



What's Inside

Garrison news
pages 2, 3

Speak Out: How much
water do you drink daily
in the summer?

USAG Livorno
page 5

Sunset dining returns to
American Beach at Darby

Community
Camera
page 4

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

Community events
pages 6 & 7

AAFES Movie Schedule

OUT & ABOUT: A local
listing of concerts,
festivals and events



Sports page 8

Three Vicenza runners
qualify for D.C.
competition, the world's
largest 10-mile road race



Photo by Sgt. Russell A. Gilcrest

Making a difference: Lt. Col. Matthew McFarlane, commanding officer of Task Force Talon, 173rd Airborne Brigade Combat Team, helps celebrate the opening of Onkhai Road, a route that is critical for local citizens' socioeconomic needs, June 28. The 173rd ABCT, with its combat outposts and forward operating bases, has thousands of Soldiers in Afghanistan's Wardak and Logar provinces, helping to improve security, governance and development. For a full commentary, [SEE Page 2](#).

Alcohol, summer fun can be volatile mix

USAG Vicenza ASAP

Each year, thousands of people are injured or killed in accidents that occur when alcohol is mixed with summer activities.

Since 1982, each of these summer holidays has averaged over 500 traffic fatalities. The number of alcohol related deaths during this same period has nearly doubled, said Cheryl Davis, of USAG Vicenza's Army Substance Abuse Program.

She said if people don't think it can happen to them while

boating, swimming, diving, biking, roller blading, walking, driving a car, or playing ball, the stats should change their minds:

■ Drinking may be a factor in as many as 80 percent of the 1,000 boating fatalities that occur in the United States each year, according to the National Transportation Safety Board.

■ Alcohol is involved in an estimated 38 percent of drowning deaths, according to the National Institute on Alcohol Abuse and Alcoholism.

■ The NIAAA reports that 40

to 50 percent of all diving injury victims consumed alcohol before their accidents.

During the summer, people often involve themselves in more vigorous activities and are more prone to injury. Alcohol slows reflexes, interferes with balance and coordination, and impairs judgment, so a situation you might be able to handle sober can become risky when you're intoxicated.

Typical injuries related to summer activities and alcohol consumption include falls, car and boating accidents, and

pedestrians who have been drinking and are hit by cars.

Every year an average 50 percent of boating fatalities involve alcohol. That means one or more of the boat operators had been drinking at least one hour before the accident.

In about 25 percent of fatal accidents, at least one operator was legally impaired (BAC of .10 or more).

To find out "how much is too much," or for information on drinking in hot weather, visit www.usag.vicenza.army.mil and look under Top Headlines.

Bogus tourniquets could endanger lives in combat

By STEVE ELLIOTT
FSH Public Affairs

Counterfeit models of the U.S. Army's Combat Application Tourniquet are available on the Internet and on the open market.

Using the counterfeits can be lethal and the Army considered this enough of a problem to send out a priority message April 14 sounding the alert on these bogus devices.

"While I haven't seen any of these counterfeits in use, I have seen a few ordered by logisticians more interested in cutting costs than in quality control," said Col. John Kragh, U.S. Army Institute of Surgical Research at Fort Sam Houston.

"The Combat Application Tourniquet is standard issue to all deploying Soldiers.



The authentic U.S. Army Combat Application Tourniquet (bottom) has a manufacturing date stamped on it. See Page 3 for an obvious comparison of the authentic and fake packaging.

U.S. Army photo

It's in each Soldier's Individual First Aid Kit pouch."

Kragh explained the Army's concern with the counterfeits.

"The rod on the dummy tourniquet is bendable to a point where it cannot work

right. It's like bending Gumby's arm," he said. "The makers do not market the item ostensibly as a medical device, but they sell it and package it like a retail item.

"The danger is if someone mistakes

See COUNTERFEITS Page 3

Opinion & Editorial

173rd, Afghan partners open road for local citizens

Commentary by Staff Sgt.

BRUCE COBBELDICK

Task Force Bayonet Public Affairs

In Southern Wardak, Afghanistan, roads are lifelines for local businessmen. Commerce hinges on it.

Having the needed infrastructure paves the way for socioeconomic success and Soldiers of the 173rd Airborne Brigade Combat Team were on hand June 28 to help celebrate Onkhai Road's opening—an event the community sees as vital, according to shop owners in Sayed Abad.

In Afghanistan, Onkhai Road is Sayed Abad's commerce connection in many ways. It connects customers with shop owners and villagers with each other, boosting both commerce and social interaction.

While successful business operations are one goal of International Security Assistance Force personnel, there are pockets of insurgents who prefer dysfunction and despair over success and prosperity.

The 173rd ABCT, with its combat outposts and forward operating bases, has thousands of Soldiers in Wardak and Logar provinces, who are here to assist by helping improve security, governance and development. Onkhai Road's reconstruction was just one aspect of several concerns local national elders brought to the attention of the district governor during a shura in February.

The Onkhai Road was the main link between Highway 1 (Ring Road) and the Onkhai Valley.

The road was blocked due to force protection concerns following a vehicle suicide IED attack in the summer of 2009.

This forced Afghans from the Onkhai Valley to take a long, unimproved bypass road which decreased their access to the district center and local health clinic. Re-opening the road re-established a critical link between Onkhai and Highway 1 and provides access to the

cemetery.

The road construction demonstrated to Onkhai residents that their district government listened to them and that the district government worked with Coalition Forces to make this happen.

The day began with briefings by the deputy governor, Sayed Abad sub-governor, chief of police, ANA commanders and distinguished guests who discussed issues facing the district.

The leaders strategized about the region's development and then moved to the bazaar for the ribbon-cutting and opening ceremony at the newly constructed traffic circle with project engineer Zabihullah of Brotheran Yaser Construction Co.

The ceremony concluded three months of hard work transforming the bazaar from its original state into a thriving business center. Shopkeepers attest to the fact that business is increasing and prices have nearly tripled since the project started.

The key GIRoA and CF leaders then walked the bazaar to discuss the project with the people in the bazaar.

It demonstrates to the people of Sayad Abad that we work with the district government, listen to, partnering with GIRoA officials and village elders.

"The construction required A Company to relocate several things on the combat outpost, purchase many tons of gravel, and a month-and-a-half of work by a coalition engineer platoon," explained Lt. Col. Matthew McFarlane, 1st Battalion (Airborne), 503rd Infantry Commanding Officer. "The work and results empowered our unified partners, the district sub governor and his staff. It allowed them to gain the confidence of people that they serve and demonstrated to the people that GIRoA and Coalition Forces care about them and their concerns.

Locals are happy to have their road back," he said. "They are optimistic

about the increased traffic through the bazaar."

The deputy governor and Sayed Abad sub-governor gave rousing speeches highlighting the action of the government on the part of the people and calling for closer cooperation for security reasons.

Sub-governor Nematullah at one point posed the question, "If we are trying to help the people while the enemy is killing their own people, why do we not work together for our future?"

ISAF personnel work tirelessly with their Afghan partners to pump prosperity and security back into the region. The new road marks the beginning of an era for business owners.

173rd ABCT members have partnered with provincial and district leaders and tribal elders from the Southern Wardak area to help improve security and discuss with local leaders how area elders need to be involved in problem-solving by working with their government to remedy matters.

Sgt. Russell A. Gilchrest, of Fitchburg, Mass., was there for the event and said that the local villagers were delighted to get their road back.

Army Col. James Johnson, 173rd ABCT commander, and his paratroopers realize that development

and security go hand in hand.

McFarlane, who commands the 1-503rd Bn., said he has enjoyed a good relationship with the elders and the governor of the local province.

McFarlane has seen a variety of projects go forward and understands the importance of fighting for the Afghan people, as this insurgent war has called for both infrastructure and infantry intervention.

"Protecting routes and keeping them safe and clear from insurgent activity is everyone's responsibility," said McFarlane.

Improvised Explosive Devices, commonly called IEDs, pose more than injuries and deaths to innocent people within the region.

The fear that goes with such attacks also reduces faith in the government and reduces Afghanistan's citizens desire to want to travel or do any shopping in the area.

"The local elders and businessmen were glad to see the road opened and believe it will increase commerce in the bazaar and access to the district center and health clinic," said McFarlane. "Some of them remained concerned about security and wanted Afghan security forces and Coalition Forces to be vigilant of potential threats."



Photo by Sgt. Russell A. Gilchrest

Afghans celebrate the opening of Onkhai Road with a ribbon-cutting ceremony June 28.

Speak Out

How much water do you drink in the summer?



Jennifer Aguilar
Family member

"I am sure I drink more than 10 glasses a day."



Staff Sgt. Nathan A. Leo
464th MP Platoon LT K-9

"A gallon a day."



Gemma Ligutom
Family member

"I drink a lot of water, especially when the weather is hot: maybe 11 glasses."



Luca Sivori
Fire Department

"At least one-and-a-half liters of water every day to keep hydrated."



Mirabella Parker
Family member

"I drink a lot more during summer, about 3 liters per day."

Counterfeits should be reported to logistical supply

continued from Page 1

fake for a real CAT or a real medical device,” the colonel said. “That mistake could be fatal, since it cannot control bleeding.”

A tourniquet is used to cut off the flow of blood to a part of the body, most often an arm or leg. It may be a special surgical instrument, a rubber tube, a strip of cloth, or any flexible material that can be tightened to exert pressure.

In a case of bleeding emergency, a tourniquet is used to completely stop the flow of blood.

Meant as a temporary fix, tourniquets are not recommended to be used for more than 20 minutes at a time because of the danger of congestion and gangrene.

The message said that the Defense Logistics Agency knows the fake items are available for purchase through non-Department of Defense websites, and that authorized DoD procurement gateways will supply only the approved commercial part from authorized distributors.

If the counterfeits are found in any inventory, they should be replaced by the real thing and the counterfeit should be reported to that activity’s logistical supply office.

“It’s easy to get the right items using routine, professional supply channels,” Kragh said. “If other channels are used, then it’s easy to get the wrong stuff. It just takes a credit card and choosing the wrong online

supplier.”

The message said the phony tourniquet was first encountered several years ago in a depot in Afghanistan and was thought to have been purged from the system. At that time, the item was of obviously inferior construction and recognizable as a counterfeit. Today, the product has been modified and is difficult to distinguish from the authentic CAT. The Element Cat (E-CAT) is a very carefully made counterfeit CAT tourniquet, manufactured in Hong Kong for \$8.50 each. It was designed to look, feel and act like the real thing.

The authentic item has a National Stock Number of 6515-01-521-7976 and has a unit cost of \$27.28.

“The markings appear to be a copyright or trademark infringement, and that is why law enforcement has become involved in the investigation,” the colonel noted. “We have had a previous counterfeit CAT confirmed from the Middle East, but this was purged from the warehouses uneventfully a couple of years ago. This is one of the reasons why we should remain vigilant.”

As to why anyone would purchase the fake one while the authentic item is available through Army supply channels, the colonel had a possible explanation.

“The ordering system is decentralized giving initiative to low-level supply persons who can order what they think is best. An unknowing person could easily think that they are ordering a Combat Application



U.S. Army photos

The difference in packaging between the real Combat Application Tourniquet (left) and the counterfeit model (right) is obvious.

Tourniquet online for a good price, but getting one cheap from China is too good to be true,” Kragh said.

Information about the proper combat application tourniquet can be seen on the U.S. Army Medical Materiel Agency website (<http://www.usamma.army.mil/assets/docs/CAT.pdf>) under the category “Hot Topics.”

Half of eye injuries occur during everyday chores

By Maj. ANTHONY PATTERSON
Optometry Services, USAHC-Vicenza

Although National Eye Safety Week (June 27- July 5) culminated last week, eye safety is important year-round.

It is something many people take for granted. Safety eye wear is necessary and those who were injured who did not wear eye protection usually say they thought protection wasn’t necessary.

Every day, an estimated 1,000 eye injuries occur in the North American workplace. While the financial cost is enormous, no dollar amount can reflect the personal price paid by the injured.

Not wearing eye protection is dangerous, but most workers don’t realize that wearing the wrong kind of eye protection can be just as hazardous. Safety eye wear needs to have the stamp of the American National Standards Institute (ANSI), ANSI Z87.1 or .2, meaning they have passed the standards for impact and penetration resistance.

Many manufacturers of sports eye wear and other protective eye wear not used in a work environment also comply with the ANSI Z87.1 standard. All safety

prescription eye wear frames need the Z87-2 stamp. Officials also advise all children to wear polycarbonate lenses, the same material as safety eye wear so the lenses will not shatter during rough activities or daily play.

Most people might not think about wearing eye protection while cleaning, doing yard work or working in the garage, but according to the American Academy of Ophthalmology, half of all eye injuries occur when doing these everyday chores.

And while 90 percent of eye injuries are preventable by wearing the proper eye protection, AAO reports that 78 percent of those injured were not wearing any protective eye wear.

“All too often, when we’re working around the house and doing chores that we’ve done a thousand times before without incident, we forget about the risks we take by not protecting our eyes,” said Hugh R. Parry, president and CEO of Prevent Blindness America. “But all it takes is one split-second accident that could damage your vision for a lifetime.”

Safety Tips: Almost 40 percent of

home eye injuries occur in the yard or garden. Debris from lawn mowers or power trimmers unexpectedly can enter the eye at a high rate of speed. Prevent Blindness America offers the following tips:

- When mowing, wear safety glasses with side protection or goggles. Check your yard and remove debris before mowing.
- When using a weed eater, wear glasses or goggles under a face shield.
- Wear goggles when working with power saws or trimmers.
- Turn off power tools or air hoses when near an unprotected bystander, especially when young children approach. Bystanders and helpers need eye protection when around tools that are in use.
- Wear goggles to protect your eyes from fertilizers, pesticides and other yard chemicals, including lime dust.
- Also, using fireworks, make sure to use safety eye wear around them.
- Wear sunglasses with the UVA and UVB protection or ones that screen light below 400nm.

Personnel, family required to follow dog laws in Italy

Staff report

U.S. personnel who own dogs in Italy must abide by Italian laws.

- Some special breeds, when outside of the home in public areas, must be muzzled and on a leash.
 - These special breeds are listed in command policy #20, which applies to all service members, DoD civilians, family members and visitors on any U.S. occupied installation with USASETAF.
 - Personnel who abandon pets are subject to Italian law, which includes severe fines and jail.
 - Community members are asked to call the military police if they witness animal cruelty or an unleashed aggressive dog.
- For a complete listing of rules and to find out which breeds must be muzzled and on a leash, visit www.usag.vicenza.army.mil/sites/local/pet.asp.**

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At your service Camp Adventure



Melissa Guerrero is the Camp Adventure project coordinator, U.S. Army Europe, for U.S. Army garrisons Vicenza and Livorno.

Camp Adventure Child & Youth Services program provides support in CYSS programs with highly deployed military communities throughout the summer, explained Guerrero.

“Our staff is composed of about 20 college-aged students interested in working with children and youth in their professional careers,” she said. “This educational field experience provides us with that professional development as well as giving us an opportunity to serve the military families.”

For information, e-mail mguerrer104@gmail.com or call 327-907-9123.

Community Camera

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



Making learning fun:

(From left) Paula Biwer, visiting artist and educator from the United States, and Ann Gasparini, Caserma Ederle's special education assessor and Summer Enrichment teacher in charge, demonstrate how to create a piñata from simple objects July 9 during a Summer Enrichment session. DoDEA's 2010 Summer Enrichment is a free program that allows students, grades kindergarten to eighth grade, to take on new academic challenges and practice what they have learned during the regular school year. The lessons are designed to go beyond traditional classroom experiences to develop and reinforce student proficiency in math and language arts. Students listen to the music of Mozart and Bach, read from literary masters like Shakespeare and Chaucer and create art inspired by M.C. Escher and Picasso. Caserma Ederle's Summer Enrichment kicked off its four-week, half-day program June 21.

Photo by Laura Kreider

Congrats:

(From left) Caserma Ederle's Jamie Casey, 7, and John Casey, 11, pose for a celebratory photo after earning medals at the IMCOM-E Youth Track and Field Championships at Willy-Sachs Stadium in Schweinfurt, Germany, July 10. John took home the gold in the 1,600- and 800-meter run and silver in the 400 meter dash. Jamie placed fifth in the 50- and 100-meter dash, and the standing long jump. They are the son and daughter of USARAF's Lt. Col. John Casey and Jill Casey. The event hosted over 250 competitors in Europe.

Photo by Lt. Col. John Casey



Photo by Laura Kreider

Calling the shots:

Nathan Woods acts as bingo caller at one the library's Summer Reading events June 29. Several activities are scheduled at the library throughout summer, including Voyage to Book Island on Tuesdays at 11 a.m. for children ages 6-11, and Wednesdays at 11 a.m. for children ages 3-5. The post library offers a prize for participants who read 10 or more books. Escape to Book Island is a summer program for teens ages 12-18. After reading a book, participating teens can fill out an entry form each week for drawings. The Summer Reading programs will culminate with a party Aug. 3.



Photo by Laura Kreider

You can bike on it:

Several bicycles appear to have been abandoned on post. According to USAG Vicenza military officials, bicycles that have been left unattended or unsecured for more than 30 days will be considered abandoned and can be impounded. Installation officials urge riders not to leave bicycles unattended for an extended amount of time.



Living well:

Community member Sarah Mihlfeld revs up a workout at the post fitness center. Mihlfeld is one of the instructors for the Wellness Center's cycling class. "I have been doing it four times a week since February," said participant Erika Rodriguez. The hour-long class is held upstairs at the fitness center on Mondays during lunchtime, Wednesdays at 6:30 a.m. and 10:30 a.m., Thursdays at noon and Fridays at 10:30 a.m. No experience or skills are required. Other classes offered at the fitness center are Power Pump, Cycle and Sculpt, Zumba, taekwondo and yoga. For more information, stop by the fitness center or visit vicenzaMWR.com.

Photo by Laura Kreider

Darby Dates

Visit www.usag.livorno.army.mil

Anti-terrorism

During August, Anti-Terrorism Awareness Month, there will be briefings, videos, displays in the community and other activities throughout the month of August to educate community members about remaining vigilant.

“DA has mandated this in every military community throughout the world,” said Michael McKnight, anti-terrorism officer. “It is important that service members, civilian employees and families get this training because heightened awareness and vigilance can prevent and protect the community from acts of terrorism.”

Learn more about suspicious-activity indicators, reporting procedures and how to protect you and your loved ones by visiting www.usag.livorno.army.mil and click on the iWATCH icon.

ITR Trips

- Spend the day in **Florence** at your leisure. Visit the Uffizi Museum, Accademia Gallery, shop the outdoor market, or just enjoy the scenery of this magnificent city at an outdoor café July 24 and 31.

- Visit central **Italy's largest amusement park** Sunday.

- Built on 117 small islands, **Venice** has over 150 canals and more than 400 bridges. Visit Venice Monday and July 26.

- **Cinque Terre** is a remote part of the Italian Riviera consisting of five villages connected by trails that hug the coastline. Visit with ITR Tuesday and July 27.

- At your own pace, visit **Rome's** most historic sites with ITR July 22 or 29.

- Visit **Elba** July 16, 23 or 30.

Camp 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 5:30-6:30 p.m.

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



Darby community members enjoy sunset dining. Reserve your table by calling the American Beach at 633-7800.

Sunset dining returns to American Beach

Story and photos by
JOYCE COSTELLO
USAG Livorno Public Affairs

Summer time at my house is marked by creative ways to avoid cooking in the kitchen. However, even after a friend helped me to assemble a barbecue grill for my backyard, I still find myself wanting to leave the cooking and cleaning to someone else on the weekends.

Luckily for me and my hungry family, the American Beach in Tirrenia is again offering sunset dining on the shore.

With a new food vendor offering a mix of Italian and American meals, including steak and potatoes and children's meals every night, there is something for everyone in my family.

Plus, with the new windbreaks on the pavilion, I don't have to worry about extra sand blowing into my food. Space, however, is limited.

July specials:

- 17- Cacciucco Livornese seafood soup
- 23- Farmhouse buffet (di Fattoria)
- 24- Fried fish plate (Fittura di Pesce)
- 30- Mexican buffet
- 31- Spaghetti with seafood and hors d'oeuvres

Dinner includes wine and dessert and begins at 8 p.m.

Park at the American Beach after 5 p.m. The sunset dinners will run every Friday and Saturday through the end of August. Additionally, there is an open bar before 8 p.m. that serves a variety of beverages.

Reserve your table at least two days prior by calling the American Beach at 633-7800.

Learn more about Europe's Southern Destination of choice at www.usag.livorno.army.mil.





Courtesy photo

How about a regatta?: Community members can attend the Redentore (Our Savior) Festival, taking place in Venice at the San Marco Square Saturday and Sunday. It celebrates the city's redemption from a 1576 plague. On Monday there will be a procession to the Redentore Church and gondola regattas on the Canale della Giudecca beginning at 4 p.m. See below for more details, or visit <http://www.comune.venezia.it/flex/cm/pages/ServeBLOB.php/L/EN/IDPagina/134>.

Local festivals & shows

Redentore (Our Savior) Festival: Saturday-Sunday in Venice, San Marco Square, celebrating the city's redemption from a terrible plague in 1576. In a desperate attempt to ward off the worst, the Senate decreed that if the city were saved, a temple would be built in honor of Christ the Savior. The city survived and the Redentore Church was built. Since then, a pilgrimage has been held every year.

On Sunday hundreds of decorated boats will gather in the Giudecca Canal and in front of St. Mark's Square. This display of lights and sounds culminates in a firework display over the water. The night ends with all the boats going over to the Lido to await the sunrise.

On Monday there will be a procession to the Redentore Church and gondola regattas on the Canale della Giudecca from 4 p.m. onwards. For details in English, visit <http://www.comune.venezia.it/flex/cm/pages/ServeBLOB.php/L/EN/IDPagina/134>.

Redentore (Our savior) Historic Parade: Friday-Tuesday in Ponte di Barbarano at Villa Rigon, Viale Crispi 2, 13 miles south of Vicenza. It dates back to the end of the XVII century when it was first celebrated in the park of Villa Pedrina-Rigon and organized by the villa owners as an addition to the Venetian Redentore Parade.

■ Friday: 8 p.m. food booths open. Free tasting of the "Doge's bread"; 9 p.m. historic parade with people wearing traditional Venetian aristocracy costumes; live baroque music and dance; musical fountains show; 10 p.m. fireworks; 11:30 p.m. fountains show with classic and modern music.

■ Saturday: 7 p.m. food booths open featuring local specialties. 8

p.m. Horse show; 9 p.m. live music and dancing with I California;

■ Sunday: from 4 p.m. carnival rides; 7 p.m. food booths; horse obstacle course competition; painting exhibit; Live music and dance with Checco and La B. Band.

■ Monday: 4 p.m. cycle race; 7 p.m. food booths, exhibits and rides. Live music and dancing with Benny and Vivetta del Mulino del Po. 10:30 p.m. lottery drawing.

■ Tuesday: 7 p.m. food booths; painting exhibit; live music and dancing with I Sabia; musical fireworks show at midnight.

Hoga Zait-Cimbric Festival: Saturday and Sunday, in Roana, 37 miles north of Vicenza. Hoga Zait in the Cimbric language means "time to celebrate." The residents of many mountain towns of the province claim to be descendants of the ancient Cimbric people of Scandinavia. The Cimbric language is no longer in use but reflected in the nicknames of local families, old traditions and ancient legends of fairies and woodland creatures.

■ Saturday: in Cesuna, from 3:30 p.m. antique market and exhibition of antique utensils and artifacts exhibition; 4:30 p.m. folk show with the Klained Dolomiten Group; 8:45 p.m. torch light procession in period costume; ethnic shows and music.

■ Sunday: in Roana, 10:30 a.m. Mass in Cimbric language; 11:30 a.m. folk music and dances performed by the Grützigar Group; 12:30 p.m. typical Cimbric lunch; in Canove 4 p.m. period costume parade and arrival in Roana at 6 p.m.; free shuttle bus from Roana to Canove starting at 3 p.m. with return to Canove at 6:30 p.m.; 7:30 p.m. typical Cimbric dinner.

Hawaiian Party: Friday-Sunday in Quinto Vicentino, Piazza IV Novembre, five miles east of Vicenza. Organized by the Quinto Youth Association, the party slogan is *Bevi con la testa che fai più festa,*

that is "If you drink responsibly, you'll have more fun." Food and drink area featuring non-alcoholic drinks, sandwiches and hot dog and free gadgets. Bouncy houses; live music and dancing starting at 9 p.m.

Raft Race: Sunday at 3 p.m. in Valstagna. Historic re-enactment commemorates the return to normality after the 1851 flood. Flag-flyers and period costume parades. Raft race at 4:30 p.m.

Madonna del Carmine Fest: Friday-Sunday, in Brendola, Madonna dei Prati, 12 miles southwest of Vicenza. Food booths featuring local specialties; raffle. Live music and ballroom dancing start daily at 9 p.m.

Madonna del Carmine Fest: Saturday-Sunday, in Grantortino, nine miles east of Vicenza. Traditional procession and food booths at Villa Tacchi, Via Giuseppe Garibaldi, 15. Live music and dance at 9 p.m.

Antique and collectors' items market: Sunday, 8 a.m.-8 p.m., in Asiago, Piazza Carli, about 37 north of Vicenza.

Free local events

Alpine choirs concert: Thursday at 9 p.m., Vicenza's Piazza dei Signori.

Painting exhibit-Carolina Antich: through Sunday, Thursdays and Fridays 4-7:30 p.m.; Saturdays and Sundays 10 a.m. - noon & 4-7:30 p.m. in Vicenza, SS. Ambrogio and Bellin

Painting exhibit-Iceland Colors: through July 24, Monday-Saturday 9:30 a.m.-1p.m. & 4-8 p.m.; Sunday 4-9 p.m., in Vicenza, Libreria Novearti, Piazza delle Biade, 11.

Retox Indie-rock trio in concert: Friday at 9 p.m. in San Germano dei Berici, Bar Miravale, Via Roma 11, about 20 miles south of Vicenza.

Live Cimbric Rock: Friday

at 9 p.m. in Vicenza, Equobar, Strada Marosticana, 350.

Venus Hiss-Indie Rock concert: Saturday at 9 p.m. in Vicenza, Equobar, Strada Marosticana, 350.

Sacred Italian music concert: Sunday at 9 p.m. in Verona, Sant'Anastasia Church, Piazza Sant'Anastasia 2, about 38 miles west of Vicenza.

Explore the sky: Astronomical Observatory of Arcugnano on Tuesday at 9 p.m., Via S. Giustina, 127, about five miles south of Vicenza. View the sky and the planets in great detail with the observatory's telescope.

Concerts

Crosby Stills & Nash: Friday in Milan; Sunday in Lucca, at the Piazza Napoleone.

Norah Jones: Tuesday in Milan; July 24 in Venice, Piazza San Marco.

Simply Red - Farewell - The Final Tour: July 23 in Lucca, Piazza Napoleone; July 25 in Piazzola sul Brenta (Padova), the Anfiteatro Camerini; 27 July in Rimini, Arena 105 Stadium; Nov. 20 in Milan, at the Mediolanum Forum.

U-2: Aug. 6 in Torino, Stadio Olimpico; Oct. 8 in Rome, Stadio Olimpico.

Placebo: Sept. 3 in Passariano di Codroipo (UD), Villa Manin.

Guns N' Roses: Sept. 4 in Rome, Palalottomatica; Sept. 5 in Milan, Mediolanum Forum.

Elton John & Ray Cooper: Sept. 17 & 18 in Milan, Arcimboldi Theatre; Sept. 19 & 20 in Rome, Auditorium Parco della Musica.

Ozzy Osbourne (ex Black Sabbath): Sept. 22 in Milan, PalaSharp.

Peter Gabriel: Sept. 26 in Verona, Arena.

Sting: Oct. 25 in Firenze; Nov. 3 in Torino, Palaolimpico.

Interpol: Nov. 17 in Milan,

Palasharp.

To purchase tickets, visit Media World in the Palladio Shopping Center, Torri di Quartesolo.

Tickets can also be purchased online at http://www.greenticket.it/index.html?imposta_lingua=ing or <http://www.ticketone.it/EN/>.

Sporting events

Thundercats USA vs Slovenia National Team: July 24 at 9 p.m. in Trieste, Ferrini Stadium.

American Bowl International Camp: July 23-25 in Trieste at the Ferrini Stadium, Piazzale delle Puglie. Former NFL players will coach amateur players. For detailed info in English, visit www.camp.americanbowl.org.

MotoGP Misano: Sept. 3-5 in Misano Adriatico, Rimini

Formula 1 Italian Grand Prix: Sept. 10-12 in Monza

Red Bull X-Fighters World International motocross freestyle tour: Oct. 1 in Rome, Stadio dei Marmi.

Wrestling Raw World Tour: Nov. 13 in Assago (Milan), Mediolanum Forum.

For info in English and tickets, visit <http://www.ticketone.it/EN/>.

ODR trips

More than just a stroll, try **Nordic hiking** Tuesday.

The next **scuba Nitrox course** is July 22-25.

ODR takes you **Adriatic Sea fishing** on July 24.

Join the leisurely **bike ride** along the Mincio River, July 24 or head to **Trieste and Slovenia** for a guided tour of the Postojna caves.

Check out all of ODR's summer trips online at VicenzaMWR.com. To access RecTrac online and enroll for a trip, recreation activity or arts and crafts class, visit <https://webtrac.mwr.army.mil/webtrac/Vicenzarectrac.html>.

Now Showing



Ederle Theater

Thursday	Furry Vengeance (PG)	6 p.m.
Friday	Iron Man 2 (PG-13)	6 p.m.
	Robin Hood (PG-13)	9 p.m.
Saturday	Despicable Me (PG)	3 p.m.
	Predators (PG)	6 p.m.
Sunday	Despicable Me (PG)	3 p.m.
	Perdators (PG)	6 p.m.
Wed.	Iron Man 2 (PG-13)	6 p.m.
July 22	Robin Hood (PG-13)	6 p.m.

Camp Darby Theater

Friday	Robin Hood (PG-13)	6 p.m.
Saturday	Grown Ups (PG-13)	6 p.m.
Sunday	Iron Man 2 (PG-13)	1 p.m.
July 22	Knight and Day (PG-13)	6 p.m.

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

View **MOVIE TRAILERS** and schedule online at <http://www.aafes.com/ems/euro/vicenza.htm> or <http://www.aafes.com/ems/euro/livorno.htm>.

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

Estate claim

Anyone having any claims on or obligations to the estate of Spc. Louis Fastuca of D Company, 1-503rd, 173rd ABCT, should contact the summary court officer, 2nd Lt. David Ulrey, at 634-7622.

Up for a challenge?

Ready for a little competition? Students can register for teams to participate in THE RACE 2010, a five-week physical competition for students in grades 6-12.

The event is hosted by Club Beyond, the installation's youth ministry. Club Beyond keeps score and participants get bragging rights all year long.

Pick up registration packets at the post chapel. Cost is \$10. Participants get a team shirt.

For information, contact Laura Livingston at 340-139-4073. Watch the video of previous RACES at facebook.com/video/video.php?v=135642563758&ref=mf.

Adopt an intern

School Age Center parents are invited to give back to the Camp Adventure interns who dedicate their summer to enriching the lives of SAS children.

Parents can sign up for a date and time to invite an intern to dinner at home or at a restaurant.

Choose an individual intern, or host a dining event for all five interns.

Why participate? 1. Interns can feel homesick, and spending time with a family helps. 2. Interns become better connected to the military lifestyle. 3. Gives kids and parents the opportunity to develop a relationship with the interns.

AUSA volunteers

AUSA- Mediterranean Chapter is seeking volunteers to serve in various positions. Volunteers must be AUSA members. E-mail the chapter president, Sgt. Maj. Osvaldo Del Hoyo, at Mediterranean@ausa.org for information.

Training rooms available

Looking for a place to conduct training? The JMTC digital training facility, Bldg. 128 at Caserma Ederle, is available. It has two air-conditioned classrooms with 17 multi-media computer workstations with Internet access and noise canceling headsets, and VTT capability. Classrooms are also ideal as a quiet place to work online on self-development courses. Call 634-7989 for info.

Improve your GT score

Take the free FAST class July 26-Aug. 5 from 8:30 a.m.-2 p.m. every day. E-mail Lourdes.fernandez@europa.ctcd.edu or call 634-8930 for more information.

Graduate degrees

The University of Phoenix is offering the master of business administration and master of arts in education. The college offers small class sizes, six-week courses and classes one night a week to fit busy schedules.

Call 634-8928 or stop by Room 211 in the ed center for information.

MOMS club events

- Friday: Outdoor Play 4 p.m.
 - Monday: Beach Trip 9 a.m.
 - July 26: Monthly Meeting and Picnic 10:30 a.m.
 - July 29: Art Activity 10 a.m.
- For more information, e-mail momsclubofvicenza@yahoo.com

Ready to run?

U.S. Army Africa is seeking active duty competitive runners to compete in the Army 10-Miler in Washington D.C. during the AUSA convention in October. Call Sgt. Maj. Osvaldo Del Hoyo at 634-7093 or e-mail Osvaldo.delhoyo@eur.army.mil.

Listen up!

For information about the U.S. military community in Vicenza, tune into 106.0 AFN Vicenza "The Eagle" and listen on television decoder channel 142. You can also watch AFN Vicenza's Channel 14 on your decoder.

Visit AFN on the web for local news, stories and event publicity and coverage requests at <http://vicenza.afneurope.net>.

AFN Vicenza is located in Bldg. 10, next to the South of the Alps dining facility. Call 634-7972 or e-mail james.allen@afn.dma.mil.

Request VI online

Effective immediately, all visual information equipment such as screens, multimedia projectors and public address systems will be requested through www.vios.army.mil. Go to **Work Request (DA Form 3903)**, click on **Type of Products and Services**, provide justification and click on **Training Equipment**, select what you need and forward the requirement.

Once equipment is returned to the TSC, DA Form 2062 will be cleared in order to give credit for turn-in to customers.

CIF closure

The Central Issue Facility will be closed for annual property book inventory, which will take place July 26-30 from 8 a.m.-5 p.m.

There will be no transactions during the inventory. Anyone who requires turn-ins or issues should accomplish their transactions before or after the inventory.

Emergency and chaptered personnel must turn in their OCIE/TA50's to their respective supply rooms. Call 634-3919/3945 or e-mail huseyin.kara@eur.army.mil for information.

Support Women's Equality Day Aug. 26

The EO office is seeking volunteers for Women's Equality Day Aug. 26. Contact Sgt. Maj. Del Hoyo at 634-7093 or Osvaldo.delhoyo@eur.army.mil.

School lunch program

Parents, get your paper work completed early for the National School Lunch Program.

This program offers free or reduced-cost lunches to families who are eligible based on family size and income. A new application has to be completed each year using the most current guidelines.

Vicenza's school liaison officer will accept applications for school year 2010/2011 Aug. 4 and 11 from 9:30 a.m.-2:30 p.m. in the Davis Hall Soldier and Family Readiness Center, Army Community Services.

Applications will be available. Please bring the most current military or civilian leave and earnings statement to determine eligibility. Eligibility guidelines are available at the School Liaison Office. Call 634-5998.

Anti-Terrorism Awareness training

Awareness training will be offered in English at the post theater, 3-4 p.m. Aug. 3, 24 and 31 and in Italian on Aug. 17.

Red Cross events

New volunteer orientation will take place Aug. 3, 1-3 p.m. Pre-registration is requested.

The August CPR/First Aid class is set Aug. 14, 8:30 a.m.-4:30 p.m. Re-registration and pre-payment

is required. Call 634-7089 / CIV 0444-71-7089 for information.

You decide

Family and MWR in Vicenza is running an online survey to give the community a chance to tell FMWR what they want to see in the Arena Soldier and Family Entertainment Center and what services they would like to see provided (children's play areas and shows, more live bands).

Take the survey at vicenzamwr.com or <http://www.surveymonkey.com/s/ArenaSurvey>.

Texas Hold'em

Don't miss the "No Limit" Texas Hold'em tournament Saturday. Sign-up begins at 5 p.m. and play begins at 8 p.m. at the Arena.

Messy art time

Messy Art Time for children ages 6 months to 5 years is July 24, 3-5 p.m. Cost is \$8 per family.

Register at the arts center or online at <https://webtrac.mwr.army.mil/webtrac/Vicenzarectrac.html>. Call 634-7074.

Addictions Recovery Support group

Anyone who is in recovery or interested in learning about the 12 steps for overcoming addictive behavior is welcome to attend.

Meetings are at the ASAP Bldg. 169 from 5:30-6:30 p.m. Meetings are informal, non-professional but anonymity is discussed and expected by attendees. For more information, call 634-7554.

Community Calendar Highlights

- July 28:** InfoX at the Arena
- Aug. 13-16:** USAREUR Training Holiday
- Sept. 2:** First Day of School
- Sept. 10:** First Day for Kindergarten
- Sept. 3-6:** USAREUR Training Holiday



Photo by Laura Kreider

Community outreach: Several U.S. military community members participated in a July 2 dinner and presentation to recognize the La Fraglia theater group of volunteers. La Fraglia is a local institute for the disabled that offers programs and activities. Throughout the year, U.S. personnel take in organized events and observances. To find out how to volunteer or for more information, call Anna Terracino at 634-7169.

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 Vicenza High School)

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

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

3:30 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 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: Spc. Kasimov, 329-034-3511.

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

Latter Day Saints: Scripture study held Mondays, noon-1 p.m. at 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 information.

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.



Ederle's Capt. Adolph DuBose (# 68) had the fastest time recorded by Vicenza participants during Saturday's 10-Miler at Grafenwoehr, Germany. DuBose finished in 65 minutes and 25 seconds, winning a silver medal in his age division and qualifying for the D.C. run.

Local runners put to the test during weekend 10-Miler at Graf

Story and photos by
JEREMY S. BUDDEMEIER
Bavarian News editor

More than 100 runners from garrisons across Europe braved the Bavarian summer for this year's U.S. Forces Europe Army 10-Miler Qualifier Race July 10. While most came to test themselves, some ran for other reasons.

"I hate running unless I'm being chased," said Capt. Gary Brooks, assistant brigade engineer for Headquarters and Headquarters Company, 172nd Infantry Brigade, as he finalized his paperwork minutes before the safety briefing. "But all of my friends are doing it."

After the safety briefing, runners took their positions at the starting line; many made predictions as they stretched.

"The plan is to qualify," said 1st Lt. Marshall Kulp, who is part of support operations staff at the 18th Combat Sustainment Support Battalion.

A majority of runners like Kulp were vying for one of the coveted 12 spots (six active duty Army male and female runners) on the U.S. Army Europe 10-Miler team. Team members will be sent on temporary duty to Washington, D.C., to compete in the Army 10-Miler Oct. 24, which is billed as the largest 10-mile road race in the world. Last year's race drew more than 30,000 runners.

In addition to individuals, teams from several garrisons used the race to fine-tune their training regimens, which in some cases began four months ago.

USARAF vs. USAREUR

"I think we're going to do well," said a confident Capt. Adolph DuBose of U.S. Army Africa's G-6. "In fact, I'd like to make this statement: This fall, U.S. Army Africa will face off against U.S. Army Europe in D.C."

Caserna Ederle's DuBose was one of three Vicenza runners to qualify for the D.C. run with a time of 65 minutes and 25 seconds. Ederle's Sgt. Jason Marshall qualified with a time of 67.86. Staff Sgt. Rosemary Hernandez-Oglesby of HSC USARAF, qualified with a time of 90:97.

One Vicenza runner in the women's division qualified as an alternate: 1st Lt. Lucia Rojas of 14th Transportation Battalion, with a time of 95:97.

Others, like soft-spoken Maj. Dan Welsh, information officer with 172nd Inf. Bde., seemed quietly optimistic. Welsh, who was running with his wife Lisa, said he hadn't really trained for the race in the past three years because of injuries, deployments and time spent raising his children.

"Life caught up with me," he said.

No one, however, caught up with the overall winner, Maj. Keith Matiskella, chief of the Combined Arms Training Center, in Vilseck, Germany. Matiskella punished the course with a time of 53 minutes, 9.55 seconds, beating the next closest competitor by more than four minutes. In addition, he broke the all-time record for the 10-Miler in Europe by 3 seconds. (The previous record was set by Baumholder's Sgt. Edmond Chapa in 2006.)

"I was hoping to get out there and run hard," said Matiskella, who conceded he may have started out a little too fast. "I'm very happy with that time."

Hitting the wall

Many runners mentioned hitting "the wall" at the eight-mile mark as temperatures began to rise, baking the blacktop. Two runners were treated for severe dehydration after they crossed the finish line.

"The heat makes a difference," said 1st Sgt. Fidelis Etim from USAG Vicenza. Etim said he was happy with his time, just over 70 minutes, which was about five minutes slower than he anticipated. "Being 46 years old, I give myself some slack."

In addition to the heat, Welsh, who finished third overall, called the hill at the two-mile mark "quite daunting" because runners reached the hill just as they were settling into their race pace.

"The next eight miles are just a matter of mental resiliency," he said.

Welsh's previous comment about not having really trained in the last three years was a relative term; in 2006 he was a member of the All-Army Marathon and 10-Miler teams.

Welsh joins Matiskella, who will compete in his 11th Army 10-Miler this fall. When preparing for the race, Matiskella said he usually runs about 10 miles every day. However, this year he added another element to his training regimen—stroller miles—when his wife,

Maj. Paty Matiskella, deployed with 2nd Stryker Cavalry Regiment.

And when he crossed the finish line, the race wasn't over. He immediately sprinted to Vilseck (in his car) to pick up his 3-year-old son, Finn, from day care.

"The hardest thing was getting someone to watch my son this early in the morning," said Matiskella.

Vicenza's DuBose, Marshall, Hernandez qualify for D.C. run

By **TOM HLAVACEK**
Special to the Outlook

Eight of 14 Vicenza runners took home medals in the annual U.S. Army Europe 10-Miler and both the men's and women's teams placed 2nd.

The fastest time recorded was by a Vicenza Lion was Capt. Adolph DuBose. The 30-year-old DuBose crossed the finish line in 65 minutes and 25 seconds, qualifying for the Army's annual 10-Miler in Washington D.C., along with Sgt. Jason Marshall, who came in at 67.86, and Staff Sgt. Rosemary Hernandez-Oglesby with a time of 90:97. Qualifying as an alternate in the women's division is 1st Lt. Lucia Rojas at 95:97.

Gold medals were won by Benjamin Walters, Coach Huseyin Kara, Brooke Cardinalli, Christina Salas. Bronze medals were awarded to Jason Marshall, and Fedilis Etim.

Other finishers were Robert Panas; Christopher Love, Eric Herrera, Kyle Davis, Lucia Rojas, Charity Smith, and LeeAnn Turner.

"I wanted to break 60 minutes but the heat was a factor today," said DuBose. "I ran faster last year but finished in a better position this year."

"I wanted to finish under 63 but it was tough running on one of the hottest days in Germany," said Marshall. "We train in Italy at 0600 hours."

Fitness staff member Christina Salas won the gold with a strong finish in the women's 25-29 age group, coming in at 79:45.

"I didn't feel tired because I trained harder this year," said Salas. "The Grafenwoehr hills were not a problem. I passed three guys at the end so that is always fun."

Vicenza Lions' 10-Miler Results

Christopher Love	73:25
Craig Porte	82:30
Adolph DuBose	65:25
Eric Herrera	107:15
Jason Marshall	67:51
Kyle Davis	81:35
Fedelis Etim	71:17
Charity Smith	102:05
LeeAnn Turner	107:25
Benjamin Walters	69:43
Huseyin Kara	69:33
Brooke Carlinalli	99:57
Christina Salas	79:45
Rosemary Hernandez	90:97
Lucia Rojas	95:97

The link with the full listing of participants and times will be published in the Outlook when it becomes available. To view and download photos, visit the USAG Grafenwoehr Flickr site at <http://www.flickr.com/photos/usaggrafenwoehr>.

USARAF seeking Army 10-Miler runners

U.S. Army Africa is seeking competitive runners (active duty only) to compete in the Army 10-Miler in Washington D.C. during the AUSA convention in October. Contact Sgt. Maj. Osvaldo Del Hoyo at 634-7093 or Osvaldo.delhoyo@eur.army.mil.

Don't miss the Club Beyond RACE

Ready for a little competition? Students can register their teams for THE RACE 2010.

Registration packets are available at the post chapel.

For more information, contact Laura Livingston at 340-139-4073.

Outdoor programs kick off Monday

Youth grades 6-12 can join the EDGE! Outdoor program now through July 28. They participate in adventures such as rock climbing, kayaking, snorkeling, scuba and mountain biking.

Call 634-7219 for information. Space is limited.

Flag football

Flag football registration begins Monday. The season runs Aug. 25 through Oct. 18.

Call 634-7009 for details or to register.

Sports clinics slated through August

CYSS Sports and Fitness summer sport clinics run through August. Clinics are held 9:30-11:30 a.m. and cost \$20. Call 634-6151.

Soccer: Monday-23

Basketball: July 26-30

Yoga: Aug. 2-6

Triathlon: Aug. 9-13.