Participants may perform their own reading or submit one to be read by a member of the Suicide Prevention Committee. Submit requests and items to Cheryl.davis@eur.army.mil or call 634-6122.

Community invited to 9/11 ceremony

Caserma Ederle will host a ceremony honoring the victims killed in the Sept. 11, 2001, attacks beginning at 2:45 p.m. Friday on Hoekstra Field.

Attendees are asked to arrive by 2:30 p.m. Everyone in our community is encouraged to attend.

Vote for your favorite Rising Star singer

Your vote counts in the selection of USAG Vicenza local winner in the Operation Rising Star 2009 eliminations Setp. 18. In fact, all your votes count.

Similar to American Idol, you can support your favorite singer and have fun doing it at the Arena. Be there and you have a vote. When you purchase an appetizer, you get another ballot. Audience votes will make up 50 percent of the determining score.

Contest starts at 6 p.m. The FRG showing the best support can win \$300.

Join the fun and support these participants:

Frazier, Lauren

Spc. Hamer, David

Pfc. Johnson, Samuel

Spc. Knudson, Mary
McGinley, Heather
Spc. Rodriguez, Armando
Senior Airman Stanley, Brittany
Sgt. Tagaloa, Lucky

MOMS club activities

■ **Monday:** Book club 10:30 a.m.
■ **Tuesday:** Toddler play group 10 a.m.

■ **Wednesday:** Preschool play group 10 a.m.

■ **Sept. 18:** Walk the Track 10 a.m.; MNO 7 p.m.

■ **Sept 21:** Lunch play date 11:15 a.m.

■ **Sept. 22,23,24:** Membership drive 10:30-12:30 at the PX

■ **Sept. 25:** Walk the Track 10 a.m.

■ **Sept. 26:** Family Night Out 6:30 p.m.

■ **Sept. 28:** Monthly meeting 10 a.m. at the Chapel

■ **Sept. 30:** Park play date 4 p.m.

For more information on any of these events, e-mail momsclub@vicenza@yahoo.com.

USO volunteers needed

Volunteers are needed at the USO. If you are interested in serving Soldiers and the military community, stop by and see us or give us a call at 634-7156.

Need help with the language barrier? Sign up for our Level 1 Italian Class. Class dates are Oct. 19-Dec. 16. Class meets on Monday and Wednesday nights from 6-8 p.m. The cost is \$125.

USO is also offering a Level 2 Italian Class. (Level 1 Italian is a prerequisite.) Level 2 class dates are Sept. 22-Jan. 19 from 5:45-7:45 p.m.. Cost is \$125.

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 for information.

Interested in a Pet Villa? Let us know via survey

Should USAG Vicenza create its own Pet Villa (i.e. A pet hotel)? Visit www.vicenzaMWR.com to fill out survey.

Bowlopolis adult-child bowling league

League begins Sept. 18 at 5:30 p.m. Sign your one adult-one child team up for a 10-week league



Photo by Laura Kreider

GIVING BACK: Krista Cody (left) and Sgt. 1st Class Congarry Faison, of HHC, 1-503rd, present school supplies to 5-year-old Nicole Muenzel during a Sept. 2 visit. Area Eastern Star members raised money during a bake sale to purchase and donate school supplies for preschoolers who started kindergarten this year.

session. The cost is \$15 per week. League bowls two games a week. At completion of the league, each child receives their own custom drilled bowling ball. Call 634-8257.

SOTA seeks members, holds car wash

The South of the Alps Warrant Officer Chapter is holding its next monthly meeting Sept. 17.

SOTA will hold a car wash Sept. 26-27 from 11 a.m.-4 p.m. in the commissary parking lot. All proceeds go back to the community.

For information, call 634-7826.

Mixed bowling league slated Wednesdays

Wednesday nights at 5:30 p.m. starting Sept. 16.

Short season mixed league, starts Sept. 16 for 13 weeks. Teams of four people. Prize fund league and with cost TBD. Only 16 teams, get your spot reserved.

Vicenza spouses on Facebook

There is a new Facebook group for military spouses located in Vicenza.

The goal of "Vicenza Military Spouses" is to share thoughts on military life and living in Vicenza, exchange ideas, tips and get to know other spouses assigned to Caserma Ederle.

It is also a great place to offer support to one another during deployments. Visit today.

Harely Davidson PX giveaway

Authorized exchange shoppers at Vicenza and Livorno can enter to win the Harley Davidson Sportster 883 Low, valued at \$10,000, by simply filling out an entry form at the PX and Shoppette through Sept. 17.

No purchase is necessary to enter AAFES' Dr. Pepper Harley Davidson sweepstakes. Complete details and entry forms are available at the Vicenza and Livorno PX's and Shoppettes.

Officials will randomly select a winner of the Sportster 883 Low on or about Nov. 2.

Hip-hop night every Friday at Lion's Den

In the Lion's Den every Friday night beginning at 8 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.

(Daily 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

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 evening Bible study (beginning Sept. 8. Child care offered for children ages 6 weeks to 4 years)

5:30 p.m.: High School Club Beyond meets at the Teen Center September-May. Call 340-139-4073.

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: 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

National Hispanic Heritage Month
National Preparedness Month (Lion Shake)
National Suicide Prevention Week (Sept. 6-12)
Constitution Week (Sept. 17-23)

Friday - 9-11 Memorial Ceremony (see briefs)
Sept. 17- Constitution and Citizenship Days
Sept. 19- POW/MIA

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.

Certified holds firm to 3-year post winning streak

Story and photo by
LAURA KREIDER
Outlook Staff

Five teams are participating in this year's post recreational basketball league.

The teams meet twice a week on Mondays and Wednesdays at the Vicenza Fitness Center for esprit-building competition.

The Certified team played two games Sept. 2, one against 509th Signal Battalion and later against SETAF.

Certified won both games 53-36 and 65-46, respectively.

"We have been playing since July," said Certified's Patrick Casseus. "We don't have too many players, but our strategy is good; we are good at defending and shooting."

Certified, which won last year's post basketball championship, has been undefeated for three years, said Casseus. And while he and his team members enjoy the rivalry and challenge, they also enjoy other benefits.

"Basketball is a sport that can help relax your mind, especially after a day at work," he said.

Certified's Geonte Haynes, No. 7, was the evening's top scorer, netting 24 of 53 points during the first game.



Eric Anderson, No. 7, of the 509th Signal Battalion (left) releases a jump shot during a Sept. 2 game against Certified at the post fitness center. Certified dominated Signal 53-36 and remains undefeated. Post recreational teams play at the fitness center on Mondays and Wednesdays.



VHS teams get workover

Sgt. Nelson Nunez, a physical therapist technician at the Vicenza Health Center, supports the Vicenza Health Boys volleyball team while coaching at the post gym. Nunez is one of three volunteers who assists the boys' volleyball head coach Susan Vanderbeek.

"The (players) are training hard every time," said Vanderbeek. "And our coaches are wonderful, really dedicated and positive."

Photo by Laura Kreider

High school fall sports home games, events listing

Day	Event	Location	Time
Saturday	Football: Jamboree	Zurich Renegades Munich Cowboys Aviano	Oct. 9: HC games Oct. 9/10 Oct. 10
Sept. 19	Football	Baumholder	Oct. 23-24
Sept. 25-26	Volleyball, B&G	Milan	Oct. 24
Sept. 26	Volleyball, B&G	Milan	
	Cross Country	Milan	
	Tennis	Milan	
	Football	Bamberg	
			Football-night game Volleyball, B&G Cross Country Volleyball, B&G Cross Country Tennis
			Aviano MMI MMI ISF ISF ISF

TIMES: Football 1 p.m. at the post field; Volleyball 9 a.m. on Saturday, post and MHS gym; Cross Country at 11 a.m. (walk about) and 12:30 p.m. start at Lake Fimone; Tennis 10 a.m. Saturday at post tennis courts.

BASKETBALL Soldier League Standings

Team	Win	Loss	Game Scores
Certified	9	0	Aug. 31
HSC SETAF	4	5	509th Signal: 34 vs. SETAF: 39
HHD 509 Signal	2	6	509th Signal: 49 vs. Certified: 85
Eazy Rock	1	3	Sept. 2
Ghedi	0	0	Certified: 53 vs. 509th Signal: 36 Certified: 65 vs. SETAF: 46

FLAG FOOTBALL Soldier League

Team	Win	Loss	Game Scores
E Co. 1/503	4	0	Sept. 1
HSC SETAF	4	1	14th Trans.: 0 vs. 509th: 0
14th Trans.	2	4	SETAF: 34 vs. 509th: 6
509th Signal	1	2	Sept. 3
Attack Co.	0	3	14th Trans.: 12 vs. SETAF: 13
Ghedi	0	0	SETAF: 0 vs. 509th: 0

Sports Shorts

Tennis tourney

A garrison tennis tournament will be held Sept. 18-19. For beginners, intermediate, and advanced. Call 634-7009 for information.

Open-play volleyball for ages over 15

The community (over age 15) is invited to join in pick-up, open-play volleyball games every Tuesday and Thursday at the fitness center from 6:30-8 p.m.

Improve your skills, have fun and build morale. Call 634-7009 for information.

Pool closed for season

The Ederle Inn pool is now closed for the season.

Villaggio pool will remain open until weather no longer permits safe operation.

Attend indoor soccer, basketball tournaments

Come out and show your support at the indoor soccer and basketball tournaments. Friday at 7 p.m. and Saturday at 10 a.m. Call 634-7009 the day before to confirm game time.

Red Cross lifeguard course starts Tuesday

American Red Cross lifeguard certification class set Tuesday to Sept. 19 from 4-10 p.m. and Saturday from 10 a.m.-10 p.m. at the Villaggio pool.

Cost is \$140 for ages 16 and up. Sign up at the fitness center. Classes also scheduled for Oct. 3-15, Monday-Thursday from 4-10 p.m. and Saturday-Sunday from 10 a.m. to 2 p.m.

Baseball in Vicenza and surrounding area

There are opportunities to watch baseball in Vicenza and other nearby cities. The following events are scheduled at the Pomari Stadium in Vicenza:

- The World Baseball Cup - Tuesday at 8 p.m. and Sept. 19 at 8 p.m.
- Italian National Series B Championship - Wednesday, 4 p.m.

Would you like to coach? CY5 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, call 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.

Sport bike rider course

IMCOM-Europe Safety's new military sport bike rider course started offering classes Sept. 1 at garrisons that can support this training. The online registration and telephone information, as well as information about the course is available at http://www.imcom-europe.army.mil/sites/management/so_atstp.asp#MSF

The class schedule for Vicenza will be announced.