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Tax filing deadline is April 18. If you owe money, it must be paid by that day. Call the Tax Center for questions at 634-7316.

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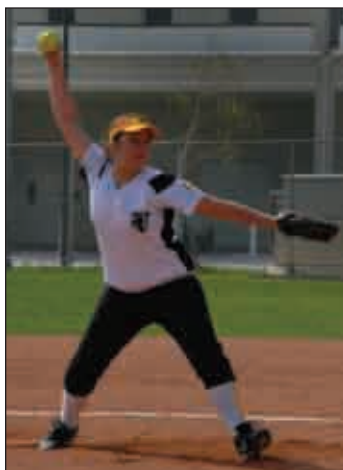


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USARAF supports combat operations for first time

By Maj. Junel Jeffrey
U.S. Army Africa Public Affairs

USS MOUNT WHITNEY, Mediterranean Sea — For Army Lt. Col. Leamond “Bo” Stuart, a 40-year-old Special Forces Soldier from Atlanta, the order to deploy happened fast and the prospect of serving on a ship seemed like an interesting opportunity.

The deployment order arrived within days and the task at hand was quite unique. Stuart didn’t really know exactly what to expect — where he was going or how long he would be away. All he knew was that this deployment, in support of U.S. Naval Forces Europe-Africa-U.S. Sixth Fleet, would be unlike any assignment he’d ever had.

So too for Sgt. 1st Class Steven Terrell, a human resources manager, “It is always difficult when there is little information on where you’re going and when you’re coming home,” he said. “We make it through by staying close and supporting each other.”

Stuart, Terrell and approximately 60 Soldiers packed their duffle bags, said goodbye to family and friends and traveled to Gaeta, Italy, where they joined more than 300 Airmen, Coast Guardsmen, Marines and Sailors embarked upon the USS Mount Whitney (LCC/JCC20), headquarters of Operation Joint Task Force-Odyssey Dawn.

U.S. Africa Command, the regional command that



Photo by Navy Mass Communication Specialist 2nd Class Daniel Viramontes

Maj. Scott Sendmeyer leads the Campaign Development Team aboard the amphibious command ship USS Mount Whitney (LCC/JCC 20) in support of Joint Task Force-Odyssey Dawn. JTF Odyssey Dawn is the U.S. Africa Command task force established to provide operational and tactical command and control of U.S. military forces supporting the international response to the unrest in Libya and enforcement of United Nations Security Council Resolution (UNSCR) 1973.

oversees and coordinates U.S. military activities in Africa, established the joint task force to provide operational and tactical command and control for emergency evacuations, humanitarian relief, and potential future missions in support of the international response to unrest in Libya.

With a growing coalition of more than 13 nations including France, Great Britain, Qatar, and the United Arab Emirates, Joint Task Force-Odyssey Dawn set

out to enforce United Nations Security Council Resolution 1973, which “authorizes all necessary measures to protect civilians in Libya under threat of attack by Qadhafi regime forces.”

Maj. Scott Sendmeyer said, “Overall, my experience has been very good, although challenging. Having the entire JTF staff on the ship enabled rapid team formulation and also mitigated many outside distractions.”

An Army Engineer Corps officer by trade, Sendmeyer led the overall Campaign Development Team, a group of planners responsible for organizing operations according to task force objectives and desired effects. He said that while working as a joint plans officer was a great learning experience, life on a ship was very different from Army life.

“I never thought of serving from aboard a ship, and it has

See SUPPORT, page 3

173rd ABCT ‘Herd’ leaders trek through Netherlands on historic journey

Story and photo by Staff Sgt. Bruce Cobbeldick
173rd ABCT PAO

The Netherlands — Elements of the 173rd Airborne Brigade Combat Team’s leadership and staff made the trek March 27-28 to learn about a major operation that happened nearly 70 years ago: code name Market Garden. This chapter in history had a sweeping impact on the European Theater, as airborne troops secured their objectives, including bridges and canals critical to Gen. Dwight D. Eisenhower’s strategic objectives.

“We set out on the staff ride to improve our understanding of airborne operations,” said Maj. Steven Curtis, brigade intelligence officer for the 173rd ABCT. “We returned with much more; most importantly, a deep appreciation of the bravery and sacrifice of paratroopers before us.”

In addition to the educational expedition, the Sky Soldiers’ 10-hour trip to the Netherlands included a Joint Operation with Dutch soldiers and Dutch marines that saw American Soldiers exchange airborne wings with their counterparts.

Col. Kyle Lear, commander, 173rd ABCT, said, “It is a great opportunity to build rapport and camaraderie with our partnership units. It was a very rewarding experience jumping with the Dutch Paratroopers of the Royal Netherlands army. Soldiers from partner nations usually share a bond; airborne Soldiers share a more intense bond since they both understand what it takes to be a paratrooper.

“As the only Airborne Brigade in Europe, it is extremely



Leadership of the 173rd ABCT look on as a historian explains the importance of Operation Market Garden during World War II as the 173rd brigade staff conducts an educational tour of the Netherlands to study lessons learned from the famous battle.

important to maintain our focus on Airborne Operations and combined operations with our partnership units,” said Lear.

The brigade staff traveled to visit the Netherlands to learn first-hand about how Airborne Operations, Strategic Planning and Joint Operations played important roles in shaping the outcome of World War II.

See TREK, page 4

USARAF JAG supports rule-of-law education

By U.S. Army Africa Public Affairs Office

Lt. Col. Stephen Salerno, Judge Advocate for U.S. Army Africa's Office of the Staff Judge Advocate, recently provided a week of stability-focused legal instruction in Goma, Democratic Republic of Congo.

The weeklong event, hosted by the Defense Institute for International Legal Studies, included classes on refugee rights under international law; internal armed conflict and the law; and counter-insurgency doctrine. DIILS is the lead Department of Defense security cooperation resource for professional legal education, training and rule-of-law programs.

African participants included military, legal and government representatives from DRoC, Tanzania and Burundi. The regional seminar addressed issues such as border security and combating terrorism, Salerno said.

The choice of Goma, located in the eastern DRoC province of Kivu, as the location for the event was ideal for a seminar addressing border security issues, because it is adjacent to Rwanda and shares boundaries with Burundi, Tanzania and Uganda.

The area is strategically significant in its regional context because counterinsurgent groups are believed to operate there, he said.

Along with Salerno, seminar instructors from the Center for Civil and Military Relations, U.S. Customs and Border Patrol, and the U.S. Coast Guard led sessions.

Since the predominant language in DRoC is French, instructors were forced to adapt by communicating with their students through a translator.

"My first thought was that the translators would slow us down, but in actuality the pace permitted the instructors to emphasize certain points, and provided time to observe the participants reactions," Salerno said. "The benefit was that the short gap in time provided the instructors opportunities to reiterate certain points, or to pause for questions.

"Judging by the frequent questions and engagement of the participants, using interpreters may have improved the quality of the seminar."

The course of instruction was the second, follow-on iteration of a two-phase program, and took into account topics that were developed during the first phase, including the difficulty in controlling soft borders and addressing security concerns with a lack of resources. The seminar also paved the way-ahead for future sub-regional programs addressing rule of law, anti-corruption and anti-terrorism considerations, Salerno said.



U.S. Army photo

Lt. Col. Stephen Salerno, Judge Advocate for U.S. Army Africa's Office of the Staff Judge Advocate gives stability-focused legal instruction in Goma, Democratic Republic of Congo.

Hosting instructive programs such as the DIILS seminar will allow DRoC and neighboring countries in Eastern Africa to develop the mutual trust necessary to enable collective action in response to internal domestic challenges as well as combating terrorist threats, he said.

Salerno is a U.S. Army Reserve officer assigned to the 91st Legal Support Office with previous experience traveling and teaching in Africa, and an easy choice to fulfill the DIILS mission requirements. In his civilian capacity, he is a labor and employment attorney for USARAF OSJA in Vicenza.

USARAF's mission is to promote security, stability and peace with African land force partners. Conducting programs such as the DIILS initiative will enable the command to meet these goals while providing the resources and guidance needed to achieve additional common objectives of African nations' and the United States, Salerno said.

"DIILS and similiar programs will allow American and African forces to build a better understanding of the issues confronting them, proposed solutions, and the development of capacity to adequately address them," he said.

Cheaper taxi fares cost more in safety

By Grant Sattler

USAG Vicenza Public Affairs Office

Off-duty Soldiers and family members are taking unnecessary risks by using unmarked taxis soliciting passengers outside of Gate 2 on Viale della Pace and at popular nightspots, according to U.S. Army Garrison Vicenza security officials.

"Choosing to get in a private vehicle offering rides for hire simply for convenience or in hopes of saving a few Euro may be more costly than you expected," said Peter Huller, USAG Vicenza antiterrorism officer.

Unmarked taxis outside Caserma Ederle may ask lower fares than registered marked taxis, however, because the trip is not metered, there is a greater chance of being pressured for a higher price after the trip, short changed or subjected to other scams. Soldiers should also be aware of potential liability for employing services that engage in tax fraud or provide under-the-table services.

Beyond ensuring fares are valid, legitimate taxis are regulated by the municipality of Vicenza to ensure the safety and security of passengers. Taxi drivers must be properly licensed and insured and their vehicles inspected for safety.

But even more importantly, Soldiers who employ unmarked taxis are potentially putting themselves in arm's reach of harm. Criminals could use the cover of the unmarked taxi services to pick up potential victims, Huller said.

The solution is simple - use only marked taxis and use the buddy system, Huller said. If you are downtown and need to get back to post, ride with a buddy and ensure the taxi you take is marked. Take the taxi service phone number with you when you set out or have someone at the establishment call a legitimate cab for you.

Incidents must be reported to the Military Police immediately at 634-7233/7626 or from off post 0444-71-7233/7626 or by emailing USAGVicenza-PMODeskSgt@eur.army.mil.

If anyone asks a lot of questions about your unit, your mission, security on the installation or anything else that seems strange, report that to the Military Police immediately as well, Huller said. If there is a problem or unusual behavior, remember as much detail as possible - note details from head to foot for individuals and get the make, model, color, license and other information about vehicles.

Report suspicious activity via the iWatch Community Awareness site on the Garrison homepage at www.usag.vicenza.army.mil/sites/local/iwatch/iwatch.php

Speak Out

Where do you volunteer?



Sgt. Joshua Balog
AFN Europe Regional
"Soldiers' Theatre for 'Snoopy the Musical' and 'Godspell'."



Hope Cobbeldick
Family member
"At ACS and church where I teach catechism to second graders."



Byron Denmon
Family member
"Vicenza Health Center (audiology and front desk) and the American Red Cross."



Kellie S. Fernandez
Family member
"I volunteer at AFAP/AFTB."



Justin Mansfield
509th Signal Bn.
"I volunteer as a baseball coach at CYSS."

By Laura Kreider

USARAF Soldiers return from supporting operation

By Rich Bartell

U.S. Army Africa Public Affairs

Following more than two weeks afloat supporting Operation Odyssey-Dawn, U.S. Army Africa Soldiers were greeted by family members and their commander, Maj. Gen. David R. Hogg, March 31 in front of the USARAF Headquarters building.

In a short ceremony, Hogg thanked the assembled team for their work in support of the operation.

"Thank you for your efforts and your service," Hogg said. "You realize that you just made history - it's the first time that U.S. Army Africa has been deployed in support of a named operation," the commanding general said.

USARAF Soldiers had previously trained to work within a joint environment during an exercise called Judicious Response.

"That exercise helped everyone to understand how a joint task force works," Hogg said. "When U.S. Navy Africa picked up the mission and needed Army support, USARAF Soldiers responded and responded well," he said.

During the Operation Odyssey-Dawn mission, the team was aboard the USS Mount Whitney in the Mediterranean Sea.

Lt. Col. Bo Stuart from USARAF Civil Military Operations section served as the USARAF liaison officer and team leader during the mission.

According to Stuart, 26 Soldiers from USARAF took part in the mission working in areas spanning from operations and administration to logistics and supply. Representatives from the Judge Advocate General's Corps were also part of the team and continue to play an ongoing role.

Stuart praised the work of the team.

"Everyone did a great job and the plans and operations section really rose to the occasion," Stuart said.

USARAF operations planners played an important role during the mission and the briefings they provided were often translated into action.

"We briefed one day and it was on the television the next day. And that was an effort led primarily by USARAF planners," said Stuart.

Stuart mirrored Hogg's statement concerning training as a key for the success of the mission saying they had some exercises prior to this mission that replicated a joint task force. For the team, it was business as usual, and execution was just like they had practiced.



Families and friends welcome home U.S. Army Africa Soldiers upon their return March 31 to the command's headquarters in Vicenza, after a shipboard deployment on the USS Mount Whitney in support of Operation Odyssey Dawn.

For Stuart and other team members, working with the U. S. Navy was a new experience.

"It was interesting learning how the Navy does things," Stuart said. "The task force was made up of predominantly Navy personnel so we had to adjust to their terms and acronyms rapidly, but after the first few days we picked up on the lingo and everyone found their niche," he said.

For Infantryman Sgt. 1st Class Joseph M. Kaminski, the mission was his first experience working on a U.S. Navy vessel. On the ship, Kaminski was the non-commissioned officer in charge of the Joint Operations Center.

"Being out at sea and observing the Navy at work was a good learning experience," Kaminski said. "Working with the Navy and the other services was a highlight of the mission. We worked through some challenges and completing the mission was great," Kaminski said.

Terrell, who served as the JTF's resident expert on personnel tracking, U.S. Army finance and personnel procedures, and strength management, says being deployed aboard a ship was an eye-opening experience that showed him how the U.S. Navy operates.

At the conclusion of Operation Odyssey Dawn, U.S. forces fulfilled a supporting role in the NATO-led Operation Unified Protector, charged

with the mission "to reduce the flow of arms, related material and mercenaries to Libya, as called for in UN Security Council Resolution 1973."

"I really got a chance to see how a large JTF works in a multinational environment," said Stuart. "It was so interesting to work so close to national policy-level decisions. It was a great experience and I am really glad I got to be part of it."

Stuart says being able to watch the news and see how the efforts of the JTF helped improve the lives of others was an awe-inspiring experience.

"A few short days ago, the Libyan people were being systematically attacked by their own government," Stuart said. "The work of the JTF has alleviated the suffering of the average Libyan citizen, which is certainly a worthy goal."

VHS students take floor at 'Model U.S. Senate'

By Sasha Sibilla

Outlook intern

For the first time in nearly a decade, Vicenza High School sent a delegation of students to the Department of Defense Dependant Schools Europe Model U.S. Senate Conference in Frankfurt, Germany, held March 29-April 1.

Representing senators from the states of Indiana, Iowa, Maryland, New Mexico and Wisconsin, five seniors from the Advanced Placement Government class wrote, revised and debated several bills. The annual conference included students from all over Europe who represented senators from both parties and all fifty states.

More than 80 DODEA students participated in the Europe-wide event to represent the current 112th Senatorial Session and senior leadership positions. Student senators worked in their committee groups and were required to present and defend two bills on pertinent issues affecting the U.S. today.

"The debating at M.U.S.S. was definitely my favorite part," said Vicenza participant Sarah Bonney. "It was a great opportunity to improve my impromptu speaking but more importantly to open myself up to other points of view."

After the bills were discussed, amended and voted on in committee, they were deliberated by the senate as a whole. Four of the bills originally submitted by the VHS senators were passed onto the senate floor and two made it onto the final agenda.

"This experience has enlightened my Advanced Placement Government students," said Vicenza M.U.S.S. sponsor Theresa Martin. "At this conference they were given insight on what day-to-day operations are like in the U.S. Senate and how political ideologies and beliefs can be challenged."

As the participants simulated the actual process of U.S. law making, the conference also included caucuses, bipartisan interaction, presidential ceremonies and bill signings at the Oval Office. Students interested in participating in next year's event, should contact Theresa Martin.

SUPPORT: USARAF aids in joint mission

Continued from page 1

from aboard a ship, and it has proven to truly be an opportunity that I shall cherish," Terrell said. "I know that I'm a much better human resources manager after serving in such a challenging billet."

The Outlook

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At your service



Massage therapy

Maggie May is a new licensed massage therapist at the post Fitness Center.

May attended the Florida School of Massage in Gainesville, Fla., in 2006. She is a registered nurse and a Navy veteran. She is trained in deep tissue, sports, Swedish massage and neuromuscular therapy.

"I believe that massage therapy is for everyone," she said. "Whether it is for relaxation in dealing with day-to-day stress in our lives or augmenting a work-out, massage can assist in muscle recovery and prevention of injury."

For more information, call 634-7616.

To suggest a new staff member or volunteer to be featured in "At Your Service," e-mail their name, contact information and why we should feature him or her to The Outlook staff at editor@eur.army.mil.

TREK: Op. Market Garden site revisited by leaders

continued from page 1

The element of surprise, communication, weather, supply train issues and leadership styles all play a part in whether a major battle is successful, or not, according to the historians.

While the rules of engagement and attitudes about collateral damage may have changed, much of history does repeat itself, so officers of the 173rd ABCT saw iconic drop zones and exchanged thoughts about pivotal battles that took place in the Netherlands during World War II.

Pointing out some issues, Chief Warrant Officer 3 Andrew Murphy said the lessons of Operation Market Garden solidify the need for both the comprehensive Military Decision Making Process, as well as systematic Troop Leading Procedures.

“With only seven days to plan a major airborne operation, several specified, implied and essential tasks went unanswered, or were never addressed,” said Murphy.

“We’ve learned a great deal from the lessons of our Airborne brethren and have implemented the majority of these lessons within the framework of our brigade staff, including Fragmentary Orders (that adjust movements, timelines and shortfalls), updated intelligence gaps being filled, and more.”

“A well synchronized staff works tirelessly to ensure that a well-planned mission leaves the headquarters element with as much clarity as possible, to ensure the success of any given operation. Reciprocating communication and involving all enablers within the joint planning process facilitates a successful operation. Hindsight being 20/20, it’s easy to punch holes through an operation that wasn’t 100 percent successful, but to define success is far more involved,” Murphy said.

“Although there were objectives that weren’t secured, there still was a population that was liberated at the end of the day. If they only knew then, what we know now,” Murphy said.

The operation saw American, British and Dutch



Col. Kyle Lear, second from right, commander, 173rd Airborne Brigade Combat Team, and Command Sgt. Maj. Nicholas Rolling, far right, brigade command sergeant major, present U.S. Army jump wings to members of the Dutch army, March 22, during a Joint Operation, where leaders of the 173rd conducted a jump with Dutch soldiers and Dutch marines.

forces – both military and civilian-joined forces to break the German forces occupation of Western Europe.

There were many aspects about the British and Dutch that affected the operation. Officers of the 173rd ABCT learned how important it is for a unit to coordinate and communicate with partnered forces.

According to the historians, there were many facets to this war that went beyond the fierce fighting, destruction and drop zones that saw thousands of Soldiers and civilians lose their lives, as they fought to return liberty and freedom to the people of the Netherlands.

Each time the staff dismounted their buses, a historian explained the important dynamics of the operation, painting pictures for the men of the 173rd

ABCT on what the World War II-era troopers saw, felt and did. The historians’ knowledge about Operation Market Garden gave the brigade’s leaders a chance to contemplate the good and bad decisions that were made, they said.

Lear said, “The staff ride was an excellent training event for all of the brigade’s participants, as it allowed individuals in three garrisons, serving in two countries to enjoy some quality time together in an unfamiliar environment. Coming together and learning from very knowledgeable historians lets the brigade leadership share in an experience that will stay with us throughout our military careers.”

Children participate in traveling theater



Photos by Laura Kreider

More than 60 local children took part in the production of “Snow White and The Seven Dwarfs” presented at Soldiers’ Theatre, which culminated in two performances Saturday. The week-long program was brought here by Missoula Children’s Theatre. The program had the children rehearsing in the afternoons and performing a variety of characters including forest animals, bats and henchmen.



Making run time family friendly



Camp Darby community members take off at the April Fools' 5 kilometer Fun Run Saturday.

Story and photos by Joyce Costello
USAG Livorno Public Affairs

The O'Neal family joined 23 other Camp Darby community members to toe the line at the April Fools' 5 kilometer Fun Run that took place Saturday.

Children riding bikes, in strollers, hitching rides on their parents' back joined the fun run.

"Our oldest son was doing well on his bike until mile two when he decided he wanted to ride in the stroller," said Staff Sgt. Preston O'Neal, as a Camp Darby military police patrol rode up with the bike in the back of the patrol vehicle.

Shearton Cruz was riding her bike while her mom jogged until the pedal broke and they too both finished on foot.

"This is the first time the family ever did a fun run together," said Michelle O'Neal. "The hardest part was keeping the kids motivated to finish. During the last mile we told them there were Girl Scout cookies and oranges at the finish line."

The top three male finishers were: in 18:42, Chief Warrant Officer Robert Carter, 3/405th Army Field Support Battalion; 19:39, Tech. Sgt. Johnny Escobar, 731st Munitions Squadron; and 23:21, Maj. Paul Fritts, Camp Darby chaplain.

The top three female finishers were: in 24:05, Karen Bigelman, USAG Livorno; 24:20, Gabriel Petelini, Camp Darby Commissary; and 24:58, Sharon Carter,



Above, Michelle and Preston O'Neal take their kids on their first ever family fun run. At right, a young runner looks back to see if Norman Sheets is going to catch him before the finish line. Camp Darby Fitness Center will offer several programs including blood pressure screenings, flexibility screening and body mass index.

Global Credit Union.

Fitness specialist Ken Owen said May is National Fitness Month.

Camp Darby Fitness Center will offer several programs including blood pressure screenings, flexibility screening and body mass index.

A strength training clinic May 14 and aquatic exercises at the pool May 15 and 25 from noon-1 p.m.



Community Camera

Check out who stars in the Photo of the Day on www.usag.livorno.army.mil

Inter forces tournament:

Camp Darby's Marco Cioccolani, SETAF Carabinieri, attempts to score against the City of Livorno Circostruzioni 3 team during the Italian Independence Day Inter Forces Tournament March 31.

Photo by Joyce Costello



Photo by Elena Baladelli

Italy Soldier of the year: Spc. Cara Bennett, qualifies with her weapon during the Best Warrior Competition. Bennett, Camp Darby Chapel, won Soldier of the Year, U.S. Army Garrison, Italy. She now moves on to face the competition in Germany in early May.

Darby Dates

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

Library open house

Celebrate National Library Week with lots of fun Wednesday. Call 633-7000.

Veterinarian visit

Schedule appointments for April 21. Call 635-4841.

Dentist visit

Schedule dental appointments for April 25-28. Call 633-7461.

Army Community Services

- ◆ Child abuse prevention and awareness training at post theater, April 14 at 9 a.m. and 1:30 p.m.
- ◆ Have you fed your pig today? April 14
- ◆ Deployed spouses support group, April 18
- ◆ The 2011 Army Emergency Relief annual campaign, "Helping to make Soldiers and their Families Army Strong," runs through May 15. Call 633-7084 to learn about these programs.

Fitness Center

- ◆ Men and Women's softball tryouts, Tuesday-April 15 at 5:30 p.m.
- ◆ Pilates classes, Tuesdays and Thursdays at noon
- ◆ NIA classes, Wednesdays at 11:45 a.m. Call 633-7438.

Youth Services

- ◆ CYSS trip to Cinque Terre Wednesday
- ◆ CYSS lock-in, April 15 with Kaiserslautern, 6 p.m. Call 633-7629.

ITR trips

ITR is offering the following upcoming trips. Call 633-7589.

- ◆ Cinque Terre, Monday
- ◆ Venice, Tuesday
- ◆ San Gimignano, Wednesday
- ◆ Rome, April 14
- ◆ Volterra, April 15
- ◆ Florence, April 16
- ◆ Wine tasting, April 17

Outdoor Recreation

Spend the day canoeing on Scolmatore canal April 16. Call 633-7772.

Darby Community Club

- ◆ Karaoke, Thursdays at 6:30 p.m.
- ◆ Texas Hold 'em, Friday at 6:30 p.m.

Religious Activities

9:40 a.m. Catholic reconciliation
10 a.m. Catholic Mass
11:15 a.m. Protestant worship
11:15 a.m. Catholic CCD
Call 633-7267

Folk parade:

A non-competitive 13 kilometer marathon will be held Sunday in Venice. The route takes participants through streets, squares and over bridges. Groups gather at 9:30 a.m. In Piazza San Marco and at 10 a.m., the marathon departs from Piazza San Marco (near the Palazzo Ducale).



Courtesy photo

The Band of Joy: July 19 in Rome; July 20 in Milan
James Blunt: July 26 in Lucca, Piazza Napoleone
Sting: July 29 in Venice, Piazza San Marco
Ben Harper: July 29 in Tarvisio (Udine); July 30 in Villafranca (Verona)
 Tickets available in Vicenza at Media World, Palladio Shopping Center or at www.greenticket.it/index.html?imposta_lingua=ing or <http://www.ticketone.it/EN/>.

ODR trips

Visit Lugano and Bellinzona, Switzerland, with history and stunning mountain views, April 16
Bike Mincio River, west of Verona, Level II ride, April 16
Visit Molina waterfalls, Veneto Region, April 17
Visit Florence and Uffizi Gallery, world-class works of art, April 23
Visit San Marino, the tiny independent republic at the top of a mountain, April 24
Taste of Italy tour, Parmigiano and Prosciutto, April 30
 All trips need to be booked in person. See the complete ODR schedule online at www.VicenzaMWR.com.

Sporting events

Kickboxing champs: The World Kickboxing Championship is April 22 in Florence, Nelson Mandela Forum
Harlem Globetrotters: The Globetrotters perform May 8, in Assago; May 9 in Biella
Superbike Champ: June 10-12 in Misano Adriatico
Italian GranPrix: July 1-3, Scarperia (Florence), Mugello Circuit.
Red Bull X Fighters: International freestyle Motorcross: June 24 in Rome, Olympic Stadium.

Local events

Palladio Sound Tour:

Visit the main works of Andrea Palladio by renting an MP3 at the Vicenza Tourist Information Office, Piazza Matteotti 12, next to the Olympic Theater. The cost is €3 per day. You'll have to leave your state driver's license there and return the MP3 by 6 p.m. Two routes are available: a blue route to visit Vicenza's historical center (Olympic Theater, Chiericati Palace, Casa Cogollo, Santa Corona Church, Garzadori Altar, Leoni Montanari Palace, Thiene Palace, Piazza dei Signori, Corso Palladio) and a yellow route to visit the Palladian villas and Bassano del Grappa (Villa Caldogno, Villa Godi Malinverni, Marostica, Alpini Bridge in Bassano del Grappa, La Rotonda, Villa Cordellina Lombardi).

Bounce houses

In Vicenza, Campo Marzo through May 15, weekdays 2-8 p.m.; Sunday and holidays 10 a.m.-8 p.m. Among the many bounce houses, it features a "Tibetan bridge", "An air mountain", a "Camelot Castle" as well as a giant slide. Admission fee: €5.

Processo alla Vecia Fila

An old famer tradition of burning a straw figure in effigy to symbolize the end of Lent: Sunday, in Monte di Malo, Piazzale Don Montanaro, about 14 miles northwest of Vicenza. 4:30 p.m. live music and folk dances; 5:30 p.m. food booths featuring local products; 7:30 p.m. traditional burning of the effigy.

Oil and Olive Festival:

April 16-17, in Barbarano Vicentino, Piazza Roma, about 13 miles south of Vicenza
 ♦ April 16, 6 p.m. free wine sampling at the Palazzo dei Canonici, Via IV Novembre
 ♦ April 17, 8:30 a.m. free guided walk along the paths of the Berici Hills; local food, oil and wine exhibit and sale

Spring Festival

Sunday, in Noventa Vicentina, Piazza IV Novembre, about 21 miles south of Vicenza. Exhibit and sale of garden and house plants, patio furniture and decorative items. Aquarium workshops and pavement artists' exhibit. 3 p.m. and 5:15 p.m. regional dances show to celebrate the 150th anniversary of the unification of Italy. 3:45

p.m. and 6 p.m. show of predatory birds (Golden Eagle, American Sea Eagle, Snow Eagle, Duck Hawk and Bengal Eagle Owl) presented by the Fagan Educational Farm.

Flower Festival:

Saturday and Sunday, in Noale, about 36 miles east of Vicenza. Hundreds of firms coming from all over Italy display their flowers, plants, and trees. Patio furniture and garden tools.

♦ Saturday: 5:30 p.m. flower and goldsmith's art grand opening at the Palazzo della Loggia, in Piazza Castello; 6 p.m. flower painting exhibit; 6:30 p.m. flower festival grand opening; 8:30 p.m. live concert in Piazza Castello.
 ♦ Sunday: 8 a.m. Flower exhibit and sale; 9:30 a.m. and 2 p.m. live music in Piazza Castello, Rocca dei Tempesta and Giardini Beggio; stores will be open all day.

Antique markets:

♦ Vicenza, Sunday, 8 a.m.-7 p.m., in Piazza dei Signori, Piazza Duomo, Piazza Garibaldi, Piazza Palladio, Piazza Biade and Piazza (220 vendors)
 ♦ Lonigo, Sunday, 7 a.m. - 7 p.m., Via Garibaldi, Piazza XX Settembre, Via Ognibene, about 20 miles southwest of Vicenza. (100 vendors)

Upcoming marathons and walks:

♦ Su e Zo per i Ponti - non-competitive 13 kilometer marathon, Sunday, in Venice. Follow a route through calli, campi, and ponti (streets, squares and bridges) and receive a commemorative medal upon completing the event. 9:30 a.m. folk groups gather in Piazza San Marco. 10 a.m. marathon departs from Piazza San Marco (near the Palazzo Ducale). 12:30 p.m. folk groups parade in Piazza San Marco. Registration fee: €6. You can register Sunday morning at the Venice train station, in Tronchetto and in Piazza San Marco marathon's booths. Find more details in English at <http://www.suezoperiponti.it/>.
 ♦ Magnalonga - 11 km nature and gastronomic walk, Sunday, in Bressanvido, about 8 miles northeast of Vicenza. Pets are welcome. It starts from Via Roma (by the church) at 8:30 a.m. Participation fee is €2, which includes a map, a "Pignatello", a small glass to taste wine at the various stops, and some free food and wine tasting. Food booths

feature local specialties. In case of inclement weather, the walk will be postponed to April 17.

♦ 18th Solidarity March, Sunday in Villaverla, 7.5-12-20 kilometer. It departs 8 a.m. from Villa Ghellini, Via Sant' Antonio 6. Directions and parking available. Participation fee is €2, which includes refreshments during the march and on arrival.

♦ Free guided walk on the Sossano Hill, Sunday in Sossano, about 17 miles south of Vicenza. It departs at 2 p.m. from Piazza del Municipio.

♦ Free guided walk to the Mill Valley, Sunday in Mossano, about 12 miles south of Vicenza. It departs at 9 a.m. from Piazza di Mossano.

♦ March of the Blessed, April 17 in Marostica, 4-7-13-21 km. It departs 7:30-9:30 a.m. from Piazza degli Scacchi. Participation fee is €2, with refreshments or €6, which includes a chess piece on arrival. Directions and parking available.

FREE concerts, exhibits & events

Alpini photo exhibit:

Ongoing through Sunday, in Piovene Rocchette, Town Library in Piazzale degli Alpini 8 about 21 miles north of Vicenza. Tuesday-Saturday 9 a.m.-noon & 3-7 p.m.

Contemporary art exhibition:

Ongoing through May 3, in Vicenza, Spazio Misael, Galleria Porti 3, Corso Palladio. Tuesday-Saturday 10 a.m.-1 p.m. & 4-7:30 p.m.

Sculpture exhibit:

Exhibit ongoing to May 28 in Vicenza at Vi.Art, Contrà del Monte 13. Tuesday, Thursday, Saturday and Sunday 10 a.m.-noon & 3-7 p.m.; Wednesday and Friday 3-7 p.m.

Explore the sky:

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

Live music:

Concert with the Conservatory students: Saturday, 5 p.m., in Vicenza, Conservatory, Contrà San Domenico 33
Opera Concert: Friday, 8:45 p.m. in Vicenza, Primavera

Theatre, Via Ozanam. Music by Verdi, Mozart, Rossini, Bizet, and Vivaldi.

Concerts

Blackfield: April 19 in Milan
Shakira: May 2 in Casalecchio di Reno; May 3 in Assago, Milan
Sade: May 6 in Assago, Milan, Mediolanum Forum

Delain: May 9 in Milan
30 Seconds to Mars: June 17, in Rho, Milan; June 18 in Rome

Gods of Metal: June 22 in Milan, Arena

Bob Dylan and his Band: June 22 in Milan, Alacratraz

Skunk Anansie: July 6 in Udine
John Mellencamp: July 9 in Vigevano (Pavia); July 10 in Rome, July 12 in Udine

Burt Bacharach and Mario Biondi: July 10 in Lucca

Take That: July 12 in Milan, San Siro Stadium

Elton John: July 12, Piazzola sul Brenta, Padova; July 14 in Lucca

Roger Waters: July 6-7 in Assago, Milan

Bon Jovi: July 17 in Udine, Friuli Stadium

Paul Simon: July 17 in Milan
Ben Harper, Robert Plant &

Now Showing



Ederle Theater

Friday	Green Hornet (PG 13)	6 p.m.
	No Strings Attached (R)	9 p.m.
Saturday	The Rite (PG 13)	3 p.m.
	Sanctum (R)	6 p.m.
Sunday	Green Hornet (PG 13)	3 p.m.
	No Strings Attached (R)	6 p.m.
April 15	The Eagle (PG 13)	6 p.m.
	The Roommate (PG 13)	9 p.m.

The Caserma Ederle Post Movie Theater will be closed Monday-Thursday for renovations until further notice.

Camp Darby Theater

Friday	Sanctum (R)	6 p.m.
Saturday	No Strings Attached (R)	6 p.m.
Sunday	Paul (R)	1 p.m.
April 15	The Eagle (PG 13)	6 p.m.

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

View MOVIE TRAILERS and more online at www.shopmyexchange.com/ems/euro/vicenza.htm or www.aafes.com/ems/euro/livorno.htm.

Special events

♦ The honors-level Conard High School Jazz Band will perform for the Vicenza community April 19, 7 p.m., on Hoekstra Field. Bring your blanket or chairs and enjoy this free jazz concert.

♦ Contestants are needed for the "Vicenza Survivor" to be held at the Welcome Home Celebration April 30. Similar to the TV show, tribes will be chosen by commanders and command sergeants major. Contestants must be Soldiers from the 173rd Airborne Brigade Combat Team or 14th Transportation Battalion and have been deployed last year. Details are secret until each challenge. After each challenge, one contestant will be voted out. The winner will be awarded a \$500 gift certificate from Outdoor Recreation. If you are interested in being a contestant, see your commander or command sergeant major.

Closure/USA Staffing

The NAF Personnel Office will be closed April 18, 19 and 20. The Vicenza CPAC will deploy USA Staffing effective April 25. USA Staffing is the new automated recruitment tool, which replaces Resumix. USA Staffing is used for advertising vacant positions, accepting applications from job seekers, and evaluating the job seeker's eligibility and qualifications. During the transition, each job announcement will have instructions to guide job seekers through the application process for the specified recruitment tool.

Soldiers' Theatre

To make reservations or for more info on any Soldiers' Theatre programs, stop by the theater, call 634-7281 or email jerry.brees@eur.army.mil.

♦ Music Café is your chance to relax with fellow music lovers and enjoy light refreshments. Feel free to join in the fun onstage at 7:30 p.m. Friday.

♦ Classes are ongoing in piano, guitar, violin, voice and flute.

Arts and Crafts

♦ Earth Friendly Art: Clay Day April 14, 1-5 p.m. Celebrate Month of the Military Child by learning to reclaim dried clay and make beautiful creations. All materials are provided.

♦ Got some photos or art work to frame? Learn how in the Intro to Framing class April 16, 10 a.m.-2 p.m. You'll learn to use all the equipment in the Frame Studio and become certified to do your own framing.

RCERT training

Regional Computer Emergency Response Team will educate the theater computer user on cyber threats, how such threats can affect them and the mission, and methods of protection at home and in the workplace. The last training took place in September. If you did not attend, you need to attend this one and it is open to anyone. The training will be at the post theater Monday and Tuesday at 8:45-9:45 a.m., 10-10:45 a.m., 11-11:45 a.m.,

2-2:45 p.m. and 3-3:45 p.m. For more info contact Janet Geisler at 634-5033 or janet.geisler@eur.army.mil.

Getaways Sweepstakes

Enter the Great Getaways Sweepstakes online for a chance to win a vacation for two to your choice of an AFRC resort. The prize includes round trip airfare for two, seven-nights lodging and a \$2,500 gift card. Sponsored by AFRC, USAA and GM Military Discount. Enter until June 15 at www.Afrcresorts.com.

Free preschool

Sure Start preschool is accepting applications for this school year. Children must have turned 4 by Sept. 1, 2010. Pick up an application at the elementary school.

Saturday child care

FCC is offering child care every second Saturday of the month, 10 a.m.-2 p.m., and every fourth Saturday of the month from 6-11 p.m. Enrollment starts three weeks before child care date. Space is limited. For more info, call Parent Central Services at 0444-71-7219.

Arena

♦ Drop Simpler performs live at the Lion's Den April 15, starting at 8 p.m.

♦ Karaoke Week starts April 17. Come in and sing each night, then April 23, the winners from each night will compete for prizes as they sing for a final win. Call 634-8257 for more information.

Thrift Shop

While spring cleaning, bring your unwanted or used items to the Thrift Shop. They have a wooden shed open 24/7 for you to drop off gently used clothing and operational electronics and household goods.

Place items inside the shed, as wet clothing has to be thrown away. Looking for a little extra cash? The Thrift Store offers consignment on electronics and household goods.

Stop in to pick up a list of the items they are currently accepting.

USO

Italian I (Basic Italian)- Mondays and Wednesdays, 11:45 a.m.-1 p.m., 5:30-7 p.m., or Tuesdays and Thursdays, 5:30-7:30 p.m.

Italian II (Advanced Italian)- Tuesdays and Thursdays, 11:45 a.m.-1 p.m. or 5:30-7 p.m.

CYS Services

Celebrate the Military Child and Child Abuse Prevention throughout the month of April. Multiple events are planned for children and families. Children's performer Debbie Clement will perform at the Rainbows within Reach Dinner Concert April 18, 5:30 p.m. at the School Age Center in Villaggio. Cost is \$8 for ages 4-adult and the meal is spaghetti with meat sauce, green salad, bread, soda and water. Tickets are available at Parent Central Services. Visit www.vicenzamwr.com for a complete listing or call Parent Central Services at 634-7219.

Eggstravaganza

The basewide event will be held at Hoekstra Field April 23 from 11 a.m.-3 p.m.

ACS

♦ The 2011 Army Emergency Relief Campaign is ongoing to May 15. AER provides emergency financial assistance to Soldiers and their families and scholarships for spouses and dependents. To donate, contact your unit representative or call 634-8524.

♦ The job vacancy announcement for the USAREUR Summer Hire 2011 program is posted. The closing date is May 22. The program runs June 20-July 29.

For more info, contact Employment Readiness at 634-6884. The announcement is posted at <https://lnjobs.army.mil/sh/staffing/summerhire/>.

♦ How to ACS an Interview is Tuesday from 10 -11 a.m. Get the skills to master an interview. For more info, contact Employment Readiness at 634-6884.

Motherhood author

Julie Barnhill, author on motherhood, will be speaking at the chapel Tuesday from 9:30-11:30 a.m.

Library

The library will celebrate National Library Week with an open house Tuesday, 3-5 p.m., with refreshments and prize drawings.

Improve GT score

The next FAST class is Tuesday-May 3. Call 634-8933.

MOMS Club Events

♦ Out-n-About, Tuesday at 9:30 a.m.
♦ Fitness Group, April 15 at 10:30 a.m.
♦ Monthly meeting, April 18 at 10 a.m.

♦ Toddler Playgroup, April 19 at 9:30 a.m.

♦ Pre-school Playgroup, April 20 at 10 a.m.

♦ Park Playdate, April 21 at 10 a.m.
♦ Bunco, April 21 at 7 p.m.

♦ Toddler Playgroup, April 26 at 9:30 a.m.

♦ Zoo Trip, April 27 at 9:30 a.m.

BOSS changes

The Better Opportunities for Single Soldiers lounge in Bldg. 9B is now open 10 a.m.-7 p.m. weekdays except Wednesdays, 1-10 p.m., and closed weekends. Eat free Wednesday evenings.

Play video games, watch movies, surf the web or meet people. Call Sgt. Justin Vincent at 634-6475 / 0444-71-6475 or Joe Reeder at 634-5406 / 0444-71-5406.

Alcoholics Anonymous

AA meetings are Wednesdays, 5:30-6:30 p.m. in the ASAP, building 169. It is an open meeting and anyone can come to learn about AA's 12 step recovery. There are no requirements except confidentiality.

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 at "Spiritual Fitness Center", Bldg. 395 behind the Arena)

10:45 a.m.: Catholic religious education (September-May at "Spiritual Fitness Center", Bldg. 395 behind the Arena)

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

3:15 p.m.: Middle School Club Beyond meets in Villaggio Youth Center 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 for dinner; meeting starts at 6:30 p.m. September-May. Call 340-139-4073 for information

5:30 p.m.: Catholic choir practice

6:45 p.m.: Gospel choir practice

Thursdays

9:30 a.m.: Catholic Women of the Chapel

5:30 p.m.: Gospel service choir rehearsal

7:15 p.m.: Gospel service Bible study

Faith group contacts

Islamic: Call 634-7519 (0444-71-7519) for info

Jewish: Call Paul Levine at 345-907-2108

Latter Day Saints: Call Chance Wilson at 327-869-8107. Sunday services, 9:30 a.m.-12:30 p.m. downtown. Scripture study held Mondays, noon-1 p.m. at the chapel

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



U.S. Army photo

Golden Knights: The U.S. Army Parachute Team known as the Golden Knights is now seeking applicants. Soldiers interested in trying out for the elite parachute team are encouraged to submit applications immediately. To be selected to the team, a Soldier must be on active-duty status, have completed 100 free-fall parachute jumps, be static-line airborne qualified or willing to attend, have a good military and civilian record and complete an application packet with approval from your chain of command. For more information, visit www.armygoldenknights.com or call 910-396-4800. Applications are due July 31.

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.

Medal of Honor recipients join 350-mile bike ride

Story and photo by Michael Heckman
III Corps & Fort Hood Public Affairs

FORT HOOD, Texas — With the assistance of three Medal of Honor recipients, this year's Texas Challenge, one in the Ride 2 Recovery series, helped wounded warriors heal from the wounds of wars suffered in Vietnam, Desert Storm, Iraq and Afghanistan.

The approximately 230 riders passed through Fort Hood, Texas, March 31, en route to Arlington, Texas, for a Major League Baseball game. They began their six-day, 350-mile journey March 28, at the Center for the Intrepid in San Antonio.

After a crowd of several hundred people had gathered near the flagpole outside the III Corps Headquarters, Lt. Gen. Bob Cone, III Corps and Fort Hood commanding general, praised the wounded warriors.

"To see this is awe-inspiring. Folks, the Ride 2 Recovery is an amazing group," Cone said. "It represents what is best about our country, about the military and most important, the human spirit. Thanks for inspiring my Soldiers to do their best in every endeavor."

Three Medal of Honor recipients participated in the Texas Challenge, including Staff Sgt. Sal Giunta, the first living recipient of the nation's highest military award since Vietnam. Cone also acknowledged "Fort Hood's local hero," Staff Sgt. Patrick Zeigler.

Zeigler, who was severely wounded in the Nov. 5, 2009, shootings on Fort Hood, sat near the front of the column of riders, ready to pedal his way on a recumbent-trike from the flagpole to the front gate.

It was Zeigler's first ride since undergoing brain surgery March 4, after falling while on vacation with his wife, Jessica, in Reno, Nev.

After surviving another life-threatening experience, Zeigler said, "It feels great to be here with the whole group, especially everybody in the Texas Challenge. I wish I could have done the whole thing with them, but I'm not strong enough yet."

Of his determination to ride a short distance, Zeigler said, "Most of my strength comes from the love of my wife. She is my rock, and that's the reason I keep going."

The Ride 2 Recovery event helps to raise funds and awareness in support of rehabilitation of wounded warriors. Before arriving at Fort Hood, the riders completed a journey from Austin, with an overnight stay in Killeen, Texas, before attending Fort Hood's rally.

At Killeen, Mike Thornton, a Vietnam vet who was awarded the Medal of Honor in 1972, said, "Wounded warriors are not asking for special treatment because they're disabled. They're just asking to, 'let me be part of this great nation again'."

Another Vietnam veteran in attendance was Johnnie Alexander, who lost both legs in 1969 when he was hit by an incoming mortar round. Alexander said he is happy that his son, Sgt. Phillip Alexander, who is home after serving two



Dick Brock, 66, of Garden Grove, Calif., nicknamed "Sea Bass" by other riders, is welcomed by troops from Fort Hood, Texas, as riders participating in the Texas Challenge Ride 2 Recovery arrive for an overnight rest March 30, in Killeen, Texas.

tours in Iraq as a medic, is receiving better treatment than he did when he came home from war.

"So it's (public support) helping to heal wounds to bring the nation together, and it's helping to bring the different eras of warriors from Vietnam to Desert Storm and Iraq and Afghanistan together as a whole unit. We're a nation of people who, if we don't stand together and fight together, we're nothing," he said.

The Texas Challenge was the elder Alexander's first Ride 2 Recovery event.

"For me, it lets me know I can face anything I want," he said. In addition to the special trike, Alexander runs a 12.5-second 100-meter dash with help from two flexible, computerized legs.

Of the trike and his legs, he added, "It's great technology. Anybody can do anything they want to do if they have the will and desire to do it. With the technology, it's up to you."

Adaptive technology also has helped Navy Master at Arms 3rd Class Nathan DeWalt. The military policeman was paralyzed from the mid-chest down after a taxi cab driver pulled in front of his motorcycle.

Although has relied upon a wheelchair to get around in the 2.5 years since the accident, DeWalt said "A wheelchair is just an obstacle you have to climb over. It's not something in my opinion that really changes the way you live."

Despite his injuries, he added, of the people he has met during the four Ride 2 Recovery rides in which he has participated, he was most impressed by Delvin McMillan, a quadruple amputee he rode with last year.

"It's just phenomenal to see people with no arms and no legs but prosthetics and be able to jump on a bike and complete the route," he emphasized. "For me, the biggest thing is coming here and being an inspiration for others."



Photos by Krista Cahill

Decks up: EDGE! participants from the Arts and Craft Center sponsored skateboard class practice after designing and assembling their skateboards. Participants constructed and painted their boards in February and March and then tested them at the skate park in Villaggio.

Self defense classes

April is Sexual Assault Awareness Month and classes are being offered by Army Community Services for all ages. The classes will be every Saturday in April from noon-2 p.m. at the fitness center. Space is limited. Call the victim advocate coordinator for a reservation at 634-6269/7500.

Unit & rec play

New players are always welcome. Call 634-7009 or individual POCs.

Basketball: 11:45 a.m.-1:30 p.m. Mondays, Wednesdays and Fridays for six or more, fitness center.

Volleyball: 6:30 p.m. Tuesdays for eight or more players, fitness center.

Men's Soccer: 7-9 p.m. Tuesdays and Thursdays for 10 or more players at the turf field behind the Ederle Inn. Email shaun.nurse@amedd.army.mil or call 636-9648/9120.

Women's Soccer: 5:30-7 p.m. Tuesdays & Thursdays for eight or more players at the turf field behind the Ederle Inn. Email sr_brasher@yahoo.com or call 634-8925.

Frisbee golf: pickup game, 6 p.m. Wednesdays on the North 40 field.

Recreational Leagues

◆ **Racquetball League** begins April 19. Sign up by Monday. Participants' meeting is Tuesday at 6 p.m. at the Fitness Center Racquetball Courts.

◆ **Recreational Tennis** begins April 15. Sign up by Thursday. Participants' meeting is Thursday, 6 p.m. at the Tennis Courts.

◆ **Recreational Softball** registration is open. Coaches meeting will be April 28 at 2 p.m. in the Fitness Center Conference room. Call 634-7009 for information.

Softball tryouts

Men's Post Level Softball tryouts are April 16 at 10 a.m. on the softball field. Athletes should be at the field by 9:30 a.m. There are only 15 slots available. For information, call Alex Ruiz at 634-6151.

Rugby tryouts

Rugby Team tryouts and practice is ongoing at the Sports Field Tuesdays and Thursdays at 6 p.m. They are looking for players and coaches.

Yoga classes offered

Celebrate spring with a day of Yoga Wednesday. You can try three different styles of Yoga for \$3 per session. Power Yoga with Heather at 9 a.m. Vinyasa Flow with Lacy at noon or advanced Vinyasa with Lacy at 5:30 p.m. Call the Fitness Center for more information.