



# The Outlook

Sept. 25, 2008

U.S. Army Garrisons Vicenza & Livorno

www.USAGVicenza.Army.Mil

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## Let 'er roll

Celebrating the opening of the Arena Entertainment Center by throwing out the first ball are (left to right) Spc. Brian Erickson; Renee Citron, deputy to the USAG Vicenza garrison commander; Kim Garrett, wife of SETAF commander Brig. Gen. William Garrett III; USAG Vicenza commander, Erik Daiga; and USAG Vicenza command sergeant major, Command Sgt. Maj. Keith Filipp. The Arena offers 16 bowling lanes, snack bar, upstairs lounge and conference rooms. The Arena Entertainment Center is open for bowling 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 Barbara Romano, 7th JMCT Photo Lab)

## Garrison continues environmental improvements at Dal Molin

USAG Vicenza  
Public Affairs  
Press release

While the unexploded ordnance clearing efforts continue, the U.S. Army Garrison Vicenza has begun additional environmental improvements at Dal Molin by starting the removal of decades-old underground fuel storage tanks.

"Operations will respect all applicable laws and be in close coordination with Italian authorities," said Col. Erik Daiga, commander of the U.S. Army Garrison Vicenza.

Daiga said the underground tanks were installed starting in the 1950s and used to store vehicle, airplane fuel and heating oil.

"Thirty-eight tanks are scheduled to be removed and they vary in size, with capacities

ranging from 1,800 to 50,000 liters," Daiga said.

Prior to removal, explained Kambiz Razzaghi, the director of the Transformation Construction Management Office, the tanks will be pressure-tested to assess structural integrity.

"After degassing, removal and disposal will follow in accordance with approved procedures," Razzaghi said. "Soil testing will follow to determine and localize any contamination if found."

Only five smaller-sized tanks will be installed in the future at Dal Molin. New tanks will utilize the highest standards of innovative technology to include double walls, automatic leak detection and monitoring systems.

Razzaghi said underground storage tanks disposal is projected to be completed by January 2009.



A backhoe prepares to remove an underground storage tank from Dal Molin. (Photo courtesy of the Transformation Construction Management Office)



## Take THAT Military police baton training

Spc. Tracy Keith (right) strikes a mat using a collapsible baton held by Spc. Jonathan Mejia under the guidance of Sgt. Zachery Mueller, 272nd Military Police Company from Mannheim. Mueller held the session on Hoekstra Field Monday. (Photo by Diana Bahr, USAG Vicenza Public Affairs)

### Important numbers

<b>On post agencies</b>	0444-71-5273
Toll free Military Police (free from all phones)	Emergency Calls 0444-71-7114
800-064-077	San Bortolo hospital interpreters
Off post MPs	0444-75-3300
0444-71-7626 or	0444-92-8166
0444-71-7233 (SAFE)	<b>Off post agencies</b>
MP Desk Interpreter	Fire Department – 115
0444-50-1800	Ambulance – 118
Chaplain 24/7	Carabinieri – 112
634-KARE (5273)	Polizia – 113

## Program helps those with special needs

DFMWR, Army Community Service Press Release

The Exceptional Family Member Program (EFMP) is designed to support families with individuals who have special needs.

Caserna Ederle's EFMP offers two different support groups that meet monthly.

"The fourth Thursday of every month, we hold a roundtable from 11 to noon," said Franny Packard, EFMP manager. "At this meeting we offer a brief cooking demonstration, discuss a wide range of topics and have guest speakers, such as Parent 2 Parent group and other ACS program managers."

"The first Tuesday of the month, we hold an Autism/ADHD support group from 11 to noon," continued Packard. "During these sessions, participants can enjoy coffee and a treat while discussing the issues and problems that families face having a member that is in the spectrum."

For details or to share new ideas call Packard at 634-7500 or visit her office in Davis Soldier and Family Readiness Center, room 27.

## Working toward wellness

# Healthy lifestyle goal of Vicenza wellness center

*Editor's note: This is the first of an eight-part series focusing on wellness. Other articles include the benefits of physical therapy, personal trainers and dietitians.*

By Betsy Walters  
Health Promotion

The Vicenza wellness center provides resources and motivational assistance needed to reach health and wellness goals.

Whether your goal is weight loss, strength training, stress management or general conditioning, programs and staff are here to provide safe effective workouts in an exceptional environment.

Once you begin, you will

realize increased energy, higher self esteem, and an overall improvement in your quality of life.

The Vicenza wellness center, a component of the U.S. Army Center for Health Promotion and Preventive Medicine-Europe, is located upstairs in the fitness center, entrance is through the cardio room.

Wellness Center replication is a top five Army Family Action Plan issue for the Army. In April the garrison health promotion office held senior leader health assessments to introduce the concept of a wellness center to leaders.

The concept was embraced and funding was sought to establish a wellness center on post.

Vicenza is the fourth wellness center in Europe; there are currently wellness centers in Heidelberg, Landstuhl and Stuttgart.

This is the first phase of the wellness center. The initial staff is two program managers who will conduct the fitness assessments.

In about a year, the wellness will move into a permanent facility with expanded staff and services, at which time a wellness center director will be hired.

If you've been frustrated by dieting attempts and not losing weight, try metabolic rate testing. Science has shown that this measurement leads to success no matter what diet strategy is used.

The 10-minute seated test determines the resting metabolic rate (RMR) for the patient, or how many calories the patient's body burns in a 24-hour period. For example, if you did nothing but sitting reading, watching television or sleeping.

From this measurement, appropriate caloric range to reduce overall body fat without loss of lean tissue is determined through meal plans designed to allow a person to eat to their metabolism, thus maximizing weight loss.

The second step is heart rate training, which measures how efficiently the body utilizes oxygen during exercise.

It helps identify appropriate training intensities, whether for cardiovascular improvement, weight management, or overall physical fitness.

Learn the difference between if you are working out in your fat burning zone for weight loss and your cardio training zone for performance improvement.

The Wellness Center is open to all TRICARE beneficiaries.

There is no charge for any of the services offered as the wellness center is part of TRICARE benefits.

There are two ways to be seen at the wellness center.

The first is through a referral from your healthcare provider.

The second is by self-referral. To schedule an appointment, call 634-8186 or 0444-71-8186 from off post.

The wellness center is open Monday-Friday, 7:30 a.m. to 4:30 p.m.



The USAG Vicenza wellness center program manager, takes information from a client who is taking a metabolic test, which measures the amount of calories the body uses in a 24-hour period of simple daily activities like walking, eating and sleeping. (Photo by Diana Bahr, USAG Vicenza Public Affairs)

## Speak Out

What do you enjoy most about Hispanic American Heritage Month?

- USAG Livorno Public Affairs



Maria  
USAG Livorno official mail

*I like the food and how romantic the language sounds.*



Chaplain (Maj.) Kelly Porter  
USAG Livorno chaplain

*I like the food, fun and festivity.*



Staff Sgt. Angela Kennedy  
31st Muns Squadron

*I like to try other foods from different ethnic backgrounds, plus I love the piñatas.*



Command Sgt. Maj.  
Felix Rodriguez  
USAG Livorno CSM

*It highlights our diversity and gives us the opportunity to share our cultures and traditions with the community.*



Zulma  
Family member

*We get a chance to share our culture. It's important to understand the Latin American cultures because the Americas are all encompassing; we all share the same continent.*

## Get a kit: be prepared for emergencies of all types

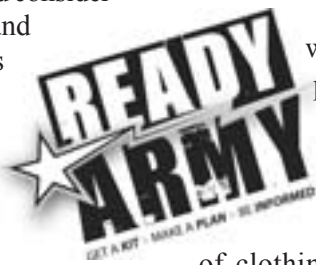
Directorate of Plans,  
Training, Mobilization and  
Security  
*Special to the Outlook*

The *Ready Army* campaign hopes to educate and empower community members to take some simple steps to prepare for and respond to potential emergencies, including natural disasters and man-made.

All Americans should have some basic supplies on hand in order to survive for at least three days if an emergency occurs.

Following is a listing of some basic items that every emergency supply kit should include.

However, it is important to review this list and consider where you live and the unique needs of your family in order to create an emergency supply kit that will meet these needs.



### Recommended items

- ◆ Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- ◆ Food, at least a three-day supply of non-perishable food
- ◆ Battery-powered or hand crank radio and a NOAA weather radio with tone alert and extra batteries for both
- ◆ Flashlight and extra batteries
- ◆ First aid kit
- ◆ Whistle to signal for help
- ◆ Dust mask, to help filter contaminated air
- ◆ Plastic sheeting and duct tape to shelter-in-place
- ◆ Moist towelettes, garbage bags and plastic ties for personal sanitation
- ◆ Wrench or pliers to turn off utilities
- ◆ Can opener

- ◆ Local maps

### Additional items to consider

- ◆ Prescription medications and glasses
  - ◆ Infant formula and diapers
  - ◆ Pet food and extra water for your pet
  - ◆ Important family documents such as birth and marriage certificates, insurance policies, identification and bank account records in a waterproof, portable container
  - ◆ Cash or traveler's checks and change
  - ◆ Emergency reference material such as a first aid book or information from [www.ready.gov](http://www.ready.gov).
  - ◆ Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
  - ◆ Complete change of clothing including a long-sleeve shirt, long pants and sturdy shoes.
- Consider additional clothing if you live in a cold-weather climate.
- ◆ Household chlorine bleach and medicine dropper. (When diluted nine parts water to one part bleach, bleach can be used as a disinfectant)
- Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
  - ◆ Fire extinguisher
  - ◆ Matches in a waterproof container
  - ◆ Feminine supplies and personal hygiene items
  - ◆ Mess kits, paper cups, plates and plastic utensils, paper towels
  - ◆ Paper and pencil
  - ◆ Books, games, puzzles or other activities for children



## McFarlane to lead First Rock

Col. Charles A. Preysler (right), 173rd Airborne Brigade Combat Team commander, hands the guidon for 1st Battalion, 503rd Infantry Brigade to incoming commander, Lt. Col. Matthew McFarlane Sept. 18, during a change of command ceremony on Hoekstra Field. McFarlane takes over from Lt. Col. Michael Fenzel, who leaves for the Naval Postgraduate School at Monterey, California, where he will pursue a PhD in National Security Studies from the U.S. Naval War College. (Photo by Barbara Romano, 7th JTMC Photo Lab)

September is Health Benefits Month

## Make your military health benefit work for you: Find help when you need it most

### U.S. Army Health Clinic Vicenza

*Special to the Outlook*

For most questions about your military health care benefit, your first stop should be your local TRICARE service center.

On Caserma Ederle the service center is located inside the health clinic.

In addition to providing information about your TRICARE benefits, the staff can help with enrollment issues, eligibility (DEERS) questions and claims filing.

You can reach your local TRICARE Service Center at 634-6656 or from off post at 0444-71-6656.

If you or a family member is in a host-nation hospital, your

TRICARE service center can also connect you with a patient liaison, who can help bridge some of the language and cultural barriers you may encounter.

The San Bortolo patient liaison number is 0444-71-3300.

### Nurse Advice Line

TRICARE Europe's Nurse Advice Line gives you 24-hour-a-day access to a registered nurse, who can help you deal with those middle-of-the-night situations such as a sick child.

Our nurses can provide self-treatment options and help you decide whether you need to seek care immediately or make an appointment with your primary care manager.

In Italy, the Nurse Advice Line is toll-free at 800-877-660.

### Other Resources

◆ To find out about services offered by the Vicenza health center call the health center appointment line at 634-7484 or 7297, from off post at 0444-71 7484 or 7297 or go to [www.landstuhl.healthcare.hqusareur.army.mil/clinics/vicenza.htm](http://www.landstuhl.healthcare.hqusareur.army.mil/clinics/vicenza.htm).

◆ For general information about TRICARE in Europe, visit the TRICARE Europe Web site at [www.europe.tricare.osd.mil](http://www.europe.tricare.osd.mil).

◆ To get general information about TRICARE, including what is and is not covered, go to the TRICARE Web site at [www.tricare.osd.mil](http://www.tricare.osd.mil).

◆ Use [www.tricareonline.com](http://www.tricareonline.com) to manage your TRICARE benefit, make appointments and track claims.

## The Outlook

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The editor reserves the right to edit all submissions for style, brevity and clarity. Circulation is 2,500 per week.



At your service

## Directorate of Human Resources

Graziano Vivaldo, copier operator for the Document Automation and Printing Service, is the go-to man for fliers, change of command programs, regulations or other bulk printing needs.

"Even though I may not make a lot of money, I love my job," said Vivaldo.

"Graziano Vivaldo is responsible for all reproduction in this community," said Vivaldo's supervisor, Richard Hendrickson. "His greatest contribution is helping customers save money by helping customers redesign the item so the final cost is less to the government and the client."

# Community events

## Garrison event says “thanks” to Soldiers, families



USAG Vicenza’s Directorate of Family and Morale, Welfare and Recreation pulled out all the stops for the Sept. 18 Soldier and Family Appreciation Day celebration.

“The event was a way to show our returning Soldiers and their families how much we appreciate all the sacrifices they’ve made on our behalf during these 15-month deployments,” said the garrison commander, Col. Erik Daiga. (Left) A crowd of children enjoyed playing in the several activities held at the North 40 during the Soldier and Family Appreciation day Sept. 18. (Below) Timothy, from the Chosen Company, 1st Battalion, 503rd Infantry Regiment, participates in one of the horseshoe games that took place at the event. (Far below) Participants took advantage of volleyball nets set up for an impromptu game. Other activities included riding a mechanical bull, facepainting and football.



(Above) Children play on trampolines with the help of bungee cords that send them soaring in the air. Children also had the chance to jump in a big inflated castle near the slide, have their faces painted and enjoy other events.

(Photos by Laura Kreider, Outlook Staff)



(Left) Soldiers and family members take advantage of the pleasant weather to enjoy a barbecue sponsored by the Directorate of Family and Morale, Welfare and Recreation, the Vicenza commissary and S&K Sales. Hundreds of hot dogs and hamburgers were prepared during the event. Several bands and performers provided entertainment for the celebration.

## Event spices up Hispanic American Heritage Month

Story and photos  
by Joyce Costello  
USAG Livorno Public  
Affairs

Colorful flags danced in the wind and spicy sounds of salsa music drew Camp Darby community members toward the main square where Hispanic American Heritage Month celebrations kicked off Sept. 16.

A display featuring items and information about Hispanic American culture and countries surrounded a cake for the cake-cutting ceremony.

"It's important to understand the Latin American culture, because we are part of the 'Americas' and we all share the same continent," said Zulma Cereceres, one of the



USAG Livorno command sergeant major, Command Sgt. Maj. Felix Rodriguez, reads a story to preschoolers during a special Hispanic American Heritage Month story hour at the USAG Livorno library.

event organizers.

"Celebrating each other's diversity shows us what different heritages bring to our community, our Army and the nation," said USAG Livorno commander, Lt. Col. Steven Cade.

Another community event was a special story hour at the post library for preschoolers.

"I chose to read a Caribbean folktale about *Martina, La Cucaracha* by Daniel Moreton because my own grandchildren like this story," said USAG Livorno Command Sergeant Major, Command Sgt. Maj. Felix

Rodriguez. "And I thought the children would enjoy the bright illustrations."

Rodriguez volunteered to read during a special story hour featuring Hispanic American books and authors.

The next event celebrating Hispanic American Heritage Month is free food tasting and dancing Oct. 3 at 6 p.m. at the Darby Community Club.

Rodriguez adds that volunteers are still needed to help prepare dishes.

Volunteers are asked to call Army Community Service at 633-7084.



Staff Sgt. Tom Garrard, learns more about Hispanic American culture at a display set up during the cake cutting ceremony Sept. 16 that kicked off Hispanic American Heritage Month events on Camp Darby.



### Vicenza holds health benefits fair

Maria Chandler, American Red Cross volunteer, checks the blood pressure of Capt. Charokee Molina, 14th Transportation Battalion, during the health fair coordinated by the U.S. Army Health Center Vicenza. Several stations were set up in front of the post exchange Wednesday from 10 a.m.-2 p.m. as part of Health Benefits Awareness Month. Health center staff provided information about TRICARE benefits, healthy lifestyle choices and recommended screenings. (Photo by Laura Kreider, Outlook Staff)



### Livorno Unit School artists go global

Livorno Unit School art teacher, Suzanne Sperl, works with students on their latest art projects. Sperl and fellow art teacher Jenny Wassom help parents view their children's art projects with the help of *Artsonia.com*, a Web site that features children's art from around the world. (Photo courtesy of USAG Livorno)

### Run to the Tower

Registration forms are available at Outdoor Rec for the annual Run to the Tower, a 12 km run from Camp Darby to the Leaning Tower of Pisa.

This year's race is Oct. 17. Applications will be available online at [www.usag.livorno.army.mil](http://www.usag.livorno.army.mil) beginning Oct 1.

## Darby Dates

### ITR trips

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

Oct. 4 ITR is going to **Movieland Studios**, located near Lake Garda. Cost is \$50 for transportation and 21 euro entrance fee, free for children under 1 meter tall.

**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.

### 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.

### Strong Bonds retreat

The Camp Darby chaplain is offering a marriage training conference, Sept. 27-29. at Casa Cares, [www.casacares.it](http://www.casacares.it).

The event is open to all active duty service members and families. Childcare is provided.

To register online or for details, visit [www.strongbond.org](http://www.strongbond.org), search for "USAG Livorno" and then click on "Camp Darby Strong Bonds" or call the chapel at 633-7267.

### 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.

## Childrens' show, antique markets, dance lessons, free concerts

### Local fairs, festivals

**Wine and Grape fair:** Sept. 28, in Gambellara, about 20 miles southwest of Vicenza. Free entrance. Fair features food booths, music, and folk dances.

**San Michele festival:** Sept. 26-29, Valproto, Quinto Vicentino. Food booths featuring "Polenta e Bisata" (polenta with eels) and live music.

**Babybuskers - Children Street Art festival:** Sept. 28, in Vicenza, Piazza dei Signori. Starts at 4 p.m. Music and theatrical performances, puppet shows, clowns, magic tricks and much more.

Free entrance. Donations will be given to non-profit charitable associations for needy children.

**Bread Fragrance (Profumo di Pane):** Sept. 28, in Vicenza, Piazza dei Signori, 10 a.m.-6 p.m. Taste many different kinds of local breads.

Free entrance. Donations will be given to non-profit charitable associations.

**Antique flavors (Antichi sapori):** Sept. 26-28, in Camisano Vicentino, via Alessadro Volta, about 12 miles east of Vicenza. Food booths and live music.

Sept. 28 - Traditional German dinner - 20 euro. For reservations call 0444-610463.

**Dried Cod festival (Festa del Baccalà),** Sept. 26-28, in Sandriago, Piazza San Filippo e Giacomo. Food booths and live music starting at 7 p.m.

**Mushroom exhibition,**

Sept. 27-29, in Thiene, Via Vanzetti, about 18 miles north of Vicenza. Free entrance.

Goats and Cabbage - Natural and biological products exhibition and market.

**Sept. 28, Bassano del Grappa, Piazza Libertà, 9a.m. - 7p.m.** Free entrance.

### Antique markets

In Vicenza and surrounding towns:

First Saturday of the month (except October), 9 a.m.-6 p.m. in Thiene, about 18 miles north of Vicenza, Piazza Chilesotti.

First Sunday of the month, 7 a.m.-8 p.m., in Marostica, Piazza Castello,

First Sunday of the month, 8 a.m.-6 p.m., in Noventa Vicentina, about 20 miles south of Vicenza, Piazza IV Novembre.

Second Sunday of the month, 9 a.m.-6 p.m., in Vicenza, Piazza dei Signori.

Second Sunday of the month, 8:30 a.m.-6 p.m., in Lonigo (VI), Via Garibaldi.

Second Sunday of the month, 8 a.m. - 6 p.m., Rosà, 21 miles northeast of Vicenza, Piazza Duomo.

Third Sunday of the month, 8 a.m.-6 p.m., in Creazzo, Piazza del Comune e Piazzetta S. Marco.

Nov. 1 & 23 and Dec. 8 & 26, in Grisignano, about 14 miles southeast of Vicenza. Nov. 1 will also feature an exhibition of old-fashioned motorcycles.

### Free concerts

Sept. 26, 9 p.m. Guitar Duo, live jazz music, at the Equobar, 350 strada Marosticana (also known as SS 248) just north of Vicenza, west of Cavazzale.

Sept. 27, 9p.m. Irish music, at the Equobar, see directions above.

Sept. 27, 12 p.m.. End of Summer Hawaiian festival, at the Plaza in Ancignano (Sandriago), 11 miles north of Vicenza. Polynesian dances and giveaways to all participants.

### Free classes

Sept. 30, 9 p.m. Argentine Tango - free sample tango lesson. in Vicenza, Olympia Gym, 40 Contrà Porta Nova.

Sept. 30, 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.

Sept. 30, 8:30 p.m. Photography class - Thiene (18 miles north of Vicenza), Via Zanella 38/40.

### Upcoming concerts

Stevie Wonder in Milan, Sept. 26;

Coldplay in Bologna, Sept. 29 and Milan, Sept. 30;

Michael Bolton in Bologna, Sept. 30; in Catania, Oct. 2.

Stephen Stills in Rome, Oct. 1; in Trento, Oct. 2, and in Milan, Oct. 3;

Bryan Adams in Milan Oct.

2; Joan Baez in Milan Oct. 11; Leonard Cohen in Milan Oct.

23; Burt Bacharach in Milan

Oct.26; in Florence Oct.27 and in Rome Oct. 28;

Jean Michel Jarre (Oxygene), in Rome Nov. 5; in Milan Nov.

6. Robin Thicke, in Milan Nov.

7. Liza Minnelli in Milan Nov.

14; Gary Moore at the Guitar Festival in Milan Nov. 14.

Randy Newman performs in

Bologna Nov. 25.

Tracy Chapman in Milan, Nov. 28; in Rome Nov. 29, in Florence Dec. 1.

Morbid Angel in Milan Dec. 9 and Padova Dec. 11.

Tickets are available from your local box office or online at [www.vivaticket.it](http://www.vivaticket.it).

### Need directions?

If you don't have a GPS, you can find directions to local fests and events by going online to [www.mapquest.com](http://www.mapquest.com), clicking on "Maps outside the U.S. and Canada," then clicking on International Maps.

## More trips with ITR, Outdoor Rec

### ITR trips

**Lake Como Adults only trip:** Oct. 4 from 7 a.m.-10 p.m. Cost: \$75. Fee includes transportation, guided tour, panoramic funicular and ITR trip assistant.

**Bella Befana Bazaar in Aviano:** Oct. 4, 8:30 a.m.-8 p.m. Cost is \$20 and includes transportation and ITR trip assistant.

**Discover Portofino:** Oct. 5, 6 a.m. - 10 p.m. Cost is \$69; children 4-12 \$59; under 4 \$15. Includes: transportation, roundtrip ferry ticket and ITR trip assistant.

For details on these 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](http://www.vicenzamwr.com) or pick up your free copy at the iTR!TRiP office.

### ODR trip

**Rock Climbing:** Oct. 1; 3:30-5:30 p.m. Cost is \$10 which includes use of ODR ropes, climbing hardware and transportation.

**Hike Pasubio:** Oct. 4 at 8 a.m. from the ITR parking lot. The cost is \$30 (includes transportation). This is the last hike of the year, don't miss out.

Sign-up deadline is Oct. 1. For details on these and other trips, call ODR at 634-7453.

Check out the new Outdoor Rec. Fall 2008-Winter 2009 Calendar at [www.vicenzamwr.com](http://www.vicenzamwr.com) or stop by ODR for a free copy.

## Now Showing

### Ederle Theater

Sept. 25	Journey to the Center of the Earth (PG)	6 p.m.
Sept. 26	Lakeview Terrace (PG-13)	6 p.m.
	Mamma Mia (PG-13)	9 p.m.
Sept. 27	Space Chimps (G)	3 p.m.
	Dark Knight (PG-13)	6 p.m.
Sept. 28	Space Chimps (G)	3 p.m.
	Lakeview Terrace (PG-13)	6 p.m.
Oct. 1	Mama Mia (PG-13)	6 p.m.

### Camp Darby Theater

Sept. 25	Dark Knight (PG-13)	6 p.m.
Sept. 26	Mama Mia (PG-13)	6 p.m.
Sept. 27	Babylon A.D. (PG-13)	6 p.m.
Sept. 28	Space Chimps (G)	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](http://www.aafes.com), scroll to the bottom of the page and click on Movie Schedule.



### Outdoor Rec offers open water scuba certification

Carlos Palacios (right), scuba instructor, watches Tessa Gaughan enter the water using the Hawaiian twist method during an ODR trip to Croatia. Outdoor Rec offers SCUBA certification classes. The next basic open water class runs from Oct. 1 through Oct 5. This fall ODR will also be offering Rescue, Dry suit, Nitrox, and Master Diver classes. Go to Outdoor Rec or call 634-7453 for more information. (Photo courtesy of Andy Lai)

Looking to buy or sell items? Check out MWR's Marketplace at [www.mwrmarketplace.com](http://www.mwrmarketplace.com).

## Commissary case-lot sale

The Vicenza commissary will hold a case-lot sale Sept. 27 and 28.

Commissary hours are Wed.-Sun 10 a.m. - 7 p.m., Tuesdays 10 a.m.- 8 p.m. and closed Mondays.

## 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.

She has appeared on *Oprah* and *CNN* and her books include; *The Bully*, *The Bullied and the Bystander* and *Kids are Worth It*.

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

## CYS Parent Advisory Group Meeting

The next Child and Youth Services Parent Advisory Group is Sept. 30 at noon in the large classroom in Davis Soldier and Family Readiness Center.

Call CYS at 634-7219 for details.

## Festa Italia bazaar

Start your holiday shopping Sept. 27 and 28 at the Vicenza Community Club's Festa Italia bazaar.

Vendors from all over Europe will sell their wares in the Teen Center and Luna Bubble located across from the Ederle Inn. Doors open Sept. 27 10 a.m.- 6 p.m and Sept. 28 from 10 a.m.- 4 p.m.

## Adult music lessons

Soldiers' Theatre will offer guitar, piano, flute and voice lessons for adults beginning Oct. 1.

Call Soldiers' Theatre at 634-7281 for details on prices and registration.

## Catholic Women of the Chapel event

Catholic Women meet Thursdays from 9:30-11:30 a.m. in the chapel conference room.

Contact Ginger Fleming at [flem\\_06@yahoo.com](mailto:flem_06@yahoo.com) for details.

## Bella Befana Bazaar

Aviano Air Base's Bella Befana Bazaar will be held Oct. 3-5 at hangars 1 and 2 on the flight line.

The bazaar is open Fri. and Sat., 10 a.m.- 7 p.m. and Sun. 10 a.m.- 4 p.m.

The bazaar is open to all NATO ID and U.S. passport holders. Prices are in U.S. dollars.

## CYS Army Family Covenant update

CYS AFC Benefits will end Oct. 15.

If a Soldier did not return from deployment prior to Aug. 15 the spouse needs to provide proof of continued deployment to CYS Central Registration.

For details call 634-7206.

## Cougar fan bus

Sign up now for the Cougar fan bus and support your favorite Vicenza High School Cougar team.

Sept. 27, the Cougar fan bus travels to Milan to support the Cougar volleyball, cross-country and tennis teams.

Sign up at ITR and reserve your seat or call ITR at 634-0794.

## USO Italian class

Level II Italian class starts Oct. 1 and runs through Nov. 19. Classes are Mondays and Wednesdays from 5:45-7:45 p.m. Cost is \$112 plus 10 euro for the textbook.

Both classes are held at the education center, but registration is at the USO, bldg 9A.

## Antiterrorism training

Individual security awareness training (Antiterrorism Level I) is offered in the Hall of Heroes from 10:30 a.m. to noon Oct. 15, Nov. 12, and Dec. 10.

Those who may need child care while in the training, the Child



## Still time to register, volunteer to become Girl Scout, Girl Scout leader

Nancy Hacker (second from left) answers some questions during the Girl Scout registration held in the park across from Vicenza Elementary School Sept. 20. "We had a total of 50 girls register to join Girl Scouts Saturday," said Hacker. "There is still room in all of the troops or if girls missed the sign-up and still want to register." Girls or adults interested in Girl Scouting can e-mail to [cnhacker@hotmail.com](mailto:cnhacker@hotmail.com) or call 349-520-9980 to receive the registration form. Troop meetings will start in October when girls have registered and leaders have been trained. (Photo by Laura Kreider, Outlook Staff)

Development Center offers hourly care. Children must be registered. Call 634-7559 or 0444-71-7559 for details.

Antiterrorism Level I training is an annual requirement for all military, civilian employees and family members 14 years old and older.

For details call 634-8288 or 634-8984.

## Soldiers' Theatre up for rent

Did you know your next event can be held in Soldier's Theatre?

Use of the theater or the lobby is \$50 per hour. We also provide audio/visual support for \$25 per hour and, if needed, a one-time cleaning fee of \$25. Discounts may be offered if event is longer than four hours.

Sound equipment is available to rent from \$100-\$350 per day plus technician labor.

Discounts may be available for long-term rental.

Call Soldiers' Theatre for details at 634-7281.

## 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](http://www.cpol.army.mil) or by calling the Youth Services center at 634-7659.

## 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](mailto: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](mailto:marshall.adam.johnson@eur.army.mil).

## Officer career information

Army Career Alumni Program hosts a representative from Bradley-Morris, Inc. on Oct. 6. Meetings are for officers only and are by appointment only.

Call ACAP at 634-7189 or 634-7188 for details or to arrange an appointment.

## 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 obligates you for recruiting duty.

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

## 2nd annual Chili Cook-off Friday

Bring your appetite to Hoekstra Field Sept. 26 from 11:30 a.m. - 1:30 p.m. and help judge the best chili on post. The cook-off is part of Hispanic American Heritage Month observances.

## 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](mailto: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](mailto: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.



## Hungry in Longare?

DG & HOPPS II is now open in Longare. The snack stand is located in bldg 10, hours are 7:30 a.m.-2 p.m.

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

## 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.



Vicenza High School Cougar Nick X. Williams goes for a touchdown during the Sept. 20 game against the Hohenfels Tigers.

## Vicenza High School Cougars devour Tigers, 58-6

Story and photos  
by Brad Polensky  
*Special to the Outlook*

The Vicenza High School Cougars football team came out Saturday looking to avenge last season's loss to the Hohenfels Tigers and succeeded in a big way.

Cougar captain and quarterback Micky Stoner (#12) led the offense with 10 of 20 passes and 140 yards with one rushing and two passing touchdowns, which were both to wide receiver #5 Nicholas S. Williams.

Running back Kyle Kaus had two touchdowns and a two-point conversion along with scores from Nicholas X. Williams, Reggie Sweed and Sam Pemberton.

The crushing pair of James Erickson (12 unassisted

tackles) and Isaia Vimoto (10 unassisted tackles) again led the Cougars stout Defense with Taylor Touzinsky sacking the Tigers' quarterback twice.

The defense had one hiccup early in the first quarter which allowed Hohenfels to score on a 35-yard pass play. But after some player adjustments by Cougar head coach Adam Ridgley and defensive coach Dave Stoner it would be the only score the Tigers' would achieve this day.

The dominating Cougar performance amassed a total of 400 yards on the offensive side of the ball which puts the cougars to 2-0 overall and 1-0 Division III.

Cougars' next game is Saturday at 1 p.m. on the North 40 football field. This is a scrimmage against the Vilseck junior varsity team.



Cougar Zach Bishop (11) goes for an interception against the Hohenfels wide receiver, breaking up the pass. The VHS Cougars went on to beat the Hohenfels Tigers 58-6, making up for last season's loss.

## Vicenza tennis, cross country teams take on International School of Florence

Camp Darby teens attending the International School of Florence have the opportunity this year to participate in sporting events against other American schools. (Right) In girl's cross country, Vicenza Cougars placed first in the Sept. 20 meet at Camp Darby. The time of 21:33 qualified her for the regional's in October. (Far right) Another VHS Cougar hits the winning set point to defeat International School of Florence, during the Sept. 20 tennis match. In boy's cross country, Camp Darby's Zackery Garcia, a freshman at ISF placed first in the cross country meet. This was his time participating in cross country as he normally plays soccer. He decided to join the International School of Florence's new cross country team as a way to train for the upcoming soccer season. (Photos by Joyce Costello, USAG Livorno Public Affairs)

