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High school options expand at Camp Darby

By James E. Brooks

USAG Italy Public Affairs Officer

VICENZA — Military and Department of Defense civilian parents at Camp Darby have one more option for high school-bound students thanks to a recent decision regarding financial reimbursement coverage for boarding school attendance.

According to United States Army Garrison Italy School Liaison Officer Beth Potter, an issue raised at the Camp Darby Installation Advisory Committee led garrison leadership, Installation Management Command Europe, the Department of Defense Education Activity Non-DOD Schools Program to review Department of State Standardized Regulations (DSSR) reimbursement rates and allow for the change in reimbursement rates.

“Since the closing of the Department of DoDEA high school at Camp Darby, high school students of active duty and DOD civilian (non-local hire) in grades 9-12 have been eligible to attend the International School in Florence. In collaboration with

DoDEA’s Non-DOD Schools Program (NDSP), USAG Italy and IMCOM-E sought to expand the range of viable options for families of high school students at Camp Darby. With this change, parents of high school students may now elect to apply to ISF or to attend a boarding school that is at least 50 miles away from Camp Darby,” said Potter. There is no requirement that the boarding school be located in Italy.

Until this DSSR rate change, Camp Darby military community high school students had two viable options: homeschool or the one “traditional” high school option: enrollment in ISF. But because the school is an International Baccalaureate (IB) program, coursework is rigorous. Not all students are advanced learners, and some have difficulty adjusting to higher-paced programs. With more options now available, families of students who may not find the international baccalaureate program an optimal fit may seek a school option that will better accommodate their student’s academic needs.

“ISF enrollment requests from Camp Darby families are in-

See **OPTIONS**, page 8

Army Emergency Relief campaign kicks off



VICENZA — A cake-cutting ceremony took place March 5 at Army Community Service on Caserma Ederle to kick off the 2018 Army Emergency Relief campaign. At the event, AER Deputy Director and Chief Operating Officer Eldon Mullis, retired U.S. Army colonel, addressed attendees. In its 76th year, the theme for this year’s campaign is “There for those who Serve.” The fundraising campaign runs through May 15; anyone who would like to donate should see their unit representative or contact AER, DSN 634-8524 or comm. 0444-71-8524, for more information.

(Photo by Laura Kreider, VMC Public Affairs Office)

Middle-schooler competes at national level

VICENZA — A local 8th-grader will compete at the national level “Patriot’s Pen” competition.

Each year the Veterans of Foreign Wars organization sponsors the youth essay competition for students in grades 6-8.

Aliuna Schorn took first place at local, district and European levels with a powerful and moving essay on equality.



Schorn

The competition is nationwide and traditionally, more than 130,000 students enter for a chance to win at national level. Students write essays expressing their ideas on a patriotic theme; this year’s theme was “America’s Gift to My Generation.”

This year, 20 students from Vicenza Middle School entered the competition and submitted essays to local VFW Post 8862 for judging.

The local chapter selects three winners

See **COMPETES**, page 8

Turn in ammo, no questions asked, on amnesty day

VICENZA — Leadership of the Department of the Army and U.S. Army Europe have recognized that people may have acquired abandoned or unauthorized ammunition and explosives from a variety of sources: training ranges, souvenirs from peacekeeping missions and military artifacts found from battlefields.

In untrained or unauthorized hands, these items could have catastrophic results.

To that end, United States Army Garrison Italy will hold its annual Amnesty Ammunition Turn-In event March 27-29, to give community members the opportunity to turn in ammunition with no-questions asked.

The turn-in days for ammunition and explosives will take place as follows:

•**March 27** at Caserma Del Din. An am-

munition amnesty box will be located on the North Perimeter Road between motor pools 64 and 74.

•**March 28** at Caserma Ederle and Longare. Ammunition amnesty boxes will be located by the indoor range (Building 369) and by the U.S. Army Africa motor pool (Building 440) on Ederle; and near the 207th Military Intelligence Battalion motor pool (Building 23) on Longare.

•**March 29** at Camp Darby. An ammunition amnesty box will be located on the south end of Darby, by Gate 9, Ammunition Storage Area.

Under the Amnesty Day program, simply approach the dropbox area and let ASA personnel know that you have amnesty to turn in. ASA personnel will take it under a “no questions asked” policy. This program is open to members of the

U.S. forces only.

If these items are found in someone’s possession, he/she could face disciplinary action, hence the creation of the program. This program provides personnel an avenue to return A&E to government control and remain anonymous in the process.

Regardless of size, people should not touch A&E items they suspect might be unsafe for movement. Report these items to the local military police. They will then see to removal of the items.

This program is not intended to circumvent normal ammunition turn-in procedures and cannot be used as the basis for AR 190-series investigations.

For more information, call USAG Italy Safety Office at DSN 637-8900, comm. 0444-61-8900. (USAG Italy PAO)

What was your favorite childhood toy?



Phillip Tegtmeier
Retiree

"I got an electric train at Christmas when I was 4. Best gift ever!"



Erin O'Neill
Family member

"My favorite childhood toy was an American Girl Doll."



Senior Airman Miesha McRae
Deployable Air Command and Control Center

"My favorite was Lite-Brite."



Spc. Eric Westendorf
529th Military Police Co.

"He-Man and the Masters of Universe."



Riccardo Alfieri
DES Firefighter

"Legos."

Is it Friday yet?

Start the weekend right by winning a prize giveaway

ITALY Exchange — What's better than Fridays? Winning a great prize from the Army & Air Force Exchange Service's Free Friday giveaway. Soldiers and airmen who follow the Exchange's main Facebook page have a chance to win every week in 2018.

The Exchange plans to give away more than \$28,000 in prizes on Fridays this year, including a riding lawn mower and a turn riding mower, valued at about \$3,000. Other planned prizes include electric pressure washers, barbeque grills, and a patio furniture set.

"Soldiers, airmen and their families at Italy Exchange work hard, and the Exchange wants to help them get the work done at home and relax," said Italy Exchange General Manager Susana Sobrino.

"If you follow facebook.com/shopmyexchange you won't miss out on Free Fridays—and it would be great to have

someone at Italy Exchange win one of these great prizes."

In 2017, the first year of the Free Friday promotions, the Exchange gave away more than \$15,000 in prizes to Soldiers, airmen, military families, retirees and honorably discharged veterans.

Photos and descriptions of the prizes are in the weekly sales fliers viewable at <https://www.shopmyexchange.com/savings-center/weekly-ads>.

Authorized shoppers can also sign up to receive the fliers via email.

To enter the contests, authorized shoppers simply post a comment with their name, city, state and local exchange to each Free Friday post at facebook.com/shopmyexchange.

Entries made by 11:59 p.m. Central Time on the day of posting will be entered into the drawing. Drawings take place Monday after each Free Friday giveaway.



'Thumbs up' for healthy choices

FORT LEE, Va. – The phrase "Dietitian approved! We did the work for you!" is catching on at commissaries around the world—to include Vicenza and Camp Darby — as customers are using the Defense Commissary Agency's new Nutrition Guide Program to help them shop.

"It's catching on quickly. Here we are in March, National Nutrition Month, and our customers are readily adapting to NGP, which was just introduced in January," said Deborah Harris, DeCA dietitian. "That speaks to how easy it is to use, and how important nutrition is to our customers, especially since a big part of military service is readiness and resilience."

One reason for NGP's success is because commissary store directors, dietitians and other health professionals on military installations have helped raise local awareness of the program, some with commissary shopping tours, Harris said.

Dietitians and health professionals are quick to point out that no one diet is right for everyone. It's important to follow a healthful eating plan that fits each person's unique lifestyle. So what does NGP do?

"It helps you meet your health and wellness needs and guides you in building a nutritious shopping cart," Harris said.

The color-coded shelf labels point out items with key nutrient attributes. The labels make shopping easier. There's dark blue for low sodium, brown for whole grain, purple for no sugar added, light blue for low fat, golden yellow for good source of fiber. There is also green for the lifestyle choice of USDA certified organic. Many items have a combination of qualifying attributes.

There is also the "Thumbs Up" icon. Labels that feature a "Thumbs Up" icon identify more nutrient-dense items, so-called high nutrition quality/high performance foods and align closely with the Department of Defense's Go for Green program. Details of the Nutrition Guide Program are available at www.commissaries.com/healthy-living/nutrition-guide.cfm.

"We're off to a great start, and it's good to know that long after National Nutrition Month is over, our Nutrition Guide Program will continue to help patrons improve the nutritional quality of their diets, and meet their health and wellness needs," Harris said.



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The *Outlook* is an authorized publication supporting the USAG Italy command information pro-gram as provided by AR 360-1. All editorial content of the *Outlook* is prepared, edited and approved by the USAG Italy Public Affairs Office, Unit 31401, Box 10, APO, AE 09630, located in Bldg. 10 on Caserma Ederle in Vicenza, Italy.

Contents of the *Outlook* are not necessarily the official news of, or endorsed by, the U.S. Government, the Department of Defense, Department of the Army, Installation Management Command-Europe, U.S. Army Garrison Italy or U.S. Army Africa.

The *Outlook* accepts submissions. Call the editor with questions at DSN 637-8031, comm. 0444-61-8031, or submit via email at usarmy.vmc.pao@mail.mil. A submission does not guarantee publication. Submissions may be edited at the discretion of the Public Affairs staff.

EMERGENCY NUMBERS

VICENZA

FIRE AND MEDICAL EMERGENCY
DSN 117; Comm. 0444-71-7117

24 hours

POLICE EMERGENCY

DSN 112 / 114 / 115
Comm. 0444-71-7115

24 hours

DARBY

FIRE AND MEDICAL EMERGENCY
DSN 117

Comm. 051-54-7117

24 hours

POLICE EMERGENCY

DSN 115

Comm. 051-54-7115

24 hours

Anywhere in Italy — Off Post

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Ambulance 118
Carabinieri 112
Police (local) 113**

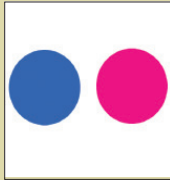


The *Outlook* accepts submissions and wants to hear what readers want in your community newspaper!

Email content for consideration:
karin.j.martinez.civ@mail.mil;
call for deadline.

Anyone with questions about submissions or comments/concerns should contact the *Outlook* Editor at the USAG Italy Public Affairs Office, DSN 637-8031, comm. 0444-61-8031.

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Reins of responsibility

VICENZA — Command Sgt. Maj. Erick E. Ochs, incoming command sergeant major for 173rd Airborne Brigade (left) receives the unit colors from Col. James B. Bartholomees III, commander, during the Change of Responsibility ceremony at Caserma Del Din Feb. 27. Ochs takes on his new responsibility, as Command Sgt. Maj. Franklin Velez moves on to Orlando, Florida, to be the command sergeant major for United States Army Simulation and Training Technology Center. (See related story below.)

The 173rd Airborne Brigade is the U.S. Army Contingency Response Force in Europe, capable of projecting ready forces anywhere in the U.S. European, Africa or Central Commands' areas of responsibility.

(Photo by Paolo Bovo, 7th ATC RTSD-South)

CSM bids farewell to 173rd, airborne days

Story and photo
by Lt. Col. John Hall
173rd Airborne Brigade PAO

VICENZA — In a career journey that he didn't see coming, Command Sgt. Maj. Franklin Velez started from the bottom and reached the top, progressing from Private to Command Sergeant Major of the 173rd Airborne Brigade here. And now, he is saying farewell to that role.

Born into a military family — his mother employed as a clerk for the U.S. Army and his father a tanker and later, a cavalry scout — the young Velez started his own journey March 6, 1990, 28 years ago this week.

He joined the Army as an 11B (Infantryman) with the intent of taking his career one contract at a time. He had no plan to evolve to the highest rank an enlisted Soldier can become.

After going through basic training, Velez attended Airborne school, and would find that becoming a paratrooper would stick with him throughout most of his career.

After Airborne school, he was assigned to 2nd Battalion (Abn.), 504th Infantry Regiment at Fort Bragg, North Carolina. While there, the Soldier was called on to fight in Operation Desert Storm, but once he returned from deployment, he married his high school sweetheart, Sandra, and the two remain married today.

In 1991, just after Desert Storm, Velez was stationed in Panama for three years. His time there consisted of improving Soldier skills and earning a Ranger tab. Although Velez had never intended to earn a Ranger tab, he saw that most leaders had one and decided he should have one, too.

Velez let his First Sergeant know about his goal and prepared himself for the school. Before he left, Velez said his First Sergeant told him, "Hey, you're not coming back without it."

So although he was recycled twice during Ranger School, he was determined not to come back without the tab.



Paratroopers from 173rd Airborne Brigade laugh as Command Sgt. Maj. Franklin Velez talks to them about Soldiering.

Velez said, "Well, [First Sergeant said] I'm not coming back without it, so I stayed until I got it."

After earning becoming a Ranger, Velez said he realized that he also earned a lot of responsibility.

"It's one of those things that some (people) first look at when they are looking at you. First thing is they look at your left sleeve, and it's like, you got that (Ranger tab) so I'm going to put you in charge."

When Velez finished his time in Panama as a young sergeant, he was transferred back to Fort Bragg, to serve in the 82nd Abn. Division. He became a squad leader, and it was during that leadership opportunity that he learned a lesson he said he'll never forget.

His platoon sergeant gave him a task: to pick one Soldier from his squad to earn foreign jump wings. Velez looked at his squad and thought, "No. No. No. The best team leader I had was going to

ETS (expiration term of service) so no, I'm not gonna give it to him." The best option, he decided, was to choose himself to go and earn those foreign wings.

The noncommissioned officer called him in and asked why he chose himself. Velez responded, "Well, they don't deserve it." The platoon sergeant asked, "What about this guy [indicating the Soldier almost ready to ETS]?"

Velez responded, "He is ETSing; what does it matter to him?"

His platoon sergeant responded, "Now that you are noncommissioned officer, nothing in the Army is for you. Everything is for

them [Soldiers]. Your last meal — you only have one, and your squad doesn't have any — you give your meal away." This lesson stuck with Velez for the rest of his career.

Above all, Velez is, at heart, a paratrooper who has strived to be the best he can be, spending 23 out of his 28 years

*Above all, Velez is, at heart,
a paratrooper who has strived
to be the best he can be*

of service in airborne units. When first assigned to the 173rd, he became First Sergeant of Company A, 2nd Bn. (Abn.) 503rd Inf. Rgt. After spending about one year with the unit, he deployed to Afghanistan in support of Operation Enduring Freedom VIII.

Life on deployment was not just hanging out; it was really tough, he said.

"For the first month (August) that we were there, we had 26 engagements," said the command sergeant major. "That was almost one every single day of August. We lost two, and about 36 were wounded throughout the 15-month deployment."

The 173rd Airborne Brigade has been memorable and has made a mark on Velez's heart.

"A lot of the names around here, pictures on the wall, are people I knew, I had talked to, or even worked for me," he said.

While on deployment in Iraq in support of Operation Inherent Resolve, the leader learned he would become Brigade Sergeant Major of the 173rd.

"I was pretty excited, but at the same time a little apprehensive because (1) I knew a lot of the organization and (2) because of the memories in the organization," he said.

After a total of 103 jumps and two years leading the brigade, he said it is a "bittersweet feeling" to leave. However, he believes he has done everything he wanted to do for this unit.

"I would like to say that I left an impression on some folks.

"For any bad qualities I've had, I hope somebody saw those and said, 'That's what I don't want to do', and for any good ones, I hope they are like, 'Hey I like that.'"

Velez said that throughout his career and during his time with 173rd, he has learned life lessons that he will forever carry with him.

"I'm going to miss it. I'm going to miss jumping out an aircraft. It's my last airborne duty station, but at the end of the day it's okay to walk away."

Do you have questions about VA benefits?

Make an appointment with the Department of Veteran Affairs Overseas Military Service Coordinator. Active-duty service members, veterans, survivors, spouses and dependents can make individual appointments in March:

Monday through Friday, March 19-23.

Receive assistance with eBenefits enrollment, disability compensation, claims development, education benefits, housing, survivor benefits and more!

**Schedule your appointment today,
DSN 637-8155/8156, comm. 0444-61-8155/8156.**

If you cannot meet with the OMSC during these times, email questions to omscit.vbavaco@va.gov.



TRANSITION ASSISTANCE PROGRAM
Start Strong • Serve Strong • Reintegrate Strong • Remain Strong

US Army Africa highlights African-American heritage: Massachusetts National Guard pilot leads way in flight, safety

By Kymana Jurado
U.S. Army Africa Public Affairs Office

VICENZA — Chief Warrant Officer 4 Stephen Boyd was raised in Boston during a pivotal time of civil rights in Massachusetts. Implementation of the 1965 Racial Imbalance Act was ordered by United States Federal Judge W. Arthur Garrity in 1974 and was followed by school desegregation, forced busing and riots in Boston.

“Court-ordered desegregation and forced busing started shortly after my family moved into a predominately white neighborhood. I always tell people that our family story was like the book ‘A Raisin in the Sun,’ but where that story ended is where the second phase of our family began. We were the black family that moved into an all-white neighborhood and were not wanted,” said Boyd.

Boston was going through a transition period in its history in the 1970s.

“It was a very tumultuous time to grow up in Boston. We saw a lot of things. We saw race riots. When you see the tapes of kids in the ‘60s in the south being taken to school under police escort, people throwing rocks at the busses — that was us in the ‘70s in Boston,” added Boyd.

Despite growing up in a turbulent era in Massachusetts, in 1990 Boyd would become the first African American from Massachusetts to complete the Warrant Officer Flight Training Program at Fort Rucker, Alabama. To this day, he remains the longest tenured African-American pilot in the history of the Massachusetts National Guard.

“When I was in high school, I had a dream of becoming a pilot. Through the military, I was able to make that dream come true,” said Boyd. “So for me, it is like, we all have things we dreamed about when we were kids, but how many people can say that they grew up to be what they dreamed? That is what the Army made available to me.”

Boyd’s parents were both children of the

Great Depression. His mother grew up in a single-parent household and his father on a sharecropping farm in Woodland, Alabama. His father joined the Army during the Jim Crow Era and served in an African-American unit that fought in France during World War II.

Boyd’s mother worked at the Charleston Naval Ship Yard in Boston as an electrician’s handmaiden, where she wired gunner turrets on battleships.

“My parents met at USO dance on Camp Edwards, my current National Guard home station,” said Boyd.

After the war, Boyd’s father left the Army and married Boyd’s mother. Boyd is one of five siblings born in the ‘50s and ‘60s. During his early years, he lived in the Franklin field housing projects in Boston. His father worked multiple jobs and saved enough money to move his family out of the projects and into a purchased three-bedroom home in the Dorchester neighborhood of Boston.

“He always had faith, that regardless how bad his past was, he had faith in the future and always worked hard to make a better future for his wife and five children,” said Boyd.

Boyd’s father also encouraged his children to serve their country in the military. One day, Boyd decided to take advantage of a National Guard program that funds state tuition for its residents.

“I was a down-on-my-luck college kid with no money and I ran into my best friend on the subway one day. I hadn’t seen him for a few months and he said he just joined the National Guard. I was already going to University of Massachusetts, so I said I would join. I would do my time, get my education paid for and get right out. That was 34 years ago. I changed my mind and fell in love with



Chief Warrant Officer 4 Stephen Boyd is pictured piloting a UH-60 “Blackhawk” helicopter in September 2010, at Udari Army Airfield in Kuwait while deployed in support of Operation Iraqi Freedom. Inset: Boyd’s father, Army Staff Sgt. Arthur Boyd, is pictured (front row center) in 1942 with Company 3, 385 Engineers, a segregated unit. (Courtesy photos)

the military,” said Boyd.

Boyd joined the National Guard as a private in the infantry. After some time in the infantry, he became interested in the Army Aviation program.

“All of my buddies in town were infantry in a predominately African-American National Guard unit. They told me that I would never get into pilot training, and that there were no African-American pilots in Massachusetts, that I was going beyond my reach. I went in the hangar and told them that I would be willing to sweep floors or do any job just to get my foot in the door to the Army Aviation,” said Boyd.

Boyd began his career as a UH-1 “Huey” crew chief, eventually becoming a warrant officer and fulfilling his lifelong dream of becoming a pilot; after a brief retirement in 2008, Boyd returned to the Army and started to fly Blackhawks. After a brief period of time, he transitioned to fixed-wing aircraft and eventually deployed to Afghanistan as a Reconnaissance aircraft pilot.

“When I came out of retirement in 2008,

the Hueys were all gone. They became museum pieces and were sold to Third World countries. I deployed to Kuwait flying Blackhawks and the day I came back, I was selected for fixed-wing. Within six months I was at Fort Rucker to become qualified on C26 aircraft, then the Army needed King Air pilots and I deployed to Afghanistan flying RC-12 aircraft,” said Boyd.

In 2016, while completing his annual training in Gabon during Central Accord, Boyd was introduced to the U.S. Army Africa safety director. “I was blown away and didn’t know that such an organization existed and immediately fell in love with idea and concept. Bob asked if he could get me on active-duty orders to work with the safety office at USARAF if I would work for his team. I agreed and January of 2017, I came to Vicenza,” said Boyd.

Boyd attributes extensive experience in corporate operations and experience as a Six Sigma process analyst as a foundation for his methodology for the pilot safety program he spearheads in Africa. This is the second year of Boyd’s tour with USARAF.

“After USARAF I will probably retire. I love the mission. I love what I am doing. I love my job. I have tremendous respect for the safety team, and this project is like my swan song. It is something I would like to finish on a high note,” said Boyd.



Find more photos at <https://www.flickr.com/photos/usagvicenza/albums/72157694041503365>.



VICENZA — Vicenza Military Community members celebrated Black History Month with an observance that took place in the Golden Lion Conference Center Feb. 27. The theme of the 2018 observance was “African Americans in Times of War.” Joel Blakeney was the guest speaker for the event, which was hosted by 173rd Infantry Brigade Combat Team (Airborne). Blakeney inspired the audience with his discussion on three African-American warriors: Andre Cailloux, who moved others to fight for freedom during the Civil War; Henry Johnson of the “Harlem Hellfighters” posthumously awarded the Medal of Honor for heroism in World War I; and Doris Miller, awarded the Navy Cross for heroic actions at Pearl Harbor. Special guests also included the Vicenza Middle School Choir, Trill Village Dance Crew, and Baile con Sazon Dance Group. The event also included an award presentation and cake-cutting ceremony. (Photos by Laura Kreider, VMC Public Affairs Office)



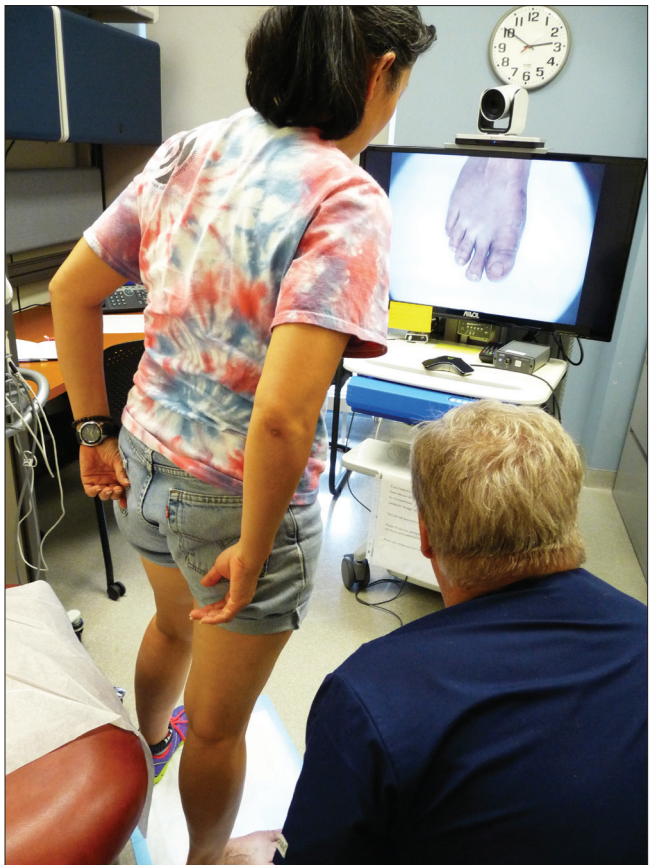
Robotics team participates in tech challenge

AVIANO AIR BASE — Vicenza High School's robotics team participated in the First Tech Challenge International Robotics Competition at Aviano High School-Middle School Feb. 28. The students constructed robots to hone their science and technology skills. Above left: VHS's "Java & the Hutts" get their robot inspected. Right: The team works on their robot in the pits. The team had some coding issues, and not all three of their robot's tools worked during the challenge. Community members who are interested in helping the team with Java coding should contact the school to inquire about a volunteer opportunity. *(Courtesy photos)*



Health & Wellness

Virtual Health reduces stress, time away from home



Sgt. 1st Class Mikki Wente (standing), U.S. Army Garrison Italy, meets with the orthopedic surgeon at Landstuhl Regional Medical Center, Dr. Veasna Srey, he Nurse Peter Benson, RN-Telehealth Nurse in Vicenza, assists during the appointment.

Telehealth is the delivery of health-related services and information via a myriad of technology solutions

Story and photo by Tamara Passut
Contributor

VICENZA — Since the U.S. Army Health Clinic–Vicenza started offering Virtual Health appointments about one year ago, more than 600 patients have been treated by a medical provider in Landstuhl, Germany, without the hassles of the commute.

The time patients have saved amounts to thousands of hours, keeping Soldiers in the mission and family members close to home and their support systems.

Virtual Health uses advanced telecommunication technologies to provide healthcare when long distances separate the care team from the patient.

These appointments are created from normal referrals from a Military Treatment Facility health care provider when a patient is referred to a specialist at another MTF.

The provider refers the patient, then the patient gets an email with date and time of their appointment.

When the patient arrives for their Virtual Health appointment at the clinic, a specially trained staff member, like a medical specialist or a nurse, performs all typical pre-appointment activities, like taking vital signs, measuring height and weight and more.

The nurse also explains what the patient can expect during the appointment, and the nurse will set up a mo-

bile cart with medical instruments, video monitor, microphone and speakers.

Then a specialty provider sitting at Landstuhl Regional Medical Center will appear on the computer screen and will perform the exam with assistance from the nurse, speaking to both the patient and the nurse through the video monitor. The audio, video and other health information is all sent over a secure Virtual Health network.

Some appointments may require use of special cameras which will be operated locally by the trained medic or nurse to help the specialist on the other end to see the specific need of the patient more clearly.

While not all referrals can be conducted through Virtual Health, there are tremendous benefits when this type of appointment is possible. Patients, families and military units see minimal work loss, less hassle, saved travel funds, no long drive to LRMCC with an overnight stay and possible traffic.

Virtual Health appointments have doubled since throughout the first year they have been available at the USAHC-V. Overall, patients have had very positive experiences, many of them sharing that it was easier than expected.

Many patients also submit comments saying they think Virtual Health should be used more often, because they were glad they didn't have to travel to Germany for a 30-minute appointment.

For more information, contact the USAHC-V Virtual Health team at DSN 636-9555, comm. 0444-67-9555.

Passut is the Patient Advocate and Public Affairs Representative for U.S. Army Health Center-Vicenza.

Decisions, decisions: Stay in bed or see a doctor?

by Tamara Passut
Contributor

VICENZA — The flu can pack a nasty punch. It is like having a cold virus on steroids.

Unfortunately, there isn't a different outcome from going to the doctor versus staying at home and taking good care of yourself from the comfort of your bed.

Staying home will certainly reduce your likelihood to spread the virus to others, and if you do go to the clinic — wear a respiratory mask (available in waiting areas) and wash your hands.

Those with a healthy immunization system can expect improvement from flu symptoms in about a week with proper home remedy treatments and over-the-counter

pain relievers such as ibuprofen or acetaminophen to reduce fever and body aches. Antihistamines and decongestants can help you breathe easier when you're congested as well.

When you are sick with a viral infection, drinking plenty of fluids and getting a lot of rest are the most beneficial recommendations. Draw down the shutters, curl up and take it easy for a few days. Ensure you are hydrated by replenishing fluids often and drinking more water than usual.

Children tolerate high fevers (higher than 102 degrees Fahrenheit) relatively well. Although it may be scary for parents, it doesn't necessarily mean the child needs to go to the doctor.

If a fever doesn't break after you have taken fever reducers, call and leave a nurse telephone consult for your primary care team or write your team a private message

through www.relayhealth.com

If you have a weakened immune system or you or your child start having significant symptoms such as difficulty breathing, excessive chest or stomach pain, dizziness and lightheadedness despite rest and hydration, and/or severe vomiting, it is likely that you need to see your medical care team.

These can be signs your body may not be able to fight off the flu on its own. Make appointments through www.TRICAREonline.com or call the clinic at DSN 636-9000, comm. 0444-61-9000.

A virus can quickly become an emergency in young children, elderly or those with weakened immune systems. If you or a loved one who has been sick begins to wheeze, have a bluish tint to their lips or skin, are hard to wake up, seem confused or have a high fever and a rash, seek medical treatment right away.



Robin Sampson (left), as Princess Winifred the Woebegone, and Kristi Fletcher, Queen Aggravain, perform "Shy" in Act One. Below: Jeremy Cates (left), the Minstrel, and John Valdespino, the Jester, perform "The Minstrel, The Jester and I."



Theatre takes on 'Princess and Pea' adaptation

VICENZA — “Once Upon a Mattress” cast members perform during a dress rehearsal at Soldiers’ Theatre Feb. 28. The Broadway musical comedy runs through March 18 on Caserma Ederle. The production, directed by Jerry Brees, will be USAG Italy’s entry in the 2018 IMCOM-Europe Tournament of the Festival of Plays Competition. Performances take place Fridays and Saturdays at 7:30 p.m. and Sunday matinees at 2 p.m. Tickets are \$15 for adults and \$12 for youth. For reservations, email request to gerald.s.brees.naf@mail.mil. More photos may be found <https://www.flickr.com/photos/usagvicenza/albums/72157664371733637>. (Photos by Laura Kreider, VMC Public Affairs Office)



Above: Kendall Seifert, as Lady Larken, sings "In a Little While" with Sir Harry, played by Herman Lockhart (not pictured).

Parent & Child

Effective praise is important part of positive parenting

By Mieke VanderBorgh
Contributor

VICENZA — *Good job! You're such a good kid!* How many times do parents say these words of encouragement? And rightly so: One of the best tools for positive parenting is giving praise. Praise can show your children that you love and appreciation them, and importantly, lets them know when they're doing something well.

But how many parents also know that experts and research suggest that some kinds of praise are more effective than others?

When your child does something well, it often just feels natural to say something like, "Wow, that was amazing!" But let's take a closer look at this kind of praise.

What did the child do to deserve the praise? From such a generic statement, we, as readers, can't possibly know. And guess what? Though children may be able to take a guess about what they did that was so amazing, they can't really be sure either.

Tip No. 1: Be specific. Remember that one of the most important jobs we have as parents is to guide and teach our children. The more specific we are about what they're doing well, the more we are teaching them what good behavior is -- and the more they'll be able to repeat it in the future.

Did they clean up their room without being asked? Try, "Wow, your room looks so nice with all the toys

and clothes put away. And I really appreciate that you cleaned up all on your own."

After your child speeds through her math homework, you encourage her with a heartfelt: "You're so smart!" But what happens when she struggles with the next assignment, or even brings home a bad grade? If she's smart when she succeeds, she must be stupid when she has trouble or -- gulp -- fails.

Tip No. 2: Praise effort, not achievement. When you help your child see that success is because of effort, she will be less likely to give up when challenged. Do this by offering praise that focuses on the work your children put into what they're doing.

For instance, "You concentrated really well and worked really hard on your math homework -- and you got through it so quickly!"

Okay, so how about this one: It's art time and your 2-year-old enthusiastically grabs as many crayons as he can and uses big arm strokes to scribble them all over the paper. Cute? Yes. An enriching exercise in hand eye coordination, fine motor control, and creative expression? Absolutely. The next Van Gogh? Probably not.

Tip No. 3: Be realistic. You can praise your budding artist without going overboard with, "That's an amazing drawing." Often, children just want to be acknowledged and they want your attention. So take a hint from tips No. 1 and 2 and acknowledge your child's efforts by focusing on something specific.

You can try, "Wow, today you really liked to use red." Children do not need excessive praise; in fact, when you exaggerate, it can even end up making your children feel silly and make you look insincere.

This is also holds true for tasks that should be easy. Let's say you fawn over your 8-year-old for putting on

her jacket all by herself. She may start to have less faith in her abilities ("Gosh, if I get so much praise for doing something so ridiculously easy, I must not be very competent") and in you when you encourage her for real accomplishments ("I shouldn't listen to them; my parents get really excited for every little thing I do").

Finally, to round things off, the best praise is absolutely sincere and is as timely as possible. That is, say it with a genuine smile and really mean it.

Sarcasm, comparisons or competitive comments can be confusing and ultimately hurtful to children. And praise is most effective when it is delivered as close to the praiseworthy behavior as you can get it. The longer you wait, the more the positive effects may get dampened by time.

One of the pillars of positive parenting is showing your kids love and support. What better way to do that than praising your children thoughtfully and purposefully? Giving effective praise can take some practice, but eventually it will start to come naturally.

And when you succeed at giving great encouragement, don't forget to praise yourself for the wonderful job you're doing raising a confident, successful little person.

(VanderBorgh has a Ph.D. in developmental psychology. She is an expert in early cognitive development in children. She is also the Child Development Specialist/Media Educator and Family Advocacy Program Parent-Child Educator and Emergency Placement Coordinator for U.S. Army Garrison Italy.)

Offer praise that focuses on the work your children put into what they're doing



Annual prayer breakfast

VICENZA — Members of the Vicenza religious community gathered Feb. 18 in Caserma Ederle's Golden Lion to help celebrate the Vicenza Prayer Breakfast. More than 150 people from inside and outside the gate attended the annual event that was started by Abraham Vereide, a Norwegian immigrant and Methodist minister who lived in Seattle in the 1930's. The first president to attend a prayer breakfast was Dwight Eisenhower, who attended in 1953.

(Photo by Mark Turney, VMC Public Affairs Office)

Chaplains discuss deployment cycle support, combat stresses

by Maj. Jeremy Passut
U.S. Army Africa Public Affairs Office

LUSAKA, Zambia — Zambian Defense Force (ZDF) and United States Army Africa chaplain corps met at the ZDF conference center Jan. 23-25 to discuss African continental peacekeeping operations deployment cycle support and to study the emotional and spiritual stresses of combat on the African continent.

The event, hosted by ZDF Chief of Chaplains Brig. Gen. Vincent Mwenya, was part of the ZDF chaplain corps multi-year developmental plan and a continuation of USARAF and Zambian chaplain collaboration.

The developmental plan includes crafting a basic core curriculum and subsequent training implementation for the entire joint force of the Zambian chaplain corps.

The group discussed topics chosen by Mwenya, to include women and combat, suicide prevention, moral leadership development and ethical behavior.

"I have never felt so ready for deployment and also to help families of our troops on deployment as I feel now because of the knowledge and insight I got from the seminar," said Maj. Bossy Nkhoma, a Zambia hospital chaplain.

"Zambian chaplains brought a wealth of peacekeeping operations deployment experience, from veterans of the Rwandan genocidal period to the present-day stresses of Central African Republic and Democratic Republic of Congo," said USARAF Command Chaplain (Col.) David Lile.

Lile and Sgt. 1st Class George L. But-



Warrant Officer Class 1 Wirgan Mwape from Zambian Defense Force, left, and Chaplain (Col.) David Lile, U.S. Army Africa command chaplain, participate in a suicide prevention training exercise during a January seminar in Lusaka, Zambia. During the seminar, the chaplains discussed peacekeeping operations deployment cycle support and the emotional and spiritual stresses of combat on the African continent. (Courtesy photo)

ler, USARAF senior religious affairs noncommissioned officer, met with 31 chaplains and chaplain assistants from the Zambian joint force during the eight-day exchange.

"This group of chaplains has collectively witnessed the 78 Zambian peacekeeping deployment deaths to date," Lile said. "Throughout two decades of deployment, they have been an essential element to an impeccable record of human rights and ethical behavior in the toughest neighborhoods of Africa."

Zambia has been actively involved with peacekeeping operations and routinely partners with USARAF for security cooperation events on the African continent. The last chaplain exchange between the two took place in March 2017.

Through defense institution building exchanges, Mwenya hopes to learn from U.S. Chaplain Corps programs of instruction and ultimately build an accredited Zambian chaplain center and school in Lusaka that will offer standardized training to all joint Zambian chaplains.

Chapel Activities

Chapel Services, Vicenza
VMC Chapel
Building 29, DSN 637-7575

Sunday schedule

9-10 a.m.	Roman Catholic
11 a.m.-noon	Protestant
1:30-3 p.m.	Gospel
5-6 p.m.	Contemporary Protestant

Protestant Women's Bible Studies

9:15 a.m.-noon	Tuesdays
5:30-7 p.m.	Tuesdays

Protestant Men of the Chapel

Bible Study	5:30-7 p.m.
Tuesdays	

Saint Mark's Catholic Women of the Chapel

9 a.m.-noon	Mondays
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Youth of the Chapel

Grades 6-12	5:30-8 p.m.
Wednesdays	

Bible/book studies

Chapel Activity Room, Building 29
6:30-7:30 p.m. Thursdays
Gospel Service/Bible Study

The Church of Jesus Christ of Latter-Day Saints

Building 395 6:30-7:30 a.m.
Mon through Fri

Jewish: Call chapel for more information.

Del Din Soldier Ministry

Call DSN 637-4690 for information.

Chapel Services
Camp Darby
DSN 633-7267
comm. 050-54-7267

Sunday schedule

9-10 a.m.	Roman Catholic
10:30 a.m.	Protestant

Protestant Women of the Chapel

Bible Study	Tuesdays
9:30 a.m.	

EXCEPTIONAL FAMILY MEMBER PROGRAM

PARENTS CONNECT

First Wednesday of the Month
from 1-2 p.m. at ACS (Bldg. 108)

Join this group to meet other parents, network, share resources, and get encouragement from other EFMP families.

Open to all EFMP parents regardless of EFMP diagnosis. Young children may accompany parents.

For more info, call 0444-71-7500/8582.
Facebook: @USAGItalyACS
www.italy.army.mwr.com

MWR

There will be a continental breakfast following the service
Civilian Attire: Dress warmly

The Caserma Ederle Chapel Community invites you to its
Annual Easter Sunrise Service
ALL are welcome!

Celebrate Easter Together

April 1 2018 at 0700
Hoekstra Field

SUNRISE SERVICE
CELEBRATE THE RESURRECTION

If you have any questions, please contact the Ederle Chapel at 637-7575

Are we there yet?

Making gelato may be the coolest thing you do in Italy

Story and photos
by Karin J. Martinez
Outlook Editor

ANZOLA DELL’EMILIA, Bologna — Gelato lovers, unite! Opportunities abound for those interested in tasting gelato, learning about the history of the icy treat, or trying your hand at making it.

Whether stationed in Vicenza or Livorno, travelers looking for a “cool” experience in Italy need look no further than a two-hour drive to Carpigiani Gelato University and the Gelato Museum in the Emilia-Romagna region, near Bologna.

Carpigiani Group was founded in 1946 by brothers Bruto and Poerio Carlo Carpigiani, after the success of the first automatic gelato machine, the *Autogelateria*, in 1944. The university was founded in 2003 as the education division of Carpigiani, now the world’s leading maker of gelato- and ice cream-making equipment.

Entrepreneurs from all over the world who want to open their own gelato shops (*gelaterie*) or become gelato masters attend courses at the university for weeks at a time, to learn from a renowned faculty of experts. In fact, the complete four-level curriculum to become a *gelatiere* can be accomplished in one month, for about \$5,000. Seminars are taught in Italian, English, French and German.

But you don’t have to spend a month — or that much money— at the university to learn some basics; there are a variety of workshops that can be done in just an hour or two and cost anywhere from €20 to €50. They include gelato tasting, family gelato making, gelato master class and more.



The Gelato Master Class includes hat, apron, educational materials, and the opportunity to taste many flavors of gelato.

Workshops are open to individuals, families, and small and large groups, and you’ll even end up with a diploma to use for bragging rights. There are also meeting rooms and team-building opportunities, and a place to celebrate birthdays.

If you don’t want to make gelato, you can learn about it. The Gelato Museum, begun in 2012, is considered a cultural center for the study of the history, culture and technology of gelato. Its mission: to educate people about the culture of quality, artisanal gelato.

Visitors may take a guided tour to learn



Carpigiani Gelato University is recognized internationally as the "breeding ground" of successful gelato entrepreneurs. Spend an afternoon at the university, Gelato Museum, and the *gelateria*.

about gelato and see its development through the decades, as well as gelato molds, cone-making machines and delivery bicycles.

Reservations are required for all workshops and guided tours. Book online at www.gelatomuseum.com. If you’re not quite sure what best suits the needs of your family or group, call them at +39 051 650 5306. Staff members speak multiple languages and are happy to assist with your planning.

The Gelato Museum is open Tuesday through Saturday, 9 a.m. to 6 p.m.

The best way to get to Carpigiani is by car via highway A1. Exit at Bologna, Exit 3; using GPS, enter Via Magli, Anzola dell’Emilia 40011.

Find the museum on Facebook at Carpigiani Gelato Museum; and Twitter and InstaGram, Carpigiani1946.

Let us know you took this trip! Post a photo on the USAG Italy Facebook page, www.facebook.com/VMCItaly. Or tag us: #VMCItaly.

OPTIONS

(Continued from page 1)

creasing and have more than doubled over the past four years. Add to that an increase in other international families such as foreign contractors with Italian companies vying for a limited number of slots and we end up with more kids than space,” said Potter. “As competition for acceptance into ISF is stiff and space is limited, some students may not be able to enroll due to either lack of space or academic needs that can't be met there.”

Families not enrolled, whether due to lack of space or appropriate academic options for their children, were previously left with only the option to homeschool their children. While homeschooling is a viable option for some students, it may not be for everyone.

“I think this decision is a good example of how the Army garrisons, DoDEA representatives and more important, the parents, can work together to help military families stationed overseas,” Potter said.

For more information on the NDSP and eligibility, visit www.dodea.edu/non/DOD.

COMPETES

(Continued from page 1)

and awards a cash prize: 1st-\$250, 2nd-\$200 and 3rd-\$150. Those winners then go on to compete at district level, and district-level winners go on to compete against all of Europe. Winning essays from Europe get sent to the USA to compete at national level for a grand prize of \$5,000 and an all-expense paid trip to Washington, D.C.

Schorn's essay is now being judged at the national level. See essay at left. (VMS)

Out & About

by Anna Terracino
VMC Public Affairs Office

MARKETS

VENETO

Lonigo (Vicenza): March 11, 8:30 a.m.-7 p.m., Via Garibaldi, Piazza XX Settembre, Via Ognibene (about 100 vendors)

Montegrotto (Padova): March 11, 8 a.m.-7 p.m., Piazza 1° Maggio (about 70 vendors)

Portobuffolè (Treviso): March 11, 7 a.m.-7 p.m., Piazza Beccaro (about 250 vendors)

Vicenza: March 11, 8 a.m.-6 p.m., Piazza dei Signori, Piazza Duomo, Piazza Garibaldi, Piazza Palladio, Piazza Biade and Piazza Castello (220 vendors)

Villafranca (Verona): March 11, 8 a.m.-7 p.m., Piazza Castello (90 vendors)

Abano Terme (Padova): March 18, 9 a.m.-6 p.m., Piazza Caduti 1 (about 80 vendors)

Bassano del Grappa: March 18, 9 a.m.-7 p.m., Piazza Terraglio

Cittadella (Padova): March 18, 8 a.m.-6 p.m., downtown squares and streets (about 100 vendors)

Este (Padova): March 18, 8 a.m.-7 p.m., Piazza Maggiore and Via Matteotti (about 60 vendors)

Godega di Sant’Urbano (Treviso): March 18, 8:30 a.m.-6:30 p.m., Via Roma. (about 250 vendors)

Malo (Vicenza): March 18, 9 .m.-7 p.m., Piazzale Zanini and surrounding roads

Montagnana (Padova): March 18, 8 a.m. to sunset, Piazza Maggiore 150 (about 60 vendors)

Padova: March 18, 8 a.m.-8 p.m., Prato della Valle and Via Umberto I (about 180 vendors)

Soave (Verona): March 18, 8 a.m.-6 p.m., Piazza Antonio Marogna and Corso Vittorio Emanuele (about 110 vendors)

Verona: March 17, 8 a.m.-5:30 p.m., Piazza S. Zeno (about 100 vendors)

TUSCANY

Bolgheri (Livorno): March 10-11, 9 a.m.-7 p.m., downtown squares and streets

Florence (Tuscany): March 11, 9 a.m.-7 p.m., Piazza Santo Spirito and Borgo Tegolaio (about 100 vendors)

Forte dei Marmi (Lucca): March 10-11, 8 a.m.-7 p.m., Piazza Dante

Montepulciano (Siena): March 10-11, 9 a.m.-7 p.m., Piazza Grande

Piombino (Livorno): March 10-11, 9 a.m.-7 p.m., Piazza Cappelletti, Corso Italia, via Fucini, Piazza Gramsci

Pisa: March 10-11, 9 a.m.-8 p.m., Piazza dei Cavalieri

Pistoia: March 10-11, 9 a.m.-7 p.m., Via Cavour and Via Bozzi

Vicopisano (Pisa): March 11, 8 a.m.-6 p.m., Piazza Domenico Cavalca

Certaldo (Florence): March 18, 9 a.m.-7 p.m., Piazza Boccaccio and Via Cavour

Florence: March 17-18, 9 a.m.-7 p.m., Fortezza da Basso Gardens, Viale Filippo Strozzi (about 130 vendors)

Lucca: March 17-18, a.m.-7 p.m., Piazza Antelminelli, Piazza S. Giovanni, Piazza San Giusto, Via San Giovanni, Corte Bertolini (about 230 vendors)

Marina di Grosseto (Grosseto): March 17-18, 9 a.m.-7 p.m., Via XXIV Maggio and Via Cadorna

Pontedera (Pisa): March 17, 9 a.m.-6 p.m., main squares and streets downtown

Ponte a Egola (Pisa): March 18, 8 a.m.-7 p.m., Piazza Garibaldi and Via XXV Aprile

Quarrata (Pistoia): March 18, 9 a.m.-6 p.m., Piazza Risorgimento

Siena: March 18, 9 a.m.-6 p.m., Piazza del Mercato

America’s Gift to My Generation
by Aliuna Schorn, 8th-grader



If someone were to travel to our time from over a century ago, what would they notice? Aside from the new technology, I believe they would be confused by the way our perspective on equal rights has changed. They would see women in military service, people of color with college degrees, and individuals allowed to practice their own religion. When I look back at how far we have come in the past century, I think about how far equality has come. America’s gift to my generation is equality for all, no matter what race, gender, or religion you practice.

One way America has given us the gift of equality is through the start of the Women’s Army Corps (WAC). Edith Rogers introduced the first bill to establish a women’s auxiliary in May 1941. These brave women served in many wars. In 1980, 16,000 women who had joined WAC were granted veterans’ benefits. In 1978, men and women were integrated within the U.S. Army. The Women’s Army Corps has set the foundation for equal rights for women, allowing them to pursue many new career options. Gender equality is America’s gift to my generation.

Another way America has given my generation the gift of equality is through the Civil Rights Act in 1964. The Civil Rights Act outlawed segregation in theaters, restaurants, and hotels. It also ended segregation in public places such as swimming pools, libraries, and public schools. In 1963, Dr. Martin Luther King Jr. gave his famous “I Have a Dream” speech. Stokely Carmichael gave a powerful speech at a student conference in 1966. He spoke on behalf of African Americans across the country who were tired of being treated like they were less than human beings because of their skin color. Black activists like Martin Luther King Jr. and Carmichael helped make it possible for my generation to work alongside people of any race. Racial equality is America’s gift to my generation.

America’s gift to my generation is equality for everyone. It doesn’t matter what race or gender you are. It doesn’t matter what religion you practice. The only thing that matters is that we are all equal. Together, we are American citizens, but above all we are human. If someone were to travel to our time from over a century ago, they would notice many changes in equal rights. What will we change for the next generation?

(Submitted to the Outlook by Vicenza Middle School; see story, page 1)

News briefs

No application fee

University of Maryland University College is waving the \$50 application fee. The application fee will be waived for anyone who attends an hourlong webinar March 14 and applies for admission between then and 30 days after the webinar. Call or stop by the Vicenza Education Center, Building 126, Monday through Friday, 8 a.m. to 6 p.m. Phone: DSN 314-637-8147, comm. 0444-61-8147.

Blended Retirement System

Department of the Army Retirement Services Officer Mark Overberg will conduct a Blended Retirement Services briefing March 26 at the post theater on Caserma Ederle. All service members are encouraged to attend. Two sessions will take place: 9-10:30 a.m. and 1-2:30 p.m. An 18+ years briefing will take place for retiring Soldiers from 2:30-4 p.m.

Each session will include a questions and answers session, and the Army Community Service financial counselor will be on hand.

The new system went into effect Jan. 1. Active component members with fewer than 12 years of service and U.S. Army Reserve component members with fewer than 4,320 points as of Dec. 31, 2017, are able to choose to opt in to the system if they choose. The opt-in window started will end Dec. 31, 2018.

Contact the retirement services officer at DSN 637-7747 or the ACS financial counselor at 634-8634 for more information.

OU on Ederle

The University of Oklahoma is now at Vicenza. An OU representative will be available every Wednesday from 2:30-5:30 p.m. in the Ederle Education Center, Building 126.

OU offers three graduate programs: Master of Human Relations, Master of International Relations, and Master of Education. Additionally, the Human Relations program offers two graduate certificates: Human Relations Diversity and Development, and Helping Skills in Human Relations.

Stop by the education center or send an email to Autumn.L.Paul-1@ou.edu for more information about the programs.

Federal resumé workshop

Learn how to complete the "outline format" federal resumé – leveraging KSA’s, core competencies and accomplishments. Identify the purpose and components of a federal resumé. Learn how to create an effective resumé by evaluating job announcements and using keywords for a targeted resumé. Open to all transitioning service members, family members, Department of Defense civilian employees, retirees and veterans.

The workshop takes place April 16, June 25, July 23, Aug. 28 and Sept. 20, 9 a.m.-4 p.m. at the Soldier for Life-Transition Assistance Center, Building 126, Room K. Please bring your own writing supplies to the workshop. Seating is limited, so you must be registered to attend. Contact the SFL-TAP Center at DSN 314-637-8151/8152/8154/8153, or email usarmy.usag-italy.imcom-europe.mbx.sfl-tap@mail.mil to register.

Education center graduation

Every year, the Army Education Center plays host to a Graduation Recognition Ceremony to celebrate and honor the academic achievements of the military community. This year the ceremony will take place May 24 from 11 a.m. to noon

at the Golden Lion. Anyone who has graduated in the past year or is within 12 semester hours from graduation are invited to participate.

If interested, please stop by the Army Education Center, Bldg. 126 on Caserma Ederle, or contact by phone or email: DSN 637-8141, comm. 0444-61-8141; vicenza.edcenter@us.army.mil to pick up an application. Applications for the ceremony are due no later than May 1.

Apply now for VCC scholarships

The Vicenza Community Club offers three education scholarships this spring: the High School Senior Scholarship for 2018-19 academic year; Emi Fondi Scholarship for adult VCC members; and Pia Manetti Scholarship for dependents of VCC members. Spring 2018 applications are open through April 15. For more information, visit the VCC webpage at http://vccitaly.org/scholarships. Or contact Rose Roorda, scholarships chairperson at scholar-vcc@vccitaly.org; call 329-815-7024.

PCS'ing with school-age children

Families making a permanent change of station with children currently enrolled in school are asked to contact the school registrar as soon as possible upon notice of PCS, to schedule a time to pick up their children’s records. Ten days’ advance notice is required during the school year.

Make VA benefits appointments

Anyone with questions about veterans benefits should make an appointment with the Department of Veteran Affairs Overseas Military Service Coordinator (OMSC).

The OMSC is available March 22-23. Receive assistance with eBenefits enrollment, disability compensation, claims development, education benefits, housing, survivor benefits and more.

Active-duty service members, veterans, survivors, spouses and dependents may make individual appointments. Call DSN 637-8155/8156, comm. 0444-61-8155/8156. Or email julie.machak@serco-na.com or kathryn.dunbar@serco-na.com.

Medical benvenuti

The U.S. Army Health Center-Vicenza welcomes newcomers with their 'benvenuti' healthcare briefing. The briefing takes place every Wednesday, 1:15-2 p.m. in the training classroom at the health center. Tour the clinic and ask questions. Children are welcome if childcare cannot be arranged.

Stop smoking with QuitSmart

The U.S. Army Health Clinic-Vicenza has a new option for tobacco cessation, a process called QuitSmart. The program is free and available to all TRICARE beneficiaries and Department of Defense/DoDEA civilians. There is a one-hour orientation class, one-hour individual meeting with a provider, and three one-hour group sessions every other week. For information on how to sign up, call DSN 636-9508, comm. 0444-61-9508.

EFMP Parents Connect

Parents of children enrolled in the Exceptional Family Member Program are encouraged to join Parents Connect the first Wednesday of each month, 1-2 p.m. at Army Community Service, Bldg. 108. The group is for parents to meet other parents, network and share resources. For more information, call 0444-71-7500/8582, or visit the ACS page on Facebook, @USAGItalyACS.



Undefeated!

VICENZA — Members of Team Celtics, Vicenza Child & Youth Services minors basketball league, pose with their coaches Brett Smith and Rob Rivera after an undefeated season. The players, ages 7-9, finished their season (December to March) with a 6-0 record.

(Photo by Wesley Cyrus)

At the movies



Thoroughbreds
(Rated R)

Two upper-class teenage girls in suburban Connecticut rekindle their unlikely friendship after years of growing apart. Together, they hatch a plan to solve both of their problems — no matter what the cost.

Mar 9	7 p.m.	Thoroughbreds	(R)
	10 p.m.	Gringo	(R)
Mar 10	3 p.m.	A Wrinkle in Time in 3D	(PG)
	6 p.m.	Gringo	(R)
Mar 11	3 p.m.	A Wrinkle in Time	(PG)
	6 p.m.	Thoroughbreds	(R)
Mar 14	7 p.m.	Gringo	(R)
Mar 15	7 p.m.	Thoroughbreds	(R)
Mar 16	7 p.m.	Tomb Raider in 3D	(PG-13)
	10 p.m.	7 Days in Entebbe	(PG-13)
Mar 17	3 p.m.	Love, Simon	(PG-13)
	6 p.m.	Tomb Raider	(PG-13)
Mar 18	3 p.m.	7 Days in Entebbe	(PG-13)
	6 p.m.	Love, Simon	(PG-13)
Mar 21	7 p.m.	Tomb Raider	(PG-13)
Mar 22	7 p.m.	7 Days in Entebbe	(PG-13)
Mar 23	7 p.m.	Pacific Rim Uprising in 3D	(PG-13)
	10 p.m.	Paul, Apostle of Christ	(PG-13)
Mar 24	3 p.m.	Sherlock Gnomes in 3D	(PG)
	6 p.m.	Pacific Rim Uprising	(PG-13)
Mar 25	3 p.m.	Sherlock Gnomes	(PG)
	6 p.m.	Paul, Apostle of Christ	(PG-13)
Mar 28	7 p.m.	Paul, Apostle of Christ	(PG-13)
Mar 29	7 p.m.	Paul, Apostle of Christ	(PG-13)

Admission

3D first run: Adult \$8.50/Under 12 \$5.75
3D second run: Adult \$8/Under 12 \$5.50
First run: Adult \$6.50/Under 12, \$3.75; Second run: Adult \$6/Under 12 \$3.50
Schedule is subject to change without notice.

La Festa del Papà
Father's Day

March is a time of festivity in Italy. From celebrating new blooms to weather changes, March is also the time when Italians celebrate St. Joseph's Day or their Father's Day. While Americans celebrate it in the month of June, Italians honor their dads on March 19, known as St. Joseph's Day, to commemorate *San Giuseppe*, father of Jesus Christ and therefore, a fatherly symbol of love, compassion, kindness, generosity and acceptance. In some places, people light bonfires to celebrate this day, and annual donkey races are still held in some parts of Italy. Children usually buy gifts to their fathers as a sign of honor and reverence. Typical sweets are the St. Joseph's Day cream puffs, or *Zeppole di San Giuseppe*; they are more common in southern Italy but can also be found in some local *pasticcerie* (pastry shops).

VENETO & NEARBY

Festa di San Giuseppe e Festa della Quaglia allo Spiedo

St. Joseph Festival and Spit-Roasted Quail Fair
March 9-11, March 16-18 and March 21-25, Villaganzerla, about 9 miles south of Vicenza. Carnival rides, fair trade market, craft show, painting and photo exhibits; food booths featuring the traditional spit-roasted quail and other local specialties open at 7 p.m. Charity raffle, live music and dancing starts at 9 p.m.

Carnevale/Carnival

March 10, Camisano Vicentino, 6-9 p.m. Float parade departs at 7:30 p.m. from Piazza Costituzione; food booths and entertainment. In case of inclement weather, the event will be cancelled.

Bollicine in Villa

“Bubbles in Villa” - Wine Fair

March 10-11, 10 a.m.-8 p.m., Mirano (Venezia), Villa Barchessa XXV Aprile, Via Mariutto 1. The €30 entrance fee includes a professional tasting glass, a door strap cup, a pen and a catalog where producers are listed. The wine tasting is reserved for adults, admission for children accompanied by parents is €1. Get a discount (€25) by buying your ticket online before March 9 at <https://www.bollicineinvilla.it/>.

Sagra del Mandorlo

Almond Festival

March 11, 10 a.m.-7 p.m., Arquà Petrarca (Padova). Almonds and local product sale. Guided 3km nature walking tour starts at 2 p.m.; music and dance shows at 4 p.m. In case of inclement weather, the event will be postponed to March 18.

Orto Giardino

Exhibit of floriculture, nursery products, horticulture and outdoor furniture

Through March 11, Pordenone, Viale Treviso, 1, about 90 miles northeast of Vicenza. Mondays-Fridays 2:30-7:30 p.m.; Saturdays-Sundays 9:30 a.m.-7:30 p.m.; admission fee: €8; reduced €6 for children 13-18. Free entrance for children younger than 13.

Sport Expo – La fiera dello sport giovanile
Youth Sports Fair

March 10-11, 9 a.m.-7 p.m., Verona, Viale del Lavoro 8, about 38 miles west of Vicenza. The aim of this fair is to promote sport activities, which provide children and youth with many opportunities to grow both physically and socially. Information and demonstration of volleyball, football, basketball, rugby, tennis, archery, canoeing/kayak; great fun for children and their parents. Free entrance by registering at <http://www.dnasportconsulting.somee.com/SportExpo/Registrazione.aspx>. <http://www.sportexpoverona.it/>

Irlanda in Festa

Irish Fest

March 14-18, Padova, Geox Theatre, Via Tassinari 1, about 24 miles southeast of Vicenza. Typical Irish cuisine and beers; live Celtic music and Irish dance, kick boxing, carnival rides. Free entrance to all concerts and events; for a detailed program, visit <http://www.zedlive.com/irlandainfesta/>.

Abilmente, Mostra-atelier della manualità creativa
Bricolage and Manual Creativity Fair

March 15-18, Vicenza, Via dell'Oreficeria 16. Hours



St. Joseph's Day pastry

9:30 a.m.–7 p.m.; embroidery and patchwork exhibits and workshops; sewing and T-shirts decorations classes; creative techniques workshops for children. Admission fee: €12; reduced €10 (youth aged 13-18, senior citizens over 60, groups of more than 10 persons). Free for children younger than 13.

Haru no Kaze – Vento di Primavera

Japanese Spring Wind Festival

March 16-25, Vicenza. *Haru no Kaze* means “spring wind” and symbolically indicates the arrival of spring with its wind that carries away the winter — giving way to new life. Workshops on typical Japanese food, kimono clothing, origami, ikebana, bonsai. Free classes and workshops; seating is limited. Reserve your seat by calling 345-649-7944. An English-speaking operator is available.

Model Expo

March 17-18, 9 a.m. to 7 p.m., Verona, Viale del Lavoro 8, about 38 miles west of Vicenza. Miniature trains, planes, trucks, cars; historical models, kites, and shows; hands-on workshops. Entrance fee: €15. Reduced: €13 for children between 12 and 16; € 5 children aged 6-11; free for children younger than 6.

Fiera Militare Triveneto

Military Fair

March 17-18, Santa Lucia di Piave (Treviso); March 17, 10 a.m.-6 p.m.; March 18 10 a.m.-5 p.m. Exhibit and sale of vintage uniforms, medals and decorations; technical tools modeling and cutlery, military documents and books. Entrance fee: €7 or €5 if you purchase your ticket on at <https://www.venetoingrigioverde.com/info/biglietto-ridotto.html?view=form>; reduced €5 for children ages 10-14; free for children under 10.

Fiera Antiquaria

Antique Fair

March 17-25, weekdays, 3-8 p.m., Saturdays and Sundays, 10 a.m.-8 p.m.; Padova, Via Tommaseo 59, about 24 miles southeast of Vicenza. Antique furniture and rugs; glass art products; jewelry, museum collections, paintings and sculptures. Admission fee: €8; reduced €4 for children age 13-17 and senior citizens older than 65; free for younger than 13.

Processo alla Vecia Fila

Procession of the Old Lady

March 18, 2-10 p.m., Monte di Malo. Local crafts and product exhibit and sale opens at 2 p.m.; 4 p.m. parade of the Vecia Fila downtown. Veneto folk songs; fire-eaters and flag throwers. Food booths open at 5 p.m.; 6 p.m. live music with the local band; 7:30 p.m. procession of the *Vecia Fila* and her burning at 10 p.m.

No Driving Sunday

March 18 has been declared a “no driving day” in Vicenza in all ZTL (no traffic zone) areas. The ordinance applies to all vehicles including SETAF registered vehicles. Vicenza city residents cannot use their vehicles from 9 a.m. to 6 p.m. in the historic city center and adjacent neighborhoods. Free parking at Stadio and Via Cricoli parking lots, and free buses from 7:30 a.m. to 6 p.m.

StraVicenza Marathon

The annual StraVicenza 2km, 5km and 10km runs will take place **March 18** at 10 a.m. Start and finish will be on Viale Roma, across the main train station;



Creativity Fair, Vicenza

register now at Puro Sport, Via del Verme 3, the cafés at the Palladio Mall, San Bortolo Hospital café, Pomi Copy Line, Via Adenauer, Framarin restaurant, Viale Battaglione Framarin, Fogher restaurant, Viale Diaz, or March 18 the StraVicenza Point, in Campo Marzo, 7:30-9:45 a.m. Registration fee is €4 and €2 for children younger than 14; cost includes bib number, snack and medical coverage. Bag storage service is available for €1.

Di Carta/Papermade

Works in Paper Exhibit

Through March 25, Schio, Palazzo Fogazzaro, Via Fratelli Pasini 44. Open Saturdays-Sundays, 10 a.m.-12:30 p.m. and 3:30-7 p.m. The exhibit is a collection of works in paper that include different formats such as prints, books, and great variety of paper crafts. Free.

Van Gogh Alive Exhibit

Through April 2, Verona, Palazzo della Gran Guardia, Piazza Brà; Mondays-Thursdays, 10 a.m.-10 p.m., Fridays-Saturdays, 10 a.m.-11 p.m.; Sundays, 10 a.m.-9 p.m. Verona, Palazzo della Gran Guardia, Piazza Brà; Mondays-Thursdays, 10 a.m.-10 p.m., Fridays-Saturdays, 10 a.m.-11 p.m.; Sundays, 10 a.m.-9 p.m. Explore Van Gogh's work and life experiences during the period 1880 to 1890. Entrance fee: €14; reduced €12.

Van Gogh – Tra il Grano e il Cielo

Van Gogh Exhibit – Between Wheat and Sky

Through April 8, Vicenza, Palladian Basilica, Piazza dei Signori, Mondays-Thursdays, 9 a.m.-6 p.m.; Fridays-Sundays, 9 a.m.-8 p.m. The main works by Van Gogh are on display, featuring over 120 works among paintings and drawings. Entrance fee: €14; reduced €11 (for students younger than 26 and senior citizens older than 65); €8 (children 6-17); free for children younger than 6.

Rivoluzione Galileo. L'arte incontra la scienza

Galileo Revolution. Art Meets Science

Through April 22, Padova, Monte di Pietà Palace, Piazza Duomo; weekdays 9 a.m. - 7 p.m.; Saturdays-Sundays and Italian holidays, 9 a.m.-8 p.m. This exhibit aims to investigate the influence of Galileo's discoveries on art history and on people's perception of the universe. Entrance fee: €12; reduced: €10.

I Love Lego Exhibit

EXTENDED through April 22, Tuesday-Sunday, 9:30 a.m.-7:30 p.m.; Monday 2:30-7:30 p.m., Verona, AMO Palazzo Forti, Via Abramo Massalongo 7. Five different "worlds in miniature" cover dozens of square meters of exhibition space. Entrance fee: €8; reduced €4 (children 6-12).

Botero Exhibit

EXTENDED through April 22, Verona, Palazzo Forti, Via Achille Forti 1; Mondays, 2:30-7:30 p.m.; Tuesdays-Sundays, 9:30 a.m.-7:30 p.m. The exhibition is divided into sections devoted to the different themes, to include sculpture, versions by ancient masters, religion, politics, and Latin American life. Entrance

fee: €14 (includes audio guide).

Andy Warhol Exhibit

Through May 1, Treviso, Casa dei Carraresi, Via Palestro 33/38. Mondays-Thursdays, 10 a.m.-6 p.m.; Fridays-Sundays, 10 a.m.-8 p.m. This exhibit focuses on the concept of superstars. Entrance fee: €12; reduced €10 (students younger than 26); €8 (children 6-18); free for younger than 6.

Frida Kahlo – Oltre il mito
Frida Kahlo – Beyond the myth

Through June 3, Milan, Mudec, Museo delle Culture, Via Tortona 56. A full exhibition dedicated to Frida Kahlo, from the beginning of her career until the latest steps of her artistic production. The works on display are divided into five sections: politics, women, violence, nature and death.

Il silenzio assordante di Chernobyl
Chernobyl's Deafening Silence

Through Aug. 26, 2-8 p.m. (last entrance at 6 p.m.), Vicenza, former Caserma Borghesi, Via Borgo Casale 49. Multimedia exhibit on the Chernobyl nuclear accident and its consequences. Entrance fee: €8; free for children younger than 10.

La Partita a Scacchi a personaggi viventi
Live Chess Game

Sept. 7-9, Marostica, Piazza degli Scacchi, about 18 miles north of Vicenza. Grand opening Sept. 7 at 9 p.m., Sept. 8-9, 9 p.m. This chess match commemorates the historic chess match of 1454. The game is a re-enactment of the match that Lord Taddeo Parisio held to determine the marriage of his daughter. Purchase tickets well in advance online at <http://www.marosticascacchi.it/it/partitaascacchi/ticket.html#1>. <http://www.marosticascacchi.it/#1>.



TUSCANY

Sagra del Baccalà
Cod Fish Fair

March 9-11, Orbetello (Grosseto), Via dello Stadio 8. Food booths featuring cod fish and many other local specialties open at 7:30 p.m. and, on Sunday, also at noon. Entertainment and music.

Sagra del Tartufo Marzuolo
Marzuolo Truffle Fair

March 9-11, March 16-18 and March 23-25, Certaldo (Florence). Food booths featuring many traditional specialties prepared with local truffles, wine and desserts open at 8 p.m. and on Sundays also at noon.

Tonfano Street Food

March 9-11, 11 a.m.-11:45 p.m., Marina di Pietrasanta, Piazza XXIV and Via Versilia. Italian and international street food specialties, music and dancing.

Sagra del Cinghiale e del Tortello
Wild Boar and Tortello Fair

March 10-11, Scarperia (Florence). Food booths featuring a wide variety of local specialties open at 7 p.m. on Saturdays and at noon and 7 p.m. on Sundays.

Fiera del Cioccolato Artigianale
Chocolate Fair

Through March 11, 10 a.m. to 10 p.m., Florence, Piazza SS. Annunziata. More than 40 exhibitors from all over Europe offer a great assortment of chocolates; cooking shows and chocolate workshops held by master chocolatiers; games and workshops for children, chocolate tasting. Free entrance.

CiocoSi
Chocolate Festival

Through March 11, 10 a.m.-8 p.m., Siena, Piazza del Campo. Best Italian chocolate exhibit and sale; chocolate tasting; cooking and Choco Barman shows; Tango&Chocolate exhibit; chocolate chess tournament and entertainment for children. Free entrance.

Mostra Mercato del Tartufo
Truffle Exhibit and Sale

March 10-11 and March 17-18, Cigoli (San Miniato, Pisa), Via Lodovico Cardi. Opens Saturdays at 7 p.m. and Sundays at noon and again at 7 p.m.; exhibit and sale of truffles, other local products and wine. Free tasting of local truffle specialties; demonstration of truffle excavation, and largest truffle competition; magic show and live music.

Sagra del Neccio
Neccio Fair

March 11 and March 18, from 2 p.m., San Quirico di Valleriana (Pescia, Pistoia), Piazza Garibaldi. Necci are thin Tuscan chestnut pancakes made with chestnut flour and water and filled with ricotta or Nutella. In the morning, guided visits to the local medieval town of San Quirico.

Irlanda in Festa
Irish Fest

March 16-17 and March 24, 7 p.m.-midnight; Florence, Auditorium Flog, Via Michele Mercati 24 b. Typical Irish cuisine and beer; live Celtic music and Irish dancing, kick boxing, carnival rides. Free entrance to all concerts and events.

Sagra delle Frittelle
Frittelle Fair

March 17-18, Montefiorale, (Greve di Chianti, Florence). Food booths open at 2 p.m. Saturday and 10 a.m. Sunday. The rice frittelle are cooked in a two meter frying pan and are served with the local vin santo (holy wine), a sweet dessert wine unique of Tuscany region. Free shuttle service from Piazza Trento to the Montefiorale Castles; show and live music March 18 from 3 p.m.

Palio dei Somari
Donkey Race

Torrita di Siena (Siena)
March 17: from 3 p.m. medieval market, food booths and street artists; 6:30 p.m. in Piazza Matteotti historical re-enactment; 9:30 p.m., medieval live music and shows.
March 18: 10 a.m. Somarando free donkey rides for children; 10:30 a.m., medieval market; 4 p.m. entertainment with drummers and flag throwers; 7 p.m. food booths; street artists, 9:45 p.m. Knights show; 9:30 p.m. medieval live music and shows.

Torciata di San Giuseppe
Saint Joseph torchlight procession and festival

March 17-19, Pitigliano (Grosseto), Piazza della Repubblica and Piazza Garibaldi. This annual event celebrates the arrival of spring. Daily guided visits to the Etruscan caves; food booths feature local specialties, vin brulé and typical Saint Joseph Day pastries. Open at 6 p.m.; March 17 at 9:30 p.m. torchlight parade; March 18, 10 p.m. marathon; March 19, 6 p.m. flag throwers and historical group parade; 9 p.m. the torciatori (torchbearers) place a puppet made of straw representing the winter (called invernacciu) on top of a huge bonfire and burn it at 10 p.m. Its ashes are collected and kept in the houses as a sign of good omen; flag throwers and fire shows.

Sagra delle Frittelle
Frittelle Festival

Through March 19, Saturdays 9 a.m.-7 p.m., and Sundays, 8:30 a.m.-7 p.m., San Donato in Collina, Rignano Sull'Arno (Florence). Food booths feature a variety of frittelle (fried dough), the famous vin santo (sweet wine), and other local specialties. This year, also gluten-free frittelle.

Monet Experience e gli Impressionisti
Monet Experience and the Impressionists

Through May 1, 10 a.m.-7:30 p.m., Florence, Piazza Santo Stefano 5. A multimedia exhibit of Monet's masterpieces on giant display screens. Entrance fee: €13; reduced: €10 for students and senior citizens older than 65; €8 (children 6-12); free for children younger than 6.

CONCERTS/SPORTS

Toto – March 10 Assago (Milan); March 23 Casalecchio di Reno (Bologna)
Thirty Seconds to Mars – March 16 Rome; March 17 Casalecchio di Reno (Bologna), Sept. 8
Marcus Miller – March 23 Rome; March 26 Bologna; March 27 Milan
G3 – Joe Satriani, John Petrucci, Uli Jon Roth – April 2 Rome, April 3 Florence, April 4 Milan
Bob Dylan – April 3-5 Rome; April 7 Florence; April 8 Mantova; April 9 Milan; April 26 Jesolo; April 27 Verona
Norah Jones – April 8 Milan; April 9 Torino
Afterhours – April 10 Assago (Milan)
Roger Waters – April 17-18 Assago (Milan); April 21-22 and April 24-25 Casalecchio di Reno (Bologna); July 11 Lucca; July 17-18 Assago
Phil Rudd – May 5 Bologna; May 13 Rome
Anastacia – May 6 Brescia; May 7 Rome; May 9 Bologna; May 10 Milan
Martin Barre (Jethro Tull's guitarist) – May 9 Lugagnano di Sona (Verona)
The Vamp – May 22 Milan
Patti Smith – June 10 Rome
Gun 'N' Roses – June 15 Florence
Iron Maiden – June 16 Florence; July 9 Milan; July 17 Trieste
Ozzy Osbourne – June 17 Florence
Marilyn Manson – June 19 Milan
Shakira – June 21 Assago (Milan)
Liam Gallagher – June 21 Milan
Pearl Jam – June 24 Padova
Sons of Apollo – June 24 Milan
Billy Idol – June 28 Padova
Santana – June 29 Padova
Simple Minds – July 5 Marostica
Ringo Starr – July 8 Lucca; July 9 Marostica; July 11 Rome
Deep Purple – July 9 Verona
Lenny Kravitz – July 16 Verona; July 17 Lucca
Nick Cave and The Bad Seeds – July 17 Lucca
James Taylor – July 20 Lucca; July 22 (Pompei, Naples); July 23 Terme di Caracalla (Rome)
King Crimson – July 22-23 Rome; July 25 Lucca; July 27-28 Venice
Scorpions – July 23 Verona
Sting – July 28 Rome; July 29 Verona; July 30 Naples
Eminem – Sept. 7 Milan
U2 – Oct. 15 Assago (Milan)
David Garrett – Oct. 17 Rome; Oct. 19 Florence; Oct. 20 Assago (Milan)

ITALIAN ARTISTS

Giovanni Allevi – March 15 Venice
Ornella Vanoni – March 21 Bologna
Gianni Morandi – March 22 Padova; March 28 Assago (Milan)
Gianna Nannini – March 29 Casalecchio di Reno (Bologna); April 6 Conegliano (Treviso); April 7 Padova; April 11 Livorno; April 13 Assago (Milan)
Angelo Branduardi – April 10 Milan; April 20 Torino
Lorenzo Live – May 15-16, and May 21-22; March 10-11, March 13-14; March 16-17 Verona; March 19-20 Florence
Vasco Rossi – June 6-7 Padova
Ennio Morricone – June 16-17 Rome

OTHER

FIM Superbike World Championship – May 5, July 6-8 Misano Adriatico (Rimini)
MOTUL FIM Superbike World Championship – May 11-13 Imola (Bologna)

Tickets are available in Vicenza at Media World, Palladio Shopping Center, or online at www.ticketone.it and www.getticket.it.

Follow us on Pinterest for all of these events and more www.pinterest.com/USAGItaly.
See **Markets**, page 8.

ENTERTAINMENT & TRIPS

Yellow Pin Bowling
Friday & Saturdays, 8-11 p.m.
The Arena, Caserma Ederle
Bowl a strike on your first ball with the yellow pin in the number one position and receive a free game. Or enjoy some great food from the Strike Zone Snack Bar while enjoying free Wi-Fi. Each game costs \$3; \$2.50 shoe rental.

BOSS Veneto Walk/Hike/Run
March 11, 6:30-11 a.m., 2,50 euros
Susegana
Every second Sunday of the month, single and geographically separated Soldiers can join BOSS outdoors to discover local surroundings and get some exercise. Various course lengths for all skill levels; local information and door prize drawings at the finish; free refreshments at multiple rest stops. BOSS takes participants to the start location.

Library Lego® Club
March 13, 20 & 27
3:30-5 p.m.
Library, Caserma Ederle
Drop in to the library on Tuesdays and let your children explore their creativity with the library's Lego® collection. All Lego®s are provided. Open to ages 4-12 years.

Darby "Go Green" Kick Back Night
March 16, 6-10 p.m., \$5
Youth Centers, Camp Darby
Youth can celebrate St. Patrick's Day and being green by learning about recycling and conserving energy. Participants will enjoy food, fun, and time to relax with friends.

Innsbruck, Austria and Ambras Castle
March 17, 5 a.m.-10 p.m., \$95

ODR, Caserma Ederle
Innsbruck is the capital of the Tirolean region and has all the charm and tradition you'd expect from an alpine village. There will be free time to explore historical sites, shop, and enjoy local cuisine and drinks. The group will also visit Ambras Castle, located above Innsbruck. The castle's cultural and historical significance is inseparably linked with the personality of Archduke Ferdinand II (1529–1595), a true “Renaissance prince” who was an enthusiastic patron of the arts and sciences. Don't forget your passport.

Darby Parents' Night Out
March 17, 5:45-11 p.m.
\$20 per child
ODR, Caserma Ederle
Enjoy a night out while Child & Youth Services looks after your children. A light snack will be provided during the evening. Register and pay at any CYS facility or register online. Call DSN 633-7681, comm. 050-54-7681.

Ski/Snowboard Trip: Arabba
March 24, 5 a.m.-8 p.m., \$50
ODR, Caserma Ederle
Arabba is one of the most well known resorts in the *Dolomiti* SuperSki area. It's also a great launching point for anyone considering circling the entire *Sella Ronda*. As one of the largest resorts in Italy, Arabba features terrain for everyone to enjoy. Bring euros for lift tickets and food, ski/snowboard equipment, and appropriate clothing.

The Republic of San Marino
March 24, 6 a.m.-9 p.m., \$95
ODR, Caserma Ederle
Leave Italy without actually leaving Italy. San Marino is a republic surrounded by Italy. This microstate claims to be the oldest surviving sovereign state and constitutional republic in the world. Cost includes

transportation and guided tour. Bring your passport.

Lucerne, Switzerland Express
March 31, 4:30 a.m.-11:30 p.m., \$95
ODR, Caserma Ederle
Visit Lucerne, gateway to central Switzerland. Enjoy a guided tour and visit the old town and water tower. After the tour, enjoy free time for lunch and shopping on the famous *Hertensteinstrasse*. Passport required.

CLASSES & WORKSHOPS

Breastfeeding Basics
March 13, 9:30-11:30 a.m.
ACS, Bldg. 108, Caserma Ederle
Learn all about the benefits of breastfeeding with a lactation consultant.

Stress Relief Coloring
March 14, 5-6:30 p.m.
Library, Caserma Ederle
Join the library staff for an evening of stress relief coloring. They'll have supplies available to create a colorful bookmark or poster. All supplies will be provided — just bring your creativity. Limited to 20 participants; must be 16 years or older to participate. Sign up at the library.

Preschool Story Time
March 15, 22 & 29
10:30-11:15 a.m.
Library, Caserma Ederle
Join the library staff for weekly storytime. There is a different theme each week. This event is geared toward children ages 3 to 5 years old. Activities include making a craft, listening to stories and meeting new friends.

Sketchbook Sessions
March 16 & 23, 11:30 a.m.-1 p.m.
\$5 per class (plus sketchbook)
Art Center, Caserma Ederle
Learn to use your sketchbook as a means to create every day. Participants will learn simple sketching techniques and use of mixed media and watercolor.

Intro to Framing
March 17, 10 a.m.-2 p.m., \$40
Art Center, Caserma Ederle
This class will teach the step-by-step process of framing photos and artwork while giving participants the certification to be able to use the framing studio. Bring a 5"x7" photo or smaller to frame. All other materials will be provided. Space is limited to six participants. Register in person, by phone, 0444-61-7846, or on WebTrac.

Resumé Development Training
Every first Wednesday of the month
9:30-10:30 a.m.
ACS, Bldg. 108, Caserma Ederle
Learn to write an effective federal resumé. Highlight your transferable skills and accomplishments and learn to make your resumé stand out. Register at least two days before the class. Contact ACS for information at 0444-71-6884/7500.

Romp & Stomp Playgroup
Every Wednesday, 10-11:30 a.m.
SKIES, Bldg. 308, Caserma Ederle
Open to parents and infant/toddler children, ages 0-3 years. Provided by the New Parent Support Program, participants can expect open playtime, songs, indoor/outdoor

activities, meeting other parents and making new friends. For information, call DSN 634-7567, comm. 0444-71-7567.

Interviewing Skills
March 20, 9:30-10:30 a.m.
ACS, Bldg. 108, Caserma Ederle
Learn effective strategies to prepare to make a great first impression, answer questions effectively and land your next position. Takes place every third Tuesday; sign up no later than two days before the class.

Spouse Sponsorship Training
March 20, 1-2 p.m.
ACS, Bldg. 108, Caserma Ederle
Learn how to be a successful sponsor at this training. Participants will learn about available resources and the sponsorship process. This is a fun and friendly open forum that allows for discussion, comments and questions. Help make someone's transition to Italy better. Register by calling DSN 634-7617, comm. 0444-71-7617.

Creative Expressions for Teens
March 22, 1:30-3 p.m.
Library Teen Loft, Caserma Ederle
The art center and the library are proud to present "Creative Expressions." This is the youth version of the Art Center's popular Resiliency Through Art program and is a great way for youth to be provided with a creative outlet. The class is "open art" with a variety of materials. No prior art experience is needed or required.

FITNESS & SPORTS

Warrior Yoga at Del Din
March 20, 11:45 a.m.-12:45 p.m.
\$5 per class/\$35 for 10 classes
Fitness Center, Caserma Del Din
All levels of experience are welcome, but come prepared to work hard and work up a sweat.

Variety of fitness classes
Dates & time vary
\$5 per class/\$35 for 10 classes
Fitness Center, Caserma Ederle
Zumba®, Yoga, Cycling, Pilates, Power Pump, Kettlebell Strength & Conditioning, and HIT Fit. Stop by the fitness center to learn more. Purchase tickets for all fitness classes at the front desk and present to instructor.

BOSS Midnight Games: Dodgeball
March 16, 8-11 p.m.
Fitness Center, Caserma Del Din
Kick off your weekend with some 5-versus-5 dodgeball with Better Opportunities for Single Soldiers. You'll have a chance to crush the competition with this schoolyard favorite. Sign up at the fitness center by March 15.

Taekwondo
Dates & time vary
\$12 per class/\$70 for 8 classes
Fitness Center, Caserma Ederle
Self defense class based upon the Taekwondo techniques that will provide students with the tools for self defense.

For more events and information, see the FMWR calendar on the USAG Italy website: www.italy.army.mil.

FINANCIAL TRAINING SERIES

Date	Time	Topic
6 Feb 2018	1300	TSP/BRS
13 Feb 2018	1500	House Buying
20 Feb 2018	1300	Credit and Debt
27 Feb 2018	1500	Savings and Investing
6 Mar 2018	1500	TSP/BRS
13 Mar 2018	1300	Stocks and Bonds
20 Mar 2018	1500	Mutual Funds
27 Mar 2018	1300	Budget 101
3 Apr 2018	1300	TSP/BRS

All Classes are in ACS Building 108, Room 49.
For confirmed seat, please RSVP. Walk-ins welcome on space available basis.
DSN: 634-7942, Cell: +39-349 166 0336 or email: PFC.vicenza.usa@zeiders.com

FINANCIAL CLASS DESCRIPTIONS

Budget 101: How to Create a Realistic Spending Plan
Don't miss this base plan for financial success. Make sure your money is doing what you want.

Credit and Debt: Do you know the rules of the game?
How to build good credit if you don't have any, strategies for repairing bad credit, and how to repay your debt without spending more than you are now.

House Buying: Special Considerations for the Military Home Buyer
We cover special considerations for military home buyers, what you need to know in the buying process, and whether or not you want to sell, or rent it out when you move.

Investing Series: Saving and Investing
How do you know when to save, and when to invest? We look at risk and timelines and an overview of savings and investing options.

Investing Series: Stocks and Bonds
How do they make money? How do they lose money? Do I already own stocks? Where do I find them?

Investing Series: Mutual Funds
What exactly is a mutual fund? How do they differ than stocks and bonds? How do I own one?

TSP/BRS: Thrift Savings Plan and Blended Retirement Plan
ROTH or Traditional? Which fund is right for me? This class explains each fund, how it makes or loses money, and gives you the tools to decide which fund is best for you. The second part of the class also discusses the BRS.