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Sky Soldiers air-assault onto clouds of Nuristan



Story and photos by
Sgt. Brandon Aird
173rd ABCT Public Affairs

NURISTAN PROVINCE, Afghanistan – Flying through the clouds Soldiers from the Afghan National Army and Task Force Saber air-assaulted onto landing zone Shetland July 19 during Operation Saray Has.

The LZ is located in a large meadow near the top of a mountain in Nuristan. Local Afghans use the area as a grazing pasture for livestock, while Taliban insurgents often use it to stage attacks against Task Force Saber.

The spot the Soldiers from Headquarters and Headquarters Troop, 1st Squadron, 91st Cavalry Regiment (Airborne), 173rd Airborne Brigade Combat Team, and the Afghan 3rd Kandak, 201st Corps landed on was roughly 10,000 feet above sea level.

The air-assault was part of a reconnaissance mission to determine the point of origin for rockets which were fired at Forward Operating Base Naray that injured several Soldiers a few weeks prior.

“We came up here to confirm or deny enemy-use of the hilltop,” said 1st Lt. Chris Richelderfer, HHT executive officer.

“Seven Soldiers were injured from that attack,” added Command Sgt. Maj. Victor Pedraza, command

sergeant major of TF Saber.

After landing on the LZ, a patrol was dispatched to an adjacent mountain to scout out the terrain and possible enemy positions.

The rest of the Soldiers secured the area while Capt. Nathan Springer, HHT commander, and the Naray district Sub-Governor SamShu Rochman spoke with the local villagers.

“I wanted the local government to have the lead when talking with the locals,” said Springer.

Rochman talked with the villagers of Badermashal and Cherigal about security in the area.

While Rochman and Springer were speaking with villagers, wood smugglers accidentally walked their donkeys carrying stolen wood into the meadow.

“The wood on the donkeys had been stolen from the Naray lumber yard two days before our mission,” said Springer.

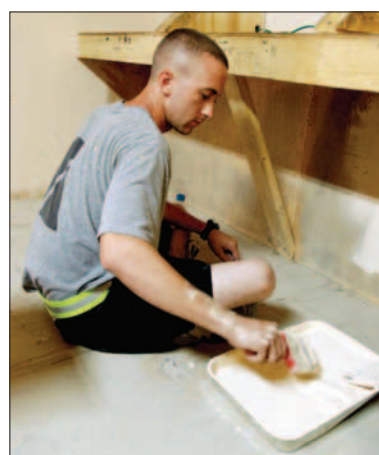
Rochman was adamant about bringing the wood smugglers to justice. The smugglers were brought off the mountain, back to Naray to face prosecution.

Operation Saray Has was more productive than both Springer and Rochman had planned.

“It validated the need to conduct future operations in the area to deny the insurgents the terrain,” said Springer.



(Top) A Soldier from HHT, 1-91 Cav, 173rd ABCT, watches cattle scatter while a CH-47 helicopter prepares to drop onto Landing Zone Shetland during Operation Saray Has (Above) 1st Lt. Chris Richelderfer, executive officer, observes possible enemy positions near Forward Operating Base Naray, Afghanistan. (Left) Capt. Nathan Springer, HHT commander, makes his way up the mountain. Two rocket positions were found during the sweep that had been previously used to attack FOB Naray.



Pfc. Destin Blevins, A-Co., 173rd BST, 173rd ABCT, helps paint the Morale, Welfare and Recreation center at FOB Fenty.

Alpha Company gets dirty for MWR

Story and photo by
Sgt. Brandon Aird
173rd ABCT Public Affairs

JALALABAD, Afghanistan - Soldiers from Alpha Company, 173rd Brigade Support Battalion (Airborne), 173rd Airborne Brigade Combat Team, renovated the Morale, Welfare and Recreation center at Forward Operating Base Fenty in Jalalabad, Afghanistan.

“We cleaned up the MWR to make it more presentable for Soldiers,” said Pfc. Destin Blevins,

an Alpha Co. Soldier.

The entire inside of the MWR building was painted and new wires installed for additional computer and phone lines.

The MWR center is the primary place provided by the Army at FOB Fenty so Soldiers can keep in contact with their families during Task Force Bayonet’s 15-month deployment.

“We’re doing as many things as we can to improve the quality of life for the Soldiers,” said Staff Sgt. Harry Miller, Alpha Co.

The MWR facility at FOB Fenty is currently working on expanding their range of activities. The MWR is planning to add televisions along with X-box 360 gaming consoles for competition nights. Salsa dancing and karaoke singing nights are also in the works.

Soldiers can find information about upcoming activities through their chain of command and flyers to be posted in the area.

“Information on MWR activities will be posted on the dining facility door,” added Miller.

Garrison News

USAG Vicenza Strategic Plan: Moving into the future: Final steps

By Richard Wilczek and Bill Murphy
Plans, Analysis, Integration Office

We must meet all of the environmental responsibilities and requirements through implementation of an International Standardization Organization 14001 conforming environmental management system by the end of FY09.

We have learned that simply complying with environmental regulations will not ensure that we will be able to sustain our mission.

We must strive to become systems thinkers if we are to benefit from the interrelationships of the bottom line of sustainability- mission, environment, and community.

The garrison will reduce impacts on the environment and the true cost of doing business.

We will leverage our purchasing power to favor environmentally sustainable products that lower total ownership costs, and employ other tools to continually improve effectiveness and better manage

total ownership costs.

Improve the quality of life of Soldiers and their families by 2010, through a phased build-to-lease plan which provides the right quality and the right size housing.

First, the Army is working to prudently divest itself of properties to reduce cost of ownership. Second, as a sign of the Army's commitment to Soldier well-being, modernizing housing is a high priority.

The primary benefits of using build-to-lease are that it provides housing quicker and requires less up-front appropriations than the traditional military construction method.

Under a build-to-lease agreement, the U.S. government contracts with a developer to construct housing for a specified number of units for the use by military personnel under a fixed lease term, such as 10 years, with renewal options for additional periods of time. A developer builds the housing with no US government funds and the only investment by the US is a

commitment to lease the housing from the developer once the housing is built.

We must meet the facility requirements of the Army Modular Force in Vicenza by implementing the phases of the United States Army Garrison Vicenza real property master plan by 2013.

We must reinvest in our installations to create modern, well-designed facilities, an inviting atmosphere, and a safe environment that makes Vicenza the community of choice.

Our master plan depicts the long-range development and integration of Caserma Ederle and Dal Molin Airfield to support Army Modularity efforts for accommodating the entire 173rd Airborne Brigade Combat Team (ABCT) in Vicenza. Through efficient and modern land use, it creates a

planned campus-like community.

Improve energy efficiency by a 3 percent reduction of energy and costs per year from the 2003 baseline through technology implementation.

Utility costs are one of the highest expenses in the garrison's operations.

garrison.

We will improve garrison facility management operations by implementing the USAG Vicenza real property master plan into business planning by 2009.

The garrison, like many small cities, is struggling with shrinking budgets and must continually look for ways to provide high quality services, facilities, and infrastructure to our customers, in the most cost effective way.

We implemented a real property master plan to establish business practices that meet current and future requirements. This achieves organizational stability while avoiding multiple levels of costs associated with relocating agencies.

Our plan utilizes functional zones to determine the most appropriate agency and facility placement and land use to balance requirements with costs.

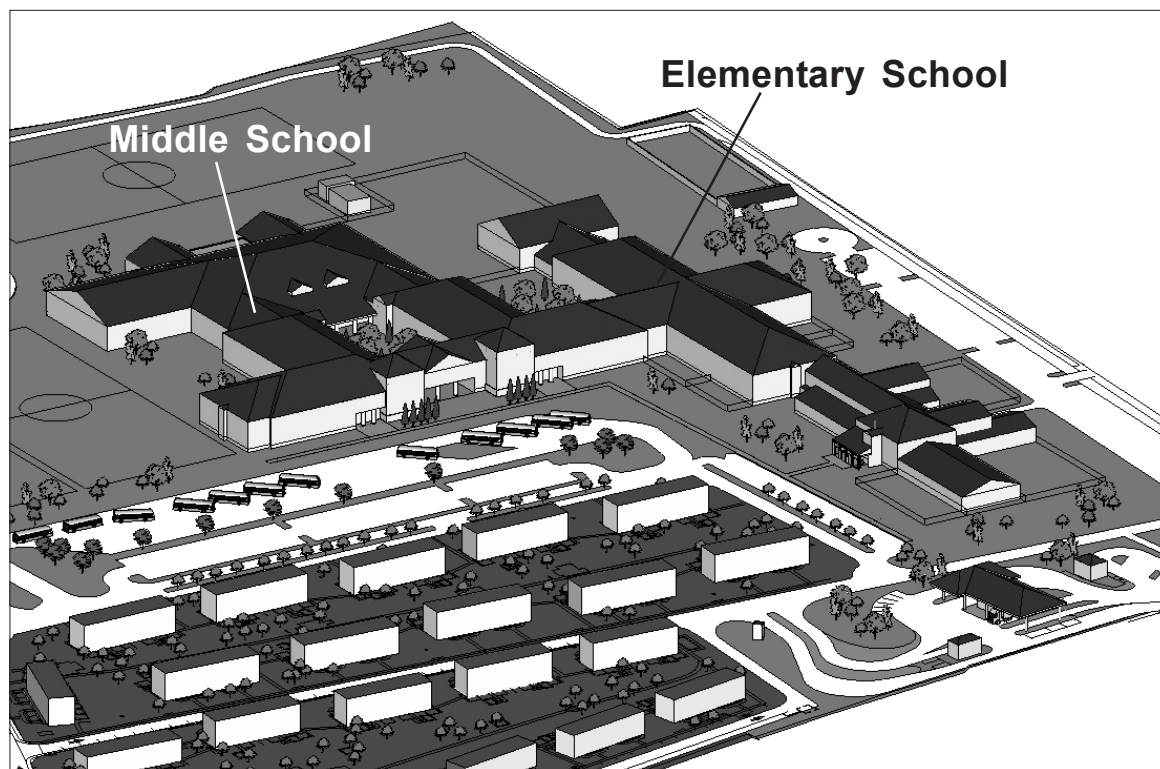
Improve customer satisfaction by 2009, through the implementation of a life-cycle replacement plan for purchasing the best and up-to-date equipment and interior fixtures to improve Moral, Welfare, and Recreation and family support facilities.

We recognize the unspoken agreement between those who choose to serve our nation and the garrison. This agreement is a moral imperative to offer the best quality of life we can possibly provide to those who risk so much.



Energy saving performance contracts, which are authorized under the National Energy Conservation Policy Act, as modified by the Energy Policy Act of 1992, provide significant opportunities for making our buildings more energy efficient at little or no cost to us. Under ESPC authority, we can contract with private energy service companies to retrofit our buildings with no up-front payments by the garrison. These companies recover their costs from a negotiated share of the energy cost savings, with the remaining savings being returned to the

Middle school students to get separate building, identity



By Diana Bahr
USAG Vicenza Public Affairs

Consider bulldozers, backhoes, dust and dirt signs of progress on Villaggio della Pace as demolition work begins this year in order to make way for the Vicenza Elementary and Middle schools' campus.

"We expect to award the project this fall and demolition to begin this winter," said Dan Bichanich, project manager with the Transformation Construction Management Office. "But other than noise and dirt, impact on Villaggio residents is expected to be minimal."

"Currently, the DoDDS schools, located on Caserma Ederle, are housed in an old, inefficient facility with adjacent temporary structures," said Wayne Hartmann, DoDDS-Europe chief of facilities. "Additionally, the existing facilities cannot accommodate the increased

school population associated with the expanded brigade."

The new two-story, 150,000 square-foot (about 13,935 square meters) elementary school will have a capacity for up to 1,050 students and the adjacent two-story, 67,000 square-foot (about 6,225 square meters) middle school will seat another 270.

The buildings will also have special education and administrative areas.

"When a middle school is run within a high school setting, as we currently have, the high school requirements must be honored," said Kathleen Reiss, Vicenza Middle and High School principal.

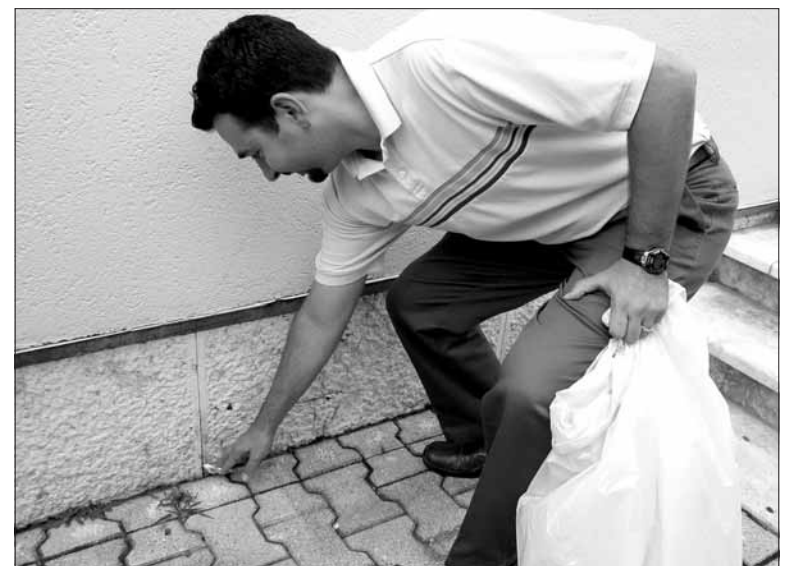
"But upon completion of the new campus, the middle school students will have their own space, making it much easier to have a true middle school that affords flexible block scheduling to allow for varied

learning activities, grouping and regrouping for instruction and common planning time for teachers.

"All teachers will be teaching only middle school students which will allow them to know students better and be more flexible in meeting the needs of middle school students," she continued. "Many of our teachers now teach both middle school and high school students."

Reiss said the new middle school will have a significant impact on eighth graders. They will be able to take on more leadership and responsibility by being the oldest students in the school. There will be a more varied range of exploratory opportunities for students, she said.

But patience will be required of Villaggio residents, students, and teachers as the construction project won't be finished until 2010.



Operation Bash the Trash

Dominic LaForgia, an evaluator with the Office of Internal Review, picks up trash outside Building 3 on Caserma Ederle as part of "Operation Bash the Trash." Bash the Trash is an initiative of the Youth Volunteer Corps to challenge the community to help keep the Vicenza military community trash free. "I'm participating because it's important to keep our area clean," said LaForgia. "It's disgusting to see cigarette butts on the ground, but it's a great way to get out from behind my desk and get some fresh air." (Photo by Deniz Houston, Outlook Volunteer)

Estate Claims

Anyone having claims on or obligations to the estate of Pfc. Juan Restrepo, B-Co, 2-503rd Inf. Batt. (ABN), 173rd Airborne Brigade, should contact the SCMO, Capt. Courtney Clayton, at 634-8178.

Anyone having claims on or obligations to the estate of Pfc. Jessy Rogers and Pfc. Adam Davis, D-C0, 1-503rd Inf. Batt. (ABN), 173rd Airborne Brigade, should contact the SCMO, Capt. Courtney Clayton, at 634-8178.

Health Issues

Rodents carry viruses

Hantavirus problem in southern Germany

By Capt. Matthew Perry
Medical Service Corps
Environmental Science Officer
Chief, Environmental Health
Services, Vilseck, Germany

HEIDELBERG, Germany – The Robert Koch Institute (the German equivalent of the US Centers for Disease Control and Prevention) and the State Health Department in Stuttgart Germany recently reported an alarming increase in the number of people infected with the rodent-borne disease known as Hantavirus. The Institute reported that between January and April there was a 400 percent increase of cases in Germany for the same period from 2001 to 2006.

Consistent with previous years, the federal state of Baden-Wuerttemberg reported the vast majority of the cases seen this year (127). Bavaria accounted for the second highest case rate at 19 cases. Of the 164 people who fell ill to this disease, 77 percent were men between the ages of 30 to 59 years old. There were no cases of the disease seen in children less than 10 years old.

Hantavirus disease is a general term that describes a group of about 25 different viruses of the same family, each generally associated with a single rodent species. Here in Germany and throughout Europe, the Puumala virus is the main virus, and it prefers to infect the bank vole rodent.

The disease affects may be different from person to person, but the most common symptoms are an abrupt onset of fever, headache, vomiting, diarrhea or constipation, a red throat, and pain in the stomach and back. If left untreated, the disease can damage the kidneys and eventually the brain, ultimately leading to death.

The virus is transmitted to people when they accidentally inhale the fine spray or dust from the feces, urine, or saliva of the bank vole.

There is no vaccine against the Puumala virus, but there are

treatment options available and usually the fatality rate is very low (less than 1 percent).

Because there is a direct relation to the number of people infected and the size of the bank vole population, the best way to prevent infection is to reduce or eliminate the rodent population near work, play, and living areas.

There is speculation that the increase in cases this year may be due to the unseasonably warm weather this past winter. This may have allowed more rodents to survive and breed earlier. The warmer weather also allowed more of us to venture outdoors for longer periods. This may have increased our exposure to the virus infected rodents and their virus infected



urine, feces, and saliva.

What to do:

Avoid places where the bank vole lives. They tend to live in forested areas, broadleaf woodlands, scrublands, hedgerows, and sometimes gardens where food is more available. They feed during the day on grasses, seeds, fruits, and some insects and worms. If food becomes scarce in an area, they can climb trees and eat the bark. They build nests in small shallow tunnels or directly on the ground. Nests are made of soft material like grass, moss, leaves, and feathers. Bank voles do not usually go much further than about 50 yards from their nest and will mark their territory with their urine.

If you suspect areas inside your house or rodent urine, feces, or saliva may contaminate work environment, the CDC recommends cleaning using the method:

·Wear rubber, latex, vinyl, or nitrile gloves.

·Do not stir up dust by vacuuming, sweeping, or any other means.

·Thoroughly wet contaminated areas with a hypochlorite (bleach) solution or household disinfectant. Make a bleach solution by mixing 1½ cups of household bleach in one gallon of water. (Note: bleach solution is an irritant and should not be used on humans or live animals. Be careful to avoid splashing when mixing the solution.)

·Once everything is wet, remove contaminated materials with a paper towel and then mop or sponge the area with bleach solution or household disinfectant.

·Remove gloves, and thoroughly wash hands with soap and water (or use a waterless alcohol-based hand rub when soap is not available and hands are not visibly soiled).

·If you find a dead rodent, do not disturb it. Contact your local DPW office; they will send out personnel who will discard it.

Camping or hiking in areas with reports of Hantavirus infections put you at a higher risk of exposure to the virus. Take these steps to minimize this risk.

·Before occupying abandoned or unused cabins, open them up to allow them to air out.

·Inspect the cabins for signs of rodents. Do not use if you suspect they have been infested by rodents.

·Do not sleep outdoors near rodent burrows, woodpiles or garbage areas

·Do not disturb rodents or their burrows and nests

·Avoid sleeping on the bare ground; sleep on a mat or cot

·Store food in a rodent proof container

·Discard waste items in an appropriate covered recycle/refuse container to avoid creating harborage areas for rodents.



Chronic fatigue often eludes diagnosis

by Kelly L. Forys
U.S. Army Center for Health
Promotion and Preventive
Medicine

For Soldiers or their family members who suffer from chronic fatigue syndrome, being tired is a way of life. CFS is not due to laziness, and it is more than just fatigue — individuals with this disorder have endured six or more months of problems including difficulty with memory and concentration, sore throat, muscle pain, joint pain, and headaches. Suffering from CFS is similar to having a bad case of the flu that will not go away.

If someone you know or love experiences these symptoms, he or she is not alone. More than a million Americans are also suffering. CFS affects both men and women, although women are four times more likely to be diagnosed with CFS than men are. CFS most commonly affects people in their 40s and 50s; however, teenagers are also vulnerable.

The symptoms listed above can be attributed to many normal daily activities such as job duties, stress related to work, caring for family members and not getting enough rest. Because it is easy to explain away the symptoms, most who experience this intense fatigue outside of heavy training or deployment do not seek treatment. Less than 20 percent of those who have the cluster of symptoms required to diagnose CFS have actually received a diagnosis from their doctor. A specific test to diagnose CFS does not exist. Rather, CFS is often diagnosed after conditions with similar symptoms such as thyroid disorders, cancer,

depression and mononucleosis have been ruled out.

Perhaps even more devastating than the actual symptoms of CFS are the effects that the symptoms have on a person's daily life. Those who feel tired and achy all of the time are less likely to socialize with friends and family, less likely to be productive at work and less likely to be happy with life.

In garrison, Soldiers with CFS might find that their fatigue makes it difficult to maintain the rigorous pace of training. During deployment, the physical symptoms and fatigue that Soldiers with CFS experience might prevent them from keeping up with the physical demands on the body that result from an increase in operational tempo. This situation can be very frustrating to both Soldiers and their commanders.

Although scientists suggest that a combination of genetic and environmental factors contribute to its development, the cause of CFS is not known. As a result, CFS cannot be readily prevented; however, maintaining a healthy lifestyle (including a diet rich in fruits, vegetables and lean protein; participating in daily exercise; and building supportive relationships) is always a good suggestion for achieving optimal health.

There is no known cure for CFS; however, medications and lifestyle changes can reduce pain and fatigue. Lifestyle changes that are recommended to improve symptoms of CFS include stress reduction activities, gentle stretching, healthy foods, adequate sleep and moderate amounts of exercise (walking, biking, jogging, etc., for 30 minutes per day).

The Outlook

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DEERS and Your Newborn

By Amanda Fisher

The feeling of settling into your home with your new baby should be a very relaxing time for you and your family. TRICARE wants to ensure that your family's transition is smooth during the first few months of your baby's life. That is why it is important that you visit your local DEERS Office (i.e. ID Card Office), located in the Golden Lion, in order to register your baby into the DEERS system.

From birth through the first 120 days, your baby will be covered

under TRICARE Prime. Registering your baby during the first 120 days is very important to your baby's healthcare coverage. After the first 120 days, if you have not registered your baby in DEERS, your baby's health care coverage will revert to TRICARE Standard. If your baby remains unregistered with DEERS after 365 days, your baby will lose all TRICARE Eligibility until they are registered into the DEERS system.

That is why TRICARE would like to stress the importance of

registering your baby at your local DEERS office, located in the Golden Lion, as soon as possible. After this step is completed, come in and see your local TRICARE Medical Service Coordinators so that they can provide you with information for enrolling your baby, or keeping your baby's coverage current in TRICARE Prime.

TRICARE Enrollment Office located in the U.S. Army Health Center, Building 113, Room 2. DSN: 634-6656 or CIV: 0444-71-6656

(Right) L-R, Miwa Deering and Yumiko Yocum show how to create a crane during their Origami class. (Below) Participants in landscape oil painting start their individual project during a four-part session.



Art Center atelier

Story and photos by Laura Kreider, Outlook Staff

Getting ready to learn new skills? Are you thinking that art is part of your life? Are you familiar with brushes and canvas, ceramic or glass? The Vicenza Art Center is what you are looking for to experience new techniques, refresh personal skills or develop them with the help of instructors who enjoy sharing their knowledge with community members.

A new series of classes began some weeks ago including oil painting, which is offered free for promoting this activity as part of the multiple possibilities held at the center.

The instructor of the three sessions, which included abstract, landscape and portrait, is Giada Sheets. She studied and graduated

from the local *Istituto S. B. Boscardin*. Some of the sessions' participants were novices, some were reviewing skills and techniques previously experienced in school and some were just interested specifically in the abstract or landscape session. Some were in love with all.

"I found out it was offered free," said Melanie Fatuesi who created her first painting during the abstract series.

All of the sessions focused on the initial preparation on viewing art books and photos to understand different styles and compositions by renowned artists. Then, each participant chose either an existing art work, created a personal interpretation of a combination of different images, or used his/her own imagination. The projects were drawn on canvas and developed throughout the four-

part classes.

Upcoming oil painting (abstract series) classes will be offered Wednesday and Friday on Aug. 29, 31 and Sept. 5 and 7 from 4-6 p.m. The total cost for this four part class and supplies is \$60. Registration is required by Aug. 27.

Basic drawing is offered Wednesdays and Fridays on Aug. 29, 31 and Sept. 5 and 7 from 1-4 p.m. The four part class plus supplies cost \$40. Registration is necessary by Aug. 27. In the meantime, free open studio is available throughout the month of August.

Among other classes, process painting workshop will be offered on Aug. 18 from 10 a.m.-4 p.m. The course costs \$25 including supplies. Those who are interested should sign up respectively by Aug. 16. Participants must be 12 years old and older.

"The class is suitable for anyone; regardless of previous art training and experience," Barbara Wegener said, process painting workshop instructor.

"Through simple materials, process painting enables you to experience the joy of spontaneous art-making that you had as a child," she said.

In addition to the mentioned classes, the Art Center is also scheduling woodworking certification on Sept. 1 from 10 a.m.-noon, cost \$8.

SKIES woodworking with handtools, and beginner scrapbooking is offered Sept. 22 from 10 a.m.-noon and costs \$20, including supplies. Sign up by Sept. 20 and bring your own photos and collectibles.

The Art Center, which is located near the post theater, has new hours effective as Aug. 5. It is open Wednesday, Thursday and Friday, 11 a.m.-6 p.m. and Saturdays-Sundays from 10 a.m.-2 p.m. Monday, Tuesday, it is closed.

For more information about the upcoming classes and registration, call the center at 634-7074.



(Left) Anne Rivera, left, assists one of the participants at the woodworking class held at the Art Center. (Above) Giada Sheets, right, oil painting instructor, assists Melanie Fatuesi while preparing the color during the free abstract class. (Below) Detail of a painting during the first phase of the free oil painting abstract class.



USDA approves Camp Darby food supply

Story and photo by
Chiara Mattiolo
USAG Livorno Public Affairs

The Camp Darby Dining Facility underwent a National Food Audit from the United States Department of Agriculture recently. Every other year the USDA is required to have a 100 percent inspection of all prime vendors to the U.S. government worldwide.

"We have vendors from all over the world and they all need to meet the USDA standards and guidelines," said Leonardo Garcia, dining facility manager. "This team went deep in the details of the USDA standards, identified discrepancies and immediate action was taken."

The inspection of Camp Darby was conducted because the DFAC in Vicenza was going to be closed

for renovation, so the installation food advisor chose Camp Darby.

"Learning how they grade the products was very interesting," said Garcia.

"The USDA has a certain product percentage that has to be met. For example, in one can of corn whole number 10 can, a maximum of 10 pieces of husk can be present. If the number exceeds the standard, it does not meet the USDA guidelines," he said.

Garcia added that his biggest challenge was to find the proper equipment for the weights, measurements and hooking up all the set ups.

According to Garcia, "the Camp Darby community can look forward to better and safer products now that the vendors know they must provide the best to the U.S. government."



Scott Bal, USDA inspector checks the expiration date on a can of fruit prior to an inspection during his recent visit to Camp Darby.

Alpini train to save lives

Story and photos by Roy Visona
EMT-P, OT, USAHC-VI

From July 23-26 a Combat Life Saver (train the trainer) course was held in Bolzano, Italy for the 4th Alpine Airborne Regiment. The class of 36 students, was composed of Soldiers who had previous downrange experience or are scheduled to deploy shortly to the Afghan and Lebanon theaters.



Classes included hands on practice using a tourniquet, chest seal, splint immobilization, methods for decompression of pneumothorax, improvised chest seal, and using HemCon and Quick Clot with a bandage.

They also were instructed on how to begin an IV and insert a Hep-Lock device.

Practical exercises in the afternoon taught how to combine all of the learned skills and to prioritize the concepts learned.

Each student was given a chance to be the instructor, while the U.S. personnel acted as students by asking questions and performing a practical demonstration of one specific subject.

Darby Notes

Off limits

Due to the high risk involved in traveling by foot or bicycle along the road from Camp Darby to Tirrenia (viale mezzapiaggia) the USAG commander has placed this road off limits to sofa status personnel during the hours of darkness. This limitation does not apply to vehicular or motorcycle operators.

During daylight hours you are highly encouraged to use a motor vehicle to travel this road. Call TMP at 633-8160 for information on shuttle bus availability.

Job opening

The NAF CPO office in HQs Front is accepting applications immediately for a temporary hire (NTE 30 days) Recreational Aide position at the Camp Darby Bowling Center.

Fitness Center

Flag football sign ups continue until Aug. 31 at the Fitness Center.

Motorcycle Safety Foundation course:

Basic Rider Course: Aug. 22-23. Expert Rider Course: Aug. 24

Youth Services/CYS

Free Youth Soccer Clinic Aug. 20-25 for youth 10-15. Sign up at Youth Services

Youth soccer sign ups through Aug. 24.

ITR

Elba Island: Aug. 17, 24, 31

A paradise for nature lovers, Elba is one of the three major islands off the Italian coast and is considered to be the most beautiful.

Friday Night on the Town:

Aug. 17, 24, 31. Begin your evening with a dinner buffet (ladies eat for free ~ guys pay only €15) and dance the night away on the beach. Sign up NLT 3 p.m. on Wednesday for this trip.

Florence Guided Tour:

Aug. 18, 25. Enjoy a morning of Renaissance beauty and culture and in the afternoon, take a 2 hour professionally guided tour that includes Dante's house, Baptistery, Duomo and Giotto Tower.

Rome Trip Aug. 16, 23, 30

At your own pace, visit some of Rome's most important sites. You'll be dropped off near the Vatican Museum. Check out St. Peter's Square, the Vatican, the Vatican Museum (where you'll find the Sistine Chapel), Castel Sant'Angelo and whatever else you can squeeze in.

Cinque Terre Trip Aug. 15, 29.

Cinque Terre consists of 5 villages connected by trails along the coastline. Train service is additional.

Wine Tasting in Castello Panaretta Aug. 21. Visit this Tuscan castle and savor some Chianti Classico wines with a light lunch

Out & About

By Dorothy Spagnuolo

Public holiday

Aug. 15, the feast of the Assumption, is known as 'ferragosto' in Italy and is one of the most important public holidays in the calendar. Coming right in the middle of the traditional vacation month, it sees millions of Italians at the coast and in the mountains, ready to take part in the many local feasts and celebrations.

While some of these are of a religious nature, many, as one could imagine, are gastronomic events where tasting the local specialties and eating convivially with your neighbors become the whole point of the exercise.

So, while the cities are sad, deserted places, mostly completely closed down on this day itself, and populated practically exclusively by bargain and culture seeking foreigners, the resorts and towns are buzzing with people having a good time.

Decide for yourself: some Italian cities benefit greatly by this summer exodus' and you can go sightseeing in gratifying peace. On the other hand, if you want to witness the heart-warming spectacle of Italians enjoying themselves, get out into the countryside and take part in the nearest town *sagra*.

Craft market

In the *Marostica* castle, located in the main square of the town, over 50 vendors will be selling their wares to include furniture, ceramics, blown glass and paintings until Sept. 9. Open everyday, closed Mondays from 9:30 a.m.-12:30 p.m. and 3:30-7:30 p.m., Friday and Saturday until 10 p.m. entrance is free.

Baseball, dance, skating and medieval event

Vicenza - Mark your calendar for 9 p.m. on Aug. 29 to attend a baseball game at the Vicenza Baseball Stadium when a baseball team from Miami, Florida will play Taipei, China. The Miami team is touring Europe and Taipei China is touring Europe and preparing for the world championship baseball

tournament in Spain in September. Tickets cost 10 euro and are free for kids under 12 years of age.

In *Verona* - Momix the group of illusionist-dancers, headed by the American choreographer Moses Pendleton will perform each evening in Verona's Teatro Romano through Aug. 19 at 9:30 p.m. tickets cost 22, 25 or 35 euro;

Asiago - Aug. 15 international ice skating show in the ice rink at 9:15 p.m.; and Aug. 18 sees the start of the 25th International competition of wood sculpturing in the main squares of this town;

Jesolo - Aug. 15 from the beach watch the one half hour of a firework display with a start time of 10:30 p.m.

Mondaino, province of Rimini will hold a medieval event Aug. 16-19. Main events on Aug. 18: 9:30 p.m. historical parade starting at the castle and going through the main streets of the town; 9:30 p.m. flag thrower performance, exhibition of falcon handlers; Aug. 19: 6 p.m. falcon handlers exhibition; 6:45 p.m. historical parade starting from the castle of the town with a 'duck race' to follow; 7:30 p.m. historical 'attack on the castle,' 9 p.m. historical parade starting at the castle; 9:30 p.m. flag thrower performance; 10:15 p.m. battle between the four boroughs for the 'Palio.'

Artisans display

The town of *Cison di Valmarino*, in the province of Treviso, will turn itself into a charming setting of piazzas, streets, courtyards and boroughs where over 100 local artisans will be displaying their working skills and techniques during the 27th artisans exhibition-market. You can find everything from rag dolls to dried flowers to glass sculpturing to patchwork. Already underway find the market open on Aug. 14-15 starting at 5 p.m. Full details on exhibitors, directions, parking areas and cultural events is available in Italian only from www.artigianatovivo.it.

Visit a Maize

After introducing the 'maze



(Above) The Italian beaches offer fun in the sun for Soldiers and their families. (Below) Fountain of the Madonna of Verona located in the middle of Piazza delle Erbe. (Photos by Laura Kreider, Outlook Staff)

craze' to Utah and the western United States in 1996, the MAiZE has grown into the world's largest cornfield maze company. Now 10 years, more than 1000 mazes, a Guinness record, and six countries later, The MAiZE has seen millions of people get lost in its corny creations. Continuing to expand the increasingly-popular form of agritainment, you can find one of them in the Veneto area, in *Arlesega di Mestrino*, which is located 2.5 km from the Grisignano autostrada exit. Visiting this maze calls for suitable shoes to be worn, remember it's a corn field, especially for children. Owned by the Agriturismo Gallo Nero, the maze is open every weekend starting on Aug. 25 until the end of Oct. weather permitting; hours are from 11 a.m. to sundown. You will also find tables set up for a picnic. Cost: adults: 5 euro, children 3-12 years of age 4 euro. Further information, directions and to see the maze look up www.agriturismogallonero.it

The palio of Siena

The second Palio di *Siena* will

be held on Aug. 16. Start of events is at 3:30-4 p.m. with an historical parade through the city center to the square and will arrive in the square at 5 p.m. where the race is run. The horses enter the square and the race starts at 7 p.m. The race, once it starts, lasts for approximately 2 minutes. Entrance into the square, standing room only, is free and it will be packed. If you go early to get a good position, make sure you take headgear, as there is no shade. The race is also shown on national TV usually inserted in or after the news program.

Buskers festival

The city of *Ferrara* Buskers Festival is a non competitive parade of the best street musicians in the world. The Festival takes place Aug. 20-26 and every year, the city invites, at its expense, 20 groups, but beside them many others join the festival. Last year 177 different shows were performed by a total of 660 artists coming from 21 different countries. Listen to the rhythms of African drums, dixie bands or the crazy gags of some English groups, there will also be virtuosos playing



the most original instruments: saws, washboards, cowbells, and crystal glasses. There are two shows a day Monday-Saturday at 6 p.m. and 9:30 p.m.; on Sunday only one show from 5 p.m. to 8 p.m.

Now Showing

Caserma Ederle Theater

Aug. 14	CLOSED	
Aug. 15	Waitress (PG-13)	6 p.m.
Aug. 16	Waitress (PG-13)	6 p.m.
Aug. 17	Rush Hour 3 (PG-13) (1st Run)	6 p.m.
	Knocked Up (R)	9 p.m.
Aug. 18	Rush Hour 3 (PG-13) (1st Run)	3 p.m.
	The Invisible (PG-13)	6 p.m.
Aug. 19	Rush Hour 3 (PG-13) (1st Run)	3 p.m.
	The Invisible (PG-13)	6 p.m.
Aug. 20	CLOSED	
Aug. 21	CLOSED	

Camp Darby Theater

Aug. 16	Waitress (PG-13)	6 p.m.
Aug. 17	The Simpsons Movie (PG-13) (1st Run)	6 p.m.
Aug. 18	Ocean's Thirteen (PG-13)	6 p.m.
Aug. 19	The Simpsons Movie (PG-13) (1st Run)	2 p.m.

Admission: Age 12 and over \$4, under age 12, \$2.
The Ederle Theatre box office opens one hour prior to show time.

Classified Ads

NOTE: The Outlook does not take classifieds and we only print ads placed during the last week.

Sellers must place ads on www.vicenzamwr.com.

Buyers must go to the Vicenza MWR Web site, www.vicenzamwr.com for details about items for sale below.

Cellphone Z520i Sony-Ericsson: Many accessories. \$100.

Tavern table: Italian handmade: \$200.

Bar stools: Have 3, \$35 ea, or \$90 for all.

Magazines: Maxim - Have three-year supply. Call for prices/details.

Guitar/Bass: Wireless system. \$200.

Housekeeper wanted: Flexible schedule. Call for details.

Twin size white canopy bed: Excellent condition \$100.

White baby bunny: Free to good home.

Little Tykes Bouncing Castle: \$350. Microwave stand: \$15.

Free couch: Green with pillow back. AFN Decoder: \$100, OBO.

220 Volt appliances: Assorted types/prices.

1994 BMW 318i: Loaded. \$3,200.

1997 Saab 9000 CS: American specs, good condition. \$4,000.

1992 BMW 520i: Good condition. \$1,800.

Space heater: Uses propane tank (not included). \$50.

1999 Mitsubishi Space Star: Loaded. \$3,500.

Pochantas Bike: Has training wheels \$10.

1993 Isuzu Rodeo: Loaded. \$1,000 OBO.

Glass and Metal Shelves: Asking \$50 for the set.

Solid Wood Night tables: White, \$20 ea.

Carol Griggs Watercolor print: \$50. Wanted: Student desk or drafting table for daughter.

Japanese Style platform bed with queen mattress. Solid teak wood.

TWO free kittens.

Volvo XC90 2003, 54k miles, fully loaded.

Looking for a full or queen size mattress and box spring.

Free National Geographics.

Moving In Sale: DVD Player \$100, Goldstar 20" TV w/VHS \$15, Nintendo \$8, Palm Pilot Palm IIIc \$10, much more

2 Hoodies New Men's Medium John Deere Hoodie \$25

Dog Sitter Needed I'm looking for a reliable pet sitter.

1994 Fiat Panda 500 Euros, Available 23 Aug, Great condition.

Queen size mattress and platform: Made of teak. 600 euro. Mattress alone, 150 euro.

Baby changing table: \$35, OBO.

Laptop computer wanted: Nothing fancy, just cheap.

House plants Moving. AFN decoder: \$125.

14 inch multi-system tv JVC 110-220 volts make an offer

Graco baby crib portable crib with transport wheels, make an offer

Community notes

Hour changes for MWR facilities

Beginning Aug. 5, some MWR facilities on post will change their hours of operation to meet the needs of the community more effectively.

The fitness center has new hours for training holidays and the Toddler in Tow program.

On Training Holidays the fitness center and the Body Shop are open from 7 a.m. to 9 p.m.

Starting Aug. 5, Toddler in Tow is from 8:30-11 a.m., and 1-4 p.m., in the fitness center (cardio area only).

The Ederle Lanes Bowling Center also has a new schedule.

They will be open Sunday from noon to 7 p.m., Mon. & Tues. from noon to 8 p.m., closed Wed. & Thurs., and open Fri. & Sat. from noon to 9 p.m.

The Arts and Crafts Center is open Sat. and Sun. from 10 a.m. to 2 p.m.

Closed Mon. and Tues., and open Wed., Thurs., & Fri., from 11 a.m. to 6 p.m.

Saturday childcare

The Child Development Center, bldg. 395, is open for hourly care on Saturdays from 8 a.m.-4 p.m.

Reservations must be made two weeks in advance. Walk-in care will be provided if space is available.

The cost is \$4 per hour or parents can use their deployment card to pay for care.

For details call 634-7559.

Share your knowledge

College Night, hosted by MWR and DoDDS, seeks college students and graduates to share their experiences with Vicenza High students and parents Oct. 18.

If you are interested in sharing knowledge about your college, contact Sarah Penhallegon, 6345087, by Aug. 20.

Child & Youth Services Buddy Program

CYS is sponsoring the USAG Vicenza Buddy Program, where a teenager (grades 7-12) is assigned to mentor a child (grades 1-6).

The program will consist of trained teenagers cleared through background checks, to meet with your child once a week for an hour.

If all parties are willing, additional meeting time can be arranged. The teenager can do homework, read, math, play or just simply be someone your child can talk to.

Once a month the group will meet as a whole for a special event, which is a special activity that is open for the whole family.

If you are interested in having your child participate in this program, forms are available at any CYS Facility.

Hooah Rock Day

The 2-503rd Family Readiness Group is sponsoring a Hooah Rock Day on the Sept. 8.

This day will be comprised of a PT test to army standards, first aid, camouflage, BAR, jump tower, working with an M-16 and a ruck march among other things. It will boost morale for the spouses and allow them to have a taste of what their husbands do.

Free childcare is available for the event. Participants and their families can buy t-shirts for \$15 to help sponsor the event.

MOMS Club

Join us at the Ederle pool. Aug. 16, 11 a.m. Aug. 22, 11 a.m.

Join us at the park. Aug. 29, Via Delle Pace (#3), 10:30 a.m.

Stretch those legs at the track. Aug. 21 and Aug. 28, at 9:30 a.m.

Stop by the MOMS Club information table at the PX. Aug. 27-31, Food Court, 11:00-13:00

For more information regarding MOMS Club and our activities e-

mail momsclubofvicenza@yahoo or contact Deanna at 0444945105 or Amber at 3347008443.

School times

Monday Aug. 20 : New Student and Parent Orientation (for new families to Vicenza) at 11:00 a.m. in the Vicenza Elementary Gym.

Friday Aug. 24 : Class lists will be posted at the Community Mail Room, and posting at the Gheddi shoppette .

Monday Aug. 27 : First day of school for grades 1-6. First Day for PSCD.

Wednesday Aug. 29: Substitute Training for VES subs in VES Conference Room from 8:00a.m. to noon, not mandatory but strongly recommended

Tuesday Sept. 4 : First day of school for Kindergarten.

Are you tired of the MP's on post?

Do you want to get them back? Well now you can at the Dunk -A-Cop booth outside the AAFES Post Exchange on Saturday Aug. 25 from 10 a.m.-3 p.m.

Sponsored by the 13th MP's FRG, be sure to turn out. Coffee and donuts will be provided.

Free back to school BBQ

The Vicenza Full Gospel Pentecostal Service is sponsoring a Back to School Barbecue on Aug. 25, from 10 a.m.-2 p.m. at the Villaggio Gazebo. In case of inclement weather we will move to the Post Chapel.

Free school supplies will be given as well as lots of food, games and prizes. The entire community is invited.

School Age Services hours/location

Effective Aug. 27, School Age

Services will move back to its regular and newly renovated facility in Building 308. Hours of operation will be M-F from 6 a.m. - 8 a.m. (for before school care), 3 p.m.-6 p.m. (for after school care), and from 6 a.m.-6 p.m. (when school is not in session).

Piano instructor needed

SKIES Unlimited is looking for piano instructors for kids. Please call 634-7219 for details.

Medieval Times Dinner and Show

Join ITR for dinner at Medieval Times, Friday Aug. 17, from 5 p.m. to 10:30 p.m. The cost of the dinner is \$29 for adults, \$21 for kids shorter than 4 ft. 5 inches, and kids shorter than 3 ft. 2 inches get in for free. Transportation is free and ITR will send along a trip assistant.

Get ready to make a real leap into the past and live through those ancient times. While being entertained by four incredible Knights you will also enjoy a feast specially prepared for you and all the other guests of King Astolfo.

Enjoy a Medieval style dinner without silverware. Call 634-7094 to sign up.

Dressing on a budget

Learn useful tips on how to dress up while keeping costs down. Snacks provided as well as information on personal finance, credit, and investing.

Call Army Community Service at 634-7500 to make a reservation for the next class Aug. 23, 10 a.m.-11 a.m.

Youth Services open house

Youth Services is offering a group orientation and tour for parents and kids grades 6-8 at the Villaggio Youth Center. The orientation will be Thursday Aug.

Ederle Chapel
For details call the chapel at :634-7519 (0444-71-7519).

Weekday Mass
Mass is now held at noon Wednesday-Monday.

Saturday Services
4-4:30 p.m.: Sacrament of Reconciliation, or by appointment
5 p.m.: Roman Catholic Mass

Sunday Services
NOTE: Sunday School services are not held over the summer.
9 a.m.: Catholic Mass
10:45 a.m.-noon: Catholic Religious Education
11 a.m.: Protestant worship
1:30 p.m.: Full Gospel Pentecostal worship and Children's church
4 p.m.: Lutheran Services
6 p.m.: Contemporary worship

Muslim Services
The khutba and prayer will take place in the post chapel conference room Fridays, just after 12 p.m.

Jewish services
For details regarding Jewish services, contact Dr. Steven or Nancy November at november6@msn.com.

Darby Chapel
For details call the chapel at :633-7267 (50-54-7267).

8:30 a.m.: Catholic Reconciliation
9:30 a.m.: Catholic Mass
11:15 a.m.: Protestant worship

23, from 6 p.m.-7 p.m. The orientation will cover staff introductions, programming, and a tour of the facility. Finger foods will be provided.

Love from home greetings cards

Aug. 17-20, stop by the Vicenza Arts and Crafts Center anytime to create a handmade card to send to someone special. It's free and all supplies are included.

News you can use

Child safety seat inspection service now available

By Raymond Hernandez, RNC, Army Public Health Nursing

Good news for the Vicenza community as we will have seven newly certified child safety seat inspectors by the end of August.

Two years ago Vicenza lost its only certified child safety seat inspector. Since that time the Vicenza community has been unable to meet this need. Now through the efforts of many in the community this service will soon be available again.

Dr. Peter Kim, chief of pediatrics at the Landstuhl Regional Medical Center and a certified safety kids instructor, will teach a child safety seat inspection course Aug. 21 through Aug 24.

There are many common and critical mistakes in installing or using a child safety seat. It is important to realize that placing a child in a CRS incorrectly can result

many more serious injuries to a child if the vehicle is involved in an accident.

Two critical mistakes in the use of CRS are the way the vehicles seat belts are used to secure the child safety seat and how securely the harness straps and crotch straps are applied. Not all safety seats are the same, which is also true about car seat belts.

If you drive a hoopy it is crucial to check out the seat belts and to find out if it is even possible to install a child safety seat. Studies have shown that installation and appropriate use of child safety seats reduce the risk of death in passenger cars by 71percent for infants and 54 percent for toddlers ages 1-4 years .

One of the exciting resultss of this course is that on the final day, Aug. 24, a child safety seat inspection station will be set up at the commissary parking lot.

The inspection station will be

open from noon until 3 p.m. We will have several lanes so that we can inspect several vehicles at one time and provide information, feedback, and instruction.

No need to fear this inspection, as its only goal is to make sure that children are safe in their car seats and to insure parents know how to appropriately install their safety seats.

We are happy to say that Camp Darby will also have a certified child safety seat inspector. Chiara Chelossi from the Safety and Occupational Health office will be attending the course.

Camp Darby will have their own child safety seat inspection on Aug. 30 from 11 a.m. though 2 p.m. at the Child Development Center parking lot.

An added bonus of this program is the support received by the Vicenza Military Spouses and Civilian Club. The VMSCC will be providing, through the Birthing



Sheur Yang buckles up her 14-month-old son before leaving one of the parking areas on post. (Photo by Laura Kreider, Outlook Staff)

Center, three free infant car seats per month for military member E-4 and below.

It is a regulation that new born infants cannot be discharged from the Birthing Center unless the parents have an appropriate car safety seat. This gift will provide one less expenditure for some families.

The American Academy of Pediatrics strongly recommends to always use a car safety seat and to

start this habit with the baby's first ride home from the hospital/clinic.

Let us inspect your child safety seat. This training is certified through the National Child Passenger Safety Training Program.

For further information about the free infant seats or about scheduling a safety seat inspections. Call the Army Public Health Nursing at 634-8010/8011.

Soccer season fast approaching

Story and photos by Laura Kreider, Outlook Staff

Are you ready for some *calcio*? Okay, it's not American football, but soccer is football in the rest of the world.

Soccer season is fast approaching as the number of clinics and camps listed in the sport shorts and community notes can attest.

U.S. Army Garrison Vicenza Community Soccer Team has ongoing try-outs and practice taking place on Tuesday and Thursday evenings, 7-9 p.m. on the North 40 Soccer Field. For information call 634-7009

There are leagues for all ages starting soon in Vicenza, Camp Darby, Schweinfurt and Bamberg. Coaches and referees are needed as well.

Contact your local sports office, CYS or school sports director for more information.



(Above) Two players go for the ball during a game played at the end-of-season Championship 2006/07 between the SETAF Lions which hosted Noventa, a local team.

(Right) A boy saves the goal during a practice at the Youth Pavilion on Caserma Ederle, while another watches the save.

"We play soccer, basketball and video games usually during lunchtime," he said. "We enjoy it and I come here very often, sometimes six times a week."



Pool closure dates set for season

The Ederle Inn Pool will close during the week (Monday- Friday) starting Aug. 20, but will be open on Saturday and Sunday, Aug. 25-26 and Labor Day weekend, Sept. 1-3. The pool will close on Sept. 4 for the winter season.

The CWSTC Pool, in the Villaggio Housing Area, will maintain normal operating hours until Sept. 3. It will also close for the winter season on Sept. 4.



Photo by Laura Kreider, Outlook Staff

Kaiserslautern Soldier heads to Olympic trials



Alexis Ramos, after winning the 119-pound bantam title during the Armed Forces Boxing Championships. (U.S. Army photo)

Story by Christine June
USAG Kaiserslautern

KAISERSLAUTERN, Germany— Alexis Ramos first laced up a pair of boxing gloves as a three year old and started dreaming of becoming a ring champion – even though his father was extremely hesitant about allowing him to fight.

At age 24, Ramos, a member of the 212th Combat Support Hospital on Miesau Army Depot, is now reaching for Olympic boxing gold.

Currently training with the Army's World Class Athlete Program at Fort Carson, Colo., Ramos, who is a specialist, is preparing for the 2007 USA Boxing Olympic Team trials being held in Houston later this month.

"It's wonderful and means a lot to me because my dad also boxed for the Army, and I'm following in

his footsteps," said Ramos, adding that he still doesn't know why his dad initially didn't want him to become a pugilist. "Now, he doesn't want me to stop."

His dad, retired Sgt. 1st Class Rafael Ramos, will be ringside to cheer for his son in Texas, where officials will name eight boxers to represent the United States for the 2008 Summer Olympic Games in Beijing.

Ramos, who competes in the 119-pound bantam division, has "a good shot," said Bob Bigelow, U.S. Army Garrison Kaiserslautern's community recreation director. "He's a very sound boxer – keeps with the basics and has very quick hand speed."

During his 20 years of Army boxing experience, Bigelow recalls only one other garrison fighter making the Olympic trials: Ray

Mercer, the heavyweight gold medalist at the 1988 Summer Olympic Games in Seoul, South Korea.

Ramos believes being a Soldier-boxer, like Mercer, gives him an advantage, "as the Army team has some of the best coaches in the world."

For example, Ramos' coach at the Armed Forces Boxing Championships – where he caught the attention of officials – was Basheer Abdullah, the 2004 Olympic head coach for the USA boxing team.

During the armed forces event, held in San Antonio in March, the Army took the team title with nine Soldiers winning nine out of 11 title bouts – including Ramos.

He's hoping that his winning streak in Texas continues all the way to China

Sports shorts

CYS Triathlon

The Child and Youth Services Sports & Fitness Office is sponsoring a Triathlon for children 6-18 years old, Aug. 25, 8 a.m. There will be three age brackets, 6-10 (run 1 km, cycle 2 miles, swim 100 meters), 11-14 (run 2 km, cycle 5 miles, swim 100 meters), and 15-18 (run 3 km, cycle 6 miles, swim 100 meters). Register with Central Registration, at the Davis Soldier and Family Readiness Center. DSN 634-6151.

CYS soccer season

Soccer season enrollment is Aug. 1-24. The cost is \$36 for ages 3-18. The season begins Sept. 4. Youth must be registered CYS members, have valid ID card and SSN, 2 Emergency Contact phone numbers and a current health assessment. A soccer skills clinic will be held Aug. 6-10. Enrollment for the clinic begins July 16. For information call CYS Sports and Fitness 634-6151

National Bowling Week

National bowling week is Aug. 25-31, when you get a strike with the blue pin in the number one spot and win a prize. Instant win prizes: Two free games of bowling with shoes – 50 winners, one free game of bowling – 100 winners, free night of bowling (three games each) for winner and 3 guests – 5 winners, 1 month of free bowling in Sept. – 1 winner. Bowlers can also qualify for prizes on the National level. Call 634-7013 for further details.

Tennis Tournament

Aug. 15 is the deadline to sign up for the Aug. Sports and Fitness Tennis Tournament. Tournament dates are Aug. 17-18, 6:30 p.m. Awards will be given for 1st and 2nd place for both Male and Female in these categories; beginners, intermediate and advanced as well as open and mixed doubles. Contact Sports Office at 634-7009 for details how to enter.

CYS Coaching Clinic

Be a certified coach in your choice of sports: Soccer, basketball, baseball/softball, cheerleading, and flag football. The next coaching clinics are Thursday, Aug. 16, 6 p.m. to 9 p.m., and Tuesday, August 28 9 a.m. to noon. Coaches can only be certified in one sport per clinic. Call CYS Sports at 634-6151/6152.

CYS Tennis Tournament

Child & Youth Services' Sports and Fitness office is sponsoring a Tennis Tournament for CYS registered youth Aug. 18, 8 a.m., at the Caserma Ederle Tennis Courts. Any CYS registered youth can enter. Register at Central Registration in the Davis Soldier & Family Readiness Center by Aug. 17.