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Destined Company Soldier awarded Silver Star for actions in Afghanistan

By Staff Sgt. Brandon Aird
173rd ABCT Public Affairs

Staff Sgt. Christopher Upp, Destined Company, 2nd Battalion, 503rd Infantry Regiment, was awarded the Silver Star Sept. 24 for his actions when Taliban extremists attacked 2nd Platoon's vehicle patrol base in the Chowkay Valley, Kunar Province, Afghanistan July 31, 2007.

Upp was standing in a bunker when Taliban attacked with 107mm rockets, rocket-propelled grenades and machine gunfire.

Upp reported the situation to his higher headquarters over the radio. He then led his mortar team over 75 meters of open ground under intense machine gunfire to the mortar pit.

Upon reaching the mortar pit, a 107mm rocket landed five meters away, knocking the mortar team to the ground and damaging the mortar tube aiming device.

Upp manually aimed the mortar tube while his Soldiers handed him mortars.

"I would nudge it with my



Staff Sgt. Christopher Upp, Destined Company, 2nd Battalion, 503rd Infantry Regiment, has the Silver Star pinned to his chest by Lt. Col. William Ostlund, 2-503rd commander Sept. 24 for his actions when Taliban extremists attacked 2nd platoon's vehicle patrol base in the Chowkay Valley, Kunar Province, Afghanistan July 31, 2007. (Photo used with permission from Stars and Stripes. © 2008 Stars and Stripes)

shoulder when the tube got too hot," said Upp. "I couldn't stand up with the intense (machine gun) fire hitting our position. The Taliban knew if they could take out the mortar tube they would have half a chance (to

cause serious damage)."

During the firefight, Upp juggled between firing rounds and applying first aid to a four-inch long, half-inch deep wound on himself.

Ignoring his own injuries, Upp fired more than 70 mortars at the Taliban during the 70-minute fire fight. The Taliban fired 10 107mm rockets, more than a dozen RPGs, and fired from two machine gun positions at the patrol base.

Despite being injured, Upp

helped carry mortally-wounded 1st Lt. Benjamin Hall, 2nd Platoon leader, to the MEDEVAC landing zone.

Refusing to be medically evacuated on the first helicopter, Upp stayed at the patrol base to check his Soldiers' gear and help with the ammo resupply.

"This award isn't just mine," said Upp, "I couldn't have done any of it without my Soldiers. They earned it just as much as I did."

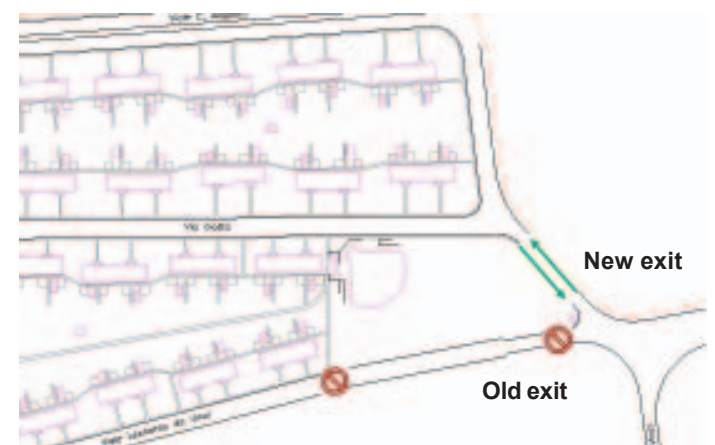
Freedom Team Salute event honors Soldiers, families

(Below) Col. Charles Preysler, 173rd Airborne Brigade Combat Team commander, and Command Sgt. Maj. Isaia Vimoto, brigade command sergeant major, salute fallen 173rd soldiers at the unveiling of the names inscribed on the SETAF memorial during the Honor Ceremony held Sept. 16 on Caserma Ederle. The ceremony was the beginning of several events for Soldiers and families. See page 4 for the story. (Photo by Staff Sgt. Brandon Aird, 173d ABCT Public Affairs)



Villaggio exit changes Oct. 4-11

As workers prepare for construction of a new Villaggio Access Control Point, entering and exiting Villaggio will change. From Oct. 4-11, the current entrance-only point will become two-way allowing for vehicles to exit Villaggio. The current outbound lane will be closed. See map below for reference.



Why, how do I shelter-in-place?

Directorate of Plans, Training, Mobilization and Security
Special to the Outlook

At some time in mid-October all gates on Caserma Ederle will close for the annual consequence management exercise known as Lion Shake.

Being prepared for the exercise involves knowing emergency preparedness steps. One of these is knowing how to shelter-in-place (SIP).

People may find themselves having to stop what they are doing, SIP in their vehicle, home or place of work and remain where they are until the exercise is complete.

Most agencies will be asked to implement their SIP plan and remain there until authorities declare their zone safe.

Steps to SIP before it happens

1. Select a room, preferably on the interior and off the ground floor that is large enough to hold everyone comfortably and has no or few windows.

Try to find a room that does not have ventilation blowers or pipes as it may be difficult to seal it off from outdoors.

If possible, choose a room that has a hard-wired telephone. Cellphones may not work during an emergency.

2. Make up an emergency preparedness kit containing SIP supplies: nonperishable food, bottled water, battery-powered radios, first aid

supplies, flashlights, batteries, duct tape, paper and pencils, plastic sheeting and plastic garbage bags.

Make up several notices stating the building is shut down with emergency numbers on it. This can be taped to the inside of exterior doors and lets first responders know that people are inside.

Keep a kit in the pre-selected room(s).



familiar with your building's mechanical systems turn off all fans, heating and air conditioning.

Some systems automatically exchange of inside air with outside air – these systems need to be turned off, sealed, or disabled.

6. Use duct tape and plastic sheeting (not food wrap) or wet towels along door(s) threshold(s) to seal cracks around the door(s) and cover vents leading into the room.

SIP on Caserma Ederle

In a real-world emergency, keep listening to AFN 106FM radio, which is also found on Channel 142 on the AFN decoder.

If you live in barracks, on Villaggio or are sheltering-in-place in the post office, commissary, post exchange food court, health clinic, Davis Soldier and Family Readiness Center or central processing facility, the command information television channel will give updates to the situation.

For details about SIP, stop by the Antiterrorism/Force Protection office on Caserma Ederle located in bldg 4B or call 634-8069, off post at 0444-71-8069.

This shelter-in-place information was taken from the FEMA website and Field Manual (FM) 3-11.34.

A SIP handout containing this information with pictures is available from the USAG Vicenza Antiterrorism/Force Protection office.

Once you've been alerted to SIP

1. Assemble everyone in the pre-selected room. If there are visitors, explain the situation and ask them to stay.

2. Close and lock all windows and doors that lead to the outside. If an explosion is imminent, draw window coverings.

3. Write down everyone's name, address and telephone numbers. Call your emergency contact and give them this information.

4. If possible, forward telephones and put messages on answering machines.

Let outsiders know that the building is locked down but everyone is safe.

5. Have an employee



Butler to lead The Rock

Col. Charles A. Preysler (left), 173rd Airborne Brigade Combat Team commander, hands the colors for 2nd Battalion, 503rd Infantry Regiment to incoming commander, Lt. Col. William J. Butler, during a change of command ceremony on Hoekstra Field Tuesday. Butler takes over for Lt. Col. William B. Ostlund, who will serve as deputy commander of the 75th Ranger Regiment at Fort Benning, Ga. (Photo by Spc. Gregory J. Argentieri, 173rd ABCT Public Affairs)



Festa Italia bazaar makes gift giving easy

Vendors from all over Europe sell their wares in the Teen Center during the Festa Italia Bazaar hosted by the Vicenza Community Club Sept. 27 and 28. The community spent about \$18,000 on varied items during the two-day event, which was also located at the Luna Bubble and the post fitness center. Proceeds from the bazaar are returned to the community in the form of scholarships and grants. To find out more, stop by the Thrift Shop run by the VCC, and ask for an application. (Photo by Laura Kreider, Outlook Staff)

Speak Out

What did you do for block leave?

-Outlook summer staff



Angela
Family member

We went on a cruise to Greece.



Sgt. Henry Selzer
Brigade Public Affairs

I went back home to Ravenna, Ohio, and then took a trip to Niagara Falls in Canada. I saw three concerts and had a blast.



Lisa
Family member

We just relaxed.



Cody (and mom)
Family member

We went to Spain to relax and have fun.



Chyanna, Sharon and Jonathon
Family members

We got ready to move back to the states and saw family.

Tips to help Caserma Ederle conserve energy, save resources

USAG Vicenza Directorate of Public Works
Press release

Working to secure a clean energy future: Where energy is abundant, reliable, and affordable is this year's theme for Energy Awareness Month held in October.

The Vicenza military community can demonstrate its commitment to this theme by taking steps now to achieve a clean energy future said Thomas Blackmer, DPW Energy Awareness manager.

"Saving energy is not simply a long-term goal – it's something we all need to practice now because it creates immediate benefits by saving dollars for the Army, increasing energy security and improving environmental quality," says Blackmer.

With new and aggressive energy mandates and goals in place, everyone needs to do their part in conserving our energy use and thus our natural resources, said Blackmer. Every action community members take on a daily basis in conserving energy is a step closer to our reaching our goal, he added.

Below are a few energy-saving tips that people can use at work and home to help the

garrison meet its energy reduction goals.

Lights

Turn off lights when you leave a room. Turn off hallway lights at the end of every duty day.

Heating

Heating season starts Oct. 15. Keep heaters off until then and reduce energy use by wearing heavier clothing, using sunlight to heat rooms and keeping doors and windows closed.

Computer peripherals

In order to maintain your computer system and save energy costs, follow these procedures:

- ◆ At the end of each duty day turn off all peripheral computer equipment – printers, monitors, copiers, digital senders and scanners, but do not turn off your computer.

- ◆ Leave your computer on and connected to the network. Computer network managers update operating and security patches, monitor for viruses and repair software applications during the evening hours. This helps keep our computer systems safe. The computer network managers also request that computer users restart their computers once daily in order for the upgrades to install.

Working toward wellness

Personal trainers educate, motivate

Editor's note: This is the second in an eight-part series focusing on wellness. Other articles include the benefits of physical therapy, dietitians and fitness classes.

By Samantha Smith
Outlook volunteer

With the reopening of the renovated fitness center and addition of a wellness center, there are more opportunities to get fit on post these days.

An opportunity that not all are aware of however, is the help of a personal trainer.

Caserma Ederle is fortunate to have four trainers available: Linda Miller, Amy Olsen-Kersick, Chiara Oswald and Melany Molina.

Miller has two years experience as a personal trainer, teaches Body Pump and just completed her masters in Human Movement.

"Certain people might want individual attention or are not comfortable in a group environment," said Miller about reasons people seek out a personal trainer. "It's a real mix."

While her husband was deployed, Ana Eaton decided to make lifestyle choices and contacted Miller for personal training sessions.

"I was having problems keeping up with our 3-year-old daughter," she said. "I decided it was time to get back in shape."

Eaton's first goal was to lose weight before her husband came home from Afghanistan.

"Linda and I began working together in June," she said. "And when my husband came home, I had reached my first goal. Now, my new goal is to lose more weight before the holidays."

Miller stresses that people need to have solid, obtainable goals in order not to get depressed and quit.

"Some people need to be looked after or have trouble motivating themselves," added Olsen-Kersick, who has 16

years experience as a personal trainer and also teaches the Body Combat class. "For those people, seeing a trainer regularly may be a necessity, but most of the time I give clients the tools to do it on their own. If people are educated, they'll make a lifestyle change," she said. "That's what I'm after."

Chiara Oswald has been certified as a personal trainer for the past five years and has been in fitness for over 20 years.

"We're providing a great service to people, this is not a money-making enterprise" she said.

Melany Molina became certified six months ago and also runs the new wellness center on the second floor of the fitness center.

"My philosophy as a trainer is based strongly upon my own personal journey to achieve fitness," says Molina. "Ultimately," she says, "fitness is a lifestyle."

All four trainers are independent contractors with the gym and are certified through one of several groups, the American Council on Exercise, the Aerobics and Fitness Association of America or the National Academy of Sports Medicine. The certification process includes curriculum in anatomy and kinesiology, fitness assessment testing, nutrition and weight management, medical considerations, motivational skills, exercise and wellness programming.

Each trainer is also required to carry liability insurance and be CPR-certified.

A one-hour session with a personal trainer costs \$20 with a small portion going to FMWR and the rest to the trainer.

The trainers agreed that they may not make a lot of money, but the reward is helping people achieve their fitness goals. To reach the trainers, call the fitness center at 634-7009.



Personal trainer Linda Miller jokes with client Ana Eaton during a training session at the post fitness center. The two have been working on Eaton's fitness goals since June. (Photo by Diana Bahr, USAG Vicenza Public Affairs)

Health, Wellness guest speaker series

International NCAA expert on supplement use, Dr. Mike Perko, will be at the Ederle Theater Oct. 8 and 9.

Taking one for the team: Supplement use and the Young Athlete is the topic and the community is invited to hear him free Oct. 8 1-2:30 p.m.; Oct. 9, 9-10:30 a.m. and again 1-2:30 p.m.

Dr. Perko has been featured

in *Sports Illustrated*, *New York Times*, ESPN radio, and ESPN's "Outside the Lines" weighing in on the debate on Ephedra. Most recently, he has consulted with Major League Baseball and has testified at Senate hearings on capitol hill for passage of the Anabolic Steroids Control Act.

For details call Betsy Walters, Health Promotion coordinator, at 634-8828.

The Outlook

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At your service

Arena Entertainment Center

The staff of the Arena Entertainment Center are waiting to serve you. The Arena offers 16 bowling lanes, snack bar, upstairs lounge and conference rooms.

Bowling center hours are Monday-Wednesday, 11 a.m.- 10 p.m., Thursday-Saturday, 11 a.m. - 1 a.m. and Sunday 1-10 p.m. The Strike Zone snack bar is open Monday-Wednesday, 11 a.m. - 9 p.m., Thursday-Saturday, 11 a.m. - midnight and Sunday 1-9 p.m.

The Lion's Den lounge is open Sunday-Wednesday, 4 p.m.-midnight and Thursday-Saturday 4 p.m.-2 a.m. The gaming room is open Monday-Wednesday, 8 a.m.-midnight, Thursday and Friday 8 a.m.-2 a.m., Saturdays 11 a.m.- 2 a.m. and Sundays 1 p.m.- midnight. (Photo by Laura Kreider)

Community events

Brigade marks deployment by honoring Soldiers, families

Story by Sgt. Nathan Bowen
173rd ABCT Public Affairs

They're all back, they've all had a chance to unwind a little, and now the Soldiers of the 173rd Airborne Brigade Combat Team are taking time to honor each other, their families and their fallen comrades.

Soldiers and families in Vicenza came together to look back on the last year and a half and what it has meant to them.

There were many sacrifices made, both in combat and on the home front, lives changed and bonds formed.

The first ceremony was held on Caserma Ederle Sept. 16 for Headquarters and Headquarters Company, 1st Battalion, 503rd Infantry Regiment and 2nd Battalion, 503rd Infantry Regiment formed up on Hoekstra Field for the Honor Ceremony.

At the beginning of the ceremony the brigade colors were officially uncased, signifying the brigades return home. During the ceremony the brigade commander, Col. Charles Preysler, remembered those who gave their last full measure.

"Those who fell fighting for, and beside, us made this better world possible. To our brothers; we have known them, we love them, and we will remember them until it is our time to join them again," said Preysler.

The ceremony also included a roll call of the fallen and unveiling of the names on the SETAF memorial and a picture memorial.

The honor ceremony was a bittersweet event for the brigade, it celebrated the return home of the Sky Soldiers and mourned those lost during the deployment.

The next ceremony was the Freedom Team Salute. This ceremony was held to recognize the families of the Sky Soldiers who served downrange.

War is not only a Soldier's burden, said Preysler, and the brigade wanted to do something special to recognize the sacrifices made by those individuals who carried on while their loved ones were deployed.

These particular Freedom Team Salutes were the first time the spouses of an entire brigade were nominated,



Sgt. 1st Class James B. Litchford (center), 173rd Airborne Brigade Combat Team kisses his wife, Csilla, at the Freedom Team Salute ceremony Sept. 17 held on Hoekstra Field at Caserma Ederle. Freedom Team Salute recognizes spouses for their personal sacrifice, support, and patriotism. (Photos by Spc. Gregory Argentieri, 173rd ABCT Public Affairs)

according to Amanda Grigsby, 173rd ABCT Family Readiness Support assistant.

In the past, only individual spouses were nominated for the award, which includes a certificate of recognition and a letter of appreciation signed by the Secretary and Army Chief of Staff.

More than 1,700 spouses received these packets during the ceremonies and family readiness group leaders were individually recognized for their work.

After the formal ceremonies, a third day was set aside for a little fun and friendship at the Soldier and Family Appreciation Day and unit-sponsored cook-outs.

Soldiers, families and friends all got together to enjoy a day of good food, good friends, and fun.

Ultimately, the ceremonies helped to put some positive closure on what is



Soldiers of 1st Battalion, 503rd Infantry Regiment salute the fallen Soldiers' memorial on Hoekstra Field, Caserma Ederle, Sept. 16. (Photo by Spc. Gregory Argentieri, 173rd ABCT Public Affairs)

always a difficult time for all who are involved: the Sky Soldiers of the 173rd Airborne Brigade Combat Team, their families and the community they live in.

14th Transportation Battalion holds battalion spouse recognition ceremony

By Richard Breen
Special to the Outlook

Lt. Col. David Touzinsky, 14th Transportation Battalion commander, thanked the spouses of his Soldiers for their commitment to excellence, teamwork, moral support and dedication to their Soldiers during a special battalion spouse recognition ceremony at the Ederle Theater Sept. 17.

More than 60 Soldiers personally presented their spouses with the Army's

Freedom Team Salute commendation package in appreciation not only for their support during the command's recent deployment to Afghanistan, but for their support for the Army family throughout their married lives.

In addition, each leader of the 14th Trans Bn Family Readiness Group received a commander's coin and the Commander's Award for Civilian Service thanking them for keeping the unit informed and close-knit throughout the deployment months.



Lt. Col. David Touzinsky, commander, 14th Transportation Battalion, thanks the spouses of his Soldiers for their support, dedication and commitment to the command during a special Spouse Appreciation Awards ceremony at the Ederle Theater Sept. 17. (Photo by Barbara Romano, 7th JMT Photo Lab)

Cougars down Vilseck junior varsity, 47-22

By Brad Polensky
Special to the Outlook

On Saturday the Cougars ran their record to 3-0 (1-0 division) with a 47-22 victory over the junior varsity squad from Vilseck, which plays in Division I.

Vicenza High School Cougar quarterback Micky Stoner completed 10 of 23 passes for 118 yards and two scores along with a 2-point conversion toss and a rush for a score.

Senior Nick X. Williams who carried the ball 10 times for 54 yards and two scores.

Helping the cause were Reggie Haines who added four carries for 26 yards and Nick S. Williams who pulled in four catches totaling 51 yards.

The affect was a score that saw the Cougars with five different receivers contributing to the air attack.

The starting defense, led by Cougar Mike Niccoll and game MVP, allowed their opponents no touchdowns and forced several turn overs.

Niccoll had 10 tackles and three sacks as he appeared to recapture the form he was at last season.

VHS sophomore Junior Vimoto took part with a diving



VHS Cougar Kyle Kaus, No. 21 (right), goes for completion of a two-point conversion, which gave Vicenza a 20-0 lead in the second quarter. The Cougars had an open date and Vilseck offered to come down and play. As the Vilseck varsity team plays in Division I and Vicenza plays in Division III, a matchup against the varsity teams is not allowed. (Photo by Laura Kreider, Outlook staff)

interception that was set up by Cougar Christian Arce's pressure on the Vilseck quarterback and that nearly resulted in a sack.

Juniors Kola Awe, Zach Bishop and Cruz provided key tackles in a game that sent notice that the Cougars' defense is in sync at all the right times.

Cougars' special teams botched a kickoff return that resulted in the only score for

Vilseck in the first half. The Cougars got some punch out of their punt return when junior Kyle Kaus took one punt in for a score and nearly broke a second one later in the game.

Reggie Haines boomed a 30-yard extra point (after several penalties on the offense moved the extra point back) however just missed on a 34-yard attempt earlier in the game.

The Cougars now set their

focus on AFNORTH, the other undefeated team in Division III.

Cougars Homecoming is Saturday at 1 p.m. on the North 40. This is the game that decides home field advantage for the division post season.

Can't make it to the game? AFN 106FM *The Eagle* will be broadcasting live from the field.

AFN 106FM is also available on your AFN decoder channel 142.

Mako Sharks swim team take 12 ribbons in first meet of season

By Maria Bernasconi
Special to the Outlook

After more than a 21-month absence, Caserma Ederle Mako Sharks youth swim team are back competing against other U.S. and NATO teams in the European Forces Swim League (EFSL).

Sept. 28, 24 Mako Sharks traveled to Aviano to compete against the Aviano Sea Dragons, Naples Tiger Sharks, and ROTA Triburones.

The sharks came home with three first place, three second place and six third place ribbons.

This was the first time for many youth and parents and everyone did a great job, said

Mako Sharks head coach Tiffany Tran-Ozuna. "Most importantly, everyone had fun," she added. "Now it's time to focus on the upcoming swim meet in Naples and for swimmers to improve their individual times."

Youth interested in joining the Mako Sharks can contact Cindi Unger at 347-891-1073 or clunger2002@hotmail.com. Youth must already know how to swim to join.

As the Villaggio pool is closed for the season, a bus takes swim team members to and from the Creazzo pool. It leaves at 3 p.m. and returns about 6:15 p.m.

For details, contact Unger at the numbers or e-mail above.



The Vicenza Mako Sharks swim team held a Swim-A-Thon Sept. 24 with 26 team members going nonstop for a total of 1,907 laps – 59 miles in two hours. The group raised \$4,500 and an additional \$750 was donated by Global Credit Union. (Photo courtesy of Debbie Perry)

Volunteers, staff honored



Lei Penland
Penland is the September Volunteer of the Month. She is honored for volunteering more than 30 hours to laminate 2,500 FMWR Soldier appreciation cards for Soldiers returning from OEF-VIII.



Ashley
Ashley is the Youth Volunteer of the Month. She is a student member of the PTSA and volunteered more than 30 hours of her time to help on various community projects.



Ross Daniels
Daniels, Soldiers' Theatre director, received a Superior Civilian Service award at the USAG Vicenza Quarterly Awards ceremony for his work to help improve the quality of life for the Caserma Ederle community.



Ron Reynolds
Reynolds, shown here wearing his VFW hat, received a Superior Civilian Service award at the USAG Vicenza Quarterly Awards ceremony for 23 years of service to the Vicenza military community. Reynolds retired from the Directorate of Human Resources in May.

Darby dates

ITR trips

Call USAG Livorno ITR at 633-7589 for reservations for trips below or information on other trips.

Genova Aquarium trip: Oct. 11 visit the largest marine park in Europe.

See more than 100 species of aquatic life. The Red sea and the Coral Reef exhibits are not to be missed. Great family trip.

Perugia Chocolate Festival: Oct. 25 – This annual event is dedicated to chocolate, the sweet confection for which this ancient Etruscan town is world-famous. Visitors can walk in the center of the city taking the incredible sight of artists sculpting 1,000 kilogram blocks of chocolate into art.

City sightseeing tickets: Discover the history of Italian cities onboard the "Hop On – Hop Off" buses available in Rome, Florence and Pisa. Discounted prices for savings up to \$3.67 per person are available. Available at ITR.

ACS class

Call ACS at 633-7084 for reservations or information about other classes.

Money Handling and Diversity Class: Oct. 8 at ACS. Not everyone is the same. Learn how diversity within a family is as important as diversity in your investments.

Budgeting 101: Oct. 21. If you want to have more money at the end of the month, call ACS and register for this class.

Jam session at the Community Club

Oct. 8 come out and listen to a jam session in the DCC. Camp Darby's own band "Drunken Mistake" performs "The Last Call" at 6:30 p.m.

While you're there, check out Gio's chicken fingers meal. Call the DCC at 633-7855.

Thursdays are Karaoke night at DCC

Join the Karaoke crew Thursday from 5-10 p.m. Call the DCC for details at 633-7855.

Fall is festival time, markets abound

Local festivals, events

San Francesco Festival, Oct. 2 - 5, in Vicenza, San Francesco Church, 2 via Pagani. Starts at 6 p.m. Food booths, raffle, Latin American dances and live music.

Madonna of the Rosary Festival, Oct. 3- 4, in Torri di Quartesolo. Starts at 8 p.m. Food booths and live music.

Bigoli with Duck sauce, Oct. 3 - 5, in Zanè, about 14 miles north of Vicenza. Events start at 5 p.m. Food booths, live music and Latin American dances.

Duck Festival, Oct. 4 - 5, in Mossano, about 13 miles south of Vicenza. Food booths and live music.

Scopeton Festival (Herring Festival), Oct. 4- 5, in S. Vito di Leguzzano, about 14 miles northwest of Vicenza. Food booths and live music.

Dried Cod Fish Festival, Oct. 4-5, in Vicenza, Piazza delle Biade (near Piazza dei Signori). Taste the typical "Baccalà alla Vicentina" at lunch or dinner

Santa Giustina Festival, Oct. 5, in Roana, 37 miles north of Vicenza. Starts at 7:30 p.m.

Food booths featuring the typical dish "polenta e osei (polenta with small birds) and live music.

Dried Cod Fish Festival (festa del Baccalà), Oct. 4- 5, in Montegalda, about 17 miles southeast of Vicenza.

Taste a variety of dried cod fish dishes at lunch (starts at noon) and at dinner (starts at 6 p.m.) Live music.

Crafts Exhibition and Corn Festival, Oct. 5-8, in Marano Vicentino. Food booths featuring many corn-based dishes and other typical local products. Entertainment for children and live music.

Agriculture exhibition, Oct. 5, in Valdagno, about 20 miles northeast of Vicenza. Food booths featuring gnocchi with fioretta (ricotta) and a variety of trout dishes.

Crafts booths and a mushroom exhibition in the afternoon. Live music and folk dances.

Renaissance market, Oct. 4-5, in Thiene, 18 miles north of Vicenza.

Booths with agricultural produce of the area, handcrafted products, herbs and spices. Entertainment with jugglers, storytellers, poets, street artists and renaissance music.

There are also guided visits to the Porto Colleoni castle. Two itineraries: the hidden itinerary with visit to the kitchen, the park and, for the very first time, to the underground of the castle.

Admission fee is 4 euro; and the Porto Earl's House itinerary to see the original renaissance décor and the frescos. Admission fee is 6 euro.

Casa su misura, Furniture exhibition, Oct. 4-12, in Padova, 59 via N. Tommaseo, about 24 miles southeast of Vicenza.

Open weekdays: 5-10:30 p.m.; weekends 10 a.m. - 10:30 p.m.

Find the latest in furnishings and accessories for your home and garden. Entrance fee: 6 euro.

Free lessons, other activities

Oct. 2, at 7 p.m. Ernest Hemingway, in Vicenza, Antica casa della Malvasia,

5 Contrà delle Morette.

Extracts from Hemingway's works read in English and then translated into Italian.

Oct. 2, 9 p.m. **Dance therapy**, in Montecchio Maggiore, 8 via Chilesotti. Free sample lesson.

Oct. 4-5, 10 a.m. **Photo exhibition on Tibet**, in Vicenza, 23 Contrà Sant'Abrogio, Church of SS Ambrogio and Bellino.

Oct. 7, 9 p.m. **Explore the sky**. Astronomical Observatory of Arcugnano, 127 via S. Giustina - about five miles south of Vicenza.

View the sky and the planets in great detail with the observatory's telescope.

Oct. 7, 7 p.m. **Self Defense Course** - free sample lesson, in Vicenza, Fisiomed Health Center, 73 via C. Cattaneo.

Free concerts

Oct. 3 - 4, 9 p.m. **Rockteck**, live music, in Vicenza, Quartiere Cattane, Via Cavalieri Vittorio Veneto.

Oct. 4, 8:45 p.m. Enjoy **Indian music and dances**, in Costabissara, 29 V Piazza V. Veneto.



Vicenza health clinic provides vision screenings to Vicenza school students

Maj. Jeff Duncan, U.S. Army Health Center Vicenza, Optometry chief, checks visual acuity of sixth-grader Paul Duncan (his son) as part of the vision screening held at the Vicenza Elementary School Sept. 24. About 700 students, from both elementary and high school, participated in the annual Vicenza vision screening held Sept. 24-26. Only parents who receive a vision referral for their child will need to schedule a full follow up routine vision appointment. For children who qualify, the Bright Eyes program is available through the School Liaison office. The Bright Eyes Program provides partial reimbursement for eyeglasses to children who are currently enrolled or qualified to participate in the USDA School Lunch program. For those children who need eyeglasses, once eligibility has been verified and a receipt of proof of purchase has been sent, a check for \$100 will be issued. Bright Eyes is sponsored by the Vicenza Community Club. All information is confidential. Call the Schools Liaison Office at 634-5998 for more information. (Photo by Laura Kreider, Outlook Staff)



Chili cook off fills tummys

Rachael Cameron (left) adds some beef fajitas to the plate of a Soldier at the 2nd annual Chili Cook Off. The event took place at Hoekstra Field Sept. 26 as part of the Vicenza Military community celebrations of Hispanic American Heritage Month. "It's an awesome event," said SETAF commander Brig. Gen. William B. Garrett III, who was one of many judges for the event. "It's a wonderful way to recognize our Hispanic heritage," he added. Many Soldiers, families and community members had the chance to taste a variety of recipes including bean soup, beef fajitas, Spanish rice, chicken soup, guacamole and *pasteles*, a recipe which uses corn and pork meat. The "People's Choice Award" was based on participants' votes and concluded the event. A tie for first place was between Cameron, SETAF Equal Opportunity office (which helped sponsor the event) and Staff Sgt. Danna Benitez, SETAF. Benitez was declared the winner when Cameron gracefully conceded. "Hopefully, next year it will be even bigger with musical performances," said Staff Sgt. Wilmer Aguilar, SETAF Headquarters Support Company, who participated in the event with his wife and 7-month-old child. "It is nice to share the culture and traditions with the community," he said. (Photo by Laura Kreider, Outlook Staff)

Get out, about with ITR, Outdoor Rec

ITR

Visit Genoa Oct. 12: Cost is \$59 adults, \$49 children ages 4-15, under age 4 pay \$15. Fee includes transportation, guided tour and tour assistant.

For details on this and other trips, call 634-7094.

Check out the new *Salute* Fall 2008-Winter 2009 calendar, out now. Download the events happening each Month with iTR!TRiP on www.vicenzamwr.com or pick up your free copy at the iTR!TRiP office.

ODR

Overnight ski and snowboard trip to **Val Senales**, Nov. 8-10. Cost is \$325 for adults, no youth discounts.

Fee includes accomodations, breakfast and dinner, transportation. Lift tickets are not included.

For details on these and other trips, call ODR at 634-7453.

Check out the new Outdoor Rec Fall 2008-Winter 2009 calendar, stop by ODR for a free copy.

Now Showing

Ederle Theater

Oct. 2	Dark Knight (PG13)	6 p.m.
Oct. 3	Eagle Eye (PG13)	6 p.m.
	The X-Files: I want to believe (PG13)	9 p.m.
Oct. 4	The Mummy: Tomb of the Dragon Emperor (PG13)	3 p.m.
	Eagle Eye (PG13)	6 p.m.
Oct. 5	The Mummy: Tomb of the Dragon Emperor (PG13)	3 p.m.
	Eagle Eye (PG13)	6 p.m.
Oct. 8	The X-Files: I want to believe (PG13)	6 p.m.

Camp Darby Theater

Oct. 2	Wanted (R)	6 p.m.
Oct. 3	The Mummy: Tomb of the Dragon Emperor (PG13)	6 p.m.
Oct. 4	The X-Files: I want to believe (PG13)	6 p.m.
Oct. 5	Swing Vote (PG13)	2 p.m.

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

Looking for the movie synopsis? Check out the AAFES Web site: www.aafes.com, scroll to the bottom of the page and click on Movie Schedule.

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

Bowling leagues forming

Join a league in the new Arena 16-lane bowling center. Intramural leagues and mixed leagues will begin Oct 15.

For details call the Arena at 634-7886.

Barbara Coloroso speaks in Vicenza

The community is invited to hear best-selling author Barbara Coloroso at the Ederle Theater Oct. 7 at 9 a.m.

For details call Norie McCall, school liaison officer at 634-5998.

Youth Services hiring

Youth Services is hiring a Child and Youth program assistant.

Look for specifics at the CPOL Web site, www.cpol.army.mil or call NAF CPAC for at 634-8344.

Estate claims

Anyone having claims on or obligations to the estates of Cpl. Jason Hovater or Cpl. Jonathan Ayers, Chosen Company, 2-503rd, Vicenza, Italy, contact the summary court martial officer, 2nd Lt. Kevin Smith at 327-697-8869 or e-mail kevin.smith43@mail.us.army.mil.

Anyone having claims on or obligations to the estates of Cpl. Pruitt Rainey or Cpl. Matthew Phillips, Chosen Company, 2-503rd, Vicenza, Italy, contact the summary court martial officer, 2nd Lt. Marshall Johnson at 327-696-5021 or e-mail marshall.adam.johnson@eur.army.mil.

Recruiters sought

A team looking for Army recruiters will be on Caserma Ederle Oct. 6 at the Ederle Theater. All Soldiers E4 through

E7 are eligible and spouses may also attend.

Briefings are 10 a.m. and 1:30 p.m.

The briefing does not obligate you for recruiting duty.

For details, call Master Sgt. Michael Perry, SETAF Retention office, at 634-7387.

American Red Cross notes

Volunteer orientation: Oct. 7, 1-3 p.m.

CPR class: Oct. 18, 8:30 a.m. - 4:30 p.m. Fee of \$30 includes class materials.

Babysitter's training certification: Oct. 25, 9 a.m.-5 p.m. The October course is free thanks to Child and Youth Services.

Become a Health & Safety Instructor. Oct. 24-26, learn how to teach CPR/First Aid/AED and Babysitter training classes. Course fee of \$145 includes prerequisites, processing fee and all materials.

For details or to preregister for any of these courses visit the American Red Cross office Monday-Friday, 8 a.m.-4:30 p.m. in bldg 108, room 47, or call 634-7089 or 0444-71-7089 from off post.

Naturalization test

The United States Citizenship and Immigration Service (USCIS) is now administering a redesigned naturalization test.

All applicants for citizenship preparing for this test can visit www.uscis.gov/newtest or visit the passport office for information on study materials.

The passport office hours are Mon.-Wed. and Friday, 9-11:30 a.m. and 1-4:30 p.m. Thursday hours are 1-4:30 p.m. The office may be reached at 634-7721 or



Speak out against domestic violence

Col. Erik Daiga, USAG Vicenza commander, reads the story of a Silent Witness outloud at the opening of Domestic Violence Awareness Month at Davis Soldier and Family Readiness Center. Each Silent Witness contains the story of a victim who died as a result of domestic violence. Stories are representative of persons throughout the United States and tell the stories of both male and female victims. This is the third year that silent witnesses will be displayed in our community. (Photo by Cristina Zacchino, Army Community Service marketing chief)

0444-71-7721 from off post.

Special Forces recruiting

Oct. 17, 21, 24 and 27 from noon-3 p.m. an SF team will be at the Ederle Theater looking for eligible volunteers to join this elite team.

All male Soldiers, specialist through staff sergeant with a GT score of 100 or higher and officers from year group 2006 are encouraged to see what Special Forces has to offer.

Domestic Violence Awareness month

October is Domestic Violence Awareness Month. Events include: Oct. 21, 7-8 a.m.: Family Advocacy Program family breakfast in the Vicenza Schools cafeteria.

Oct. 23, 3-6 p.m.: Emergency Placement Care awareness table at the post exchange. Learn about how you can help a family in need.

Oct. 27: Mentors in Violence Prevention guest speaker Daryl Fort. Time to be announced.

Money talks

Hear and meet internationally-acclaimed financial gurus Kelvin Boston from the PBS series "Moneywise in the Military" and Peter Bielagus.

Oct. 22: Have your finance questions answered live over AFN 106FM radio between 9-10 a.m. Then at 4-5:15 p.m. Boston and Bielagus will sign copies of their books in the post exchange.

Oct. 23: 9-11:30 a.m. Boston

and Bielagus will speak at the Ederle Theater. The community is invited. Questions are invited.

Call Financial Readiness at 634-7500 for details.

ACS library series

Join us for *Lunch in the Library* every Tuesday. This new program from Army Community Service is held 12:30 to 1:30 p.m. and free lunch is provided. Each week a different ACS class is held.

Oct. 14: Family Advocacy Program stress management

Oct. 21: Employment Readiness and Career Discovery Call 634-7500 for details and reservations.

Community job fair, workshop

Oct. 22, 10-11 a.m. **Career Discovery Workshop** at ACS. This is followed by a community job fair in the ACS lobby, 11:30 a.m.- 1 p.m. Call 634-7500 for details.

ACS classes

Oct. 14, 10-11 a.m. **Bond with your child through play.**

Oct. 14, 9:30-11:30 a.m. **Breast-feeding basics.** Join us in the NPSP living room.

Oct. 15, 10:30-11:30 a.m. **Ace the interview** with Employment Readiness.

Oct. 15, 3-4:30 p.m. **Freddy FAP visits Tunisia.** Fun activities and snacks for the entire family.

Oct. 22, 11 a.m.-Noon. **Sponsorship class.** Learn how you can be the best sponsor and help newcomers settle in.



Combined Federal Campaign kicks-off

173rd Airborne Brigade Combat Team Soldiers Spc. Ryan P. Fasano (left) and Spc. Anthony Bagtas hang out in the USO lounge during lunchtime. The USO is one of several post non-profit agencies that benefit from donations from the Combined Federal Campaign. CFC is a yearly event that allows military members and civilian employees to contribute to charities of their choice through payroll deductions. CFC coordinators are assigned to units and agencies to collect pledges. Direct questions to Capt. Tina Winn, CFC project officer, at 634-7701 (Photo by Laura Kreider, Outlook staff).

Religious activities

Caserma Ederle Chapel

Call the chapel at 634-7519 (0444-71-7519) for details on post religious activities.

Chaplain Crisis Line:

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

Saturday services

4 p.m.: Sacrament of Reconciliation, or by appointment.
5 p.m.: Vigil Mass

Sunday Services

9 a.m.: Roman Catholic Mass
Mass is held weekdays at noon.

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

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

11 a.m.: Protestant worship
1:30 p.m.: Full Gospel Pentecostal worship

4 p.m.: Lutheran worship
6 p.m.: Contemporary Christian worship

Monday

Noon: LDS Scripture Study
3:05 p.m.: Middle School Club in the high school cafeteria. (October-May)

5:30 p.m.: High School Club in the Teen Center. (October-May)

For details contact Jocelyn Cary at 634-7890 or 349-385-3476 or vicecb@yahoo.com.

Tuesday

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

Wednesday

Noon: Protestant Men of the Chapel Bible study (at DFAC)

5:30 p.m.: PWOC evening Bible study

Thursday

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: Mohamed Noeman at 634-6306.

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

Latter Day Saints (LDS):

Elder Openshaw, 334-665-6845 or Frank Petty at 634-3907/340-899-2218. Scripture study is held Monday, noon-1 p.m.

Darby Chapel

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

9:40 a.m.: Catholic Reconciliation

10 a.m.: Catholic Mass
11:15 a.m.: Protestant worship

Beginning Oct. 5, Protestant Sunday school starts at 9:45 a.m. and Catholic CCD is at 11:15 a.m.

All briefs must be received at editor@eur.army.mil noon Monday, or by Friday at 4 p.m. if Monday is a holiday.

Come out Saturday for Cougars Homecoming

Sports Shorts



Vicenza High School Cougars football team

Kneeling (left to right) Samuel Pemberton, Zachary McNeil-Lusignan, Christian Arce, Jackson Buffington, Zachary Bishop, Reginald Haines, Jr., Kyle Kaus, Isaia Vimoto, Jr., Shakael Skeete, Kolawole Awe, Christian Kight, Tresuan Lee, John Gueli. Standing (left to right) Asst. coach David Bly, head coach Adam Ridgley, assistant coach Mark Wilson, assistant coach John Parker, Miguel Rosario, Jr., Reginald Sweed, Marc Ross, Dahvien Dean, Nicholas Angyal, Gabriel Rosario, Nicholas X. Williams, Micky Stoner, James Erickson, Nicholas S. Williams, Jonathon Bowman, Alexander Steger, Alexander Stevenson, William Barton, assistant Ccoaches Chris Buscema, Brandon Salone and Scott Williams. Not pictured are Oluwasegun Awe, Charles Austion, Jeremy Bolt, Gary Donald, Mike Niccoll, Cruz Reyes, Royce Riel, Bobby Unger and managers Jamie Nelson, Michelle Smith and Katie Lynch. (Photos by Laura Kreider, Outlook staff)



VHS Cougars Girls' volleyball team

Front row: Valerie Stanley, Adriona Cleveland, Yelitza Maura, Yasmine Anderson, Megan Newbell-Wright, Annemieke LaMarche, Ariel Vimoto, Alessia Catena, Anna Vallery and Federica Wade. Second Row: Ebonie Newton, Rebecca Inman, Mayra Maura, Courtney Anderson, Ebony Tyson, Elizabeth Nantz and Victoria Inman. Back row: Pearl Fowler, Marta Blanco-Castano, Gabrielle Williams, Sefora Cotugno, Brenda Sanchez and Bailey Butler. (Not pictured are coach Kathleen O'Neill and assistant coach Amanda D'Hondt)

VHS Cougars cross country team

At right (Left to right) front row are: Marc Bowman, Shakil Mason, April Peterson, Mishal Cotugno, Sarah Heryford, Aryn Jeffries-Cade. Back row: Zach Dickens, Taylor Kier, Emily Johnson, Mariana Capano, Elizabeth Buffington, Allyson Holland, Jessica Touzinsky. (Not pictured is coach Carol Kabonick)



VHS cheerleaders

(Left to right) Front row: Tiffany Stevenson, Rachel Garcia and Jakena Caldwell. Back row: Janette Prados, Tyenna Martin and Sara McKeever. (Not pictured are coaches Nicole Mansfield and Linda Ashby)



VHS Cougars tennis team

(From left to right) Front row: Cristina Buffington and Jackie LaMarche. Back row: Nicholas Holland, coach Rebecca Bassett and Jessica Holland. (Not pictured: Will Besuden, Tyler Gafford, Nina Lintz, Rebecca Matheson, Gaby Munoz and Emelie Steck)



VHS Cougars Boys' volleyball team

(From left to right) Front row: Tevin Cleveland, Chris Le, Adrian Kabonick, Thomas Nantz, Cristian Addison, Michael Weston. Back row: Coach John Zaborek, Joshua Rizzo, Kyle Wood, Thomas Robertson, Trevor Rice, Manager Maya Zaborek. (Not pictured are assistant coaches Robert Addison and Nelson Nunez)

3-Point Basketball Shoot Out

The fitness center hosts a 3-point shoot out Oct. 17-18 at 6:30 p.m. with male and female categories.

A participants' meeting is Oct. 17, at 6 p.m., at the fitness center. Participants must be 18 years of age and out of high school.

Deadline to sign up is Oct. 14. Call the sports and fitness office at 634-7009 for details.

Intramural Bowling League forming

The Arena offers a Tuesday Night Intramural Unit/Organization leagues beginning Oct. 14 at 5:30 p.m. The sign-up deadline is Oct. 14. Call 634-7013 for more details.

Mixed League bowling

Mixed league bowling teams are forming now at the Arena. Teams consist of four people and run Oct. 15 through Feb. 18, at 5:30 p.m. Deadline to sign up is Oct. 15, call 634-7013 for details.

October 5k Fun Walk/Run

Fall into fitness and support Domestic Violence Awareness Month Oct. 11 by participating in a 5K Fun Run/Walk. Pre-registration is mandatory by Oct. 7 at the fitness center for adults and youth can register at CYS Central Registration.

Pre-brief is at 9:45 a.m. and the race begins at 10 a.m. on the North 40 track. Call 634-7219 for details.

CYS Youth sports

The community is invited to come out and cheer for their favorite teams.

Bambino (ages 3-5) soccer games are held Thursdays through Oct. 23 at 5 p.m. and 5:45 p.m. on Villaggio.

Peewee (ages 6-7) soccer games are held on Villaggio Wednesdays through Oct. 22 at 5 p.m. and 5:45 p.m.

Minor (ages 8-9) soccer games are held on Villaggio Fridays at 5 p.m. and 6 p.m. through Oct. 24, with an exception for the Oct. 9 game.

Bantam (ages 10-12) soccer plays Sept. 27 in Villaggio starting at 9 a.m.

Junior (ages 13-15) soccer play Saturdays through Oct. 25. Sept. 27 games in Villaggio start at 10 a.m.