



What's Inside

Garrison news
pages 2 & 3

The Outlook salutes
Vicenza retirees and
asks: What are you post-
retirement plans?

Community
Camera
page 4

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

USAG Livorno
page 5

3-405 AFSB continues
humanitarian aid to
flood-ravaged Pakistan

Community events
pages 6 & 7

AAFES Movie Schedule

OUT & ABOUT: A local
listing of concerts,
festivals and events.

Sports
page 8



Vicenza Cougars lose
to Hohenfels, prep for
Saturday homecoming

TAKE NOTE!

The new U.S. Army Health Center Vicenza has a new telephone prefix. To reach the center, dial 636-9000 on post or 0444-61-9000 off post. Callers can then choose from the menu options. To reach a patient advocate, call 636-9106 on post and 0444-61-9101 off post.



Home again:

173rd Airborne Brigade Combat Team's Spc. Freddie Feliciano holds his son Mikhail, as he is greeted by wife Mildred and sons Jacob, Samuel, Lucas, Jeremiah and little Freddie. Feliciano was one of several 173rd ABCT Soldiers who arrived at Caserma Ederle on the evening of Sept. 23 as part of the unit's Torch party, returning from a year-long tour in Afghanistan in support of Operation Enduring Freedom. Remaining 173rd ABCT troops will redeploy to Vicenza and installations in Germany throughout the fall.

Photo by Grant Sattler

Combat brigade troops talk deployment

Mission sometimes hindered by reluctance to talk to leaders. Orta: 99 percent of time leaders have experienced same problems

By Spc.
ADAM GARLINGTON
USAREUR Public Affairs

Soldiers in brigade combat teams endure unique experiences and hardships that increases stress during deployments.

Some of those Soldiers attended the Master Resiliency Training course at Grafenwoehr, Germany, Sept. 13 through 24 to learn skills and techniques to help themselves and others in their units recover from deployment challenges.

Soldiers attending the training said they learned skills and techniques that could help them deal with personal issues they may face during their deployments.

Resiliency training teaches Soldiers who are fighting adversity to proactively solve problems rather than let problems evolve into a crisis that needs intervention, according to Lt. Col. Ronald Daniel, U.S. Army in Europe Comprehensive Soldier Fitness

See PUTTING THINGS Page 2



Photo by Spc. Adam Garlington

Staff. Sgt. Christopher Orta, 173rd Airborne Brigade Combat Team rear detachment cadre, prepares for the Master Resiliency Trainer course held Sept. 13 through Friday in Grafenwoehr, Germany. For resiliency information. Vicenza family members can schedule training by calling 634-8523; Vicenza's deployed troops will receive training after their redeployment.

Dental officials, statistics highlight danger of dipping

Did you know?

- The amount of nicotine absorbed from smokeless tobacco is 3 to 4 times the amount delivered by a cigarette
- Sugars found in chewing tobacco aid in eroding tooth enamel and cause tooth loss, staining and bad breath
- 1 in 5 high school boys use smokeless tobacco
- 1/3 of America's 12-14 million users are under age 21
- Smokeless tobacco contains 28 cancer-causing ingredients, including acids, formaldehyde, arsenic and radioactive polonium-210

Ready for a change?

- USAG Vicenza offers a tobacco cessation program. Call 634-6742 today to sign up.

Vicenza Dental Clinic

Unlike some organs or other parts of the body, your gums cannot be replaced. Whatever damage you inflict on them may last a lifetime.

This is especially true of the damaging effects of smokeless tobacco.

"The major problem is that the gums are very sensitive and become easily irritated

from the chemicals inside smokeless tobacco," said Sgt. 1st Class Early Wheeler, senior dental NCO for the Vicenza Dental Clinic. "In addition

to the highly addictive nicotine, there are 28 cancer-causing agents and many other dangerous substances like acids, formaldehyde, arsenic, and the radioactive ingredient polonium-210 in smokeless tobacco."

And if that's not enough to give dippers pause, Wheeler said the amount of nicotine

absorbed from smokeless tobacco is three to four times the amount delivered by a cigarette.

Once users are hooked, it's extremely hard to quit, making it a potentially deadly habit.

Take Bill Tuttle, for example. Tuttle was a famous outfielder for the Detroit Tigers, Kansas City Athletics and Minnesota Twins and chewed tobacco for most of his career.

He was seldom seen without his cheek bulging with tobacco.

Years after the end of his baseball career, Tuttle developed a tumor

in his cheek that was so large it came through his cheek and extended through his skin. Cancer finally claimed Tuttle in 1998, but he spent the latter part of his life educating people about the dangers of smokeless tobacco.

Smokeless tobacco users are at a much higher risk for cancer of the lip, tongue, cheeks and gums.

See SMOKELESS TOBACCO Page 2

Putting things in perspective a useful resiliency training tactic

continued from Page 1

coordinator.

A mortarman with the 172nd Infantry Brigade Combat Team, Staff Sgt. Allen Martinez experienced emotional and social problems that affected his personal and professional life after the loss of a friend.

"In Operation Iraqi Freedom, I lost one of my best friends," he said. "I would not show up to work on time and isolated myself. I let this event overwhelm me."

Martinez said the skills he learned in resiliency training will help those who find themselves in similar situations.

He said if you take time to put things in perspective you can have a completely new outlook on the situation.

"Putting it in perspective" is a technique learned in the course that shows how a resilient mind can overcome adversities in life, he said.

Martinez shared another technique he described as an active-constructive response.

Responding and engaging a person, showing through body language that what they're saying is important, goes a long way, he said.

"Someone says, 'Hey, I just bought a brand new car today,'" Martinez said.

"Say, it's awesome. Tell me some more about your car." "Ask what kind of car. Try to keep the person in a positive mindset," he explained. "That person may be having a tough week, but if you build on that positive news, it may help prevent a future problem," he explained.

Another aspect of the resiliency training taught was learning about "catastrophizing."

Some Soldiers preparing for their first deployment

experience high amounts of anxiety and automatically expect the worst outcome.

Staff Sgt. Sean West, a 2nd Stryker Cavalry Regiment motor transport operator, said he experienced catastrophic thinking himself.

"A person's negative attitude influences his actions and makes the worst outcome possible," said West. He said the training showed that the way to defeat "catastrophizing" is to recognize the best outcome, recognize the most likely outcome, and then plan for the most likely outcome.

Communicating openly and talking before problems compound is another proactive approach learned during the course, said Staff Sgt. Christopher Orta, 173rd Airborne Brigade Combat Team rear detachment cadre, and veteran of numerous deployments.

On his deployments, Orta said Soldiers' mission performance was sometimes hindered because they were reluctant to approach leaders with potentially embarrassing personal issues.

"They need to realize a leader will do everything to ensure their problems are resolved," said Orta. "They can trust their leaders because 99 percent of the time those leaders have experienced the same problems."

The resiliency training is a valuable asset to the 172nd, 173rd and 2nd SCR combat brigade units, said Orta, who said he plans to begin working on a training program for Soldiers in his unit once he returns.

Martinez agreed with Orta.

He said, "I'm not a psychologist, but I know we can try the resiliency techniques before making a drastic decision. Soldiers are taught to react. Instead of just reacting and making mistakes, sometimes Soldiers need a minute to think about their actions.

"That extra minute will probably end up saving someone's life," he said.

Smokeless tobacco

continued from Page 1

"Smokeless tobacco users are at a much higher risk for oral cancer," explained Wheeler. "Oral cancer can include cancer of the lip, tongue, cheeks, gums, and the floor and roof of the mouth."

The sugars found in chewing tobacco can also erode tooth enamel, causing tooth loss, tooth staining and bad breath. And it increases the risk for oral leukoplakia (white mouth lesions that can become cancerous), gum disease, and gum recession (when the gum pulls away from the teeth). Cancer-causing agents in the tobacco also make their way into the lining of the stomach, bladder and esophagus.

Constant dipper and Baseball Hall of Famer Babe Ruth died at age 52 from oropharyngeal tumor, a cancerous tumor in the back part of the throat.

But it's not just baseball players or adults who dip. According to the Centers for Disease Control and Prevention, about one in five high school boys and 2 percent of high school girls use smokeless tobacco. Of America's 12 to 14 million users, about one-third are under age 21, and over half of those began before age 13.

In snuff form, smokeless tobacco can be packaged dry or moist and is sold loose or in sachets (tea bag-like pouches). The pouch or pinch of loose dip is usually placed inside the lower lip between the lip and gum. In the form of chewing tobacco, it is available in loose leaf, twist or brick form, with the user tucking a wad of tobacco in the cheek.

It is sometimes called spitting tobacco because users spit out the juices and saliva that build up in the mouth.

"And the fact that most dippers carry a 'spit bottle' finishes the list of reasons that make smokeless tobacco very unappealing others," said Wheeler.

Whether in its dry snuff or moist leaf form, it is an extremely dangerous habit with dire consequences.

"The Vicenza Dental Clinic, in support of the U.S. Army and Department of Defense, is encouraging our war fighters, the greatest in the world, to quit using smokeless tobacco before it's too late," he said. "We encourage Soldiers to stop using smokeless tobacco and seek cessation at their local health facility."

Call 634-6742 to sign up for a cessation class.

Speak Out

The Outlook salutes Ederle retirees, and asks...

What are your post-retirement plans?



Lt. Col. Paul Bishop
USARAF IG
Years of Service: 22

"LTC Bishop is currently seeking employment post retirement and would like to remain in the European theater."



Dorothy Carlyle
USAG PAO
Years of Service: 41

"I will dedicate time to my grandchildren, travel to America; sort out the photos and put them in albums and find time to do nothing but play on the computer, watch television and help the elderly."



Sergeant First Class Jeffrey R. Craig
USAG Vicenza
Years of Service: 20

"I plan to stay in the area and seek employment."



Sgt. 1st Class Rob Roberts
HHC, 173rd ABCT
Years of Service: 22

"I plan on entering a contracting job that will allow me to return overseas."



Chief Warrant Officer 4 Patricia Roberts
USARAF G-1
Years of Service: 22

"I plan to utilize my degrees and pursue an online teaching job, teaching Business Management Courses at the bachelor level."



Sgt. 1st Class Vernon Vey Stevenson
509th Signal Battalion
Years of Service: 21

"Upon retirement SFC Stevenson will be pursuing his masters' degree in Secondary Education Northwest Missouri State University in Maryville, Missouri."

You're invited: The community is welcome to attend USAG Vicenza's quarterly retirement ceremony Oct. 7 at 3 p.m. in the post theater. The event will celebrate the service and sacrifices made by Caserma Ederle's retiring personnel and their families.

Health care for visitors not covered by TRICARE

Preparing in advance will help family navigate foreign system

TRICARE news release

What do visiting family and friends need to know about receiving health care overseas?

If you have family or friends visiting you while in the European theater, be aware that unless they are TRICARE eligible, they cannot be seen by the military health system.

If they need health care while visiting, they will need to use the host nation health system and their own private health insurance—which may or may not cover overseas services.

Therefore, it is a good idea to help your friends and family prepare before their visit, especially if they have an existing medical condition. Here are some tips:

1. Contact your health insurance provider to see what services they will

cover overseas.

If your provider does provide overseas coverage, be sure to bring your insurance card and a claim form.

2. Because Medicare will not cover medical or hospital costs overseas, Medicare beneficiaries may want to consider purchasing supplemental insurance that provides overseas coverage.

3. Complete the information on the inside of your passport in case of emergency.

If you have an existing medical condition, carry a letter from your physician describing the condition and any prescription medications being taken (including the generic names).

4. Any medications being brought

overseas should be kept in their original containers and be clearly labeled.

5. Visit the U.S. State Department web site to find out how to contact the consular officer in the country you are visiting.

6. Consider purchasing a quality travel insurance policy, which can provide vital assistance in a medical emergency or in case the need for medical evacuation arises.

Where to Get More Information:

Department of State Web Site: www.state.gov/travelandbusiness

Centers for Disease Control Travel Site: www.cdc.gov/travel

World Health Organization Travel Site: www.who.int/ith/en/

Quick Facts:

■ Using host nation providers in the TRICARE Preferred Provider Network offers you comfort, confidence and convenience.

■ PPN providers must be able to communicate in English and will usually help you file claims.

■ PPN provider credentials are verified and the care they provide is regularly evaluated by U.S.



Photo by Felisha Martinez

The cradle of education: Community members gathered at Davis Hall Sept. 15 to participate in this month's ACS-hosted Family Advocacy Program event, Freddy FAP Visits Greece. FAP Parent/Child Educator Cara Panzarella-Tarr (center) guides the group in making the Greek appetizer tzatziki. The afternoon's other events included experimenting with toga wraps, making paper crowns to resemble olive leaf head pieces and a photo slideshow presented by Panzarella-Tarr who visited the country this summer. Panzarella-Tarr said Freddy FAP visits a different country each month and brings back information and fun activities for community youth to enjoy every third Wednesday. The Freddy FAP character educates children on a particular country by engaging them in crafts and food activities related to that region. Participants are given a FAP passport in which they can list fun facts on each country. Freddy FAP events are open to children ages 4 and up. The next adventure takes place Oct. 20 from 3:30-4:30 p.m., highlighting the central African nation of Rwanda. To volunteer, sign up or for more information, call 634-7500 / CIV 0444-71-7500.

Holiday greeting taping open to community, set at Vicenza Oct. 11

Staff report

Soldiers, DoD civilians and family members may tape a message Oct. 11 to air on TV or radio back home during the holidays.

The Joint Hometown News Holiday Greetings team will be in front of the post theater from 9 a.m. until dark.

No appointment is needed. Uniform for military members required.

Family members whose Soldier is still deployed may tape a greeting to Stateside family and friends.

Each year the team provides almost 15,000 greetings to 1,100 commercial TV and 1,200 radio stations across the United States.

Want a voice in how and what services are provided on your installation?

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

Your ICE feedback will help the command maintain the quality of excellence you expect.

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The editor reserves the right to edit all submissions for style, brevity and clarity. Circulation is 3,000 per week.

At your service Installation Access Control



Cristina Tagliapietra is an installation access control system, or IACS, assistant.

"I issue passes for the Italian employees, NATO members, embassy personnel and contractors working on post," said Tagliapietra. "And I register DoD ID cardholders in the system."

Tagliapietra also issue visitors' passes for guests and family members and processes access rosters to be sent out to the gates.

She is located Mon.-Fri. from 8 a.m. to noon and 1-4 p.m. at her office in Bldg. 4 B, beside the MP desk and in front of the former dental clinic.

Her office is closed on American and Italian holidays. She can be reached at cristina.tagliapietra@eur.army.mil or 634-7053 / CIV 0444-71-7053.

Community Camera

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



Halfway there:

(Center) Mother-daughter team Lissette and Caroleena Kimbrough, along with Soldiers and other family members, participate in a sack race Saturday during the 14th Transportation Battalion's Halfway There Party at the post softball field. Party events included games, children's activities, barbecue and music. "We were just happy to get together with other families and troops and have a good time, celebrating the halfway mark for the unit's return," said Lissette. "It makes me feel like my husband is that much closer to coming home. It was an all-around good time for everybody."

Photo by Laura Kreider



Crowning visit: Wendy Sledd, America's reigning Mrs. Iowa, crowns 10-year-old Janelle Gettelman during a visit to the Villaggio School Age Center Sept. 23. Sledd is a military spouse and Iowa state rep in the 2010 Mrs. America Pageant, the only televised pageant for married women. Visiting Vicenza during a tour, she shared a presentation she created called ADAPT. It stands for Adaptability, Determination, Accountability, Perseverance, and Trust, perfect for military kids who are constantly moving and being forced to adapt, explained Sledd.

Photo by Laura Kreider



Congrats Reynosa family:

Congratulations to the September Yard of the Month winners--the Reynosa family, 173rd ABCT's Sgt. Christopher Reynosa of Echo Company, Brigade Support Battalion, and wife, Rhonda, of 203A Villaggio. The family will be presented with a USAG Vicenza Command certificate, noting "a great deal of hard work and dedication has gone into maintaining your home and yard while meeting the other demands of daily life. You have inspired other residents to take pride in the appearance and upkeep of the exterior of their quarters and yards." The Reynosa family will also be awarded a \$50 AAFES gift certificate and a \$25 commissary gift certificate.

Courtesy photo



It's official!: (Center) Acting DoDEA Director Marilee Fitzgerald and community stakeholders, the students of Vicenza's elementary and middle schools, celebrate the opening of the new school complex Sept. 10. Visit the school sites at <http://www.vice-ms.eu.dodea.edu/> or <http://www.vice-es.eu.dodea.edu/>.

Photo by Barbara Romano, JMTC Photo Lab



Another man's treasure:

The Vicenza Community Club hosted a fall garage sale Saturday at the Teen Center pavilion. Community members were both vendors and shoppers as they sold and purchased new and gently used items, ranging from baby clothes and furniture to books and appliances.

Photo by Laura Kreider

Flu vaccinations start early

Story and photo by
JOYCE COSTELLO

USAG Livorno Public Affairs

Eligible beneficiaries at Camp Darby are now able to get their seasonal flu vaccination at the U.S. Army Health Clinic-Livorno.

“This year’s flu vaccination is a combination of the seasonal flu and H1N1,” said Maj. Kenneth Davis, chief nurse.

“It is highly encouraged that pregnant women, people over 65, children over 2 and those with chronic illnesses get vaccinated,” she said.

Davis also said eligible beneficiaries can receive their flu shots as follows:

- Mondays, Tuesdays and Fridays from 9-11 a.m. and from 1:30-3:30 p.m.
 - Wednesdays from 3-6 p.m.
 - Thursdays - No Vaccines given
- “Our extended hours on Wednesday



A community member receives a FluMist vaccine at the Livorno health clinic. This year’s vaccine is a combination of the seasonal flu and H1N1. To learn more about the vaccine, visit www.cdc.gov/flu.

is a great opportunity for parents to get their school-age children flu shots,” said Davis.

“It is important to make sure you’re not sick and to hydrate before you get the

vaccination,” she said. “Otherwise you could experience flu-like symptoms.”

To learn more about the inactivated influenza vaccine 2010-11, visit www.cdc.gov/flu.

Aid to flood-ravaged Pakistan continues

By JENNIFER KING

405th AFSB Public Affairs

The 3rd Battalion, 405th Army Field Support Brigade, continues to ship humanitarian aid supplies to flood-hit Pakistan.

Their latest shipment included more than 182,000 wool blankets, 96,000

10-liter water jugs and two 10,000-liter water bladder kits.

“This is one of the largest humanitarian aid support missions that the battalion has received,” said Lt. Col. Richard Pierce, commander of the 3/405th AFSB.

“Our battalion is providing personnel and equipment to prepare supplies for shipment and load them on locally

contracted trucks for transport to the airport.”

The size of the shipment presents some challenges for the battalion.

“Fortunately, we have a lot of experience in preparing shipments, so although the larger shipment means a bit more work, it’s work we’re well prepared to handle,” said Alberto Chidini, who oversees the battalion’s USAID warehouse operations.

Once the equipment arrives in Milan, USAID provides aircraft to transport the goods directly to Pakistan.

“The Italian workforce at the battalion is extremely qualified and talented, and they have years of experience in this type of operation,” said Col. Ronald Green, commander of the 405th AFSB, headquartered in Kaiserslautern, Germany. “Furthermore, the battalion has easy access to rail, road, air and water transportation routes, making it uniquely situated to support these types of missions.”

The 3/405th AFSB’s latest shipment included more than 182,000 wool blankets, 96,000 10-liter water jugs and two 10,000-liter water bladder kits.

Photo by Joyce Costello



When money goes missing

By BETHY VALLEJO

Camp Darby Financial Readiness

If you had asked Sgt. Trooper a couple weeks ago what his bank account balance was, he would have told you he had no idea and probably would have shrugged as if it were no big deal.

In fact, he had two accounts—a primary that he used for his bills and daily transactions, and a savings account that he set up an allotment for and rarely used.

Imagine his surprise when he tried to make a purchase at the PX using his debit card.

That surprise quickly turned into disbelief and frustration when he called his bank to discover his money had been

consistently transferred into a Pay Pal account, usually right around pay day.

Unfortunately, Trooper did not have a Pay Pal account, and it became clear that someone had gained unauthorized access and was siphoning funds from his account. The bank also notified him that this had been going on for over a year.

How? Quite simply, because Trooper did not check his account often enough to notice and stop the illegal transactions.

All the safeguards you have on your accounts—password and pin protections—are not effective if you do not practice one basic rule: vigilance. Check your bank accounts, and check them often!

Note: This is a true story and happened recently to a Darby Soldier.

Spouses get latest social media training

By CHIARA MATTIROLO

USAG Livorno Public Affairs

During Camp Darby’s first quarterly Family Readiness/key spouses meeting Sept. 22, Livorno security specialist Martel Herrera provided training on the hazards of social media.

“It is extremely important to be aware of what type of information should not be shared on a social network,” said Illa Gomez, Garrison Family Readiness senior coordinator. “Servicemen and Family Readiness Groups provide mutual support and assistance to all assigned Soldiers, DA civilians and their families,” said Gomez.

Darby Dates

Visit www.usag.livorno.army.mil

Fire Prevention Week

Sunday and Oct. 9: 2-5 p.m. open house at the fire station.

Monday: 3-5 p.m. First aid training at Youth Services.

Wednesday: 11 a.m.-5 p.m., display and blood pressure checks by the commissary.

Oct. 7-8: U.S. and Italian firefighters activities at the school playgrounds.

Run to the Tower

Register now for the Oct. 8 12K Run to the Tower. Forms are posted on the garrison homepage. Registration closes Wednesday.

Domestic Violence Awareness Training

All military and civilian personnel must attend Domestic Violence Awareness training at the post theater Tuesday from 10 a.m. to noon. Call 633-7084.

Hispanic Food Tasting

Volunteers are needed to help cook and decorate for Hispanic food tasting night Oct. 15. Call 633-8660 to volunteer.

AWAG Conference

Camp Darby will host the Italy American Women’s Activities, Germany Area Conference Oct. 23-25. The conference is for spouses, military members and civilians. Local school counselors, administrators and FRG leaders are also welcome.

To register, visit www.awagonline.org/Italy.html

Cheerleading & Basketball

Cheerleading and basketball registration is open Friday - Oct. 31. Call 633-7681 to sign up.

Thanksgiving Meal

Tickets are on sale for the Nov. 19 Thanksgiving Luncheon, prepared by the Vicenza Dining Facility personnel and served at the school cafeteria.

Buy tickets from your unit rep. No tickets will be sold at the door.

ACS Classes

Learn banking and debit card management Oct. 7 from 11 a.m. - noon. Call 633-7084.

Join the **finance club** every second and fourth Tuesday of the month from noon - 1 p.m. at ACS’s yellow ribbon room.

Veterinary Clinic Visit

The vet will be at Camp Darby. Tuesday. Call DSN 635-4841 for an appointment.



Courtesy photos

Community members can enjoy a European Renaissance market and festival Saturday and Sunday. Entertainment includes jugglers, reenactors, flag throwers, food, music and dance. DETAILS BELOW.

Bologna, Paladonna.

Buy tickets in Vicenza at Media World in the Palladio Shopping Center or online at http://www.greenticket.it/index.html?imposta_lingua=ing or <http://www.ticketone.it/EN/>.

Sporting events

Golden Skate Awards: Oct. 9 in Torino, Palavela.

Wrestling Raw World Tour: Nov. 13, Assago (Milan), Mediolanum Forum.

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

ODR trips

Explore the capital of Slovenia, Ljubljana, Saturday. The trip includes transportation and a guided tour in Ljubljana.

Enjoy a **day of contemplation** and relaxation at a local agriturismo with multi-level yoga, meditation, breathing and walking sessions Saturday.

Wine Down Wednesday heads to the prosecco road Oct. 6.

Hike the **Pasubio tunnels** Oct 2. The 52 tunnels were built and used from 1915-18 to provide lateral lines of communications and supply to the Italian V Corps in the historic Pasubio area.

Head to **Garmisch, Germany**, for a weekend of hiking and biking Oct 9.

Oct. 9-11 take the Three Country Discovery Tour to **Italy, Switzerland and France**. Visit Aosta, Italy, Geneva, Switzerland, and Avignon, Aix-en-Provence and Cannes, France.

Chocolate lovers can head to Perugia for the **Chocolate Festival** Oct. 16.

Check out these trips and many more coming this fall. See the full schedule online at [Vicenza MWR](http://www.vicenzaMWR.com) or register via Webtrac at <https://webtrac.mwr.army.mil/sites/eu.html>.

Local festivals & shows

European Renaissance Market: Saturday & Sunday, 10 a.m.-11 p.m., in Thiene, 18 miles north of Vicenza.

In Corso Garibaldi, Piazza Chilesotto and Colleoni Castle: booths with agricultural produce of the area, handcrafted products, herbs and spices.

■ **Saturday:** Corso Garibaldi, 10 a.m. opening of the Renaissance market. Jugglers, flag throwers and musicians; Piazza Scalcerle, 10 a.m. historical reenactment of a renaissance military camp; at noon in Piazza Chilisotti and Piazza Ferrarin: inns and taverns featuring typical renaissances dishes and beverages; 3 p.m. entertainment with live music, jugglers, street artists and games; 5-8 p.m. Caselli Colleoni, Piazza Scalcerle and Piazza Chilesotti reenactment of a renaissance wedding; 9 p.m. Castello Colleoni entertainment with fire eaters, jugglers, musicians and flag throwers.

■ **Sunday:** Corso Garibaldi at 10 a.m. Renaissance market; 10 a.m. in Piazza Scalcerle military camp with fencing tournament and jugglers; at noon in Piazza Chilesotti and Piazza Ferrarin inns and taverns featuring typical renaissances dishes and beverages; 5-7 p.m. wedding procession, live music and entertainment; 9 p.m. Castello Colleoni soldiers, jugglers, musicians and flag throwers will close the event with acrobatic show, renaissance dances and song.

Duck Festival: Saturday-Sunday in Mossano, about 13 miles south of Vicenza. Food booths feature bigoli with duck sauce, spit roast duck; duck stew and other typical dishes accompanied by local wines. Free guided visit to the Mossano's Prisons including a stop at a local farm and a free taste of the 2010 "Tocai Rosso" new must (making must is the first step in wine-making).

Saint Francis Fair: Sunday-Monday, in Castelnuovo, Isola Vicentina, about 10 miles northwest of Vicenza. Food booths open at 7 p.m.; live music and dances start at 9 p.m.

Baccalà (Dried Cod Fish) Festival: Friday-Sunday in Montegalda, about 17 miles southeast of Vicenza. Food booths feature a variety of dried cod fish dishes and other local specialties.

■ **Friday:** 7 p.m. food booths open; 9 p.m. live music and dance with the Oriana & Loris Orchestra.

■ **Saturday:** 7 p.m. food booths open; 9 p.m. live music and dance with the Millennio Band Orchestra.

■ **Sunday:** 11 a.m. arrival of the "Vicenza Chapter" Harley Davidson riders club; food booths open at noon and at 6 p.m.; 7:30 p.m. dance show performed by the Team Diablo Paolo e Kiara School; 9 p.m. live music and dance with Linda Biscaro Orchestra.

Free guided visits to Grimani Sorlini Castle: Saturday afternoon and Sunday morning and afternoon. To reserve your free visit, call 0444-736413. For help, call Anna Terracino at 634-7169 or e-mail anna.terracino@eur.army.mil.

St. Michael Fair and Eel Festival: Friday-Monday in Valproto, Quinto Vicentino, about nine miles east of Vicenza. Food booths open at 7 p.m. featuring Poenta e Bisata (polenta with eels) and other local specialties.

Live music and entertainment starting at 9 p.m. On Sunday at 2 p.m. traditional Gara dei Mastei (mastei means basins - participants will race, rowing in large basins); 5 p.m. entertainment and magic show for children; 6 p.m. artistic gymnastics show; fireworks on Monday at 11 p.m.

Duck Festival: Friday-Tuesday in Torri di Quartesolo, about four miles southeast of Vicenza. Food booths open at 7 p.m. featuring bigoli in duck sauce and the traditional duck stuffed roll.; live music and ballroom dance

at 9 p.m.

Rosary Festival: Friday-Sunday in Trissino, Via Dante Alighieri 1, about 13 miles west of Vicenza. Indoor food booths open at 6 p.m. Live music and ballroom dance start at 8 p.m.

Chestnut Festival: Friday-Sunday, Colloredo di Sossano, about 18 miles south of Vicenza. Indoor food booths and dance floor. Food booths open at 7 p.m. Live music and dance at 9 p.m.

Horse-Drawn Carriage Tours: Saturday from 3-8 p.m. in downtown Vicenza. Enjoy this unique way of seeing the most beautiful sites in Vicenza. The 20-minute tours depart from and return to Piazza Biade. The cost is € 15 for a maximum of 4 people at a time.

Numismatic Fair: Friday 9:30 a.m.-7 p.m. and Saturday 9:30 a.m.-5 p.m. at Vicenza Fair, Via dell'Oreficeria 16. Free entrance. It's the most important European event for coin and medal collectors.

FREE concerts, exhibits & events

Frecce Tricolori Photo Exhibit: through Oct. 10, Monday - Friday 9 a.m.-12:30 p.m. & 3:30-9 p.m.; Saturday & Sunday 9 a.m. - 7 p.m., in Vicenza, Palazzo Opere Sociali, Piazza Duomo, 2.

The Frecce Tricolori (Tricolor Arrows) are the Italian Air Force Aerobatic Team.

Argentine Tango Lesson: Friday at 9 p.m., in Lisiara, Quinto Vicentino, Via Marconi 22, about five miles northeast of Vicenza.

Benefit Concert in support of amyotrophic lateral sclerosis: Sunday at 6:30 p.m. in Arzignano, Piazza Libert , about 16 miles west of Vicenza.

Explore the Sky: Astronomical Observatory of Arcugnano, Tuesday at 9 p.m., Via S. Giustina, 127, about five miles south of Vicenza. View the sky and the planets in great detail with the observatory's telescope.

Concerts

Brandon Flowers: Monday in Milan; Tuesday in Rome.

U-2: Oct. 8 in Rome, Stadio Olimpico.

Stereophonics: Oct. 11 in Milan.

Doobie Brothers: Oct. 14 in Milan, Alcatraz Club.

Carlos Santana: Oct. 19 in Assago, Milan, Mediolanum Forum.

Sting: Oct. 25 in Firenze; Nov. 2 in Milan, Teatro degli Arcimbaldi; Nov. 3 in Torino, Palaolimpico; Nov. 10 in Rome, Auditorium Parco della Musica.

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

Adam Lambert: Nov. 24 in Milan.

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

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

30 Seconds to Mars: Dec. 8 in

Now Showing

Ederle Theater

Thursday	Predators (R)	6 p.m.
Friday	Salt (PG-13) Cyrus (R)	6 p.m. 9 p.m.
Sat.	Ramona & Beezus (G) Legends of the Guardian: Owls (PG)	3 p.m. 6 p.m.
Sun.	Ramona & Beezus (G) Legends of the Guardian: Owls (PG)	3 p.m. 6 p.m.
Wed.	Cyrus (R)	6 p.m.
Oct. 7	Salt (PG-13)	6 p.m.

Camp Darby Theater

Friday	Resident Evil: Afterlife (R)	6 p.m.
Saturday	Cyrus (R)	6 p.m.
Sunday	Ramona & Beezus (G)	1 p.m.
Oct. 8	The Town (R)	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 schedule online at <http://www.aafes.com/ems/euro/vicenza.htm> or <http://www.aafes.com/ems/euro/livorno.htm>.

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

Fire prevention events

Fire Prevention Week is Monday through Oct. 10. The installation's fire and emergency services will observe fire prevention with the following events, open to the community:

Sunday--Open House at Fire Station 1-5 p.m.

Monday--Fire Safety Display at PX 2-5 p.m.

Tuesday--Fire Safety Training DODDS & CYS

Wednesday--Display and B/P Check at Commissary 3-6 p.m.

Oct 7--Display and Fire Extinguisher demonstration at the PX 2-6 p.m.

Oct 8: Display and vehicle extrication demo at the PX 2-6 p.m.

Oct 9: Open House Fire Station 11 a.m.-5 p.m.

Cake cutting ceremony time and location to be announced.

Job & volunteer fair

Looking for a job? Would you like to volunteer? Meet face-to-face with agencies on post during the community job and volunteer fair Oct. 20, 11:30 a.m.-1 p.m. in the ACS lobby.

For more information on the fair, call the ACS Employment Readiness Office at 634-6884/7500

If you would like to represent your organization during the fair, call the Army Volunteer Corps Office at 634-7942.

Correction

In the Sept. 16 issue on Page 3, Col. Mark Sweet was incorrectly identified as a lieutenant colonel.

Story time

Pre-school story time for ages 3-5 is held every Wednesday at the post library at 11 a.m. Come hear stories, sing songs and make a craft.

The Alchemist topic of next book club meet

The book club will meet Oct. 7 at 7 p.m. to discuss *The Alchemist* by Paulo Coelho. Refreshments will be served. Bring something to share and a friend. Everyone is welcome. The book is available for check out. Ask at the library desk.

Right Arm Night

Right Arm Night is set at the Arena Lion's Den the first Thursday of the month from 5-7 p.m. Show your appreciation to that person from home or work who makes your life easier. Free snacks offered.

Reserve table for patio view of local football

Reserve your table now for the next high school football game. The Arena's upper outdoor patio that overlooks the football field will open at 2 p.m. Saturday and Oct. 16 by reservation only.

Game starts at 2:30 p.m. Receive food and beverage discounts during the game. Call 634-7886 or stop by the Arena.

Date Night Fridays

It's "Date Night" every Friday in October at the Arena. The \$12 date night bowling package includes four games, two pair of shoes, two hot dogs and sodas. Offer is valid from 5:30-8:30 p.m.

Bowling spouses

Spouses can learn to bowl every Tuesday in October, 11 a.m. -1 p.m. For just \$1 per game, instructor/coaches will be available to give pointers. Inquire at the Arena bowling alley desk.

Cooking classes

Join Krafty Kitchen's October series for three Thursdays at the Arts and Crafts Center. Classes are as follows: **Everything Eggplant** on Oct. 7, **Chestnuts Oct. 14** and the **Magic of Pumpkin Oct. 28**.

For the complete class list, visit www.vicenzaMWR.com or stop by the center.

Health Center closures

The U.S. Army Health Center Vicenza will be closed as follows:

Oct. 7 for the health center opening ceremony, Oct. 8 for the USAREUR training holiday, Oct. 10 and Oct. 11 for Columbus Day.

The clinic will be open Oct. 9 from 9 a.m.-1 p.m.

Rat Wives onstage now

Rat Wives is onstage at Soldier's Theatre Friday and Saturday at 7:30 p.m. and Sunday at 2 p.m. only.

This adult comedy takes place in the backstage dressing room of four actresses. Contains adult language and situations not appropriate for children. Call 634-7281.

Autism/ADHD support

The autism/ADHD support group meets Oct. 7, 11 a.m. -noon.

Relax and share with others in our community. Recipes will be prepared and shared at each gathering. Be prepared to laugh, talk and eat. Call 634-7500/7279.

CDC/SAC opening

The community is invited to the ribbon cutting and open house of the new Child Development Center and School Age Center in Villaggio, next to the new school complex Wednesday from 10-11 a.m. Call

634-6678 for information.

Resume improvement

A CPOL Employment and Resumix Preparation hands-on workshop will be held Tuesday from 10-11 a.m. Learn the skills necessary to create a resume using CPOL & Resumix.

Bring your current resume and employment history information to class. Reservations required. Call 634-7500/6884.

ACS offerings

The community is invited to the opening and dedication of the Caserma Ederle Hope Quilt Project and the decree of the 2010 Domestic Violence Awareness Proclamation during an 11 a.m. ceremony at ACS Monday. The theme is "Imagine an Army Free of Domestic Abuse: Prepare, Prevent Protect." Call 634-7500.

The Gift of Fear

The ACS Book Club and Family Advocacy will host a weekly book club in October in honor of Domestic Violence Awareness Month. *The Gift of Fear* by Gavin DeBecker is the first book. The first meeting is Oct. 7 from 10:30-11:30 a.m. Call 634-6269/7500.

Effective volunteerism

A class on learning how to build an effective volunteer program is set Wednesday from 1-2 p.m. It is great for FRGs, private organizations and schools. Discussion includes the importance of volunteer orientation, record keeping and recognition.

Reservations required. Call 634-7500/7942 for information.

Child anger

"I Have A Volcano in My Tummy," an anger management class for kids ages 4-6, will be offered Wednesday at the ACS building from 3:30-4:30 p.m.

Through enjoyable activities,

kids can learn to identify anger triggers, how anger looks and feels and appropriate ways to manage anger. Call 634-7500 to reserve a spot.

Adult anger

Anger Management for Adults meets Oct. 7 from 11:30 a.m.-12:30 p.m. Participants learn and practice the basics of anger management.

This ongoing series teaches the basics and focuses on strategies for managing one's anger each week. Call 634-7500.

Soothe a cranky baby

Infant Massage meets Oct. 8 from 10-11:30 a.m. Learn to soothe a cranky baby and create a closer baby bond through massage. Reservation required. Call New Parent Support at 634-7567.

Building intimacy

A Scream-Free Marriage class meets Oct. 8 from 11:30 a.m.-12:45 p.m. The class is not about fighting fair or anger-management. It is about bringing couples closer and building intimacy, focusing on calming yourself. Call 634-7500.

Ski season

Skiers and snowboarders can join Coach Ice Ski for a workout and to prep for the season Tuesdays at noon in the gym. Call 634-6240.

Community Calendar Highlights

Monday: Annual CFC Drive Begins (see below)

Monday-Oct. 9: Fire Prevention Week

Oct. 7: Quarterly Retirement Ceremony

Oct. 8: USAREUR Training Holiday

Oct. 11: U.S. Federal Holiday & Italian Day of Rest (Columbus Day)

Oct. 28: Retiree Appreciation



File photo by Barbara Romano, JMTC Photo Lab

You're invited: (From left) Timothy Scott, Casualty and Retiree Services program manager and CFC coordinator, along with USAG Vicenza Commander Col. Erik Daiga and Command Sgt. Maj. Jeffrey Hartless, kick off the installation's 2009 Combined Federal Campaign. This year's kick-off will take place Monday at the Arena from 11 a.m.-1 p.m. Community members are invited to help jumpstart the event with a cake cutting and reduced-priced menu items at the Strike Zone snack bar. Attendees can also participate in drawings for an AAFES gift card and MWR gift package.

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

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.

Sharks seeking volunteers for meet

The Mako Sharks will host their first home swim meet Oct. 17 from 9 a.m.-4 p.m. at the indoor pool.

In order to make it a success, the team is seeking approximately 30 volunteers who can serve as timers and assist with other tasks. No formal training required. E-mail john.j.casey@us.army.mil.

Aviano marathon results

Thirteen Vicenza runners participated in the annual half-marathon 5 and 10K races at Aviano Air Base Sept. 19. The results are as follows:

13.1 Mile Run

Female (Ages 18-29)

1st Tasha Falcon 2:01.38
2nd Sky Clarke 2:07.25

Female (Ages 30-39)

2nd Rachel Hathaway 2:00.48
4th Rosemary Hernandez Ogle 2:09.48

6th Kristy Kittinger 2:21.43
9th Rebecca Rojas 2:27.12

Female (Age 40 +)

1st Dawn Perry 2:09.05
2nd Wyllo Hanson 2:21.41
3rd Susi Tarvis 2:21.42

Men (Age 40 +)

1st Kara Huseyin 1:49.01

10K Female

Females (40+)

2nd Jill Casey 56:22

5K Male

Male (Ages 10-13)

1st John Casey 21:44

Male (Age 40 +)

2nd Peter Tarvis 29:13

Aquatics programs

The Master Swim Program will meet three times a week, Tuesdays and Thursdays at 5:30 p.m. and Saturdays at 8:30 a.m.

Prerequisites include; proficiency in freestyle, backstroke and breaststroke.

Adult Intermediate Lessons for swimmers who can swim the length of the pool and want to learn more.

Beginner Swim Lessons are ideal for those who want to learn to swim. Class meets eight times for 25 minutes at 1:30 p.m. Wednesday and Friday for Session 1 and 5:45 p.m. Wednesday and Friday for Session 2.

Guard Start is a youth program that provides a foundation of aquatic and leadership knowledge, attitudes and water safety skills for future successful completion of the American Red Cross lifeguard course. Class meets three consecutive Saturday at 8:30 a.m. For more information, call 634-6536.



Returning junior David Lynch returns a successful spike during a game against Aviano at the high school gym Saturday. Vicenza lost 25-27; 11-25; 23-25.

Photo by Laura Kreider

Boys' will-to-win may be the ticket

By ADRIANE FOSS
Outlook Editor

If size doesn't matter, the Vicenza High School boys' volleyball team may very well beat out this year's competition.

With a mere eight players, including five newcomers to the sport, the team is not short on optimism.

"We are dedicated and have a strong team commitment," said Head Coach Susan Vanderbeek.

That commitment was evident earlier this month when the team went head-to-head against Milano and Aviano at Aviano Air Base and won every game.

But Vicenza's returning seniors, Tevin Cleveland and Troy Young, and returning junior David Lynch will have to dig deep,

drawing from previous years' experience to groom new juniors Sawyer Ballard, Dale Howell, Alex McKenzie and Michael Deliveira and joining freshman Jacob Knapp.

Time will tell just how well the senior players bring in their greener team members later this season as Vicenza faces off against division powerhouse Naples and Aviano, known to always field a strong team.

So far, Vanderbeek said practices are going well and the team's five newcomers are learning quickly.

"The boys are truly challenged to improve and work as a team," she said. "and we have the potential to do well at the end-of-year tournament."

Having coached at Vicenza for the past

10 years, Vanderbeek is the middle and high school nurse and has a PE/Health teaching background. She has seen "the will to win" beat out "experience" too many times to be discouraged.

She said the boys team is improving year by year, calling them "highly competitive" at the 2009 Mediterranean Volleyball Tournament after they placed fifth overall.

"We played Aviano this past weekend which was hard-hitting and, with a few breaks, could have won the match," said Vanderbeek. "The focus this year is team effort, to have fun and to play with heart."

Overall, we have a great bunch of kids who work hard every day with great attitudes in practice," she said. "I couldn't be more proud of them."



Photo by Laura Kreider

Tough loss: Vicenza High School's C.J. Calabrese recovers the fumble during the third quarter of a tough match against Bamberg Saturday at the North 40 field. The Vicenza Cougars lost 0-32. "We try to get better every practice and every game," said Head Coach Adam Ridgley. "The [Cougars] have a very positive attitude and they want to learn every week, after each game." The Vicenza team is prepping for their homecoming game Saturday against Hohenfels.

Lose 1 lb a week

Vicenza Wellness Center

Did you know that you can safely lose eight pounds in two months?

Let the Vicenza Army Wellness Center show you how. The center's professional staff will give you an initial screening to determine a healthy weight by assessing your current body fat percentage.

Next, a metabolic test will allow you to see how many calories your body should take in to achieve a weight loss of one pound per week.

"The center will provide you with an appropriate meal plan (provided you don't have dietary concerns) and other resources to assist you in reaching your goal. It's that easy," said Lacy Wolff, Vicenza's AWC Director.

For more information or to sign up, call the center at 634-8186 / CIV 0444-71-8186 to schedule your metabolic test today.

SOLDIERS & CIVILIANS COMMUNITY UNIT/REC OPEN PLAY SPORTS

Recreational Softball Stats and Results:

Team	Win	Loss
USARAF	9	3
704 MUNSS	7	7
HHC USAG-V	7	6
AFN/DODDS	7	5
STICKS & SKULLS	2	8

Sept. 7
AFN/DODDS (14) vs. HHC USAG-V (12)
STICKS & SKULLS (6) vs. AFN/DODDS (16)
USARAF (14) vs. STICKS & SKULLS (10)

Sept. 15
HHC USAG V (12) vs. USARAF (7)
AFN/DODDS (4) vs. USARAF (14)

Flag Football Stats and Results:

Team	Win	Loss
HHC USAG-V/509th	6	1
USARAF	4	3
Health Clinic	4	3
14th Trans.	0	7

Sept. 9
14th Trans. (6) vs. HHC/509th (25)
USARAF (25) vs. Health Clinic (0)