



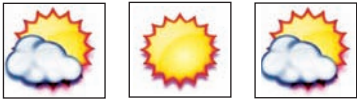
The Outlook

February 10, 2011

U.S. Army Garrisons Vicenza & Livorno

www.USAG.Vicenza.Army.Mil

Vol. 44, Issue 6



55/32 Friday 57/36 Saturday 57/37 Sunday

The community is invited to watch the VHS Girls Basketball team play Aviano for the Region IV title Friday at 5 p.m. and Saturday at 10 a.m. at the gym.

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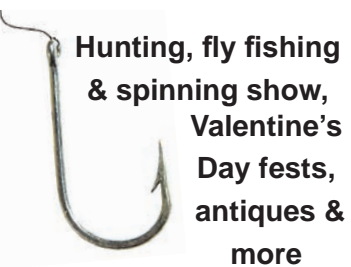
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Community members tell who makes their heart go pitter-patter on Valentine's Day



Vicenza launches one-of-a-kind interactive website

By Annette Fournier
Outlook editor

The Vicenza Comprehensive Soldier and Community Fitness Council is launching a new website designed to help Soldiers, family members and civilians build their personal strength and resiliency through improving their "fitness" in a number of areas, according to site designers.

The site is the first of its kind in the Department of Defense, with officials looking to expand the site's features to other installations.

"This website is different from other Army sites because it actively engages our community and directly reflects Vicenza's needs... and connects users with local activities and resources," said Dr. Silvia DeGirolamo, clinical psychologist and one of site's planners.

See page 4 for a guide to the website's features.



Courtesy image

Vicenza's newly launched Comprehensive Soldier and Community Fitness website is the first of its type in the Department of Defense. The interactive site is designed to help community members build their resiliency with training, guide them to local activities that can help improve their holistic health and well being, and connect them to the community. See page 4 for a guide to its features.

173rd paratrooper awarded Soldier's Medal for heroism

Story and photo by Spc. Michael Sword
173rd ABCT Public Affairs

A Soldier with the 173rd Airborne Brigade Combat Team was singled out for his heroism in saving the life of a fellow Soldier while deployed to Afghanistan.

In a ceremony held Feb. 2 at Hoekstra field, Staff Sgt. Daniel Schaffer of Chosen Company, 2nd Battalion, 503rd Infantry Regiment, was awarded the Soldier's Medal, the Army's highest honor for actions not involving direct contact with an enemy.

Schaffer received the medal for saving the life of Spc. Justin Paquet, also of Chosen Co., when Paquet was swept away by a river current on Aug. 7, 2010, while on patrol in Afghanistan with the 173rd in support of Operation Enduring Freedom X.

"It had been raining heavily for at least two or three days, so the river was built up and the current was fast," said Paquet.

"I tried to fight my way back up but I knew, once I went down, if I wasn't grabbed there was no way I was swimming."

Schaffer entered the rapidly moving water and followed the unconscious Paquet 300 meters downstream, nearly the length of three football fields, before he was finally able to grab him and bring him safely to shore.

"There was no other way that they would be able to chase me down the river," Paquet continued. "I know I would have died by the point that they would have gotten me if he didn't grab me when



Staff Sgt. Daniel Schaffer of C Company, 2nd Battalion, 503rd Infantry Regiment, salutes Maj. Gen. David R. Hogg, commanding general, after being pinned with the Soldier's Medal during a ceremony at Hoekstra Field Feb. 2.

he did."

However, Schaffer knows he couldn't have done it without the help of his platoon.

"No mention of what happened on 7 August, 2010, is complete without

See MEDAL, Page 3

Vicenza units to take part in physical training pilot program



U.S. Army photo

Soldiers at Fort Bliss, Texas, use exercise techniques they learned through the Mission Essential Fitness Program. Soldiers at Vicenza will be part of the pilot for the new program.

Compiled from reports by Peggy Schadler and Troy Darr
Family and MWR Marketing & IMCOM-Europe Public Affairs

A new Army pilot program may change the way the Army does PT, and Vicenza is one of the installations taking part in the new Mission Essential Fitness program to help Soldiers become "tactical athletes."

U.S. Army Europe and Installation Management Command Europe will team up to conduct the program from Feb. 13 to June 1 in Vicenza, Bamberg and Schweinfurt, Germany.

The initiative ties to the Comprehensive Soldier Fitness program's physical pillar.

Four 173rd Airborne Brigade Combat Team units will receive the trainer sessions in February, led by the program's developer, Doug Briggs, the director of Human Performance at Fort Bliss, Texas. Briggs developed the program to help 1st Armored Division Soldiers at Fort Bliss become "tactical athletes."

The National Strength and Conditioning Association defines a "tactical athlete" as a Soldier who

See MEF, Page 2

VMS drama students take to the stage

Vicenza Middle School

Students at the Vicenza Middle School showed their dramatic abilities in a variety show for community members and their fellow students Jan. 25 and 26 at the school.

All 6th, 7th, and 8th grade drama students participated in the performance, as well as members from the VMS after-school drama club. The students rehearsed their scenes for two months to prepare. Students first studied the techniques of acting to include voice and speech, as well as improvisation, before being assigned scene work.

"It was important that the students develop their instrument, voices and body, before actually doing a public performance," said Angela West, the student's drama coach. "We used Viola Spolin's Theater Games as a fun way for the students to explore theater in a creative way, then we took that training and applied it to the scene work."

The plays were selected to match some of the struggles of middle school, West said. Themes included being the new kid, not fitting in, making friends and the pressures of growing up.

"It was important that the students felt connected to the characters and what they were experiencing," West said. "I felt at their age level it was more important ... to get their first experience playing students who are close to their age."

One play, a humorous take on the story of the Three Little Pigs, was chosen for the sheer fun of it, she said.

"We read this play during drama club one Thursday and the girls just fell in love with it," West said.

"We really had a great time with doing the show, and I was happy that all of our student body got a chance to see 'live theater'," she said. "It's important for the overall development of the child to get as much exposure to the arts as possible."



Photo by Angela West

John Casey acts the part of Natram Dal, "the new kid", in a scene about moving to a new school, while other students whisper in the background, during a performance of several scenes by Vicenza Middle School Students Jan. 25 in the schools' multipurpose room.

Jeanne Batman, a volunteer at the elementary school, designed the set. Students conceived of and constructed the costumes.

West hopes to do another show with

the drama students in the spring, and take them to visit the Teatro Olimpico, downtown.

To assist with future productions, e-mail angela.west@eu.dodea.edu.



U.S. Army photo

Soldiers at Fort Bliss, Texas, work out in the style of the "Mission Essential Fitness" program, a pilot program being tested at several installations. Vicenza is one of three installations in Europe trying out the program.

MEF: Pilot program based on college football training fundamentals

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engages in combat and requires high levels of strength, speed, power and agility, according to Dan Gasparino, IMCOM Europe Recreation Program Manager.

This model will be specific to the mission and integrate a variety of exercises designed to increase core stability and increase the Soldier's ability to maintain correct athletic posture over long periods of time. Fitting into their training cycle, the program is designed to vary throughout the year to achieve optimal results, peaking for deployment and helping them maintain their power and strength while in theater.

"What the Soldiers needed was a program to train 'tactical athletes'," said Briggs. "This was accomplished by designing a program similar to an NCAA Division I college football program and basing the program on incorporating functional movement patterns as utilized in daily activities."

The pilot program focuses on the physical fitness of all Soldiers. Units can train in any environment, in groups up to about 200. Individual Soldiers will be able to train to resolve issues that may hinder them on APFT scores. Unit Master Fitness Trainers may be able

to become certified through NSCA to train them to be tactical athletes.

"The program is designed to train the Soldiers in correct application of exercise techniques and to be able to duplicate these techniques down range utilizing TRX straps, ammo boxes, tires, sledge hammers, logs or anything else available," said Briggs.

"Dr. Briggs presented and demonstrated the program to IMCOM Europe at an Installation Physical Activities Coordinators meeting last year," Gasparino said, adding that leadership was impressed with it.

Train the trainer sessions will begin in Vicenza in mid-February at the Fitness Center. Unit senior leaders and trained staff will schedule training during non-PT periods three times weekly. Staff will be available to assist units at the additional training sessions. The results of the pilot will be briefed to IMCOM-Europe and USAREUR senior leaders to determine future implementation plans. Soldiers will be filmed and interviewed during the training sessions to help determine the effectiveness of the program Army-wide.

For more information, contact Scott Gordon at the Fitness Center at 634-6530.

Speak Out

What is the best Valentine's Day gift you have received?



Fleur Gerke & son, Jacob
Family members

"A romantic trip to the mountains and roses."



Staff Sgt. Clarence Reeves
HHC, 173rd ABCT

"It was 2005, after returning from Iraq - the gift of being home with my wife."



Antonia Luster (left) & Carla Balistreri
Library

Luster: "A beautiful floral arrangement."
Balistreri: "Red roses."



Joanna Dolan & son, Luca
Family members

"A CD of special songs put together by my boyfriend - now husband."



Margherita Frasson
Child Youth School Services

"A surprise ticket for a weekend for two to a spa."

By Laura Kreider

Infantrymen inducted into Order of Saint Maurice

Story and photo by Spc. Michael Sword
173rd ABCT Public Affairs

Five Soldiers from the 2nd Battalion, 503rd Infantry Regiment, were inducted into the Order of Saint Maurice in a ceremony at the Lion's Den in the Arena on Jan. 28.

"This is an all-encompassing award," said 1st Sgt. James Hill, B. Company, 2nd Bn., 503rd Inf. Regt., who is a member of 2nd Bn.'s Order of Saint Maurice panel.

The OSM is awarded to infantrymen who demonstrate a significant contribution in support of the Infantry and who represent the highest standards of integrity, moral character, professional competence and dedication to duty.

The five Soldiers honored were: Sgt. 1st Class Carlos Navas, Sgt. 1st Class William Terry, Sgt. 1st Class Patrick Flanagan, Sgt. 1st Class Wayne Wahlenmeier and Sgt. 1st Class Matthew Simon.

"It's an honor to be inducted into this prestigious



Lt. Col. William Butler, left, commander of the 2nd Battalion, 503rd Infantry Regiment, shakes hands with Sgt. 1st Class Matthew Simon, one of the inductees to the Order of Saint Maurice at a ceremony at Caserma Ederle Jan. 28. The OSM is awarded to infantrymen who have demonstrated a significant contribution in support of the Infantry and represent the highest standards of integrity, moral character, professional competence and dedication to duty.

order," Navas said. "It's a big thing in the Infantry, being recognized for all the long nights in the field, training and mentoring Soldiers."

Soldiers' retention control points to change in June

USAREUR Public Affairs

New retention control points will take effect June 1. RCPs are the maximum years of active service authorized for regular Army and active Guard Reserve enlisted Soldiers at each rank.

For example, sergeants are allowed to serve 15 years under the current RCPs, but they will be allowed to serve only 13 years under the new RCPs.

Soldiers may perform active service up to their RCP or age 62 for regular Army and Army Reserve and age 60 for National Guard, whichever occurs first. Soldiers may not exceed their RCP by more than one month.

The changes to RCPs are (rank followed by total years active service): Private through private first class, 5
Corporal and specialist, 8
Corporal and specialist (promotable), 12
Sergeant, 13
Sergeant (promotable), 15
Staff sergeant, 20

Other RCPs remain unchanged. Career counselors can offer more information.

Construction begins on Airborne Memorial

Vince Little
The Fort Benning Bayonet

Ground was broken in January on a monument to honor combat paratroopers at the Airborne School at Fort Benning, Ga. The Airborne Battle Memorial is scheduled to be unveiled April 8.

Ed Howard, vice president of the Airborne Historical Association, said the display commemorates all the American units that fought in Airborne battles - from Operation Torch in 1942 during World War II to Operation Northern Delay in Iraq eight years ago.

"It's a living memorial. It's dynamic," Howard said. "Every time there's another combat Airborne assault, we'll add another monument."

The \$112,000 project has been in planning since 2003, he said. Assaults at the battalion level and above will be represented.

MEDAL: 'Chosen' Soldier awarded Soldier's Medal for bravery



Photo by Spc. Michael Sword

Staff Sgt. Daniel Schaffer of C Company, 2nd Battalion, 503rd Infantry Regiment, speaks at the ceremony where he was awarded the Soldier's Medal at Hoekstra Field Feb. 2. Schaffer was awarded the medal for saving the life of Spc. Justin Paquet, also of C Co., when Paquet was swept away by a river current, Aug. 7, 2010, while on patrol in Afghanistan.

Continued from Page 1

recognition of the exceptional professionalism and bravery of the men of 3rd platoon, Chosen Company," said Schaffer.

"They were aware of what was going on, but at the same time they were maintaining their security at 100 percent," he continued. "That alone allowed me the freedom of action to go out, get my guy and bring him back."

Though the award of the Soldier's medal is quite rare, Schaffer remains humble about the attention.

"It's the last thing that goes through your mind, that 'I'm going to get something out of it,'" he said. "That was not an interest then, now, or ever will be."

"At the end of the day, all that really mattered was that the work was done properly and my guy was okay," he added.

"The Soldier's Medal is a big deal, it's not something that's given lightly," said Maj. Gen. David R. Hogg, commanding general, who presented the award. "The standards are very high. I have almost 30 years in service and I will tell you, this is the second time that I have been present when a Soldier's Medal has been presented in all that time," he said.

"He saved a life at a great risk to himself, in enemy-occupied terrain and this is why we honor Staff Sgt. Schaffer today," Hogg said.

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The editor reserves the right to edit all submissions for style, brevity and clarity. Circulation is 2,000 per week.



Photo by David Ruderman

USARAF conference:

Brig. Gen. Robert Ferrell, AFRICOM C4 director (second from left), and participants of the second C4 Intelligence, Surveillance, Reconnaissance Senior Leaders Conference visit a winery in the hills above Vicenza during a cultural tour. The conference, held Feb. 2-4 at Caserma Ederle, drew approximately 80 senior leaders from U.S. military and government branches and agencies, as well as representatives of African nations and the African Union.



Comprehensive Soldier & Community Fitness site launches

By Annette Fournier
Outlook editor

The Comprehensive Soldier and Community Fitness website is the latest and greatest of Vicenza's Comprehensive Soldier Fitness initiatives and the first of its kind in the Department of Defense, according to the site's designers.

The CSCF Council is using the site to promote activities and resources within the five areas of fitness to strengthen the community's resilience and wellness, said Dr. Silvia DeGirolamo, U.S. Army Health Center-Vicenza Behavioral Health, and one of the site's designers.

"The website brings Soldiers, their families, and the community together in a forum that is able to promote best practices in resiliency, while overcoming the barrier of separation that so often occurs due to deployments and trainings," she said.

The new site is the culmination of seven months of planning and development, combining individuals

from several organizations, said Mary Yandura, Health Promotion officer. The site was designed with the idea that it would encourage people to take the Global Assessment Tool and use their scores to find out where they are and where they'd like to improve. Then they could increase their resiliency by accessing resources provided on the site, she said.

"While the website was born as an idea of Dr. Deanna Beech and Dr. Silvia DeGirolamo, there are now reps from the Army Wellness Center, FMWR agencies, Behavioral Health, Public Affairs, the Health Clinic, as well as Master Resiliency Trainers from across post," Yandura said.

Visitors to the site can take wellness trainings, read personal development articles and tips, download podcasts or check out links to Vicenza and Army social media links.

A unique feature allows users to create an account, enter their GAT scores and develop their own wellness goals, with the site recommending personalized features, said Dr. Deanna Beech, USAHC-Vicenza Behavioral Health, one of the site's designers. Users can also earn "resiliency stars", which qualify users for drawings for Family and MWR giveaways.

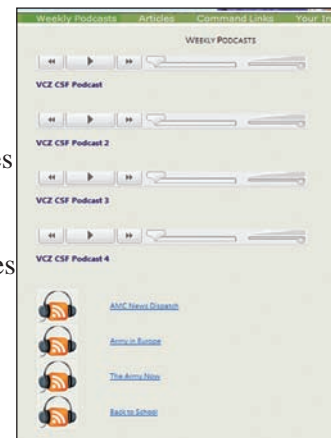
"(The site) provides tips on many issues faced by our community and gives updates on local events," Beech said, "plus the resiliency stars translate into opportunities to win prizes like a free ODR trip, tickets to shows at Soldiers' Theatre or fitness classes."

The site is tailored to meet the needs of the community, especially Soldiers and families post deployment. Capt. Charles Wyatt, the 173rd Airborne Brigade Combat Team MRT Officer in Charge, thinks the site will be useful to 173rd troops and families.

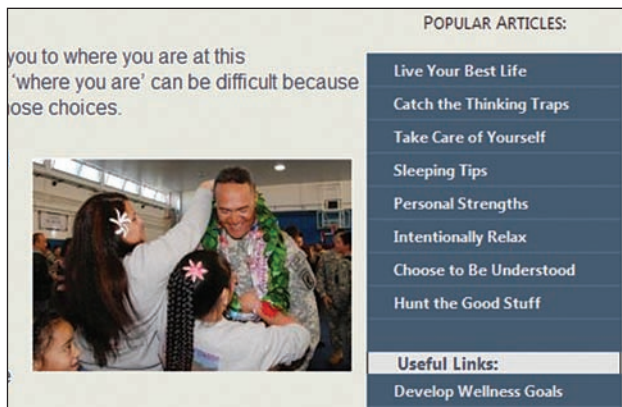
"This innovative new website is imperative to the resiliency of Soldiers as it will provide them with a resource for activities in the community," he said, "as well as an incentive program for continued usage of the site."

The website's development team are excited to see how the community receives the new site.

"This website provides a one-stop shop for holistic development," Yandura said. "The great thing is that it is on in one place. By getting our community members out and about, it creates a more active and, hopefully, a happier and healthier environment."



The site features podcasts that can be listened to online or downloaded.



Above, articles focus on topics community members face in Army life. At left, articles are separated into the CSF Program's pillars.



The site links to the GAT, a personal assessment tool that Soldiers, and now family members and DA civilians can take to evaluate their wellness. Users can also build wellness goals.



Users can create an account and enter their GAT scores. The site will suggest items to meet their interests or guide them to self-development activities. The site also features "resiliency stars", which users earn by taking part in activities. The stars qualify users to be entered for giveaways to win FREE classes or trips.

CSCF website 101
WHO: Developed for Soldiers, family members, civilians and retirees of the Vicenza military community
WHAT: Vicenza's new, interactive website
WHEN: In development for seven months, the site has recently launched
WHERE: www.csf.vicenza.army.mil
WHY: To help community members build holistic wellness

USAID stocks humanitarian aid supply at Darby

By Jennifer King
405th Army Field Support Brigade
Public Affairs

The 3rd Battalion, 405th Army Field Support Brigade, received a large shipment of wool blankets and collapsible water containers from the U.S. Agency for International Development Jan. 20, to assist in restocking the battalion's warehouses of humanitarian aid supplies.

"We were in desperate need of this shipment of supplies," said Alberto Chidini, who manages the program for the battalion. "Our supplies (were) almost completely exhausted by the disasters in Haiti and Pakistan."

Previously, the battalion received several 10,000-liter water bladders and eight water purification systems as part of the warehouse restock. Under an interagency agreement with the U.S. State Department and the Army, the battalion is responsible for the storage and maintenance of USAID's humanitarian aid supplies. Upon request, the battalion loads and ships the supplies to disaster zones as specified by USAID.



Photo by Joyce Costello

Davide Codevico, transportation mobile equipment operator, stocks USAID supplies at the warehouses of the 3rd Battalion, 405th Army Field Support Brigade, Jan. 20.

"These shipments are some of many in the near future that we expect from USAID," said Lt. Col. Richard Pierce, the commander of the 3rd Bn., 405th AFSB. "The battalion is fully prepared to receive, maintain and distribute the humanitarian supplies worldwide as needed for USAID."

Friends of Camp Darby learn how to cook Tuscan flavors

By Sgt. Ross Salwolke
AFN Livorno

The Friends of Camp Darby headed to the outskirts of Lucca to get a lesson in taste - specifically, the taste of Tuscany.

"We came to Chef Paolo (Monti) to learn about the Tuscan dining experience and how to go through the different courses of Italian dining and how we are going to prepare those," said Jeanne Harford, president of the Friends of Camp Darby.

She said this is just one of the classes teaching about authentic Italian dishes.

"I have several types of cooking classes: the fish class, the Tuscan class, which is what we taught today, a basics class with a seminar

on olive oil, how it's made, how it's produced, and how it's used and how to recognize a good olive oil," said Monti.

The response to the class was positive and the Friends of Camp Darby members said they were enthusiastic about returning for more lessons.

"I learned that Tuscan cooking is actually very simple and you don't have to be an experienced cook to serve a meal that appears very complex," said Marias Gaona. "I look forward to making the ragu sauce and the Tuscan bread salad."

For information about the Friends of Camp Darby, visit the USAG Livorno website at www.usag.livorno.army.mil, or send an e-mail to friendsofcampdarby@yahoo.com.



Photo by Jeanne Harford

Chef Paolo Monti teaches Billy Harford, right, a member of Friends of Camp Darby, how to cook a Tuscan meal.



Photo by Chiara Mattiolo

Congrats!: Bethy Vallejo, right, Friends of Camp Darby vice president, presents the Women Empowerment Award to Melissa Keathley, a volunteer at the Army Community Center, Feb. 2. Keathley is studying to be a Radiation Therapist. "I am really thrilled I have received this recognition," said Keathley. "This will help me buy a laptop to complete my online training in Medical Technologies."



Photo by Vincenzo Leto

R&B performance: The rhythm & blues group Ray, Goodman & Brown performed at the Darby Community Club Jan. 29. After a short presentation, the group gave some free CDs and performed some of their songs, including "Love on a Two-Way Street" and "Special Lady". The performance covered more than 30 years of the group's career, from their early records when they were called "The Moments", to their latest music. The show was part of series of Armed Forces Entertainment concerts the band is playing at military bases in Italy, according to Ernest Beezley, Camp Darby special events coordinator.

Darby Dates

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

African American History
Enjoy food tasting at the DCC Feb. 25.

Veterinarian visit
Schedule appointments for Feb. 24 by calling 635-4841.

Youth baseball
Register by March 4 at Parent Central Services. Call 633-7681.

Coupon saver contest
As part of Military Saves Week Feb. 20-27, there will be a contest to see who can save the most with manufacturer coupons at the commissary. Learn more at ACS.

Army Family Action Plan
ACS is seeking issues for the upcoming Army Family Action Plan conference, Monday-Wednesday. Submit issues online or fill out a form at ACS.

Army Community Service

- ◆ Operation Warm Heart, Monday
- ◆ Getting out of debt, Tuesday
- ◆ Play group, Wednesday
- ◆ Cybersex & dating, Feb. 17
- ◆ When no means no, Feb. 28

Call 633-7084 to learn about these programs and more.

Fitness Center

- ◆ Spin class, Wednesday at 5:30 p.m.
- ◆ Old School vs. New School basketball challenge, Feb. 17
- ◆ Hot Shot Basketball, Feb. 26

Call 633-7440 for info.

Youth Services

- ◆ Kick back night, Feb. 25
- ◆ Parents' Night Out, Feb. 25

Call 633-7629.

Outdoor Recreation
Join Outdoor Rec. for a one-day ski and snowboarding trip to Abetone and Monte Cimone every Saturday until March 12.

Now offering a shuttle service to the airport. Reservation and payments must be made 72 hours in advance. Call 633-7555.

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

- ◆ Sweetheart dinner, Monday
- ◆ Viareggio Carnival, Feb. 20 & 27
- ◆ Venice Carnival, Feb. 21
- ◆ Pistoia Zoo, Feb. 26

Darby Community Club

- ◆ Karaoke, every Thursday at 6:30 p.m.
- ◆ Texas Hold 'em, Feb. 25

Religious activities

9:40 a.m. Catholic reconciliation
10 a.m. Catholic Mass
11:15 a.m. Protestant worship
11:15 a.m. Catholic CCD
Call 633-7267 to find out more information.

Valentine's Day feasts:

Celebrate Valentine's Day in Verona, Bussolengo or Pozzoleone. Verona, the city of Romeo and Juliet, offers a heart-shaped market (shown at right), entertainment and events Saturday to Monday. Other cities offer markets, expositions of agricultural products and entertainment. The Chocolate and Coffee Fair in Thiene offers other gift ideas.



Photo courtesy of Verona Tourist Board

Local events

Valentine's Day in Italy:

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 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 mid-February. Modern Italy sees Valentine's Day as a festivity imported from the United States, like Halloween and Mother's Day.

The holiday 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:

Saturday-Monday, 10 a.m.-7 p.m., Piazza Dei Signori. Romeo and Juliet's city celebrates with "Un cuore da scoprire", a heart-shaped exhibition and market of romantic gift ideas and crafts, events, live music and entertainment. On Sunday and Monday at 5:45 p.m., "Light up your heart" show in Piazza dei Signori features live music and a waterfall of heart-shaped coriandoli (confetti). At night, many monuments and historical buildings will be lit with red lights. Free entry to Juliet's house and tomb on Saturday and Sunday, 8:30 a.m.-7 p.m., and Monday, 1:30-7:30 p.m.

San Valentino Fair:

Saturday and Sunday, in Pozzoleone, about 12 miles northeast of Vicenza. Saturday: 8 a.m.-11:30 p.m., indoor exhibit and sale of local products; 8 a.m.-6 p.m., traditional outdoor exhibition & market with more than 300 stalls featuring local agricultural products; 7 p.m., food booths open;

9:30 p.m., country music with DJ Luka Nike. Sunday: 8 a.m.-8 p.m., indoor exhibit and sale of local products; 8 a.m.-6 p.m., traditional outdoor exhibition & market with more than 300 stalls featuring local products, antique market and exhibit of vintage tools and motorcycles; 9 a.m. to -6 p.m., radio operated auto racing in Via Papa Giovanni 2nd. Free guided tours to the bell-tower (donations accepted); live concert presented by the Corde e Musica Band.

San Valentino Fair:

Saturday and Sunday, 9 a.m.-11 p.m. in Bussolengo, Piazza XXV Aprile, about 42 miles west of Vicenza. Educational farm, exhibit of agricultural tools and machinery and sale of local agricultural products and crafts.

Carnevale:

Sunday in Lonigo, about 20 miles southwest of Vicenza. 2 p.m. in Piazza XXV April float parade, live music and entertainment. Food booths featuring traditional frittelle (deep-fried pastries) and hot spiced wine.

Spazio Casa home & wedding expo:

Exhibition of furnishings, home accessories and wedding items, ongoing through Sunday, in Vicenza, Via dell'Oreficeria, 16. Thursday-Friday, 3:30 - 10:30 p.m.; Saturday & Sunday, 10 a.m.-8 p.m. The show is divided in various sections, including: classical, country and ethnic furnishings, home accessories, modern and contemporary furnishings, design, stoves and chimneys and clothing and wedding articles. Admission fee: weekdays, free; weekends, €5; reduced €3 (children 12-18, free for children younger than 12).

Coffee & Chocolate Fair:

Sunday in Thiene, Corso Garibaldi and Piazza Chilisotto, about 12 miles north of Vicenza, 10 a.m.-7 p.m. Taste many different kinds of chocolate and coffees, including pralines, chocolate mousse, chocolate desserts and cookies; admire objects and figures made from chocolate and purchase the perfect Saint Valentine's gift for your loved ones. Live music and entertainment in the afternoon.

Hunting, fly fishing & spinning show:

Feb. 19-21 in Vicenza, Via dell'Oreficeria, 16. Feb. 19-20, 9:30 a.m.-6:30 p.m.; Feb. 21, 9 a.m.-4 p.m. Admission: €12. Reduced: €8 for children ages 6-12, senior citizens older than 60 and those with a hunting or fishing license. Free for children younger than 6. For more info in English, visit www.pescashow.it/nqcontent.cfm?a_id=1838.

Antique market:

Sunday, 9 a.m.-7 p.m., in Vicenza, Piazza dei Signori, Piazza Garibaldi, Piazza Duomo, and Piazza Castello.

Antique market:

Sunday, 9 a.m.-7 p.m., in Lonigo, Via Garibaldi, about 20 miles southwest of Vicenza.

Movie festival:

Movie festival at the Odeon Theater, in Vicenza, Corso Palladio 176, is featuring movies in English throughout the winter season. Monday: "Wall Street 2: Money Never Sleeps" by Oliver Stone, 3:30 p.m.; 6 p.m. and 8:30 p.m. Tickets: €6; €4.50 for students.

Verona Marathon:

The 10th Verona Marathon and fourth Romeo and Juliet Half Marathon is Feb. 20 in Verona. Run past the most enchanting spots in Verona, such as the Arena, the Roman Theatre, ancient churches, Medieval city walls, palaces, and Prussian military fortresses. For more info and to register, go to www.veronamarathon.it/en/regolamentazione/registrations.html.

Sporting events

Night of the Jumps:

World Motocross Freestyle Championship, Feb. 19 in Torino, Palaolimpico.

World Trial Indoor Championship:

March 19, in Assago, Milan, Mediolanum Forum.

Kickboxing Champs:

The World Kickboxing Championship is April 22 in Florence, Nelson Mandela Forum.

Harlem Globetrotters:

The Globetrotters perform May 8, in Assago; May 9 in Biella.

FREE concerts, exhibits & events

Vicenza souvenir & memorabilia exhibit:

Ongoing through March 6 in Vicenza, Casa Cogollo, Corso Palladio 165. Tuesday-Sunday 10:30 a.m.-1 p.m. & 3-7 p.m.

Painting exhibit:

"The colors of the soul" exhibit is ongoing through March 12 in Vicenza, Il Crogiolo, Piazza delle Erbe 19. Open daily, 9 a.m.-12:30 p.m. and 3:30-7:30 p.m.

Live music

SOS - Nirvana Unplugged: blues, rock and pop live Feb. 10, 9:30 p.m. in Vicenza, Sabotage Bar, Via dell'Industria 12T.

Lies - Guns'n'Roses Tribute Band: Friday, 9:30 p.m., in Vicenza, Sabotage Bar, Via dell'Industria 12T.

Iron Souls - Iron Maiden tribute band: Friday, 10 p.m. in Vicenza, Art Cafè Live, Via Vecchia Ferriera 41.

Conservatory students in concert: Saturday, 5 p.m., in

Vicenza, Conservatory, Contrà San Domenico 33.

Jazz not dead Festival 2011: live jazz Tuesday 9 p.m., in Vicenza, Bar Sarte, Corso S. Felice e Fortunato 362.

Explore the sky:

Astronomical Observatory of Arcugnano, Tuesday at 8:30 p.m., Via S. Giustina, 127, about five miles south of Vicenza.

ODR trips

ODR has limited skiing and snowboarding equipment available for check out until March 31 due to the Warrior Adventure Quest.

Ski or snowboard at Cortina Resort Feb. 19, 6 a.m.-7:30 p.m.

Ski/snowboard a surprise location Feb. 26, 6 a.m.-8 p.m. Bring your passport.

Visit Rome Feb. 26. The trip meets at 1:45 a.m. at the Chapel parking lot Feb. 26 and returns around 3 a.m. Feb. 27.

Visit the Venice Carnevale Feb. 27, 9 a.m.-7 p.m.

See the complete ODR schedule online at www.VicenzaMWR.com.

Concerts

Belle & Sebastian: April 14 in Milan, Alcatraz

Blackfield: April 19 in Milan

Delain: May 9, Milan, Alcatraz

Sade: May 6 in Assago, Milan, Mediolanum Forum

Gods of Metal: June 22 in Milan, Arena

Roger Waters: July 6-7 in Assago, Milan

Take That: July 12 in Milan, San Siro Stadium

Elton John: July 14 in Lucca; Tickets on sale now

Joe Cocker and B.B. King: July 15 in Lucca, Piazza Napoleone

Amy Winehouse: July 16 in Lucca, Piazza Napoleone

Bon Jovi: July 17 in Udine, Friuli Stadium

Tickets are 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/>

Now Showing



Ederle Theater

Friday	Tangled (PG)	6 p.m.
	Love and Other Drugs (R)	9 p.m.
Saturday	Tangled (PG)	3 p.m.
	The Roommate (PG 13)	6 p.m.
Sunday	Tangled (PG)	3 p.m.
	The Roommate (PG 13)	6 p.m.
Feb. 18	Tron Legacy (PG 13)	6 p.m.
	The Tourist (PG 13)	9 p.m.

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

Camp Darby Theater

Friday	The Next Three Days (PG 13)	6 p.m.
Saturday	Burlesque (PG 13)	6 p.m.
Sunday	Tangled (PG)	1 p.m.
Feb. 18	No Strings Attached (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.aafes.com/ems/euro/livorno.htm.

Black History

The Black History Month Celebration is Feb. 17, 1:30-2:30 p.m. at Soldiers' Theatre. The theme is "African Americans and the Civil War". Lt. Col. Terrence Garrick, CEO of "Keeping It Real, Inc." will be the speaker.

Parent Child Valentine's

There are still tickets available for the Parent Child Valentine's Day Dinner Monday at the Lion's Den. Doors open at 6:30 p.m. Enjoy a buffet, dancing, fun and prizes. Cost is \$25 for adults and \$20 for children. Make reservations and pay on WebTrac or at CYSS facilities or the Tax Relief Office. Space is limited. Call 634-5087.

Parents' Night Out

Parents' Night Out is Monday, 7 p.m.-midnight. Visit the CYSS Parent Central Services office at ACS to reserve and pay for childcare. Call 634-7219 for info.

Scholarships

- The Vicenza Community Club's scholarship application deadline is March 1. Applications are available through the VHS guidance counselor, VCC Thrift Shop, ACS and the library. For info, contact Mari Mackenzie at scholarships@vccitaly.org.
- The deadline is Monday for the AER Overseas Spouse Education Assistance Program (term 4). Visit at www.aerhq.org/education.asp for the application and info.
- The deadline is April 1 for the Maj. Gen. James Ursano Scholarship Program for dependent children of active-duty, retired and deceased Soldiers pursuing a full-time undergrad degree. Visit www.aerhq.org/education.asp for applications or info.

Arena

- Monday bowl pay \$2 for two games and two shoe rentals 11 a.m.-midnight.
- American band Drop Simpler performs at the Lion's Den Feb. 17 at 9 p.m. and features our own "Elvis" (taking a break from his day job at the Tax Relief Office). Call 634-8257 for more info.
- A Stop Light party is Feb. 18 at the Lion's Den. Wear green if you're single, yellow if you're in between and red if you're married.

Arts and Crafts

Learn how to make colorful, perfumed soaps and other bath products during three sessions beginning Feb. 17, 11 a.m.-12:30 p.m. Sign up by Tuesday at the center or call 634-7074.

Soldiers' Theatre

Relax with fellow music lovers at the next Music Café Friday, 7:30 p.m. Enjoy snacks and refreshments while listening to local musicians. You can even join in the fun on stage. Call 634-7281.

Freddy FAP

Freddy FAP visits Thailand Wednesday, 3:30-4:30 p.m. Freddy FAP is Family Advocacy's world traveler! He visits countries from all over the world and each month brings back fun activities & snacks for children and Families. For more info call 634-7500/6202.

Warrior Transition Unit

The next WTU town hall is Wednesday at 9 a.m. The MEB outreach presentation follows at 10 a.m. for Soldiers with a pending medical board. For more info, contact ACS at 634-7500/6173.

Tax Center open

The Tax Center is open to help military I.D. cardholders, including Soldiers, dependents, DoD civilians and retirees, to file their taxes. Taxpayers should bring all pertinent documents with them, such as prior year tax returns, all W-2s, mortgage statements and receipts. Allow extra filing time if you have complicated return, including capital gains, rental real estate income or loss, foreign earned income or foreign taxes paid, or multiple state income tax returns. For more info, contact the Tax Center in the USARAF OSJA, Bldg. 241, on 6th Street across from the AAFES Car Care Center, Monday, Wednesday, and Friday, 9 a.m.-4 p.m. for walk-in or drop-off, and Tuesday and Thursday for scheduled appointments only. Call 634-7316 or 0444-71-7316.

MOMS Club events

- Feb. 10: Burger King lunch date, 11:15 a.m.
- Friday: Out-n-About, 9 a.m.
- Saturday: Family sledding day 9:30 a.m.
- Monday: Valentine's Day party, 10 a.m.-noon
- Tuesday: Toddler play, 10 a.m.
- Feb. 17: Coffee break, 9:30 a.m.
- Feb. 18: MNO, 8:30 p.m.
- Feb. 23: Preschool play, 4 p.m.
- Feb. 24: Bunco, 7 p.m.
- Feb. 28: Monthly mtg., 10 a.m.

For more info or to join, e-mail momsclubofvicenza@yahoo.com.

CYSS parent education

Join CYSS for some quick, to-the-point tips geared to your child's age group. The CYSS team will be at the CYSS childcare centers, with a small snack, beverage and parenting tool Tuesday at SAC, 5-6 p.m. Visit CYSS Parent Central Services online at www.vicenzamwr.com for a new parent resource guide to see the information given at each session.

Improve GT score

Improve your GT score. The next FAST class is Feb. 22-March 14. Call 634-8933.

Deployment benefits

Deployment benefits for CYSS AFC programs are good for 90 calendar days after a Soldier redeploy. Deployment or re-DE orders are needed to use the benefits, including: free, reduced or discounted childcare, free SKIES classes and free sports. For more info, call 634-7219 or visit CYSS Parent Central Services in ACS.

Bentornati

Bentornati is Feb. 25 9:30 a.m.-2:30 p.m. at ACS for redeployed single Soldiers and couples. Get reacquainted with post resources, enjoy a cooking demo and lunch, learn about things to do and take resiliency training.

USARAF FRG

USARAF's FRG meeting will be March 8 from 11:30 a.m.-1 p.m. at ACS, with free lunch and childcare, and door prizes. Reserve childcare by Feb. 18. Space is limited. Guest speaker is Debbie Davis from Operation Security. RSVP to tashunda.s.vaughn@eur.army.mil by March 4.

PTSA needs volunteers

The Vicenza Parent Teacher Student Association is seeking volunteers for several elected and non-elected positions, including board members, web master, project managers and more. E-mail ptsavicenza@hotmail.com.

Clinic closures

The Health Center will be closed Feb. 18 and 21 for the training holiday and President's Day, but will be open Feb. 19 from 9 a.m.-1 p.m. The Health Center is closed until 12:30 p.m. for training every Thursday morning. If you have an emergency, go to the nearest hospital or call 118.

Ciao Conference

The 2011 CIAO Conference will be held March 4 at Dai Gelosi Restaurant. Registration is €20 per person. Childcare cost will be

split 50/50 between participant and the Vicenza Community Club. Register for childcare by Feb. 17. Participants are responsible for reserving childcare with CYSS. For info and a registration form, contact Kym Price at ciao@vccitaly.org.

Job opportunities

- AAFES** is hiring a store associate for the Vicenza PX, regular part time. Apply by Saturday. For more info, call 634-7729 or check the employment section at www.aafes.com.
- The **US Army Health Clinic** is seeking a certified mammography technician for a contract position. For more info and requirements, contact Thomas Dickerson, Europe Regional Contracting Office, at 49-6371-868696 or DSN 314-486-8696 or e-mail thomas.dickerson@amedd.army.mil. Apply by Feb. 22.
- FMWR** is hiring:
 - Materials handler, motor vehicle operator, permanent part time. Apply by Wednesday.
 - Financial assistant, Financial Management Division, permanent full time. Apply by Feb. 10.
 - Supervisory program lead, CYSS Center, permanent part time Apply by March 3.
- The **Arts & Crafts Center** is seeking a professional picture framer and professional woodworker to work as a contractor. Send resumes to Paola.Liberatore@eur.army.mil.

ID card delays

The Central Processing Facility's DEERS/ID Card office is experiencing delays due to a significant increase in customer volume and those waiting may experience significant waiting time. Please plan accordingly. The CPD apologizes for the inconvenience.

West Point admissions

A West Point admission briefing is Feb. 17 at the Education Center at noon and 3:30 p.m. Soldiers have an opportunity to receive a fully-funded college degree and a commission as an Army officer. For more info, call DSN: 312-688-5747 or 001-845-938-5747 e-mail maurice.hickman@usma.edu.

Religious activities

Chaplain Crisis Line

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

Sunday services

8 a.m.: Sacrament of Reconciliation, or by appointment
9 a.m.: Roman Catholic Mass. Daily Mass is held weekdays at noon
9 a.m.: Protestant Sunday school and AWANAs (September-May at "Spiritual Fitness Center", Bldg. 395 behind the Arena)
10:45 a.m.: Catholic religious education (September-May at "Spiritual Fitness Center". Bldg. 395 behind the Arena)
11 a.m.: Protestant worship
1:30 p.m.: Full Gospel Pentecostal worship
5 p.m.: Contemporary Christian service

Mondays

Noon: LDS scripture study

Tuesdays

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

Wednesdays

3 p.m.: Praise dance practice
3:15 p.m.: Middle School Club Beyond meets in Villaggio Youth Center September-May
5 p.m.: Contemporary Praise band practice
5:30 p.m.: PWOC Bible study. Dinner provided. No child care
5:30 p.m.: High School Club Beyond meets at the Teen Center for dinner; meeting starts at 6:30 p.m. September-May. Call 340-139-4073 for information
5:30 p.m.: Catholic choir practice
6:45 p.m.: Gospel choir practice

Thursdays

9:30 a.m.: Catholic Women of the Chapel
5:30 p.m.: Gospel service choir rehearsal
7:15 p.m.: Gospel service Bible study

Faith group contacts

Islamic: Call 634-7519 (0444-71-7519) for info
Jewish: Call Paul Levine at 345-907-2108
Latter Day Saints: Call Chance Wilson at 327-869-8107. Sunday services, 9:30 a.m.-12:30 p.m. downtown. Scripture study held Mondays, noon-1 p.m. at the chapel
 Call the Caserma Ederle chapel at 634-7519 (0444-71-7519) for more information on religious activities



Photo by Laura Kreider

The National Junior Honor Society inducted several members in a ceremony Feb. 1 at the schools' multipurpose room. The inductees are (in no particular order): Morganne Bender, Breanna Hogan, Will Butler, Quinn Hurt, Devyn Cade, Christopher King, Michael Catena, Kila Lampert, Rachel Conant, Filippo Lippi, Eva Dalzell, Cloyey Lowry, Ashley Edwards, Madeline McKeever, Steven Fragger, Marshall Perfetti, Ashley Franklin, Chanel Powell, Jasmyn Gettelman, Sorhab Shaikh, Anthony Guerra, Grey Swartz, Colleen Hebert and William Tramm.

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.

When I fall in love... Community members share their true love stories

Military life can be tough on relationships, but a lot of couples find ways to make it work. Below, community members share their true love stories - why they fell in love, why they stayed in love, the surprises that can come with relationships and why they're happy to celebrate Valentine's Day with their special someone.



'My best friend, my rock' Anthony & Elena Miller

It's been 21 years that I have known him. We met Feb. 10, 1990, in Fort Bragg, N.C. He asked me to dance and later asked if he could take me out to lunch the following week. At that time my life was in chaos, so I declined. He mentioned that next week was Valentine's Day and he would be sending me flowers, because even though he just met me he felt that a beautiful woman like me should be given beautiful things. I smiled.

I went about my week in the usual fashion not really thinking about Valentine's Day coming up and our conversation. On the 14th, I heard a knock on my door and there were the most beautiful long-stem red roses and teddy bear, and the card said "To the most beautiful woman in the world, love Tony."

The thoughts ran into my mind...he remembered... he is so sweet... I must call and thank him. On the phone, he said, "I told you I would send them to you." We must have talked for hours. Over the next few months, we weren't able to see each other much but we wrote letters to one another. He had no idea how excited I was when I opened the mail box and I saw that I had a letter from him. The words were written so romantically and they touched my heart to a depth of no end.

Spring and summer came and went, and in the fall he told me that he was due to leave for the next three years. I began to cry and he asked me to come with him, to marry him. It has been 20 years of marriage with adventure and endless excitement. Thank you Anthony, for being my best friend, lover, husband and rock.

'Still in love' - Bryan & Risa Hensley

I'm over 40 and have been married to the girl of my dreams for 21 years. Our love story is one of romance and deep, abiding devotion, tested by time and circumstances. I want to tell my story as a Valentine's gift to honor my wife, Risa, a woman who deserves my best! You bet I'm still in love! True love!

Risa and I met when both in ROTC at the University of Missouri. One evening instead of studying, a bunch of us went to a dance bar. I'm imagining the headline here: "Chaplain met wife in bar!" She and I were both there... with different dates.

I can't explain what happened. It was like magic - and it was not too much alcohol or the best of the '80's dance tunes that did it. Physical attraction? Absolutely! Love at first sight? Yes, if that is real. I thought she was the most beautiful woman I had ever seen. Our other dates were dropped like bad apples, and I put on Risa a full-court romantic press. We were married about six months later.

But that was just the first chapter in our love story. Chapter two and beyond showed us that true love has to root down deep if it's going to survive. We were tested right away by training deployments, schools and an extended operation to Panama.

She could see something had to give, so she resigned her commission to follow me. She has supported my every move, from resigning from the Army, going to seminary, taking a serious pay cut, becoming a missionary and living in the Ukraine for three years, having a dairy farm and pastoring a church on the side, and then rejoining the Army as a chaplain to deploy with our ROCK paratroopers.

Risa continues to cheer me on and offers a steady stream of forgiveness. She always thinks the best about me. Intimacy and romance are awesome, but the deep devotion and bond that has developed and grown is amazing. True love is real and measured by actions, not just words and warm, fuzzy feelings. I'm no "love expert." We certainly haven't "arrived" and know all about love. Like so many others, we face another test of putting our relationship back together after the trials and hardships of deployment, but as always, we're hopeful, looking to God and still in love - true love that is.



'Just one' - Chris & Toni Cuttino

Our true love story started with this conversation, which really took place.



Chris: Baby, I would love to ask you to marry me, but I will first need to know, if we get married, would you want to have more children? If you don't want any I understand, but I really want at least one child.

Toni: Okay, but JUST one.

Chris: Yes, thank you baby. Will you marry me?

Toni: Yes!!! But remember, ONE child.

Chris: Sure, whatever you want.

Doctor: Excuse me, Mrs. Cuttino. I have good news for you. You are pregnant, with TWINS!

Toni: WHAT!!!!!!!!!!!!!!!!!!!!

'More than words can express'

Joshua & Erica Powers

When I met my husband, Joshua, I was an Active Duty Air Force girl stationed at Kadena Air Base in Okinawa, Japan. I was 24 at the time and in no way looking for love, but I guess we all get surprised sometimes.

One night, I went out dancing with some friends and while I was looking at the crowd, one handsome young man stood out. He was so confident. I was interested but I wasn't looking for love so I just watched to see what he was up to. He went out to the dance floor and started dancing with a young Japanese girl and they seemed to be together. "UGH! He's taken," I thought.

About a month or so later, I was back at the same club and, what do you know, Mr. Confident was there. I was dancing to some techno, and all of a sudden there was this circle of people around watching me dance. I got embarrassed and stepped out of the circle only to end up standing right next to the guy.

He complimented my dancing, but I said, "I don't want to be the center of attention! I was just having fun." He asked me to dance later, so when a slow song came on, I tapped him on the shoulder and so began an eight-year relationship with my husband.

I love him more than words can express. It was meant to be. We've been through being dual-military Marine Corps and Air Force, to Air Force with a dependant, and now to dual-military Army and Air Force. Being in different branches of service makes it hard, but with patience, communication and understanding relationships can go a long way. It has definitely not always been easy, but it can be done.

Want to kindle the romance with your spouse? Try the Chapel's Great Date Experiment - one date per week for eight weeks, starting Sunday. Pick up the date packets at the Chapel or in the PX Mondays from 11:30 a.m.- 1 p.m. For more info, call the Chapel at 634-7519 or 0444-71-7519.

Sports Shorts

Volunteer baseball & softball coaches needed

USAG Vicenza CYSS is seeking volunteer coaches for baseball and softball teams for ages 3-15. The programs cannot be offered without coaches. Potential coaches must pass a background check and complete training (provided and funded by CYSS, including NYSCA Coaches Training and Certification). Contact CYSS Sports & Fitness to volunteer. Contact Krista Cahill or Nicole Fulbright at 634-6151 or e-mail nicole.fulbright@eur.army.mil or krista.cahill@eur.army.mil.

CYSS softball & baseball

Enrollment is Monday-March 4 for girls softball (ages 10-15) and co-ed baseball (ages 3-15). The season is April 16-June 4 and practices begin in March. Cost is \$45 for ages 6-15 and \$20 for ages 3-5. Space is limited. All participants must have a valid CYSS registration through the end of the season. Register at Parent Central Services. Call 634-6151 for info.

Lunchtime swim

The Lunchtime Swim Clinic is being offered for advanced swimmers 18 and older. Get coaching Wednesday, noon-12:45 p.m. Cost is \$10. Call 634-6536.

Tae Kwon Do

Try Tae Kwon Do at the Fitness Center for \$10 per session Saturdays at 10:30 a.m. or Mondays and Wednesdays at 5:30 p.m. Call 634-7876 for info.

Lifeguard instructor course

Lifeguard Instructor Course begins Feb. 17 at the indoor pool. Register by Sunday. The course will allow you to teach lifeguard training classes and CPR/AED. Call 634-6536 for info.

Zumba class

Join the Zumba fitness classes on Monday, 10:30-11:30 a.m., Tuesday, noon-12:45 p.m. or Thursday, 9:15-10:15 a.m. Zumba is a dance-aerobic workout to Latin music.

Seeking group instructors

The Fitness Center is seeking certified group fitness instructors. Stop by the Fitness Center and get information on how you can become certified and get paid to lead a work out. Call 634-7887.

Recreational volleyball

Recreational volleyball starts around

Feb. 24. A coaches' meeting is Feb. 17 at 2 p.m. in the Fitness Center's upstairs conference room. Sign up by Feb. 17.

Liberty Trail Ride

The non-competitive, bicycling Liberty Trail Ride in Bastogne, Belgium, is June 3-5. Register by Tuesday. Email registration to info@voiedelaliberte.be. Visit www.voiedelaliberte.be or contact ron.rasch@eur.army.mil for info.

Unit & rec play

Basketball: 11:45 a.m.-1:30 p.m. Monday, Wednesday and Friday for 10 or more, fitness center.

Volleyball: 6:30 p.m. Tuesday for 8 or more players, fitness center.

Men's Soccer: 7-8:30 p.m. Tuesday and Thursday for 11 or more players. Women's Soccer: 5:30-7 p.m. Tuesday for 8 or more players. Call 634-7009.