



The Outlook

September 16, 2010

U.S. Army Garrisons Vicenza & Livorno

www.USAG.Vicenza.Army.Mil

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BE AWARE

During USAG Vicenza's full-scale force protection exercise Wednesday, community members on or nearby the post are advised that the exercise will involve simulated explosions as well as emergency vehicle sirens.

Lion Shake 2010 will test the garrison's emergency management and response capabilities in the event of a crisis or catastrophe.

Those entering or leaving the post between 8:30 a.m. and noon may experience delays as emergency vehicles and security personnel participate in the exercise.

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Cougars coach gives insight to challenge-filled 2010 season

Local Soldier's personal courage earns him historic Medal of Honor

173rd's Giunta first living U.S. Soldier to receive MOH since Vietnam War

USAREUR news release

The White House announced Friday that Staff Sgt. Salvatore Giunta of the 173rd Airborne Brigade Combat Team will receive the Medal of Honor for his actions in an ambush in Afghanistan's Korengal Valley in 2007.

"We are extremely proud of this courageous and humble Soldier," said Brig. Gen. Michael A. Ryan, deputy commanding general of V Corps. "He is a true role model for all of the Army team here in Europe."

The 25-year-old sergeant from Cedar Rapids, Iowa, enlisted in November 2003 and has served his entire military career with the USAG Vicenza's 173rd's Battle Company, 2nd Battalion, 503rd Infantry

Regiment.

Giunta's platoon was ambushed at close range by an enemy force on the evening of Oct. 25, 2007. During the firefight that followed, Giunta, then a specialist, organized his squad to repel the attack and repeatedly moved through enemy fire to help and recover wounded comrades.

The nomination documents for the award recommended Giunta be presented the Medal of Honor for his "selfless actions and personal courage, which were decisive factors in changing the tide of the battle.... Despite bullets impacting on and around him, Spc. Giunta fearlessly advanced on the enemy and provided aid to his fallen

See GIUNTA SAVED Page 2



USAREUR photo

Twenty-five-year-old Staff Sgt. Salvatore Giunta of Cedar Rapids, Iowa, enlisted in November 2003 and has served his entire military career with the 173rd's 2-503.

Customer feedback sought for post services

it only takes
15
minutes

mymilitaryvoice.org

Participants can enter a drawing for a bowling package for four, compliments of DFMWR. Take a screen shot of the completion page by pressing "Control" and "Print Screen", and e-mail the shot to ruth.cowart@eur.army.mil with your name and contact info. The winner will be announced Sept. 29.

Customer Service Office

Has your voice been heard? Is USAG Vicenza meeting your needs in an array of services from post housing and heating and cooling to road maintenance and recreation facilities?

The Customer Service Assessment survey is your avenue to have your voice heard and is being conducted online at www.mymilitaryvoice.org through Sept. 26.

To make the survey meaningful, the installation's Customer Service Office needs to capture a sufficient number of participant voices from Soldiers, family members, retirees, civilian employees and veterans.

"We want to hear from

everyone who lives, works, or plays on this garrison," said Customer Service Officer Ruth Cowart. "A review of last week's data shows we need to hear from the Soldier constituent group. You are why we are here."

With little more than one week before the survey closes, Cowart is urging everyone who can take the survey to do so, and "especially if you are a Soldier."

She said the garrison commander and installation directors rely on the survey data to see if the post is meeting community members' needs

"It really is your opportunity to let the garrison know what services are important to you and how the service providers are performing," said Cowart. "If you don't tell us, we will not

know your personal experience."

Survey participants can enter a drawing for a Bowling Package for four at The Arena, compliments of DFMWR. Simply take a screen shot of the completion page by simultaneously pressing "Control" and "Print Screen" and paste the screen shot in an e-mail to ruth.cowart@eur.army.mil, along with name and contact information. The winner will be announced at the Sept. 29 InfoX.

She said the survey takes less than 15 minutes and will provide results.

For more information on the 2010 Customer Service Assessment, contact Cowart at 634-6426 / CIV 0444-71-6426 or ruth.cowart@eur.army.mil.

Catch a fall breeze with SKIES' youth sailing class

Story by DENA BARTO
Special to the Outlook

Child, Youth and School Services SKIESUnlimited launched sailing classes this summer.

Six young sailors from the Caserma Ederle community learned how to safely ready, sail and maintain a small sailboat during a six-class course at nearby Palalago, a recreational lake in Marola.

"We are so excited to add sailing classes to our SKIES programming," said Kelli Covlin, SKIESUnlimited program manager. "It is the first program we have been able to organize off the installation and is a great opportunity for our youth."

SKIES Instructors Paolo Costa and Simona Campana head the sailing program. Both instructors



Photo by Tami Howell

SKIES students try out their sailing skills in Marola. The next class starts Sept. 25. Visit <https://webtrac.mwr.army.mil/sites/eu.html> or call 634-8051 to sign up.

See SAILING CLASS Page 3

September is Suicide Awareness Month Take control: Be your own best friend

Commentary by
Dr. DEANNA BEECH, PhD
Vicenza Health Clinic

You may or may not know that it is Suicide Awareness Month. I must say I don't like calling it that. It seems that we are saying "be more aware of how depressed and suicidal we are."

Obviously that is not the intent, but if we do become more aware of how we are feeling, what can we do to fix it?

Be your own best friend. Can't say I authored the phrase and, at times, it can feel annoyingly over simplified. But stop and think about it.

How much time do you spend running away from being alone with your thoughts? Hours of computer gaming, TV watching, multitasking, drinking and even over socializing are ways you may avoid being alone with yourself.

We often turn to our relationships to help us fill the empty inside spaces. Isn't my husband or wife supposed to complete me?

The short answer is no.

Each of us must do the work of completing ourselves. Then your marriage, friends, and family can be experienced as the gifts that they are.

Have you ever wondered why so many family relationships are bound up in guilt and manipulation? Here's the answer: If you need me to fill part of you, then I can't grow in my own way.

We all know how that feels, and if we aren't careful we will pass that vice on to our children.

Unfortunately, no matter how far or how fast you run, you can never leave yourself behind. The good news is you don't need to run. You already know you.

What you have been through did not kill you and, even if remembering it hurts, it won't kill you now.

"Now" is a powerful idea. Now you can remember and take the kind of care of yourself that you deserve when dealing with life's pains.

I can hear the groaning—"I don't want to dig around in my past" or "I don't want to think about what happened."

You don't have to. Research shows

that analysis doesn't fix anything. Sure, it's great to know more about ourselves, but most of us are already pretty aware of our soft spots.

What we need to do is to be able to deal better with the present. Specifically, when you are faced with a problem, what are the records that play in your head? Do you hear old voices telling you that you are stupid or lazy or no good?

Usually it's the negative stuff that sticks in these records. That stuff comes from the past, but it is present now. So, get real with yourself. Is it true?

Write out the facts so you can look at them in the clear light of day. If it is not true about you, let it go.

Do this over and over so that every time the record plays you're changing it into a more and more healthy tune.

But what if the record is somewhat true? Then you have to ask yourself, do you want to keep it as part of how you have decided to define yourself, or do you want to change it?

For example, I can imagine a great use for being lazy on Sunday, but I would not want my husband or

supervisor to think that I am a lazy person. If you want to change an aspect of yourself, make a plan.

What actions are associated with the kinds of things that I want to be true about me? Instead of owning the lazy label, I want to be seen as being competent and responsible, an action person.

So, what would that look like to me? What would I do differently? How would I respond to different situations in my life?

Write it out and imagine it. This does take work. But the argument "I don't have time" won't work because it isn't true. You have plenty of time. You have the rest of your life.

There are some feel-good shortcuts. It's proven that when you do something—even a very little something—for someone else, you feel better than the person you helped.

It has also been shown that when you smile, even when you don't feel like it, people smile back and then you really start smiling.

You have the power, at any time, to change your life. You only get one, so live your best life!

Giunta saved paratrooper lives, changed course of battle

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comrades. His actions saved the lives of multiple paratroopers and changed the course of the battle in his platoon's favor."

Giunta is the first living American Soldier to receive the Medal of Honor since the Vietnam War, and the second

Europe-based Soldier to earn America's highest award for valor in combat since the start of post 9/11 combat operations. Spc. Ross McGinnis of 1st Armored Division's Schweinfurt, Germany-based Company C, 1st Battalion, 26th Infantry was posthumously

awarded the medal in 2008 for saving the lives of his fellow team members by throwing himself on an enemy grenade during a firefight in Baghdad in 2006.

The 173rd Airborne Brigade Combat Team is an airborne infantry brigade combat

team based in Vicenza with battalions also in Schweinfurt and Bamberg, Germany. As a subordinate unit of the U.S. Army Europe's V Corps, the 173rd trains for and conducts contingency operations to support EUCOM and other combatant commands.

Speak Out

How does your organization assist with suicide education and prevention?



Capt. Annie Robinson
USAG Livorno
HHD Commander

"We offer shoulder-to-shoulder training to units upon request; additionally we have a bulletin at the garrison that is full of information about local resources on Camp Darby."



Sgt. John Miller
Camp Darby
chaplain's assistant

"Chaplain's assistants are another alternative for service members to come and talk about their personnel issues."



Maj. Kenneth Davis
Chief Nurse, U.S. Army
Health Center Livorno

"We screen all patients over age 18 for critical suicide markers when they come to the clinic... And we've increased outreach by informing them about resources during Health Care Benefits Awareness Month."



Elaine Miles
FAP Manager, Camp Darby
Army Community Service

"We offer free classes on stress management, marriage and parenting, communication and new parent support to help our military families deal with challenges. The FAP is always available to help you one-on-one."



Capt. Paul Fritts
Camp Darby Chaplain

"Being spiritually fit is an important part of Comprehensive Fitness and preventing suicide. By enhancing spiritual fitness through our programs or by being there to listen, the chapel promotes the overall well-being of our community."

SPIRITUAL PILLAR: Chaplain offers battle buddy tips

Buddy care crucial in suicide prevention

By Chaplain (Maj.)
DOUGLAS THOMISON
USAG Vicenza Family Life Chaplain

I hope the term “battle buddy” isn’t becoming cliché in the Army.

Having a buddy look out for us is important. Holy Scriptures tell us to “... consider how we may spur one another on.” (Hebrews 10:24).

September is suicide Prevention and Awareness Month, and I want to reinforce buddy care. Having someone to talk to can make a big difference in “spurring one another on.”

It is a buddy who can help prevent suicide by speaking to those who they feel may be at risk.

People will often share secrets and

feelings with their peers that they will not share with others.

It is the consistent rapport with one’s buddy that causes us to feel free to share as well as causes us to see any life changes (sudden changes in personality, mood, weight, etc.) with their buddy.

If you think your buddy is at risk, then ask them if they are thinking about harming or killing themselves. Talking about suicide or suicidal thoughts will not push someone to kill themselves.

It is also not true that people who talk about killing themselves will not actually try it. Take any expressed intention of suicide very seriously.

You should be especially concerned

if people tell you that they have made a detailed suicide plan or obtained a means of hurting themselves.

If they announce that they are thinking of taking an overdose of prescription medication or jumping from a particular bridge, stay with them until they are willing to go with you and talk to a responsible professional.

Don’t pretend you have all the answers. The most important thing you can do may be to help them find help. Never promise to keep someone’s intention to kill him- or herself a secret.

Some buddy tips:

Listen: Let the person talk as much as he or she wants to. Listen closely so that

you can be as supportive as possible, and learn as much as possible about what is causing the suicidal feelings.

Comfort: Offer words of support. Remember that intense emotional pain can be overwhelming, so be as caring as possible.

Concern: Tell the person that you are concerned, and show them that you are concerned. If at high risk of suicide, do not leave them alone. Do not leave a critically suicidal person alone for even a second. Only after you get professional help for the person can you consider leaving him or her.

Remember: Having a buddy look out for us is important. Do “... consider how we may spur one another on.”

Sailing class teaches water safety, control of craft

continued from Page 1

are experienced sailors who also work in the Vicenza community as emergency medical technicians.

“They have designed the classes to emphasize water safety, to teach the basics of sailing, and to build teamwork and confidence among the participants,” said Covlin.

Exercises that include climbing in and out of the boat from the water handling a capsized boat are practiced by the students as they learn how to remain in control of their craft.

“I thought they were awesome

because they put safety first but we also had fun,” said 11-year-old participant Bradley Sweet about the sailing instructors.

Sweet’s parents agreed.

“The class and the instructors were great,” said Lt. Col. Mark Sweet and Young Hee Sweet. “It was an incredible and unique opportunity for our son.”

Eleven-year-old participant Wesley Howell said he loves sailing and highly recommends the class for children who love boats and being on the water.

“I learned to right the boat after capsizing,” said Howell. “And I learned the names and

uses for different parts of the boat and how to use the wind to get where I want to go.”

When asked what he liked most about the class, 10-year-old Tristan Chae said “being in the sailboat by myself on the lake was really fun.”

The next SKIESUnlimited sailing course starts Sept. 25. Classes will be held every Saturday through Oct. 30.

Enroll at Parent Central Services or online at CYSS Webtrac <https://webtrac.mwr.army.mil/sites/eu.html>. Call SKIESUnlimited at 634-8051 or PCS at 634-7219.



Photo by Tami Howell

Sailing students Michelle Hansell, 9, Bradley Sweet, 11 and Tristan Chae, 10, work on tying on the sail to prepare their boats for the lake. The SKIES class teaches sailing basics, how to put boats together, teamwork and confidence. Call 634-8051 for information.

PX to salute those ‘still serving’ during Sept. 24-26 sale

AAFES news release

As part of its annual “Still Serving” weekend, the Army & Air Force Exchange Service will salute former Soldiers by offering unique specials at the Vicenza PX Sept. 24-26.

AAFES’ “Still Serving” sales and benefits information flyer should be arriving in the mailboxes of Vicenza retirees in mid-September.

The flyer offers exclusive savings on a wide variety of products, including \$50

off any in-stock Toshiba notebook, 25 percent off men’s Adidas apparel, Hanes women intimate apparel, all Nike caps and accessories, Rosetti handbags and all Rolfs belts.

AAFES will also offering several “meal deals” at the Caserma Ederle food court.

“At approximately 2.3 million, retirees account for 26 percent of AAFES’ 12.3 million authorized shoppers,” said the PX’s Manager Charles Eaves.

“The specials offered in the flyer

should provide plenty of incentive for retirees to come and rediscover the value the exchange offers,” he said.

In addition to the savings available in-store, authorized shoppers will also find details of the “Salute to Your Service” sweepstakes at www.shopmyexchange.com.

Online giveaways during the event include an Apple 8GB iPod Touch, net book computer, six-piece luggage set and a Dyson bagless vacuum cleaner, among other prizes.

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Proper training, gear equals safe motorcycle riding

Of 109 Army private motor vehicle fatalities in FY09, 32 fatalities were attributed to motorcycle accidents

By Sgt. Maj. CAMERON PORTER
21st TSC Public Affairs

Motorcycle riding is an exciting and enjoyable hobby, but it can also be very risky and dangerous. Service members, civilians and their families stationed in Europe must make safety their number one priority when they choose to operate a motorcycle here.

Safe motorcycle riding includes wearing the proper protective clothing and equipment, seeking out opportunities for education and training, and following Department of Defense and Army regulations as well as host nation and local laws.

Army accident rates show that motorcycle operators are at a much higher risk of being killed in an accident when compared to travelers in a passenger vehicle, said Scott Livingston, a safety and health specialist with USAG Kaiserslautern.

“Overall our motorcycle rider population in the Army is very low, however, they generally account for almost one third of our traffic deaths,” Livingston said.

For example, out of 109 Army private motor vehicle fatalities in fiscal year



Airman 1st Class Harry Sinner from 1st Combat Communications Squadron starts the cornering-judgment exercise of the U.S. Army Garrison Kaiserslautern's Motorcycle Safety Foundation Training Course at the Motorcycle Range on Kapau Air Station, Germany. For information on motorcycle driving locally, contact Bryan Dorman at 634-4703.

Photo by Christine June

2009, 32 fatalities were attributed to motorcycle accidents, Livingston said.

Europe is a very challenging environment for motorcycle riders, especially new and novice riders with little or no experience, said Livingston. Based on this, only DOD-sponsored service members, civilians and their family members with prior experience and a current motorcycle endorsement on their U.S. driver's license can obtain a U.S. Army Europe motorcycle license.

Proper training and personal protective equipment is critical, said Livingston. Unlike an automobile, motorcycle accidents are a lot less forgiving. When an accident is

unavoidable, a motorcyclist's personal protective equipment can protect them from serious injury or death.

Personal protective equipment includes a helmet certified by the Department of Transportation; impact or shatter resistant goggles, wraparound glasses or a full-face shield; long sleeved shirt or jacket; long trousers; sturdy footwear, leather boots or over the ankle shoes; and full fingered gloves or mittens designed for motorcycle use.

A brightly colored upper outer garment should be worn during daylight hours, and a highly reflective upper outer garment should be worn during the hours of limited visibility.

Every person who owns a motorcycle or is thinking about buying a motorcycle should seek out opportunities to improve their awareness and their capabilities. Motorcycle riders should ask their unit leaders about starting up a local motorcycle mentorship and safety program, and volunteer for additional training at every opportunity.

By regulation, the Army requires that all Soldiers who operate motorcycles, both on and off post, attend the Motorcycle Safety Foundation's Basic Rider Course.

Chapter 11-9b of Army Regulation 385-10 states that commanders may also offer the MSF's Experienced Rider Course in addition to the basic course, but not in lieu of the basic course. However, anyone who has documentation of prior completion of the Experienced Rider Course will be in compliance with the Army standard for motorcycle training and will not be required to attend the basic course.

Motorcycle riders should visit the U.S. Army Combat Readiness and Safety Center's POV and Motorcycle Safety website at <https://safety.army.mil/povmotorcyclesafety> and the center's Motorcycle Mentorship Program website at <https://safety.army.mil/MMP> for more information. Another resource for motorcycle riders is the Motorcycle Safety Foundation at <http://www.msfsa.org>. For motorcycle licensing and training information in your local area, contact the Driver's Testing Station and Safety Office.

All things considered, operating a motorcycle can be very risky and dangerous – but armed with the proper training, knowledge and gear – the risks and dangers can be significantly reduced.



Motorcycle riders should visit the U.S. Army Combat Readiness and Safety Center's POV and Motorcycle Safety website at <https://safety.army.mil/povmotorcyclesafety>.



Darby highlights:

(Far left) Camp Darby's consolidated Army tug of war team pulls in gold medal during the Camp Darby Olympics.

Sahar Mallet takes the baton from Airman 1st Class Aaron Lehman during the four person relay.

For details on the annual Olympics events, SEE PAGE 5.

Photos by Joyce Costello

Exercise tests joint civil protection

By JOYCE COSTELLO

USAG Livorno Public Affairs

Camp Darby authorities and the Pisa Comune and Prefect Office partnered to test the civil protection response plan Sept. 13.

The joint exercise, which included Camp Darby tenant units, Carabinieri, Italian Vigili del Fuoco, Italian Red Cross, 118 representatives, Pisa Questura, Pisa Municipal Police and Pisa Comune Civil Protection, involved the scenario in which a cargo aircraft is stolen by terrorists and deliberately crashed on Camp Darby.

USAG Livorno Commander Lt. Col. Kevin Bigelman called testing the link between the garrison, tenant units and Italian civil protection and emergency responder agencies imperative.

"If the communication links are good, then we can continue to focus on training for incidents," said Bigelman, "but if the communication links are broken then we have a problem."

"At the beginning of the exercise, it appeared that it was just an accident and the emergency responders acted quickly," explained Italian Base Commander Col. Raffaele Iubini, "but once it was discovered that it was a deliberate incident then we moved to the second phase involving Pisa civil defense. I believe the integration between the two components was well consolidated," said Iubini.

"The exercise highlighted the need for a continuous relationship between the Pisa Comune, the institutions and the volunteer associations to optimize the response and fill the distances that still exist between a real scenario and the quick system response," said Pisa Vice Mayor, Engineer Paolo Ghezzi. "Important operational aspects were raised and became an occasion for joint work and growing experience, highlighting some aspects that still can be improved upon"

Bigelman further observed that "the



Photo by Chiara Mattiolo
Italian emergency responders from Pisa "118" prepare to MEDEVAC a roleplayer during the Sept. 13 joint American-Italian civil protection exercise at Camp Darby.

time to prepare is not when an emergency happens. This joint exercise allowed us (Americans and Italians) to have a better understanding of our true capabilities during an actual incident."

Key participants in the exercise felt the exercise outcome was positive.

"It presented various levels of difficulty both under the operational aspect and from a coordination aspect and of the communication system between the various organizations responsible for the emergency response,"

said Claudio Chiavacci, commander of the Pisa Fire Department. "The exercise highlighted the excellent capacity to communicate and work together to the best results."

According to Maj. Kenneth Davis, Chief Nurse at U.S. Army Health Clinic Livorno, it was also an excellent opportunity for his medical staff to see first hand how their Italian counterparts operate during an emergency.

This year's exercise involved more than 100 Italian and U.S. first responders.

Army takes first place in Darby Olympics

By JOYCE COSTELLO

USAG Livorno Public Affairs

The second annual Camp Darby Olympics paired Army units together to take on the Air Force's 731st Munitions Squadron and Italian Military and Carabinieri forces.

It was a competition that would start at dawn with the three teams struggling to keep their footing on wet grass during a field relay race.

"We had some amazing talent competing in the various events," said Army Capt. Annie Robinson, USAG Livorno HHD commander. "This event really embodied the spirit of comprehensive fitness calling on the competitor's physical and mental stamina."

In the relay race, the day's first event, the Air Force won by a large distance, followed by the U.S. Army, then Italians.

"The Camp Darby Olympics brings

out the competitive spirit in me and while I love running, doing it as part of a team really makes you work together instead of relying on yourself," said Air Force Staff Sgt. Rick Sepulveda, 731 MUNS.

In the next event, the 200-meter swim relay, the Italians easily took first, followed by the U.S. Army and Italians. With all three teams tied going into the third event, volleyball, bystanders cheered and jeered as the Army defeated the Air Force, then the Italians.

"The Italian team was tall and full of good players, but because we communicated well on the floor and worked together as a team we were able to pull off a surprising victory," said Army Staff Sgt. Ekachai Steinhorst, 511th Military Police Platoon.

When the Army won the tug-of-war competition, they moved into first but were unable to keep the winning momentum when the Air Force beat them at the Tire flip and MEDEVAC relay.

The Air Force then went on to dominate at basketball.

The Italians crushed both the Army and Air Force in the final event, soccer.

"I had fun getting out of the office and interacting with the Americans," said Italian Army Cpl. Giuseppe Pizzuti. "The highlight of the soccer games to me was when I went up against Spc. Tribble (Army player). We crashed and she won control of the ball."

When the wins and losses were tallied up, the Army took first overall to win the 2010 Camp Darby Olympics Trophy with two gold and five silver. The Air Force finished with four gold and three bronze and the Italian team with two gold, two silver and three bronze medals.

"All participants got a medal during the awards ceremony because they took the initiative to participate and have an enjoyable time with fellow comrades: the Air Force, the Italian Carabinieri and the Italian Army," said Robinson.

Darby Dates

Visit www.usag.livorno.army.mil

Right Arm/Wing Man Night

Need to say thanks to someone special? Bring them to the DCC Sept. 24 at 4 pm. Call 633-7855.

Texas Hold'em

Come to Texas Hold'em at the DCC Sept. 24. Fun begins at 6:30 pm. Free pasta. Call 633-7855.

Hot Salsa Nite

Come to Hot Salsa Nite Sept. 25 for Salsa and Latin music complete with Latino dance demos. Tickets on sale now at the DCC. Call 633-7855.

Buying Your Home

Find out what you need to know about home buying Tuesday. Call ACS for more info at 633-7084.

Multicultural Spouses

Obtain valuable info on medical, employment, immigration and naturalization services and more Wednesday. Call 633-7084.

Deployment Support

Do you need to have a safe place to talk about your feelings and the stress you might have during deployment? Join us Sept. 23. Call 633-7084.

Parents Night Out

Enjoy an evening out and leave the child care to CYSS Sept. 24. Multiple-child discount. Register by Tuesday. Call 633-7681.

Worldwide Day of Play

The Boys and Girls Clubs of America and Nickelodeon annually sponsor a Worldwide Day of Play to help combat child obesity through physically active play. Darby's CYSS staff has planned a fun-filled day for families. Plan on getting off the couch and come by SAS and the Youth Center, Bldg. 730, Sept. 25, 11 a.m.-3 p.m. for games, barbeque and fun. Call 633-7681.

ITR Trips

Florence: Spend the day at your leisure. Visit the Uffizi Museum, Accademia Gallery, shop at the market, buy gold on the Ponte Vecchio or enjoy the scenery Sept. 25. Call 633-7589.

Religious Activities

For details, call the chapel at 633-7267 (050-54-7267)

9:40 a.m.: Catholic Reconciliation

10 a.m.: Catholic Mass

11:15 a.m.: Protestant worship

10 a.m.: Protestant Sunday school

11:15 a.m.: Catholic CCD

Grapes a plenty:

No assignment to Italy would be complete without attending a local grape festival.

Community members are invited to attend a traditional grape festival Friday through Sunday in Soave, about 23 miles west of Vicenza.

Enjoy the local food booths and sale of local D.O.C. wines, art exhibits, live music and dance in Piazza Cavalli at 9 p.m. The fireworks kick off Sunday at 11 p.m.

Courtesy photo



Local festivals & shows

Fiera del Soco -Tree Trunk Fair: Thursday in Grisignano, about 14 miles southeast of Vicenza.

It's a large annual market with hundreds of booths, exhibits and carnival rides.

Parking is available for €3 in Via Vittorio Veneto, Via Kennedy and Via Serenissima. Free shuttle service from Via Serenissima to the fair. 4-6 p.m. games and entertainment for children; 6 p.m. local agricultural products exhibit and sale; 7 p.m. "Expogustibus" is a sampling of local dishes and beer; 7-9 p.m. "Lo Borgo de lo Soco" – medieval village; 9 p.m. Live 60's music and dancing; Disco night at the Soco Arena; 10 p.m. historical costume parade; 10 a.m. Mythological show, fire-eaters, and stilt walkers; fireworks at midnight.

Soco means tree trunk. The fair's name comes from a 1250 apparition of the Virgin Mary by a tree trunk.

Babybuskers – Children Street Art Festival: Saturday and Sunday in Vicenza, Piazza dei Signori. 11 a.m.-12:30 p.m. & 4-7:30 p.m. Music and theatrical performances, puppet shows, clowns, magic tricks and more. Free entrance.

Rice Festival: Friday-Tuesday, in Grumolo delle Abbadesse, about nine miles east of Vicenza. Food booths, live music, free entrance.

Friday: 7:30 p.m. food booths open featuring typical rice dishes; raffle and fair trade market; 8:30 p.m. live music and dances with Marco e il Clan.

Saturday: 7 p.m. food booths; raffle and trade market; 8:30 p.m. live music with Rita Del Mare Orchestra.

Sunday: walk through the rice fields and villas using Nordic walking techniques, guided by certified instructors. Walk departs from Piazza Norma Cossetto at 8:30 a.m. Fee is €3 or €7, including lunch (rice, cake and water); 3:30

p.m. live music, dancing and entertainment for kids; 4 p.m. live Latin-American, funk, blues and soul music with the Sauro's Band; 6 p.m. food booths, fair trade market; 9 p.m. live music and dancing with the I Ridigini Orchestra.

Monday: 7 p.m. food booths; raffle and fair trade market. 8:30 p.m. live music and dancing with Lara e Mara.

Tuesday: 7 p.m. food booths, raffle, trade market; 8:30 p.m. live music and dance with Blue Symphony Orchestra; 11:30 p.m. fireworks.

Free entrance to the **Miniature Venetian Villas** exhibit at the town library in Piazza Norma Cossetto Saturday-Sunday 9 a.m.-noon and 5-10 p.m.; Monday-Tuesday 7 p.m.-midnight.

Transhumance Festival: Saturday and Sunday in Bressanvido, Pagiusco Farm, Via Chiesa, about 10 miles northeast of Vicenza. Transhumance is the seasonal movement of farmers with their livestock over relatively short distances, usually to higher pasture in summer and lower valleys in winter.

This year the Pagiusco Farm's herd departs from Marcesina Friday and, after an 80-kilometer route, arrives in Bressanvido Sunday around 5 p.m.

Arrival is celebrated by thousands of people with live music and majorettes.

Saturday: 7 p.m. craft fair grand opening.

Sunday: 9 a.m. onward, exhibition of vintage tractors and cowbells, horse-drawn carriage parade, live folk music.

Food booths open at 7 p.m. featuring spit-roast chicken, pig's shin, local cheeses and wines.

Live music and dance at 9 p.m. Fee for concerts: by lottery 2 euro. Proceeds go to cancer research.

Hot Air Balloon Festival: Friday - Sept. 26, 7:30 a.m.-10 p.m., in Ferrara, Bassani Park, about 70 miles south of Vicenza. Free entry. Balloon races, sports shows, music concerts, flights over the city and the Po Delta by balloon, plane or glider, entertainment and games for children, guided tours of the city, boat trips on the Po, food booths.

Flights over the city and the Po Delta by hot air balloon Monday - Friday, departing Bassani Park 7:30-9 a.m. & 4-7:30 p.m., 1 hour/flight for €150, €75 for kids 6-12; Saturday and Sunday rides are €180, €90 kids 6-12;

Hot air balloon tied-up flights: daily from 8-11 a.m. & 4:30-8 p.m.; €5 and €3 for children under 13.

Flights by plane: daily from 9:30 a.m.-4:30 p.m., departing Ferrara flying club, max three people per 15-minute flight for €50, €25 for kids ages 2-11.

Flights by glider: Saturday-Sunday from 9:30 a.m.-4:30 p.m., departing Ferrara flying club; One-person flight for 25 minutes costs €80. No children allowed.

Tandem skydiving: daily 9:30 a.m.-4:30 p.m., departing Ferrara flying club; tandem takeoff and landing with expert instructor is €180 or €210 with aerial video.

Shuttles for the Ferrara flying club depart from Bassani Park.

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

Carnival Rides: ongoing through Sunday, 4 p.m.-midnight, in Vicenza, Campo Marzo.



Courtesy photo

Here's your chance to fly in a hot air balloon. Visit the fest Friday through Sept. 26.

FREE concerts, exhibits & events

Biodance: Friday at 6 p.m., in Vicenza, Galla Caffè, Piazza Castello 2/a. Free presentation of the biodance course.

Live Folk Rock Music: Friday at 10 p.m. in Villaverla, Birreria Timonchio, Via Roma 43, about 11 miles north of Vicenza.

Andrew Vladeck Folk Rock USA + Roulotte HIFI Folk Rock IT: Friday at 9 p.m. in Vicenza, Bar Sarteia, Corso S. Felice e Fortunato 362.

Live Folk Music: Saturday at 10 p.m. in Villaverla, Birreria Timonchio, Via Roma 43, about 11 miles north of Vicenza.

The Fabulous '70s: Saturday, 9 p.m. in Ponte di Lumignano, Longare, Palazzo Rosso, about eight miles southeast of Vicenza.

Flowers & Plant Exhibit and Sale: Friday-Sunday from 9 a.m. until closing in Vicenza, Piazza dei Signori, Piazza Biade e Contrà Garibaldi. Booths open at 9 a.m.

Sporting events

Golden Skate Awards: Oct. 9 in Torino, Palavela.

Red Bull X-Fighters World Tour – International freestyle motocross: Oct. 1 in Rome, Stadio dei Mari.

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

Visit <http://www.ticketone.it/EN/> for information in English.

ODR trips

Explore **Trieste** and the Miramare Castle, or bike the northwestern shore of **Lake Garda** Saturday. Kayak **Lake Garda** Sunday. Ride Italy's highest pass, **Passo dello Stelvio**, Sept. 25, or sea kayak at Lake Garda Sept. 26.

Visit [VicenzaMWR.com](http://www.vicenzamwr.com). To enroll, visit <https://webtrac.mwr.army.mil/webtrac/Vicenzarectrac.html>.

Concerts

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

Ozzy Osbourne: Wednesday in Milan, PalaSharp.

Peter Gabriel: Sept. 26 in Verona, Arena.

Brandon Flowers: Oct. 4 in Milan; Oct. 5 in Rome.

U-2: Oct. 8 in Rome, Stadio Olimpico.

Stereophonics: Oct. 11 in Milan.

Doobie Brothers: Oct. 14 in Milan, Alcatraz Club.

Carlos Santana: Oct. 19 in Assago, Milan, Mediolanum Forum.

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

Now Showing

Ederle Theater

Thursday	The Twilight Saga: Eclipse (PG-13)	6 p.m.
Friday	Despicable Me (PG)	6 p.m.
	Inception (PG-13)	9 p.m.
Sat.	Despicable Me (PG)	3 p.m.
	Resident Evil: Afterlife (R)	6 p.m.
Sun.	Despicable Me (PG)	3 p.m.
	Resident Evil: Afterlife (R)	6 p.m.
Wed.	Inception (PG-13)	6 p.m.
Sept. 23	Inception (PG-13)	6 p.m.

Camp Darby Theater

Friday	Inception (PG-13)	6 p.m.
Saturday	Takers (PG-13)	6 p.m.
Sunday	Despicable Me (PG)	1 p.m.
Sept. 24	Predators (R)	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

Remembrance ceremonies set for Bamberg's fallen troops

A remembrance ceremony will take place Friday at 3 p.m. in the post chapel for four Sky Soldiers who were killed in an attack Aug. 31 in Logar Province, Afghanistan.

Killed were Sgt. Vinson Adkinson, Pfc. Matthew George and Pfc. James Page, each assigned to Alpha Company, 173rd Brigade Support Battalion, and Spc. Raymond Alcaraz, assigned to Charlie Company, 173rd Brigade Support Battalion.

Clinic hours

The U.S. Army Health Center Vicenza will be closed Sept. 23-26 and will open in the new health center Sept. 27 at 7:30 a.m.

For medical emergencies, go directly to the nearest hospital or the San Bortolo Hospital Emergency Room. The San Bortolo Patient Liaison phone number is 0444-75-3300 or 0444-928166.

For an ambulance, call 118 off post or 99-118 from a DSN phone.

To schedule appointments or request a medication refill online, register at www.tricareonline.com.

For less urgent medical issues, speak with a registered nurse by calling 800-877-6660.

For information, call the clinic patient representative at 634-7952 / CIV 0444-71-7952, or e-mail VZHCRep@amedd.army.mil.

Civilian flu shots free

The U.S. Army Health Center Vicenza would like to remind community members that DoD civilians can receive the flu shot free of charge.

Art a la Carte

Art a la Carte at Soldiers' Theatre Friday from 5-9 p.m. features the art work of watercolorist Pam Dykes and multimedia artist Peggy Schadler. Enjoy samples from Caterer Arte in Tavolo and wine tastings with Gian Paolo Stanzial of Cantina di Gambellara while listening to classical selections of Michelle Willis on flute.

It's your library

Teens, let the library know what programming you want and qualify for an MWR prize pack. Take the survey at <http://www.vicenzamwr.com/library.html> to qualify.

Rat Wives tickets

Tickets for "Rat Wives" go on sale Monday at Soldiers' Theatre. This hilarious adult comedy takes place in a backstage dressing room of four actresses. It contains adult language and situations not appropriate for children. Get your tickets early for the one-weekend performances at Vicenza: Oct. 1, 2 and 3.

Bowling offers

Celebrate Hispanic Heritage Month at the Arena. Enjoy two hours of bowling, the Movie Beverly Hills Chihuahua, a cheese pizza and a pitcher of soda for \$24.95 Sunday from 6:30-8:30 p.m. Shoes not included.

On Sept. 24 in the Lion's Den, enjoy complimentary Salsa dance

lessons, a game of dominos while sipping your favorite Hispanic inspired beverages.

Attend Family Movie & Bowl Night with pizza Sept. 26. For adults the month wraps up with more free dance lessons, drink specials and a \$10 all-you-can-eat nacho and taco buffet. Wristband can be purchased at the bar. Call 634-8257.

CTC deadline

The registration deadline for CDEC 1303 Families, School and Community is approaching. The course meets Oct. 9, 16 and 23 from 9 a.m.-6 p.m. Registration for CDEC 1356 Emergent Literacy for Early Childhood Begin has begun. Call 634-6514, for details.

Fall garage sale

The MOMS Club is planning a fall garage sale Saturday, 10 a.m.-noon at the Teen Center gym. Participation is free. If interested in selling, e-mail Amber Morris at momsclubofvicenza@yahoo.com.

AFN seeking input

A panel from the American Forces Radio and Television Service will hold a focus group Oct. 22 from 1-3 p.m. at the Arena. The panel is seeking feedback on AFN programming and concerns you may have about AFN. Seeking eight to 15 male adults, military or civilian, who are familiar with AFN services. E-mail afnsops@afn.dma.mil or call 634-8230/6027/8233 to reserve a spot by Oct. 21.

General elections

General election take place Nov. 2. There will be a federal write-in ballot drive Sept. 28 from 10 a.m.-4 p.m. at the PX and Commissary. This is for people who are registered but have not received a ballot. Visit www.fvap.com to register to vote.

The Military Postal Service Agency has labels (Label 11) to

expedite the absentee ballot. Track your ballot at www.usps.com.

Sunday Night Football

Watch Sunday night's NFL games on Monday nights at the Lion's Den, 6-11 p.m. Wear your team jersey to support your team. Drink specials offered.

Have a one-of-a-kind Halloween

Costume Designer Daisey Bingham shows you how to create your own costume and accessories at the arts and craft center. No sewing experience is required.

Attend Sept. 29-30: Super Capes and Masks; Oct. 2: Little Critter Costume, Oct. 6: No-sew Tutu, Fairy Wand and Wings; Oct. 13: Halloween Candy Bag. Visit the art center to see samples.

Mini Italy trip

Visit Parco Minitalia Oct. 2 with the School Age Center. Price includes eight hours of child care, admission, transportation, lunch and snack. Call 634-8253.

EFMP Bowling

On Monday from 3-4 p.m. there will be free bowling with shoes, pizza and sodas. Bowling Bash is free for all EFMPs and families. Sign-up required. Call 634-7500/8582 for information.

Consumer Rights

Financial Readiness offers a Consumer Rights and Obligations workshop Tuesday from 9-10 a.m. at ACS.

The class helps you recognize signs of fraud and rip-offs, and what to do when you encounter them. Also learn your obligations. Call 634-7500/8634.

Vicenza Homeschool Connection schedule

Vicenza Homeschool Connection September events are:

Friday: Italian Enrichment
Monday: Art Enrichment
Sept. 23: Field Trip Este Museum

Sept. 24: Italian Enrichment
Sept. 27: Art Enrichment
E-mail Vicenzahomeschoolconnection@yahoo.com.

Indoor range closure

The installation's Multi-functional Indoor Range will close Sept. 29- Oct. 27 to conduct maintenance.

Units requiring small arms range facilities should contact the Vicenza MSE Training Branch at 634-8884 to schedule Italian indoor/ outdoor ranges.

Smooth Grooves tour

Coming to Vicenza Tuesday is the Army Entertainment "Smooth Grooves Tour" featuring Yancy, Paula Aterton, Karen Briggs and The Straight Ahead Band.

Show starts at 7 p.m. at the Arena. Call 634-5087.

Back to school party for ... parents

Now that the kids are back in school, it's time for parents to celebrate. Parents, go back to school with the Lion's Den crew Friday at 8 p.m.

School boy/girl attire is encouraged and prizes will be awarded to the best dressed.

Community Calendar Highlights

Thursday: Sure Start First Day of School

Sept. 22-23: Lion Shake

Sept. 24: Quarterly Awards Ceremony

Sept. 27: Health Center Opens in New Facility

Sept. 29: Info-X

Oct. 4: Annual CFC Begins



Courtesy photo

Joint community: USAG Vicenza Garrison Commander Col. Erik Daiga and USAG Vicenza Command Sgt. Maj. Jeffrey Hartless speak with city officials Saturday during the Grisignano fairground opening. Many community members throughout the area attended the city's annual *Fiera del Soco*, or Tree Trunk Fair, which kicked off Friday and runs through Thursday. The large market features hundreds of booths, exhibits and carnival rides. For more information on the fair--fees, parking and shuttle service, highlights and fireworks schedule, SEE PAGE 6.

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.

Cougar quarterback John Paul Gueli attempts to wrangle out of Swiss grip during a scrimmage against the Switzerland All Stars Saturday at Caserma Ederle's North 40 field. The Cougars lost 0-20 and are hoping the lessons learned will serve them well during play against Ansbach Saturday.

Photo by Viki Frey



Cougars prep for tough season

By **ADRIANE FOSS**
Outlook Editor

The Vicenza High School Cougars are looking forward to a challenging season. "We lost quite a few players to graduation this year," said Head Coach Adam Ridgley. "We will probably have a few mistakes early on because we have seven starters that have either never played the game or have never started."

Despite the team's green beginnings, Ridgley feels confident they can work out the kinks early in the season.

"We realize that we are a relatively inexperienced team," he said. "The only way to gain experience is to make mistakes, and we have to be patient and stay positive as we make these mistakes."

"Luckily, we have quite a few players waiting to fill the leadership roles," he added.

A Texas native, Ridgley starts his ninth year at Vicenza and his 15th year in education. He teaches personal fitness and lifetime sports at the high school and also serves as the school's athletic director.

He said the Cougars will be simpler on defense, "until the new players catch up," moving from a 5-3 defense to a 4-3

this year.

The team's first three games—Saturday's 0-20 loss against Switzerland, and upcoming games against Ansbach and Bamberg—were their three losses last year.

"This year, I would say that Ansbach and Naples will be our biggest challenges," said Ridgley.

Ansbach, a dependably good team year after year and the division favorite, along with Naples' power defense, will undoubtedly test the Cougars' mettle.

Add to the mix Hohenfels and Aviano, both of which Ridgley expects to be much improved from last year, and Vicenza's successes will be all the sweeter.

That anticipated success, said Ridgley will come in the form of emotional, not just physical, victory.

"I measure success as the peace of mind that comes from giving your all in the pursuit of a worthy goal," he said. "Because of this, I know we will have a successful season, regardless of our record."

That optimism, however, doesn't mean he's throwing in the towel. Ridgley said the Cougars are banking on an upset that could put them in a position to battle

for a favorable playoff spot.

Last year, the Cougars beat Aviano and Naples to earn the title of Div. II South Conference champions. They beat AFNorth in a quarterfinal game and lost to Ansbach in the semi-finals.

Ridgley said he's hoping community members will continue to come out and support the Cougars as they tough it out against some very worthy competition.

VHS has started a new club called the Loud Crowd.

"We have a very supportive community. They come out and cheer for our team like crazy," he said. "We're very excited to have support from the stands."

Game Schedule

Saturday-at Ansbach

Sept. 25-Home against Bamberg

Oct. 2-Home against Hohenfels (HC in 5th Quarter)

Oct. 8-at Aviano

Oct. 16-Home against Naples

Oct. 23-To Be Determined

Oct. 30-To Be Determined

Nov. 6:-Super Six at Baumholder

Div. III at noon

Div. II at 2:30 p.m.

Div. I at 5 p.m.

Post players propel Corazon to semifinal success

By **TOM HLAVACEK**
Special to the Outlook

Two players from the installation soccer team helped the Corazon Latino club win a 12-team Casale regional tournament Saturday night.

Corazon advanced out of pool play to win the semifinal Thursday and finals Saturday. They won the championship game 4-3 on the field near Villaggio.

Spc. Luis Estepa of the 106th Finance Company was named tourney MVP. Estepa scored all four goals in the championship game 4-3. In pool play, he scored four goals in one game and three

in the quarterfinal match totaling 11.

In the finals, the game seesawed. Estepa left the game with an ankle injury with the game knotted at 3 and reentered to score the winning goal.

Staff Sgt. Wilmer Aguilar was a defensive starter for the winning team.

"This tournament had a high skill level," said Aguilar. "I was surprised by the caliber of play. It was very competitive."

Estepa and Aguilar are starters on the

post team and helped the Vicenza Lions take 3rd in an international tourney hosted on the turf field two weeks ago.

"Those players are in great physical condition," said Ederle Sports Programmer Ricky Jackson. "It's an example of the caliber of our post players."

Jackson said these types of international matches provide good training for upcoming U.S. Forces Europe championship hosted at Aviano Air Base Oct. 22-24.



Aguilar



Estepa

SOLDIERS & CIVILIANS COMMUNITY UNIT/REC OPEN PLAY SPORTS

Recreational Softball Stats and Results:

Team	Win	Loss
USARAF	8	3
704 MUNSS	7	7
AFN/DODDS	6	5
HHC USAG-V	6	6
STICKS & SKULLS	2	8

Sept. 1	
AFN/DODDS (11) vs. STICKS & SKULLS (5)	
704th MUNSS (20) vs. AFN/DODDS (9)	
USARAF (14) vs. 704th MUNSS (19)	
Sept. 7	
AFN/DODDS (14) vs. HHC USAG-V (12)	
STICKS & SKULLS (6) vs. AFN/DODDS (16)	
USARAF (14) vs. STICKS & SKULLS (10)	

Flag Football Stats and Results:

Team	Win	Loss
HHC USAG-V/509th	5	0
USARAF	3	2
Health Clinic	2	3
14th Trans.	0	5

Sept. 2	
HHC/USAG 509 (27) vs. Health Clinic (7)	
USARAF (14) vs. 14th Trans. (0)	

Aquatics classes offered for all

The **Master Swim Program** will meet three times a week (Tues. and Thurs. at 5:30 p.m. and Sat. at 8:30 a.m.).

Swimmers will work on stroke techniques and be introduced to a training program.

Prerequisites include; proficiency in freestyle, backstroke and breaststroke.

Adult Intermediate Lessons are for the swimmer who can swim the length of the pool and wants to learn more.

Students will learn basic techniques in freestyle, backstroke and breaststroke. Class meets eight times for 45 minutes on Tuesday and Thursday evenings, 5:45-6:30 p.m.

Beginner Swim Lessons are ideal for the person who wants to learn to swim. Class meets eight times for 25 minutes at 1:30 p.m. Wednesday and Friday for Session 1 and 5:45 p.m. Wednesday and Friday for Session 2.

Guard Start is a youth program that provides a foundation of aquatic and leadership knowledge, attitudes and water safety skills for future successful completion of the American Red Cross lifeguard course. Meets three consecutive Saturdays at 8:30 a.m.

For more information, call 634-6536. Tell Sports, Fitness and Aquatics what classes you'd like to take. Visit <http://www.vicenzamwr.com/sports.html> to take the survey.

Something for everyone with EDGE!

There is something for everyone in the fall lineup of the EDGE! Program. Activities are for youth in grades 9-12.

During the Fall into Fitness program, guided by a professional fitness trainer, youth will work to improve core strength and fitness goals every Monday, Wednesday and Friday at 3:15-4:45 p.m. at the fitness center beginning Friday.

Other workshops include: Skateboard Assembly & Painting, Basic Automotive Skills, Teen Magazine Design and Mural Painting. Call 634-7219.

How many donuts can you down?

See how many donuts you can eat in five minutes, then have one minute knocked off your final race time for each donut (up to five). Sign up by Friday for the Saturday race. For details, visit www.VicenzaMWR.com or inquire at the fitness center. Free T-shirt to the first 150 registrants.