

# Outlook

January 17, 2013  
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Vicenza & Darby Military Community  
[www.usag.vicenza.army.mil](http://www.usag.vicenza.army.mil)



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Capolinea Blues Band guitarists Enrico Cavuto and Daniele Bertin rip it up as the Soldiers' Theatre celebrates the third anniversary of its monthly Music Café. The next Music Café will take place Feb. 8 at 7:30 p.m. at the Soldiers Theatre (Photo by David Ruderman, USAG Vicenza PAO)

## Speak Out

### What is your New Year's resolution?



**UnChong Bradford**

Family member

*"My favorite sport activity is walking because it is relaxing and healthy."*



**John Hamilton**

USAG Sport & Fitness

*"I enjoy the diversity and the dynamic nature of fitness. It prepares me at a higher level and reduces injuries in the process."*



**Cailey Stiles**

Family member

*"I like soccer because it is very active and fun to play."*

By Laura Kreider

## Tax Center to provide free filing support

**By Capt. Edward Faiello**

*Vicenza Tax Center*

The Vicenza Military Community Tax Center will conduct a grand opening Feb. 6; however, staff will be on duty to start providing free tax preparation services on a limited basis beginning Jan. 28 to all valid military and civilian ID card holders.

The Tax Center is located on the first floor of the Staff Judge Advocate building, Building 241, just down the road from the Car Care Center.

Hours of operation will be Mondays, Wednesdays and Fridays from 9 a.m. to 4 p.m., including lunch hour. Staff will see walk-ins and some customers will be able to do drop-offs. Tuesdays and Thursdays will be for preparing tax returns by appointment only.

To make an appointment or for information, call 634-7041/5138. Information is also available online under the Staff Judge Advocate tab on the Vicenza garrison webpage or [click here](#).

Last year the Tax Center processed more than 3,600 tax returns, saving

the community more than \$400,000 in tax filing fees and generating more than \$4.3 million in refunds. We look forward to serving the Vicenza Military Community once again this year.

All tax preparation staff are trained and certified by the IRS and use the service's latest software. This year, with all its "fiscal cliff" issues, we are working closely with the IRS to be sure to have the latest, most accurate information available to prepare returns.

To simplify the center's free tax return preparation services, be sure to bring the necessary documents with you.

They include your valid military or government ID card, your Social Security card, a voided check with current bank account and routing number, all W-2 forms and any other relevant financial records or statements.

If you are filing on behalf of a deployed spouse, be sure to bring a valid power of attorney to complete and sign the tax return.

W-2s should be available online from DFAS at <http://www.dfas.mil/> starting Jan. 24.

## The Outlook

January 17, 2013, Vol. 46, Issue 2

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Marco Adami and Roberto Baldeschi retired after respectively 41 and 31 years of service to the U.S. Government. An award ceremony was held to recognize their service and their spouse's support in the Air Force conference Room, Jan. 9. (Photo by Chiara Mattiolo, USAG Vicenza, DMC Public Affairs)

# DMC Ops Center takes lead role

Story and photo by Chiara Mattiolo  
Darby Military Community PAO

As times change, so do the ways we conduct business. In a sign of the times, the Darby Military Community Directorate of Training, Plans, Mobilization and Security office has come online and changed its name to the Darby Military Community Operations Center. "The reason for this name change is to ensure we are in line with what an operations center is," said Lawrence Kilgore, deputy garrison manager. "We are responsible for the operations of all that goes on in and around the DMC." According to Kilgore, if something moves, if information needs to be sent out to notify the community or coordination is required with host nation partners, the DMC Ops Center is the team that handles it.

The center is staffed with a three- to seven-person team, who handle daily activities such as interpreting services, host nation liaison duties, gathering information for dissemination and a myriad of other tasks. That can include coordinating any variety of U.S., local national and host nation events as well as emergency operations. "The bottom line: if the Operations Center does not know about it, then the rest of our community does not know," said Kilgore.

Anything that happens in the Darby Military Community must have oversight by the Ops Center to ensure all necessary and proper steps are taken to execute the mission successfully.

"The Ops Center is the heart of the installation, where all requests, needs or information is conveyed," said plans specialist Alessandro Maccarini. "Once we are aware of a certain need, we make sure all the steps are taken to smooth the process."

The Operations Center includes Italian and U.S. military, anti-terrorism and host nation liaison officers. Their range

of responsibility and expertise covers all activities within the community, he said.

"Before any items goes to the Italian base commander, or the deputy garrison manager, it must go through the Operations Center," said Kilgore. "Movement of personnel, equipment and all other facets of operations on the Depot, Ammunition Storage Area or Darby proper, are coordinated through the Ops Center."

Proper procedures ensure timely execution, he said.

"We follow the international and SOFA agreements. If that does not occur, it can take more time to fix an issue than if we had coordinated it properly beforehand. The aim is ensure seamless communication and coordination," Kilgore said. "Everything that happens on the installation, the Operations Center should be notified," said Maccarini. "This way we can add events to the community calendar, give visibility to all operations and tell offices and agencies exactly what procedures should be followed to complete the requested mission."

The Operation Center also tracks mandatory training, ensures proper force protection and anti-terrorism safeguards, and produces operations orders (OPORDs) for all DMC undertakings.

"Our job is to ease other people's jobs by providing professional, technical guidance," said Maccarini.

"I want to emphasize the incredible support that we receive from the Italian base commander liaison officer, Sgt. Giacinto Tuffilli, in dealing with the Italian military authorities," he said.



Plans specialist Alessandro Maccarini oversees the information flow in the DMC Ops Center.

# Commentary and news

## Your kids are safe in Vicenza CDCs

**By Col. David W. Buckingham**  
*U.S. Army Garrison Vicenza*  
*Commander*

**M**any of you have heard or read about the horribly unfortunate and absolutely unacceptable events in the Army Child Development Center at Fort Myer, Va.

Allegations are that several employees physically assaulted children who were placed under their care by trusting Army families. The ongoing investigation indicates that those employees had derogatory information ("derog") in their background checks, and further checks show that perhaps up to 30 other employees at that CDC did as well.

Parents in Vicenza should know that the Army leadership in general, and Installation Management Command in particular, consider this situation to be absolutely unacceptable and an ugly failure we are never willing to tolerate.

So, while many of us enjoyed some well deserved time off over Christmas, a small team of independent professionals from the Vicenza garrison inspected every file of every employee who works with youth in Vicenza Child, Youth & School Services programs, including the CDCs, SAC, SKIES, Teen Center and the like.

What they found should give you complete confidence in the Vicenza CDCs, and make you proud of your community and the great folks employed here serving all of us.



First, thanks to the team that worked all day, every day, the weekend before Christmas: from that Friday through Christmas Eve, examining records in painstaking detail to confirm that our kids are safe in Vicenza.

Here's what the team found:

Our inspection team reviewed 184 files from both Vicenza and Camp Darby.

160 of those files were perfect. Every one of the six required background checks (Military Police, Criminal Investigation Division, National Agency Check, Army Central Registry, ASAP, mental health) were complete and in file.

The team inspected every file with an 18-point checklist received from IMCOM Headquarters.

The other 24 files completely meet the required standard: they are only awaiting return of the most comprehensive background check that usually takes three to four months to be returned. As with every installation, regulations allow us to employ those folks on

a probationary status until a clear check is returned. These personnel may only provide care under the direct, constant supervision of another, cleared employee.

The bottom line here is that our excellent CYSS management and hiring personnel have been religiously following the strict hiring requirements that govern CDC employment. We should be thankful and proud of them.

Our inspection did find seven employees with "derog" in their files. Six of those employees, background checks revealed, had a relatively minor traffic violation sometime in their life, somewhere in the world, that ranged from improper backing, to failure to stop, to improper lane change.

A Personnel Review Board considered these employees' full history, considered their duties and approved their employment. None of the six drive as part of their employment or duties.

The final employee with "derog" had a simple assault in their file from a number of years ago. The incident was a domestic incident with a live-in partner back in the States and did not involve children.

A Personnel Review Board reviewed this employee's full background and employment history, and recommended approval. A garrison commander then reviewed the case and approved the hire. So, a quick review: of all 184 employee files inspected in detail, 160 are perfect and 24 meet the standard and are awaiting final clearance while working only under



*U.S. Army Garrison Vicenza Commander, Col. David W. Buckingham (in ACUs), presents 'Buckingham bucks' to staff members who worked diligently through the holiday period to ensure that safety checks on CYSS employees throughout the Vicenza Military Community meet rigorous background check standards. Photo by Joyce Costello*

direct supervision. Of the seven total "derogs", six are for minor traffic violations and one was properly vetted in accordance with applicable regulations and a garrison commander approval of the hire. While we are talking about CDCs, here are a few other facts to keep in mind:

Our CDC hiring personnel have conducted 20 Personnel Review Boards in the past couple years to consider the hiring of employees with some "derog" in their files.

That board rejected 19 of 20 applicants: only one was recommended for employment.

We have a very, very high standard for who we allow to take care of your kids.

This story should make us thankful

that we have precise, firm, regulation-focused management and hiring personnel running our CDCs. While we love innovation, creativity and a "can-do" attitude in all of our employees around the garrison – there are very good reasons our CDC management follows the applicable regulations very closely, and in a way that sometimes causes frustration for customers. The regulations that govern CDCs, like the hiring of youth workers, are incredibly detailed. Did you know that the temperature in the CDC must always be within a specific range, and that we must measure the temperature precisely 18 inches from the floor?

It's true. There are tons of regulations that we must follow precisely

and we are not allowed to apply "creativity."

So, while the casual observer may sometimes think our CDC team is a little unbending in some areas, there is good reason. They run great CDCs that meet all the requirements, from hiring to safety to facilities, to keep our kids safe and well cared for.

In summary, your kids are safe in the Vicenza Military Community CDCs and Youth Services programs, thanks to the great work of our management teams and care providers, and as confirmed by the professional inspection team that worked through the Christmas weekend to inspect 184 child care provider files.



### George B. Rakas

George Buddy Rakas, born Oct. 16, 1928, in Brownsville, Pa., passed away Saturday in Cavazzale. He was 84.

A 30-year veteran of the U.S. Army, Rakas served during the Korean and Vietnam conflicts. His 30-year career started when he joined the Army at age 17. He served with the Military Police and advanced to the rank of Warrant Officer 3.

Rakas served as head of the CID office in Vicenza, where he worked closely with the Carabinieri and enjoyed the camaraderie of his military brethren, both Italian and American.

He retired in Vicenza and was part of the Vicenza Military Community for more than 40 years.

"He loved coming on base. It was his 'American Town' where he enjoyed meeting and talking to people he knew. He felt privileged to have served in the armed forces, and in his home office displayed his commendations proudly," said his son, Michael Rakas.

"A tough and strong man, who in his later years became an easy going and gentle man. He will be sorely missed by his family and friends. Ciao, George. Ti vogliamo bene sempre."

Rakas' awards and decorations included the Army Commendation medal, Army Good Conduct 4th Award, WWII Victory medal, Army of Occupation medal, Vietnam Service medal, Republic of Vietnam Campaign medal, National Defense Service medal, Korea Defense Service medal, and the MP Officer Branch of Service.

Rakas is survived by his wife of 65 years, Elda, seven children and 11 grandchildren. His funeral was conducted Jan. 16 in Cavazzale.



## Busy flu season on the way

By ERMC Public Affairs

While the peak of the flu season hasn't hit Europe yet, signs from the United States indicate it could be one of the worst in recent years.

The Centers for Disease Control and Prevention, which tracks influenza activity year-round, publishes a weekly report which indicates that the proportion of people seeing their health care provider for influenza-like illness in the U.S. has been elevated for four consecutive weeks.

It climbed sharply from 2.8 percent to 5.6 percent during that time. By comparison, last flu season, which was relatively mild, saw that figure peak at 2.2 percent.

"While we can't say for certain how severe this season will be, we can say that a lot of people are getting sick with influenza and we are getting reports of severe illness and hospitalizations," said Dr. Joe Bresee, Chief of the Epidemiology and Prevention Branch of the CDC's Influenza Division.

Influenza is rampant across the United States, with 41 states reporting widespread flu activity and several having declared public health emergencies. With the busiest part of the season, typically February and March, still ahead, Europe Regional Medical Command officials expect to see cases of influenza ramping up here in the near future.

The geographic spread of influenza activity in Europe was reported as widespread in five countries (Belgium, Denmark, France, Norway and the United Kingdom) and nine countries reported increasing trends, according to the European Centre for Disease Prevention and Control.

The H3N2, or Type A, flu strain that is prevalent this year tends to be more severe than others, medical officials said. Children, older people and pregnant women are especially susceptible to the disease, ERMC Force Health Protection officials said.

Proper hand washing and covering of coughs and sneezes are also effective in helping prevent the spread of influenza, but the flu vaccine is the best way to prevent the disease or, if a person does catch it, to help minimize the effects, officials explained.

This year's vaccine is effective against Type A, Type B and Swine Flu variants of the disease.

Full protection against the flu takes about two weeks after receiving the vaccine, so people should get it as soon as possible. Eligible beneficiaries should contact their local military treatment facility or host nation provider for the vaccine.

# 6981st CSG leads epoxy training

By Sgt. James McLelland  
509th Signal Battalion

The 6981st Civilian Support Group (CSG), stationed in Mannheim, Germany, recently traveled to Caserma Ederle, Italy, to conduct epoxy training in the use of Holocom Protective Distribution Systems (PDS). The CSG experts worked with nine Signal Soldiers from 509th Signal Battalion, 173rd Airborne Brigade Combat Team, and U.S. Army Africa. Epoxy is a high grade and high strength adhesive resin used in a variety of applications that include aircraft and vehicle construction. It is also used in PDS, which provides users with access to the SIPRNET, or secure data network.

The training was designed to provide Signal Soldiers with the technical expertise necessary to better physically secure SIPRNET from tampering

or other malicious activity by sealing seams and joints to PDS access points and hardened carriers.

The 6981st CSG trainers provided all necessary materials and safety equipment so that Soldiers could take advantage of hands-on training, which emphasized safety and attention to detail in order to ensure DoD and U.S. Army Europe physical security standards were met.

Soldiers were provided with full oversight and immediate feedback by the trainers on their epoxy applications, helping them meet the standard.

"The training was very productive and rewarding, especially the hands-on portion of the practical application and real world scenarios," said Spc. Christina Piegols, a 509th Signal Battalion cable installer and maintainer. The training provided by 6981st CSG is the first of its kind for Signal Soldiers in the Vicenza Military Community,

according to Jean Valdez, 509th Signal Battalion S-3.

Students left the training ready to share their knowledge and train other technicians to maintain and support epoxy Holocom PDS systems within their own organizations. Theirs will be the manpower and expertise necessary to tackle the significant endeavor of securing PDS systems in the newly constructed Caserma Del Din construction over the coming months leading to its scheduled opening later this year.



Photo by Master Sgt. Melissa Abrams,  
509th Signal Battalion

U.S. Army Africa and 509th Signal Battalion Soldiers practice correct techniques for sealing PDS systems with Holocom epoxy during training last month.

# 173rd Soldier Returns to War After 20 Surgeries

**By Sgt. Michael Sword**  
173rd ABCT PAO

WARDAK PROVINCE, Afghanistan, Jan. 15, 2013 – Three years after suffering war wounds that resulted in more than 20 surgeries, Army Sgt. Michael Krapels is back where he wants to be: serving alongside his fellow soldiers in Afghanistan.

Krapels, who is with Chosen Company, 2nd Battalion, 503rd Infantry Regiment, 173rd Airborne Brigade Combat Team, had always wanted to join the military, and after attending college at the request of his parents, he enlisted in the Army on his birthday, Oct. 7, 2008.

“I made a promise to my parents that I would go to college first, so I did two years at the University of Maine,” he said. “A friend went up there to play football and I got accepted, so we went up there and roomed together.”

The intention was to finish his college education, but a visit to the recruiter by his best friend back home in Sparta, N.J., changed that plan, and his life, forever.

“Halfway through my sophomore year of college, my best friend from back home -- we had always talked about enlisting together -- told me that he had gone down and spoken to a recruiter and enlisted,” Krapels recalled. “That started the ball rolling with me wanting to go, and later on that spring, a buddy of mine got hurt in Helmand province, and that made it definite.”

Once he left Sparta, his transition from civilian to de-

ployed soldier was a quick one. From Fort Benning, Ga., for his one-station unit training and airborne school, to Vicenza, Italy, home of 2nd Battalion and the 173rd ABCT, to training and a mission readiness exercise, Krapels quickly found himself high in the mountains of Afghanistan's Kunar province by the winter of 2010.

But almost as quickly as he arrived, Krapels left Afghanistan after machine-gun fire hit both of his legs, Jan. 14, 2010.

“One went through my left ankle, one through my right calf -- it cut my Achilles [tendon],” Krapels said, listing just a few of the rounds that hit him. “I lost a couple of inches of bone in my shin, [and] lost the feeling in my foot and a lot of mobility.”

The serious nature of injuries took him to the Walter Reed National Military Medical Center in Bethesda, Md., and he began his fight to recover that would last more than two years.

“There were times when I thought it was going to be impossible,” he said. “I was told I was never going to walk right. I was told I was never going to be able to run or carry weight on my back.”

Between surgeries, Krapels spent 10 months in a wheelchair, struggling and wondering if he would ever be the same again, until a visit from 2nd Battalion's highest-ranking enlisted soldier, Army Command Sgt. Maj. Michael Ferrusi, changed everything.

“Sergeant Major Ferrusi came down in July of 2010 to talk to me,” Krapels said. “That started the ball rolling with me really throwing myself into physical therapy and getting out of my wheelchair.”

“He was struggling with identity,” Ferrusi said. “Did he want to stay in the Army? Did he want to get out? He didn't know.”

“I told him, ‘There are two things you can do in life: you can either let adversity beat you, or you can beat adversity,’” he continued. “It's not the act that defines you. It's not what happened to you that will define you. It's what you're going to do from now and for the rest of your life based on what happened.”

Ferrusi, who was the battalion sergeant major at the time, was on leave and visited Krapels at Walter Reed. “I stayed there about five days with him, hung out with him, and in the course of five days, I got to know him -- not just as a soldier anymore, but as a person.”

Krapels said he learned that that Ferrusi had broken his

*After more than 20 surgeries resulting from machine-gun fire while serving in Afghanistan in 2010, Army Sgt. Michael Krapels returned to duty and is serving another deployment with Chosen Company, 2nd Battalion, 503rd Infantry Regiment, 173rd Airborne Brigade Combat Team*



neck in Afghanistan during Operation Enduring Freedom I, lending weight to his words and a voice of credibility and experience to his advice.

"It was motivating, because I found out that he had been injured, and having someone that high up who's been through the whole recovery process come in and share some of his wisdom with me, it was an eye-opener," Krapels said. "When the sergeant major came, that was the catalyst -- like, 'If he did it, I can do it.'"

After that visit, Krapels threw himself into rehabilitation and stated in no uncertain terms his desire to make it back to the fight.

"There were guys down there with no legs that were out running," he said. "I couldn't accept the fact that I wasn't going to be a whole person and be able to do my job anymore, so I just put my nose into recovering.

"Everyone in my chain of command at Walter Reed knew what my intentions were," he continued. "I actually removed myself from their physical therapy, because I thought it was moving too slow, and started doing a lot of it on my own."

In June 2011, Krapels traveled to the Center for the Intrepid at Brooke Army Medical Center at Fort Sam Houston in San Antonio. The center specializes in many things, including advanced outpatient rehabilitation for patients like Krapels. It was there that his rehabilitation made a breakthrough when he was fitted for an intrepid dynamic exoskeletal orthosis, or IDEO.

The IDEO is an external prosthesis that wraps around the leg, just below the knee, and has a footplate that stabilizes the foot and ankle and a pair of carbon fiber rods that connect the two. The device works by offloading the weight of the wearer, alleviating pain when walking or running.

"After I received the IDEO," he said, "I was able to start running again." After a month in San Antonio, Krapels returned to Walter Reed to check his status and evaluate his progress. He went through a physical therapy reevaluation and was cleared to return to duty.

In November 2011, Krapels returned to Italy, to the same battalion, and back to Chosen Company, and tried to fit back in as quickly as possible.

"I didn't get any special treatment, which is good," he said. "They welcomed me with open arms, and it was like I had never left."

Ferrusi kept up with Krapels' progress during his rehabilitation, and though the 2nd Battalion's commander was a new one, by the time Krapels arrived back in Italy, Army Lt. Col. Michael Larsen knew who he was.

"When we finally got the word he was coming back, I was fired up," Larsen said. "What a great example of persistence and motivation, and when I met him for the first time and saw his energy and what a positive person he is, it inspired me.

"Easily, he's a guy that could have accepted what his wounds were, been medically discharged and no one would have second guessed, no one would have said a thing or judged him any differently," Larsen added. "But he powered through all of that just to be able to come back and deploy with Chosen Company again, and deploy with 'The Rock.'"

Once he returned to the company, Krapels got right back into the swing of things. With no physical profile limiting his actions, he resumed training with his unit for its upcoming deployment to Afghanistan. After three training rotations in Germany, he attended the Army's Warrior Leader Course and graduated on the Commandant's List.

He has been deployed to eastern Afghanistan since June with Chosen Company, battling the harsh weather and terrain, keeping up with every step of the other soldiers.

"He's still hurting," Larsen said. "But he still goes out and executes every patrol and never complains."

His solid performance and his perseverance led Ferrusi to fight for, and ultimately to succeed, in getting Krapels promoted. On Jan. 1, more than two years from his visit to Walter Reed, Ferrusi was able to pin Krapels with the rank of sergeant.

"In this business, you invest in what you see, and his past performance to me was an indicator of his future potential," Ferrusi said. "I told him that, 'I know you can beat this. I know you can come back, and I'll support you. I know it's going to be hard, but I won't waver on you if you don't waver on me.'"

Krapels "didn't take no for an answer, continued to push himself physically and mentally to get himself back here to the unit where his true loyalties resided," Larsen said. "He's an awesome guy to have in the formation; I wish I had 100 of him.

"To have a tangible example that you can point to so other paratroopers can see in their midst, every day, the right mindset of a paratrooper," he continued. "I think that's what every commander wishes to have -- an example they can always point to of a guy that doesn't quit, a guy that doesn't give up, who found a way to make it back to the unit and deploy with us. It's a great success story."

While the paratroopers of Chosen Company continue to patrol Afghanistan's Wardak province, Krapels continues fighting the pain, but keeps a positive attitude as he does it, because he is finally back where he feels he needs to be.

"When you sign up as an infantryman during a time of war, you're signing up to fight, and when you get hurt and pulled out of a combat situation with guys that you've been training with forever, you feel like you lost your family," he said. "I knew that they were going to be the same people -- just different names -- and I wanted to make sure that with some of the drive and experience I have, I could share it and help out.

"It was good coming back," he added. "I needed it."

**"There are two things you can do in life: you can either let adversity beat you, or you can beat adversity"**

## Music Café marks third anniversary

# American music strikes a chord

Story and photo by David Ruderman

USAG Vicenza PAO

A wide range of American musical styles were in evidence as the Soldiers' Theatre celebrated the third anniversary of its monthly Music Café program Saturday night.

From trad jazz and Elvis in the 1950s, through the blues, soul and rock explosions of the '60s, to the hip-hop and punk of today, American musical influence has been alive and kicking around the world, including Italy.

The Music Café, emceed and engineered by Soldiers' Theatre mainstay, Barry Robinson, attracts about an equal number of American and Italian musicians and music fans to its friendly open stage performances, where everyone is welcome to perform, and no one needs to worry about going solo – someone in the room is sure to back you up on stage.

Italian regulars Sonia Elia and Luciano Prestipino belted funk and rhythm and blues standards. American singers Jonathan and Erica sang pop and soul standards as well. In the course of the evening, there was only one Italian pop song sung on stage. But there were quite a few Italian players. Punkh (pronounced punch, but with a hint at their preferred sound), made up of guitarist and vocalist Tommaso Capitello, guitarist Lorenzo Dalla Fontana, bassist Antonio Donà and drummer Martino Banel-

la, all middle and high school students, performed two of their punk originals with Italian lyrics.

"Because we like to play punk rock," said Capitello. "I like the kind of music, the energy, because it's a strong music."

The band said they have been particularly influenced by Blink 182 and Sum 41, but mentioned bands such as Linkin Park, Metallica, Green Day, Pink Floyd and AC/DC as well local Veneto band Ruma-tera as being among their influences.

Capitello said he didn't care too much for the Beatles, but Dalla Fontana conceded that he did like the Rolling Stones.

"I like metal and punk," said Donà.

The teens have been playing together with an evolving crew since 2010. This was their fourth appearance at the Music Café, though with an evolving lineup. They have performed at local parish festivals and the Berta Rock Festival.

An older set of blues-rockers, the Capolinea (Bus Stop) Blues Band also played, performing their own sets and backing up various singers. The band has been a unit for a decade and a half, said guitarist Daniele Bertin. Based on lead singer Enrico Cavuto's choice of material, his vocal style and Union Jack guitar strap, one might think Eric Clapton was a major or early influence.

"In the beginning it was Clapton, maybe B.B. King," said Bertin. "Then the more sophisticated music:





The Capolinea Blues Band, above, tear it up at the Music Café third anniversary celebration Saturday night. Music coordinator and bassist Barry Robinson, below, prepares to cut the celebratory cake shared by musicians and audience. The next Music Café takes place Friday, Feb. 8, at 7:30 p.m.

Gary Moore, Robert Johnson, Robert Ford, Stevie Ray Vaughn."

In any event, it's the blues for these fellows. "It's the energy. My heart is mostly for jazz, but I'm not so proud to play jazz. I like to play blues. It was my first," said Bertin, who first heard the call of American song as a youngster. "When I was really a child, mostly by records because there were few radio programs," he said.

Along with bassist Cesare Celegon and drummer Elio Paggiaro, the quartet, based in Padova and Noale, near Vicenza, and have played the Music Café a couple of times in the past.

The evening was rounded out with the progressive rock compositions of Steve O'Leary and the folk stylings and blues harp of Gary Johnson.

"Our Music Café nights have been an extremely successful addition to the entertainment program at Soldiers' Theatre," said director Jerry Brees. "We're proud to be able to showcase the amazing musical talents of our community."

Everyone shared in a cake to mark the anniversary, and the players and listeners finally called it a night around 10:30 p.m.

"How many other activities on this post go on for four and a half hours?" asked Robinson.

"Barry Robinson – without him we couldn't make this great event happen," said Brees.



# Curbing cabin fever



**Story and photos by Joyce Costello**  
*USAG Vicenza PAO*

There's a picture of me and my sisters in cheesy 70's snowsuit with our dad who had strapped the baby to his back; all of us on cross-country skis. My mother had taken the photo from the front porch, telling us stay out of the house for at least two hours. As a child you don't know the phrase "cabin fever"; but as an adult you quickly learn that the kids will go nuts if you keep them cooped up during the long, cold winter months. As a result of a cooped-up whining child of my own, I was more than willing to shell out the exorbitant cost of private ski lessons for her just so I could get two hours of peace and silence up in the mountains. Though, I kindly dressed her in a cheesy 2010 version of a 70's style snowsuit.

It turns out, taking the kids to the slopes is not just a great way to tire them out and get them to go to sleep early on Saturday night. The Jackson family, stationed in Naples, came to Vicenza as a family for a New Year's celebration trip with the specific goal of hitting the slopes to experience a new sport as a family.

"We've been skiing before as a family, but wanted to try snowboarding because two of our kids like to skateboard," said mother Nikita.

"It's a really good bonding experience and exposes the kids to something new," added father Jovan.

"Physical fitness is important to me and this is a way I can introduce my kids to something that is good for them and good for us as a family."

Nikita pointed out that most families have no problems finding fun summer activities, but once it gets cold and dreary parents have to find other ways to curb cabin fever. Son, Khalil, 12-years old, said he was glad his parents decided to take the chance to learn a "cool sport like snowboarding".

"I skateboard and like riding my bike and playing video games, but getting out here in the mountains was 'funner' than sitting around the house," said Khalil.

It was a sentiment shared by his 8-year old brother Josiah and 14-year old sister Tirzah.

"I like hanging out with my friends back home, but I really like doing stuff with my whole family," said Tirzah.

"I can't wait to do it again," quickly quipped Josiah.

Families can take advantage of free snowboard and skiing classes offered on Outdoor Recreation trips. The two-hour long course represents a 74 Euro savings per person, according to Chris Wolff, ODR ski and snowboarder.

"When out on the slopes with young children, I recommend lots of patience and money for hot chocolate," said Wolff, a father himself.

At the end of the day, even though the fashions may have changed, the family memories captured will warm you up and that alone makes getting out of the cabin worthwhile.



## Prima del Torcolato Torcolato new wine Festival

Jan. 20, in Breganze, Piazza Mazzini. The Torcolato is the gem of Breganze's winemaking tradition. It is produced from pressing dried Vespaiola grapes which are hung on strings from the wooden beams of the attics of farmhouses; 2:30 p.m. Enjoy public pressing of the 2012 grape harvest, wine tasting; local products exhibit and sale; folk music and dancing.

Courtesy photo



### Motor Bike Expo

Jan. 18-20, 9 a.m. – 7 p.m., in Verona, Via del Lavoro, 8, about 38 miles west of Vicenza. Admission fee: €16 euro

### Sagra del Broccolo Fiolaro Broccoli Festival

Ongoing through Jan. 20, in Creazzo, Sports center, Via Torino, about 5 miles west of Vicenza. Food booths featuring the typical Creazzo dishes "gnocchi with broccoli" and the traditional fritola (doughnut) open at 6:30 p.m. Live music and entertainment start nightly at 9:30 p.m.

### EXPO Internazionale Canina International Dog Show

Jan. 19-20, 9 a.m.-7p.m., in Padova, Via Tommaseo, 59, about 24 miles southeast of Vicenza. This competition brings together more than 700 of the finest pedigreed dogs from all over the world. Admission fee: €9; reduced €4. Free entrance for children under 12

### Antiquaria

#### Antique Show and Market

Ongoing through January 20, Thursday- Friday 3 - 8 p.m., Saturday and Sunday 10 a.m. - 8 p.m., in Pordenone, Viale Treviso, 1, about 92 miles northeast of Vicenza. Furniture, paintings, antique artifacts, jewelry and many curiosity and rarities. Admission fee: €10; reduced €5 (senior citizens over 65). Free for children under 17.

### Dracula and the myth of Vampires

Ongoing through March 24 in Milan, Triennale Design Museum, Viale Alemagna 6; Tuesday – Sunday 10:30 a.m. – 8:30 p.m.; Thursday 10:30 a.m. – 11 p.m.; admission fee € 8; reduced €5.50.

### Raffaello verso Picasso Raphael to Picasso Art Exhibit

Ongoing through Jan. 20, in Vicenza, Basilica Palladiana, Piazza dei Signori, Monday – Thursday 9 a.m. – 7 p.m.; Friday – Saturday 9 a.m. – 8 p.m.; Saturday 9 a.m. – 9 p.m. [Click here](#) to buy tickets online.

### Pablo Picasso exhibit

Ongoing through Jan. 27, in Milan, Palazzo Reale, Piazza del Duomo 12. Over 200 works including paintings, drawings, sculptures, and photographs. Mondays-Wednesdays: 8:30 a.m. – 7:30 p.m.; Thursdays – Sundays 9:30-11:30; admission fee: €9; reduced: €7.50 (children 6-18; students up to 26 years old; senior citizens over 65).

### Steve McCurry's photo exhibit

Ongoing through Feb. 24, in Genoa, Palazzo Ducale, Piazza Matteotti 9.

### Constantine exhibit

Ongoing through March 17, in Milan, Palazzo Reale, Piazza del Duomo 12.

### Antique markets on Jan. 20

- Godega di Sant'Urbano, 8:30 a.m. – 6:30 p.m., Via Roma, about 75 miles. (220 booths)
- Montagnana, 8 a.m. to sunset,

in Piazza Maggiore 150, about 27 miles south of Vicenza.

- Padova, 8 a.m. – 8 p.m. Prato della Valle, about 24 miles southeast of Vicenza. (180 vendors).
- Soave, 8 a.m. – 7 p.m., in Piazza Antonio Marogna and Corso Vittorio Emanuele, about 23 miles west of Vicenza. (110 vendors)

### Free concerts, classes, and exhibits

- Classical music concert Jan. 19, 8:30 p.m., in Vicenza, San Vincenzo Church, Piazza dei Signori; music by Van Beethoven, Chopin, Brahms.
- Concert with the Conservatory students: Jan. 22, 6 p.m., in Vicenza, Conservatory, Via San Domenico.
- San Bassiano Concert with Bassano wind orchestra Jan. 19, 9 p.m., in Bassano del Grappa, J. Da Ponte Theatre, Piazzale Cadorna

### Ice-skating rinks

- Schio, in Piazza Falcone e Borsellino, ongoing through Feb. 10. Saturday – Sunday 8:30 a.m. – 10:30 p.m.; Monday – Friday 2:30 – 10:30 p.m.; Entrance fee: €7 (includes ice-skating rental); €5 for children younger than 10 and senior citizens over 60; free for children less than 39 inches tall;
- Vicenza on ice – ice skating rink - open through Jan. 27, in Campo Marzo; Mondays – Fridays 3 – 9 p.m.; Saturdays, Sundays and holidays 10

a.m. – 1 p.m. and 3-10 p.m.; two hour entrance fee: weekdays € 8 (it includes skate rental); €6 for children under 12; €4 without skate rental; Saturdays, Sundays and holidays: weekdays € 10; €8 for children under 12; €6 without skate rental.

### Carnevale parades

Malo, Jan. 13 – Feb. 12  
 Venice, Jan. 26 – Feb. 12.  
 Verona, Jan. 26 – Feb. 12  
 Viareggio, Feb. 3, 10, 12 and 17; March 3

### Concerts

Nelly Furtado: March 13 in Milan  
 Mick Hucknall (Simply Red lead singer) – American Soul Tour: March 18 in Milan; March 19 in Rome; March 21 in Padova  
 Bruce Springsteen & the E Street Band: May 31 in Padova; June 3 in Milan; July 11 in Rome  
 Joe Satriani: June 1 in Padova  
 Bon Jovi: June 29 in Milan  
 Mark Knopfler: May 3 in As-sago (Milan); July 12 in Piazzola sul

Brenta (Padova); July 13 in Rome  
 Roger Waters – The Wall Live: July 26 in Padova; July 28 in Rome  
 Robbie Williams: July 31 in Milan

### Sporting Events

**WWE Wrestlemania SmackDown Revenge Tour:** April 25, 2013 in Casalecchio di Reno (Bologna); April 26 in Trieste

**MotoGP – Italian Grand Prix 2013:** June 1-2, at Mugello Circuit in Scarperia (Florence).

Tickets are available in Vicenza at Media World, Palladio Shopping Center, or [online](#).

### Vicenza ODR trips

**Jan. 19:** Ski San Martino, great for all levels of skiers and snowboarders.

**Jan. 19:** Balsamic vinegar and Parmigiano factories tour.

**Jan. 20:** Thermal pools and spa at Lake Garda.

**Jan. 23:** Wine Down Wednesday trip to the hills of the Prosecco Road.

Book trips [online](#) on WebTrac.

## Now Showing

### Ederle Theater

<b>Jan. 17</b>	Paranormal Activity 4 (R)	6 p.m.
<b>Jan. 18</b>	Alex Cross (PG 13)	6 p.m.
	Gangster Squad (R)	9 p.m.
<b>Jan. 19</b>	Gangster Squad (R)	3 p.m.
	Zero Dark Thirty (R)	6 p.m.
<b>Jan. 20</b>	Alex Cross (PG 13)	4 p.m.
	Zero Dark Thirty (R)	6 p.m.
<b>Jan. 25</b>	Wreck It Ralph	6 p.m.
	The Last Stand (R)	9 p.m.
<b>Jan. 26</b>	Wreck It Ralph	3 p.m.
	Broken City (R)	9 p.m.
<b>Jan. 27</b>	The Last Stand (R)	3 p.m.
	Broken City (R)	9 p.m.

### Camp Darby Theater

<b>Jan. 18</b>	Paranormal Activity 4 (R)	6 p.m.
<b>Jan. 19</b>	This Is 40 (R)	6 p.m.
<b>Jan. 20</b>	Parental Guidance (PG)	1 p.m.
<b>Jan. 25</b>	Parental Guidance (PG)	6 p.m.
<b>Jan. 26</b>	Alex Cross (PG 13)	6 p.m.
<b>Jan. 27</b>	Wreck-It Ralph (PG)	1 p.m.

## Darby Military Community

### Viareggio Carnevale

Giant floats will be going down the strand for Viareggio's 140th Carnevale Feb. 3, 10, 12, 17, and March 3. Children under 10 are free.



### V° Festa dell'olio delle colline di Pisa Olive oil festival

Jan. 19-20 in Pontedera enjoy tasting and market.

### Florence Winter Park

Open until Jan. 26 at Obihall, via Frabrizio De Andre

### Vinci on Ixe

Until Feb 28, Viale Togliatti, Sovigliana

### Carnevale dei ragazzi Children's Carnival

In Vicopisano there will be a parade in the center of the medieval town Jan. 20 and 27, and Feb. 3 and 10 from 3:30 p.m. to 7 p.m.

### Bientina Carnevale

Bientina celebrates its 50th annual Carnevale with floats and activities as well as a small train touring around town for children. The action is in Pi-

azza Vittorio Emanuele in the center of town Jan. 20 and 27 beginning at 3:30 p.m.

### Antique markets

Prato Jan. 26-27

Arezzo Feb. 2-3

### Darby ODR Trips

**Jan. 19:** Guided tour of the Ferrari Museum

**Jan. 26:** Abetone ski trip, IKEA shopping trip

**Jan. 27:** Viareggio Carnevale

**Feb. 3:** Viareggio Carnevale

**Feb. 2:** Monte Cimone ski trip, Ceramics trip

**Feb. 9:** Venice Carnevale, Abetone ski trip

**Feb. 10:** Viareggio Carnevale

**Feb. 16:** Florence trip, Abetone ski trip

**Feb. 17:** Viareggio Carnevale

**Feb. 18:** Assisi trip

Call ODR at 633-7589/7775 for details or register on WEB TRAC. Full calendar is [online](#).

# Community briefs

## Vicenza Military Community

Visit the community calendar for more upcoming events and details at [www.usag.vicenza.army.mil](http://www.usag.vicenza.army.mil)

### Arena goes solar

The installation of 540 solar roof panels and related interior work on the Arena begins Jan. 14 and continues through March. Renovations begin upstairs Jan. 21 and phased work on the bowling lanes will follow. Minimal service disruption is expected as only four lanes will be closed at a time. The Strike Zone snack bar and Lion's Den will provide service as usual. Call 634-7886 for information.

### Veterans retirement information briefing

Retired Soldiers and Soldiers planning retirement in the next year are invited to a briefing Jan. 17 at 9:30 a.m. in the Central Processing Facility. The Installation Management Command Retirement Service Officer will host the event with Department of Europe VFW Service Officer, Comrade Dale Nagan. Nagan is Veterans Administration certified to answer questions about service connected disability and other benefits. Soldiers attending should bring their documents for review. Call the Retiree Service Center at 634-6459.

### Army Community Service

Army Emergency Relief provides eligible dependent children of Soldiers with financial support for their first undergraduate degree through the **MG James Ursano Scholarship Program**. Details and applications are available at [www.aerhq.org](http://www.aerhq.org). For information and assistance, stop by the AER office at ACS or call 0444-71-8524/7500.

AER is accepting applications for the **Spouse Education Assistance Program** through April 2. Military spouses pursuing a first undergraduate degree are eligible for scholarships up to

\$4,000. Visit [www.aerhq.org](http://www.aerhq.org) or stop by ACS for info.

### ACAP has moved

The Army Career and Alumni Program office for Vicenza has moved to Bldg. 113 (the former health clinic), the same building as the education center. Existing telephone numbers for ACAP remain valid.

### 10 Steps to a Federal Job

The Employment Readiness Program at ACS will launch a course Jan. 11 based on Kathryn Troutman's "10 Steps to a Federal Job." The three-hour online course goes in detail through steps necessary to build a resume and navigate the federal hiring process. Participants work at home on their own time. Call 0444-71-7942 or 634-7942 for details and to sign up.

### EFMP Informational Hour

All interested community members are invited to attend a lunch-hour presentation and discussion, **Autistic Spectrum Disorders and their Impact on Siblings**, sponsored by EFMP and led by Dr. Hanna Leong, psychologist and EFMP volunteer. The meeting, which will combine a review of recent research and open discussion, will take place Feb. 6 from noon to 1 p.m. at Davis Hall, Building 108. Bring your lunch if you'd like. Call 0444-71-8582 or 634-8582 for details.

### 2013 Scholarships for Military Children

Applications for the 2013 Scholarships for Military Children Program are being accepted now. See eligibility and submission details online at [www.militaryscholar.org](http://www.militaryscholar.org) and [www.commissaries.com](http://www.commissaries.com). The program is administered by Fisher House Foundation and awarded more than \$10 million in scholarships to 6,742 students in 2012. Applications must be turned in to the commissary by close of business Feb. 22.

### Arts and Crafts

Intro to digital photo classes are held afternoons from 1-2:30 p.m. and

evenings from 5-6:30 p.m.

Valentine Photo Shoot Jan. 15 offers a 15-minute photo session, three digital images and a 5x7-inch print for \$75. Call 634-7074 to book a time slot.

Beginning quilting classes meet Tuesdays for three weeks beginning Jan. 15. Stop by for a supply list and to register.

Youth hand building class Jan. 16 for ages 4 and up.

Make a baby wreath, Jan. 19, 10 a.m. to 1 p.m.

Call 634-7074 for details.

### Vicenza CYSS

Child, Youth and School Services will hold a SKIES Unlimited Open House Jan. 15 from 4-6 p.m. at the new SKIES Unlimited facility, Building 308. Meet instructors, learn about programs and classes, and tour the new facility. All are welcome; refreshments will be served. The current catalog is available [online](#) and at the CMR. Enrollment is under way.

### Soldiers' Theatre

The **Music Café** celebrates its third anniversary in a new time slot: Saturday, Jan. 12, beginning at 6 p.m.

**Dance auditions** for experienced, trained dancers will be held Jan. 14 at 6 p.m. for an evening of dance featuring ballet, jazz, tap, contemporary and ballroom dancing. Bring your shoes.

**Tap classes** begin Jan. 15: Intermediate classes on Tuesday, beginning classes on Wednesday, advanced on Thursday, all at 5:15 p.m. Three-week sessions cost \$21.

**Acoustic Jam 2013:** Guitarist Roberto Dalla Vecchia returns with his annual revue Jan. 25 at 7:30 p.m. Tickets are \$10.

**Guitar, piano, flute and voice** lessons are available; call for details.

Soldiers' Theatre has **contract job opportunities** for piano and flute instructors; a voice instructor, and a recording studio engineer. For details and to apply, call 634-7281 or stop by the theater weekday mornings.

### CTC Registration

Registration for Central Texas College's

Term 3 has begun. Course offerings include criminal justice, military science and early childhood education. Classes get under way beginning Jan. 28. Call 634-6514, email [Vicenza@europe.ctcd.edu](mailto:Vicenza@europe.ctcd.edu) or stop by Room 6 of the Education Center for details and assistance.

### Prescription refills are easy

There are several easy ways to refill drug prescriptions to avoid running out of medications.

Call the Central European Automated Prescription Refill Calling System at 636-9133, commercial 0444-61-9133, or toll free 00-800-744-62500.

At the first menu, press 1 for the Landstuhl Footprint Pharmacy. At the next menu, press 3 for the Vicenza Pharmacy. Enter the last four numbers of your sponsor's SSN and the numerical portion of your prescription number.

Go to the TRICAREonLine website at [www.tricareonline.com](http://www.tricareonline.com). The site provides for prescription refills and secure messaging with health care providers.

Patients still having difficulty can stop by the USAHC pharmacy and request next business day refills in person or via the new drop box in the pharmacy lobby.

Patients without refills will be asked to see a provider to renew prescriptions.

Call the pharmacy at 636-9130 or 0444-61-9130 for assistance.

### USAHC hours

U.S. Army Health Center hours for the MLK Day weekend are:

**Jan. 18:** 8 a.m. to noon; birthing center open as usual.

**Jan. 19:** 9 a.m. to 1 p.m.; birthing center open as usual.

**Jan. 21:** Closed; only the birthing center is open.

### Contracting training

The 414th Contracting Support Brigade will present quarterly training Jan. 29-30 for personnel who need acquisition planning and requirement documents development training. Training is for new personnel, and to recertify Contracting Officer Repre-

*Photo by Paolo Bovo*

Capt. Gary A. Croston receives the Headquarters and Headquarters Company, U.S. Army Garrison Vicenza guidon from garrison commander, Col. David W. Buckingham, during a change of command ceremony on Caserma Ederle's Hoekstra Field Jan. 10. Outgoing HHC commander, Capt. Clayton J. Cole and his family will move on to Fort Leonard Wood, Mo., where he will attend the Captains Career Course.



## USAG-Vicenza HHC Change of Command

sentatives, Government Purchase Card holders and Field Ordering Officials for USARAF, USAG-Vicenza and tenant units. Go to <https://portal.setaf.army.mil/CSB414/training> and click on NEW, then enter your information and the classes you will attend and click OK. Call 634-5894 for assistance.

### Tax Office seeks staff

JAG is hiring personnel to work in its Tax Center to provide free tax filing assistance and they seek volunteers with tax or accounting experience to work during the tax season, which runs from late January to June 15. Call at 634-8170 or [edward.s.faiello.mil@mail.mil](mailto:edward.s.faiello.mil@mail.mil).

## Darby Military Community

Visit the community calendar for upcoming events and details at [www.usag.livorno.army.mil](http://www.usag.livorno.army.mil)

DLA Disposition Services Livorno will be closed from Jan. 28 until Feb. 5 to prepare for a systems upgrade, and will reopen Feb. 6 as training continues and the computer system is deployed. Call 633-7749 for info.

### We're moving

During the week of Jan 14-18, Outdoor Recreation, Sea Pines Recreational Facilities, Tax Relief Office (TRO) and GEICO Insurance will move into Bldg 601 (next to the swimming pool). Thank you for your patience

as we consolidate services to a one-stop-shop!

### C.Y.S.S.

Parents and Youth Dodgeball Challenge on Jan. 18 in the Fitness Center, 3-4:30 p.m.

Try out a free Zumba class for kids on Jan. 22 at 4 p.m. in the Bowling Center and register for classes to begin on Feb. 5.

Parents Night Out if Jan. 26

Register for the SKIES Unlimited Scrapbooking class at Parent Central Services. Classes begin Feb. 1.

### Order Red Roses for your Sweetheart by Feb 11!

Order one dozen long-stemmed roses to be delivered to you or your sweetheart on Darby or Depot. Deliveries made on Thursday, February 14; 11 a.m.-4 p.m. DSN 633-7438.

# Sports shorts

## Vicenaza Military Community Burn Your Fat Off

BYFO-X with Heyda Diaz is a 45-minute circuit style high-intensity training class using TRX straps and plyometrics to "Burn Your Fat Off" to the extreme; a total body workout. Classes meet Wednesdays at the Luna Bubble at 5:30 p.m. Cost is \$3. Please arrive to the Luna bubble 15 minutes early so Heyda can familiarize you with the TRX equipment. A schedule of all Group Fitness classes is [online](#).

## Volleyball sign up

Unit Rec Volleyball League registration continues through Feb. 5. Call 634-7009 for information.

## Vicenaza Unit Rec basketball standings

173 RD #2	4-0
Above the Rim	3-1
USARAF	3-2
173 RD #1	2-4
USAHC	1-5

## Pre-natal swimming

Pre-natal swimming classes begin Feb. 6 in Vicenza. Classes meet Wednesdays from 1:45-2:30 p.m. for a series of eight sessions at the Fitness Center pool. Expecting mothers will work on muscle toning, breathing techniques and relief from back pain.

## League bowling at the Arena

League bowling for adult teams of four begins its 16-week season at the Arena Jan 16. Cost is \$7.75 per week plus league dues. Call 634-8257 for information.

## Darby Military Community

A new **Cardio Circuit class** is being offered on Wednesdays from 9: a.m.-9:45 a.m. in the Fitness Center.

Come cheer for your favorite Unit/Rec Basketball Tue and Thur at 5:30 p.m.

# Latest fitness class now here



Vicenaza Fitness Center personal trainer Heyda Diaz demonstrates TRX, or Total body Resistance eXercise, equipment to community members at The Bubble Foce del Serchio beach range.

Story and photos by **Laura Kreider**  
*USAG Vicenza PAO*

**A**re you interested in increasing fitness skills as part of your New Year's resolutions?

If yes, a good opportunity for an effective workout may be available at the newly opened facility known as The Bubble, where Burn Your Fat Off classes are being held Wednesdays and Fridays using TRX equipment. "TRX stands for Total body Resistance eXercise," said Heyda Diaz, personal trainer at the Vicenza Fitness Center. "That being said, with it you can get an effective workout, build an amazing core and increase muscular endurance." Diaz conducted a free try-out session for the community Jan. 9, just a couple days before the facility's grand opening. Many Family members and Soldiers attended the event, which was a solid 45-minute circuit-style, high-intensity training class using the TRX straps and plyometrics to burn off fat with a vengeance.

"It was a total body workout," said Diaz, who explained that she came up with the idea of the class after noticing that the TRXs at the gym were not being used often.

"I was able to count on one hand the number of people who were experi-

menting with it," she said.

The free try-out session brought out a variety of participants who were switching from one piece of equipment to the other under Diaz's vigilant observation and direction.

"I didn't expect that many people. At the end of the class a lot of people came to talk to me to let me know that they loved the class, my energy and motivation that I have. Others gave me kudos on how I handle the big group," she said.

Based on the number of people and their levels of proficiency, Diaz realized that she needed to create two classes. The class is oriented to everybody, at all levels, with no limitations, she said. Starting this week Diaz will lead two sessions. BYFO-X (X for extreme) will meet every Wednesday at 5:30 p.m. and be oriented to those at the intermediate to advanced levels. Also every Friday at 5:30 p.m., BYFO (without the X) will meet for those closer to the beginner level.

"After Wednesday a lot of people came to tell me how sore they were from the workout and that they definitely can't wait for the next class," Diaz said. Classes cost \$3. Tickets can be purchased at the Fitness Center desk. For a schedule of all Group Fitness classes [click here](#).



## Going to the mat for the Cougars

Vicenza High School wrestler William Pagan, right, in the 170-lb. weight class, takes down Andrew Arreguin of Naples during an eight-school championship in Vicenza Saturday. Pagan pinned Arreguin in 1:25.

Below, Vicenza Cougar Ramsey Schroeder wrestles Anthony Malthus of Aviano High School in the 138-lb. competition. Schroeder pinned Malthus in 1:32. Other participating schools included teams from Ansbach, American Overseas School of Rome, Aviano, Hohenfels, Naples, Rota, Sigonella and Vilseck. Vicenza tied for third overall.



Photos by Laura Kreider

# Religious activities

## Caserma Ederle

**Chaplain Crisis Line 634-KARE (634-5273)**

### Prayer Breakfast

Feb. 7 at 7 a.m. at Golden Lion. Get ticket from Chapel or Unit Chaplain.

### Sunday services

**9 a.m.:** Mass, Sacrament of Reconciliation following Mass, or during duty hours

**11 a.m.:** Protestant worship

**1:30 p.m.:** Full Gospel Pentecostal worship

**5 p.m.:** Contemporary Christian service

### Tuesdays

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

**5 p.m.:** Contemporary Praise band practice

### Wednesdays

**5:30 p.m.:** PWOC Bible study. Dinner provided. No child care

**5:30 p.m.:** Catholic choir practice

**6:45 p.m.:** Gospel choir practice

### Thursdays

**9:30 a.m.:** Military Council of Catholic Women

**5:30 p.m.:** Gospel service choir rehearsal

**7:15 p.m.:** Gospel service Bible study

### Faith group contacts

**Bahá'í Faith:** Call Russell Menard at 389-133-4627 or Giacomo Baravalle at 348-603-2283

**Church of Christ:** Call CW2 Michael Bickle at 345-469-9974 or 0444-335-135 or email [vicenzaitalychurchofchrist@gmail.com](mailto:vicenzaitalychurchofchrist@gmail.com)

**Islamic:** Call 634-7519 (0444-71-7519)

**Jewish:** Call Paul Levine at 345-907-2108

**Latter Day Saints:** Sunday services, 9:30 a.m. in Vicenza. Call Bob Shakespeare at 389-268-5605 or email [drbob143@gmail.com](mailto:drbob143@gmail.com).

**Call the Caserma Ederle Post Chapel at 634-7519 (0444-71-7519) for more information.**

### Camp Darby

#### Tuesday

**9:30 a.m.:** Protestant Women of the Chapel

#### Wednesday

**5 p.m.:** Protestant Women of the Chapel

**5:15 p.m.:** Protestant Men of the Chapel

**6:15 p.m.:** Choir Practice

For Camp Darby chapel activities and information call 633-7267.