

U.S. Embassy goes green, features Dal Molin

Story and photo by Anna Ciccotti
Special to the Outlook

ROME — On the occasion of the Green Initiative event, David Thorne, U.S. Ambassador to Italy, opened the doors of his Roman residence to the press Feb. 15 to give a firsthand look at the energy-efficient projects done inside over the past few months.

“Even in the historic setting of Rome, we can reduce our environmental footprint and reduce costs by installing smarter technologies in our older buildings,” said Thorne. “Our embassy is a member of the League of the Green Embassies, and we are determined to advance President Obama’s mandate to reduce energy use in U.S. government buildings and to showcase innovative U.S. products to do so.”

Thorne said that in retrofitting our homes every step we take to increase energy efficiency is meaningful. Better lighting, more efficient domestic appliances, smart radiator valves, insulating window film are some of the simple, yet effective, measures that combined can help reduce our electricity bills by up to 50 percent.

On a larger scale, collective, sustainable steps may help grow global economies and ultimately create millions of new jobs worldwide.

What is being done at the Embassy in Rome reflects the commitment of the U.S. government to adopt more extensive strategies. Current energy efficiency efforts extend to other facilities, as the Department of Defense is intent on greening its military presence in Italy.

“In Vicenza, the new base at Dal Molin uses innovative design to reduce water usage by 36 percent and annual energy costs by 42 percent,” announced Thorne to the press, “making it the largest project in Europe eligible for silver Leadership in Energy and Environmental Design (LEED) certification.”

In a separate display especially set for the Ambassador’s event, Dal Molin was shown to the press as the best example of sustainable new construction, highlighting how smart up-front investments in efficiency can result in significant energy savings and decreased consumption of natural resources.



Kambiz Razzaghi, chief of the Transformation Construction Management Office for the U.S. Army Garrison Vicenza, highlights the sustainable features that will help Dal Molin attain the silver Leadership in Energy and Environmental Design certification from the U.S. Green Building Council.

Retreats bring Families together before deployment

By Chap. (Maj.) Eddie W. Cook
173rd Airborne Brigade Combat Team

“Strong Bonds” is a chaplain-led spiritual resiliency program that targets married couples, single Soldiers, and dependents of deployed, active duty Soldiers. The 173rd Airborne Brigade Combat Team will conduct 42 Strong Bond events in fiscal year 2012. The focus of these programs is to work on relationship building while enjoying a setting away from home.

Funding for Strong Bonds is congressionally appropriated and controlled by the Chief of Chaplain’s Office. This allows commanders to execute these events without having to utilize their unit’s funds. Prior to the Department of the Army Chief of Chaplain consolidation of this program, retreats were mutually exclusive and each one required extensive contracting and legal administration. Now in U.S. Army Europe, the contracting and property component is wholesaled at Edelweiss Military Lodge and Resort in Garmisch,

Germany, and is user-friendly for command programs.

A typical Strong Bonds retreat is three days and two nights at Edelweiss, with food and lodging provided for the participants. This is usually conducted over a weekend, which allows less disruption for children’s schooling and limits the impact on command requirements. The chaplain will conduct training for approximately 10 hours during the three-day event, while allowing time for reflection, Family time, and recreation. This proves to be the right formula for success in achieving effective skills integration and physical, emotional, and spiritual rejuvenation in a non-threatening environment that invites openness and participation.

The events are conducted by one of the 173rd’s six battalion chaplains or the brigade chaplain. Some of the favored curriculum includes the “Five Love Languages” by Dr. Gary Chapman and “Laugh Your Way to a Better Marriage” by Mark Grungor.

“This is the most productive military program I have ever encountered aimed at helping marriages,” Maj.

Scott Strickler, the 173rd’s civil affairs officer said while on a recent brigade Marriage Retreat. “My wife and I can now understand each other’s thought patterns and how to positively impact each other. This conference has brought us closer to God and each other.”

The Strong Bonds program is a huge success as couples grow together and learn relationship skills essential for family dynamics.

The 173rd deploy to Afghanistan in a few months and the Strong Bonds program is an essential component in the pre-deployment train-up. In addition to married couples building strong Families, the brigade’s single Soldiers are engaging this program and learning how to implement healthy relationships in dating and choosing the right spouse. While deployed, spouses and dependents will have the opportunity to be ministered to through continued Strong Bonds retreats. Across the brigade, the Strong Bonds program is meeting a critical need for our Families’ and Soldiers’ Composite Spiritual Fitness and resiliency.

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Oklahoma! opens Friday at Soldiers’ Theatre; VHS students excel in academics; Community camera photos

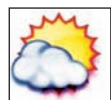


Sports page 8

Vicenza youth basketball competes in Germany; VHS wrestlers finish season with tops spots



57/32
Friday



57/36
Saturday



61/37
Sunday

Questions about AAFES or DECA? A council meeting open to the public, 10:30-11:30 a.m. Monday at ACS.

MetLife assumes duties of TRICARE dental

MetLife Dental Program office

Effective May 1, MetLife will begin providing dental coverage to over two million Family members of uniformed service active duty personnel, members of the Selected Reserve and Individual Ready Reserve, their eligible Family members and Survivors. Note that the change to MetLife is for the TDP program only. United Concordia Companies, Inc. will continue to administer the Active Duty Dental Program and the Delta Dental Plan of California will continue to administer the program for retired servicemembers and their Families.

Changes under MetLife including benefits and enhancements to the TDP include: lowered premiums, one Family member \$10.30/per month, Families-\$30.89/per month. Yearly (annual) maximum benefit raised from \$1,200 to \$1,300; lifetime orthodontic maximum benefit raised from \$1,500 to \$1,750.

Additional \$1,200 annual maximum benefit for services related to dental accident treatment: three cleanings per year for pregnant or diabetic patients; coverage of posterior resin (white) fillings; no cost shares for scaling and planing (deep cleaning) for diabetic patients when visiting an in-network dentist; non-Availability Referral Forms will not be required for implants, only orthodontic treatment and listings of TRICARE OCONUS Preferred Dentists maintained at MetLife web site (www.metdental.com).

After March 21, to obtain service assistance, transition information, or to locate a dentist visit MetLife at <https://mybenefits.metlife.com/tricare> or www.facebook.com/MetLifeTDP. In addition, the MetLife customer service call centers are available to assist TDP members with questions, concerns or issues related to billing, enrollment/disenrollment, claims and general inquiries related to TDP program. MetLife OCONUS Customer Service is accessed by calling the AT&T Operator in your country and then dialing 855 638 8372. Claims can be sent in by regular mail (PO Box 14182, Lexington, KY 40512), fax to 001 855 763 1334, or you can scan/email to OCONUSDentalClaims@metlife.com.

Questions or issues regarding claims for dates of service prior to May 1, should still be directed to the current



A U.S. Army Health Center Vicenza dentist performs an exam on a patient. Changes are coming to the TRICARE dental plan.

insurance carrier. Orthodontic treatment will still require a Non-Availability and Referral Form that will be issued to the doctor and/or the patient following a review of the orthodontic treatment plan by the TRICARE Area Office Dental Consultant. After the case is reviewed and the NARF is sent to the family/dentist, orthodontic treatment may begin. As soon as the braces are placed, the orthodontic claim should be filed by sending MetLife the following: the completed NARF; the completed Claim Form (orthodontic banding date should be included on the claim form); and the provider's bill for the total cost of care, and for the orthodontic exam.

Within 3-4 weeks, MetLife will send a check for the appropriate amount to the orthodontist. The sponsor and the dentist should establish a workable payment program.

'Get your plate in shape' during National Nutrition Month

By Maj. Adrienne F. Jefferson
U.S. Army Health Center Vicenza

National Nutrition Month is an annually organized, nutrition education campaign in March by the Academy of Nutrition and Dietetics (formerly known as American Dietetic Association). The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

This year's theme for National Nutrition Month is "Get Your Plate in Shape." The concept is to help people make simple changes to their daily eating plans that will benefit them for a lifetime.

The USDA's "My Plate" replaced "My Pyramid" as the government's primary food group symbol as an easy-to-understand visual cue to help consumers adopt healthy eating habits consistent with the 2010 Dietary Guidelines. The plate model divides the plate into four sections: fruits, vegetables, grains and proteins, as well as a glass for dairy.

The following are some recommendations for getting your plate in shape:

Tip #1: Make half your plate

vegetables and fruit. Eat a variety of vegetables – dark green, red, orange. If you buy canned vegetables – choose reduced sodium or no "salt added." Rinsing vegetables can also reduce sodium levels. Choose dried, frozen or canned fruit (in water or own juice), when fresh varieties are not available. Make sure every meal or snack has at least one vegetable or fruit.

Tip #2: Make half your grains whole. Choose brown rice, barley, oats and other whole grains. Switch to 100-percent whole grain breads, cereal and crackers. Check the ingredients list on food packages for whole grains.

Tip #3: Switch to fat-free or low fat milk. Fat free and low fat milk has all the calcium and other nutrients as whole milk, but less fat and fewer calories. If lactose intolerant, try lactose-free milk or calcium fortified soy beverages.

Tip #4: Vary your protein choices. Eat a variety of protein – from seafood, nuts, beans, as well as lean meat, poultry and eggs. Eat more plant based proteins, nuts, beans, whole soy foods like tofu and edamame. Eat fish at least twice a week. Keep meat and poultry portions lean

Tip #5: Cut back on sodium. Choose foods with the least amount of sodium



by comparing the Nutrition Facts Label. Use spices and herbs to season food instead of salt. Limit high sodium processed meats or choose lower sodium versions.

Nutritious eating does not have to be difficult. It is never too late to renew your commitment to healthy eating. Maintaining healthy eating habits through selections from the food groups is important in a living long, healthy life. Daily intake of healthy meals has been linked to prevention of common diseases such as high blood pressure, high cholesterol and diabetes. It is never too late to start.

Start off with a few small changes but do start today.

Speak Out

Name a woman that you feel has been influential to you.



Brianda Barrett
ACS intern

"Becky Watson, the Financial Readiness Program manager, has been such an inspiration and helped me become a well-rounded intern."



Sgt. 1st Class Wanda Knight
414th CSB

"Sgt. 1st Class (R) Maria Ingram was my mentor as a young Soldier. She helped to guide me to be a better Soldier and NCO."



Sgt. 1st Class Juan Roman
USARAF G4

"My grandmother struggled through life, but remained positive and was the foundation for our family."

By Laura Kreider

Ways to reduce risks of brain injuries

By Dr. Catherine Frantom
U.S. Army Health Center Vicenza

March is Brain Injury Awareness month and this is the second article in a series for the month. Falls are the most common cause of TBI overall, and especially among older adults and young children, for example, hitting the head after falling out of bed, during play, slipping in the bath, falling down steps, and falling from ladders.

Vehicle-related accidents are also a common cause of brain injury, especially among adults in their early 20's. This category includes collisions involving bicycles, cars, motorcycles, as well as pedestrian versus vehicle accidents. TBI can occur when there is no direct blow to the head such as when the vehicle stops suddenly but the brain continues to move back and forth within the skull creating what is known as a "contra-coup" injury. The affect of rotational forces on the brain within the skull results in more severe injuries.

Approximately 10 percent of traumatic brain injuries are caused by violence, such as gunshot wounds, assaults, domestic violence or child abuse. Shaken-baby syndrome occurs when the trauma from violent shaking of an infant damages brain cells.

Sports related injuries may result in concussions as well as more serious TBI. High on the list of sport types conferring injury are boxing, football, baseball, lacrosse, skateboarding, hockey and other high-impact or extreme sports. Given our proximity to mountain sports, our TBI clinic also treats a fair number of skiing and snow-boarding related injuries.

Explosive blasts, hard landings from parachute jumps, falls that result in striking the head and other combat or training injuries are a common cause of concussion and more serious forms of TBI among our active-duty military members.

There are many ways to reduce the risk for TBI. Most risk reduction strategies rely on using common sense and good judgment and include such things as always wearing a seatbelt while riding in a motor vehicle. Securing small children in the back seat of a car in a child safety or booster seat appropriate to size and weight. Never driving under the influence of alcohol or drugs, including prescription medications that can impair your ability to drive. Storing firearms, unloaded, in a locked cabinet or safe and storing bullets in a separate location. Wearing a helmet while riding a bicycle, skateboard, motorcycle, snowboard, snowmobile or all-terrain vehicle. Wearing appropriate head protection when playing baseball, skiing, skating, riding a horse, or playing a contact sport. Prevent falls in elderly by installing handrails in bathrooms and both sides of staircases. Use nonslip mat in the shower, remove loose area rugs, improve home lighting, clear areas of clutter, ensure regular vision checks in your older person, and facilitate regular exercise to optimize daily functioning. Prevent head injuries in children by installing safety gates at the top of stairs and child-height handrails on staircases. Keep stairs and walkways free of clutter, install window guards to prevent falls, use nonslip mats in bathtub, find playgrounds that use shock-absorbing ground materials, and do not leave children unattended on balconies. Remember, appropriately managing high risk situations models safety behavior for your children too.

If you witness an injury, you can provide medical responders with some life-saving information such as how the injury occurred, if there was loss or altered consciousness and, if so, for how long, and information about nature and the force of injury (such as how far they fell, how fast a vehicle was traveling, what object struck the head, etc.).

Contact the Vicenza Health Center for more information about TBI at 636-9000; from off post 0444-61-9000.

Vicenza High School recognizes students with high academics

The following students received a grade point average above 4.0 on their report card during the second quarter of the 2011-2012 school year:

John Bonney
Aaron Hogg
John Camuso
Taylor Curry
Marshall Perfetti

Honor Roll with a GPA of 4.0:

Caroline Benz
Emma Conrad
Robert Alex Mckenzie
William Pagan
Alexis Camuso
Jonluca Decaro
Makenzie Everson
Celist Jimenez
Tia Juliano
Stacey Kaiser
Jessica Kishbaugh
Sarah Pfeffer
Conner Smith
Sydney Vickery
Marika Witt
Michael Bonus
Eva Dalzell
Ashley Franklin
Adrian Martinez

Chanel Powell
William Tramm

Honor Roll with a GPA greater than 3.5

Stephanie Bills
Michael De Oliveira
Meriel Robinson
Sara York
Christopher Abrams
Johnnie Edison
Jeremy Huller
Ramsey Marsee
Abbie Stone
Maya Swinehart
Jennifer Whitley
Meagan Garcia
Cooper Armstrong
Ana Cloeter
Dakota Courtney
Danielle Ellis
John Paul Gueli
David Lynch
Ronaldo Reyter
Bryan Hogg
Ann Francis
Rima Gasparini
Haleigh Neal
Darius Cade
Alejandra Domeier

Nicolo Novek
Kate Panian
Sohni Shaikh
Shane Martinez
Benjamin Owens
Ramsey Schroder
Patrick Robinson
Paul Barnwell
Abigail Armstrong
Quatia Bradshaw
Jonathan Lombardi
Lorena Somera
Faythe Stone
Ronnie Wilcox
Natalie Lovelace
Camille Benz
Alaina Scott
Justin Shepard
Allen Werner
Rachel Conant
Diegoluis Nacionales
Riley Buonamano
Anthony Guerra
Quinn Hurt
Madeline Mckeeper
Jenna Pimentel
Jenea Rentze
Sohrab Shaikh
Hannah Tarr
Alexander Diaz

Jasmyn Gettelman
Alejandra Ortiz

Honorable mention with a GPA of 3.0-3.4:

Cloyey Lowry
Emoni Macon
Lauren Rajotte
Bradley Shirley
Yvonne Smith
Ashley Vela
Amalia Brantley
Joel Callegari
Keysha Colon
Ashley Edwards
Lawrence Grillo
Abnel Negron
Zacchia Sherrod
Devyn Cade
Xasia Clark
Brandon Crisp
Ashely Diaz Correa
Robert Andrew Mckenzie
Roberto Ortega
Elijah Prough
Destany Schendel
Kevin Carabello
Sierra Dunne
Steven Gragger
Dillon Williams

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At Your Service



Army Emergency Relief campaign

Tamela Faulkner is the campaign coordinator for the Army Emergency Relief program, which is currently ongoing. The campaign kicked off March 1 and will be ongoing through May 15. This year's theme is "A Strong Tradition of Soldiers Helping Soldiers." Donations are taken that go into a special fund to assist Soldiers with no-interest loans or grants. Active-duty spouses and dependent children of active duty or retired servicemembers who are pursuing their first undergraduate degree can apply for up to \$2,500 in free scholarship grants through April 2. The application deadline for the last term of the Overseas Spouse Education Assistance Program is May 7. Last year, \$57,466.60 was raised and goal this year is \$60,000.

For more information, visit www.aerhq.org or contact the AER Office at 634-8634/7500.

Community Camera

Soldiers' Theatre presents 'Oklahoma!'

By Junel Jeffrey
Special to the Outlook

The stage is set, the lighting is arranged, and the actors are waiting in the wings. After months of preparation and rehearsals, Caserma Ederle's Soldiers Theatre will open its house Friday, with the classic Broadway musical "Oklahoma!"

The play is set just after the turn of the century in a close-knit western Indian Territory community, where a "high-spirited" rivalry between local farmers and cowboys, and the love story of a handsome cowboy and a young girl takes the audience on a suspenseful, comedic journey toward the quest for new life in the brand-new state of Oklahoma.

"It's a wonderful show that is perfect in its simplicity," said Soldiers' Theatre director Jerry Brees. "It takes a lot of work to bring that out in the script – to portray a time where lives weren't as complicated."

Brees said that while putting together a full-fledged musical is quite a feat, the fascinating process is challenging at times, but ultimately the final product is well worth the work.

"We have to take the show apart and then slowly work each element and begin putting it back together into a unified whole," Brees said. "The lyrics and music, the choreography, the characters, the dialogue, the scenery, the lights, the sound, the costumes must all support the plot and further the story, and the overall vision of the show."

"The final product should look easy and effortless, but the work it takes to get there is amazing," said Brees. "Our cast is so talented, and that is important, but it is the work during the rehearsal process that really makes the show."

Ronald "Rick" Redmond Jr., Risk Reduction Program Manager Coordinator for the U.S. Army Garrison - Vicenza Army Substance Abuse Program, says that being a cast member is hard work and often time consuming, but is also very satisfying.

"I have always been a musical person, but seriously stage frightened," said Redmond. "I write songs on



Photo by Laura Kreider

The cast of "Oklahoma!" rehearses for the show that opens Friday and runs until March 25. For more information, call 0444-71-7281 or email gerald.s.brees.naf@mail.mil.

piano, guitar and bass, but wanted to overcome that fear. Plus, it seemed like a lot of fun.

"This has been a great experience, and it is nice to meet so many talented people – both Italians and Americans," said Redmond. "The more you get to know about others the more you realize how much you do have in common."

Patricia Wilson, a supporting cast member of the show said, "We are like a mixed bouquet ... Italians, Americans, young, old, men, women, military, civilian – bundled together to enjoy theatre. Jerry seems to pull out the best of everyone and mixes them all together and out pops entertainment at its best."

According to Brees, "The most rewarding part for me is meeting so many talented new people and seeing their joy and excitement through all their hard work. Each person involved with the show gives new insight, a different perspective, and a new experience."

"We strive to provide the community with the best possible entertainment value that we can present. This is a great show with so many wonderful, talented performers. The community won't want to miss it."

"Oklahoma!" performances run Friday-March 25 on Fridays and Saturdays at 7:30 p.m. and Sundays at 2 p.m. For more info., call 634-7281 or 0444-71-7281 or email your reservation to gerald.s.brees.naf@mail.mil.



Photos by Laura Kreider

Black History celebration: Above, Col. Sara Simmons speaks to the audience at the Black History Month celebration at Vicenza Elementary School Feb. 28. At right, members of the Cougar Cub Choir perform a dance and sing during the celebration.



Girl Scouts celebrate 100 years

Story and photo by
Chiara Mattiolo

USAG Livorno Public Affairs

USA Girl Scouts Overseas-North Atlantic hosted its Centennial Celebration & Discovery Institute March 2-4 at the Golden Tulip Hotel in Pisa.

"This is the Girl Scouts' 100th Anniversary and we are celebrating 'The Year of the Girl' event which includes adult learning courses and older girl leadership classes," said Kathryn Owen, CEO USA Girl Scouts Overseas-North Atlantic.

"I had a chance to learn a lot on communicating with people. During the seminar we were able to talk about stopping conflict between people and how to keep children engaged, teaching while having fun," said Caitlin Grant, a Girl Scout Cadet stationed in England. "This will really help if one day I want to work as a baby sitter."

The Girl Scouts introduced many new initiatives of their program including an on-line shop which was presented with a fashion show at the event.

"Showcased at this event was the new National Program Portfolio that includes a brand new handbook for Girl Scouts of all ages, an Adult Recognitions and Girl Scout Gold Award Ceremony and a huge birthday bash to commemorate the Girl Scout Centennial," said Owen.

The girls also participated in a seminar on healthy life style.

"When we think of healthy life style we immediately think of training or diet, but today I learned that there is much more," said Girl Scout Abigail Bradfield, Ramstein, Germany, troop. "There is a spiritual as well as a social healthy life



Girl Scouts from across Europe gather at Camp Darby, Italy to celebrate the 100th Anniversary March 2-4. See more photos at www.flickr.com/photos/campdarby/sets/72157629139267430/

style that is as much important."

According to Angela Miller, Director of Program & Adult Development USAGSO-NA, approximately 200 people participated in this year's event. Stefanie Ortiz-Cidlik, Director USAGSO added that the 100th anniversary is an amazing campaign of sensitization for girls, parents, families on the big gap that still exists between women and men's roles in the business world.

"In the 100 years of Girl Scouting we defined what we do, we know we do well in leadership," said Ortiz-Cidlik. "The Girl Scouts now have new programs and new funds to build leadership and I am sure the Girl Scouts Overseas have an advantage since (the girls) have a global world experience."

USAGSO-NA operates under the umbrella of Girl Scouts of the USA. Headquartered at Camp Darby, USAGSO-NA serves American girls of military families and international communities. Owen said more than 3,500 girls and 2,000 adult members are served in the European Theater, which includes Italy, Germany, the UK, Portugal, Spain, the Netherlands, Belgium and Turkey.

"Since 1951, USAGSO-NA has offered Girl Scout programs, from Girl Scout troops to Summer Camp and has funds available to assist girls with council activities," said Owen. "USAGSO-NA has 38 volunteer-led Overseas Committees who provide direct services to girls, the volunteers who work with them, and their local communities."

Darby Soldier named AFN Soldier of the Year

Story and photo by Sgt. 1st Class John Queen

AFN Livorno

Sgt. Tony Brazier, a production specialist with American Forces Network Livorno on Camp Darby was recently named AFN Europe's Soldier of the Year.

Brazier, who was AFN Europe's Soldier of the Quarter for the first quarter of 2011, competed against Soldiers from the network's headquarters in Mannheim, Germany, the Italy-based AFN Regional Media Bureau in Vicenza, and seven Army run affiliates throughout Europe.

The competitors are evaluated on their job performance, leadership, initiative, judgment, self improvement, and their involvement with the community, their affiliate, and the Army in general.

During the past year Brazier's expertise in video and sound production has been essential in the operations at AFN Livorno. He participated in Operation Rapid Trident last summer in Ukraine and was recognized by U.S. Ambassador's defense attaché for his work on a special project for the ambassador. He was also selected by the AFN Europe commander to produce a television commercial highlighting the AFN iPad app which is now seen by an audience of more than 350,000 viewers.

In addition to his work with AFN, Brazier has supported various youth sporting activities on Camp Darby. One of which he saved the season for the team by volunteering to coach. He used his talents to teach the basics of guitar to students at Livorno Elementary School and provided photographic support to the Girl Scouts Overseas-North Atlantic.

Brazier, who hails from Olney, Ill, joined the Army in 2005 as a combat documentation and production specialist, more commonly known as "Combat Camera".



Sgt. Tony Brazier was named AFN Europe's Soldier of the Year.

Darby Dates

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

Army Emergency Relief

You can help make Soldiers and their Families Army Strong. Talk with your units AER rep about donating today.

Garrison Awards Ceremony

March 22 at 2 p.m. at the DCC, the Garrison Commander will host a Quarterly Award Ceremony recognizing those who have distinguished themselves through their accomplishments and service to the Army and the Camp Darby Military Community.

Children's Playgroup

633-7084

Playgroup for children 0-3 years, now meets every Wednesday of the month. Come join this highly interactive group.

Youth Sports and Fitness registration

633-7681

Register March 1 - 31 for youth baseball.

ITR

633-7589

Ducati & Lamborghini museum, March 17

Sports & Fitness

633-7438

Whether you want to coach or you're just playing for fun, register for this season's Recreation Volleyball League from March 5-April 5. Games begin April 11.

Darby Community Club

633-7855

- Celebrate St. Patty's Day March 17 with all things green.
- Seether live March 25. Catch this post grunge rock band from Pretoria, South Africa, as they tour in support of their 6th album called 'Holding Onto Strings Better Left to Fray.'

ODR

633-7775

See Tuscany on a bike this summer from June 11-15. The Tuscany Bicycle Tour is not for the Sunday cyclist; it will take you through the heart of Tuscany and averages approximately 100 kilometers per day. Register before March 10.

Religious Activities

633-7267

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

Festa della Donna:

Bright colored yellow flowers are traditionally given to women March 8, which is International Women's Day or La Festa della Donna. The custom was started in Italy and women typically go out together to celebrate.



Courtesy photo

Local events

Women's Day – La festa della Donna:

March 8 is International Women's Day, or La Festa della Donna. The custom started in Italy, some say in Rome, in 1946. Women have since begun to give mimosa to each other. These bright, yellow and fragrant flowers are a sign of respect for and an expression of solidarity and support for oppressed women worldwide. Today, women enjoy having lunch or dinner together in restaurants or pizzerias before going to discos or clubs where special shows are organized. The dinner usually ends with a so-called Mimosa cake.

Spring Flavors and Colors:

Sunday, 10:30 a.m.-6 p.m., in Vicenza, Corso Fogazzaro. Local products, crafts and flower show and market.

Local products exhibit and sale:

Sunday, 7 a.m.-1 p.m., in Bassano del Grappa, Via Angarano, about 22 miles north of Vicenza.

Local organic products exhibit and sale:

Sunday, 8 a.m.-8 p.m., in Schio, Piazza Rossi and Via Cap. Sella, about 16 miles northwest of Vicenza.

Garden exhibition:

Ongoing through Sunday, in Pordenone, Viale Treviso, 1, about 90 miles northeast of Vicenza. Mon – Fri 2:30 p.m. – 7:30 p.m.; Sat & Sun 9:30 a.m. – 7:30 p.m. Admission fee: €8. Reduced € 6 for children 13-18. Free entrance for children younger than 13.

Mondo Motori – Motor Show:

Saturday, 9 a.m. – 8 p.m. and Sunday 9 a.m. – 7 p.m., in Vicenza, Via dell'Oreficeria 16. Entrance fee: €12, reduced €8. Free for children younger than 10.

Indoor vehicles and motorcycles trade show:

Saturday 8 a.m.-6 p.m. and Sunday 8 a.m.-4:30 p.m., in Lonigo,

town hippodrome, Via Cesare Battisti, about 18 miles southwest of Vicenza. Vintage vehicle and motorcycle parts for sale; more than 350 exhibitors. Food booths. Admission fee: €5; reduced €3.

Antique markets

1st Saturday of the month: Except in August, 9 a.m.-7 p.m., in Thiene, Piazza Chilisotti, about 18 miles north of Vicenza. (about 50 vendors)

3rd Saturday of the month: Verona, 8 a.m.-5:30 p.m., in Piazza S. Zeno, about 38 miles west of Vicenza (50 vendors)

1st Sunday of the month: ♦ Marostica, 8 a.m.-7 p.m., in Piazza Castello, about 18 miles north of Vicenza (130 vendors)

♦ Noventa Vicentina, 8 a.m.-6 p.m., in Piazza IV Novembre, about 20 miles south of Vicenza (120 vendors)

2nd Sunday of the month: ♦ Vicenza, except July and August, 8 a.m.-7 p.m., in Piazza dei Signori, Piazza Duomo, Piazza Garibaldi, Piazza Palladio, Piazza Biade and Piazza Castello (220 vendors)

♦ Lonigo, 7 a.m.-7 p.m., Via Garibaldi, about 20 miles southwest of Vicenza (100 vendors)

3rd Sunday of the month: ♦ Godega di Sant'Urbano, except July and August, 8:30 a.m.-6:30 p.m., Via Roma, about 75 miles (220 booths)

♦ Montagnana, except July and August, 8 a.m. to sunset, in Piazza Maggiore 150, about 27 miles south of Vicenza (80/90 vendors)

♦ Padova, 8 a.m.-8 p.m. Prato della Valle, about 24 miles southeast of Vicenza. (180 vendors)

♦ Soave, 8 a.m.-7 p.m., in Piazza Antonio Marogna and Corso Vittorio Emanuele, about 23 miles west of Vicenza (110 vendors)

4th Sunday of the month: Treviso, 7:30 a.m.-7:30 p.m., Via San Liberale, about 56 miles east of Vicenza (130 vendors)

Last Sunday of the month: ♦ Piazzola sul Brenta, 8 a.m.-6 p.m., in Via Camerini, about 16 miles east of Vicenza (700 vendors)

♦ Recoaro Terme, from May to

October, 9 a.m.-6 p.m., in Piazza Dolomiti (40 vendors)

FREE concerts, exhibits & events

Carnevale photos exhibit:

Ongoing through March 31, Monday-Friday 9 a.m.-noon and 8-10 p.m., in Vicenza, Civic Center, Via Rismondo 2.

Wrought iron sculptures:

Ongoing through Friday, Thursday, 10 a.m.-12:30 p.m. and 3-7 p.m.; Friday 3-7 p.m., in Vicenza, ViArt, Contrà del Monte 13.

Silver works exhibit:

Ongoing through May 9, Tuesday, Thursday, Saturday and Sunday 10 a.m.-12:30 p.m. and 3-7 p.m.; Wednesday and Friday 3-7 p.m., in Vicenza, ViArt, Sala del Capitolo, Contrà del Monte 13.

Gospel, spiritual and pop concert:

Saturday at 9 p.m. and Sunday at 5:30 p.m., in Cassola, San Giuseppe district, Vivaldi Auditorium, Via Monte Pertica.

"Christus et Mater" concert – 1st part:

Sunday, 6 p.m., in Marostica, Chiesa San Antonio Abate, Via Rialto 10, about 18 miles north of Vicenza.

Sacred and folk music concert:

Sunday, 5 p.m., in Pojana Maggiore, "Giusto Geremia" multi-purpose center, Via Trieste 5/b, about 22 miles south of Vicenza.

Concerts

James Taylor and his band: March 24 in Padova

America: March 24 in Bassano del Grappa, March 28 in Trieste

Lorenna McKennitt: April 16 in Padova

Steve Hackett: April 18 in Florence

Sinead O'Connor: April 24 in Milan

Metallica: May 13 in Udine

Allan Holdsworth Band: May 23 in Milan

Coldplay: May 24 in Torino
Metalfest: June 5-7 in Monza
Marilyn Manson: June 7 in Padova

Bruce Springsteen and the E Street Band: June 7 in Milan, June 10 in Florence, June 11 in Trieste
Madonna: June 14 in Milan, June 16 in Florence

Black Sabbath: June 24 in Rho (Milan)

Tom Petty and the Heartbreakers: June 29 in Lucca
Sting: July 10 in Piazzola sul Brenta

B.B. King: July 13 in Pistoia
Lenny Kravitz: July 16 in Sarzana (La Spezia), July 19 in Vigevano (Pavia)

The Beach Boys: July 27 in Milan

Alice Cooper: July 30 in Milan
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/>.

Sporting events

Fim X Trial Indoor World Championship:

March 17, in Assago (Milan)

Oktagon – Kickboxing Championship:

March 24, in Assago (Milan)

WWE Raw Wrestlemania – Revenge Tour:

April 18, in Assago (Milan)

Superbike World Championship:

June 8-10 in Misano Adriatico (Rimini)

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/> or <http://www.zedlive.com>.

ODR trips

Dolomiti Superski Weekend: March 16-18

Umbria overnight tour: March 16-17

Outlet tour in Tuscany: March 18

Rome express: March 24

Mystery ski/snowboard: March 24

Arabba ski/snowboard: March 31

West coast discovery tour in Portofino: March 31

Chianti art and food: April 1

Rome overnight: April 6-8

Final ski/snowboard trip: April 7

Genoa Aquarium trip: April 7

Borghetto and Parco Sigurtà: April 11

Legoland in Germany: April 12-15

Snowshoe northern Italy: April 14

Walk with a hawk: April 14

Waterfall at Lake Garda: April 15

Sea kayak: April 21

Wine tasting in Friuli: April 21

Trips can be booked on WebTrac at <https://webtrac.mwr.army.mil/webtrac/Vicenzarectrac.html> or

by following the WebTrac link on www.vicenzaMWR.com or at ODR.

Now Showing



Ederle Theater

Thursday	We Bought a Zoo (PG 13)	6 p.m.
Friday	The Adventures of TinTin (PG)	6 p.m.
	Mission Impossible: Ghost Protocol (PG 13)	9 p.m.
Saturday	Dr. Seuss' The Lorax (PG)	3 p.m.
	The Adventures of TinTin (PG)	6 p.m.
Sunday	Dr. Seuss' The Lorax (PG)	3 p.m.
	The Adventures of TinTin (PG)	6 p.m.
Wed.	Mission Impossible: Ghost Protocol (PG 13)	6 p.m.
March 15	Mission Impossible: Ghost Protocol (PG 13)	6 p.m.
March 16	Joyful Noise (PG 13)	6 p.m.
	War Horse (PG 13)	9 p.m.

Camp Darby Theater

March 16	Joyful Noise (PG 13)	6 p.m.
March 17	Act of Valor (R)	6 p.m.
March 18	War Horse (PG 13)	1 p.m.
March 23	The Devil Inside (R)	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.afes.com/ems/euro/livorno.htm

Special events

♦ The annual Eggstravaganza will be held on Hoeksstra Field March 31, 11 a.m.-3 p.m. This year's activities include games, arts and crafts, bouncy houses, photos with the Easter Bunny and an egg hunt sponsored in part by the Local VFW. Egg Hunts will begin at 11:45 and will start at 15-minute intervals for the following age groups; under age 3, 3-5 years of age, 6-9 years of age and 10-12 years of age. BOSS & USO will be selling hot dogs, sodas and chips and AFN will be recording "Shout Outs." Bring your camera, it's lots of fun for the entire Family. Call 634-5999 for additional information.

♦ Warrior Challenge II is ready for sign-ups. It's the most intense "Fun Run" of your life. Runners must leap logs, traverse tires, leap over and thru vehicles, squeeze through tubes and sludge through the gunk pit in this very twisted 5k race, beginning and ending on the track. A Viking awards ceremony and feast follows the event for winners, survivors and friends. Register on line or at ODR through April 27 at 4 p.m. Registrations are cut off at 300 people or one hour prior to the event. Cost is \$15 and includes a T-shirt for race finishers. Awards for first, second & third (men & women) and for the first place team. Get your Viking costume on to qualify for costume prize drawings. And new this year — Junior Warrior Challenge for children and teens prior to the start of the race. Visit <http://www.vicenzamwr.com/rec.html> or call ODR at 634-7453 for more information.

CYSS

♦ Stop by the Post Library Monday-April 1 to see photos taken by youth in the Vicenza community in the annual Image Makers Photo Exhibit. Categories include color, B&W, digital, alternative and photo essay. Vote for your favorites. Presented by CYSS and the Boys and Girls Clubs of America. Call 634-7659 for more information.

♦ The 8th Grade Lock-In is March 16. Join the fun with food, events and programs all night long. Call 634-7659.

♦ Enrollments for CYSS Tennis program are open Monday- April 6, for age 8-14. The season runs April 16-May 21 with practice Mondays 5:30-6:30 p.m. on the Villaggio Tennis Courts. Enroll at Parent Central Services, or call 634-6151 for more information.

♦ Track and Field enrollments are Monday-March 30, for ages 6-15. Season is April 11- May 26, with practice Tuesdays and Thursdays, 5:30-6:30 p.m. Enroll at Parent Central Services.

♦ YS heads to Paris for Spring Break. Due to high demand, a lottery system is used to select youth for the trip. Sign up Monday-March 9 at Parent Central Services. The lottery drawing will be held Monday. The first 24 youth selected will go on the trip, others are on standby in case of cancellations. Visit www.vicenza.com for trip details or call 634-7659 for more information.

Soldiers' Theatre

Soldiers' Theatre presents Rogers and Hammerstein's musical "Oklahoma" Friday-March 25. Performances on Fridays and Saturdays are at 7:30 p.m. and Sunday Matinee is at 2 p.m. Tickets are on sale by stopping by the box office or calling 634-7281.

Arts and Crafts Center

♦ Learn a classic skirt design to fit any size. Learn the beginning patterning basics and expand your sewing skills while making a great skirt for spring and summer. Class will occur on four consecutive Thursdays from 9:30 a.m.-12:30 p.m. throughout the month of March.

♦ Learn to stretch canvas March 18 at 1 p.m.. Become certified to use the fame studio to stretch your own paintings properly. Blank canvas and all supplies are included. Or bring your own canvas to stretch (no larger than 16x16 inches).

Girl Scout Flea Market

The Vicenza Girl Scouts will host a Flea Market March 31, from 9 a.m.-4 p.m. at Vicenza Elementary in the Multi Purpose Room. Tables may be rented; \$15 for one or \$25 for two. Space only is \$10. To reserve your space or more information please email Annette Franklin at vicenzags@gmail.com.

VHS Booster club auction

The 3rd annual furniture and collectables auction will be held March 17 at the Vicenza High School gym with a preview at 10 a.m. and live auction starting at 11 a.m. More than 300 items including hand-tied rugs, clocks, lamps, screens, crystal and many one of a kind items. For questions, contact Becky Lynch at 346-664-3347.

CTC registration

Central Texas College's Term 4 classes registration has begun for Criminal Justice seminar classes including, CJSA 1178: Criminal Deviance from March 27-April 5, and CJSA 1171: Police Brutality from March 30-April 1. In addition to the seminar classes they also

have a three credit Criminal Justice course entitled, CJSA 1317: Juvenile Justice System running from April 10-May 31. They also offer two Early Childhood classes that will be offered, including CDEC 1321: The Infant and Toddler from Saturday-March 31 and CDEC 1319: Child Guidance beginning April 14-May 5. For more information, call 634-6514, email vicenza@europe.ctcd.edu, or visit room 6 in the Education Center.

Library

♦ Learn about the legend of the Leprechaun, make a shamrock hat and join the scavenger hunt around the Library, for ages 3-11 Wednesday. Contact the Library at 634-7291.

♦ Coming in April for National Library Week, an Altered Book Contest. Get started now on your entry. Transform any old book into a work of art. Entries are due at the Library by April 6.

♦ Every Wednesday, come hear stories, sing songs and make a craft at the library for Pre-School Story Time. Fun begins at 11 a.m.

Arena

♦ Put on your "Green" and head over to the Lion's Den March 17 to celebrate with St. Patrick's Day specials and of course, Green Beer! Drop Simpler! will be performing live music.

♦ Texas Hold'em poker will be March 17 at 8 p.m. The buy-in is \$25 with one rebuy for \$10. The top three winners each month through May will play for \$1,000 in June.

♦ Join March Madness at the Arena! Bowl Monday-Thursday all day long for \$1 per game and \$1 for shoes. Enjoy food and beverage specials throughout the month and enter to win free bowling games. It's all part of March Madness! Call 634-7013 for more information.

♦ Free country line dancing classes will be offered from 8-9 p.m. Thursday nights at the Lion's Den, March 15 and 29.

VCC

The VCC March Luncheon's theme is African Safari and will be

held Wednesday from 11:30 a.m.-1 p.m. The cost is \$15 and RSVPs need to be by Friday. Reserve your spot at the Thrift Store or email reservations@vccitaly.org.

UMUC Spring classes

The University of Maryland University College once again brings a session full of fun and interesting classes. Spring Session 2 offers: Biology with a lab, International Human Rights, Italian 1, 2 & 4, College Math, Statistics, Intro to Research and College Writing. For new students earn \$700 dollars by applying for "New Student Scholarship." Registration for classes is currently ongoing until March 18 and classes run March 19-May 13. For more info., call: 634-7055 or email vice@europe.umuc.edu.

Space A brief

A Space A brief will be held Tuesday at the ACS Conference Room from 9 a.m.-noon.

AFTB training

Army Family Team Building is offering Levels 1, 2, and 3 online. To access the classes, go to <https://www.myarmyonesource.com/FamilyProgramsandServices/FamilyPrograms/ArmyFamilyTeamBuilding/default.aspx>.

The next step in the program, the Instructor's class will be offered quarterly in a classroom setting at ACS. The next Instructor's training is scheduled for March. Contact the AFTB program manager at 0444-71-7942 for details.

Expectant mother parking

Expectant mothers parking spaces on the installation are solely for those expectant mothers who have been given the parking pass by their doctor, per USASETAF Regulation 190-2. Expectant mothers who have not received the parking pass are not authorized to park in the designated spots and are subject to being cited by military police. Consult with your doctor as to when you will be eligible for the parking pass.



Photo by Laura Kreider

Mosaic class: Michelle Sterkowicz, Arts and Crafts center, instructs a group on cutting glass to make their own coaster during a class Saturday.

Religious activities

Chaplain Crisis Line

To speak with a chaplain after hours, call **634-KARE** (634-5273)

Sunday services

9 a.m.: Mass, Sacrament of Reconciliation following Mass, or during duty hours
11 a.m.: Protestant worship
1:30 p.m.: Full Gospel Pentecostal worship
5 p.m.: Contemporary Christian service

Mondays

5:30 p.m.: High School Small Group (sponsored by Club Beyond) meets at The CLUB House for dinner; bible study starts at 6:30 p.m.

Tuesdays

9 a.m.: Protestant Women of the Chapel
12:30 p.m.: Middle School Small Group (sponsored by Club Beyond) meets at the Middle School in room 1017
5 p.m.: Contemporary Praise band practice

Wednesdays

3:15 p.m.: Middle School Club Beyond meets room 1017 in VMS
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. Call 340-665-3453 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

Bahá'í Faith: Call Russell Menard at 389-133-4627 or 349-708-2535

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. at Viale Trento 246, Vicenza.

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

DON'T BE LATE: E-mail briefs to editor@eur.army.mil noon on Monday, or by 4 p.m. Friday if Monday is a holiday.

2 Vicenza teams face off, Lions go on to Germany



A Vicenza Spartan player brings the ball down the court during a game Feb. 25 against the Vicenza Lions. The Lions won the game 27-26 and then went on to finish fourth in Germany last weekend in a tournament.

Story and photos by Taylor Curry
Outlook intern

The Vicenza Lions junior basketball team beat the Vicenza Spartans 27-26 in a breathtaking game Feb. 25, qualifying to compete in the Installation Management Command-Europe Eastern Regional junior level basketball championships.

After trailing the entire game, the Lions tied late in the fourth quarter. With only 9.4 seconds left on the clock, guard Hunter Mathis put his team ahead when he scored a decisive free throw. Following the win, Coach Sean Crisp said, "We won because the kids worked hard. They played as hard as they could."

"The keys in the second half were forward Abnel Negron and Mathis' free throw shooting. Mathis hit three of four while Negron connected on two of three." Negron and Mathis combined for 19 points. They poured in 16 in the

second half, 8 each.

Austin Walker led the Spartans with a game-high 15 points, shooting three for three at the free throw line.

The IMCOM-Europe junior-level basketball championships hosted the eight team tournament, March 2-4, in Bamberg, Germany. The Lion's finished with their best ever results in three years. Vicenza lost to Schweinfurt to decide third place.

Crisp said guards Mathis and Emma Knapp kept up their enthusiasm and they kept the team motivated. Vicenza played four games, finishing with a 2-2 record in the double elimination tournament. The event was for junior teams ages 13-15 that qualify in their respective garrison or base program. Final team standings: First place - Grafenwoehr; Second - Bamberg; Third - Schweinfurt; Fourth - Vicenza; Fifth - Livorno; Sixth - Aviano; Seventh Place: (Tie) Ansbach and Hohenfels.



Vicenza youths jump for control of the ball at the beginning of the game Feb. 25.

Free men's international Tennis Champs set for April 23-28 in Vicenza

By Tom Hlavacek
Special to the Outlook

The annual Futures International Citta` di Vicenza championship is being hosted at Tennis Palladio 98 Club, April 23-30. The prize money for the future event is \$15,000. The 32-man draw features players from Japan, Austria, Germany, Sweden, France, Columbia, Romania and host Italy. According to the club spokesperson, the singles finals will be April 28. The club is located near downtown between the Vicenza soccer stadium and the Olimpico Theatre along the Bacchiglione River. Prior to the event, a qualification event will be conducted starting April 21.

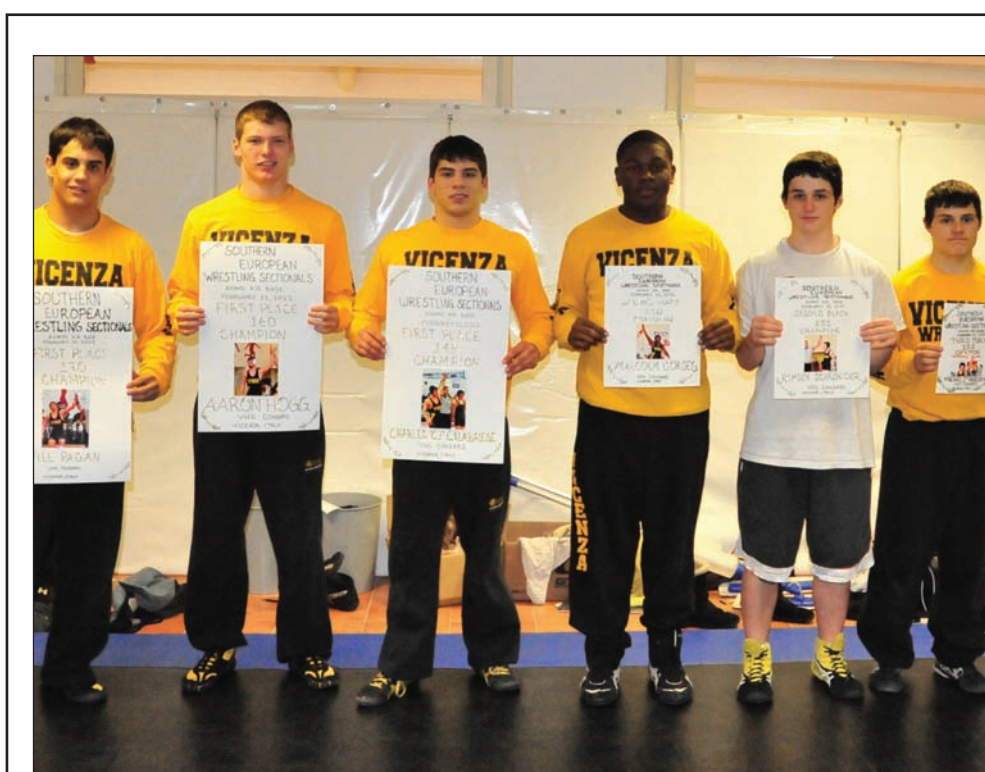


Photo by Anna Calabrese

Top wrestlers: Champion photograph, from left to right Will Pagan, 170 lbs. first place; Aaron Hogg, 160 lbs. first place; CJ Calabrese, 145 lbs. first place; Malcolm Dorsey, 220 lbs. second place; Ramsey Schroeder, 152 lbs. second place and Mikhail Schroeder, 138 lbs. third place. Not photographed Conner Smith, 132 lbs. second place. All seven of these boys traveled to Europeans held in Weisbaden, Germany, Feb. 16-18 and two came home with medals. Aaron Hogg won second place in 160 lb. weight class and Will Pagan won third place in the 170 lb. weight class.

Sports shorts

Yoga weekend

Anyone interested in yoga will want to be a part of Neesha Zollinger's European tour here in Vicenza April 14-15. She weaves meaningful themes into her teachings that touch the heart, mind and body. With Neesha's guidance, you'll take your yoga practice to exciting new levels, inspired by her celestial energy and wisdom that is sprinkled with playfulness, and passion. Neesha studied for eleven years with Anusara's founder John Friend, travels the globe teaching and is widely known for her classes on Yogatoday.com. Cost for the entire weekend is \$150 or you can choose one day only for \$85. Call 634-7453 for more information.

Pre-natal swim class

Pre-natal Swim Class is a safe way to exercise during pregnancy. Swimming skills are not required. Classes are on Wednesdays or Fridays. Each session will run for eight weeks. For more info call 634-6536.

Unit & rec play

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

Rugby: Tuesdays and Thursdays 6-7:30 p.m., North 40 field.

Basketball: 11:45 a.m.-1:30 p.m. Mondays, Wednesdays and Fridays for 10 or more, Fitness Center.

Racquetball: 6-7 p.m. Tuesdays and Thursdays for 16 participants, Fitness Center.

Men's Soccer: 7-9 p.m. Tuesdays and Thursdays for 24 or more players at the turf field behind the Ederle Inn. Email shaun.nurse@amedd.army.mil or call 636-9648/9120/9632.

Volleyball: 6:30 p.m. Tuesdays for eight or more, Fitness Center.

Frisbee golf: 6 p.m. Wednesdays, North 40 field.

Tennis: Open play Singles and Doubles on Mondays and Wednesdays, 6 p.m. and 7 p.m.

Women's basketball

Women's basketball practice held Sundays from 4-5 at the post gym. All female community members welcome to attend. Focus is on fun and having a great workout. POC: Julia.sibilla@us.army.mil.

Volunteers needed

The Mako Sharks Swim Team is looking for adult volunteers to assist. For more info., contact John Casey at 0444-91-2612 or email john.j.casey@us.army.mil. Visit <http://mako-sharks.homestead.com/index.html>.