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GATE CLOSED

Caserma Ederle's Gate 1 (Main Gate off Via Aldo Moro) will be closed Monday (President's Day) for required vehicle barrier maintenance from approximately 7 a.m. until noon.

Gate 4 (near the Housing Office) will be open for inbound traffic and Gate 2 (the Chapel Gate off Viale Della Pace) will be open for outbound traffic from 7 a.m. until noon.



Photo by Sgt. 1st Class Kyle Davis

Tanzania's Maj. Gen. Wynjones Matthew Kisamba was welcomed by USARAF Commander Maj. Gen. William B. Garrett III during Kisamba's visit to Caserma Ederle Jan. 27.

First African officer visits USARAF HQ

By RICK SCAVETTA
U.S. Army Africa

Leaders from U.S. Army Africa welcomed Maj. Gen. Wynjones Matthew Kisamba to the command headquarters at Caserma Ederle Jan. 27.

Kisamba, who is the land forces commander for the Tanzania People's Defense Force, is the first senior African military officer to visit the headquarters

since U.S. Army Africa became the Army service component command for U.S. Africa Command.

"It is an honor and a privilege for me to visit this place," Kisamba said.

Maj. Gen. William B. Garrett III, commander of U.S. Army Africa, met Kisamba beside the Fallen Warrior Memorial near Hoekstra Field. Having met on several occasions during 2009, their

informal conversations spoke of a growing friendship between the two leaders.

"This visit offers us an outstanding opportunity to build upon our previous interactions," Garrett said. "Tanzania plays a key role in regional efforts for stability and peace."

For details on the visit and more photos, visit the USARAF Web site at www.usaraf.army.mil

173rd weapons discovery making life a little safer

Story by Maj.
THOMAS GILLERAN
Task Force Bayonet PAO

Afghan National Directorate of Security (NDS), Czech and U.S. Coalition Forces from Task Force Bayonet conducted an operation Jan. 26, in Pol-e Alam District, Logar Province, which resulted in the seizure of several caches, containing illegal weapons and ammunition including RPGs, rockets, grenades, IED-making materials and small arms ammunition.

The combined force responded to a tip, moved into the area, engaged local leaders and explained the purpose of the operation. They unearthed bags containing the contraband weapons and ammunition.

The force recovered the arms and ammunition for the safety of the local population. The illegal caches were then brought to a safe location and destroyed.

"Every illegal weapon cache we remove brings increased security to the people of these



Task Force Bayonet photo

Illegal weapon caches, recovered by U.S. Coalition Forces from Task Force Bayonet, were transported to a safe location and destroyed.

See COOPERATION Page 2

Coping with Deployment

Local psychologist offers tips on dealing with separation

By DEANNA R. BEECH, Ph.D.
Vicenza Health Center

Everyone experiences deployment differently. If you have been through a deployment before you already have strategies for how to deal with the separation and anxiety, but you also are more keenly aware of the difficulties.

FAST FACT
Beech is a spouse and child psychologist at the Vicenza clinic.

If this is your first deployment

the sense of loss and anxiety can feel overwhelming.

While there is no right way to do this, there are ways that we can help ourselves deal with what we are experiencing.

For example, don't stay glued to the news. You don't have to worry; you will know when something happens. Ours is a small world and word travels fast. Try to give yourself as much mental space as possible. If watching the news makes you more anxious, change the channel.

Sleep! Next to breathing, which I also recommend you keep doing, this

is of primary importance. Without regular sleep the rest of our functioning is compromised. Our concentration and memory are affected. We become irritable. We feel tired which makes us not want to participate in our normal activities. This in turn affects our relationships with our friends and children. You can see how it snowballs.

If you can't sleep in your bed because it makes the pain of the separation too present, sleep on the couch or get an air mattress for now. Spend more

See SETTING GOALS Page 2

Cooperation leads to successful captures

continued from Page 1

villages and districts” said Army Capt. Daniel Williams, who led the U.S. element on the operation. “The mission would not have been successful without the NDS. They were instrumental in talking with the local elders and locating the caches.”

The caches were used by anti-Coalition forces to attack friendly

soldiers and Afghan citizens supporting the democratic changes. People in Afghanistan who feel more free to assist Coalition Forces are now providing information on the location of cache sites and anti-Coalition forces. This increased cooperation has led to the successful capture of key anti-Coalition personnel and more caches, resulting in a safer homeland for the people of Afghanistan.



The caches were used by anti-Coalition forces to attack friendly soldiers and Afghan citizens supporting the democratic changes.

Task Force Bayonet photo

Setting goals, staying busy helps pass deployment days

continued from Page 1

time in your bedroom during daytime hours so that it becomes more comfortable to be there without your spouse. And try to set up a routine for getting to sleep; for example, e-mail your love, drink hot milk, take a shower, journal and then lights out. Don't try to go from the computer to bed. And falling asleep to the TV really isn't the best way to get restful sleep. Take it in small steps, but take sleeping seriously. Remember, if what you are trying doesn't get you sleeping regularly, see your doctor for a little help over the hump. A week of sleeping well can get you back on track.

Missing a call

Missing a call can be devastating. The anger at not being there, and sense of loss at not getting the chance to talk, can ruin a day—or two. But we have to remember that we can't stay home tied to the phone. We can hope the cell phone has good coverage and keep it with you, but in the end we need to be able to say to ourselves, “He'll call back. I'll get it next time.”

Also, if you don't have one, an answering machine can help. Then at least you know if he or she did call and you can play back the “I love you” part—again and again.

Reaching out

Remember to reach out to others. When you think of the best times in your life, they almost always involve being with those who are special to us. Being with friends isn't just fun;

it is a great way to feel that someone gets what we are going through, and helps us organize our thoughts and feelings. But be careful; we can't live on the Internet. It's great to Skype with family and friends, but if you get lost downtown they can't get there to help. We all need real relationships.

The people around you share the same situation you do. Go to an FRG function. Join an ACS or art center class. Call your neighbor over for coffee. Get involved in your life here. You can only be where you are.

Health habits

Exercising and eating right is easy to say, easy to understand, but a pain to really do. Exercise and eating habits reflect lifestyles, personalities and habits. They don't change easily, but they can change. It takes time and effort to reinvent yourself, and you are worth it.

Luckily we have lots of support here in Vicenza with our new Wellness Center, newly located on the second floor of the new gym addition (634-8186). They can read your metabolism and tell you how many calories you need to cut back to lose weight, and which foods to eat to do this. Isn't science grand?

Right now it's even more important to pay attention to our health because it is easy to fall into a Burger King, frozen food and pizza diet that is consumed in front of the TV.

Coping - the wrong way

Watch out for unhealthy ways

of coping, such as increased use of alcohol and cigarettes. No one ever starts out with the intention of becoming an alcoholic. It almost always begins as a way to relax and have fun. But if you notice that you are drinking more than usual, think about it and find other ways to have fun. If you need help, call our ASAP counselors (634-7554) or participate in the smoking cessation program at the health center (634-8010). Cigarettes are expensive. Save that money for a trip to the spa.

Kick your feet up

Take time to relax. And by the way, watching TV or playing computer games does not equal relaxation. They can be fun, but remember that you also need calm, quiet time. If you find that you are avoiding relaxing activities like taking a bath or reading because your mind runs to all the things you are anxious about, then you need to set regular time for yourself to digest your feelings.

Get a journal and write your thoughts down. This helps to process what you are going through without it circling in your mind. Writing makes us use logic and solve problems, while thinking things over and over only increases anxiety.

Set goals and keep busy

Usually, if we lived in the States, we would get a job which gets us out of the house, helps us feel good that we are financially contributing to the home and furthers our careers. This is harder

to do here in Italy.

If you are not one of the lucky few who can work on post, consider volunteering (call the Red Cross at 634-7089). This can keep your skills up, improve your resume and provide valuable help to our community.

This may also be a great time to go back to school. ACS has funds for college (call MyCAA at 634-6884) and several universities have outreach programs here in Vicenza (call the Education Center at 634-8933). And remember, it is an Internet-friendly world now. Most universities in the States have online classes and programs.

Positive anticipation

Probably the best strategy to make the amount of time more manageable is to have something each month that you can look forward to. I like to call it “positive anticipation.” We are all anticipating, but mostly we are anticipating big scary things happening at any moment. This gives us something to focus on that kind of counter acts the anxiety.

One step at a time

Focusing on just one month at a time is much more doable than looking at the whole deployment. Some people tell me that they feel guilty over having fun while their spouses are in such a horrible place. We can all understand that feeling, and yet, we still have to live here and now. Find fun as much fun as you can in what you do and where you are.

Speak Out

What was the best Valentine's Day gift you received?



Stephanie Aubrey
Family member

“The birth of my daughter Victoria.”



Francine Buker
Family member

“My husband bought me hip waders so we could fish together.”



Sgt. Aaron Collins
HHC, 2-503rd

“My daughter gave me a rose.”



Laura & (daughter) Ava Elliott
Family members

“My wedding rings.”



Pfc. Robert Poulard
Dental Clinic

“My first car, a '96 Eagle Talon.”

In remembrance

By ANNETTE FOURNIER
USAG Vicenza PAO

Doug Yocum, 45, formerly an administrative law attorney at Caserma Ederle with the Staff Judge Advocate Headquarters SETAF/U.S. Army Africa, died Feb. 4 in New Jersey following an illness.

In addition to his SJA responsibilities, Yocum was a lieutenant colonel in the Army Reserve and served as chief, International and Civil Law, OSJA, 7th Civil Support Command in Kaiserslautern, Germany. He served with SETAF at Longare from 2006-2009. Originally from New Jersey, Yocum was stationed throughout Germany and in Japan. At Caserma Ederle, Yocum was an active member of the community, coaching soccer, basketball, baseball and softball for Child and Youth Services.

His civilian awards include the Superior Civilian Service Award, Commander's Awards for Civilian Service and he was part of five Army Chief of Staff Awards for Excellence in Legal Assistance. His

military awards include the Meritorious Service Medal, the Army Commendation Medal with two oak leaf clusters and the Army Reserve Component Achievement Medal.

"The greatest gift Doug gave to us was his friendship, and the inspiration he provided by his single-minded focus on, and dedication to, the Soldiers of the United States Army," said Mark Oswald, special advisor to the USARAF commander and a friend and colleague of Yocum. "We all have learned so much from him. Each one of us he has touched will forever be graced to say, 'I served with Doug Yocum. He was my friend.'"

Yocum is survived by his wife, Yumiko, whom he met while serving on active duty in Okinawa, Japan, and his children, Naomi and Tyler.

A remembrance ceremony is planned at Caserma Ederle. The time and date for the ceremony will be publicized as soon as it becomes available. In lieu of flowers, donations for lung cancer research can be made at www.cancer.org.



Courtesy photo

Doug Yocum: husband, father, friend, volunteer coach, Army Reserve officer, SETAF/USARAF's administrative law attorney

Know where to go when clinic is closed? CPF updates hours of operation

Vicenza Health Center

The U.S. Army Health Center Vicenza hours are as follows

Friday: Closed (training holiday)

Saturday: Open (9 a.m.-1 p.m.)

Sunday: Closed

Monday: Closed (President's Day)

For urgent concerns when the clinic is closed or for medical emergencies at any time, community members may go directly to the San Bartolo Hospital Emergency Room.

Contact the patient liaison at 0444-75-3300 or 0444-92-8166.

Pregnant patients with any

concerns can always call the Benincaso Pavilion at 0444-71-6667 or DSN 634-6667.

A patient requesting an ambulance should call 0444-71-7114 from off-post or 114 from any DSN phone on post.

To make an appointment online, register at tricareonline.com.

The nurse advice line is available 24 hours a day. Call 800-877-6660 to speak with a registered nurse about health concerns.

Call the Clinic Patient Representative at 634-7952 (commercial 0444-71-7952) or e-mail VZHCPatRep@amedd.army.mil.

Vicenza CPF

Caserma Ederle's Central Processing Facility has moved to Bldg. 393 (the former Body Shop). The new hours of operation are as follows:

■ **CPF:** Monday-Friday 9 a.m.-noon and 1-5 p.m. Closed Saturday and Sunday

■ **Passport Office:** Mondays, Tuesdays, Wednesdays and Fridays 9 a.m.-noon and 1-4:30 p.m.; Thursdays 1-4:30 p.m. Closed Thursday mornings, Saturday and Sunday.

■ **Transportation Office:** Mondays, Tuesdays, Wednesdays, Fridays from 9 a.m.-4 p.m.; Thursdays 10 a.m.-4 p.m.

■ **Goldnet:** Monday-Friday

9:15 a.m.-12:30 p.m. Closed Saturday and Sunday

■ **TKS:** Monday to Friday 9 a.m.-3 p.m. Closed Saturdays and Sundays. Open on Italian holidays

■ **The ID Card Section** is closed the last day of every month for inventory from 1-5 p.m. The ID Card Section is currently accepting morning appointments from 9-11:30 a.m. Appointments can be scheduled by phone or in person up to two weeks in advance. A Lost ID Card Class will be conducted Feb. 25 at 3 p.m. at CPF Bldg. 393.

■ **Soggiorno Office Hours:** Monday-Friday 9 a.m.-noon and 1-4 p.m.

■ **Ration Cards** will only

be issued to contractors, DoDEA personnel, government employees and NATO members. Requestor must provide a ration card memo. The memorandum can be mailed to the individuals; also available at CPAC/NAF and CPF Offices.

Previously issued ration card/s must be turned in before a new one can be issued. Lost or washed cards must be reported to the MP station and a lost ration card form must also be submitted to our office. All active duty Soldiers and their dependants will be issued a ration card through the sponsor's unit S1.

CPF hours of operation can be viewed at www.usag.vicenza.army.mil under "Newcomers."

The Outlook

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At your service

Central Processing Facility



Alessandra Hutcheson is the Central Processing Facility manager.

"I supervise and oversee the day-to-day customer activities and services provided by the CPF team, coordinate and schedule facility usage and ensure we provide quality service and safe operations," said Hutcheson, who called the CPF staff skilled, professional and dedicated to customer service.

The facility's one-stop shop services include in-out processing, ID cards, passport and soggiorno, driver's testing and Finance and Transportation representation.

You can reach Hutcheson at CPF Bldg. 393 (the former Body Shop) Monday-Friday, 9 a.m.-5 p.m., at 634-8706 or CIV 0444-71-8706.

Community Camera

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

Livorno commander promoted to colonel

Story and photo by
JOYCE COSTELLO

USAG Livorno Public Affairs

U.S. Army Garrison Livorno Commander Lt. Col. Steven Cade was promoted to colonel in a ceremony at the Camp Darby Theater Wednesday.

He was pinned by his wife Rebecca Cade and U.S. Army Africa Commander Maj. Gen. William B. Garrett III.

According to Garrett, Cade, who has a master's degree in environmental

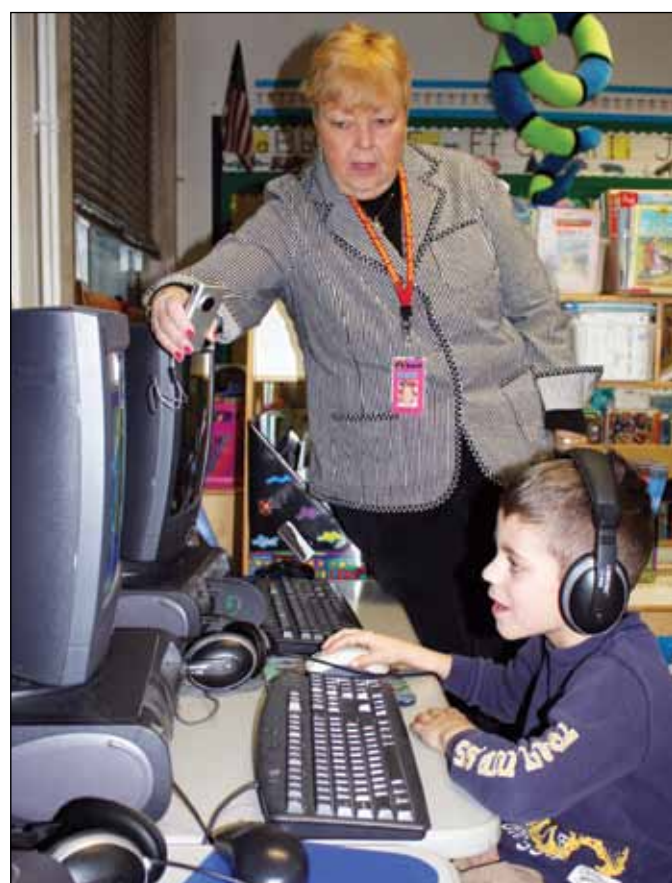
engineering from North Carolina State University, used his experience as an engineer to greatly improve the infrastructure at Camp Darby.

"The renovations during Col. Cade's three years at Camp Darby have vastly enhanced the quality of life for the service members and their families," said Garrett. "Additionally, he has done a lot for the families of Camp Darby with the Army Family Covenant."

Cade attributed much of his success to his family's support.



USAG Livorno Garrison Commander Lt. Col. Steven Cade was pinned by his wife Rebecca and USARAF Commander Maj. Gen. William B. Garrett III during a ceremony promoting him to colonel Wednesday.



A day in the life:

(At left) First grade Vicenza Elementary School teacher Eileen MacMackin makes a video of Ian Howard to send to his deployed father. The class received a new HD Flip Video Camera as a donation and MacMackin and her students have put the technology to good use, giving deployed parents a glimpse of what's going on in the classroom. (Below) Class volunteer Elisabetta Perfetti helps students in MacMackin's first grade class decorate their Valentine's Day boxes last week. (Photos by Samantha Smith)



Money matters:

Fifteen School Age Services students visited Caserma Ederle's Global Credit Union for a behind-the-scenes look at how banks and credit unions operate Feb. 4. Steve Mendiola, GCU's vice president of European Operations, gave the students a tour of the teller stations, demonstrated the money counter and how to process checks. Mendiola gave the students a firsthand view of the inner workings of an ATM machine (at left) and displayed various U.S. and European currency. (Above, l-r) Charlene Turkovich, 11, and 6-year-old Veruca Cornett watch as GCU's Julie Castro explains how to identify counterfeit money using a fraud detector machine. According to Caserma Ederle Financial Readiness Program Manager Erin Wilcher, who coordinated the visit, children form habits that will make them either spenders or savers by age 10. "Learning how to manage money at an early age will make them financial responsibility and successful later in life," explained Wilcher. "Our Financial Readiness Program is working to make more financial education available for our youth." For more information, contact Wilcher at 634-8634 or erin.m.wilcher@eur.army.mil.

Photos by Laura Kreider



U.S. Navy photo

Sailors and Soldiers load water onto a SH-60F Sea Hawk helicopter for distribution to earthquake victims in Port-au-Prince, Haiti, Jan. 18. Camp Darby personnel have sent three shipments of emergency supplies, including water, for the relief effort.

Darby sends 3rd shipment for Haiti relief

By JENNIFER KING
405th AFSB Public Affairs

The 3/405th Army Field Support Brigade sent two more shipments of humanitarian relief supplies to Port-au-Prince, Haiti, in response to a U.S. Agency for International Development request.

“We received the call from USAID notifying us that additional supplies were needed, and we packed and loaded the shipment as quickly as possible,” said Lt. Col. Roger McCreery, commander of the 3/405th AFSB. “Our intent was to get the supplies to the area as quickly as possible in order to assist in relieving the suffering of the Haitian people.”

USAID requested that the battalion deliver 6,336 more personal hygiene kits and 40,800 ten-liter water containers for assisting the earthquake-affected

individuals.

The supplies were loaded onto three trucks that transported the commodities to the Amsterdam International Airport, the Netherlands, where they were flown to Miami, Fla.

The supplies will be prepositioned in Miami for subsequent movement to Port-au-Prince, Haiti, as USAID requires them.

“Our battalion is in an enviable position regarding the transportation of supplies,” McCreery explained. “We have multiple transportation options here at the installation and are able to transport

materials in whichever method the customer requests.”

Last week, the unit also shipped 2,000

rolls of plastic sheeting, which will be used in the recovery efforts.

The 3/405th AFSB is responsible for the storage and maintenance of USAID

emergency humanitarian assistance commodities under an interagency agreement between the U.S. Army and the U.S. State Department.

The battalion’s humanitarian aid shipments are in response to a 7.0 magnitude earthquake that hit the Haitian capital Jan. 12. The death toll has reached 230,000 with more than a quarter of a million

people injured, thousands unaccounted for and the homeless tally close to 1 million.

FAST FACTS

International reports list the death toll at nearly 230,000 with more than 250,000 injured, thousands unaccounted for and nearly 1 million homeless.

Waste not, pay not: Darby manning solid waste site

Command urges support in recycling, proper disposal of waste items

By JOYCE COSTELLO
USAG Livorno Public Affairs

As of Feb. 1, Directorate of Public Works personnel will be on-site at the Camp Darby solid waste bulk accumulation point to help make sure designated waste items are put in the correct areas.

This change will maximize the Camp Darby recycle and reuse program, according to Lisa Woeber, Core Compliance manager-contractor.

“The site is only for yard waste (i.e., grass clippings), non-hazardous bulk solid waste, bulky cardboard, scrap wood, scrap metal and construction and demolition debris,” said Woeber. “Tires, electronic equipment, refrigerators, paper and plastic bottles are not allowed to be disposed of at the bulk accumulation point; any item that can be recycled needs to be put in the recyclable containers instead. In addition, items that are

government owned and on the real property books need to be turned in to DRMO.”

She added that the DPW personnel manning the site will have a log that tracks what can be turned into the solid waste bulk accumulation point.

“It costs the community a lot of money if the trash has to be sorted by outside companies; it only takes one bag of waste in the wrong container,” said Woeber.

Col. Steven Cade, USAG Livorno commander, added that if the garrison budget has to be used to pay for mixed streams of trash, then those funds are unavailable for other improvements on base.

“Recycling is something everyone can do and every bit makes a difference in our community and in our host nation,” said Cade.

The solid waste bulk accumulation point is open weekdays from 8 a.m. to 5 p.m.



Photo by Lory King

A Directorate of Public Works employee sorts yard waste at the Camp Darby solid waste bulk accumulation point. The site is open weekdays from 8 a.m. to 5 p.m.

Darby dates

Rome trip

Visit some of Rome’s famous sites at your own pace Feb. 20. Call ITR for more information at 633-7589.

Black History Month Event

Celebrate Black History Month with a gospel concert featuring Jubilation Spiritual and Gospel Choir of Livorno Feb. 24 from 7 p.m. - 9 p.m. at the Darby Theater.

Outdoor recreation adventure trips

ODR offers ski trips every Saturday during February. Call 633-7775 for information.

Viareggio carnival

The annual Carnival of Viareggio in the Tuscan city of Viareggio is one of the most renowned carnival celebrations in Italy and all of Europe. It’s known for its parade of floats and masks. ITR trips are planned Sunday and Tuesday.

Call ITR for more information at 633-7589.

Interview skills

Are you nervous about talking about yourself to a stranger? A workshop Wednesday will teach you how to prepare for and deliver a perfect interview.

Call ACS for more information at 633-7084.

Thrift savings plan

A class on thrift savings plans and how they can benefit you will be offered Feb. 28.

Call ACS for more information at 633-7084.

International spouses meeting set Wednesday

Obtain information on medical services, employment, immigration and naturalization services, driver’s license, ESL and more Wednesday.

Contact ACS at 633-7084 for details.

Texas Hold'em

Texas Hold ‘em is planned for Feb. 19 at the DCC. Free pasta for all the players.

Call 633-7855 for details.

Darby Religious activities

For details, call the chapel at 633-7267 (050-54-7267).

9:40 a.m.: Catholic Reconciliation

10 a.m.: Catholic Mass

11:15 a.m.: Protestant worship

10 a.m.: Protestant Sunday school

11:15 a.m.: Catholic CCD

Christian Men’s Bible study is every Thursday at **5 p.m.** in Mertz Hall at the Darby Chapel.

Protestant Women of the Chapel Bible study meets Tuesday from **noon to 1 p.m.** and Wednesdays from **5:30 p.m.-6:30 p.m.**

Choir practice is at **9:30 a.m.** on Sunday before Mass.



Verona in love

takes place Saturday and Sunday, 10 a.m.-7 p.m. at the Piazza dei Signori. Un cuore da scoprire: a heart-shaped exhibition and market of romantic gift ideas, crafts. Live music and entertainment. "Light up your heart" show at 6:45 p.m. in Piazza dei Signori with live music and a waterfall of heart-shaped coriandoli (confetti).

Saturday's events include:

- 8:30 a.m.-5 p.m. free entry at the Juliet's house;
 - 8:30 a.m.-7:30 p.m. free entrance to Juliet's tomb;
 - 10 a.m. Piazza dei Signori, Expo opening; tasting and sale of typical local food and artifacts; live music; free tasting of Bauli chocolates and Bardolino Chiaretto wine.
 - 4-7 p.m. Piazza dei Signori, live music with the Jazz Set Orchestra.
 - 4 p.m. at Juliet's house.
- See below for a list of Sunday's events.

Photo courtesy of Verona Tourist Board

Local events

Valentine's Day in Italy:

This holiday is named after Saint Valentine. According to legend, during Roman times, Emperor Claudius II forbade Soldiers to marry. A priest named Valentine ignored this decree, encouraging young people to be united in holy matrimony. He was imprisoned and executed on Feb. 14, 273.

Legends vary on how the martyr's name became connected with romance. The date of his death may have become mingled with the feast of Lupercalia, a pagan festival of love, or with the ancient belief that birds first mate in the middle of February. Modern Italy perceives Valentine's Day as a festivity imported from the United States, like Halloween and Mother's Day.

This day is reserved for couples and lovers; family and friends do not take part or exchange gifts. In the evening couples usually go out to dinner. Gifts may include red roses or perfume, diamonds, or the famous Baci Perugina. These chocolate-covered hazelnuts contain a small slip of paper with a romantic poetic quote in four languages.

Verona in Love schedule

Sunday:

- 8:30 a.m.-7:30 p.m. free entry at Juliet's house and Juliet's tomb;
- 8:30 a.m.-7:30 p.m. free entrance to Juliet's tomb;
- 10 a.m. - 7:30 p.m. Piazza dei Signori, Expo opening; tasting and sale of local foods and artifacts; live music; free Bauli chocolates and Bardolino Chiaretto wine tasting.
- 11:30 a.m. at Juliet's House: the "Dear Juliet prize"—award ceremony for best 2009 love letters received from all over the world.
- 4-7 p.m. Piazza dei Signori,

music and entertainment with Franco Oppini and his Band.

■ 5:45 p.m. Piazza dei Signori: waterfall of heart-shaped confetti; those who find a pink one, win a Bardolino Chiaretto wine bottle.

■ 8:30-11 p.m. The Art Murray Dance School of Verona offers a dancing show at its school ballroom (on Viale del Lavoro, 39). After the show, everyone can dance the valzer to rumba, from tango to swing and many others.

The Lovestone Project:

It is a unique cultural initiative of the Teatro Stabile of Verona that aims to provide an opportunity for lovers all over the world to engrave their own personal love messages and dedications on small marble tiles, or Lovestones, in exchange for a donation to the organization. The public can customize a Lovestone from among 60,000 tiles embedded across the Lover's Terrace. Proceeds will be used to finance the cultural programs and restoration of the Teatro Stabile, inaugurated in 1846. For info in English, visit http://www.lovestone.it/jsps/151/Home/196/MENU_TOP_FISSO/235/Il_Progetto.jsp.

Saint Valentine Festival in Pozzoleone, about 12 miles northeast of Vicenza.

■ Friday, 8 p.m.-11:30 p.m.; Saturday, 8 a.m.-11:30 p.m.; Sunday, 8 a.m.-8pm.: indoor exhibition of art and photos, furniture, sports equipment and collectors' items.

■ Saturday, 8:30 a.m. 6 p.m. and Sunday, 8:30 a.m. - 6 p.m.: outdoor exhibition and market featuring more than 300 stands.

Carnevale pastries

In Italy each region has its typical Carnevale pastries: crostoli, chiacchiere, frittelle, struffoli and galani. They all have one thing in common: they are fried seasonal treats that come from

the Roman frictilia, deep-fried pastries prepared during ancient spring fests. In Vicenza and all over Veneto crostoli, frittelle and galani are served in pastry-shops, bakeries and cafés.

Carnevale in Venice:

Carnevale al buio (Carnevale in the dark) through Tuesday at Palazzo delle Esposizioni, Calle dei Forni. It is a unique sensorial experience involving expert sightless guides leading visitors around a special sense heightening circuit, in the dark. In partnership with the Blind Institute of Milan. Admission fee: 5 euro.

Thursday through Sunday:

- 10 a.m. - 7 p.m. in Campo San Geremia: food artists create food and chocolate sculptures.
- 3 p.m. costume contest.
- Outdoor jazz and baroque music concerts in hearing district.
- Street & Fire Theatre, Campo Santa Margherita.
- Street theatre in the Touch District, Sestiere di Castello; and street theatre in the Smell District, Campo San Giacomo dell'Orio.

■ Friday: 9 a.m. in Piazza San Marco, Drag Queen Beauty Pageant.

■ Saturday, Sunday, Monday: 9 p.m. tango nights in Piazza San Marco.

Sunday:

- Noon: Il Volo dell'Asino (The Donkey's Flight), Piazza Ferretto, Mestre.
- 3 p.m. Period costume festival and street artists.
- Tuesday: Shrove Tuesday in Piazza San Marco. Musical show to close the 2010 edition.
- Carnival Sensation for Children, today through Sunday:
- 11 a.m.: entertainment and games in Campo San Polo.
- Tuesday: Traditional Carnival of Burano.

Carnevale in Schio, Piazza

Almerico da Schio, about 16 miles northwest of Vicenza:

■ Saturday, 8-11:30 p.m.: float parade; live music, dancing and entertainment.

■ Sunday, starting at 2:30 p.m.: float parade; live music, dancing and entertainment.

Carnevale in Bassano del Grappa, 22 miles northeast of Vicenza.

■ Saturday, 9 p.m.: Viale Parolini, Viale delle Fosse, Piazzale Gen. Giardino, float parade.

■ Sunday, Via Velo and historical center, 2:30 p.m.: float parade and "2010 Gold Big Nose" costume contest; 3 p.m. make-up workshops open to everyone with Bassano's make-up artists; live music and dance show.

■ Tuesday, Piazza Libertà 2:30 p.m.: children costume contest; 3 p.m.: make-up workshops open to everyone with Bassano's make-up artists; 4:45 p.m.: entertainment with live music and games. Piazza

Garibaldi: bounce house and miniature train for children; 10 p.m.: torchlight procession by the river organized by the Ponte Vecchio Divers' Association.

Outdoor Recreation

Join the **Triathlon Training Club**. Beginners and experienced participants welcome. Attend info meeting Wednesday at 5:45 p.m. in the Hall of Heroes. Call ODR.

Viareggio Carnival and Float Show Feb. 21 with ODR. Each parade ends with fireworks display.

Join ODR for **Wine Down** Wednesday at Lake Garda Feb. 24.

Experience the beauty of Tuscany Feb. 27 with a tour of the hillside towns of **San Gimignano and Volterra**.

Ski/snowboard on Val Gardena Feb. 27 with ODR for only \$35.

Tour the oldest republic in the world, **San Marino**, with ODR Feb. 28. RSVP today.

Now Showing



Ederle Theater		
Thursday	Armored (PG-13)	6 p.m.
Friday	The Blind Side (PG-13)	6 p.m.
	Everybody's Fine (PG-13)	9 p.m.
Saturday	The Blind Side (PG-13)	3 p.m.
	Dear John (PG-13)	6 p.m.
Sunday	Everybody's Fine (PG-13)	3 p.m.
	Dear John (PG-13)	6 p.m.
Wed.	The Blind Side (PG-13)	6 p.m.
Feb. 18	Everybody's Fine (PG-13)	6 p.m.
Camp Darby Theater		
Friday	Legion (R)	6 p.m.
Saturday	Armored (PG-13)	6 p.m.
Sunday	The Blind Side (PG-13)	1 p.m.
Feb. 18	Everybody's Fine (PG-13)	6 p.m.

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

Looking for the movie synopsis? Visit www.aafes.com, scroll to the bottom of the page and click on Movie Schedule.

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

Help determine your COLA, fill out survey

A new Living Pattern Survey has been released for your participation at <https://www.defensetravel.dod.mil/oscola/lps/italy/>.

This survey is very important not just to your individual family but for the community and those who will come after you. It is only conducted every three years so participation is highly encouraged.

The survey's result will contribute to how the COLA in this area is determined.

Podcasts answers your 2009 tax questions

Taxpayers can get expert advice and info on filing their 2009 returns that they can listen to at their convenience via a USAREUR podcast series.

Topics include common filing questions, recent changes to tax law and special considerations for filing taxes from overseas.

To download the podcast, visit www.hqusareur.army.mil and click on the tax tips podcast link in the right column.

Rome, Brussels, Paris field studies offered

UMUC Europe is offering two three-credit undergraduate field study courses, Expatriate Writers in Rome, held in Italy, and Northern Renaissance Art in Brussels and Paris, held in Belgium and France. The registration deadline is Feb. 19.

Visit www.ed.umuc.edu/fieldstudy, or call 370-6762, CIV +49-(0)6221-378367, or e-mail edfieldsty@ed.umuc.edu.

Cookie sales

Girl Scouts will be selling cookies at the PX and commissary Saturday, Sunday and Monday.

Give your child an EDGE! on life

The EDGE! Program is an MWR Partnership program administered by CYSS that provides children and youth great opportunities to "Experience, Develop, Grow and Excel." It offers after-school, school-out day and summer activities in partnership with FWMR organizations throughout the garrison. For info, e-mail Tom.Hlavacek@us.army.mil or call Tom at 634-7502 or 335-818-6927.

EMT certification class set Feb. 22-May 13

Central Texas College will offer an EMT certification course March 1-May 20, Mondays-Thursdays from 5:30-8:30 p.m. Call 634-6514 for more info.

Vista, Office classes offered through March

The following courses are open to all employees at the AEITT Training Center, Bldg. 372, on Caserma Ederle:

Tuesday-Feb. 18: Office 2007 and Sharepoint Integration (OSI)

March 8-9: VISTA and Office Upgrade

March 29-30: VISTA and Office Upgrade

At the library

■ Students in grades six-12

interested in designing and painting murals in the post library loft will meet at the loft at 3:30 p.m. Tuesday. An artist from the arts and crafts center will assist and materials will be provided. Painting will begin Feb. 23, 3:30-5 p.m. Register and enroll in this program with CYSS in person or online at WEBTRAC. Call 0444-71-7219 for information.

■ Share your opinion about the Nicholas Spark's "Dear John" book during the club discussion on Feb. 25 at 7 p.m. at the library. Refreshments will be served. Sign up by Feb. 24.

SOTA looking for warrant officers

The South Of The Alps Warrant Officer Chapter is looking for warrant officers. If you are interested, come to our warrant officer breakfast every Tuesday 8-9 a.m. at the South of the Alps dining facility. Call CW4 Marilynn Bradley at DSN 635-4717 or CW4 Pattie Roberts at DSN 634-7750. The next meeting is Feb. 18.

Arts center events

Learn sewing machine basics during the Bag the Basics class Feb. 24 at 10:30 a.m. Create four projects to take home with you. No prior knowledge required.

At the Arena

National Bowling Day is Feb. 22. Enjoy the Arena's \$24.95 bowling package: two hours of bowling for up to six people on one lane, shoe rental, a pitcher of soda and a large cheese pizza.

Bowling, Dinner 'n' Movie Night is Feb. 27 starting at 9 p.m. Special \$49.95 packages includes up to six people per lane for two hours, shoe rental, a pitcher of soda and large cheese pizza.

ACS happenings

■ What's causing you stress? Participate in the **Stress Management workshop** Feb. 22 at noon and learn how to identify your sources of stress.

■ Discuss how to save your money during **Financial Readiness classes** through February:

Feb. 22-Savings and Investments
Feb. 23-Saving Tips and Strategies

Feb. 24-Saving for Emergencies
Feb. 25-Saving for major purchases

Feb. 26 Saving for College

■ Just can't get a **job interview?** Learn how to increase your chances by attending the Phone Calls to Hiring Managers workshop at ACS Feb. 23 at 10 a.m.

Community Calendar Highlights

Thursday: National Prayer Breakfast

Friday: USAREUR Training Holiday

Monday: Italian Rest Day; U.S. Holiday (Presidents Day)

Feb. 19: Black History Month presentation at post theater

Feb. 24: InfoX

■ Come relax and share with other community members at the **EFMP Roundtable** at ACS Feb. 23 starting at 11 a.m. Laugh, talk and eat with the group.

MOMS Club events

■ Thursday: Carnevale Party 3-4:30 p.m.

■ Tuesday: Toddler Playgroup 10-11:30 a.m.; Lunch Playdate 11:30 a.m.

■ Feb. 19: Infant Playgroup 11 a.m.; MOMS Night Out 7 p.m.

■ Feb. 22: Monthly Meeting 10:30 a.m.

■ Feb. 24: Pre-school Playgroup 4 p.m.

■ Feb. 26: Out-N-About 9:30 a.m.

■ Feb. 27: Family Night Out 5 p.m.

For more information, e-mail momsclubofvicenza@yahoo.com.

Service Credit Union closed Monday

All Service Credit Union branch offices will be closed Monday for President's Day. All branch offices will resume normal hours Tuesday.

Win \$900 in 14k jewelry at the PX

Military shoppers can register to win one of five 14k white gold princess cut diamond bridal sets, each valued at \$900 at the PX through Sunday.

Five "Valentine/Paul Winston Sweepstakes" winners will be drawn on or about March 25. No purchase is necessary to enter and entrants need not be present to win.

RSVP now for VCC February luncheon

The VCC luncheon will be held Wednesday at the Arena. The cost is \$15 and the event will feature Carnevale: Everything you Wanted To Know About Masks. Catering

is by Rachael Cameron. RSVP by Friday to Ileana Reha at vcc.reservations@gmail.com.

Tune in for your AFN weather news

AFN Vicenza's live source for inclement weather info airs on 106.0 FM. On your TV decoder box, turn to channel 14 and channel 2 in Villaggio.

Military Saves kicks off Feb. 19

The Military Saves kickoff will be held Feb. 19 at 2 p.m. in the reception area of Davis Hall.

Following the kickoff, the Financial Readiness Program will host a Financial Fitness Fair until 4 p.m. Mini seminars will be held on Savings & Investments, Managing Your Accounts, Identity Theft & Understanding Your Credit Reports. Get your free credit report.

Information tables featuring banking and savings information, wellness, scholarships, Financial Peace University, etc. will also be displayed. Call 634-8634 for info.

Deadline today for Valentine's RSVP

FMWR Special Events presents a Valentine's Day romantic dinner at Sette Santi Sunday at 7 p.m.

Enjoy a delicious dinner high about the sparkling lights of Monte Berico. Tickets are \$35 per person at ODR by today. Call 634-5087.

Don't miss parent - child dinner, dance

Hey, SPY KIDS! Your mission is to attend the Parent & Child Dinner 'n' Dance 2010 at the Arena Feb. 27. Dress attire is spy-themed. Tickets are \$25 for adults and \$20 for children and are on sale at the Tax Relief or at CYSS Parent Central Services. Sign up by Feb. 19.



Photo by Tami Howell

A musical spar: SKIESUnlimited Instructor Maestro Aranha spars with his student, 12-year-old Chanel Powell, during Capoeira class Tuesday. Capoeira is an Afro-Brazilian form of martial arts that combines elements of martial arts, music and dance. The class is open to ages 5-18 and held Tuesdays and Thursdays, 4-5 p.m., in the fitness center. Cost is \$60 per month. For more information on this or other SKIESUnlimited classes, contact Kelli Covlin at 634-8051 or kelli.covlin@eur.army.mil. Children of deployed troops can use SKIESUnlimited credits to take SKIES classes for free.

Religious activities

Chaplain Crisis Line

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

Sunday services

8 a.m.: Sacrament of Reconciliation, or by appointment

9 a.m.: Roman Catholic Mass

(Daily Mass is held weekdays at noon)

9 a.m.: Protestant Sunday school and AWANAs (September through May in Vicenza High School)

10:45 a.m.: Catholic religious education (Sept.-May in Vicenza High School)

11 a.m.: Protestant worship

1:30 p.m.: Full Gospel Pentecostal worship

4 p.m.: Lutheran worship

5 p.m.: Contemporary Christian service

Mondays

Noon: LDS scripture study

Tuesdays

9:15 a.m.: Protestant Women of the Chapel

Wednesdays

3 p.m.: Praise Dance practice

3:30 p.m.: Middle School Club Beyond meets in VHS cafeteria September-May

5 p.m.: Contemporary Praise band practice

5:30 p.m.: PWOC evening Bible study (beginning Sept. 8. Child care offered for children ages 6 weeks to 4 years)

5:30 p.m.: High School Club Beyond meets at the Teen Center September-May. Call 340-139-4073.

5:30 p.m.: Catholic choir practice

6:45 p.m.: Gospel choir practice

Thursdays

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

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

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

Faith group contacts

Islamic: Spc. Kasimov, 329-034-3511.

Jewish: Sandy Schoenberg at 634-6202 or sandy.schoenberg@eur.army.mil.

Latter Day Saints: Scripture study is held each Monday, noon-1 p.m. at the chapel. Sunday services, 9:30 a.m.-12:30 p.m. downtown. Call Sean Peterson at 335-821-9492.

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

Sports Shorts

Volleyball league kicks off Feb. 23

Take part in the CYSS intramural volleyball league weeknights starting Feb. 23 through April at the fitness center.

Make money as a CYSS coach

Get certified. Become a baseball, softball, track or rock climbing coach for CYSS Sports & Fitness.

Sign up for the Feb. 26 clinic by Feb. 25. Call 634-6151.

SKIES seeks qualified swim instructors

If you are a certified swim instructor or have a strong swimming background and experience working with youth and are interested in becoming a SKIES swim instructor, call 634-8051 or e-mail kelli.covlin@eur.army.mil today.

Free spouses swim lessons available

Every Wednesday at the Post Pool there will be free swim lessons for military spouses. Class size is limited to six swimmers per lesson. Sign-up no later than the Monday prior to class at the Post Fitness Center.

For information, call swim instructor David Besuden at 634-7009.

Make wellness a top priority

The Army Wellness Center's fitness assessment and metabolic testing provide great ways to set goals and learn how to implement your fitness goals and earn points/miles for the Lion Strong and Walk for Freedom Programs.

Whether your goal is weight loss, strength training, stress management or conditioning, let the Wellness Center staff help with their expertise.

Appointments are available Monday- Friday 7:30 a.m.-4:30 p.m.

Call 634-8186 or 0444-71-8186 to make an appointment.



Photos by Laura Kreider

High School HOOPS!: (Above) Vicenza High School's Tatiana Miranda dashes to the basket as a local Italian player from A.S. Vicenza, Ilaria Casarotto, keeps pace with her Friday at the post gym. (At right) International School of Florence's John Mosca, No. 12, defends against Vicenza Cougars' Viane Burke during a game at the post gym Saturday. Vicenza won 61-39. Vicenza also won against Florence Friday, after the mercy-rule game was called. The girls and boys teams head to Sigonella this weekend before the DoDDS European Championships in Heidelberg, Germany, Feb. 23-27.



Language is no barrier to fun:

Linguistic challenges on the court were overcome by instinct and experience as Caserma Ederle's Blue Belles ladies basketball team tied 32-32 during a mixed friendship scrimmage against a local Italian ladies team Sunday. The former rivals were evenly divided between Italian and American players and included active duty, civilians and spouses. FMWR provided referees for the game. The team continues to play lunchtime pick-up games on Thursdays at 11:30 a.m. Community ladies are invited to join.

Courtesy photo

EDGE! team ties Club Torri Di Quartesolo

EDGE! Soccer

In the second of three international friendship matches, Dale Howell's and Adrian Kabonick's performances for the EDGE! team were the highlights of Friday evening's game played at Lerino against club Torri di Quartesolo.

The goals came from a combination of passes starting at midfield. Taylor Curry and Ronaldo Reyter Jr. penetrated the Torri defense passing the ball to Howell and Kabonick. The EDGE! team led 2-1 at the half.

Club Torri scored in the final 10 minutes to even the score at 3-3.

The teams' third match is scheduled for March.

EDGE!'s younger team (players born in 1996, 1997 and 1998) is scheduled to play Tuesday at Lerino. Team practice continues on Tuesdays and Thursdays, 4:30-6:30 p.m., through March 4. The winter program was created to raise the level of soccer awareness and skill for middle and high school teens.

The EDGE! Program provides children and youth opportunities to

"Experience, Develop, Grow and Excel," explained Tom Hlavacek, the program's director.

It is administered by CYSS and offers after-school, school-out day and summer activities in partnership with other FWMR organizations throughout the garrison. EDGE! activities are delivered through four different packages-Fit EDGE!, Art Edge!, Adventure EDGE! and Life EDGE!.

For more information, e-mail Tom. Hlavacek@us.army.mil or call 634-7502 or 335-818-6927.

Ederle grapplers continue winning streak

VHS Wrestling Team

The Vicenza High School wrestling team stormed Rome during a Feb. 6 meet.

Vicenza competed against rivals American Overseas School of Rome, Naples, Sigonella and Aviano.

Kyle Kaus and Joe Boswell were undefeated to maintain their perfect regular season records. Wyatt Overman at 103 pounds also finished undefeated with 112-pound opponents. Kyle Leanhart met and exceeded his goal of not being pinned and won all but one of his bouts. Jeremy Huller, Antonio Echevarria and

Matt Calabrese won matches in their classes. Otis Brown and Austin Pond also competed hard for the team.

Because of his record, team leadership and overall spirit, Boswell has been named wrestler of the week. He works with his teammates, sharing his own Ohio-style and swagger.

The Mediterranean and Heidelberg wrestlers will come together Saturday at the Vicenza High School gym for the sectional tournament. Matches begin at 10 a.m. and run for most of the day. Qualifiers will advance to the European Championships in Germany the following weekend, Feb. 19-20.



Photo by Viki Frey

Joe Boswell (right) maintained a perfect undefeated record Feb. 6.