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U.S. Army Africa photo

Air Force Tech Sgt. Chris Eder of American Forces Network-South (right) talks with Lt. Esther Barbara Wanjiku, Bogita Ongeri and Lt. Col Charles Mutai of the Kenya Ministry of Defence public affairs office. The PAOs recently visited USARAF headquarters to conduct a military-to-military visit with U.S. PAOs stationed at Caserma Ederle.

## U.S., Kenya military PAOs share ideas

By Maj. JUNEL JEFFREY  
U.S. Army Africa

Representatives from the Kenya Ministry of Defence military public affairs office recently visited Vicenza to observe the functions of an Army Service Component Command-level public affairs office.

The public affairs officers from Kenya previously traveled to the U.S. Defense Information School in Maryland and to the Joint Multinational Readiness Center in Germany. One of many U.S. Army Africa military-to-military engagements that take place throughout the year, this was the first such visit to take place at Caserma Ederle.

"This is the third consecutive public affairs engagement this year with the Kenyan public affairs leadership and a

Military-to-military engagements provide partner nations the opportunity to refine operational skills while enhancing their ability to work together effectively.

clear demonstration that working together leads toward developing strong, interactive relationships. In this case, the relationship has grown into a successful enduring partnership," said Steve Sanderson, deputy public affairs officer, U.S. Army Africa.

U.S. Army Africa public affairs officers, also known as PAOs, familiarized various functions that contribute to a successful

See PAO CULTURAL Page 2

## USAREUR names USARAF top supply organizations

USAREUR news release

U.S. Army Africa's Headquarters Support Company and Property Book Office have been named as winners in the U.S. Army Europe Supply Excellence Award competition for fiscal year 2011.

The annual awards recognize logistics professionals and their units across Europe for excellence in supply operations at all levels.

"The SEA program is based on units having a solid [Command Supply Discipline Program] with comprehensive inspections from their higher headquarters," said Harold Workman, USAREUR's SEA program manager.

The winners of the SEA will be formally honored at USAREUR's Combined Logistics Excellence Award ceremony in the spring.

HSC and the Property Book Office won in the following categories:

**Level I (A) MTOE, Company/Battery/ Detachment:** Headquarters Support Company, U.S. Army Southern European Task Force, U.S. Army Africa, Vicenza, Italy.

**Category Level II (A) MTOE Property Book Operations:** Property Book Office, U.S. Army Southern European Task Force, U.S. Army Africa, Vicenza, Italy.

USARAF's Headquarters Support Company and Property Book Office will be formally honored at USAREUR's Combined Logistics Excellence Award ceremony in the spring.

## Parents beware: Energy for sale at cost to health

U.S. Army Health Center Vicenza

The first energy drink was introduced in Austria in 1987 and in the United States in 1997.

Since then hundreds of brands are now on the shelves. The energy drink market is a \$3.4 billion a year industry.

With a caffeine content ranging from 50 to 505 mg per can or bottle, energy drinks should be a concern for parents of children and young adults, said Vicenza Health Clinic Dietitian Capt. Adrienne Jefferson.

The Food and Drug Administration regulates the caffeine content in soft drinks but not in energy drinks.

The U.S. has some of the most lax regulatory requirements of any country when it comes to energy drinks.

"Energy drinks do not undergo rigorous testing and screening for safety, therefore some drinks may not contain the ingredients stated on the label and may even contain some ingredients not stated," said Jefferson.

Most products marketed as energy drinks contain carbohydrates (sugar) and caffeine as the No. 1 ingredients. The carbohydrates provides energy (a sugar high in most cases) and caffeine stimulates the central nervous system.

These drinks may also contain a wide variety of herbs and other ingredients that claim to increase energy but are not proven to do so in studies. Some of the herbs and additives may even have unexpected interactions with certain medications.

Energy drinks with their high caffeine content have caused concern among health professionals. Thirty-one percent of U.S. teenagers say they drink energy drinks, according to Simmons Research.

"Studies have also linked excessive caffeine in children to elevated heart rates, hypertension, anxiety, headaches and interrupted sleep patterns," said Jefferson.

She noted an incident that took place in

See GET YOUR ENERGY Page 2



### Did you know?

- 31 percent of U.S. teens say they drink energy drinks
- The FDA regulates caffeine content in soft drinks, but not energy drinks
- Children do not eliminate caffeine as efficiently as adults; the effects of the drug may last 3-4 days



## Get your energy from physical activity, healthy life choices

continued from Page 1

March in which four Florida middle school students were taken to the hospital with racing hearts and body sweats. They said they had shared a can of energy drink.

The drink contained yohimbine (used in treating erectile dysfunction) and vinocetine (used in Europe in the treatment of Alzheimer's).

Taurine and guarana are forms of caffeine also common additives in energy drinks but the caffeine content these additives provide is not listed as part of the overall caffeine content. Some have B vitamins, which when taken in mega doses can cause rapid heartbeat and numbness and tingling in the hands and

feet. Jefferson said some teens report downing several cans in a row to get a buzz and a new study found a surprising number of poison-center calls from youth getting sick from too much caffeine.

"Children do not eliminate caffeine as efficiently as adults and the effects of the drug may last as long as three to four days," she said. "Children and adolescents who do not use caffeine daily are at risk for caffeine intoxication due to energy drinks consumption."

Caffeine intoxication may cause nervousness, anxiety, restlessness, insomnia, gastrointestinal upset, tremors, tachycardia, psychomotor agitation and, in rare cases, death.

Jefferson said parents should be

especially aware because the symptoms of caffeine intoxication can mimic those of anxiety and other mood disorders.

"Even supplements like vitamins, caffeine, creatine and protein powders that are safe when taken in recommended doses could be harmful taken in large doses for a long time," she said. "There is very little published research on energy drinks, therefore we do not know the effects some of these ingredients can have on children and teens."

Jefferson said being "energized" requires a suitable level of physical activity, adequate sleep, healthy eating habits and proper hydration.

"An energy drink," she said, "will never make up for these elements."

Don't forget:

### CHANGE YOUR CLOCK, CHANGE YOUR BATTERIES



When you change your clocks, change the batteries in your smoke alarms too!

This life-saving message is brought to you by the USAG Vicenza Fire Station.

## PAO cultural exchange promotes best practices

continued from Page 1

public communication program. The PAOs discussed methods of social networking, strategic communication, and how the U.S. Army coordinates media relations.

The visitors also spoke with the U.S. Army Garrison Vicenza Public Affairs Office about how their organization communicates with Soldiers, civilians and family members.

The PAOs later visited the American Forces Network-South on Caserma Ederle and a local Italian television station.

Lt. Col. Marissa Lucero, the military

engagements and exercises officer from the U.S. Embassy in Nairobi, Kenya, said engagements like this serve to strengthen existing long-standing military-to-military relationships.

"Military-to-military engagements provide U.S. and partner nations' armed forces the opportunity to refine their operational skills while enhancing their ability to work together effectively," said Lucero. "The Kenyan Armed Forces Public Affairs M2M program is the most robust engagement in the Kenyan portfolio."

Bogita Onger, spokesman for Kenya's defense ministry and one of the

three visitors, initiated the public affairs relationship with the U.S. military and continues to be actively involved in plans for future opportunities to work together.

"In our military, we want to promote this," Onger said. "By having regular meetings, exchanging views, we will have the best practice as far as public affairs is concerned. It benefits the people that the armed forces serve."

"The way they have welcomed us, you feel there is a close relationship," said Onger about his trip to the USARAF headquarters. "The kind of respect, we appreciate it, it is the talk of things when

we go home. When we tell people, they feel happy also."

Sanderson said "while working closely with each other, everyone learns techniques and procedures from one another. This shared educational environment promotes trust and increases overall capacity. Everyone wins."

"Such a partnership is good," said Onger. "When we keep communicating, the mental images that come are about the good places. It promotes the relationship and gives it a personal touch."

U.S. and Kenyan public affairs officers will conduct a fourth engagement late September in Nairobi.

### Speak Out

### What is most interesting about your job?



Lorenzo Felisatti  
ACS

"Meeting new people every day and helping them."



Pfc. Joseph Gonzales & Pfc. Matthew Greene  
464th MP Platoon

"The variety of duties, providing community assistance and force protection. The MP Corps is fully operational 24/7, 365 days a year; we are one of the best assets the Army has to offer."



Capt. Paul Muething  
Trial Defense Service

"Every day I have the opportunity to help Soldiers."



Christina Salas  
Sports & Fitness

"I get to help and guide people in our community reach their fitness goals. When someone tells me about their progress it motivates me more."



Kristal Taylor  
CDC Bldg. 398

"It's very interesting to see the way a child reacts to objects and situations as opposed to how an adult would. They are able to see the good in everything, things that (adults) sometimes forget to look for. That I find interesting."



## Army putting energy into conserving energy

In the past, energy has been a side conversation for the Army.

It tended to be an area of concern for some experts and specialists, but for a lot of us, whether Soldiers and civilians in the workplace or family members in the community, we did not give it much thought.

Maybe we paid attention to the public service announcements reminding us to turn off lights, but that was about it.

However, with changing security concerns and increased demands on finite financial and natural resources, energy has become an issue we all have to pay attention to.

### Issue front and center

We must proactively address today's energy challenges for the sake of ourselves, our mission and our nation as well as for future generations. So I intend to keep the issue front and center. I intend to keep the dialogue focused on what we in the Installation Management Community must do, can do and are doing to increase the Army's energy efficiency and security.

The Army depends on a reliable, safe, cost-effective supply of energy to accomplish its mission, as well as provide a good quality of life for Soldiers, civilians and families on installations worldwide.

To the extent that the supply and distribution of energy lay outside the Army's control, the ability to accomplish our mission is open to risk.

### Energy security

In January 2009, the Army issued guidance for increasing energy security, the Army Energy Security Implementation Strategy.

The Installation Management Campaign Plan, the strategic document directing our actions, includes a section focused on energy efficiency and security; this section, Line of Effort 6, was developed in support of the Army energy guidance.

The keys to success for LOE 6 focus on reducing energy and water consumption, increasing energy and water efficiency, modernizing



**Lt. Gen.  
Rick Lynch**

**Focusing on our energy programs is truly non-negotiable. We have to look to our programs to generate savings that will help with the Army's part of the \$23 billion in efficiencies that the Secretary of Defense is requiring from all the services.**

infrastructure, and developing renewable and alternative energy supplies.

Since Version 1 of the campaign plan was released in March, we have continued to work on LOE 6, in particular refining the keys to success and developing meaningful metrics to measure our progress. Version 2 of the Campaign Plan will be released in October, which is national Energy Awareness Month.

I did not plan for the two events to coincide, but it is fitting. The revised LOE 6 will show us the way ahead for achieving the energy security and efficiency that is a critical part of achieving and maintaining installation readiness.

### The driving force

While the campaign plan is the driving force in changing how we do business, the Installation Management Energy Portfolio is our toolbox. This document, which is also being revised for release in October, describes Army programs and initiatives that help installations realize their energy goals. One example is metering.

Residential Communities Initiative housing on 45 Army installations are metered to measure whether the occupants of each unit are using above or below the energy usage baseline every month. Provided with the meter data, occupants have steadily reduced their energy consumption so that 80 percent now receive money back for using less than the baseline each month.

Other programs and initiatives include efforts to improve the Army's energy grid security and management, to track and offset utility costs, and to require that new military construction and renovation meet rigorous energy efficiency standards.

I have always said that vision

without resources is hallucination, so the Energy Portfolio also lists a number of resource opportunities. These include Army and private programs, contracts and other vehicles through which installations can partner with private industry to gain expertise and resources to create innovative energy programs.

### Savings across the USA

Finally, the Energy Portfolio highlights several projects in which installations are making creative use of all these resources to save and produce energy.

These projects include a 12-acre solar power array at Fort Carson, Colo., a vegetative roof project at Tobyhanna Army Depot in Pennsylvania, a methane gas project at Fort Knox, Ky., the first wind turbine on an active Army installation at Tooele Army Depot in Utah, and solar walls at Fort Drum, N.Y.

The revised Energy Portfolio will expand on this last section in particular, to provide ideas and inspiration to other members of the Installation Management Community.

In addition to Version 2 of the Campaign Plan and the revised Energy Portfolio, in October I will also publish an energy operations order, to direct specific actions that raise the overall level of effort within the Installation Management Community.

### Billion dollar price tag

When we look at the energy projects around our installations, we can see the Installation Management Community has made a solid start in addressing energy issues. However, when we consider those issues, we can also see how far we still have to go.

Last year we spent \$1.3 billion for the installation utility bill, which includes electricity, steam, water and natural gas. The Army spent \$4

billion for fuel and utilities. That is a large price tag for resources we do not control and that will run out eventually.

### Innovative solutions

I am looking for people who are passionate about energy issues and committed to finding innovative ways to solve the challenges. One key person is the garrison energy manager.

Every garrison needs a full-time energy manager, or more than one, depending on the size of the installation, who can help leadership build a robust energy program. And every garrison needs leadership to back a robust energy plan.

Leadership has to communicate that every Soldier, civilian employee and family member on the installation is responsible for doing his or her part.

### Turn off the lights

Occasionally someone who is less-than-committed to energy efficiency says to me, in effect, "Hey, quit going on about turning off the lights."

Here is an idea: turn off the lights and I will quit talking about it.

When we have achieved the energy efficiencies that are possible—when we have found ways to avoid energy costs and reduced unavoidable costs and limited our use of nonrenewable resources—then we can talk about other issues, such as which Soldier and family programs to apply the savings to.

Focusing on our energy programs is truly non-negotiable. We have to look to our programs to generate savings that will help with the Army's part of the \$23 billion in efficiencies that the Secretary of Defense is requiring from all the services.

We have to look to them to more securely position us to accomplish our missions, to provide an even better quality of life for Soldiers and families, and to help address some critical environmental issues, so that we do not pass them on to our children and their children.

For all of these reasons, it is the right thing to do to get our energy programs right.

**RICK LYNCH**

**Lieutenant General, USA  
Commander, IMCOM**

## The Outlook September 9, 2010 Vol. 43, Issue 35

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## At your service

## CHILD DEVELOPMENT CENTER



**Shannon Hagenbaugh** is the new assistant director of the Child Development Center, Bldg. 398.

"We currently house the full-time programs but will provide hourly and part-day programs as of Monday," said Hagenbaugh. "My job is to assist the staff in providing a safe, caring environment for children in our care. I am also responsible for the day-to-day administrative duties that are involved with running a childcare program."

Before moving to Vicenza, Hagenbaugh lived in Hershey, Penn., and worked as a preschool teacher. She has 11 years of preschool and toddler teaching experience. She enjoys traveling, but says her favorite activity is "just spending time with my 4-month-old son Carter."

She is located in Bldg. 398 and can be reached Monday-Friday, 7:30 a.m.-5:30 p.m. at 634-5008 or at [shannon.hagenbaugh@eur.army.mil](mailto:shannon.hagenbaugh@eur.army.mil).



# We're here for YOU

When life's problems become too overwhelming, reach out to us. We've got your back!

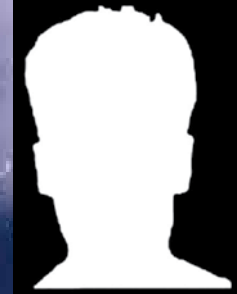
Army Family Covenant...  
our promise to support you

## 24-HOUR COMMUNITY HOTLINES

ACS 634-7500  
Chaplain Hotline 634-KARE (5273)  
MP Hotline 634-SAFE (7233)  
Military OneSource 00-800-3429-647  
Sexual Assault Hotline 634-JUST (5878)



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



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

### Vicenza Behavioral Health

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

### Military & Family Life Consultants

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



Charlie Fields  
Alcohol, Drug Control officer



Bill Davis  
Counselor



Cheryl Davis  
Employee Assistance Program director/Alcohol and Drug Prevention coordinator



Michelle Sanders  
Counselor



Judy Crow  
Adolescent Substance Abuse

### Army Substance Abuse Program (ASAP)

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

### Adolescent Substance Abuse Counseling Service

Mon – Fri, 7:30 a.m. – 4 p.m.  
Located in Vicenza Middle & High School  
634-7127 / 5863 (on post) 0444-71-7127 (off post)



Chaplain (Maj.) Doug Thomison  
Vicenza Family Life chaplain



Tammy Wilbur-Hoistad  
Family Advocacy Program manager



Adrienne Williams  
Family Advocacy Program specialist



Cara Panzarella-Tarr  
Family Advocacy Program Parent-Child Educator



Caitlin Beauchamp  
Victim Advocate / Sexual Assault response coordinator



Erin Wilcher  
Financial Readiness Program manager

### Vicenza Chaplain

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

### Army Community Service (ACS)

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



## Italian-U.S. exercise set Monday

USAG Livorno Public Affairs

A force protection exercise is scheduled at Camp Darby Monday morning in conjunction with the Pisa Comune and Prefect office and Italian and American base commands.

“This joint civil protection exercise allows us to ensure Italian and American first responders are well trained and

ready to accomplish the mission,” said Lt. Col. Kevin Bigelman, USAG Livorno commander. “Protection of our Italian and American work force is priority, so you will see the interaction between base and outside authorities to protect such.”

During the emergency operations, Italian street police will put up road blocks outside of the installation. Expect gate closures, delays and limited

community services.

For information about what to do in case of emergency, how to shelter in place and the family assistance center, visit [www.usag.livorno.army.mil](http://www.usag.livorno.army.mil) and click on “Emergency Preparedness.”

Additionally, community members can tune into AFN Radio on 106.0 FM or Channel 14 on your AFN decoder for updates during the exercise.

## Darby Dates

Visit [www.usag.livorno.army.mil](http://www.usag.livorno.army.mil)

### Sponsorship Training

Learn to be an awesome sponsor Tuesday. Call ACS at 633-7084.

### Finance Club

Learn the basics of investing and personal finances Tuesday. Call ACS at 633-7084.

### Employment 101

This Wednesday class furnishes basic employment information to the Livorno community. Learn all about employment eligibility (who can apply), military spouse preference, veterans' preference, and useful job search websites. Call ACS at 633-7084.

### Job Announcements

Camp Darby Chapel has two Appropriated Fund contracts for a Catholic pianist and Protestant pianist now open.

The contracts run Oct. 1 - Sept. 30. Apply by Sept. 24. Contact the chapel at 633-7267.

### ITR Trips

Built on 117 small islands, Venice has over 150 canals and more than 400 bridges. You won't see them all on this day trip, but you can have fun trying. Go with ITR Sept. 18. Call ITR for more information at 633-7589.

### Hot Salsa Night

Don't miss the big party of the summer. Come to Hot Salsa Night Sept. 25 for Salsa and Latin music, complete with Latin dance demonstrations during the evening.

Tickets are on sale now. Call the Darby Community Center for more information at 633-7855.

### Parent's Night Out

Parents, you deserve a break! Plan now to enjoy an evening out and leave the childcare to CYSS Sept. 24. Multiple child discount of 10 percent applies. Children must be registered by Sept. 21.

Call Parent Central Services for more information at 633-7681.

### 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

10 a.m.: Protestant Sunday school

11:15 a.m.: Catholic CCD

## Darby hosts annual Run to Tower Oct. 8

Story and photos by JOYCE COSTELLO  
USAG Livorno Public Affairs

The annual Run to the Tower is a way to combine physical fitness with visiting one of the man-made wonders of the world during the 2010 Columbus Day weekend.

This year, Camp Darby's Run to the Tower 12-kilometer race will take place Oct. 8. The run begins at 9:30 a.m. in front of the Camp Darby parade field and goes through the flat roads along the Arno River until it finishes in front of the Leaning Tower of Pisa.

Runners will experience a flat, fast course with two water points, road guards and police at intersections. There will be a bus at the finish line to bring participants back to Camp Darby.

The race is limited to 500 runners and walkers, with the first 300 registrants receiving the Run to the Tower T-shirts.

Registration is open Sept. 27- Oct. 6. Applications will not be accepted the day prior to, or the day of, the race.

Registration forms are available at the Camp Darby Outdoor Recreation Center and online at [www.usag.livorno.army.mil](http://www.usag.livorno.army.mil).

Mailed registration forms must be received by the Outdoor Recreation Center no later than Oct. 6. Call 633-7775 for more information.

Medals are awarded to the top three finishers in seven female and male categories at 11:15 a.m. by the Leaning Tower.

Sea Pines Lodging can accommodate groups and individuals. Call DSN 633-7225 to reserve lodging or for more information.



(Above, from left) USAG Vicenza's Larry and Laura Kreider participate in last year's race. At right, other community members participate in the run. Runners will experience a flat, fast course with two water points, road guards and police at intersections. There will be a bus at the finish line to bring participants back to Camp Darby. Registration forms are available at the Camp Darby Outdoor Recreation Center and online at [www.usag.livorno.army.mil](http://www.usag.livorno.army.mil).





**Tree Trunk Fair:** Community members are invited to Grisignano's large annual market with hundreds of booths, exhibitions and carnival rides. SEE BELOW FOR DETAILS.

## Local festivals & shows

**Fiera del \*Soco -Tree Trunk Fair:** Friday to Thursday in Grisignano, about 14 miles southeast of Vicenza. It's a large annual market with hundreds of booths, exhibitions, and carnival rides. Parking available for €3 in Via Vittorio Veneto, Via Kennedy and Via Serenissima. Free shuttle service from Via Serenissima.

■ Tomorrow: 6 p.m. fair grand opening; 7 p.m. "Expogustibus" sampling of risotto dishes; 7-9 p.m. "Lo Borgo de lo Soco" – medieval village: antique market and medieval games with jesters, fire-eaters, and stilt walkers. 9 p.m. live music and dancing with "I Rodigini" Orchestra.

■ Saturday: 3 p.m. fair opens; 6 p.m. "Spritz time" great variety of appetizers and spritz; 6 p.m. Medieval village; 7 p.m. "Expogustibus"; 7:30 p.m. Caribbean, hip hop, belly dance Shows; 9 p.m. live music and dancing with the "Checco&B. Band"; Country night at the Arena; 10 p.m. historical costume parade; 10:30 flag-throwers show.

■ Sunday: 8 a.m. fair opens; 8 a.m.-6 p.m. exhibit of pure-bred cattle and horses; 10 a.m. 6 p.m. scenic helicopter flights at the Sports Field–10 minute flight costs €40/person; 10 a.m. Medieval military camp; antique market, medieval games, jesters, fire-eaters; 11 a.m. food booths open; 6 p.m. "Spritz time"; 8 p.m. medieval duels and military reenactment shows; 9 p.m. live music; at the Soco Arena 2010 Miss and Mister beauty pageant.

■ Monday: 6 a.m.-noon in Via Ungaretti traditional cattle market; 8:30 a.m.-9 p.m. local agricultural products market; 10 a.m. "Expogustibus" sampling of truffle and extra-virgin olive oil DOP dishes; 11 a.m. food booths open; 4 p.m. free Sky Diving

exhibition at the Sports Field; 7-9 p.m. "Lo Borgo de lo Soco" – medieval village; 6:30 p.m. "Expogustibus"; 9 p.m. live music and dancing with "Marco e il Clan" and Latin American night and Caribbean Show at the Soco Arena.

■ Tuesday: 4-6 p.m. games and entertainment for children; 6 p.m. local agricultural products exhibit and sale; 7 p.m. "Expogustibus"; sampling of barley, emmer, and mushroom dishes; 7-9 p.m. "Lo Borgo de lo Soco" – medieval village; 9 p.m. Live music and dancing with Meri & Elisa Band.

■ Wednesday: 4-6 p.m. games and entertainment for children; 6 p.m. local agricultural products exhibit and sale; 7 p.m. "Expogustibus": sampling of gnocchi and pork with vegetables; 7-9 p.m. "Lo Borgo de lo Soco" – medieval village; 9 p.m. Live music and dancing with Rossella Ferrari e I Casanova Band; 10 p.m. historical costume parade; 10:30 p.m. flag-throwers show choreographed with fire show and drumming.

■ Thursday: 4-6 p.m. games and entertainment for children; 6 p.m. local agricultural products exhibit and sale; 7 p.m. "Expogustibus": sampling of local dishes and beers; 7-9 p.m. "Lo Borgo de lo Soco" – medieval village; 9 p.m. Live 60's music and dancing; Disco night at the Soco Arena; 10 p.m. historical costume parade; 10 a.m. Mythological show, fire-eaters, and stilt walkers; fireworks at midnight.

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

**Live Chess Game:** Sept. 10-12 in Marostica, Piazza degli Scacchi, about 18 miles north of Vicenza. This live game commemorates the historic chess match of 1454. Pink and white marble slabs are imbedded in the center of Piazza Castello to form the chess board. The chess pieces are live people who move across

the board.

The bi-annual game re-enacts the match Lord Taddeo Parisio held to determine which of the two noblemen who were in love with his daughter would take her hand in marriage. Just as it took place nearly 600 years ago, a grand festival will be held with parades, flag throwers, fireworks and feast. The show boasts more than 500 costumed players. Seating is limited. Tickets should be purchased well in advance:

■ Friday: 9 p.m. Tickets: €60 – central stand; €50 – side stand; €30 bleachers;

■ Saturday: 9 p.m. Tickets: €80 – central stand; €70 – side stand; €40 bleachers;

■ Friday: 5 p.m. Tickets: €25 – central stand; €20 – side stand; €10 bleachers;

■ Friday: 9 p.m. Tickets: €60 – central stand; €45 – side stand; €20 bleachers.

For details in English or to purchase tickets online, visit [www.marosticascacchi.it](http://www.marosticascacchi.it).

**Gnocci Festival:** Saturday, Sunday & Wednesday, in Selva di Trissino, about 18 miles west of Vicenza.

■ Saturday: 6-10:30 p.m. food booths featuring a variety of gnocchi dishes and other typical dishes and local wines; 9:30 p.m. live music.

■ Sunday: 8 a.m. "Gnoccolando" 12 km naturalistic walk. It starts from Piazza Selva. Participation fee: 5 euro, free for children under 8. During the walk free tasting of gnocchi and wine. 9:30 a.m.-9 p.m. local products exhibit and market; noon-3 p.m. and 6-10:30 p.m. food booths; 7 p.m. live music.

**San Cristoforo Festival:** Saturday - Monday, in Vicenza, Bertesina. 7 p.m. food booths. Live music and entertainment starts at 8:30 p.m.

**Alpini assembly:** Sunday, in Bolzano Vicentino, about 8 miles northeast of Vicenza. Starts at 10

a.m. with the hoisting of the flag and the placing of a wreath to the Monument of the Fallen; 12:30 lunch at the Palatenda; 4:30 p.m. Alpini parade; 6:30 p.m. lowering of the colors; 7 p.m. dinner at the Palatenda.

**Carnival Rides:** through Sept. 19, 4 p.m.-midnight, in Vicenza, Campo Marzo.

**Welcome Back Festival:** Friday in Thiene, 9 p.m.-midnight, in Thiene, about 18 miles north of Vicenza.

Stores will be open until midnight. Live music, dances and entertainment for everyone.

**Antique and collector items exhibit and sale:** Sunday, 8 a.m.-7 p.m. in Vicenza, Piazza dei Signori, Piazzetta Palladio, Piazza Duomo, Piazza Castello, Piazza Garibaldi, and Piazza Biade.

**Antique and collector items market:** Sunday, 7 a.m.-7 p.m. in Lonigo, Via Garibaldi, Piazza XX Settembre, and Via Ognibene, about 20 miles southwest of Vicenza.

## FREE concerts, exhibits & events

**Music & Sound Festival:** 9 p.m. in Tezze sul Brenta, Parco della Vittoria, about 16 miles northeast of Vicenza:

■ Caminito Orchestra in concert & Tango performance, Thursday

■ Italian Crazy Band, Friday

■ Immortal Melodies, Saturday

**Conservatory students in concert:** 9 p.m. in Vicenza, Contrà San Domenico, 33:

■ Classical Music, Thursday

■ Jazz, Friday

■ Music and dances from India, Saturday

■ Waltz by young composers, Sunday

**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.

## Sporting events

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

**Red Bull X-Fighters World Tour – International freestyle motocross:** Oct. 1 in Rome, Stadio dei Mari.

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

For information in English and tickets, visit <http://www.ticketone.it/EN/>.

## ODR trips

Explore Trieste and the Miramare Castle Sept. 18, bike the northwestern shore of Lake Garda Sept 18 or kayak on Lake Garda Sept 19.

Check out more trips online at [VicenzaMWR.com](http://VicenzaMWR.com). To enroll, visit <https://webtrac.mwr.army.mil/webtrac/Vicenzarectrac.html>.

## Concerts

**Josè Carreras:** Tuesday in Marostica, Piazza Castello.

**Elton John & Ray Cooper:** Sept. 17 & 18 in Milan, Arcimboldi Theatre; Sept. 19 & 20 in Rome, Auditorium Parco della Musica.

**Ozzy Osbourne:** Sept. 22 in Milan, PalaSharp.

**Peter Gabriel:** Sept. 26 in Verona, Arena.

**Brandon Flowers:** Oct. 4 in Milan; Oct. 5 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.

Buy tickets at Media World, Palladio Shopping Center or [http://www.greenticket.it/index.html?imposta\\_lingua=ing\\_or](http://www.greenticket.it/index.html?imposta_lingua=ing_or) <http://www.ticketone.it/EN/>

## Now Showing

### Ederle Theater

|                 |                                    |        |
|-----------------|------------------------------------|--------|
| <b>Thursday</b> | Knight & Day (PG-13)               | 6 p.m. |
| <b>Friday</b>   | The Last Airbender (PG)            | 6 p.m. |
|                 | The Twilight Saga: Eclipse (PG-13) | 9 p.m. |
| <b>Sat.</b>     | The Last Airbender (PG)            | 3 p.m. |
|                 | Machete (R)                        | 6 p.m. |
| <b>Sun.</b>     | The Last Airbender (PG)            | 3 p.m. |
|                 | Machete (R)                        | 6 p.m. |
| <b>Wed.</b>     | The Twilight Saga: Eclipse (PG-13) | 6 p.m. |
| <b>Sept. 16</b> | The Twilight Saga: Eclipse (PG-13) | 6 p.m. |

### Camp Darby Theater

|                 |                                    |        |
|-----------------|------------------------------------|--------|
| <b>Friday</b>   | The Last Airbender (PG)            | 6 p.m. |
| <b>Saturday</b> | The Twilight Saga: Eclipse (PG-13) | 6 p.m. |
| <b>Sunday</b>   | Nanny McPhee Returns (PG)          | 1 p.m. |
| <b>Sept. 17</b> | Inception (PG-13)                  | 6 p.m. |

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

View **MOVIE TRAILERS** and 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](http://www.mwrmarketplace.com)



## Remembrance ceremonies set for Bamberg's fallen troops

Four Sky Soldiers from Task Force Repel were killed in an attack Aug. 31 in Logar Province, Afghanistan.

Killed were Sgt. Vinson Adkinson, Pfc. Matthew George and Pfc. James Page, each assigned to Alpha Company, 173rd Brigade Support Battalion, and Spc. Raymond Alcaraz, assigned to Charlie Company, 173rd Brigade Support Battalion.

The remembrance ceremonies will take place at Vicenza Sept. 17 at 3 p.m. in the post chapel and at Bamberg Monday at 3 p.m. in the Bamberg chapel.

## Job announcements

The NAF Contracting Office is seeking a **musical director** to be contracted for one year, effective October 2010.

Qualifications: degree in music, substantial experience with military community theatres critical, ability to play Broadway musical scores in performance and teach volunteer performers vocal music and parts. Call 634-7242 to apply.

The Army Wellness Center is hiring a full-time **health technician**.

Contact Lacy Wolff at [lacy.wolff@amedd.army.mil](mailto:lacy.wolff@amedd.army.mil) or call the AWC at 634-8186 / CIV 0444-71-8186 for more information.

## Expect gate delays at Villaggio Saturday

Villaggio residents will experience minor delays at the access control point at Villaggio due to required barrier maintenance Saturday from 8 a.m.-noon.

After being checked at the gate, motorists are asked to follow the instructions of the security force personnel as they guide you through the barriers.

## Girl Scout registration

Registration for the 2010-2011 Girl Scout year will be held on Saturday from 10 a.m.-2 p.m. in the park across the street from the Vicenza High School.

Registration fees are \$30. Girls must be 5 years old by Oct. 31 to be registered. Also, meet the leaders during registration.

Call Nancy Hacker at 349-520-9980 for more information.

## Fall garage sale

In preparation for some closet cleaning, the MOMS Club is planning a fall garage sale.

If you are interested in selling items, contact Amber Morris at [momsclubofvicenza@yahoo.com](mailto:momsclubofvicenza@yahoo.com). There is no charge. And spread the word: you don't have to be a member to sell or buy.

## Parents Night Out

Parents' Night Out is Sept. 17. Sign up at CYSS Parent Central Service or call 634-7219. Enrollment ends Friday.

## Find your military solutions at the Expo

Don't miss a chance to see the latest solutions for every mission during the Vicenza Military

Community Annual Technology Exposition Wednesday.

The event is hosted by the 509th Signal Battalion and will showcase more than 25 vendors, including Cisco Systems, Lucent Global Services, Dell, B & H Photo and many more.

The expo will be held at the Arena from 10 a.m.-2 p.m. and is open to all military, civilian and contractor employees.

Refreshments will be served and giveaways offered while supplies last. Get there early to register and walk away with great information, possible solutions and giveaways.

## Vicenza Homeschool Connection schedule

The Vicenza Homeschool Connection's September events are: Monday: Homeschool Art Enrichment

Sept. 17: Italian Enrichment

Sept. 20: Art Enrichment

Sept. 23: Field Trip Este Museum

Sept. 24: Italian Enrichment

Sept. 27: Art Enrichment

For more info, e-mail [vicenzahomeschoolconnection@yahoo.com](mailto:vicenzahomeschoolconnection@yahoo.com).

## Using credit wisely

Join ACS Tuesday from 9-10 a.m. and discover how credit can be good or bad and when to use the good kind.

The Using Credit Wisely workshop will show the advantages and disadvantages of using credit. Call 634-8634/7500.

## MOMS Club events

■ Wednesday: Pre-school Playgroup 4 p.m.

■ Sept. 17: Walk the Track 10 am; Mom's Night Out 7 p.m.

■ Sept. 18: MOMS Club Garage Sale 10 a.m.-noon at the Teen Center Gym

■ Sept. 20: Book Club 10:30 a.m.; Lunch Playdate 11:15 a.m.

E-mail [momsclubofvicenza@](mailto:momsclubofvicenza@)

[yahoo.com](http://yahoo.com) for more information.

## Have fun 'in Greece' with Freddy FAP

Who is Freddy FAP? Freddy FAP is Family Advocacy's world traveler. He visits countries from all over the globe each month and brings back activities and food for children and families.

Enjoy Freddy FAP as he "returns from Greece" Wednesday, 3:30-4:30 p.m., with fun activities and snacks at the ACS building. Call 634-6202 for information.

## Smooth Grooves tour

Coming to Vicenza Sept. 21 is the Army Entertainment "Smooth Grooves Tour" featuring Yancy, Paula Aterton, Karen Briggs and The Straight Ahead Band. Show starts at 7 p.m. at the Arena. Call 634-5087.

## Back to school party for ... parents

Now that the kids are back in school, it's time for parents to celebrate. Parents, go back to school with the Lion's Den crew Sept. 17 at 8 p.m.

School boy/girl attire is encouraged and prizes will be awarded to the best dressed. Need child care? It's Parents Night Out at CYSS. Reserve space at Parent Central Services. Call 634-7219.

## Sunday Night Football

Watch Sunday night's NFL games Monday at the Lion's Den in the Arena, 6-11 p.m. Wear your team jersey to support your team and enjoy buckets of beer and drink specials all evening long.

## Parent Advisory Meeting set Sept. 17

The next Parent Advisory Group meeting will be held Sept. 17, noon - 1 p.m. in the ACS big classroom. Topics of discussion include the new CYSS fees, move to

new facilities and CYSS parent concerns. Call 634-8347.

## Family Art Day

The next Family Art Day is Saturday from 10 a.m.-1 p.m. at the arts and craft center. Bring your deployment scrapbook up to date with new papers and supplies.

Visit CYSS Parent Central Services or call 634-7206.

## Scream-free parenting

Is there such a thing as scream-free parenting? ACS will share scream-free principles that will lead parents of all ages, with kids of all ages, to create and enjoy the family relationships they've always craved. Join ACS Sept. 21, 11:30 a.m.-12:45 p.m. or 3:30-4:45 p.m. Call 634-7500.

## Krafty Garden Party

The September Krafty Kitchen series offers three Thursdays of cooking instruction: Garden Party on Sept. 16, Fruit on Sept. 23 and 300 Calories or Less Sept. 30.

For a complete list of classes, visit the arts and crafts center or check the calendar at [www.vicenzaMWR.com](http://www.vicenzaMWR.com).

## Texas Hold'em

The next Texas Hold'em is on Sept. 18 at the Arena Lion's Den. Sign-up begins at 5 p.m. and the game starts at 8 p.m.

## Community Calendar Highlights

**Friday:** First Day of Kindergarten

**Friday:** DoDDS ribbon cutting at Villaggio elementary and middle schools at 10 a.m.

**Sept. 16:** Sure Start First Day of School

**Sept. 24:** Quarterly Awards Ceremony



Photo by Pfc. Garrett Miyata

**High standards:** Maj. Gen. Patricia McQuiston, commanding general of the 21st Theater Sustainment Command, congratulates Pfc. Donovan Marcy, a patrolman with Vicenza's 464th Military Police Platoon Sept. 2 on Caserma Ederle. McQuiston awarded Marcy a commander's coin for excellence in maintaining high standards in the platoon armory. McQuiston visited the installation last week to conduct a routine inspection of the armory and recognize Soldiers from the 14th Transportation Battalion and 464th MPs.

## 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](mailto:editor@eur.army.mil) noon on Monday, or by 4 p.m Friday if Monday is a holiday.



# IMCOM looking for members to join DoD fitness challenge

IMCOM news release

The Department of Defense's "Leap Into Fall" Fitness Challenge kicked off Aug. 16, challenging DoD personnel to include more physical activity in their daily routine.

Each participant is challenged to get at least 30 minutes of physical activity at least five days a week. The DoD goal is to log more than 1.5 million hours of physical activity by the end of the challenge on Oct. 31.

Civilians are encouraged to assess their emotional, spiritual, social and family fitness with the Global Assessment Tool (survey). The GAT, located at [www.army.mil/CSF](http://www.army.mil/CSF), is part of the Comprehensive Soldier Fitness program. The vision of the CSF is to create an Army of balanced, healthy, self-confident Soldiers, families, and Army civilians whose resilience and total fitness enables them to thrive in an era of high operational tempo and persistent conflict.

The Army's Installation Management Command is also encouraging its workforce to complete the GAT survey prior to joining the challenge. The tool allows participants to assess themselves on the dimensions of emotional, spiritual, social, and family fitness. The survey is available to Soldiers, Army civilians and family members.

Challenge contestants may choose from more than 100 activities, including a wide range of sports and games, even Nintendo Wii Sports. The emphasis is not on what participants do, but on working toward improved health and readiness in whatever way they find fun and motivating.

The challenge is part of a year-long DoD employee wellness campaign aimed at increasing employee awareness of and commitment to the elements of a healthy lifestyle, including physical activity.

The DoD challenge is linked to the President's Challenge, which began as a national youth fitness test and is now a series of programs designed to help improve anyone's activity level.



U.S. Army photo

Installation Management Command has formed the "Army IMCOM" team to encourage command members to participate in the DoD's "Leap Into Fall" Fitness Challenge.

IMCOM has formed the "Army IMCOM" team to encourage command members to participate, their health permitting. To join the team, go to [www.presidentschallenge.org](http://www.presidentschallenge.org) and use the group ID number 90878. The website also has information on how to register

as an individual or start a group. DoD personnel who log in at least 30 hours of physical activity through October will receive certificates of achievement, with special recognition going to the three individuals and groups who record the most hours over the three-month period.

## SOCCER UPDATE: Vicenza Lions come in third during international tourney

By TOM HLAVACEK  
*Special to the Outlook*

USAG Vicenza hosted a four-team international tourney Aug. 28 to promote cultural friendship and serve as a tune-up for the U.S. Forces Europe Championship in October at Aviano Air Base.

Aviano's Kyle Nowicki scored the winning goal in the 40th minute to win the championship match over Club Peru, 1-0. Lucas Miller got the assist.

Second place went to Club Peru, 3rd to Vicenza, and 4th to Pollice Verde.

"In the European U.S. Forces hosted

in Livorno last year, we lost in the finals to Ramstein Air Base in a penalty kick shootout," said Aviano Coach Justin Foulsham. "Many of our players PCSd so I was pleased with the new players this season."

Club Peru proved a worthy opponent. "Our team has won the Latin American Cup tournament for four consecutive years. We play many matches in the Veneto region year-round. (We) recognized the military sports staff for their years of hospitality," said Peru's team captain Benny Paol.

In the game to decide 3rd place, the Vicenza Lions scored 7 goals in their 7-2 romp over Vicenza Pollice Verde. Francisco Santocchi scored a hat trick with two goals in the first half and one in the second.

Kendall Smith snagged two, while Adrian Kabonick and Minor Rodriguez added one. Peru's Airman Jason Thrall scored the first goal of the tournament.

The U.S. Forces Championship is scheduled at Aviano Air Base Oct. 22-25.

The tournament is open to adult civilian and military teams in Europe.

## SOLDIERS & CIVILIANS COMMUNITY UNIT/REC OPEN PLAY SPORTS

### Recreational Softball Stats and Results:

| Team            | Win | Loss |
|-----------------|-----|------|
| USARAF          | 7   | 3    |
| 704 MUNSS       | 7   | 7    |
| HHC USAG-V      | 6   | 5    |
| AFN/DODDS       | 4   | 5    |
| STICKS & SKULLS | 2   | 6    |

| Aug. 30                                  |  |
|--|--|
| USARAF (34) vs. HHC USAG-V (3)           |  |
| 704th MUNSS (22) vs. HHC USAG-V (18)     |  |
| 704th MUNSS (19) vs. STICKS & SKULLS (1) |  |
| Sept. 1                                  |  |
| AFN/DODDS (11) vs. STICKS & SKULLS (5)   |  |
| 704th MUNSS (20) vs. AFN/DODDS (9)       |  |
| USARAF (14) vs. 704th MUNSS (19)         |  |

### Flag Football Stats and Results:

| Team                                  | Win | Loss |
|---------------------------------------|-----|------|
| HHC USAG-V/509th                      | 3   | 0    |
| USARAF                                | 2   | 1    |
| Health Clinic                         | 1   | 2    |
| 14th Trans.                           | 0   | 3    |
| Aug. 31                               |     |      |
| USARAF (26) vs. Health Clinic (25)    |     |      |
| HHC/USAG 509 (21) vs. 14th Trans. (0) |     |      |

## Sports shorts

### Something for everyone with EDGE!

There is something for everyone in the fall lineup of the EDGE! Program. Activities are for youth in grades 9-12.

During the Fall into Fitness program, guided by a professional fitness trainer, youth will work to improve core strength and fitness goals every Monday, Wednesday and Friday at 3:15-4:45 p.m. at the fitness center beginning Friday.

Other workshops include; Skateboard Assembly & Painting beginning Friday, Basic Automotive Skills beginning Tuesday, Teen Magazine Design beginning Sept. 23 and Mural Painting at the fitness center.

For more information, call 634-7219. Participants must be registered with Parent Central Services or MWR Online Services.

### Last chance for tennis, cross country sign-up

Cross country and tennis enrollment ends Friday.

The cross country season runs Tuesday through Oct. 23.

Practice is on Tuesdays and Thursdays 5:30-6:30 p.m. at the North 40 track.

Tennis season starts Sept. 20 and runs through Nov. 1 with practice every Monday from 5:30-6:30 p.m. at Villaggio courts.

Participants must be enrolled at Parent Central Services.

### How many donuts can you down?

See how many donuts you can eat in five minutes, then have one minute knocked off your final race time for each donut (up to five). Sign up by Friday.

For race details, visit [www.VicenzaMWR.com](http://www.VicenzaMWR.com) or inquire at the fitness center. Free T-shirt to the first 150 registrants.

Go green and bring your own water bottle. The race day is Sept 18.

### Civilian Fitness Program

DA civilians and Italian employees may be authorized up to three hours work time per week for six months (supervisory approval required).

Enrollments and fitness assessments will be held at the Wellness Center by appointment only as follows:

Sept. 6: 8:30-11 a.m.

Sept. 21: 1-4:30 p.m.

Contact Mary Yandura, health promotion officer by Monday for an appointment at [mary.yandura@eur.army.mil](mailto:mary.yandura@eur.army.mil) or 634-8828.