



What's Inside



Garrison news
pages 2 & 3

October is Domestic Violence Awareness Month. Quilt of Hope makes its rounds on post as a show of support, reminder that help is available

Community Camera
page 4

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

USAG Livorno
page 5

Local runners descend on Pisa for the 2010 Tower race

Cavallino Matto amusement park offers Halloween-themed attractions

Community events
pages 6 & 7

AAFES Movie Schedule

OUT & ABOUT: A local listing of concerts, festivals and events. Highlights include **Babybuskers Children's Street Art Festival** this weekend in downtown Vicenza

Sports
page 8

Separating fitness fact from fiction

Army offering dollars for ideas

By Sgt. JOEL SALGADO
U.S. Army Europe Public Affairs Office

U.S. Army Europe Soldiers and civilian employees can be awarded up to \$25,000 by submitting their ideas to improve the Army through the Army Suggestion Program.

Soldiers, U.S. federal employees and local national civilian employees who are paid from appropriated funds are eligible to take part in the program, said Joseph Jerdee, the Level 2 ASP actions coordinator for Installation Management Command Europe.

"The Army Suggestion Program is a program that encourages Soldiers, civilians, and any concerned individual to submit ideas that will result in increased efficiencies and reduced costs," Jerdee said.

Although the Army established the program in 1943, this could be a good time to take advantage of the program because of the current emphasis on cost savings within the Department of Defense and the Army. For example, DoD finished accepting suggestions Sept. 24 from across the services – nearly 15,000 of them – that are eligible for cash awards under its INVEST cost-savings initiative.

According to the ASP website, all suggestions submitted through the program must benefit the Army or other U.S. government activities by identifying a problem and recommending a solution for it.

"Suggestions follow a review and approval process based on the level of the

See WIN UP TO Page 2

you can win up to
\$25K
with a suggestion

Visit the ASP site today

Got an idea? The Army Suggestion Program encourages Soldiers, civilians and concerned individuals to submit ideas that will result in increased efficiencies and reduced costs. For more information or to submit an idea, visit the ASP website at <http://asp.hqda.pentagon.mil/public/>

Festival tips hat to Vicenza actors



Photo by Richard Price

The Odd Couple - Female Version, starring (from left) Vicenza's Luigi Dalla Vecchia, Kelly Junod and Lorenzo Felisatti was Soldiers' Theatre's entry for the U.S. Army Festival of the Arts. Felisatti won second place for best supporting actor.

By ADRIANE FOSS
Outlook Editor

The talent of Caserma Ederle actors did not go unnoticed during the One-Act Play Festival in Kaiserslautern, Germany, Oct. 9.

More than 400 people from garrisons throughout Europe gathered at the KMC Onstage Theatre to participate in the annual three-day festival. Thirteen entries were performed, and visiting judges from New York's American Association of Community Theatre highlighted two Vicenza Soldiers' Theatre performers.

For their work in Rat Wives, Linda Dahlstrom won second place for best supporting actress and Aaron Talley won first place for best stage manager and third place for best monologue. Soldiers' Theatre Director Jerry Brees said this year's competition was stiff and he was very proud of the cast and crew of Rat Wives. "There were a lot of wonderful shows this year," said Brees. "They really pulled out all the stops."

See GODSPELL COMING Page 2

Postal Service sets holiday mail deadline

By CHERYL PELLERIN
American Forces Press Service

The recommended mailing deadline for sending economy-priced holiday packages to service members in Afghanistan, Iraq and other places around the world is Nov. 12, officials at the U.S. Postal Service say.

"Shipping holiday packages early helps ensure that they arrive in time for the holidays," Pranab Shah, vice president and managing director of global business at the Postal Service, said in a press release this week. "They are a great morale boost for those men and women serving their country in places far from home."

Other deadlines for arrival by

Deadline for economy packages is Nov. 12. Other deadlines for arrival by Dec. 25 are Nov. 26 for space-available mail; Dec. 3 for parcel airlift mail; Dec. 10 for priority mail and first-class mail, letters and cards; and Dec. 18 for express mail military service

Dec. 25 are Nov. 26 for space-available mail; Dec. 3 for parcel airlift mail; Dec. 10 for priority mail and first-class mail, letters and cards; and Dec. 18 for express mail military service.

Holiday packages and mail headed for Iraq and Afghanistan must be sent a week earlier than the deadlines above, Postal officials say. Express mail military service is not available to those destinations.

The Postal Service offers a discount on its largest priority-mail flat-rate box--a 12-inch

by 12-inch by 5.5-inch carton that can accommodate laptop computers, small conventional ovens, and troop care packages.

Mail sent to overseas military addresses costs the same as domestic mail and the usual price for the large flat-rate box is \$14.50. But for packages heading to APO/FPO addresses, the Postal Service charges \$12.50 or \$11.95 for those who print the priority-mail postage label online.

Priority-mail flat-rate boxes are free at any post office and

can be ordered online at shop.usps.com. Postage, labels and customs forms can be printed online at the postal website.

APO/FPO addresses usually require customs forms, Postal officials say, and each country has customs regulations that apply to all mail, including U.S. military mail coming into the country.

Mail addressed to military and diplomatic post offices overseas is subject to restrictions in content, preparation and handling.

For specific restrictions and mailing prices to an APO/FPO address, visit the Postal Service's online price calculator or a local post office or call 1-800-ASK-USPS.

Godspell coming to Ederle stage

continued from Page 1

Brees also noted that U.S. Army Festival of the Arts awards for Soldiers' Theater's summer production of The Odd Couple-Female Version was announced this weekend. Vicenza's Lorenzo Felisatti won second place for best supporting actor.

"I'm constantly amazed at the talent we have in Vicenza," said Brees. "It's exciting, and I think community members will be amazed at the professional quality of the people and productions right here in our own backyard."

"Both Rat Wives and Odd Couple were outstanding productions, very high quality but very different," he said.

"The Odd Couple was your typical Neil Simon production, an audience pleaser, very funny," explained Brees. "Rat Wives was a period piece, still a comedy but historically based, so there was a lot of intellectual wit and humor."

"But for anyone who missed either of those," Brees said community members can still enjoy one of three upcoming performances onstage through the spring: the annual holiday musical in December,



Photo by Richard Price

(From left) Soldiers' Theatre actresses Linda Dahlstrom, Bethany Hacker and Kelly Junod perform in Rat Wives, Caserma Ederle's entry in the One Act Play Festival.

the 1970's Off Broadway hit Godspell and a soon to be announced comedy in May.

Auditions for the holiday musical take

place Oct. 18 at 6:30 pm. Community members who would like to perform or volunteer with Soldiers' Theater can call 634-7281 for information.

Win up to \$25K for cost-cutting suggestion

continued from Page 1

suggestion. In other words, if the suggestion is specific to the installation, it can be reviewed and approved or disapproved at that level," said Jerdee. "Ideas that require higher-level review for approval are forwarded through the system to the appropriate level."

If a suggestion is approved and implemented by the Army, an assessment is made to determine how much the initiative saves the Army.

Depending on the amount saved, the person who made the suggestion can earn up to \$25,000 for their ideas.

Individuals who are not eligible for cash awards may still be able to make suggestions and could receive a plaque or certificate for their ideas.

Army Regulation 5-17 (The Army Ideas for Excellence Program) outlines how that process works, who is eligible for cash awards for approved suggestions and how cash awards are determined.

According to that regulation, the money is paid after final approval is granted, and comes from the appropriated funds of the individual's unit or organization.

More information about determining cash awards can be found in AR 5-17, Table 5-1.

The program is ongoing, and suggestions can be made at any time. For more information or to submit an idea, visit the ASP website at <http://asp.hqda.pentagon.mil/public/> (available to Army Knowledge Online registered users only).

Suggesters unable to access AKO can submit a DA Form 1045 (Army Ideas for Excellence Program Proposal) to their installation ASP coordinator.

The ASP coordinators for U.S. Army Garrison Vicenza is Shirley Martin. She can be reached at 634-7270 or shirley.k.martin@us.army.mil.

Help power America with energy-efficient efforts

Vicenza Environmental Division

The 2010 Energy Awareness Month theme is POWERING AMERICA; We're On Target.

The theme depicts how, across the nation, we continue to work on energy targets to stimulate the economy, lower operating expenses, reduce greenhouse gas emissions, and achieve long-term energy and economic security.

Investments in clean energy technologies are accelerating at an unprecedented pace. Collectively, these efforts are expanding industries, creating jobs, and positioning America at the center of a global economy for sustainable energy.

Our nation can benefit from the wise use of energy at federal facilities. As the nation's largest energy consumer, the federal government has a tremendous opportunity and acknowledged responsibility to lead by example.

Efficient energy management at federal facilities:

- Saves taxpayer dollars
- Reduces greenhouse gas emissions
- Protects the environment and natural resources
- Contributes to our national security

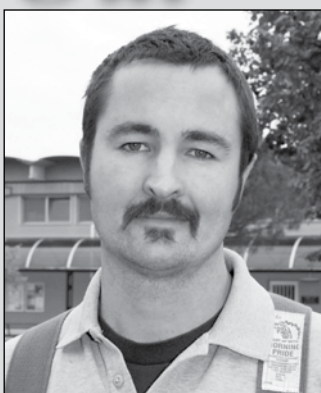
USAG Vicenza is working hard to reduce our energy consumption and cut costs and we want to share with you some of our energy saving ideas and energy initiatives we have implemented.



Community members are invited to the PX food court Thursday from 10 a.m.-2 p.m. to receive some great energy saving handouts.

Speak Out

How do you save energy at home and work?



Capt. Cory Prough
Fire Department

"I turn off lights/AC when not at home."



Spc. Adam Dineen
AFN Vicenza

"I turn off air conditioning while not at home."



Capt. Michael Gray
Warrior Transition Unit

"In addition to turning off lights and AC, I make sure faucets are turned off. I also recycle."



Laura & Clara Lusby
Family members

"We have a drying rack for hanging our laundry."



Lori Wilcox
Family member

"I turn off lights when I am not in a room and teach my children the same, and to turn off water when brushing teeth."

Commentary: Army seeks end to domestic abuse

By DAVID KUHN
Northwest Guardian

Domestic abuse is like toxic mold - it thrives in hidden, dark corners, but dies when exposed to open air.

This used to be a hidden crime, if it was taken seriously at all - either viewed as a normal part of family life, or as too shameful to be mentioned publicly.

Many people even thought domestic violence was funny - any of you remember Ralph Kramden, on the old "Honeymooners" TV show raising his fist and promising, "One day Alice - pow - right in the kisser?"

One of the great, positive changes in Army culture over the years is the ever-increasing willingness to acknowledge and talk about domestic abuse in Army

families. There are resources available for families seeking assistance, places for victims to go for help, advocates and counselors to monitor the situation. It hasn't always been that way.

A few years ago, I worked with a woman who was battered by her husband. One night it got especially

I worked with a woman who was battered by her husband. One night it got especially bad - he blackened her eye and kicked her hard enough to break several ribs.

bad - he blackened her eye and kicked her hard enough to break several ribs.

She called the military police on the installation, but got little help.

They treated it as a unit disciplinary problem and called up her husband's platoon sergeant.

The NCO told the police that an evening drinking beer had left her in no condition to counsel a Soldier. Not to be deterred, the MPs offered to give the impaired platoon sergeant a ride to the scene of the beating.

Once there, the drunken NCO tried to caution the husband against

a repetition, then they all - MPs and platoon sergeant - left the Soldier in the home with the woman he had already beaten.

Then, as if abandoning the children and an injured woman to the care of her attacker wasn't bad enough, it got worse.

The husband's commander decided against any disciplinary action - it seems the husband had a critical role in preparing for an inspection of some sort. "Mission first," was the misplaced excuse.

There were those who tried to call attention to this miscarriage, but to no avail.

The husband moved out of the quarters, the couple divorced and a few months later the woman moved to another part of the country. For all I know, the battering husband still serves in the Army somewhere.

That sort of tragedy is hard to imagine today.

It isn't that there aren't still cases of domestic abuse in Army families. As long as there are couples, there will be some individuals who turn their

partners into victims. In that, the Army is no different from the rest of society.

But there are serious efforts to help families head off growing problems before they turn into abuse. Leaders at all levels now go through multiple layers of instruction on how to identify potential problems and to respond to them when they take place.

Base police are given the training they need to respond to domestic problems appropriately - and always with priorities placed on the safety and health of possible victims.

Those efforts, we can hope, will reduce the frequency and severity of abuse in the home. But they can never be so effective that it is safe for us to grow complacent.

Every member of our community has a role in preventing domestic abuse. Through our combined efforts, we have a much better chance of pulling the infection into the open, where it can inevitably die and its victims be returned to health.

David W. Kuhns Sr. is editor of Joint Base Lewis-McChord's weekly newspaper, the Northwest Guardian.

Quilt of Hope a show of support for victims of domestic violence

By CAITLIN BEAUCHAMP
Vicenza ACS

Monday marked the first of many events being held at Caserma Ederle in observance of Domestic Violence Awareness Month.

The event was an opportunity for the community to come together and take a stand against domestic violence by hearing the proclamation read by U.S. Army Health Center Vicenza Col. Kimberly Armstrong.

Community member also had the opportunity to see the start of Vicenza's Quilt of Hope project. Each quilt square was made by someone in the community who has chosen to take a stand against domestic violence and stand behind victims in our community.

Different agencies throughout the month of October will display the quilt in a show of support to victims and as a reminder that help is available.

Domestic violence is one of the most chronically under-reported crimes. Only 8-10 percent of women and 1-2 percent of men report the assault to an agency or authorities.

Restricted reporting, open to both service members and civilian ID cardholders over age 18, gives victims the option to receive services (victim advocacy and counseling to help them heal and take control of the



Domestic violence is one of the most chronically under-reported crimes. Only 8-10 percent of women and 1-2 percent of men report the assault to an agency or authorities. On-post agencies will display the quilt in October in a show of support to victims and as a reminder that help is available.

Courtesy photo

situation) without launching an investigation.

Other events throughout the month include a weekly book club that will read the bestseller Gift of Fear by Gavin DeBekker every Thursday at the post library at 10:30 am. A couples dessert bake-off is slated Tuesday

at ACS from 11:30 a.m. - 1 p.m. If your spouse is not here and you'd still like to participate, grab a friend and sign up.

For more information, call 634- 6269/0444-71-6269 or e-mail caitlin.beauchamp@eur.army.mil.

The Outlook October 14, 2010 Vol. 43, Issue 40

U.S. Army Africa Commander
Maj. Gen. David R. Hogg

USAG Vicenza Commander
and Publisher
Col. Erik Daiga

USAG Vicenza
Public Affairs Officer
Grant Sattler

Editor
Adriane Foss

Photojournalist
Laura Kreider

The Outlook is an unofficial publication authorized and provided by AR 360-1.

All editorial content of The Outlook is prepared, edited and approved by the U.S. Army Garrison Vicenza Public Affairs Office in Bldg. 109 on Caserma Ederle in Vicenza, Italy. The office's DSN number is 634-6363, off post at 0444-71-6363 or e-mail: editor@eur.army.mil

eur.army.mil.

The Outlook is published weekly by the USAG Vicenza PAO, Unit 31401, Box 10, APO AE 09630. It is printed by Artigiana Grafica.

Editorial publication is an authorized section for members of the U.S. Army overseas. Contents of The Outlook are not necessarily the official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army, Installation Management Command-Europe, U.S. Army Garrison Vicenza or the U.S. Army Africa.

Submissions: Send all submissions for publication to editor@eur.army.mil. Submissions should be made via e-mail and must be received by Monday at noon for that week's publication.

The editor reserves the right to edit all submissions for style, brevity and clarity. Circulation is 3,000 per week.

At your service Army Wellness Center



Katie Jenkins is a health educator at the Vicenza Army Wellness Center.

"At the Wellness Center we offer two tools that will take the guess work out of weight management: metabolic and VO2 max testing," said Jenkins, a certified physician's assistant. "Metabolic testing will tell you how many calories your body burns at rest... and how many calories you need to take in to lose weight. VO2 max determines the heart rate zone where a person burns the most fat."

Jenkins said even the most physically fit people can benefit from these tests, and urges community members to stop in for testing.

She is located in the Wellness Center behind the fitness center and can be reached Monday to Friday, 7:30 a.m.-4:30 p.m. at 634-8186 / 0444-71-8186.

Community Camera

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



Worth the wait:

Community members wait in the courtyard for a tour of Vicenza's newly opened health center during the Oct. 7 grand opening. Doctors, dignitaries and dentists together with community members attended a ribbon cutting ceremony for the opening of the \$57 million facility. "This was a true community effort that resulted from staff and patient voices," said Health Center Commander Col. Kimberly Armstrong. "The result is a facility that reflects our desire to create a healing environment." From marble-tiled floors to hand-picked frescoes, and olive trees located in the courtyard, the new building not only brought together health services from sites across Caserma Ederle, it also represents an attempt to blend with the local community and environment. The building adds dental capabilities and overall floor space, an expanded birthing center capacity -- four beds to seven -- and the future addition of same-day general surgery. "We want people who come here to see the beauty around them and know they are cared for," Armstrong said. "Health care is not about buildings, it is about people."

Photo by Laura Kreider



This is how we do it:

(At left) Vicenza Fire Department fire fighter Federico Croce and Fire Captain Cory Prough demonstrate vehicle extrication techniques Oct. 8 outside the PX in observance of National Fire Prevention Week.

Photo by Laura Kreider

Open House: (At left) Vicenza Fire Department Captain Cory Prough demonstrates how to use the fireman's tripod system, a tool for confined space rescue during Open House at the Fire Department Oct. 9. About 25 children participated in the event that wrapped up National Fire Prevention Week. Fire Prevention Week commemorates the Great Chicago Fire, a two-day blaze - Oct. 8-9 in 1871, that killed more than 250 people, destroyed more than 17,000 buildings in a four-mile area and left 90,000 residents homeless. Photo by Laura Kreider



Photo by Laura Kreider

Yeah, Mommy: Vicenza youth wave at their parents before performing God Bless America at the ribbon cutting ceremony/ grand opening for the new Child Development and School Age centers held in Villaggio Oct. 6.



Courtesy photo

Education abroad: The Office of Public Education, led by Vice-Mayor Alessandra Moretti, organized a field trip to Piave Valley in the Pordenone province of the Friuli Venezia Giulia region of Northern Italy for Italian and Vicenza American High School students. The group of more than 200 students descended upon the site for a guided tour of the now defunct Vajont Dam, a hike to the famed landslide area, a walk through the remains of the destroyed village of Erto and a visit to the memorial site at Fortogna.

Darby Dates

Visit www.usag.livorno.army.mil

Halloween Trunk-or-Treat
The School Age Center is coordinating trunk-or-treating for the Livorno community Oct. 29. To take part in the trunk-or-treat call SAC at 633-7613 by Oct. 22.

Library Closed
The post library is closed Oct. 18- Nov. 8 to move to its new facility. Call 633-7000.

AWAG conference
Camp Darby will host the Italy AWAG Area Conference Oct. 23-25. Enjoy great classes like Traveling in Italy, Nurturing Parents and Healthy at Any Age. Register at www.awagonline.org/Italy.html.

BOSS Elections
Free food and birthday cake for single service members Oct. 21 at 5 p.m. at the Darby Community Club.

Armed Forces Entertainment Comedy
Don't miss comedians Tommy Davidson and Rob Maher Oct. 24 at 7 p.m. at the Darby Community Club. Free show for adults only.

Cheerleading and Basketball Registration
Cheerleading and basketball registration is open through Oct. 31. Call 633-7681 to sign up.

Thanksgiving Meal
The Vicenza dining facility will serve a Thanksgiving meal Nov. 19 at the Livorno Unit School cafeteria. Buy a ticket from your unit representative. No tickets sold at the door.

ACS Classes
Baby's Coming class Oct. 19 and 20.
Italian cooking class Oct. 20, noon- 2 p.m.
Italian for Beginners Oct. 25, 5:30 p.m.- 6:30 p.m.
Call DSN 633-7084 to sign up.

SAS/YS Classes
Free dance class at SAS Oct. 21, 2:30 p.m. or YS Kick Back Night Oct. 29, 6 p.m.- 10 p.m.

Travel with ITR
Perugia Chocolate Festival Oct. 23.
Gardaland Halloween Oct. 24.
Wine tasting trip to Tenuta Agricola Pitti Oct. 30.
Lucca Comics Oct. 31.

Religious Activities
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
For details, call the chapel at DSN 633-7267.



More than 300 runners from throughout Europe participated in the 28th Annual Run to the Leaning Tower Friday. Visit www.usag.livorno.army.mil/run2010.html for race results and photos.

Runners invade Pisa for Tower race

Story and photos by
CHIARA MATTIROLO
USAG Livorno Public Affairs

More than 300 runners, including U.S. troops, Italian naval academy cadets, the Carabinieri, Italian air force and local running clubs members, ran 12 kilometers from the front gate of



Camp Darby to the Leaning Tower of Pisa Oct. 8.

The Run to the Tower is an enduring tradition of the American and Italian communities and has been fostering camaraderie and friendship between the two nations for the last 28 years.

"I have been running this race since 2002" said Francesca Caroti-Ghelli, the first female finisher. "I love this race, the path and the idea that various military and civilian groups join together," said Alessandro Guerrini, winner of this year's run. "I am glad I was able to express my potential by winning this competition. "This reflects credit to my regiment."

Guerrini said he dedicated his victory to all Soldiers killed in battle and, in particular, to those of his regiment.

"I want to thank the Italian and American service members and their families who took part in this year's

(Right) Zach Garcia, the first American to finish the 12K race poses with Chief Warrant Officer Robert Carter in front of the Leaning Tower.

Run to the Tower," said USAG Livorno Commander Lt. Col. Kevin Bigelman. "I look forward to seeing you at next year's race."

"It's been 28 years now that the city of Pisa bears with this friendly invasion," said Italian Base Commander Col. Raffaele Iubini. "We want to thank the local administration for their patience and the police forces for their superior service in protecting the runners."

Alessandro Guerrini finished first with an overall time of 40:30. The first female finisher was Francesca Caroti-Ghelli, and the first American to cross the finish line was 16-year old Zach Garcia.

The U.S. Army Health Clinic Livorno also received a trophy for being the unit with the highest percentage of service members competing. The Folgore Brigade (Italian Air force), Carabinieri regiment *Tuscania*, received a trophy for the largest overall number of runners.

The American and Italian command group at USAG Livorno convened at the Auditorium of the Opera Primaziale Pisana after the run to recognize the winners.

Have a ghoulish good time at local amusement park

By **CHIARA MATTIROLO**
USAG Livorno Public Affairs

About a half an hour south of Camp Darby is the Cavallino Matto amusement park, the biggest in Tuscany.

Cavallino Matto covers an area of 76,000 square meters in the pine woods of Marina di Donoratico and offers rides and shows for all age groups.

This year's newest high-adrenaline attraction is the "Shocking Tower," driving visitors 55 meters skyward in only 1.8 seconds for a breathtaking, hair-raising view of the park and surrounding area.

Visitors can also enjoy face painting, a 4-D movie and magician show.

The park is open every Sunday in October with Halloween themes aplenty. Dracula is one of several characters entertaining park visitors with jokes and lots of fun.

The Cavallino Matto restaurant, a self-service eatery and various food stands offer pasta, pizza, sandwiches and ice



Photo by Cavallino Matto

Park visitors enjoy Halloween events every Sunday in October.

cream. A picnic area allows visitors who packed their own lunch to break away from the park madness and enjoy a relaxed meal.

The park is open 10 a.m.-6 p.m. Entry

is free for children under 90 cm. height. Pick up discount tickets at Camp Darby's Information Tours and Recreation Office, adjacent to the Sea Pines Lodge, or call 633-7589.

Fun for the young, and young at heart:

Don't miss the **Babybuskers Children's Street Art Festival** Saturday 3:30-7 p.m. and Sunday 11 a.m.-12:30 p.m. & 3:20 -7 p.m. in Vicenza's Piazza dei Signori. Visitors can enjoy music and theatrical performances, puppet shows, clowns, magic tricks and much more. Free entrance.

Courtesy photo



the Mediolanum Forum.

Adam Lambert: Nov. 24 in Milan.

Shakira: Nov. 27 in Torino, Palaolimpico.

Kings of Leon: Dec. 3 in Bologna, Futurshow Station.

30 Seconds to Mars: Dec. 8 in Bologna, Paladozza.

Voca People: Dec. 13 in Milan, Teatro Dal Verme; Dec. 15 in Florence, Teatro Saschall.

The Harlem Gospel Choir: Dec. 23 in Milan, Teatro Europauditorium.

Buy tickets in Vicenza at Media World in the Palladio Shopping Center or at http://www.greenticket.it/index.html?imposta_lingua=ing or <http://www.ticketone.it/EN/>.

Sporting events

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

For information in English or to purchase tickets online, visit <http://www.ticketone.it/EN/>.

ODR trips

Don't miss out on the year-round tours, trips and events offered by the installation's Outdoor Recreation: Chocolate lovers head to Perugia for the **Chocolate Festival** Saturday.

Experienced riders join the **Level III Road Ride** Saturday.

Fly like an eagle during a **paragliding adventure** Oct. 23.

Taste the world renowned Balsamic vinegar and learn the history behind its making Oct. 23.

Shop until you drop for Nove ceramics, followed by lunch in Marostica Oct. 26.

Check out these trips and many more coming this fall. See the full schedule online at [Vicenza MWR](http://www.vicenza.mwr.com) or register via Webtrac at <https://webtrac.mwr.army.mil/sites/eu.html>. Or call 634-7453 / CIV 0444-71-7453.

Local festivals & shows

Old Trades exhibit and workshops: Sunday 8 a.m.-7 p.m. in Vicenza's Corso Fogazzaro and Piazzetta dei Carmini.

Festa dello Spiedo - Meat on the Spit Festival: Sunday in Isola Vicentina, Piazza Marconi, about 10 miles northwest of Vicenza.

Food tent opens at noon and again at 5 p.m. featuring a variety of spit roasted meats and vegetables, fresh mushrooms, cake and local wines.

Montagna in città - Agricultural and biological products show and market: Saturday - Sunday, in Schio, about 16 miles northwest of Vicenza.

■ Saturday and Sunday: 9 a.m. local agricultural products show and market and food booths in Piazza Falcone-Borsellino; biological-natural products show and market in Piazza Conte; 5 p.m. artistic craft show and market in Piazza Garibaldi and Piazza Rossi; exhibition on energy efficiency and renewable energy sources in Via Btg. Val Leogra;

■ Sunday: starting at 9 a.m. local agricultural products show and market in Piazza Falcone-Borsellino and biological-natural products show and market in Piazza Conte; 10:30 train ride for children to local farms; 3-6 p.m. flag-flyers exhibition and folk music.

Chestnut Festivals:

■ In Colleredo di Sossano, about 18 miles south of Vicenza. Saturday-Sunday, indoor food booths and dance floor. Food booths open at 7 p.m. Live music and dance at 9 p.m.

■ In Bassano del Grappa, località Valvorina, about 22 miles northeast of Vicenza. Friday-Sunday; food booths open at 5 p.m. Live music and entertainment starting at 9 p.m.

■ In Durlo, Crespadoro, about 30 miles northwest of Vicenza. Friday-Sunday. Food booths, local folk bands; craft and painting

exhibitions; roasted chestnuts and mulled wine for everyone.

■ In Recoaro Terme, Merendaore, about 34 miles northwest of Vicenza. 11 a.m. chestnut, honey, fruit and vegetables exhibit and sale; at noon food booth open featuring local specialties; 1 p.m. live music and chestnut roasting competition.

Horse-Drawn Carriage Tours: Saturday from 3-8 p.m. in downtown Vicenza. Enjoy this unique way of seeing the most beautiful sites in Vicenza. The 20-minute tours depart from and return to Piazza Biade. The cost is €15 for a maximum of 4 people at a time.

Upcoming Fairs:

■ **Abilmente** - Bricolage and Manual Creativity exhibition: Oct. 21-24, 9:30 a.m.-7 p.m., in Vicenza, Via dell'Oreficeria 16. Admission fee: 10 euro; reduced 8 euro (children younger than 12, senior citizens, groups of more than 10 persons). Free for children younger than 6, for disabled and their assistants. Embroidery and patchwork workshops; creating sewing classes and T-shirts decorations; creative techniques workshops for children.

■ **Vintage car and motorcycle fair** Oct. 22-24, 9 a.m.-7 p.m., in Padova, Via N. Tommaseo, 59, about 24 miles southeast of Vicenza. Entrance fee: 18 euro; children 14-17: 12 €; free entrance for children under 14. There will be three exhibit sections at the event: car manufacturers with their relative clubs and racing teams, dealers and restorers, spare parts and models.

On display will be car and motorcycle accessories, rim and tire companies, motor training, documents and instructions booklets, limited edition tin toys and unique life-size models.

■ **Triestepresso** Oct. 28-30, 10 a.m. - 6 p.m. in Trieste, Piazzale de Gasperi, 1, about 135 miles east of Vicenza. The most specialized Italian espresso coffee

show. Entrance fee: €9. To receive a reduced ticket (€7) and for more info, visit the English website http://www.fiera.trieste.it/espresso/eng/info_utili.htm.

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

FREE concerts, exhibits & events

Vicenza Fotorberfest - photo exhibit: ongoing through Oct. 31, in Arcugnano, Villabalzana, Osteria alla Quercia, Via S. Rocco, 25. Open 5-11:30 p.m., closed on Tuesdays.

Photo exhibit: Through Oct. 24 in Vicenza, LAMeC (Basilica Palladiana), Piazza dei Signori. Tuesdays-Sundays, 10:30 a.m. - 1 p.m. and 3-7 p.m.

Azari & III live techno-soul: today, 9:30 p.m., in Vicenza, Bar Sarte, Corso San Felice & Fortunato, 362.

Emmy Moll Indie Pop D + The Forensick Indie Rock: Friday at 9 p.m. in Vicenza, Bar Sarte, Corso San Felice & Fortunato, 362.

Vocal and instrumental concert: Friday at 8:45 p.m. in Vicenza, the Sala Multifunzionale, Via Vaccari, 107.

Bluesfingers in concert live rythm'n'blues and acoustic soul: Saturday at 9 p.m. in Vicenza, Poggio, Equobar, Strada Marosticana 350.

Painting exhibit (amethyst light and color): Saturday through Oct. 31 in Vicenza, Galleria Art. U' - United Artists, Via Soccorso Soccorsetto 17. The exhibit is open Tuesdays-Wednesdays and Fridays-Sundays 10:30 a.m.-noon & 4-7 p.m.

Explore the sky: Astronomical Observatory of Arcugnano, Tuesday, 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

Carlos Santana: Tuesday in Assago, Milan, Mediolanum Forum.

Sting: Oct. 25 in Firenze; Nov. 2 in Milan, Teatro degli Arcimboldi; Nov. 3 in Torino, Palaolimpico; Nov. 10 in Rome, Auditorium Parco della Musica.

Holiday on Ice Tropicana: Oct. 28-31 in Milan, Palasharp; Nov. 5-7 in Torino, Palatorino.

Big Brother and the Holding Company: Oct. 27 in Vicenza's Teatro San Marco.

Prince: Nov. 2 in Milan, Palalottomatica; Nov. 3 in Assago, Milan, Mediolanum Forum.

Joe Satriani: Nov. 11 in Milan, Alcatraz Club; Nov. 12 in Padova, Gran Teatro.

Swan Lake by Matthew Bournes: Nov. 17-21 in Milan, Teatro degli Arcimboldi.

Emerson & Lake: Nov. 19 in Rome, Auditorium conciliazione; Nov. 21 in Milan, Conservatorio; Nov. 26 in Padova, Grand Teatro.

Simply Red's Farewell, The Final Tour: Nov. 20 in Milan, at

Now Showing



Ederle Theater

Thursday	Killers (PG-13)	11 a.m.
	Charlie St. Cloud (PG-13)	6 p.m.
Friday	Step Up 3D (PG-13)	6 p.m.
	The Other Guys (PG-13)	9 p.m.
Saturday	Secretariat (PG)	3 p.m.
	Dinner for Schmucks (PG-13)	6 p.m.
Sunday	Secretariat (PG)	3 p.m.
	Dinner for Schmucks (PG-13)	6 p.m.
Wed.	Step Up 3D (PG-13)	6 p.m.
Oct. 21	The Other Guys (PG-13)	6 p.m.

Camp Darby Theater

Friday	The Other Guys (PG-13)	6 p.m.
Saturday	Dinner for Schmucks (PG-13)	6 p.m.
Sunday	Legends...: Owls of Ga'Hoole (PG)	1 p.m.
Oct. 22	Step Up 3D (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

VCC annual bazaar

The Vicenza Community Club invites you to come out and shop from vendors from all over Europe during the annual Fiesta Italia Bazaar Oct. 30-31. The annual event will again take place at the Pavilion Teen Center, the Luna Bubble and fitness center.

Items for sale include furniture, wine, chocolates, ceramics, olive oil and much, much more.

Oktober Fest Dinner

Join VCC for the Oktober Fest Dinner Oct. 20, 6-8 p.m. at the Arena. Pay \$15 per person online at www.vccitaly.org.

Freddy FAP visits Rwanda

Who is Freddy FAP? Freddy FAP is Family Advocacy's world traveler. He visits countries throughout the world every month and brings back activities and food for children and families. The next Freddy FAP event takes place Wednesday from 3:30-4:30 p.m.

Don't miss it as Freddy FAP returns from Rwanda with fun, activities and snacks. Call 634-6202 for information.

MyCAA update

The MyCAA program will be temporarily closed Oct. 21 -24.

Spouses who have an existing MyCAA account and wish to request additional financial aid must do so before Oct. 21, or wait until Oct. 25. During the initial enrollment process spouses are required to read a Statement of Understanding. Participants are urged to work closely with school reps and contact a MYCAA consultant if they have questions about the Statment. USAG Vicenza's Employment Readiness Office can assist with contacting MyCAA. Call 634-6884.

In the Army Now

Learn about Army life and how to maneuver through daily challenges by discovering how to decipher Army acronyms, utilize community resources, attain better financial readiness and understand the goal and impact of the Army mission on daily life. AFTB Level 1 We're In The Army Now -- Army 101 will be held Oct 20-21, 8:30 a.m. -2:30 p.m. Call 634-7500.

Get legal help for MEB-PEB process

Navigating the MEB-PEB process is complicated, but free legal help is available. Visit the USAG Vicenza homepage at <http://www.usag.vicenza.army.mil> and click on "Hot Topics" to review the full news article.

Preserving memories

Create a scrapbook canvas for that special memory.

During an Oct. 22 class at the arts and crafts center, supplies will be provided along with ideas and techniques to create a special "family" memory item. Only four spots are left.

For a complete list of classes, visit the arts and crafts center or see the calendar at www.vicenzaMWR.com.

Holiday casting call

Soldiers' Theatre is looking for a large cast that wants to perform, socialize and spread the joy of the holiday season.

Auditions for the annual holiday show, "Making Spirits Bright," will be held Monday at 6:30 p.m. Tryout consists of a prepared solo of a Christmas song, 24-32 measures. No experience is needed. Just come and have fun. Performances for the holiday season will be December 3-12. Call 634-7281 for info.

Fall music festival set at Hoekstra

Soldiers' Theatre and the USO are hosting a fall music festival on Hoekstra Field Saturday.

Enjoy an afternoon of live music, free food and prizes. The festival kicks off at 3 p.m. with a free USO barbecue and continues with the live band ONXY SIDE. Enjoy more music and prizes at 6 p.m. Attendees can showcase their own musical talent at 7:30 p.m. with the Music Café. Call 634-7281 to register.

Halloween carnival

The installation's annual Halloween carnival begins Oct. 29, 3:30 p.m. Trick-or-treat for ID cardholders begins 6-7 p.m. and our Italian neighbors will join in from 7-9 p.m. Visit VicenzaMWR.com for more information and safety rules for participants. For specific questions about the event call 634-5087.

Donate candy, support Halloween in Villaggio

If you would like to support Villaggio families who will hand out candy to trick-or-treaters, candy donations are being accepted. Drop boxes will be located in the Commissary and PX. Family and MWR will collect the donations by Oct. 26 and distribute them to homes participating in trick-or-treat

this year. Call 634-5087 for info.

Texas Hold'em

The next Texas Hold'em is Saturday. Sign up begins at 5 p.m. Buy \$20 with one \$10 re-buy within the first hour. Game time is 8 p.m.

Date Night

It's Date Night every Friday in October at the Arena. You and your date will enjoy an evening out for \$12. Date Night package includes four games of bowling, two shoe rentals, two hot dogs and two cokes. Offer is valid 5:30-8:30 p.m.

Want a job? Desire to volunteer?

The Employment Readiness & Volunteer Job Fair is scheduled Oct. 20 from 11:30 a.m.-1 p.m. at the ACS building.

Participating agencies include: AF, NAF, RCO, Ed Center, AAFES, DoDDS, Global Credit Union, Community Bank, SKIES, Red Cross, CYS, Ederle Inn, Central Texas College, UMUC, University of Phoenix and agencies looking for volunteers. Call ACS at 634-7500/6884.

Family Art Day

The next Family Art Day is Saturday from 10 a.m.-1 p.m. in Bldg. 395 (new location).

This is the ongoing scrapbook project for deployed families.

Take advantage of the opportunity to finish the scrapbook before your Soldier comes home.

Call 634-7219 for more information.

MOMS Club events

- Thursday: Out-N-About 9 a.m.
- Friday: Walk the Track 10:30; MOMS Bunco Night Out 7 p.m.
- Monday: Book Club 10:30 a.m.
- Wednesday: Pre-school Playgroup 10 a.m.
- Oct. 22: Walk the Track at

10:30 a.m.

■ Oct. 26: Toddler Playgroup 10 a.m.

■ Oct. 28 Outdoor Play Date 4 p.m.

■ Oct. 29 Walk the Track 10:30 a.m.

E-mail momsclubofvicenza@yahoo.com for more information.

Improve your GT score

Take the FAST class and improve your GT score. Class begins Oct. 25. Call 634-8933 or e-mail Lourdes.fernandez@europa.ctcd.edu.

AWAG conference set at Darby Oct. 23-25

This year's Italy AWAG conference is set at Camp Darby.

Presentation topics are geared toward training and strengthening and connecting members of the community. Presentation topics include communication skills, parenting, volunteerism, as well as belly dancing, Italian cooking and travel tips.

The event will begin with a wine tasting Oct. 22. The conference will kick off Oct. 23 at 8 a.m. and will be followed by an optional dinner at a local restaurant. An organized Tuscan day trip is set Oct. 24.

Register at www.awagonline.org/Italy.html.

Community Calendar Highlights

Friday: Hispanic Heritage Month Activities at Hoekstra

Wednesday: Town Hall Meeting at Villaggio Schools 6 p.m.

Oct. 27: Info X

Oct. 28: Retiree Appreciation

Oct. 29: Halloween Events

November 2010: Native American Heritage Month

Nov. 1: Italian Holiday (All Saints' Day



Courtesy photo

Congratulations: Members of Vicenza's USARAF softball team strike a final pose Tuesday after their winning games against AFN/DoDDS (11-8) and USAG HHC (9-8) to be named the 2010 Unit/Recreational Softball Champions. USAG HHC took second place after defeating AFN DoDDS 12-7; AFN/DoDDS took third.

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 Bible study. Dinner provided. No child care.

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: Call 634-7519 (0444-71-7519) for info

Latter Day Saints: Call Chance Wilson at 327-869-8107. Sunday services, 9:30 a.m.-12:30 p.m. downtown. Scripture study held Mondays, noon-1 p.m. at chapel.

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

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

Separating fitness Fact from Fiction

Story and photo by SUSAN HUSEMAN
USAG Stuttgart

Ask 10 people how to get in shape or lose weight and you'll probably get 10 different answers, none of them completely valid.

That's one of the reasons why Dena Taylor created University of Fitness, an educational program focused on health and fitness.

While fitness and nutrition fads are spread by word of mouth, the Internet, DVDs and magazines, "it does not mean they are accurate," said Taylor, fitness coordinator for the USAG Stuttgart Family and Morale, Welfare and Recreation's sports and fitness program.

According to Taylor, many diets and over-the-counter fitness programs, while popular, can be dangerous.

"Don't buy into the hype. Just because something works for one person doesn't make it right for you," said Taylor, who is an exercise physiologist with a therapeutic background.

University of Fitness seeks to dispel fitness myths and arm students with scientific fitness principles that, if followed, improve physical fitness and athletic performance.

Taylor also seeks to address a laundry list of questions from fitness center customers about fitness, programming, nutrition and facilities, to include if the fitness centers offered towels or the locker rooms had hair dryers.

"There's a huge conglomerate of people who are not in the know, as opposed to those who are," she said.

Stacy Perez used to be one of the "nots."

Scared of the gym

Until Perez took University of Fitness, she was "scared of the gym."

"I was afraid I wouldn't belong. I didn't know what to do, what the appropriate attire was, what kind of shoes I needed ... I'm about as green as a person can be when it comes to the gym," Perez said.

In the class, Perez and 25 other students not only learned basic exercise science - they toured the Patch Fitness Center, learned how to calculate their target heart rates and caloric needs, tried out cardio and strength-training equipment, and sampled several group fitness classes.

"My favorite part of the class was the trip to the commissary," Perez said.

Taylor had arranged for the class to tour the Patch Commissary after hours and took the students up and down the aisles, teaching them how to read food labels with discerning eyes.

"It changed how I eat," Perez said. "I'm getting away from chemicals and now use sea salt."

"But the best thing I learned was that the gym is a place where I feel comfortable. I do belong there."

While Julie Kochanski is no stranger to a gym, she is coming off of a prolonged hiatus.

"It's probably been four years since I've worked out regularly," she said, adding that she'd gained a few pounds during that time.

Keeping it up

Since graduating from the program in July, Kochanski now takes a weekly spin class, works out on the elliptical and weight machines, and does a lot of walking.



FMWR Fitness Coordinator Dena Taylor (left) shows Capt. Timothy Mitchell, a University of Fitness graduate, the proper form when doing captain's chair leg raises.

Her efforts are paying off. Kochanski has lost eight pounds. "I'm not on a diet to lose weight, but on a diet to fuel myself," Kochanski said.

But she points out University of Fitness is not about weight management.

"Everyone wasn't there to lose weight. This was a nutrition and health class. That's what I really got excited about," she said.

Portion control

The key for her is portion control.

"I grew up in a very large family who ate big," she said. Where she once used to make a huge pot of pasta, enough for seconds or thirds, "Now, I make smaller portions."

Kochanski has changed how she shops, as well.

"I do a lot more label reading and I'm looking for the right things," she said.

Before the program, Kochanski said if a product had "100 calories" or "fiber" printed on the label, she would grab it.

"Now, I'm reading everything so I know what's going on the table" she said.

Seeing students such as Kochanski and Perez "get it" is Taylor's ultimate reward.

"Everybody comes with different expectations and at a different level. My goal is meet them where they are at and get them started on a lifelong journey toward health and fitness," Taylor said.

Armed with the facts, thanks to University of Fitness, Kochanski and Perez are headed in the right direction.

Sports shorts

Aquatics Academy

Enjoy the pool throughout the winter. Aquatics Academy offers opportunities to improve your skills in the water.

Session 2 of Beginner Swim Lessons begins Oct. 26.

Lunch Time Advanced Swim Session 2 begins Oct. 27 and Session Two of Adult Intermediate begins Oct. 26.

Call 634-6536 for information on all aquatics classes.

Tell us what you want via online survey

Speak up. Let the installation's fitness officials know what classes or team sports you want, and the time and location of those events.

Answer four easy questions at <http://www.surveymonkey.com/s/VicenzaSportsSurvey>.

Volunteer for the Mako Sharks Sunday

The Mako Sharks will host their first home swim meet Sunday from 9 a.m.-4 p.m. at the indoor pool. In order to make it a success, the team is seeking approximately 30 volunteers who can serve as timers and assist with other tasks. No formal training required. E-mail john.j.casey@us.army.mil to volunteer or for more information.

Register now for basketball season

Registration for the upcoming basketball season runs Monday through Nov. 17. The season starts Nov. 24.

Register by calling 634-7009.

Get in prime shape for ski, snowboard season

Skiers and snowboarders can join Coach Ice Ski for a workout in preparation for the snow season. Workouts will take place at the fitness center Tuesdays at noon. Call 634-6240 for more information.

Become a CYSS coach today

Potential coaches must pass a background check, and will receive training and certification.

Contact 634-6151, alex.ruiz5@eur.army.mil or sky.clarke@eur.army.mil more for information.

Enjoy sporting events outside the gate

The Outlook's Out & About section, Page 6, lists sporting events that take place in the surrounding communities. Wrestling Raw World Tour set Nov. 13 in Assago (Milan). Visit <http://www.ticketone.it/EN/>.

SOLDIERS & CIVILIANS COMMUNITY UNIT/REC OPEN PLAY SPORTS

The Vicenza community congratulates USARAF, the 2010 Soldiers' and Civilians' softball season champions. Congrats also to USAG HHC for placing second and AFN/DoDDS for placing third. Find out soon who will be crowned Vicenza's 2010 Flag Football champs.

Recreational Softball Stats and Results:

Team	Win	Loss
USARAF	10	4
HHC USAG-V	8	7
AFN/DoDDS	7	6
*704 MUNSS	7	7
*STICKS & SKULLS	2	8

* 704 MUNNS and Sticks & Skulls dropped out of the league due to mission requirements.

Flag Football Stats and Results:

Team	Win	Loss
HHC USAG-V/509th	9	4
Health Clinic	6	5
USARAF	6	6
14th Trans.	3	9

Sept. 28

14th Trans. (18)	vs.	Health Clinic (6)
USARAF (21)	vs.	HHC/509th (26)

Oct. 5

Health Clinic (19)	vs.	HHC/509th (7)
USARAF (21)	vs.	14th Trans. (12)

Oct. 7

14th Trans. (14)	vs.	HHC/509th (26)
USARAF (8)	vs.	HHC/509th (26)