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Fun Facts

• **Carlo Collodi is the pen name of Carlo Lorenzini (1826-90), a Florentine who wrote "The Adventures of Pinocchio." The wooden boy's adventures first ran as a series in the children's section of a Rome newspaper from 1881 to 1882.**

• **Italy has hosted the Olympic Games three times: 1956 Winter Games at Cortina d'Ampezzo, Zuel, and the Dolomite Alps; 1960 Summer Olympics in Rome; and 2006 Winter Olympics in Turin.**

(From Random Facts and Interesting Trivia for the Curious Mind)

Schools continue to roll out new curriculum

By **Karin J. Martinez**
USAG Italy Public Affairs Office

VICENZA -- Department of Defense Education Activity schools worldwide are moving toward full adoption of College and Career Ready Standards, and schools here are no exception. Vicenza Schools administration and faculty continue to put forth a strong effort toward meeting the new requirement.

The academic standards reform across the United States over the past few years

has been an effort to better identify what students should know and do in each school grade. According to Thomas M. Brady, DoDEA director, the intention for DoD schools is to adopt CCRS for all content areas by the end of the 2017-18 school year.

While the 2015-2016 school year brought about changes in math for grades Kindergarten through 5, the second year of the multi-year process brings changes to math in grades 6 through 8, and literacy in grades 6-12. Next year will focus

on math, grades 9 through 12.

CCRS standards are aligned with college and work expectations, Brady said in a memorandum to DoDEA employees. They are "clear, understandable, consistent and evidence-based. They include rigorous content and application of knowledge through higher-order thinking skills so that all students are prepared to succeed in our global economy and society."

See **CURRICULUM**, page 6

School orientation for newcomers



Vicenza Elementary School Principal Allison Peltz goes over several topics such as school safety, school bus transportation and volunteering during the VES New Student and Parent Orientation and school tour at the Villaggio multi-purpose room Aug. 19. (Photo by Laura Kreider, USAG Italy Public Affairs Office)

City provides DPW with opportunity to test energy system

Story and photo by **Anna Ciccotti**
USAG Italy

VICENZA -- U.S. Army Garrison Italy successfully verified the efficiency of the Central Energy Plant (CEP) at Caserma Del Din through unprecedented field-testing in partnership with AIM, the local municipality-controlled utilities company that supplies power to the American military community here.

The opportunity to test the capacity of the CEP came about when AIM asked the Army to go off the commercial grid and produce power while the utility company completed a major upgrade to some of its electrical substations in downtown Vicenza.

According to Marco Bellot, Operations & Maintenance division chief at the garrison's Directorate of Public Works, the city's upgrade provided the garrison team a solid opportunity to join efforts with the local utility distributor over eight days to develop and test an energy contingency plan flexible enough to sustain the base's energy needs if ever called upon.

Basically, this allowed DPW to test and further validate the garrison's ability to meet the Army's green energy objectives, he said.

The AIM upgrade gave garrison the opportunity to test systems and procedures in order to provide energy in emergencies such as non-availability of the outside grid and under high temperature weather. After this event, DPW knows it is prepared to respond with adequate procedures (both technical and operational) in case of an emergency situation, Bellot said.

"With 3.5 megawatt of the total power obtained directly through solar panels, cogeneration at Del Din is a highly efficient way of producing electrical and thermal power simultaneously. It is a great example of sustainable resource management at our installation."

The eight days of continuous operation tested the reliability of the CEP by providing uninterrupted power to the base. The abbreviated testing period did not provide any significant cost savings for the U.S. government and, Bellot empha-

sized, that was not the purpose of the test anyway.

"Because of our cogeneration plant, we could develop a solution that ensured uninterrupted service to the military base and the Italian off-post community as a whole. At the same time, our resources allowed the city to properly install and safely connect the new main electrical substations safely throughout town," said Mauro Martini, O&M mechanical engineer in charge.

The coordinated effort between AIM and the garrison was a testament to the organizations' longstanding relationship. As a result, the situation was the impetus to testing energy management systems at Del Din while alleviating the power burden on the local municipality as it underwent system upgrades.

Importantly, it demonstrated that Del Din has a reliable power system in place that will keep the base up and running, absent access to power from an outside utility provider in the event of a major accident or natural disaster.

See **ENERGY**, page 6

Back-to-school time inspires 'wishes' for educators

By **Karin J. Martinez**
USAG Italy Public Affairs Office

VICENZA – To educators, school-age children and parents of those children, the New Year does not always start when Jan. 1 is on the calendar. Often, to this crowd, it is the first day of school that receives this honor.

As the school year quickly approaches, I consider my years of teaching elementary school and am reminded that usually it is children who get the attention at this time of year: the pre-Kindergarteners and Kindergarteners who are attending the first days of their school career, the 9th-grader starting high school or the senior preparing for all of the “lasts” of his or her time as a youth before heading out into the world. However, what about the educators?

Don't forget about the ones who have spent countless hours honing skills in summer workshops, creating interesting and interactive bulletin boards, finding new learning material for their Smart boards or rearranging classrooms for optimal learning.

For those of you preparing to facilitate learning to young minds, I have a few



Martinez

wishes for your school year, if you will so indulge me.

First, I wish for you a few silly things.

I wish bouquets of newly sharpened pencils because, frankly, nothing says, “Let's get started!”

like the fine tip of chiseled wood and lead. I wish mounds of quarters to remind you how very valuable you are. I wish pockets full of paper clips because you are the one keeping it all together. I wish hot air balloons for three reasons: to help you soar in a new way to heights you've never imagined, for your students to do the same, and for you to get a bird's eye view once in a while so you can see what's going well and where you can improve.

I wish baskets filled with chocolate to remind you that life is sweet, and there is nothing sweeter than making a difference in the life of a child.

Then, I wish for you other, perhaps more serious, things.

I wish **risk**. I hope you will take risks in your classroom and encourage students to do the same, without fear of being humiliated or embarrassed for not getting it exactly perfect the first time. Ask questions you might usually be afraid to ask. When you are challenging students, do not forget to challenge yourself.

I wish **example**. Be the example, whether you are showing students how adept they can become at something by practicing and studying, or by dressing professionally, or reading in front of them, or not talking on your phone during recess or break time. Remember that students are watching. They want to be like you. I hope it is the best you they are seeing because you are remarkable, and they deserve to know that.

I wish **fun**. Be silly with your students. Dance and sing. Bring play dough for any age! No one wants to come into a boring classroom. Not you, and not them. Loosen up, share family stories, and don't forget to laugh.

I wish **resiliency**. Work hard, hone your craft, be the consummate professional, but don't forget to find a healthy way to

relax after a long day or long week. The weight of working through new curriculum, creating lesson plans, observations, keeping things interesting, handling fights, identifying bullying behavior, staying attune to family issues affecting students—it's a lot. Find an outlet where you can decompress, and go to it. It may be a walk or run, bicycle trip, movie, laughing with your significant other, playing with your children or calling your mom, but you need it. So do it.

Finally, I wish you **butterflies**. I wish the flutter of excitement when you walk in the door on the first day of school to your fresh classroom, when you see students nervous but eager to see how the year will unfold. I wish you the smell of promise and potential in the air. This is a slate wiped clean.

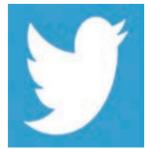
Embrace your New Year, and embrace your students. Be brave. Stay kind and gentle, yet firm and fierce.

Remember, the future is in your hands. I wish you a Happy New Year.

Martinez is a New York state-certified Pre-K through 6 teacher. She has taught first and second grade, and K-5 math. She has also taught as an adjunct instructor at State University of New York-Jefferson.

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Speak Out

What are you most looking forward to in the new school year?
By Laura Kreider and Chiara Mattiolo



Maya Simpson
Family member

“I look forward to meeting new people and learning my new locker code. I also would like to read more books and do book reports.”



Joseph Orellana
Family member

“I am looking forward to meeting new people in school and learning new things like math.”



Carolina Guerrero
Family member

“I am most looking forward to making new friends.”



Angelica Carpina
Family member, 5th-grader

“To see my classmates and have fun with them.”



Marina Selmi
Livorno Unit School

“To meet returning students and to welcome and get to know the new ones.”



Nakai Weeks
Family member, 7th-grader
“To have a good school year and to attend music class.”



Adolescents and teens who don't get enough sleep will struggle to meet the barrage of new challenges, demands and emotions of a new school year. Quality sleep is critical for brain development. (Courtesy photo)

Zzzzz ...

Time for summer-to-school sleep adjustments, routine

The first-day outfit is chosen, pencils are sharpened, and the new backpack is by the front door. Before you and your family jump into the new school year, however, make sure you've tackled your child's sleep schedule, too.

After a summer of late nights and laid-back mornings, it is likely that your child could use help adjusting to earlier bedtimes and wake-up calls. Not only will this lead to fewer "I'm tired" arguments in the morning, but also it is important for your child's learning. Just 25 minutes of less sleep per night can lead to lower grades, and fatigue and concentration problems in children are linked to insufficient rest.

Lack of essential sleep can wreak havoc with health, academic performance and behavior. Children ages seven to 12 need 10 to 11 hours of sleep, while older kids only need about eight to nine hours. The following tips can help your child successfully make the switch from summertime to school time.

Gradually adjust bedtime

A sudden change could make it difficult for children to fall—and stay—asleep. School starts on Monday, so hopefully parents haven't waited until now to adjust bedtimes. Parents who haven't given it much thought, though, still have a couple of days to work with. So go ahead and use what time you have to make bedtime earlier than summer usually allows. Next year, start about two weeks before school starts, slowly start making bedtime earlier about five to 15 minutes each day. This will help your child's circadian rhythm adjust to the new schedule.

Nighttime routine

If your child doesn't already have a set bedtime routine, now's the time to create one, especially for the younger ones. Calming activities like reading a book or taking a bath can help children wind down for bedtime. Repeating the same process nightly will eventually cue a child's brain and body to the routine that it's time to sleep.

Take tech out of bedrooms

Lax summer rules may have meant that children were allowed to play on laptops or cell phones in bed, but in order to get back on a regular sleep schedule, it's important to keep electronics out of the bedroom because they can lead to poor sleep. Not only can the "dings" of text messages wake children up, but the blue light many devices emit may promote wakefulness. Make a rule that all devices need to be turned off one hour before bed.

Try a new alarm clock

This is good especially for teens, who may be tempted to keep hitting "snooze" more than once. Go with one that plays their favorite upbeat music, one that rolls around on the floor for them to find, or even a wearable wristband that vibrates to wake them up.

Don't let weekends derail you

Once children have gotten into a solid sleep schedule Monday through Friday, don't let them sleep in until 10 a.m. on the weekends. It will throw them out of whack by the time Sunday comes around. Encourage children to stay as close as they can to the weekday routines, and everyone will be happier and more alert.

Remember, poor or inadequate sleep can lead to mood swings, behavioral problems and cognitive problems that may impact children's ability to learn, according to the National Sleep Foundation. So encourage your children to get some rest!

(Information provided by the National Sleep Foundation, www.webmd.com and www.apples4theteacher.com)



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Send mail to usarmy.vmc.pao@mail.mil.

For more information, call the editor at DSN 637-8020 or comm., 0444-61-8020.

School year 2016-17 registration

All school registration paperwork must be submitted before students may begin school. Registrar points of contact for each school are below:

Vicenza Elementary School

Email: manuela.DeMuri@eu.dodea.edu
DSN 634-7710, comm. 0444-71-7710

Vicenza Middle School

Email: alisa.pehrson@eu.dodea.edu
DSN 634-5701, comm. 0444-71-5701

Vicenza High School

Email: paola.battaiola@eu.dodea.edu
DSN 634-7072, comm. 0444-71-7072

Livorno Unit School

Contact the Darby School Liaison Officer for information.
DSN 633-8075, comm. 050-54-8075

Five steps to volunteer with children's programs

VICENZA -- Volunteers who wish to work with children's programs through Army Community Service, the chapel, and Child & Youth Services must make sure to take the proper steps.

The process, though it entails much paperwork, is vital to ensure children's safety.

Step 1. Meet with the Functional Manager of the program with which you would like to volunteer. Points of contact are as follows:

Chapel: Director of Religious Education. Email deborah.a.mcswain2.civ@mail.mil; or phone DSN 637-7572, comm. 0444-61-7572.

MWR-CYS Partnership Specialist. Email kimberly.m.ambar.naf@mail.mil; or phone DSN 634-6967, comm. 0444-71-6967.

Army Community Service Exceptional Family Member Program. Email megan.p.landre.civ@mail.mil; or phone DSN 634-8582, comm. 0444-71-8582.

Army Community Service FCC/HOPS. Email melinda.f.montemayor.naf@mail.mil; or phone DSN 634-5008, comm. 0444-71-5008.

The FM will initiate the paperwork that will be sent to Background Check Administrators to begin the process needed to volunteer with children's programs.

Step 2. Contact the U.S. Army Garrison Italy background check administrators to set up an appointment to complete paperwork and fingerprints: Tiffany Parks, SRI Contractor, tiffany.l.parks.ctr@mail.mil, or phone DSN 637-7201, comm. 0444-61-7201; or Damon Shuler, SRI Contractor, damon.w.shuler.ctr@mail.mil, or phone DSN 637-8080, comm. 0444-61-8080.

Step 3. The following steps will be completed by the BCA after the meeting.

- Local Military Records/ Local Law Enforcement checks
- Family Advocacy Program behavioral health check
- Army Substance Abuse Program check

Step 4. To be cleared, all of the above steps must be completed with final results received by the BCAs. This means the results for the fingerprints and IRC have been received by the BCAs, with no issues or derogatory information.

The Functional Manager will be notified when a volunteer is cleared to begin working with a children's program.

Step 5. Begin volunteering.

There are volunteer disqualifiers; see below for what would disqualify an application.

Mandatory (AUTOMATIC) disqualification include: convicted of a sexual offense, drug felony, violent crime or criminal offense involving a child or children.

Presumptive disqualifications that go before the Program Review Board can include: indication that the individual met criteria for child abuse or neglect or civil adjudication. Evidence of an act(s) by the individual that tend to indicate poor judgment, unreliability, or untrustworthiness in providing child care services. Evidence or documentation of the individual's past or present dependency on or addiction to any controlled or psychoactive substances, narcotics, cannabis, or other dangerous drug. A civil adjudication that terminated the individual's parental rights to his or her child, except in adoption cases.

The PRB at U.S. Army Garrison Italy is the process to objectively evaluate derogatory information found during the background check or re-verification process. In the event of discovery of derogatory information all derogatory findings will be adjudicated through the garrison PRB and Department of the Army PRB as applicable.

(USAG Italy Security Office)

School Supplies -- Vicenza Elementary, Middle schools



VICENZA ELEMENTARY SCHOOL

Home of the Vicenza Cougars

Unit 31401 Box 11
APO AE 09630



Supply List for SY 2016-17

Kindergarten

Mead Primary writing journal (Kinder -2)
Glue sticks - 8 small or 4 large
Glue bottle - 2 bottles
Backpack or Book bag
Tissues 1 large box
Crayons (2) -16 pack small
Markers - (1) Ten Package
My First Ticonderoga Large #2 Pencils -1 Pkg.
Pocket Folder
Paints (watercolors) - 1 tray of 8
Bath size towel for Quiet Time
Note: All consumable items will be shared, there is no need to label with name.

1st Grade

Pencils three (3) packages of #2 (standard diameter)
Rubber erasers: one (1) block type and two (2) packages of erasers for pencil tops.
Glue Bottle, one (1) and glue stick, one (1)
Plain Pocket Folders - four (4)
Book bag or backpack - one (1)
Bound composition (PRIMARY type book) - one - (1)
Bound composition book - not Primary type (1)
Colored markers - (washable type) - one (1) box
Tissues one (1), 230+ count
Scissors (child size) one (1) pair - Fiskars: right or left-handed
Crayons - two (2) boxes: 24 colors per box
Watercolor paints - one box (1)

4th Grade

1 pkg (10-12) No. 2 pencils
1 pkg. wide ruled loose leaf paper
1 rubber eraser (the white "Staedtler" or "Pentel's" hi-polymer are great)
5 **single subject spiral** notebooks
4 pocket folders
1 red or blue ballpoint pen
1 highlighter (any color)
1 box of 24 crayons
1 pair scissors
2 glue sticks
1 zippered supply bag (should hold 2 pencils, an eraser, a glue stick, something for coloring, scissors, etc.)
1 book bag/backpack
1 large box of tissues
No Trapper Keepers or 3 Ring binders
Optional:
Colored pencils
Water-based markers
1 bottle of white glue

Art Supplies

Pencils - 1
Glue Stick - 1 Large

2nd Grade

Rubber eraser—2 large
Crayons—2 boxes of 24 (no other size)
Colored Pencils—1 box of 24
Colored Markers—1 box of 8 washable
Glue Sticks—3 large (yellow Uhu stic size)
Bottled Glue—1 small
Scissors (child's Fiskars)—1
Mead Primary Bound Composition Books (half-page ruled)—2—no other kind
Paints (watercolors)—1 tray of 8
Tissues—1 large box
Pencils #2 -3 packages (more may be needed)
Book bag or backpack—1
Oversized T-shirt—old shirt for messy work--dad's t-shirt is fine! For classroom use.

3rd Grade

Pen - 2 red and 2 blue
Pencils - 20
Rubber Eraser
Colored Pencils - 1 pkg.
Watercolors
Colored markers
24 pk. Crayons (preferably Crayola)
Scissors (preferable Fiskars)
Elmer's glue bottle
Large glue stick
2 - pocket folder - 2
Yellow highlighter
Backpack
Plastic supply box
Mead Official composition book -2
Gym shoes
Tissues/Kleeneez
Wide-lined loose leaf notebook paper - 1 pack

5th Grade

Pencils - 2 packs of #2 (more as needed)
Hand held pencil sharpener
Red pen - (1)
Black pens - (2)
Scissors (rounded point)
Pocket folders - (5)
Erasers (block style)
Set of washable markers
Glue bottle - (1)
Highlighter
Paper - 2 packs (lined - loose leaf)
Tissues (large box)
Spiral notebooks - (5 thin)
Crayons - (box of 24)
Glue sticks - (2 large)
Set of colored pencils
Soft plastic zippered pencil case
Backpack
No Trapper Keepers or 3 ring binder



VICENZA MIDDLE SCHOOL SCHOOL SUPPLIES SY 2016-2017



6th GRADE

Black sharpies (2)
Color pencils
Color sharpies (Art)
Eraser
Glue sticks (4)
Graph paper
Highlighters (to be kept in zipper pouch)
Index Cards

2 Large three-ring binders (min 3-inch width) or Trapper Keepers -style w/6 dividers (*one is for Math only and one is for all class organization*)
Mead Composition Notebooks
Paper (wide ruled - loose leaf)
Pencils
Pens (blue, black, red)

Plastic document protectors
Regular Pencils (Art)
Ruler (metric)
Scissors
Small calculator
Tissues for classroom 1 Box
Zipper pouch (in binder)

7th GRADE

Black sharpies (2)
Book bag or backpack
Bound composition book (2)
Color pencils
Color sharpies (Art)
Eraser
Glue sticks (2)
Graph Paper
Highlighters
Index Cards

2 Large three-ring binders (min 3-inch width) or Trapper Keepers -style w/6 dividers (*one is for Math only and one is for all class organization*)
Markers
Paints (watercolor)
Paper (wide ruled - loose leaf)
Pencils- if mechanical w/ extra lead
Pens (black, blue, red)

Pocket folders with brads (2)
Protractor
Regular Pencils (Art)
Ruler (metric)
Scissors
Tissues for classroom 1 Box
Zipper pouch (in binder)

8th GRADE

Black sharpies (2)
Color pencils
Color sharpies (Art)
Eraser
Glue sticks (2)
Graph paper
Highlighters
Index Cards
Mead composition notebooks

2 Large three-ring binders (min 3 inch width) or Trapper Keepers -style w/6 dividers (*one is for Math only and one is for all class organization*)
Paper (wide ruled - loose leaf)
Pencils - if mechanical w/extra lead
Pens (black, blue and red)
Plastic document protectors

Posted Notes - 3" by 2"
Regular Pencils (Art)
Ruler (metric)
Scientific Calculator
Scissors
Sharpener
Tissues for classroom 1 Box
Zipper pouch (in binder)

AVID

3 ½ to 4 inch HEAVY DUTY binder (Ideally with "D" rings and a clear plastic insert on the cover), 3-ring notebook hole-punch with metal fixtures
Hole-reinforcers
Slim notebook dictionary.

Note: There are about 60 AVID kids each year and they each need an average of 2 binders per year.

PERFORMANCE ATTIRE (BAND AND CHOIR)

Ladies: Long Sleeve White Blouse; Black Slacks or Black Skirt/ Black Dress Shoes
Gentlemen: Long Sleeve White Dress Shirt/ Black Slacks/ Black Dress Shoes

P.E. ATTIRE

Gym Shorts
Gym Shirt
Gym Socks and Running Shoes/Sneakers



SPANISH

Dry Erase Markers



Simply saying thanks

After the July 5K run at Camp Darby, participants unrolled a long banner from Ventura, Calif., filled with messages of solidarity and thanks to U.S. Soldiers. During the annual county fair, Ventura fairgoers had the opportunity to write messages of inspiration and thanks to America's bravest, military service members.

"My mom told me about this incredible initiative that took place in my hometown," said Capt. Thomas Lopez, provost marshal. "I immediately thought about displaying the banner here at Darby, and I asked my mom to send it to me."

The run was the perfect occasion to share the "Simply Say Thanks" banner, an effort between the "Ventura County Star," a daily newspaper located in Camarillo, and California's 31st Agricultural District county fair. The 220-inch-long banner included 1,505 messages.

"Over 1,500 messages were written on the oversized banner specifically designed to hold thousands of messages of inspiration and thanks to America's bravest current military service members, but also veterans and wounded warriors," said Lopez's mother, Julie.

(Photo by Chiara Mattiolo, DMC Public Affairs Office)

DoDEA offers transportation overview



(Courtesy photo)

VICENZA -- Student transportation to and from school is managed by a centralized Vicenza schools transportation office. Contracted school buses pick up and drop off students according to stop information provided on student bus passes. Every registered rider must display their bus pass to the safety attendant prior to boarding the bus.

The school commuting area is defined as a specific geographic area, used to determine eligibility for transporting students to a Department of Defense-operated school. School bus services are provided to all authorized students residing within the designated commuting area. Maps are available at the Housing office and the transportation office located at the Villaggio school complex.

If family housing is obtained outside of the commuting area, transportation of dependent students to the school or to existing school bus stops within the commuting area is the sponsor's responsibility.

Please note: The commuting zone has several areas where school buses may not travel due to road restriction, narrow roads, railroad crossings and dead ends.

School bus transportation is a privilege that may be suspended or revoked. Department of Defense Education Activity will strictly enforce school bus rules. Students failing to comply with the rules may find their bus-riding privileges suspended or revoked up to the rest of the school year. When this happens, sponsors/parents/guardians assume all responsibility for transporting their student to and from school.

Behavior standards

Students must comply with all school rules and with the behavior standards for school bus riders. The rules

are as follows:

- Board and exit the bus in an orderly, safe manner.
- Present bus pass when boarding the bus, and upon demand.
- Remain seated while on the bus.
- Talk with other passengers in a normal voice.
- Keep all parts of the body inside the bus windows.
- Keep aisles, steps and empty seats free from obstruction.
- Remain fully and properly clothed.
- Treat the driver and fellow students with respect.
- Promptly comply with bus driver or attendant instructions.
- Treat the bus and other private property with care.

The bus office is located on Vicenza Elementary/Middle School campus, Room 18/VMS, Villaggio. Office hours are 8:15 a.m. to 4 p.m.; closed for lunch from noon to 1 p.m.

To get in touch with staff members, call Vantony Robinson, transportation operations specialist, at DSN 637-8678, comm. 0444-61-8678; or 335-831-5072. Or email Vantony.Robinson@eu.dodea.edu. Also available is Felix Vallone, transportation assistant, DSN 637-8679, comm. 0444-61-8679/335-831-5039; or email Felix.Vallone@eu.dodea.edu.

In case of an emergency, contact Robinson at 335-831-5072.

Community welcomes new administrator to Camp Darby, Livorno

LIVORNO -- Parents and children will see an unfamiliar adult face in the hallways of the school building in the 2016-17 school year.

The new face is Kenneth Kirk, who comes to Livorno Elementary/Middle School to replace Assistant Principal Christy Blevins as she departs for another position.

Kirk moved to Italy to serve as the sole administrator of the school, where he will have the responsibility of all school functions. Before this assignment, Kirk served as both the principal (2014) and assistant principal (2012) of Ramey Unit School in Puerto Rico. In 2011, he served as school psychologist for Marine Corps Base Quantico Schools, and before that, as assistant principal for Wake County Schools in North Carolina. Kirk also practiced school psychology in Phoenix and in Raleigh, N.C. before joining Department of Defense Education Activity.

The administrator said he believes in the academic success of all students, which can be achieved through strong partnerships and collaborative teams, data-driven instruction and implementation of rigorous education programs. He earned a Bachelor of Arts degree in Education from University of Kentucky in 1997; a master's and a specialist's degree in School Psychology from Winthrop University in 2004; and a master's degree in School Administration from North Carolina State University in 2011.

David Leinberger, deputy garrison manager here, welcomed the new leader. "School year 2016-17 is getting ready to start. I am happy to welcome Mr. Kenneth Kirk as our new principal. I also want to say goodbye to Ms. Christy Blevins as she takes a new job in Aviano. In her one year in the DMC, she has made a difference in our kid's lives that will last a lifetime."

Kirk and his wife come to Camp Darby with their three daughters.

Discover healthy snacks for children, teenagers

VICENZA -- Whether sending in snacks for an elementary school class, contributing to a holiday party or making daily lunches, parents only want the best for their children.

There are tons of snacks to pack that are easy, not time-consuming and better than an unhealthy pre-packaged bag of junk food.

Following are 36 healthy snack ideas compiled from a variety of "back to school" websites, guaranteed to contain something for even the pickiest eater. Happy, healthy eating!

- Cheese with pretzel sticks or fruit
- Peanut butter with yogurt, granola and blueberries
- Animal crackers dipped in low-fat pudding
- Banana dipped in yogurt, rolled in cereal
- Peanut butter on celery topped with raisins
- Trail mix with nuts and dried fruits
- Frozen yogurt and banana sandwich on graham cracker
- Small baked potato, microwaved, topped with cheese and salsa
- Peanut butter or yogurt with apple slices
- Whole-grain cereal
- Instant oatmeal with cranberries and walnuts
- Pita and hummus
- Granola bar dipped in low-fat yogurt
- Hard-boiled egg
- Chips and salsa
- Baby carrots dipped in low-fat ranch dressing
- Mini pizza: toasted English muffin drizzled with pizza sauce, sprinkled with



- favorite veggies and low-fat mozzarella
- Flour tortilla with turkey, ham, cheese and mustard
- Breadsticks and salsa
- Pears with cottage cheese
- Crushed graham cracker on low- or no-fat chocolate pudding
- Peanut butter and jelly sandwich on whole grain bread
- Fruit and yogurt smoothie
- Grated parmesan on popcorn
- Baked apples with cinnamon and granola
- Banana pancakes
- Oatmeal cookies with cranberries or raisins
- Pretzels dipped in honey mustard
- Jell-O with fruit
- Strawberries dipped in yogurt
- Rice cakes with peanut butter or low-fat cream cheese
- Applesauce with cinnamon
- Homemade baked Chex mix with rice chex, peanuts and pretzel sticks
- Waffle cone filled with fruit, topped with low-fat vanilla yogurt
- Mini waffles dipped in cinnamon applesauce
- Rolled tortilla with yogurt, sliced strawberries and bananas

SCHOOL LUNCHES

Student Meal Program Accounts with AAFES

- Sign up for a Student Meal Program Account at the Exchange cash cage.
- Menus, prices, nutritional information, and more can be found on the AAFES lunch site.
- Make deposits into account either at cash cage, cafeteria, or online at My Payments Plus for a small fee.
- My Payments Plus account is free and allows families to receive a trigger email when lunch account funds get low. There is no obligation to make your deposits online to have an account.



Free and Reduced Price Meals

- Apply for Free and Reduced Meals online at link below. Applications ONLINE begin 1 July 2016.
- Only one application needed per family.
- Applications must be made annually.
- 3% of approved applications are randomly selected to take part in an annual verification process.
- Students need to have AAFES Student Meal Program account even if free or reduced price eligible.



LINKS:

AAFES Lunch & Free and Reduced Meal Online Application
www.aafes.com/about-exchange/school-lunch-program

My Payments Plus www.MyPaymentsPlus.com



Need to find something to do this weekend?
 Make sure to see the Out & About pages in every issue of the *Outlook*.
 For a more comprehensive list of events and activities, visit the USAG Italy Pinterest page at
www.pinterest.com/usagvicenza.
 FOLLOW US!

Small Tuscan village commemorates fallen WWII heroes

Story and photo
by **Chiara Mattiolo**
DMC Public Affairs Office

PIAN DI NOVELLO -- Local authorities, members of World War II Resistance Fighters' retiree association, and representatives from the Italian and U.S. militaries took part in a memorial service July 24 here on Pistoia Mountain for those who fought and lost their lives during the war.

The little village of Pian di Novello is located on what was the extreme defensive line of the German Gothic Line and the National Liberation Army-Military Zone XI area of operations, which was joined by the "Patriots" of the U.S. Army's 5th Armored Division.

Because of the proximity of Camp Darby to the battle site, there has always been a close relationship between the mountain community and the military installation.

As a sign of respect and thankfulness for fighting as allies and helping to liberate Italy during WWII, the mountain communities of Abetone and Pian di Novello have, for many years, donated the annual Christmas tree that adorns Camp Darby. In addition, a memorial stone at

the ceremony's site shows the Italian and American flags framing the image of "Pippo," commander of the Patriots.

Cutigliano Mayor Tommaso Braccesi underlined the importance of maintaining the memory of past battles and to learn from experience.

"It is our responsibility to keep the memory alive so that the younger generation will always know about and (learn to) respect their ancestors' battles for freedom," said Braccesi.

David Leinberger, deputy garrison manager, represented Darby Military Community at the ceremony, along with Staff Sgt. Ira Thompson, DMC senior enlisted adviser, who led the U.S. Army color guard at the ceremony.

Italian Base Commander Col. Renato Vaira also took part in the ceremony and highlighted the relationship between Italy and the United States.

"It is an honor to be here remembering those who lost their lives for the freedom we enjoy today and to confirm the long-lasting friendship between our nations," said Vaira.

After the ceremony, special guests were invited to a lunch in a local restaurant to share in food traditions of the area.

"This food we are sharing today comes



Staff Sgt. Ira Thompson, DMC senior enlisted adviser, posted the colors at a memorial service July 24 for those who fought and lost their lives at Pian di Novello, Pistoia Mountain. Representatives of the Italian Resistance Fighters, and the Italian and U.S. armies took part in the ceremony along with veterans and citizens of neighboring mountain villages.

straight from our mountains and is prepared locally. It is our pleasure to share food and traditions with our American friends," said Tommaso Giani, vice mayor of Cutigliano and event organizer.

Giani also presented the guests with an old map of the area and its battlefields, and a booklet with the history and traditions of the mountain towns as a memento.

ENERGY

continued from page 1

opportunity it presented," said Martini. "With very short notice, our guys were immediately available. They rotated through eight-hour shifts day and night to monitor the co-generators and the photovoltaic panels used simultaneously for the first time. Their dedication and commitment allowed operations to run smoothly and ensured the success of this pilot test-- truly a game-changer here."

Staff members involved in the operation were: Thomas Raffaello, lead technician, and teammates Paolo Liani, Loris Tolfo, Dario Legarizzi, Mireno Piccoli, Cristian Roa, Federico Roa, Mauro Gregolin, Davide Vaccarin, Davide Seganfredo, Omar Perin, Vittorio Tognoni, Silvio Visonà and Cristiano Tessari.

The O&M's team effort was lauded by the garrison command team. Wesley A. Leisinger, deputy to the garrison commander, said: "I am extremely proud of



The Operation and Maintenance division team of the U.S. Army Garrison Italy's directorate of Public Works poses for a group photo with executives of Vicenza AIM Utilities Company during a site visit of the Central Energy Plant at Caserma Del Din July 7. From left: Silvano Cavagion, AIM deputy chief for energy resources; Capt. Marco Specchia, liaison officer with the Italian base commander's office; Roberto Bottin (division chief of Vicenza AIM Utilities Company); and O&M staff Davide Vaccarin, Mauro Martini, Thomas Raffaello, Loris Tolfo, Dario Legarizzi, Cristian Roa, Mireno Piccoli, Davide Seganfredo, Omar Perin and Giovanni Zanon. Not all of the O&M staff who worked on testing is pictured.

all the behind-the-scenes efforts of our amazing O&M team. This is a perfect example of how important our Italian pro-

essionals are to the U.S. Army mission. Time and time again they prove to be a vital part of this community."

CURRICULUM

continued from page 1

Those familiar with Common Core in the States will see similarities. That is because, said David Rudy, VHS principal, CCRS is essentially the same thing but with improvements based on lessons learned from the way some states rolled out the plan.

"It's a rebranding of Common Core to more appropriately focus our intent," Rudy said. The intent is to make children ready for college and career.

"Last year, the elementary school adopted and implemented the math standards and it was a big change -- a big change for teachers, students and parents. This year, our math teachers are engaged in what's called the Standards of Mathematical Practice, dispositions and mindsets that all math learners need. The high school teachers will learn that this year and, by next year, all of our schools will be in compliance."

Literacy standards are also changing, and the school has received all new texts, novels, performance assessments and teacher resources. Teachers have already had a Materials Orientation Day to become familiar with the resources and will have four additional professional development days during the school year.

"We are fully resourced to deliver literacy this year in the language arts classrooms," Rudy said. The principal cautioned, however, that the first semester is a phased-in implementation. Parents may see their children using both old and new materials because teachers have until the end of first semester to fully transition.

"Some teachers will choose to jump in with both feet," he said. "Others will start the school year as usual and make the changes as the year gets under way. We want to honor the fact that, like kids, teachers learn in different ways. ... There will be bumps along the way. We expect that, and it's okay."

Students tend to adapt easily to classroom changes, but sometimes it is harder for parents. Concepts, skills and problem-solving are different from how parents may have learned math. In regard to literacy, there is a significant shift away from a fiction-based, literature-centric language arts experience to more non-fiction, and paired readings of fiction and non-fiction. Literacy does not just mean reading and English classes anymore either; literacy across all subjects is a focus.

Each school will have a series of parent meetings held in the evenings to ensure and encourage participation, Rudy said.

"What we want and what we need is for parents to play an active role in this transition. We certainly don't want to put parents in a position of feeling like they can't help their child," Rudy said. "We also want parents to recognize that the world they grew up in was not nearly as globalized as what their children are growing up in."

A key takeaway, the principal said, is that CCRS is Common Core "done right," and it is worldwide so transitions for children who move in and out is as seamless as it can be. According to Brady, common standards are particularly relevant for military children because it increases academic continuity.

The VHS principal is sure that CCRS will be successful.

"There is a clarity that these new standards brings that is not there in our current standards," he said. "We have been tasked in implementing with fidelity and that's what we will do. (The schools) have been provided resources and training materials, and there is no reason for us not to have a successful implementation. I have every confidence in our teachers' ability to make this pivot."

ICE

Have a comment or suggestion about an on-post organization or activity? Put your thoughts on ICE, the Interactive Customer Evaluation system.

Your feedback will help U.S. Army Garrison Italy maintain the quality of excellence you expect. Comments may be anonymous, but please remember: If you would like a response, you must provide name and contact information.

Find the ICE link on the garrison webpage, www.italy.army.mil.



VHS Calendar

Find the Vicenza High School calendar on the school's website:

<http://www.dodea.edu/VicenzaHS/index.cfm>

Dollars and Sense

Send college students into the world confidently, without breaking the bank

By **Samuel D. Coston**
Financial Readiness Program Manager, ACS

A child leaving for college can be a stressful, but also enjoyable, predicament. We love our progeny, who have lived in our caring homes for 18 years, and we get anxious by the thought of sending them out into the world.

If your son or daughter has decided attending college is the best option for his/her future, support the decision by helping them choose wisely on which college to attend and how to fund it. Remember what Frederick Douglass said, "It is easier to build strong children than to repair broken men." So build them and help them build themselves with higher learning.

With college tuition costs rapidly increasing in the past 10 years, however, paying for college is not fun at all-- especially if you're like many Americans who struggle paycheck to paycheck. There are at least three financial questions to consid-

er when helping young adults decide on which college to attend: Which school and degree will provide the best return on your investment? What is the probability your son or daughter will be hired upon graduation? And how much debt is required to get from here to the graduation "victory dance?"

There are different types of student loans available to assist families in paying for that higher education. The three major categories of student loans are federal student loans (Stafford, PLUS and Perkins); parent loans (PLUS); and private student loans from a financial institution. All federal education loans are dispersed through the William D. Ford federal direct loan program.

Stafford loans contain a dependency test and are either subsidized or unsubsidized. Subsidized Stafford loans are based on financial need, interest does not accrue, and no payments are required until six months after graduation. Unsubsidized Stafford loans are not based on financial need, interest accrues, and repay-



Coston

ment begins upon graduation but a student can request a six month deferment. Perkins loans are for students with exceptional financial need. Perkins loan interest is paid by the federal government while the student is in school. There is a nine-month grace period after graduation, no origination fee, lower interest than other federal loans, and higher borrowing limits.

PLUS loans are unsubsidized federal loans available to parents and graduate students. PLUS loans carry a higher interest rate than other federal loans, repayment starts 60 days after disbursement, and a four percent loan fee is deducted

from each disbursement check.

Federal loans can always be consolidated into one monthly payment and the repayment timeframe can be increased to 30 years. Scholarships are available for the best of the best who are willing to apply, and Pell grants are available for those students whose parents are not considered as being financially well off. Another phenomenal program is the Public Service Loan Forgiveness (PSLF) Program (<https://studentaid.ed.gov/sa/repay-loans/forgiveness-cancellation/public-service>).

Finally, please think long and hard before taking a second mortgage on your home or selling your jewelry and/or car, or cashing in your savings and investments to pay for your young adult's education. Allow him or her to have a little financial skin in the game of paying for a college degree.

*"Know what you owe,
and know why you owe it!"*

Employee Spotlight

This week, the *Outlook* puts the spotlight on **Debora Norwood**, who works for U.S. Army Garrison Italy on Caserma Ederle.

Position: Resource Management Office/Budget Analyst

Overview of job/duties:

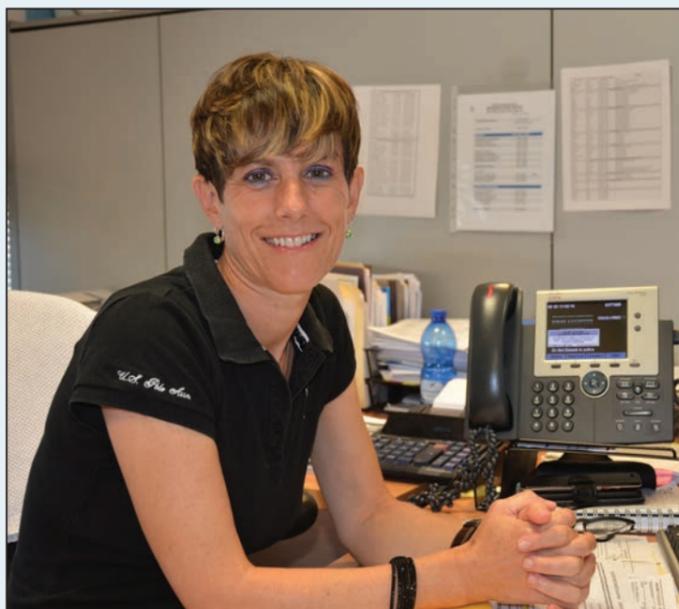
"I am responsible for the administration of the Defense Travel System and for the integrity of travel associated with temporary duty, TDY. I monitor DTS readiness and initiate analysis and reporting of problems, and provide assistance and training to DTS users across the garrison. Additionally, I manage the Reimbursable Program for the garrison."

Major accomplishment(s):

In 2016, (Installation Management Command Headquarters) recognized the USAG Italy DTS Program as one of the best executed in Europe. Norwood also attended the Defense Travel Administrator, DTS/Debt Management Monitor Course in DFAS Indianapolis and completed the Financial Management course held at the Whitman School of Management, Syracuse University, Syracuse, N.Y.

What do you like best about your job?

"I enjoy working with people! And as DTS Administrator I get to do it every day. I get a great sense of accomplish-



(Photo by Karin J. Martinez, USAG Italy Public Affairs Office)

ment by helping travelers create authorizations/file settlement vouchers and answering their entitlement questions which, all together, helps them accomplish their mission."



School sports physicals

Students must have a current sports physical on file in order to practice.

Parents or sponsors are encouraged to call the Vicenza Health Clinic at DSN 636-9000 to make an appointment.

Same-day appointments are occasionally available, so call today.

The clinic has the necessary form.

Antiterrorism officials remind everyone to remain vigilant

WIESBADEN, Germany -- August is Antiterrorism Awareness Month for the U.S. Army, and U.S. Army Europe hopes to raise awareness of the terrorist threat by following one of the Army's antiterrorism themes for the fourth quarter of fiscal 2016: "Focus on the use of social media for antiterrorism awareness and community outreach," including risks associated with terrorist use of social media as a propaganda and recruitment tool.

Antiterrorism is the defensive element of the nation's fight against terrorists through measures taken to detect, deter and defend against potential or actual terrorist plans or actions according to Keith Horne, force protection specialist for U.S. Army Europe's Antiterrorism Division.

Horne said terrorism has always been a threat to the U.S. forces community, and perhaps a greater threat to military communities outside the United States.

"There continue to be threats within Europe, and what is most important to understand is that terrorism can happen anytime and anywhere," Horne said.

One way the community can maintain awareness is to follow U.S. Army Europe's Antiterrorism Division on their Facebook or Twitter accounts, at www.facebook.com/StaySafeAntiterrorism and www.twitter.com/StaySafeEurope. USAREUR often updates both accounts with current and relevant force protection related information.

"The month of August is popular for vacations for most of Europe," Horne continued. "There will undoubtedly be higher numbers of travelers visiting popular tourist destinations throughout Europe, and with that comes an increased potential for terrorist-related incidents."

Horne recommends families have plans already identified and practiced such as communications plans in the event they

become separated, and to have pre-determined rally locations easily understood by all members of the family.

There are many resources available to help service members and their families stationed in Europe stay safe.

Employees can register themselves and family members in order to receive community-specific messages and alerts via email, text messages or phone calls via the AtHoc system. Find links to self-register at www.eur.army.mil/travelsafe/. Listen to your local AFN radio station at www.afneurope.net for news updates.

Register any travel away from duty station with the State Department's Smart Traveler Enrollment Program, or STEP. More information is available at <https://step.state.gov/step/>.

In the event of an incident nearby, use social media like Facebook's Safety Check to let loved ones know you are okay. Check in with your chain of com-

mand or supervisor in case there is an accountability check.

The Army's Ready Army website, www.acsim.army.mil/readymil/, provides families with targeted preparedness information so they can be informed, make a plan, build an emergency kit and get involved.

Know to whom you report suspicious activities or behavior. Use U.S. Army Europe's iReport website, www.eur.army.mil/iReport/, or mobile app to submit information to counterintelligence or law enforcement officials.

Follow unit or garrison social media presences for local updates.

Use U.S. Army Europe's iReport website, www.eur.army.mil/iReport/, or mobile app to submit information to counterintelligence or law enforcement officials.

(U.S. Army Europe Antiterrorism Division)

News briefs

Italian TV fee

A new annual Italian RAI television fee has been put into effect for individuals who own a private television whether they watch Italian TV or not. Because many people have not been paying the annual fee, the Italian government has ordered that this amount will be added to everyone's electrical bills. A short YouTube video shows Stacy Sohn from the Housing Office providing information on how to request an exemption with the fee, <http://www.youtube.com/watch?v=4G8miAyxbo&list=PLgTm04QwL0RuU6HaJWufQzvnO5Dsmtq1I&sns=em>. Service members and DoD civilians may request an exemption by obtaining the request for exemption form available at Housing. The form requires full name, date moved into home, DEROS date and Codice Fiscale. A photocopy of a valid ID must also be attached. Papers must be tri-folded and scotch taped without an envelope and the civilian return address written on the front left corner. Send by registered mail without an envelope. Occupants of Villaggio, government-leased quarters and barracks will not be affected as electrical bills are in the U.S. government's name.

Vicenza Ski Patrol

Do you like snowboarding or skiing? Does emergency medical training interest you? If so, join the Vicenza Ski Patrol, and earn the coveted Red Jacket of the NSP as you progress through the Outdoor Emergency Care Tech Course, Basic Patroller, and beyond. Training begins Aug. 31, 6-9 p.m., in the Outdoor Recreation classroom on Caserma Ederle. Open to ages 17 and older; ski/snowboard experience recommended, but not required. For more information, email vicenzaskipatrol@gmail.com, or send a message on the Ski Patrol Facebook page.

Chaplain hotline

The chaplain hotline phone number will change Sept. 1 to DSN 637-2273 (CARE). Dial commercial at 0444-61-2273.

Open season in September

The Federal Employees' Group Life Insurance Program (FEGLI) open season begins Sept. 1 and runs through Sept. 30. During open season, eligible employees can elect or increase FEGLI coverage, including Option C, coverage on family members. No medical exam is required. Open season elections may be made via the Employee Benefits Information System by choosing the open season option, or by speaking to an ABC-C benefits specialist at U.S. phone numbers (877) 276-9287, (785) 240-2222, or DSN 314-520-2222 between the hours of 6 a.m. and 6 p.m. Central Standard Time. Additional information can be found at <https://www.opm.gov/healthcare-insurance/life-insurance/open-season/> or at <https://www.abc.army.mil/FederalBenefitsOpenSeason.html>.

Community expo, Info-X

Whether you are new to the community or have been here for years, there is something for everyone at the Sept. 7 Resiliency Expo. The event promotes healthy lifestyles and encourages making the most of your time in Italy. The Expo takes place 10 a.m. to 1 p.m. in the library parking lot on Caserma Ederle. This is an opportunity for community members to gather current information about programs and organizations. There will be fitness and wellness displays; recreation opportunities; Child & Youth Services fall activities; and so

much more. The monthly Information Exchange will also take place at the Expo, beginning at 10:30 a.m. Info-X is a time for community members to learn about what's going on the community and engage garrison leadership with questions or concerns. Info-X also streams live on the garrison website, www.italy.army.mil.

Wounded Warrior advocate

United States Army Wounded Warrior Program Advocate James Chlapowski visits the Vicenza Military Community to participate in the Resiliency Expo Sept. 7 (see above). The AW2 program provides support to wounded, ill and injured Soldiers going through the medical board process and found unfit with an Army rating of at least 30 percent with certain disabilities. Soldiers currently in the medical board process, or veterans who left the Army through a medical board after Sept. 11, 2001, may qualify for program support. If you'd like to schedule an appointment with Chlapowski while he is in Italy, call DSN 590-6800, or stop by the Expo to talk.

Strong Families fall challenge

Make family memories and enter to win prizes by participating in the Strong Families challenge. The program is not just for families with children -- couples can enter, too. The Strong Families Campaign is a grassroots program that welcomes new families to the community, features programs and services for families to build life skills; provides opportunities to bond with your family; and builds friendships through shared experiences.

How to participate:

- Request to join the "Strong Families Challenge" Facebook group. Once requested, participants will be required to provide demographic information to be accepted into the group.
- Participate in challenge featured activities.
- Take a photo of your family participating in the featured event/activity.
- Post the photo of your family to the Facebook group with a 25-50 word description of the family's experience during the event/activity.
- For every featured event/activity that your family posts to the Facebook group, you will qualify toward one entry in the prize drawing.

There is no limit to the number of times families can participate in a featured event/activity and have names entered in the drawing. Participants must be valid U.S. ID cardholders. Prizes will be presented at the December Info-X. They include, but are not limited to, an Edelweiss Lodge night away, Outdoor Recreation trip gift certificate; and commissary and Post Exchange gift cards.

Bright Eyes program

Families with children who need glasses may be able to get some assistance from the Vicenza Community Club. The VCC offers the Bright Eyes Program for families who qualify and are enrolled in the federal free or reduced lunch program. Bring proof of lunch qualification or Sure Start qualification and receipt for eyeglasses to the VCC office on one of the following dates. A check for up to \$150 will be dispersed at that time. The VCC office is located across from the Post Exchange and next door to the Thrift Shop. One pair of glasses per prescription, per child, per school year. VCC office dates for submission, 9-11:30 a.m., are as follows: Sept. 9,

Oct. 14, Nov. 18, Dec. 9, Jan. 12, Feb. 10, March 9, April 14 and May 12.

Solidarity Run

The Vicenza Military Community will recognize and remember the 15th anniversary of the tragic events of 9/11, with a 5K run/walk Sept. 9, 6:30-9 a.m., beginning at the 173rd Airborne Brigade headquarters building on Del Din. Together we will never forget. This is not a race but an event of memorial; therefore there is no fee to participate and no awards will be presented. The itinerary is as follows:
6:30 a.m.-- Participant arrival in front of Building 173
6:40 a.m.-- Chaplain remarks followed by a moment of silence
6:50 a.m.-- Begin run
Registration is not required, but please be respectful and arrive no later than 6:35 a.m.

Children's clothing swap

Join the Ederle Library for a children's clothing swap Sept. 14, 11 a.m. to 1 p.m. Bring in the items your child has outgrown and swap it for something new. Only bring clean, gently-used clothing and shoes in sizes 0-5 years. Drop off items at the front desk starting Sept. 1 and no later than Sept. 14 at 10:30 a.m. Set-up time is 10:30 a.m. in the library conference room. Anything left in the conference room after 1 p.m. will be donated to the Thrift Shop.

Arts & Crafts swap meet

The Arts & Crafts Center will have a swap meet, Sept. 17, 10 a.m. to 1 p.m. Crafters who have products they no longer want or need may be able to clear out craft rooms or bins. The center will be cleaning out their closets too, so there will be bargains galore. Only art, crafts supplies and related equipment permitted. Handmade finished items are not permitted to be sold, and bulk supplies for retail are not permitted. Suggested items to sell include used equipment such as hand tools, small machines and power tools; partial packages of supplies; fabrics, yarns, ribbons other notions; brushes, paints, canvases, paper; collage and scrapbooking items; glazes and ceramic tools; craft organizers; unfinished projects; and/or unused supplies. Sign up for a space to sell for \$8, or just browse for bargains. Call for more information, DSN 634-7074, comm. 0444-71-7074.

Job fair

Transitioning service members, or those soon to be, are encouraged to attend the NCOA job fair Sept. 16 at the Del Din Fitness Center. The event takes place from 1-4 pm and is open to all job seekers. Employers will be on hand, so bring copies of your resume. For more information, go to ncoacareerexpos.org or contact USAG Italy SFL-Transition Assistance program manager at DSN 637-8151.

Road work on Ederle

The Directorate of Public Works is conducting several roadwork projects throughout Caserma Ederle through November. Construction activities are as follows:
Mill, repair and asphalt pave 5th Street and Olson Avenue in September; Olson Ave./tennis court/Ederle Inn parking lot in October; and the front of buildings 247 and 249/from Gate 1 to Olson Ave. in November.
Teams will also remove and replace damaged curbing, adapt all street crossings to standards with new handicapped ramps, pedestrian crossings, adjust

drainage lines to the new sidewalk layout, and post new vertical and horizontal signs as follows: Olson Ave./tennis court/Ederle Inn parking lot in September; and Ederle Inn/front of buildings 227 and 249 in October. Community members are asked for their patience and consideration during this time of improvement.

Motorcycle stand-down

There will be a motorcycle mentorship safety stand-down for the Vicenza Military Community, Sept. 8, from 8:30 a.m. to 3:30 p.m. The stand-down will include informational briefings, coaching sessions, T-CLOCKS inspections, skills maneuvers and a safety ride. The event takes place on Caserma Ederle, Building 440, behind the Golden Lion, between the tennis courts and the Eco Center.

Vehicle fees go up

Effective Oct. 1, the vehicle registration cost will be \$30 and 5 euro per vehicle, as opposed to the current \$20 fee.

Seeking fitness instructors

The Ederle Fitness Center seeks certified instructors, personal trainers and massage therapists to join their team of professionals. Anyone interested should call for more information: fitness manager at DSN 634-8446, comm. 0444-71-8446; or the sports director at DSN 634-7046, comm. 0444-71-7046.

Swim team needs coaches

If you enjoy working with children of all ages and have a love of swimming, why not give coaching a try? The Vicenza Mako Sharks swim team is seeking assistant swim coaches for the 2016-17 season. For more information, please contact the head coach at makosharkscoach@gmail.com.

Passport delays

Passport processing times are higher during the summer months due to an increase in applications. Current tourist passport processing time is five to six weeks and for no-fee or official passports, seven to eight weeks. If there are any questions about required documents needed to submit with applications, please refer to the garrison website under Directorates/Human Resources/CPF/Passports or <http://www.italy.army.mil/cpf.asp#passports>.

Contractor position open

Regional Health Contracting Office-Europe is seeking a licenced clinical mental health social worker for work at Camp Darby. Resumes must be submitted no later than Sept. 21. Interested, eligible candidates, U.S. citizens and local nationals may request copy of the Request for Quotation (RFQ) – W9114F-16-T-0090, by contacting Domenico Maddaloni at 0049-6371-9464-5414 or DSN 590-9414, or via email at domenico.maddaloni.ln@mail.mil.

Ederle Fall Bazaar

Vendors from north of the Alps and throughout Italy show and sell products at the Fall Bazaar Sept. 30, 4-8 p.m. Find something for everyone on your list! A few items shoppers will find include cheeses, beer, purses, wine, jewelry and art. Stop by the Golden Lion Conference Center on Caserma Ederle. Credit cards, dollars and euro (correct change only, please) are accepted.

Submit news briefs to the editor by sending an email to usarmy.usag-italy.imcom-europe.mbx.usag-vicenza-pao@mail.mil.



DoDDS (Vicenza) Dates to Remember

Aug. 26

VES Sneak Peek, 2-3 p.m.

**Class lists are posted. Students/parents find classrooms & meet teachers.*

Aug. 29

First day of school for students grades 1-12

Aug. 29

VMS Open House and School Advisory Committee elections, 8:10 a.m.-12:30 p.m.

Sept. 1 VHS Wellness Day

Sept. 5 Labor Day - No School

Sept. 6

First day of Kindergarten and PSCD

**Boo-Hoo Breakfast, 8:15 a.m.*

Multipurpose room

Sept. 7 VES Open House, 5 p.m.

Sept. 8 VHS SAC Meeting, 3:30 p.m.

Sept. 8 VHS Open House, 5 p.m.

Sept. 13-20

VES: First Day of School for Sure Start

**Staggered Start: Sept. 13, 14, 16, 19, 20*

Oct. 6

Complex Quarter 1 Math Training

**No school for students*

Oct. 7

Complex CSI/Required Trainings

**No school for students*

Oct. 10 Columbus Day: No school

DoDDS (Livorno)

Aug. 29

First day of school for students

Sept. 5 Labor Day: No School

Sept. 22 Teacher training--11 a.m. dismissal

Oct. 7 Teacher training--11 a.m. dismissal

Oct. 10 Columbus Day: No school

**Please default to schools
for the most up-to-date information.*

International School of Florence Dates to Remember

Aug. 29

Orientation for all new parents & students
Both campuses

Aug. 30 & 31

Orientation days for all faculty & staff

Sept. 1

School begins for all students at both schools

**Full day*

Sept. 2 Welcome Back Cocktail for parents,
6-9 p.m. at the Upper School

Sept. 8 & 9 U.S. Orientation Trips, grades 6-10

Oct. 14

Junior School parent/teacher conference day

**No classes Junior School*

Oct. 19 U.S. parent/teacher conference

**U.S. abbreviated school day,*

12:09 p.m. dismissal

Oct. 20

Upper School parent/teacher conference day

**No classes Upper School*

Oct. 31-Nov. 1

Fall Break: No school

INFO-X

The next Vicenza Military Community
Information Exchange
takes place Sept. 7 at 10:30 a.m.
at the Resiliency Expo in the library parking lot
on Caserma Ederle.

All community members are
welcome and encouraged to attend.
Those unable to be there in person may watch the event streamed live on
the
USAG Italy website,
www.italy.army.mil.

This is the community's opportunity
to ask questions from members of the command.
Questions may also be submitted ahead of time or live via the
USAG Italy Facebook page,
www.facebook.com/VMCItaly.



Vicenza Military Community (VMC) Motorcycle Mentorship Safety Stand-down

- ✓ When: Thursday, 8 September 2016
- ✓ Time: 0830 – 1530 hours
- ✓ Where: Ederle, Bldg. 440, behind Golden Lion, between tennis courts & Eco Center



- ✓ Informational Briefs
- ✓ Coaching Sessions
- ✓ T-CLOCKS Inspections
- ✓ Skills Maneuvers
- ✓ Safety Ride

Out & About

All listings compiled by Anna Terracino

Observance, Sept. 8

On **Sept. 8**, the Catholic Church honors the birthday of the Blessed Virgin Mary, the mother of Jesus. In Italy, each town has its own patron saint and, in most cases, the saint has a relation to the place. The traditional patron saint celebrations vary in all cities and towns in Italy, reflecting local history and characters of their inhabitants. These celebrations are a great way to get to know better the town where you reside. Vicenza's patron saint is the **Blessed Virgin of Mount Berico**, and the celebration takes place on her birth date. Vicenza's story is that the Virgin Mary appeared twice to Vincenza Pasini, a humble peasant, in 1426 and 1428. The city had been stricken with a devastating plague between 1425 and 1428. It is said that Mary spoke through Vincenza to let people know that the only way to stop the plague was to build a church dedicated to her. Nobody believed Vincenza at the time of the first apparition, but the persistency of the plague led them believe her after the second apparition. The church construction started in August 1428, and the plague was finally defeated.



Festa della Ceramica, Nove

VENETO & NEARBY

Fiera del Soco Tree Trunk Fair

Sept. 9-15, Grisignano di Zocco, Via Ungaretti, Via Serenissima, Via Garibaldi and Via Cedri, about 12 miles southeast of Vicenza. *Soco* means "tree trunk" – it derives from a 1250 apparition of the Blessed Virgin Mary by a tree trunk. It is a large, annual market with hundreds of booths, exhibitions and carnival rides; local products; art exhibitions; workshops. Food booths open at 7 p.m.

<http://www.vicenzae.org/eng/eventi/icalrepeat.detail/2016/09/09/14328/-/antica-fiera-del-soco>

Sand Sculptures Festival

Through Sept. 11, Jesolo, Piazza Brescia, about 64 miles east of Vicenza. This year's theme is the European Capitals; international artists take part in this special event; they compete in shaping every kind of artistic figure with fine golden sand. Free entrance.

<http://www.comune.jesolo.ve.it/sculture-di-sabbia-2016>

La Terrazza di Vicenza – Basilica Palladiana City Roof Top - Palladian Basilica

Through Nov. 1, Vicenza, Piazza dei Signori. Visit the Palladian Basilica first floor, loggia and terrace. Entrance fee: €4; however, entrance is free for children younger than 14 accompanied by an adult family member; military members; disabled with their assistant. For more details, visit <http://www.livinginvicenza.com/agenda/visits-to-the-palladian-basilica-living-room-loggia-2881>.

Brintaal Celtic Folk Festival

Through Aug. 28, Cismon del Grappa, Bosco delle Fontane, Via Giarre di Sicilia 2. Food booths and Celtic fair; archery exhibit and workshops; sampling of local products and food booths; free live music and dancing. Free entrance to all events.

Aug. 26: Celtic punk Concert with The Rumjacks (Australia) at 9:30 p.m.; folk punk concert with The Dogs From the Grapes at 11:30 p.m.

Aug. 27: Irish Celtic punk rock with The Jolly Jackers (Hungary) at 9:30 p.m.; punk folk concert with Hooligans' Mountain at 11:30 p.m.

Aug 28: Celtic folk concerts with the Fragment at 9:30 p.m. and The Bards from Yesterday at 11:30 p.m.
<http://www.brintaalcelticfolk.it/home/main.htm>

Estate al Parco

Summer at the Park - Free outdoor fitness classes
Through Sept. 11, Vicenza, Parco Querini, Viale Rodolfo.

Mondays

Tai chi, an ancient Chinese exercise, described as meditation in motion, which promotes serenity through gentle, flowing movements, at the La Radura, 6-7:30 p.m.

Do-in (exercises for physical and mental well-being), La Radura, 7-8 p.m.

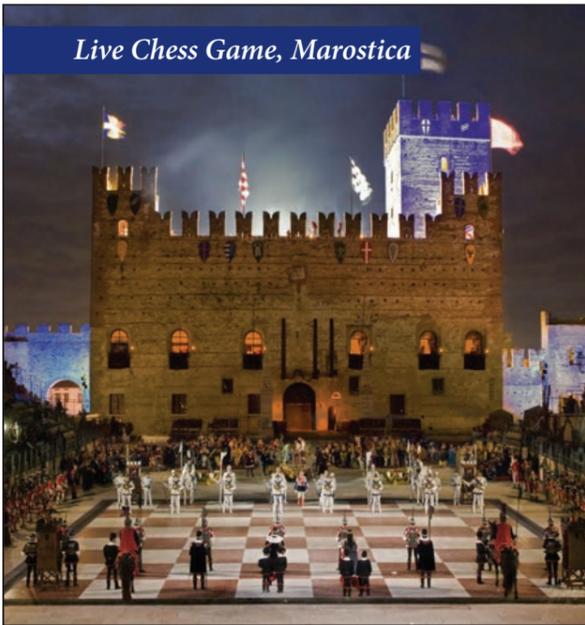
Fit and Motion, music fitness workouts that include cardiovascular activity, toning and stretching, at Porta Papa, 7-8 p.m.

Yoga for children, Palco del Tempietto, 5:30-6:30 p.m.

Yoga mamme, gives mothers the chance to do yoga with their children, 7-8 p.m.

Yoga for adults, Palco del Tempietto, 7-8:15 p.m.

Live Chess Game, Marostica



Tuesdays

Salsation Fitness, **through Sept. 6**, at Porta Papa, 6:30-7:30 p.m.

Capoeira, La Radura, 7-8 p.m.

Wednesdays

Body balance, **through Sept. 7**, Porta Papa, 9:30-10:30 a.m.

Zumba fitness, Porta Papa, 6:30-7:30 p.m.

Thursdays

Hatha Yoga, **through Sept. 8**, exercise that includes physical postures, purification procedures, poses, breathing and meditation, Palco del Tempietto, 7:30-8:30 p.m.

Fridays

Third-age yoga, **through Sept. 9**, Palco del Tempietto, 5-6 p.m.

FocusFit, **through Sept. 9**, Porta del Papa, 6-7:30 p.m.

Saturdays

Country Fitness, **through Sept. 10**, Porta Papa, 10-11 a.m.

<http://www.comune.vicenza.it/uffici/dipserv/istruzione/sport/ginnasticaquerini.php>

La Partita Palio dei 10 Comuni Medieval Festival and Horse Race

Montagnana (Padova), about 27 miles south of Vicenza.

Aug. 27: from 9 a.m., Piazza Vittorio Emanuele II live medieval music and flag-throwers

Sept. 2: 8 p.m., "Cena Medievale," a typical medieval party and dinner with ladies, knights and jesters;

Sept. 3: from 3 p.m., medieval market and old trades exhibit on Via Matteotti and Via Carrarese; 9 p.m. historic parade

Sept. 4: from 9 a.m., medieval market and old trades exhibit on Via Matteotti and Via Carrarese; 2 p.m. and 7 p.m., historic parade, flag throwers, and musicians playing medieval music; 3 p.m. annual historic celebration with participation of 10 of the town's boroughs.

<http://www.palio10comuni.it/programma-2016/>

La Partita a Scacchi a personaggi viventi Live Chess Game

Sept. 9-10, 9 p.m., **Sept. 11**, 5 p.m. and 9 p.m., Marostica, Piazza degli Scacchi, about 18 miles north of Vicenza. The legend of the Live Chess Game dates back to

1454 when Marostica belonged to the Venetian Republic. It happened that two noblemen fell in love with the daughter of the Lord of Marostica. As was the custom, they challenged each other to a duel to win the hand of the daughter. To avoid the two becoming enemies or losing them in a duel, the Lord decided the two rivals should play a game of chess: the winner would take the girl, and the loser would join the family anyway, marrying the younger sister. The Lord also decided the challenge should be honored with a performance of armed men, foot soldiers and knights, and also with fireworks and music. Visit the following website to purchase tickets or stop by the Outdoor Recreation office to sign up for one of several bus trips. This event regularly sells out.

<http://www.marosticascacchi.it/en/partitaascacchi/ticket.html#1>

Festa della Ceramica Ceramic Festival

Sept. 9-11, Nove, about 18 miles north of Vicenza; Portoni Aperti. Open doors: local artists' ceramic techniques demonstrations, from working with potter's wheel to modeling and painting ceramics.

Sept. 9: 6 p.m. Ceramic exhibit opening at Mulino Antibon Barettoni Bortoli, Via Molino Vecchio; 9 p.m. Novae Terrae Jazz Concert, in Piazzetta Museo. Ticket €8, reduced €5.

Sept. 10: 10 a.m. Canadian artist, Jenna Basso Pietronbon, exhibit and ceramic art show, at Terramica, Via Martini 17. Welcome buffet; 7 p.m., Raku performance in Via Mulino Vecchio; 10:30 p.m., in Piazza de Fabris, woodfire and pottery performance.

Sept. 11: 10 a.m. ceramic exhibit and sale; 5 p.m. Fox Hunting, a collective game for all participants; 6 p.m., expert potters will be blindfolded and will compete in reproducing a mysterious object; 8 p.m. award ceremony for the top three best ceramic creations.

<http://www.festadellaceramica.it/>

Festa del Gnocco Gnocco Festival

Sept. 3-5 and **Sept. 8-11**, Selva di Trissino, about 19 miles west of Vicenza. Food booths feature a variety of gnocchi dishes and other local specialties and local

MARKETS VENETO

Belluno: Aug. 28, 8 a.m.-7 p.m., Piazza Duomo, about 103 miles north of Vicenza (about 50 vendors)

Cerea: Aug. 28, 9 a.m.-6 p.m., Via Farfusola 6, about 45 miles southwest of Vicenza (about 150 vendors)

Piazzola sul Brenta: Aug. 28, 8 a.m.-6 p.m., Via Camerini, about 16 miles east of Vicenza (700 vendors)

Spresiano (Treviso): Aug. 28, 8 a.m.-6 p.m., Piazza Luciano Rigo, about 43 miles northeast of Vicenza (about 100 vendors)

Treviso: Aug. 28, 7:30 a.m.-7:30 p.m., Via San Liberale, about 56 miles east of Vicenza (about 120 vendors)

Marostica: Sept. 4, 8 a.m.-7 p.m., Piazza Castello, about 18 miles north of Vicenza (135 vendors)

Noventa Vicentina: Sept. 4, 8 a.m.-6 p.m., Piazza IV Novembre, 20 miles south of Vicenza (120 vendors)

Vittorio Veneto: Sept. 4, 8 a.m.-7 p.m., Serravalle, Piazza Minucci and surrounding streets (75 vendors)



David Bowie Exhibit, Bologna



Medieval Festival, Vicopisano

wines; bounce houses and lighted parking available; local products, crafts exhibit and sale; magic shows and games for children.

<http://www.festadelgnocco.it/sijo/index.php>

Regata Storica Historic Regatta

Sept. 4, Venice. This regatta, famous for its spectacular historical water parade before the race, is the most important event in the annual Venetian rowing calendar. It dates back as far back as the mid-13th century when Venice needed to train the crews of its navy in the art of rowing. Today there are four different races divided in terms of age and type of craft: the young rowers' twin-oared *pupparini*; the women's twin-oared *mascarete*; the six-oared caorline *regatta*, and the twin-oared *gondolini regatta*. Attend the historic parade and regattas while seated on uncovered floating stalls set up along the Grand Canal near Campo San Vio. Purchase tickets online or phone the call center at 041-2424. <http://www.regatastoricavenezia.it/>

Ferrara Balloon Festival

Sept. 9-18, Ferrara, Bassani Park, Via Riccardo Bacchelli, about 70 miles south of Vicenza. Admission fee: Saturday and Sunday €5 (free for children under 12); free entrance Monday through Friday. Free parking and shuttle service from the main parking lot downtown Ferrara. For detailed info in English, visit <http://www.ferrarafestival.it/en>.

David Bowie Is - Exhibition

Through Nov. 13, Bologna, Museum of Modern Art, Via Don Minzoni 14. Tuesday-Friday, 10 a.m.-7 p.m. (ticket counter closes at 6 p.m.); Thursdays, 10 a.m.-11 p.m. (ticket counter closes at 10 p.m.). <http://davidbowieis.it/en/>

TUSCANY

Bravio delle Botti

Barrels Competition and Festival

Aug. 28, 10 a.m.-8 p.m., Montepulciano (Siena). This event dates back to the 14th century when races were run on horseback. Only in more recent times has it been transformed into a competition with barrels (*botte*). The race takes place with contestants pushing heavy wooden wine barrels for about a kilometer uphill along the narrow streets of the town's historical center. Two strong *spingitori* (pushers) push each barrel to the finish line in Piazza Grande. Along the way, many other residents and fans run alongside each team to encourage them to keep going. Winners receive the bravio at the end of the race in Piazza Grande. <http://www.braviodellebotti.com/events/>

Giostra del Saracino

Saracen Joust

Sept. 4, 8 a.m.-8 p.m., Arezzo, Piazza Grande. This is one of the most important Tuscan festivals. The whole city turns up in medieval costumes to recreate the atmosphere of medieval Arezzo as the city's districts compete against each other in a joust to win the Golden Lance. The event has its origins in the Middle Ages, when knights simulated battles by using their lance on a puppet of the enemy; at the time of the Crusades, the enemy was a Saracen. The tradition as appeared and disappeared over centuries, and twice annually since 1931 (except for the years of WWII). At 3 p.m. is the historical parade; flag-throwers show; and competition of the four-city district, each one represented by two

knights. The district whose knights obtain the most points wins the competition.

<http://www.giostradelsaracinoarezzo.it/>

Festa Medievale Medieval Festival

Sept. 3-4, Vicopisano (Pisa). Medieval village re-enactment; antique market and food booths featuring local and typical medieval food and beverages; street artists, musicians, acrobats and jugglers; medieval party for children with games, falconers, knights and dances. <https://www.facebook.com/Festa-Medievale-di-Vicopisano-120273358067096/>

Festa Medievale nel Castello Medieval Festival at the Castle

Sept. 9-10, 6 p.m. to midnight, Signa (Florence), Via Dante Alighieri. Medieval shows involving more than 200 artists and extras in historical re-enactments, battles, medieval music and dances; fire-eaters, jugglers and acrobats; taste the local food specialties at the various dining options in the ancient village. Free entrance. <http://trova-eventi.it/signa-mercato-xxii-festa-medievale-signa/>

Rievocazione Storica Historical re-enactment

Sept. 10-11, Montopoli Val D'Arno (Pisa), Piazza Catruccio Castracani. Ancient medieval market, flag-throwers, storytellers, swords duels; food stands with local and medieval specialties; archers from all over Italy perform spectacular precision shots. Entrance fee: €6 (valid for both days). <http://www.montopoli.net/Montopoli-Live-Contest.htm>

CONCERTS/SPORTS

Passenger – Sept. 28, Milan
Steel Panther – Sept. 28, Milan
Tony Emmanuel – Oct. 4, Florence; Oct. 5, Bologna; Oct. 11, Naples; Oct. 15, Varese
Michael Monroe – Oct. 10, Milan
The Veils – Oct. 21, Milan; Oct. 22, Bologna
Soja – Oct. 25, Milan
Selena Gomez – Oct. 26, Assago (Milan)
Matt Simons – Oct. 26, Segrate (Milan)
King Crimson – Nov. 5-6, Milan; Nov. 8-9, Florence; Nov. 11-12, Rome; Nov. 14-15, Torino
Ezra Furman – Nov. 6, Segrate (Milan)
Twenty One Pilots – Nov. 7, Assago (Milan)
Melanie Martinez – Nov. 11, Milan
White Lies – Nov. 13, Ciampino; Nov. 14, Milan
Redfoo and the Party Rock Crew Live – Nov. 15, Milan
Europe – Nov. 19, Ciampino (Rome); Nov. 20, Milan
Justin Bieber – Nov. 19-20, Casalecchio Di Reno (Bologna)
Trixie Whitley – Dec. 1, Milan
Lucky Chops – Dec. 5, Milan; Dec. 6, Rome; Dec. 7, Bologna

ITALIAN ARTISTS

Gianna Nannini – Sept. 1, Prato
Biagio Antonacci – Sept. 7 and Sept. 9-10, Assago; Sept. 14 and Sept. 16-17, Rome
Emma – Sept. 16-17; Sept. 21, Florence; Sept. 23-24, Rome; Oct. 12, Livorno; Oct. 14, Conegliano; Oct. 14, Padova
Andrea Bocelli – Sept. 14, Marostica
Zucchero – Sept. 16-18, Sept. 20-21, Sept. 23-25, and Sept. 27-28, Verona
Alessandra Amoroso – Oct. 29, Padova
Francesca Michielin – Oct. 5, Brescia; Oct. 22, Par-

MARKETS

TUSCANY

Bientina (Pisa): Aug. 27-28, 8 a.m.-7 p.m., Piazza Vittorio Emanuele

Castiglion Fiorentino (Arezzo): Aug. 28, 9 a.m.-6 p.m. Piazza Del Municipio

Cecina (Livorno): Aug. 28, 8 a.m.-8 p.m., Piazza Guerrazzi and Via Cavour

Arezzo: Sept. 3-4, 9 a.m.-7 p.m., Piazza Grande

Orbetello (Grosseto): Sept. 3-4, 10 a.m.-10 p.m., Corso Italia

Pietrasanta (Lucca): Sept. 4, 9 a.m.-7 p.m., Piazza Duomo

San Giuliano Terme (Pisa): Sept. 4, 9 a.m.-7 p.m., Piazza Shelley and Piazza Italia

Scarperia (Firenze): Sept. 4, 8:30 a.m.-7:30 p.m., downtown squares and streets



Europe (photo by Cesare Greselin)

ma; Oct. 25, Ciampino
Paolo Conte – Oct. 29, Brescia
Modà – Nov. 9, Rome; Nov. 18, Padova; Dec. 2, Florence; Dec. 6, Casalecchio di Reno
Elisa – Nov. 11, Florence; Nov. 24, Torino; Nov. 19, Rome; Nov. 22, Casalecchio di Reno; Nov. 25, Assago; Nov. 28, Padova

Formula 1 – Sept. 2-4, Monza
MotoGP – Italian Grand Prix – Sept. 9-11, Misano Circuit, San Marino

Tickets are available in Vicenza at Media World, Palladio Shopping Center, or online at http://www.greenticket.it/index.html?imposta_lingua=ing; <http://www.ticketone.it/EN/> or <http://www.zedlive.com>, www.ticketone.it, www.vivaticket.it, www.iconamusic.it, and www.getticket.it.

For a comprehensive list of festivals, concerts and upcoming sporting events, please see our Pinterest page at www.pinterest.com/usagvicenza.

*Event times and locations are correct at the time of publication but could change. Please check before going.

Family & MWR Events

CLASSES/WORKSHOPS

English as a Second Language

Aug. 29, 2-4 p.m.

ACS, Bldg. 108, Caserma Ederle

English as a Second Language introduces clients to the fundamentals of the English language. Participants can enjoy learning and speaking basic English together. Registration is ongoing. Call DSN 634-7500, comm. 0444-71-7500.

Darby Hula Hoop Instructional & Mini Competition

Aug. 29 & 30, 3-4:30 p.m.

CYS playground behind SAC/YC Camp Darby

Open to all CYSS youth, ages 5 to 18 years old. Youth not registered will need to have a parent present. Wear comfortable clothing and sneakers. Signups done at event.

Financial Fitness

Aug. 30, Sept. 6, 13 & 20, 9-10:30 a.m.

ACS, Bldg. 108, Caserma Ederle

Take control of your money through personal financial management and planning. Call DSN 634-7500, comm. 0444-71-7500 for more information.

Get a Grip on Stress and Anger

Aug. 31, 10-11 a.m.

ACS, Bldg. 108, Caserma Ederle

Learn how stress affects you and your brain, why stress can turn to anger, how to control anger and more. Call DSN 634-7500, comm. 0444-71-7500 for more information.

Darby Banana Ice Cream

Aug. 31, 3-4 p.m.

SAC/YC, Bldg. 730, Camp Darby

Youth will be given nutritional pointers and health tips about the benefits of eating fruit, particularly fruits that are high in antioxidants such as blueberries. Parents are welcome to participate in this free activity. Open to all CYSS youth ages 5 to 18 years old; children not registered with CYSS must have parent present.

Baby and Me Infant Playtime

Sept. 1, 10:30-11:30 a.m.

Bldg. 395, Caserma Ederle

Baby and Me Infant Playtime is a time to get together with other parents of infants to socialize and learn through play. Mothers and fathers are encouraged to attend. Call DSN 634-7500, comm. 0444-71-7500 for more information.

Preschool Story Time

Sept. 1, 10:30-11:15 a.m.

Library, Caserma Ederle

For children ages 3-5. Join story time with a different theme each week. Make a craft, listen to stories, meet new friends. Call DSN 634-7291, comm. 0444-71-7291 for more information.

Prenatal Yoga Registration Opens

Sept. 5 (Class dates: Sept. 22 & 29 and Oct. 6, 13 & 20)

ACS, Bldg. 108, Caserma Ederle

This class is designed to help expectant mothers find comfort during pregnancy and prepare for labor & birth. All stages of pregnancy and levels of yoga are welcome. Mat provided, but feel free to bring your own. Bring water and wear comfortable clothing. Five-week session.

Uncork the Fun: Vintage Wines

Sept. 6, 11 a.m.-12:30 p.m., \$35

Tasting & Travel Room, ODR Caserma Ederle

Grab your friends and head to Outdoor Recreation for the monthly wine tasting class that takes place in the tasting and

travel room. Corinne, your *sommelier*, will highlight details of wine tasting. From still to sparkling, delicate whites to rich reds, each month's chapter singles out a grape for study and enjoyment. This course includes easy-does-it entertaining tips, taste-testing know-how and tantalizing wine facts. Bring notebook and writing instrument. Ages 18 and older only. Register at Outdoor Recreation.

Adult Latin Dance Workshops

Sept. 6, 6:30-7:30 p.m.

Bldg. 308, Caserma Ederle

Step into Latin dancing with these ongoing workshops taught by a black belt salsa-certified instructor. Latin dancing is a great way to get in shape while learning a new skill. Workshops are structured for both partners and individuals. These workshops will focus on salsa and baile con sazón. No experience necessary. Register at DSN 634-7281, comm. 0444-71-7281.

ARTS & CRAFTS

Lego Club

Sept. 6, 13, 20 & 27, 3:30-5 p.m.

Library, Caserma Ederle

For youth ages 4 to 12. Join the library for free building, or work with friends on a project. All creations will be put on display. The club meets every Tuesday, and Legos are provided but donations are welcomed. Get creative and test your Lego-building skills.

EDGE! Art for Home Schoolers

Sept. 7, \$50

Arts & Crafts Center, Caserma Ederle

Get a wealth of knowledge and experience in the arts in this 10-week session designed specifically for home schooled children ages 6 to 16 years old. Students will learn a variety of techniques as qualified art instructors at the Arts & Crafts Center lead the way in exposing youth to the endless possibilities in the world of art. Meets Wednesdays, Sept. 7-Nov. 9; ages 6-8, 9-10 a.m., ages 8-10, 10:30 a.m.-noon, and ages 10-16, 1:30-3 p.m. Enrollment is ongoing. All materials and instructions are included in the fee. Register at Parent Central Services, Building 108 (ACS), or online through WebTrac. Call DSN 634-7219, comm. 0444-71-7219 for more information.

First Day of School Photo Frame

Sept. 7, 3-4 p.m.

Library, Caserma Ederle

Print out a photo you took of your child on the first day of school (this year or any year), and stop by the library to make a family keepsake. Picture should be 4" x 6". The library will provide all other supplies. Sign up at the library by Sept. 5.

Messy Art

Sept. 16, 10-10:45 a.m. \$5

Arts & Crafts Center, Caserma Ederle

Geared for children ages nine months to four years. Learn the benefits of introducing art to your child(ren) early on. Children will enjoy exploring paint, water, clay and more.

SPORTS & FITNESS

BOSS Morning Bike Ride

Aug. 30, Sept. 6, 13 & 20, 6-7:30 a.m.

Meeting location alternates between Caserma Ederle and Del Din

Join BOSS for weekly morning rides. Vicenza is one of the best areas in Italy to cycle with numerous challenging climbs and complete with beautiful scenery. Route plans will be provided with esti-

mated distance, time and elevation gain. New and experienced riders are invited; participants do need a good functioning road bike. Bring bicycle, helmet, spare inner tube and water as needed. Contact the BOSS President or adviser for the most up-to-date information.

Zumba®

Aug. 26, 10:30-11:30 a.m., \$3 each/\$25 for 10, Ederle Fitness Center

Zumba® exercise classes are "fitness parties" that blend upbeat world rhythms with easy-to-follow choreography for a cardio and total-body workout that feels like a celebration. Open to all skill levels.

Power Pump

Aug. 29 & 31, Sept. 9, 9-10 a.m., \$3 each/\$25 for 10, Ederle Fitness Center

Classes contain eight separate muscle-group-specific songs or "tracks" along with an opening warmup track and closing cool-down track. Ticket must be purchased from the desk and presented to the instructor at the start of class.

Kettlebell AMPD

Tuesdays & Thursdays in September

9-10 a.m., \$3 each/\$25 for 10

Ederle Fitness Center

This class takes heart-pumping music and kettlebell moves and combines them into 60 minutes of calorie-torching fun. For all fitness levels.

Taekwondo

Aug. 29, 6:30-7:30 p.m.

Aug. 30, 10-11 a.m., Sept. 6, 6 p.m.

\$10 per class, \$60 for monthly pass

Ederle Fitness Center

Self-defense class that provides instruction in situational awareness, take-downs, locks, kicks, punches. Call DSN 634-7616, comm. 0444-71-7616 for more information.

Sunrise Yoga

Aug. 30, Sept. 1, 6, & 8, 6:30-7:30 a.m.

\$3 each/\$25 for 10

Ederle Fitness Center

This class will most likely appeal to people who are already quite fit and enjoy exercise. Prepare to work hard and work up a sweat.

Slow Flow Yoga

Aug. 30, Sept. 1, 6 & 8, 9:30-10:30 a.m.

\$3 each/\$25 for 10

Ederle Fitness Center

This is a vinyasa series class meaning breath is linked to movement and is moderately paced so you will learn the fundamental asanas (postures) and principles that create a successful and effective yoga practice. For the beginner.

TRIPS/ENTERTAINMENT

Family Movie Night

Aug. 28, Sept. 4, 8, 11, 15 & 18

6-8 p.m., The Arena, Caserma Ederle

Every Thursday and Sunday, the Arena dims the lights, switches on the screens and tunes into the latest family-friendly movies. For \$29.95, your family will enjoy two hours of bowling for up to six people; one large cheese pizza, six bottled beverages of your choice and free shoe rental.

Wine Region Tour:

Tuscany & Brunello

Sept. 3, 6 a.m.-9 p.m., \$115

ODR, Caserma Ederle

Head to the beautiful Tuscan hilltop town of Montalcino, considered the birthplace of Tuscany's fullest and richest wine, the long-aging Brunello di Montalcino. Expert guides will show guests the winemaking process and educate

on the strict Brunello production rules. During the tasting, learn to recognize the difference in flavor and structure between wines. Afterwards, depart to a local restaurant to enjoy a gourmet lunch before an afternoon stop in the old and famous Sant'Antimo Abbey to listen to beautiful Gregorian Chants surrounded by vineyards and olive trees. Before our return trip we will stop in Montalcino for a stroll. Cost includes transportation, wine tasting and lunch.

Paragliding

Sept. 3, 7:30 a.m.-5 p.m., \$135

ODR, Caserma Ederle

Paragliding is a seated parachute activity, utilizing thermals to soar through the air. Each participant will be paired with an instructor for a tandem flight. Cost includes transportation, equipment, guide and paragliding. Bring closed-toe shoes, jacket, camera, sunglasses, gloves, euro for lunch, water and snacks, camera. Recommended for ages 16 and older.

Women's Horseback Riding

Sept. 7, 8:30 a.m.-4 p.m., \$95

ODR, Caserma Ederle

Saddle up for a stroll through wine country and meet some new friends along the way. ODR will travel to one of our favorite local wineries for an undeniably Italian experience! For women ages 18 and older. All skill levels welcome. After a short practice ride, participants will hit the trails for approximately two hours. Cost includes transportation, horseback riding, wine tasting, lunch and guide.

Insider Travel: Pet-Friendly Travel

Sept. 13, 11:30 a.m.-12:45 p.m., \$15

ODR Travel & Tasting Room

Caserma Ederle

Italy loves pets, but it can be confusing trying to travel with your furry friends. If you're planning to travel with your pet in Italy, there are a few rules that need to be followed. Learn the ins and outs with our local expert. Topics to cover are train and bus travel and where to stay in Italy with pets. Bring a notebook and writing instrument.

Tour of the Carrara Marble Quarry

Sept. 17, 6:30 a.m.-9 p.m., \$85

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Travel to beautiful Tuscany to experience the history and beauty of the world-famous Carrara Marble Quarry. Since Roman times marble has been extracted from these quarries. More recently this location was used during the intense opening chase scenes in the James Bond film "Quantum of Solace." Includes transportation, Carrara Marble visit and small food tasting.

Oktoberfest Express in Munich

Sept. 24, 3 a.m., \$125

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Oktoberfest is a 16-day festival held in Munich, Bavaria, that lasts from late September to the first week in October. Oktoberfest is one of the most famous events in Germany, as well as one of the biggest and most famous festivals in the world. Two separate buses will travel to Munich; the bus departing from Del Din is intended for the "party" crowd, while the bus leaving from Ederle will be more relaxed for families and those wanting to sleep on the way home. No switching buses will be allowed once we have departed. Passport required.

*Editor's note: This list is not all-inclusive. To view a full list of activities, visit the MWR page, <http://italy.armymwr.com/europe/italy>. Other September trips include Adriatic Sea Fishing and a Pasta Factory & Oil Mill tour in Tuscany.