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RCP clears roads around Blessing

Story and photo
by Sgt. Brandon Aird
173rd Airborne Brigade Combat
Team Public Affairs

KUNAR PROVINCE, Afghanistan - The first U.S. casualty from an improvised explosive device in Afghanistan was Sgt. Jay Blessing, 2nd Battalion, 75th Ranger Regiment, Nov. 14, 2003. Blessing was in a convoy that was attacked just seven miles from their camp in Afghanistan's Kunar Province.

United States and Afghan National Security Forces of the base Blessing failed to reach that day, started calling their camp, Camp Blessing to remember and honor the fallen Ranger.

"He gave his life helping the Afghan people," Collin Johnson, who served with Blessing, said at the time, "This will remind every Soldier who comes here of his sacrifice."

Four years later, Soldiers from 173rd Airborne Brigade Combat Team, based at the camp that bears his name now carry on Blessing's hopes for a free Afghanistan.

The once small outpost has expanded dramatically to become the base of operations for Task Force Bayonet.

One constant, despite the changes, is that military personnel still drive the same road to Camp Blessing that was used four years ago.

Keeping the road safe is even harder now than when Blessing's convoy traveled it. Al-Qaeda has influenced Taliban and other extremists in Afghanistan to use



1st Lt. William Cromie, Alpha Company, Special Troops Battalion, 173rd Airborne Brigade Combat Team, observes his Soldiers from an overwatch position as they clear an ambush point previously used by Taliban extremists in Chowkay Valley, Afghanistan.

IED attacks against forces supporting the legitimate government of Afghanistan in more frequent numbers.

Blessing was the only service member killed by an IED in 2003. In 2004 12 members died from IED attacks. Eight months into 2007 IEDs have killed 45 military personnel, according to www.icasualties.org, a Web site that tracks these statistics closely.

The numbers would be even higher if it weren't for a special group of people travelling the roads ahead of convoys to help reduce the threat and number of IEDs.

The Route Clearance Package for Task Force Rock is from Alpha Company, Special Troops

Battalion, 173rd Airborne Brigade Combat Team.

The RCP patrols the roads seven days a week searching for IEDs. The RCP is Task Force Rock's first line of defense against IED attacks. The RCP clears roads to all of Task Force Rock's forward operating bases and fire bases.

On Aug. 15, the RCP cleared the road into Chowkay Valley, which has been a site of fighting for several years. Task Force Rock recently lost Army 1st Lt. Benjamin Hall, a platoon leader in Destined Company, 2nd Battalion, 503rd Infantry (Airborne), during a firefight in the valley July 31.

"There is one spot where three separate attacks were carried out,"

said Army 1st Lt. William Cromie, a RCP Platoon leader in Alpha Company.

The spot Cromie is talking about is a bend in the road a few miles into the valley. Destined Co. 2-503rd, Afghan Security Guard and an element from Cromie's platoon was attacked by Taliban extremists at the bend. A few weeks prior to the patrol, the RCP found an IED a few hundred feet in front of the ambush point.

Cromie's platoon has found two IED's since arriving in country three months ago.

"I love what I do," said Cromie. "It's a very unforgiving job, but the job is extremely rewarding when we find something."

300 kms of blood, sweat, smiles



(Left) Sgt. 1st Class Michael Arroyo of the 173rd ABCT accepts a flower from a Polish woman in Czêstochowa after marching over 300 kilometers from Warsaw as part of the annual pilgrimage to the Black Madonna.

Staff Sgt. David Hopkins
SETAF Public Affairs Office

SOMEWHERE in POLAND-Village after village, kilometer after kilometer, smile after smile, blister upon blister, step after step, Soldiers from five nations marched as one along the streets of Poland, making friends and experiencing a new culture.

More than 30 Soldiers from the

Southern European Task Force and the Illinois National Guard joined with soldiers from Poland, Germany, Lithuania and Slovakia to walk the annual pilgrimage from Warsaw to Czêstochowa to see the painting of the Black Madonna and experience the Polish culture.

The pilgrimage has been taking place for hundreds of years in Poland. Thousands of people walk from cities and villages all over the

country to Czêstochowa, where the Black Madonna resides at the Church of the Assumption. The painting is surrounded in mystery and is said to possess the power of miracles.

The Soldiers, all volunteers, started their journey on Aug. 4 and marched in a formation of more than 700 people for 10 days, ignoring physical pain to finish the trek of over 300 kilometers.

"When we started, a lot of people didn't have faith they could do it," said Pvt. Rick Ponce of the 173rd Airborne Brigade Combat Team, "but passing the Polish people along the sides of the road cheering us on gave us all faith."

The Soldiers marched from 25 to 45 kilometers a day, often waking long before sunrise to prepare to step off for a full day on the road.

The formation marched through city streets, down country roads and through farmlands and forests with the constant sound of songs ringing from the formation.

A speaker system, which was attached to backpacks with a network of cables stretched alongside of the formation allowed the ministers and others to lead the group in song and prayer. Occasionally, the American Soldiers were given the microphone. (Continued on page 2, Pilgrimage)

Garrison News

SETAF senior leaders stress PTSD/MTBI training



Command Sgt. Maj. Earl Rice (left), SETAF command sergeant major, listens intently while Maj. Gen. Frank Helmick, SETAF commander, presents a class on post traumatic stress disorder and mild traumatic brain injury to senior leaders from Caserma Ederle.

Story and photo by
Master Sgt. Kimberly Williams
SETAF Public Affairs

Post traumatic stress disorder and mild traumatic brain injury are two issues that greatly impact the health and welfare of Soldiers in today's Army.

In response to a Department of the Army directive, Maj. Gen. Frank G. Helmick, SETAF commander, taught a class Aug. 21 to senior leaders on how to identify and treat PTSD and MTBI.

"It's a very, very big deal," said Helmick. "All Soldiers will receive this training, but it all starts with leadership."

While senior leaders from SETAF, Installation Management Command, American Forces Network and local medical and dental commands attended in person, leaders from Bamberg and

Schweinfurt, Germany, Joint Task Force – East in Romania and Camp Darby, Italy, attended the training by video teleconference.

All Soldiers in Europe are required to complete the training by Oct. 18, and a status report will be sent back to the Department of the Army, said Helmick.

The concept behind the training is called chain teach, he said. The Army will first train senior leaders and provide them the necessary materials. Then, the senior leaders will train the next level, and this will continue until every Soldier has been trained.

"This is mandatory training," Helmick said. "It's not nice to have; it's must have."

In addition, Helmick said that units should encourage spouses to participate in this training as well. Spouses are often the first to realize there's a problem, and this training

will help educate them on identification and treatment options as well.

Throughout the training session, Helmick reiterated that there is no stigma to seeking help. "There's an old story that if you seek help, you are less than a Soldier," he said. "We can't let that happen in this case. We must encourage Soldiers to seek help and help them get back in the fight."

He also emphasized that no one is immune from PTSD and MTBI. Every Soldiers, regardless of rank or position, is at risk, he said.

The good news, Helmick said, is that both PTSD and MTBI are treatable, which is why early detection is so important.

Part of the Soldiers Creed includes the line, "I will never leave a fallen comrade". That includes taking care of Soldiers with PTSD and MTBI, he said.

Soldiers must check themselves and their buddies and be honest about how combat and operational stress are effecting them. Then they need to communicate their needs to leaders, he said.

"No one needs to go it alone," Helmick said.

To download all of the materials, including an facilitator's guide, for the mandatory post traumatic stress disorder/mild traumatic brain injury training, go to the Army Knowledge Online (AKO) Web site at www.us.army.mil. Information and downloads are located on the homepage.

Labor Day message from SETAF commander

Labor Day weekend is known to many as the "end of the summer." It is the holiday where we traditionally have one last "blow out." It is also a time when we can reflect on the hard work and dedication of all Soldiers, civilians and Families of SETAF, whether they are in Vicenza, Bamberg or Schweinfurt.

The origins of Labor Day go back to the late 1800s when the working class was celebrating their contribution to society. No one works harder than those who are part of the military. Whether you are a Soldier, a Family Member or a Department of the Army civilian, you are member of the hardest working group of people in the world. There is no one more ready and willing to role up their sleeves and get dirty than a Soldier. You deserve to relax and take a pause



Maj. Gen. Frank G. Helmick

this Labor Day for all the work you do each and every day of the year.

Keep our deployed Soldiers and their Families in our thoughts and be safe as you celebrate with family and friends.

Happy Labor Day and enjoy the holiday! Airborne!



Vicenza winners beat odds

The Vicenza Main Post Exchange beat the odds when two of their customers won the grand prize and the 1st prize of Escape Sweepstakes 2007, sponsored by JVC. Manuela Barnes was the lucky winner of the grand prize, a four night, five day trip for a couple to Japan, which includes air tickets and hotel stay, valued at \$7,000. Ekarintaragun Pitoon won 1st prize, a 61inch HDILA PTV, valued at \$2,799. (Left to right) Andy Clark, Power Zone manager; John McDonald, JVC representative; Ekarintaragun Pitoon, 1st place winner; Sandro, Ronnie and Maunuela Barnes, grand prize winner; Greg Hall - store manager.



Polish pilgrimage

(Continued from page 1) "It was motivating to hear Captain Ng or one of the other Soldiers from our group on the microphone singing American and Army songs," said Sgt. Andrew Beauchamp from the 173rd ABCT. "It kept our minds off our feet."

Everyone the Soldiers passed seemed to be excited to watch the formation march up their road, many posing for pictures with the Soldiers or giving them gifts of food, drinks

and even flowers.

"A lot of the people there spoke some English and wanted to speak with us," said Staff Sgt. Christopher Lemire, a military policeman from Camp Darby. "They were excited to see us and respect us for what we do. It was a good feeling."

Several of the U.S. Soldiers on the march were born and raised in Poland and felt a sense of pride in bringing their fellow Soldiers to their homeland.

"It was a completely positive experience," said Sgt. Wojciech

Stachura, U.S. Army Polish National liaison. "When I was growing up I regarded the U.S. Soldiers as the best in the world. Seeing the reaction of the Polish people toward the Soldiers it confirmed how they look at us. I was proud to see how they perceived us."

As the days and kilometers went by, the Soldiers' feet and legs became tired, some developing blisters on their feet or receiving injuries.

"We did a lot of ruck marching



(Left) Thousands of Polish citizens greet Soldiers from SETAF as they enter the city of Czestochowa. (Above) Sgt. Andrew Beauchamp, 173rd ABCT wears his sentiments on his back. (Photo by Capt. Jonathan NG)

before going on the trip and I think that prepared us for the pilgrimage," said Beauchamp. "They took me out of the march for two days because of shin splints. I'm deploying, and they wanted me to leave healthy."

The formation marched seven to 14 kilometers at a time before taking breaks in fields, in church yards or the homes of Polish citizens. On the breaks, which lasted between 30 minutes to an hour, the Soldiers tended to blisters, fueled up on food, slept or talked with locals through the use of interpreters or

broken English and Polish.

"Taking three or four breaks every day was part of the daily highlights for all the Soldiers and myself," said Capt. Jonathan Ng, USAG Vicenza executive officer.

"Besides being able to rest and take care of our feet, we would overlap with other civilian pilgrim groups or encounter local Polish people. These encounters were very special because the Americans received nothing but open-armed hospitality and smiles from all civilians."

The end prize for some was finally making it to the painting, but for others it was creating memories during the experience of a lifetime, and still for others it was just being able to rest their tired bodies. No matter what the Soldiers took from the Polish Pilgrimage, it will be an experience they will never forget.

"For me, the reward of the entire trip was a culmination of many things," said Ng.

"Finishing 10 days of walking the entire 318 km, to finish marching in formation into a city of 500,000 people all applauding for American Soldiers, throwing flowers at us, hugging Soldiers, and chanting pro-American cheers was a surreal and moving experience in itself, like nothing else I've ever done."

School info

Terra Nova scores for Vicenza Middle, High School exceed DoDEA goals

By Diana Bahr
USAG Vicenza Public Affairs

We all know that planning ahead for a test is the best way to ensure we will do well the day of the exam. But many of us still procrastinate – hoping that some how, some way, the knowledge or skill will seep in while we sleep and find its way out at test time.

“We decided to come up with a plan that would motivate students to meet the goals set by the Department of Defense Education Activity for the Terra Nova standardized tests,” said Kathleen Reiss, Vicenza Middle and High schools principal. “Unfortunately, between 2002 and 2006, Vicenza Middle and High School students failed to meet all of the DoDEA goals. We were determined to change that.”

Terra Nova is the standardized tests used by the education agency to determine where children rank in the areas of Reading, Language Arts, Math, Science and Social Studies. Students take the tests in grades 3 through 11.

Terra Nova scores are reported in percentiles, not percentages. A percentile is a measure of comparison that ranks one score



Mary Miller, Vicenza Middle and High School math teacher, talks to students the first day of class. Math is one of the core areas for the yearly Terra Nova tests and marked improvements were achieved in all grades for school year 2006-07.

against the scores of all other test takers. DoDEA’s goal is that 75 percent of the students in the top two quartiles will be above the national average (which is the 50th percentile) and only 7 percent or less will fall in the bottom quartile. The rest of the students would fall in the middle range.

“The middle and high school teachers and administrators got together and developed a strategy to get buy-in from students,” continued Reiss. “We wanted them to take the Terra Nova testing seriously, so we began by showing

the students previous Terra Nova charts and scores.”

The students were shown an anonymous Individual Profile Report (IPR) and the performance objectives area explained, Reiss said. The IPR shows where the student placed in the various tested areas. For example, under the Reading objective, the student was tested on four areas: basic understanding of text read, analyzing the text, evaluating/extended meanings of the text, and identifying reading strategies.

“Students were then given their

own IPR,” said Reiss. “This way they could see the areas that needed improvement and work with the teacher of that subject to increase their skill. Students who fell below the 50th percentile in an area had one-on-one meetings with counselors and teachers.”

Traditionally, math is the area that suffers the most in tests, and the math teachers were determined this would not be the case for Vicenza students.

“The math department identified students whose test scores showed they needed help,” said Mary Miller, VMHS math teacher. “We worked closely with these students and emphasized the tests. Our homework policy also made a difference. This seemed to help the students take it more seriously.”

During the weeks leading up to Terra Nova test week, the students and teachers worked diligently on their respective areas during seminar and regular class, as well as on test-taking strategies.

“We came up with a list of test-taking strategies and taught different ones during Seminar,” said Reiss. “For example, Feb. 12 Seminar strategies were: Get to school on time the days of the tests and

Multiple Choice Questions: Do not change your answers unless you are very uncertain about your first answer choice. Your first guess is usually right. We wanted students to think about how to take a test, as well as work on their subject knowledge.”

The students were also promised an incentive if they met the goals of three out of the five core subject areas, one of which had to be math, said Reiss. As the school couldn’t give a reward that required funding, they asked the students to brainstorm and come up with ideas.

It was the last week of class, during the awards ceremony when Reiss announced to the students and parents who filled the Ederle Theater to capacity, that they had not only met, but exceeded the DoDEA goals in all but one grade level and two subject areas

“You did it!” Reiss told the cheering crowd. True to her word, the students’ incentive was to take advantage of MWR’s free Ice Cream Bash held later that week.

“We are committed to continuing the Terra Nova success story,” said Reiss. “And look forward to working toward meeting the DoDEA goals in every area this school year.”

School notes

School lunch account

We remind all parents that they need to come into the Post Exchange and re-activate their child’s lunch account at the cashier’s cage. All accounts need to be re-activated, even if you still have money in the account from the previous year.

School Lunch Program

The Department of Defense provides meals to eligible students under the National School Lunch Program. The purpose of the National School Lunch Program is to provide a nutritious lunch free of charge or at a reduced cost to students.

To find out if your child is eligible to receive reduced-price or free lunches at school, pick up an application at the School Liaison Office, Room 42, Davis Soldier and Family Readiness Center, bldg 108, or at the school.

Income eligibility guidelines change each year at the beginning of July. The eligibility guidelines are used until June 30 of the following

year. July 1-June 30, 2008.

Each year parents must complete a new application and note any changes in income and or family size. These are the two factors that determine eligibility.

DoDDS-Europe follows the Alaska guidelines.

These income guidelines are higher than the Hawaii guidelines that were previously used by DoDDS Europe. Stop by the School Liaison Office with you income verification for an on the spot determination of your eligibility. For more information contact the School Liaison Office at 634-5998.

New arrivals school bus transportation

The Vicenza Student Transportation Office wants to ensure that your children have school bus transportation for the new school year. If you have arrived recently to the Vicenza area please ensure you stop by the Student Transportation Office and

register. Registration for school bus transportation is required annually.

First, children must be enrolled in school. Next, parents should visit the community school bus office to:

- Register for transportation.
- Take bus pass photo.
- Receive information about routes, stops and schedules.
- Receive a briefing on behavior and discipline standards.

For additional information, stop by the Vicenza School Bus Office, located in Building 307, next to the Superintendent’s Office, off Olson Avenue. It is the first office to the right after you walk past the Post Office in the direction of the school, and before you arrive at the school cafeteria. Parents may also call the office at 634-8132 or 8366; or off post at 0444-71-8132 or 8366.

Bright Eyes offers glasses

The Bright Eyes Program provides reimbursement for eyeglasses to children who are currently enrolled or qualify to participate in the USDA School Lunch Program. For those children who need eyeglasses, once eligibility has been verified, parents are issued a check for \$100. to defray the cost of eyeglasses. The check will be issued upon receipt of proof of purchase.

Bright Eyes is supported by funds generated by the Vicenza Military Spouses and Civilians Club through their fund raising activities. All information is confidential. This is truly a cost saving program for qualifying families.

Call the Schools Liaison Office at 634-5998 for more information.

School sight

by Capt. Thomas Schell
Asst. Chief of Optometry
Gen. Leonard Wood Army
Community Hospital, Fort
Leonard Wood, Mo.



When children slip on their first pair of glasses, their world changes instantly.

They discover that trees have leaves in very distinct shapes and colors, lines on the road have definite borders, and the class projector hasn’t been out of focus all year after all.

It’s sad to say, but vision problems are relatively common in children. American Optometric Association experts said vision disorders are the fourth most common disability in the United States and the most prevalent handicapping condition during childhood.

With that said, and school just around the corner, parents should keep an eye out for potential sight problems. One potential problem is a muscle imbalance between the two eyes which makes it difficult for children to keep both eyes pointing in the same direction.

As a result, the child intermittently sees double, although clearly, when trying to read. Alternatively, a child may see clearly, but have trouble adjusting focus as he shifts gaze from the chalkboard to the paper in front of him.

While vision problems generally do not directly cause learning disorders, they can inhibit a child’s ability to perform to his or her potential.

For instance, a child having difficulty focusing may rub his eyes frequently or even complain of

headaches after only a few minutes of reading. After a while, that child either avoids the unpleasant experience altogether or, in some instances, learns to compensate, like covering one eye while reading so he or she doesn’t experience double vision.

The most rapid changes in most visual system components happen within the first six months of life. Consequently, visual disorders in infants or toddlers tend to receive better visual outcomes the sooner they are identified and treated, especially for those who are at risk for developing amblyopia, better known as “lazy eye.”

Some risk factors for developing amblyopia include strabismus (“squint”, “wall-eye”, or “crossed-eyes”), congenital cataracts, and uncorrected refractive errors.

The best way to assure that your child has good ocular health and vision is to take them to an eye doctor (optometrist or ophthalmologist) who can do a thorough exam, as well as consider any family history that puts your child at risk for certain vision-related and eye health problems.

Unless directed otherwise, children birth to 24 months should see an eye doctor when they’re 6 months old. Children in the 2-5 year old category should have an eye exam when they’re 3 years old.

And 6-18 year olds should have an eye exam before first grade and every two years thereafter.

The Outlook

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Community events

Summer hires win-win

Students, community benefit from youth work experience



Story and photos by
James Fredrick
Special to the Outlook

For many students, summer vacation can be a time to relax and have fun, but for a group of young go-getters, this summer meant one thing, a full-time job.

As part of the annual summer hire program, 26 students from Bamberg were given the opportunity to work full-time in temporary summer positions in the garrison. Summer hires worked daily alongside adult supervisors and coworkers learning the skills of each particular assignment.

A recent Bamberg High School graduate, Bernard McPherson Jr., worked at the Bamberg Army Post Office under the supervision of post master Douglas Stewart.

"It was like being a part of the real work force," said McPherson regarding his experience in the mail room. Some of the duties of the summer hires at the post office included sorting, bagging and tagging incoming mail for distribution at Warner Barracks.



(Above Left) The son of Sgt. 1st Class Porter, 173rd Special Troops Battalion, worked at the Bamberg Army Post Office. (Above) The daughter of Sgt. 1st Class Albert Mecillas, 173rd BSB, makes a milkshake at the Bamberg Community Activity Center where she worked her summer.

Duties varied throughout the garrison for the workers. "We gave our summer hire a challenging job this year," said Richard Pollitt, Bamberg Director of Logistics.

Sixteen-year-old Joshua Robinson, son of Staff Sgt. Donavon Deneffield, 173rd Brigade Support Battalion, was given the opportunity to rework the Web page for Bamberg DOL.

"Joshua used his own initiative to go in and learn the skills he needed to complete the job," said Pollitt. "Not only did he help us and the community but he walks away this summer with a new set of skills."

A self-contained project such as the work completed by Robinson falls outside the regular clerical or

light labor tasks that are usually available through the program. When the summer began Robinson said he knew very little about web design and is happy he now has a quality product to show for his efforts. Pollitt says, "It's a win-win, and DOL is looking forward to more summer hires."

The students were able to take away more than just new skills and some extra spending cash. As part of the program, they also attended a weekly class to learn about budgeting and managing their finances. Managing money can be hard lesson to learn, because the summer hires unanimously agreed on the plans for their summer earnings and said, "Spending it, spending it all."



(Left-right) Nina Tirado wife of Staff Sgt. Luis Tirado, 4-319th Airborne Field Artillery Regiment, Amber Wells, wife of Pfc. Christopher Wells, 4-319th AFAR and Kandy Partyka, wife of Staff Sgt. David Partyka, 173rd Brigade Support Battalion, enjoy a night of cards, relaxation and Mexican food. (Contributed by Gina Little, 4-319 FRSA)

Bamberg bunco babes

Each month a band of Bamberg women steals a night out. The team gets together to enjoy some camaraderie time with other spouses, sans kids and husbands. Every month a different player hosts the event and we have use a different theme. This month it was Mexican Fiesta.



Photo by James Fredrick

Families go green for da

The son of Maj. Tim McDonald, receives a tour of a humvee from Spc. Brian Kilpatrick Aug. 17 during the 173rd Brigade Support Battalion family readiness group's "Families Go Green Day."

The day-long event featured target practice at the indoor weapon simulators range, a chance to ride in a humvee and an

opportunity to try on a full set of battle gear.

"All together, the vest, gun, and helmet are so heavy, we are experiencing only a small part of our spouse's day," said Jody King, wife of Staff Sgt. Harold King.

"It just shows how strong the Soldiers really are."



children from Vicenza to spend time with friends and take her first trip to Poland.

Since Poland has become part of the European Union and has adopted the Euro as its currency, prices have gone up but shopping is still enjoyable and prices are lower than in the US. Many of the shop owners speak some English and do accept credit cards. Most shops are open from 8 a.m. until 6 p.m., however, some close as early as 4 p.m. Take tape and a magic marker with you, as bags and boxes stack up in your vehicle quicker than you think. Marking names on

items will make it easier when you unload your treasures. We recommend that you ask for receipts and tape them to the bags and boxes as sometimes the border patrol will ask for them.

Make sure you get lots of sleep before you go, take some snacks to power up as you move along, and remember, seeing Polish pottery patterns when you close your eyes is only a temporary sign of pottery overload."

For more information, the following Web sites are of help:

www.polish-pottery.com.pl
www.boleslawiec.eu

Pots-a-plenty to go around

Story and photos by
Monique Ryan
Special to the Outlook

Only a four-hour ride from Bamberg is the hub of Polish Pottery shopping. The small town of Boleslawiec is located approximately 30 minutes over the border and has plenty of beautiful shops that offer a wide variety of the well-known pottery that has

been a long time favorite of American spouses based in Europe.

As many of the 173rd Brigade Support Battalion families moved from Vicenza to Bamberg, a convenient "half-way" point has been firmly established. This gave many the opportunity to host friends from Italy, show them our beautiful German hometown and take them shopping. Recently

some spouses from the 173rd went to Poland for a short power shopping trip. All children were combined in the off-post home of one where a Red Cross babysitter provided peace of mind.

"Aside from all the pottery in Poland, the journey with your friends is the best part of the trip," said Bobbie Thyng, spouse of Cpt. John Thyng, commander, F Co. 2nd 503rd, who drove up with her two

(Right) Judy Davis, wife of Maj. Bill Davis, commander, C Co., 173rd Brigade Support Battalion and Bobbie Thyng, with of Capt. John Thyng, commander, F Co., 2nd Battalion-503rd Infantry, inspect Polish pottery at one of the many shops in Boleslawiec (Far right) Valentina Villan, of Grumello, Italy, a family friend of Davis, examines a large pottery piece.



Community events

Vicenza scouts spend weekend at Italian camp

Story and photos by
Laura Kreider
Outlook Staff

The Vicenza Cub Scouts sponsored a day camp near *Lago di Fimon* in the *Berici* hills south of Vicenza Aug. 17-20.

The theme of the camp was "Land of the Pharaohs", so everything was tied to Egypt and all camp areas were given an Egyptian name.

The stations and their Egyptian names were: Ramses Ranges - archery and B-B gun range; Pharaoh's Fairways - disc golf (Frisbee) course; Natural Nile - nature/conservation; Giza games - various games of dexterity and skill, such as Jump the Nile, Cross the Quicksand and Splat the Mummy; Cleopatra's Craft Corner - arts and crafts, like making the Egyptian game *Senet*, mummies and a sarcophagus, and Nile river boats then floating them in the stream.

"The purpose of day camps is to bring the outdoors and camping experience to the scouts," said Darren Buss, Vicenza Cub Scout

Day Camp program director. According to Buss, the archery and B-B gun range were the children's favorite activities.

Stations were conducted in a round-robin fashion with each den doing each station once a day for 30-45 minutes per station

"We had 13 Cub Scouts and five Boy Scouts camp overnight Aug. 18 to work on some of their outdoorsman activity pin requirements. These are things like pitching a tent, building a fire and cooking outdoors. Additionally, we had two families from Aviano Cub Scout Pack 393 attend the day camp and assist," Buss continued.

He added that Vicenza will work closely with Aviano scouts over the next year.

"We hope we will offer day camp again next summer in either Vicenza or Aviano," he said.

Adding, "this year the location was an Italian Scout Lodge and grounds owned by a non-profit Italian group, which opens the site for a fee to scouting groups. We were the only scouts using the grounds at the time, so



Beth Mitchell, leader for Natural Nile station (left) discusses respecting nature and other related issues to fourth graders. The children worked on environmental conservation posters and were assisted by Chris (seated) and Anne Menia (center) while Darren Buss, Vicenza Cub Scout Day Camp program director (standing blue hat), and camp director, Anette Angyal (standing w/ scout uniform), looked on.

unfortunately there was no interaction between scouts from other countries."

Parents in Vicenza who are interested in getting their boys,

grades 1-5, involved in Cub Scouting should contact Anette Angyal at goldieangyal@hotmail.com or visit the Cub Scout

Pack 295 Web page at

www.packsonline.com/ae/295. The pack is also looking for adult volunteers to work with the scouts as den leaders or committee members.

Volunteers honored



The Outstanding Youth Volunteer for August is James Erickson (center). Erickson helped support the 2007 spring baseball and flag football programs for CYS Sports and Fitness. He helped set up games and coached the kids during practice. His volunteer efforts contributed to the health, fitness and happiness of our community youth. His certificate of appreciation was presented at the InfoX Aug. 22, by SETAF commander Maj. Gen. Frank Helmick (right) and Col. Virgil Williams, Vicenza Garrison commander (left) (Photo by Barbara Romano, 7th JMT Photo Lab)



USAG Vicenza commander, Col. Virgil Williams (left) and SETAF commander, Maj. Gen. Frank G. Helmick, present Kelly Golden, Vicenza Art Center manager, a Scroll of Appreciation during Wednesday's InfoX. The art center was honored for their role in supporting the Vicenza community. (Photo by Barbara Romano, 7th JMT Photo Lab)

Courage groups offer youth opportunity to learn, make choices

By **Diana Bahr**
USAG Vicenza Public Affairs
Photo by **Deniz Houston**
Outlook Volunteer

Zeondre Flint's dad is deployed—again. This is the third deployment for the 11-year-old boy and his second time in a Courage Group, he said.

Courage Groups were the brainchild of Tammy Wilbur-Hoistad, USAG Vicenza Family Advocacy Program manager and former Child Protective Services specialist. "I worked for the state of Texas and developed Courage Groups as a project for my master's program," she said. "I noticed during the last deployment that some children were experiencing problems similar to the children I worked with in Texas — they were confused, sad, missed their parents and had difficulty adjusting to the situation.

"The Courage Groups were designed to give kids an opportunity to talk about how the deployment is affecting them and to help teach them skills that they can use to help cope with the deployment," she said.

"However, the groups are not just for children of deployed Soldiers, it is open to anyone as everyone in the community is affected [by the deployment]."

"But also, the information and skills learned in the groups help children with everyday situations - peer pressure, decision making, handling stress and anger, bullying, cooperation and teamwork."

Courage Groups meet once weekly for 60 minutes and the groups are formed according to age so that activities and discussions are appropriate for the participants. Courage groups allow children to have a voice by talking about and asking questions that they have and gives them an opportunity to learn new leadership skills that help them now and in the future, according to Wilbur-Hoistad.

Art projects are the favorite activity enjoyed by Caserma Ederle youth who attended the latest Courage Groups meetings. We'd like to do art projects all the time, the children said in unison, that and have pizza parties, they added.

As the children work on a project they talk about issues and how to handle difficult situations.

"We talk about not being mean to others, not to be a tattle-tale and how to make sure we and our friends are safe and what to do if we're being picked



Zeondre Flint, 11, works on his art project during the Courage Group meeting held Aug. 16. Courage Groups are the brainchild of Tammy Wilbur-Hoistad, Family Advocacy Program manager and a former Child Protective Services specialist.

on," said Zeondre.

"I create the curriculum and activities," continued Wilbur-Hoistad, "and while the topics covered are similar we always do new activities.

"For example, both Abby Vallery and Zeondre attended the Courage Groups during the last deployment and while the same issues were discussed, the activities we used surrounding the topic were different. Parents are always welcome to review the material."

Courage Groups will be offered throughout the deployment cycle, both through the Vicenza school system and School Age Services. For details about Courage Groups contact Wilbur-Hoistad at 634-7489 or 7500, or tammy.wilbur-hoistad@eur.army.mil.

Out & About

By Dorothy Spagnuolo

Dinner under the stars

The commune of Vicenza in collaboration with the Palladio Restaurant have organized the ninth edition of 'dinner under the stars' held on Corso Palladio, the main street in down town Vicenza, Sept. 8 at 8 p.m. The cost is 35 euro per person and reservations can be made in Palazzo Trissino, is open Monday-Saturday from 10 a.m.-12:30 p.m., on Tuesdays and Thursdays also open from 3-5:30 p.m.

Medieval event with a Palio

Annually the city of Montagnana holds a wonderful historic celebration that includes the participation of 10 of its boroughs and a spectacular costumed horse-race or the so called *Palio dei Dieci Comuni*.

Montagnana is a walled city with a now-dry moat around the outer wall. The first Palio dates back to 1259, when the town defeated the terrible tyrant Ezzelino.

On Sept. 1 at 2 p.m. a medieval market opens in the town center and a medieval village bustles with activity, later in the day at 8:30 p.m. there is a medieval dinner in the Antica Locanda located in the main square.

On Sept. 2 the medieval market opens at 9 a.m. and at 3 p.m. the historical parade through the streets of the town with more than 1,000 costumed participants weaving its way to where the races will take place; at 4 p.m. performance of flag-wavers and musicians and then the start of the horse races. Then at 10:30 p.m. there is a torchlight procession and a sight not to be missed is the 'lighting of the tower.'

Lots of the events are free but there is an entrance charge to see the races, which range from 6 euro for children to 12 or 17 euro for adults and are available from the tourist office in the city center. Montagnana is south of Vicenza, about a 40-minute drive.

Sagra fair in Ignago

The town of Ignago, fraction of Isola Vicentina will hold its Sagra Aug. 31-Sept. 2-3. Aug. 31 food tent opens at 8:30 p.m., music at 10

p.m.; Sept. 1 food tent opens at 7 p.m. with dancing at 8:30 p.m.; Sept. 2 food tent opens at noon; 4:30 p.m. the band from Isola Vicentina will perform; 8 p.m. dancing.

Baseball

Mark your calendar for 9 p.m. on Aug. 29 to attend a baseball game at the Vicenza Baseball Stadium when a baseball team from Miami, Florida will play Taipei, China. The Miami team is touring Europe and Taipei China is touring Europe and preparing for the world championship baseball tournament in Spain in September. Tickets cost 10 euro and is free for kids under 12 years of age.

Historical regata

Venice is getting ready, on Sept. 2 to stage its colorful race of traditional, oar-driven boats, the Regata Storica. The regatta, among the most beautiful and important of Venice's major celebrations, has been a city tradition for hundreds of years.

The big day begins with the historical procession down the Grand Canal, which last year began at approximately 4 p.m. The canal will be decked out for the event and accompanied by hundreds of costumed characters.

This parade symbolizes ceremonies held centuries ago by the Serenissima to welcome the Queen of Cyprus, Caterina Cornaro, who gave her territory to Venice as a gift.

After the procession there will be four races in all, starting at 5 p.m. the first for the youngest competitors on their *pupparini* boats the second for women; the third for male team on the six-oar *caorline* craft and the fourth, which will begin at 6 p.m. will involve rowing champions in *gondolini* competitive gondolas.

The overall event lasts for approximately five hours. Due to the regattas, ACTV water buses will not run in the Grand Canal from 3-7:30 p.m. so plan your day accordingly. Please note that times are approximate as exact times had not been decided at the time of going to press.

Ceramic festival

See 10 artists and craftsmen at work in the streets of Nove Sept. 1-9. The ceramic factories will also be open to the public as part of the annual *Portoni Aperti*, open doors.

Art

In Padova the Capella degli Scrovegni, *Scrovegni Chapel*, offers reservations-only visits to its famous cycle of Giotto frescoes. The prized frescoes are the Euganean city's only works by the artist. The artist's paintings are visible in a new display designed to protect them from the ravages of time and, most of all, humidity.

The church itself, located in full view of an ancient Roman arena, sits in a park in the heart of the city. Construction began in the late 1200s on orders from the Scrovegni family, in particular, Enrico. The building was completed and consecrated in 1305, the year in which the frescoes are presumed to have been done.

The cycle of pictures, divided into panels, covers the entire surface of the chapel's interior. From these images, one can read about the life of Mary and Christ, see the allegorical figures representing Virtues and Vices, gaze upon the Last Judgment, the Eternal Father and the Madonna and Child.

There are also images of the Evangelists and the Fathers of the Church. Art historians consider this to be the best-preserved cycle of frescoes by Giotto and the Capella degli Scrovegni is used as a key point of reference for the attribution and dating of all of the artist's works. As Enrico Scrovegni wished, the chapel is dedicated to the Madonna.

Visits, which last 15 minutes, take place everyday from 9 a.m. to 7 p.m. tickets cost 12 euro for adults. Because the organizers are facing a mountain of requests for tours it is now possible to visit the Chapel during the evening until 10 p.m. until Dec. 20. Tickets are available by calling 049 20 100 20 and they suggest you call in the afternoon, or online at

www.cappelladeglisrovegni.it. Tickets are not refundable.

Something different

In the town of Urbania, 17km from Urbino in the Le Marche region in the tiny church that was previously called the Capella Cola, one enters in the Cimitero delle mummie, *Mummies Cemetery*, 18 mummies, each standing in a glass case were put on display in 1833 behind the altar. These bodies were naturally mummified by the presence of a special mold that absorbed moisture from the corpses.

Open every day, except Mondays from 10 a.m.-noon and 3-6 p.m. If there's a guide available when you visit, the guide will tell you about how each of the mummies died. The *Chiesa dei Morti* is in Urbania's

center near the Palazzo Ducale Museum. Pictures cannot be taken as flashes can compromise the mummies' state of preservation.

Photos of forts

In the *Monumento ai caduti*, tribute to the fallen hall, located on Piazza G. Chilesotti in the town of Thiene you will find 144 black-and-white photos on exhibition of more than 40 forts, which were used during WWI and used for the most part, by Italian or Austrian forces.

The forts can be found in the Trentino and Veneto region. Photos by Giuseppe Stella, Giancarlo Marini and Valter and Luca Borgo. Open Friday, Saturday and Sunday 4-7 p.m. on the weekend also from 10 a.m.-noon until Sept. 9.



The Regata Storica takes place the first Sunday afternoon of September. It is a race preceded by a historical cortege of decorated boats with the crews wearing traditional costumes. (Photo by Laura Kreider, Outlook Staff)

Classified Ads

NOTE: The Outlook does not take classifieds and we only print ads placed during the last week.

Sellers must place ads on www.vicenzamwr.com.

Buyers must go to the Vicenza MWR Web site, www.vicenzamwr.com for details about items for sale below.

Transformers 220 - 110 volts various wattages

Portable AC for sale: portable electronic airconditioning unit with wheels, used 1 season. \$250

2000 Volkswagen Polo, Electric Blue, in good condition. €4500

Brand New set of 4 cooper tires-265/70R16 - \$350 OBO

Free playhouse. I am giving it away. Daughter has outgrown her playhouse.

Customized 1987 Mini Cooper asking \$3500, Paid \$5500.

Die Hard BMX bike that I don't use anymore. \$25

X-Boxsale Perfect condition. 2 controllers, steering wheel, U.S. spec, 120 volts. \$135 OBO.

1991 Lancia Dedra 1.8cloth interior, great on gas, \$1,300 OBO Game Boy for sale cheap. This is U.S spec. Only \$15.

European Style Washer LG Inverter 7kg. Like new.

2004 Beetle GLS 1.8 Turbo Convertible. Mellow Yellow, black leather interior. \$19,020

Looking for a 10-20 Gallon Aquarium for a reasonable price.

Elta Floor Air Conditioner. 220V, excellent condition. \$150 OBO

Freezer. AEG upright. 220 volt. Works great. Make offer.

Italian Closet Beautiful, white six door closet like new, no scratches marks. Make offer.

Italian made closet all solid wood, not hollow pieces with wood venier. Make offer.

Madden 2007 for PS3 \$30.00 Graco PlaynPac like new. \$75

Tigger Rock and Roll children's toy ride \$10

Equalizer. Long sliders for precise tuning. Dual voltage, mint condition. \$75.

Game boy advanced. No problems. U.S spec. \$15.

Netgear Wireless pci card 32-bit, Perfect for WI-FI spots on post. \$5.

1990 VW Golf GL. Great running condition, many new parts. Very fast and reliable. \$1500.

Balcony guard. Brand new in the box. \$10 each.

Twin size Elmo complete bed set. Excellent condition. \$15 and its all yours.

Disney cars, twin bed. Great condition. \$15 for all of it.

Mercedes MI320 She's a beauty. 133,000 kms, European specs. 13,000 Euros

Gameboy SP for sale. Comes with a wireless control. \$65. Games cost another \$10 each.

Now Showing

Caserna Ederle Theater

Aug. 28	CLOSED	
Aug. 29	Nancy Drew (PG)	6 p.m.
Aug. 30	Fantastic Four: Rise of the Silver Surfer (PG)	6 p.m.
Aug. 31	Evan Almighty (PG)	6 p.m.
	The Invasion (PG-13) (1st Run)	9 p.m.
Sept. 1	Ratatouille (G)	3 p.m.
	Evan Almighty (PG)	6 p.m.
Sept. 2	Ratatouille (G)	3 p.m.
	The Invasion (PG-13) (1st Run)	6 p.m.
Sept. 3	CLOSED	
Sept. 4	CLOSED	

Camp Darby Theater

Aug. 30	Fantastic Four: Rise of the Silver Surfer (PG)	6 p.m.
Aug. 31	Rush Hour 3 (PG-13) (1st Run)	6 p.m.
Sept. 1	Evan Almighty (PG)	6 p.m.
Sept. 2	Ratatouille (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.

Community notes

Family Adventure Series

New from Outdoor Rec, it's the Family Adventure Series. Put away the board games and get out the backpack and hiking boots.

The Family Adventure Series is \$15, but free for kids under age 12. Each week try a different type adventure.

Sept. 6, head to Lago di Fimon for fishing and the Bird Sanctuary from 3:30-6:30 p.m.

Call Outdoor Recreation, at 634-7453 for a complete list of family adventures.

Back to School/School Age Services/Youth Services/Teen Center

Back to School for Youth Services is underway.

The Teen Center opens to grades 9-12 after school Monday-Thursdays, 3-6 p.m.; Fridays from 3-7 p.m.

Saturdays the Teen Center is open for grades 6-12 from noon-8 p.m.

Check out the lunch programs offered.

Middle School center moves back to Villaggio and is open Monday-Friday for grades 6 - 12 from 3 - 6 p.m.

The first Friday of the month, hours are 3 - 10 p.m.

School Age Services moves back to their newly-renovated building 308. Hours of operation are M-F, 6-8 a.m. and 3 - 6 p.m.

When school's not in session the hours are 6 a.m. - 6 p.m.

Be sure to register your child for before and after school care. Stop by CYS Central Registration, located in DSFRFC, or call 634-7206 for information on these programs.

New CYS Deployment Initiatives

Several new deployment programs have been put in place to help families cope with deployment.

Some of these include free child care, waiver of certain fees, and many discounts.

While some programs apply only

to families of deployed Soldiers, other programs apply to families on the home front. Stop by CYS Central Registration and inquire what special benefits apply to your family situation.

CYS Central Registration is located in DSFRFC or call 634-7219.

Who wants to be a millionaire?

Did you know investing can help reduce stress? ACS will have a Savings and Investing seminar Sept. 6, 11:30 a.m.-12:30 p.m.

Ask questions about your financial future and how to make the best use of extra cash. Lunch will be provided while you learn new ways to manage money. Register with ACS in Davis Soldier and Family Readiness Center by calling 634-7500.

NAF Jobs

The Ederle Library has a part-time Library Technician available. Deadline for applications is Aug. 30.

There are also a variety of other positions available to include: bartender, positions with CYS, recreation aides, custodial worker and desk clerks.

Stop by the NAF personnel office for an application or e-mail resumes to: Vicenza.NAF@eur.army.mil.

For detailed information visit the Web site at www.cpolrhp.belvoir.army.mil/eur/index.htm or call 634-7290/7349.

Our office is located across the street from Gate # 2 (Chapel gate) on Viale Della Pace. Hours are Monday-Friday 9 a.m.-4 p.m.; closed noon -1 p.m. and Thursday mornings.

Youth Dance Classes

Fall classes are forming for SKIES Unlimited.

Dance classes are offered from September through December and registration is now open.

Call CYS Central Registration at 634-7219 for information on all SKIES Unlimited classes.

CDC changes hours

Effective Sept. 1, the Child Development Center, bldg 395, will change its operating hours to Monday-Friday, 8 a.m.-5 p.m. and Saturdays, 8 a.m.-4 p.m.

The CDC will continue to offer part-day, part-time and hourly care. All full-day and before and after Sure Start or kindergarten care will be offered Monday-Friday, 6 a.m.-6 p.m., in CDC bld 398.

Call 634-7559 for details.

American Red Cross Calendar Events

If you are interested in volunteering, attend the Volunteer Orientation Sept. 4, at 11 a.m.

Babysitter training class is Sept. 22, 9 a.m.-5 p.m.

CPR training class is Sept. 8, 5 p.m. - 9 p.m.

All training is held at the Davis Soldier and Family Readiness Center, bldg 108.

Call the American Red Cross at 634-7089 for details.

Boy Scouts of America Troop 295

Regular troop meetings begin Sept 4, 5:30-7p.m. in the Vicenza school cafeteria.

Call Chuck or Anna Calabrese at 320-8430-550 or Ellen Eldredge at 333-1745-840.

PWOC Fall Kick Off celebration

Protestant Women of the Chapel invite you to join our fall kick-off celebration Sept. 11, 9:15 a.m.- noon at the post chapel.

Join in the revealing our annual theme, select a Bible study group and enjoy lunch.

Childcare provided for infants 6 weeks through age 5.

The Wednesday evening study group starts Sept.12, 5:30 p.m.

Call Antoinette Samuel at 0444-911-988 for details.

USO classes

The USO offers the following Italian language classes at the Ed

Center:

Level 1 runs Sept. 18-Nov. 15, fee is \$112.

Level 2 runs Nov. 27-Jan. 29, with a holiday break from Dec. 21-Jan. 3, and costs \$100.

Level 3 runs Sept. 19- Dec. 5 and costs \$120.

Knitting classes run Sept. 17-Oct. 22. Bring Euro to the first class as we will be making a trip for supplies. Fee is \$25 for six sessions.

Mommy Wednesday: Bring the children for dinner and a movie from 6-8 p.m.

Soldier's Tuesday: Soldiers and their friends are welcome for a home-cooked meal and move from 6-8 p.m.

Stop by the USO (across from the shoppette) for details or call 634-7156.

DOL close

The Directorate of Logistics activities will be closed for Organizational Day Sept. 14.

These closures will include Lerino Supply warehouses, CIF, ITO and Drivers' Testing, the POL Point and the IMMA.

Although these activities are closed, cell phone numbers will be listed and personnel will be on immediate recall for any emergency requests.

The South of the Alps Dining Facility and the DOL Customs office at the Torri storage facility will be open. For details call DOL at 634-6831 or 6804 or off post at 0444-71-6804 or 71-6831.

Hooah Rock Day

The 2-503rd Family Readiness Group is sponsoring a Hooah Rock Day Sept. 8.

Spouses - get a taste of your Soldier's training. Join us for a PT test to Army standards, first aid classes, camouflage, basic rifle, jump tower, working with an M-16 and a ruck march among other things.

Free childcare is available for the event.

Participants and their families can buy T-shirts for \$15 to help sponsor the event.

Religious Activities

Ederle Chapel

For details call the chapel at :634-7519 (0444-71-7519).

Weekday Mass

Mass is now held at noon Wednesday-Monday.

Saturday Services

4-4:30 p.m.: Sacrament of Reconciliation, or by appointment
5 p.m.: Roman Catholic Mass

Sunday Services

9 a.m.: Catholic Mass
10:45 a.m.-noon: Catholic Religious Education
11 a.m.: Protestant worship
1:30 p.m.: Full Gospel Pentecostal worship and Children's church
4 p.m.: Lutheran Services
6 p.m.: Contemporary worship

Muslim Services

The khutba and prayer will take place in the post chapel conference room Fridays, just after 12 p.m.

Jewish services

The Jewish New Year of 5768 starts the eve of Wednesday, Sept. 12. Stephen and Nancy November would like to know if you will be able to attend services and/or traditional meals at a location close to the base. Please e-mail november6@msn.com.

For details regarding Jewish services, contact Dr. Steven or Nancy November at november6@msn.com.

Club Beyond

For details about Club Beyond youth activities, contact the chapel or Jocely Cary at 340-385-3476.

Darby Chapel

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

8:30 a.m.: Catholic Reconciliation

9:30 a.m.: Catholic Mass

11:15 a.m.: Protestant worship

News you can use

Children and deployment



Photo by Art McQueen, USAG Heidelberg

Story by Linda Richards and Kirsten Pollick

Behavioral Medicine Division
Gen. Leonard Wood Army
Community Hospital

Deployment is a situation that affects many people physically and emotionally. Adults seem to learn

how to cope with the situation, but children sometimes are a different story.

Children don't always express how they feel about their parent's deployment and may respond differently to each stage of deployment. They may show anxiety and worry by isolating

themselves or through angry outbursts, behavioral difficulties, acting out, poor academic performance, losing interest in activities they previously enjoyed, and depression. Parents and teachers should watch for these signs in their children and students.

During the pre-deployment phase, some children and adolescents may distance themselves from the deploying parent or become angry with him or her. When the actual deployment time comes, children and adolescents may be confused about what this means to them and their family.

They could also get upset about losing a parent from their everyday activities, and be concerned for their parent's safety. Additionally, they may also have conflicting feelings ranging from being angry about the deployment to being proud of their Soldier parent.

Children and adolescents may feel that confiding in friends and family about their feelings is a burden or that people wouldn't

understand them. They could also be concerned about how their relationship with the deployed parent may change, maturing during the parent's absence, and wonder if that parent still expects them to be the same when they come home.

Post-deployment also raises a number of issues for children and adolescents. They may be concerned about recognizing their Soldier parent due to weight loss or other physical changes. Some may find it difficult to reintegrate the absent parent back into the family. Routines and responsibilities may have changed that the absent parent is unaware of.

Here are some tip for adults to consider regarding children and deployments. They're taken from a Military Family Research Institute and Defense Department Quality of Life Office study conducted in June 2004. It focused on adolescents' adaptations in military families when a parent is deployed.

*Because older and younger

children understand the situation differently, parents should use age appropriate language when discussing deployment.

*Parents should recognize that children may be just as conflicted as they are about the deployment. Children may be happy and unconcerned one minute, and tearful and distressed the next.

*Parents should recognize that anger is a normal response to the situation. This requires parents to help children deal with anger productively.

*Encourage families to engage together in fun activities before the parent deploys. This gives children a positive focus on the upcoming deployment and not a negative one.

*Parents can help children most by modeling healthy behaviors and expressing emotion.

There are multiple Army-sponsored programs for children up to age 12. It's important to address these issues with pre-teens and adolescents as well.

It's also important to help them identify and express their feelings.

Running for women's equality



Story and photo by
Spc. Kathryn Jorgenson
SETAF Public Affairs Office

On Aug. 26, 1920, the 19th amendment of the U.S. Constitution was ratified allowing women the right to vote.

To commemorate this achievement, Master Sgt. Tamika Anderson, SETAF Equal Opportunity advisor, organized a community fun run Aug. 24, promoting voter registration and recognition of the many accomplishments made by women.

"Women today are leaders in medicine, law, journalism, business, government and within the top ranks of our military," said Anderson in her pre-run speech. She also handed out voter registration cards and absentee ballots. Approximately 100 people participated in the event.

Staff Sgt. Erica Murphy, 509th Signal Battalion leads the way in the Women's Equality Day Fun Run.

CYS holds first youth triathlon

Story and photos by
Laura Kreider
Outlook Staff

The Vicenza Child and Youth Services Sports and Fitness Office sponsored the first CYS Triathlon Aug. 25.

The event took place on Villaggio and included running, cycling and swimming at varying distances, according to the three age brackets, respectively six-eight, nine-ten and 11-15.

About 50 children participated in the sporting event according to Georgia Salyer, CYS Sports and Fitness director.

"All the participants enjoyed it," Salyer said. "This was our first time for such an organized event. Now we plan on doing it annually."

Other upcoming CYS Sports and Fitness events include cross country and tennis for children six-12 years-old.

The race and tournament day will be Oct. 29, but the enrollment period started Aug. 20 and continues through Sept. 14 for cross country and until Sept. 18 for tennis. Cost is \$25 and includes a T-shirt and equipment.

Practice date and time is Tuesday-Thursday from 6-7 p.m. for cross country, and Wednesday from 5:15-6:15 p.m. for tennis.

Please call CYS Central Registration for further information at 634-6151.



From left, two boys, compete in different age groups during the event. While a girl (below) puts her final strength to complete swimming and places third in her category. (Girls 11-15)



Two boys run in the first part of the triathlon. Both concluded the competition second and third in their group, 11-15 year-olds. While another (left), took first place in the same category. "I did not expect to get first," he said after the ceremony, "I knew I was good at biking. I think I caught up in the biking because I wasn't as good as running."



Sports shorts

Bowling center

National Bowling Week is Aug. 25-31. Visit the Ederle Lanes for chances to win music downloads, iPods, free bowling packages, MP3s, movie tickets, USB wristband flash drives, food and more.

Every Monday it's free bowling. Every Friday it's half price bowling from noon-3 p.m.

For details call 634-7013.

Fit- 4-Life kickoff

The mission of this program is to provide the educational information and tools for students in grades 9-12 to make better decisions regarding fitness and eating habits.

After participating in the program teens will make lifestyle changes and be able to maintain them after program because they will have the tools and knowledge to make the right choices in their life.

The program will start its second round on Sept. 18. It's free including materials, T-Shirts, incentives, prizes and free pedometers.

For details call Emily Rich at 634-7447 (Vicenza Heath Clinic) or Lesley Gomez, Health Promotion office, at 634-8828.

Family Fun 5k Walk/Run

The Sports and Fitness Center is holding the last installment of the Summer Family Fun Walk/Run Series Saturday Sept. 8.

Sign up by 7:30 a.m., the event begins at 8 a.m. on the N-40 track.

This event is stroller-friendly. Call the Vicenza Sports and Fitness center at 634-7009.

Birthday bowling parties

The Ederle Lanes can help you have a stress-free birthday party, offering different party packages that allow you to add food, cakes, decorations, private party room, special effect lights even treat bags. Call the Ederle Lanes, 634-7013.

Fall bowling leagues

Ederle Lanes is now forming fall leagues. Competition begins the end of September and leagues last 8-10 weeks. Teams can be from a unit, FRG, an Italian/American group, or just a bunch of friends and family. Sign up at the Ederle Lanes.

Arco climbing competition

Outdoor Rec is offering a trip to a climbing competition in Arco near Lake Garda Sept. 9.

Arco is home to Europe's largest climbing wall-21 meters high, with 16 meters of overhang and about 3,000 artificial holds. See the world's best climbers compete for the 22nd annual Arco Climbing Competition.

The bus departs Outdoor Rec at 7 a.m. and returns by 7 p.m. The cost is \$30 and includes transportation and entrance fee.

Call Outdoor Rec at 634-7453 for details.