

Outlook

Vicenza and Darby Military Communities

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Changes coming for **Outlook** 2 issues left

Beginning Oct. 1, the *Outlook* newspaper will go digital. Due to budget and manpower constraints, the printed version of the newspaper will be **online only**.

Anyone with questions may contact the editor at karin.j.martinez.civ@mail.mil.



Logistics Readiness Center Italy staff members from the inspection section, Claudio Riva (far back) and Luca Maurizio (foreground) conduct maintenance checks for serviceability of a vehicle during an Installation Staging Area process exercise held at Caserma Del Din July 24. (Photo by Graigg Faggionato, 7th ATC)

USAG Italy improves power projection capability

By Laura Kreider
VMC Public Affairs Office

VICENZA — U.S. and Italian partners at U.S. Army Garrison Italy improved their skills in readying deployable units, specifically the 173rd Airborne Brigade, for rapid deployment from south of the Alps during an Installation Staging Area

Proof of Principle exercise July 24.

The exercise took place at Caserma Del Din and involved Soldiers and civilians from Logistics Readiness Center-Italy, 173rd Infantry Brigade Combat Team (Airborne) and USAG Italy.

“We developed a very deliberate training plan in order to ensure that this training event was successful and improved interoperability,” said Alexander G.

Menzies, director of LRC-Italy, 405th Army Field Support Brigade-Europe and Africa. “The purpose of this first-ever training was to validate our processes and procedures for deploying the 173rd rapidly, train and improve interoperability within LRC-Italy and other units involved, and to identify areas that need improvements.”

See **POWER**, page 4

Vicenza, US Army Africa welcomes commanding general

By Meredith March
U.S. Army Africa Public Affairs Office



Maj. Gen. Roger L. Cloutier Jr., incoming commanding general, U.S. Army Africa, delivers remarks at the USARAF change of command ceremony held at Caserma Ederle Aug. 2. (Photo by Sgt. Jennifer Garza)

VICENZA — Maj. Gen. Roger L. Cloutier Jr. assumed command of U.S. Army Africa from Brig. Gen. Eugene J. LeBoeuf in a change of command ceremony held Aug. 2 at Hoekstra Field on Caserma Ederle.

Cloutier is the seventh general officer to command USARAF since the organization was established in 2008.

Marine Gen. Thomas D. Waldhauser, U.S. Africa Command commander, presided over the ceremony, addressing the audience of U.S. Army Africa and Vicenza Military Community service members, civilian employees and invited guests, including partners

See **GENERAL**, page 4

New defense budget authorizes pay raise

By David Vergun
Army News Service

WASHINGTON — President Donald J. Trump signed the fiscal year 2019 National Defense Authorization Act, which provides for a 2.6 percent pay raise for troops, the highest increase in nine years, as well as a 3.4 percent increase for basic allowance for subsistence and a 2.9 percent increase for basic allowance for housing.

Trump signed the NDAA Aug. 13 at Fort Drum, New York, surrounded by troops from the 10th Mountain Division.

The president said the NDAA is the “largest defense spending increase in a generation.”

The NDAA calls for funding that will provide for an additional 4,000 Soldiers. The funding is also expected to replace aging vehicles like Abrams tanks and Bradley Fighting Vehicles, and fund the new Joint Light Tactical Vehicle, he noted.

An Army press release dated Aug. 3 praised the congressional passage of the act, leading up to the signing:

“The Department of the Army applauds the swift passage of the [FY19 NDAA], which authorizes a budget that supports

the Army’s vision, resources our modernization initiatives and priorities, allows us to continue to increase the readiness and lethality of the force, and postures the Army to meet the requirements of the National Defense Strategy.”

The \$148 billion portion of the budget will support an increase of active-duty end strength by 4,000, support the establishment of Army Futures Command, restore decisive action readiness and improve “our aging equipment fleets” among other things like “improving hiring practices for childcare services at

See **RAISE**, page 3

August is Antiterrorism Awareness Month.
What is a force protection measure you use?



Kayla McIntyre
Family member

"A force protection measure my family uses is to always be aware of our surroundings. Be aware at all times of what is going on around you."



Paige Henderson
Ederle Fitness Center
instructor

"Be aware of surroundings and people."



Brittnee Lopez
FMWR –
Ederle Fitness Center

"I am careful of what I post on social media."



Airman Robert Castaneda
731st Munitions Sqdn.

"I always have a first aid kit available."



Anthony Blackman
DMC DPTMS

"Being observant, I notice things that are out of place or packages that look different."



Grazia Angeli
CPAC

"I never post pictures of my travels until return and I am back home."

August: Antiterrorism Awareness Month

By Michael W. Fulcher
USARAF AT/FP Specialist

VICENZA — Last year, in a message published for Antiterrorism Awareness Month, it was noted that if one typed the word "terrorism" into Google, there would be approximately 151 million results displayed, including websites, articles, pictures and other content related to that particular word.

Terrorism has become so present in our lives as a result of constant news coverage of world events that people could treat it as an afterthought until news of another event surfaces. This indicates the necessity of increasing antiterrorism awareness and a continuing evolution of our awareness initiatives.

August is the annual U.S. Army Antiterrorism Awareness Month, an ongoing campaign aimed at promoting tips, tools and strategies for recognizing indicators of terrorism. There are posters, leaflets, websites and manuals dedicated to training and promoting of the AT awareness program.

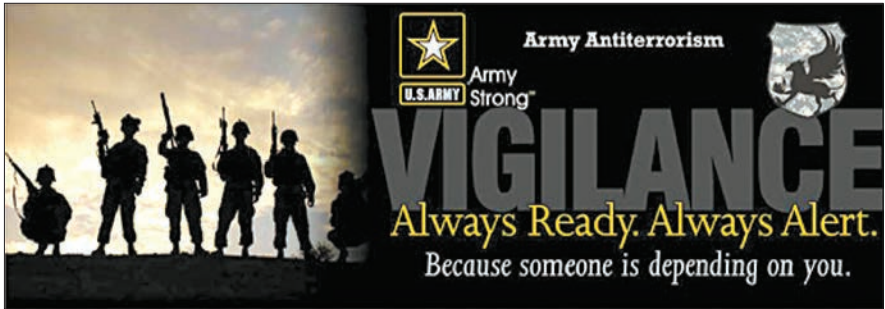
The trouble with routine awareness initiatives is the same trouble businesses have with commercial advertisements. Once advertisements have been around for a while, they become overlooked and are eventually replaced by new advertisements designed to grab the attention of the consumer. AT awareness training initiatives are similar, so we must think a bit more practically in how we approach awareness and discussions of how we may protect ourselves stateside or abroad.

In addition to the proven methods of protecting ourselves, such as being aware of our surroundings, avoiding large gatherings, eliminating patterns in our behavior, and disabling the geo-tagging features on our social media accounts, other measures that add to personal security exist. We should realize that persons with bad intentions may use any and all methods to gather information on a potential target and we must do our best to reduce the possibility of being targeted.

In our workplaces, homes and overseas communities, we may choose to alter our routes of travel, lock our doors and win-

dows, stop "checking in" on social media, or we may even avoid being alone in vulnerable locations. These are all good practices, but do we consider these things while vacationing? Taking a vacation or a holiday from work or normal routines is a good thing, however, it should not mean taking a vacation or holiday from security awareness.

Considering our location in northern Italy, there are many places within Italy — and within Europe — which are amazing holiday or vacation locations. There are quite a lot of historical locations and natural wonders to be found within a short distance from our homes, and we should take advantage of the opportunity we have by living in the Vicen-



za and Darby communities. This time of year, as are able to enjoy time with family and friends vacationing and exploring, we should also ensure we maintain an increased level of security vigilance. Over the past several years, right here in Europe, there have been a number of catastrophic events that affected many tourists.

If we recall the events from Nice, Barcelona, London and Paris, we will also notice that civilian leisure locations and activities were targeted. When these events occurred, there was a great deal of confusion in the initial moments and hours following the incident. Travelers should be aware of what resources are available to assist U.S. citizens while traveling abroad.

The U.S. State Department Safe Traveler Enrollment Program, better known as STEP, is an effective method of notifying U.S. embassies and/or consulates of your intended locations of travel. Registering intended travels in STEP allows the U.S. embassy consular offices the ability to know where you are, how to contact you, and to better assist you in the event of any emergency in the country or location you are visiting.

Another important thing you may consider before travel is to contact your local

authorities to gather information relative to the safety and security situation in your travel destination. Foreign travel briefings are provided by many agencies within the local military community and tourist information can be obtained as well through media outlets. The travel section of the U.S. State Department provides updated travel alerts and warnings. This is a great resource when planning your travels.

Safety and security are paramount to the success of every mission, whether it's military or a mission to relax on vacation. Keeping in mind some principles of antiterrorism and the agencies available to help can reduce your potential of being targeted. It can also reduce the feelings of isolation and confusion that may arise in the event that there is an emergency situation. It is imperative that each person takes charge of their own individual protection by recognizing, reporting and maintaining safe practices and have a plan to respond to emergencies whether at home or while traveling.

AT professionals encourage community members to get out, enjoy the remainder of summer and take family vacations. Maintaining an increased level of security awareness in the planning and execution of your holidays is important and will help to identify potential locations to avoid.

Resources

U.S. State Department advisories

<https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html>

U.S. State Department STEP

<https://travel.state.gov/content/travel/en/international-travel/before-you-go/step.html>

Reporting for USAG Italy, Vicenza

<https://www.inscom.army.mil/isalute/DSN 314-537-2176>
Comm., +49 (0) 611 143 537 2176
(24-hour hotline for reporting suspicious activity)

Provost Marshal Office

0444-71-7115

Counterintelligence Duty Agent

331-172-2142.

(See related article, page 4.)



Defense TV is the first official on-demand military channel for the connected generation. Available for free through your app store with any Internet-capable device.

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Army transitions to automated meal system

By Joe Lacdan
Army News Service

WASHINGTON — The Army is phasing out its manual meal card system after decades of use. Soldiers will be able to sit down to eat sooner at dining facilities across the Army as the service fully transitions to its new automated meal entitlement code system in September.

Instead of presenting a meal card, Soldiers will simply swipe their common access card, which will contain an authorization code for the dining facility.

The new system, developed by the Army's Software Engineering Center, allows for the reading of a meal entitlement code that is installed on the CAC by a military personnel office. Some installations have been testing the new system since January, but the deadline for all posts worldwide to transition to the new system is Oct. 1.

The automated system will make it easier for Soldiers to enter a DFAC, officials said, particularly those in large units.

"(The new system) will ultimately speed them through the line at the dining facility," said Jack Skelly, chief of the

Food and Field Services Branch, Army G-4, at the Pentagon.

The Army actually began its pilot program in the fall of 2017 at three locations: Joint Base Myer-Henderson Hall, Virginia; Fort Gordon, Georgia; and Fort Bragg, North Carolina. In January 2018, the Army began implementing the program at other installations as well.

The new automated meal entitlement management system will not just impact

ry Lock, chief of Military Compensation and Entitlements. "What we're trying to do ... is give commanders an efficient, effective system to account for a member's meal entitlements."

The Army's meal card system dates back to the World War II era, though tweaks have been made over the years, Skelly said.

The old system often caused delays in DFAC lines and presented an obstacle for Soldiers participating in large training exercises. Soldiers would have to manually sign into a written log after entering a DFAC or get checked into a log upon leaving. The automated configuration will also reduce errors.

"That's a very antiquated and labor-intensive program," Skelly said.

A smoother dining experience will help Soldiers focus on missions and training, he said, adding that it falls in

line with guidance set by Secretary of the Army Mark Esper.

The automated meal system is part of a larger push to remove manual mandatory tasks to headquarters and below elements of the Army, so units can focus on readiness and training, Skelly said.

When National Guard and Army Re-

serve units are mobilized, Soldiers from those units will benefit from the convenience as well, Lock said. Commanders will also be able track whether Soldiers are receiving their due entitlements.

Mobile DFACs

In addition to automation of dining facilities, the Army will also soon roll out a "culinary outpost" for Soldiers. Food trucks with menu items prepared at Army dining facilities will service some Soldiers in garrison.

"Soldiers can't always get back to their dining facility," Skelly said. "So we're taking (the dining facility) to them."

With the food trucks, Soldiers will enjoy a menu of healthy options, Skelly said. The menus will feature sandwiches, wraps, salads, fruit and lean beef burgers.

"All menus are designed to be healthier," Skelly said. "It's extending our feeding options."

Food trucks will be manned by three to four Soldiers and will feature a standardized menu, Skelly said. The location of the trucks and their status will be updated on an installation's social media pages, and unit commanders will have the option to specially request mobilization of a food truck.

Skelly said the program is currently in the pilot stage and the Army has been testing food trucks at Fort Stewart, Georgia, and Fort Carson, Colorado. Also this month, food kiosks are scheduled to open at Fort Stewart's Marne reception station and at Fort Carson.



The Army is changing its meal plan after many years. A pilot program began in 2017 in Virginia, Georgia and North Carolina. (File photo)

Soldiers living in the barracks and eating at the dining facility. Even Soldiers receiving basic allowance for subsistence who are on temporary duty, special missions, institutional training or deployments will have a code for meals placed on their CAC.

"It will impact every Soldier," said Lar-

Exchange service warns shoppers about scams

DALLAS — The Army & Air Force Exchange Service is warning military shoppers about scammers offering to broker the sale of used cars, trucks, motorcycles, boats and boat engines through the Department of Defense retailer using the name "Exchange Inc."

"This has been an ongoing issue for several years now, and it has surfaced again where someone is using the Exchange's trademarked logo and name without permission to purportedly handle transactions in the United States on behalf of private sellers," said Air Force Chief Luis Reyes, Exchange senior enlisted adviser.

Unauthorized sources have solicited military shoppers in the past to purchase motor vehicles. (The Exchange does not have the authority to sell vehicles in the continental United States.) More recently, these scammers have attempted to sell boat engines.

Those who are responsible for these fraudulent sales attempts have left consumers with the impression they are doing business with the DOD's oldest exchange service.

The scammers typically direct potential buyers to use multiple third-party gift cards to pay for purchases. Most recently, scammers required payment using Google Play gift cards. To verify any suspicious payment method requests, military shoppers can call Exchange Customer Service at 800-527-2345.

"Often, the perpetrator cannot be identified because the methods they use are not traceable back to any individual," Reyes said.

The Exchange operates solely on military installations and via ShopMyExchange.com. The Exchange does not act as a broker in private transactions and does not advertise in classified advertisement or resale websites. Shoppers who believe they may have been taken advantage of can file a complaint through the Internet Crime Complaint Center at www.ic3.gov.



Members of the U.S. Armed Forces can expect a significant bump in their salaries — the largest in nearly a decade — after President Donald Trump signed the 2019 National Defense Authorization Act during a visit to Fort Drum, New York, Aug. 13.

(Photo by Michael Strasser)

RAISE

(Continued from page 1)

military childcare centers and assessing the impacts of permanent changes of station on the employment of military spouses," the release states.

Funding includes upgrades for AH-64E Apache, UH-60M Black Hawk and CH-47F Chinook helicopters, as well as upgrades to Abrams tanks and Bradley Fighting Vehicles.

The budget also includes the purchase of hundreds of MSE and Javelin missiles and thousands of 155mm artillery projectiles, much of which will support missions in Europe.

Of particular note, much of the Army's \$10.2 billion will be focused on the Army's six modernization priorities: long-range precision fires, a next-generation

combat vehicle, future vertical lift, network improvements, air and missile defense and Soldier lethality, said Davis S. Welch, deputy director of the Army Budget, in February, when the Army's budget request was first made public.

Secretary of Defense James Mattis weighed in on the NDAA's passage, as reported in an Aug. 1 Department of Defense news release, saying he was grateful for the bipartisan effort that moved the bill through Congress.

"Together, they have demonstrated the deep and abiding bipartisan support our military enjoys," said Mattis. "It is now our duty to implement these policies responsibly and ensure a culture of performance and accountability."

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Stay vigilant during final summer trips

During Antiterrorism Awareness Month, and every day, maintaining situational awareness during crisis/incident is vital to safety, well-being

VICENZA — With summer wrapping up, many families will set off on a final summer vacation. Whether your family is vacationing now, or any time of the year, please be vigilant.

Increased travel and mass transit coupled with large gatherings of personnel present attractive targets of opportunity for those who wish to do harm.

Make sure to watch or read the news, check out the State Department’s website for the countries you are traveling to and contact your unit antiterrorism officer for information about travel location(s).

The U.S. Army Africa commanding general and U.S. Army Garrison Italy garrison commander encourage all personnel to monitor local media and factor information into their personal travel plans and activities.

With the current threat environment in Europe, it is highly advisable to have a personal communications and meet-up

plan in advance. Be sure to discuss this plan with your family. If something happens and your family gets separated, everyone knows where to meet up and you still may be able to communicate with one another.

Communications during a crisis or incident may become difficult, since telecommunications systems in an affected area can get overwhelmed and prevent or delay phone calls. Message delivery through apps and text messaging uses a different route than cell/landline calls and may not be affected.

It is advisable, in addition to the normal text messaging system inherent in whatever phones your family carries, to have the entire family download a common messaging app so you may still be able to communicate if something happens.

If you cannot communicate via messaging because the system is bogged down, having those pre-designated meet-up points will get your family back together.

Although there is no known targeting of Department of Defense personnel or assets, “no known threat” does not imply that there is “no threat.”

In response to the current threat environment, all personnel must remain aware, alert and attentive to their surroundings. Remember to review basic individual

protection measures and maintain situational awareness.

Some individual protection measures to observe are as follows:

- Keep a low profile; make an effort to blend into the local environment.
- Be aware of your surroundings.
- Always let someone know where you are going and when you expect to return.
- Avoid planned gatherings or demonstrations.
- Stay away from high-risk areas.
- Carry a cell phone.
- Know emergency numbers.

Protecting our community and families is our top priority, and education and awareness are the two most important elements to keep everyone safe.

It may seem difficult, if not impossible, to prevent an attack, but knowing what to do if something occurs will improve your chances of staying safe, keeping in touch and quickly reuniting with your family. It is important to maintain situational awareness.

For more information and safety tips, contact the USAG Italy Antiterrorism Office at DSN 637-8021/8060.

(USAG Italy AT Office)

POWER

(Continued from page 1)

More than 20 Soldiers from 173rd Airborne Brigade and 20 other U.S. and Italian civilians of the garrison workforce supported different phases of the deployment exercise.

“The cooperation between all participating units was great and we expected that all along,” said Menzies.

The first phase of the deployment process was preparing vehicles and equipment. The following step included overseeing a half dozen vehicles, such as humvees, fuel tankers and trucks, through the four of seven ISA stations. These included vehicle inspection, weights and measures, quality assurance and quality control. Chief of Plans and Operations Division, Chanteen Violette, had overall operational control.

Terry Moren, LRC-Italy senior logistic plans officer, 405th AFSB, who was coordinating between the brigade, garrison and movement control professionals involved in the exercise, said this was the first time in several years one like this was attempted. Regulations and procedures under U.S. Army Europe do change and all the actions need to be executed properly and on time.

Soldiers from Company A, Brigade Support Battalion, 173rd Abn. Bde. worked the weights and measures station. The company would be responsible for all transportation tasks during a deployment.

“These Soldiers had a big impact on the execution of the event, and in a real life Alpha Company would play a big part in pushing the brigade out,” said 1st Lt. Christopher Venetz, maintenance control officer, Co. B, 173rd BSB.

An after-action report on each vehicle was conducted to highlight the status of vehicles and any repairs or service they might need.

“Most vehicles would be ready; for the most part they should be ready anytime. If they need extensive maintenance they would go back to the motor pool,” Moren said. “I think that at the end of this exercise, everyone was pleased with our support. We know that LRC will be ready for a deployment.”

Moren said exercises like these won’t be scheduled so far apart in the future.

“We’ll be ready to go as soon as we get feedback from our senior leaders and we’ll work on adjustments as necessary. By improving interoperability and developing proper resources there will be no hesitation in accomplishing any mission, anytime, anywhere,” he said.



Second 'Go To Guide' launches in Vicenza

VICENZA – The 2018 Go To Guide launched Aug. 1 and is available throughout Caserma Ederle and Caserma Del Din facilities and will soon be distributed in the Darby Military Community.

The Go To Guide is a family-oriented resource tailored for members of the U.S. Army Garrison Italy community, designed to streamline information to help newcomers adjust to living in Italy.

The thoroughly vetted content is curated for Soldier and family wellness and recreational needs. The guide contains contact information, emergency phone numbers and a detailed fold-out map of Ederle and greater Vicenza. The booklet also outlines regional travel tips and communities in the Veneto to explore. Additionally, the annual Go To Guide Writing Contest winners’ exhibited travel stories are included.

Through the end of the year, the condensed booklet can be found in the blue Go To Guide branded newsstands in facilities including the post offices, inn, libraries, commissary and more. The guide is also personally distributed through Family Readiness Groups and Spouse Sponsorship Programs.

For additional copies or feedback for future iterations of the Go To Guide, please contact MWR Marketing at Marketing.VicenzaMWR@gmail.com.

The Go To Guide is a MWR resource for United States Garrison Italy Soldiers and family members. The U.S. Army Family and Morale, Welfare and Recreation is a part of the G9 Division of the U.S. Army Installation Management Command. The Army MWR manages programs and services that support readiness and resilience for Soldiers and families.

Looking
for
information
and
resources?
U.S. Army MWR
can connect you
with a network
of resources
at [ArmyOneSource](http://ArmyOneSource.com),
www.myarmyonesource.com.

GENERAL

(Continued from page 1)

from the Italian military and civilian communities.

In his remarks, Waldhauser expressed confidence that Cloutier will lead the men and women of USARAF to continued success.

“As you may know, General Cloutier served for the past two years as the AFRICOM chief of staff, and was my next door neighbor at Kelley Barracks in Stuttgart,” Waldhauser said. “I have seen firsthand his leadership skills, his professionalism and his ability to handle complex tasks simultaneously.

“Major General Cloutier is a proven and exemplary leader who will make significant contributions to USARAF. He is mindful of the challenges of the diverse missions and engagements across 53 African nations in a dynamic and ever-changing environment.”

Waldhauser also praised LeBoeuf’s accomplishments during his time as acting

commanding general, citing the quality and success of USARAF missions, as well as strengthened communication and relationships with African and allied partners, State Department colleagues and other key audiences as reflections of LeBoeuf’s leadership and strategic vision.

“Brigadier General LeBoeuf, the relationships you have built and sustained among our partners and multinational organizations will serve this command and U.S. efforts across Africa for years to come. You have postured us for success in implementing our new campaign plan and have done an outstanding job commanding U.S. Army Africa. You have made a difference.”

Cloutier expressed gratitude for the warm reception he and his family have received from the Vicenza community and from the local Italian community, as well as for the opportunity to continue his association with AFRICOM and its prior-

ities on the African continent.

“In my previous assignment as the AFRICOM chief of staff, I gained a strong appreciation and respect for the work that U.S. Army Africa is doing,” he said. “USARAF has a great reputation at AFRICOM and at the Department of the Army. That reputation is directly attributable to the efforts and hard work of General LeBoeuf and the entire USARAF team.

“I’m honored by the opportunity to lead this great organization, and I look forward to maintaining the momentum that has been established over the past decade by my predecessors. ... I look forward to helping write the next chapter in the USARAF story.”

LeBoeuf, in his remarks, thanked Waldhauser for giving him the opportunity to lead USARAF.


“Sir, thank you for your leadership and mentorship, and for entrusting me with

leading the men and women of U.S. Army Africa,” he said. “This has been one of the greatest honors of my life.”

LeBoeuf expressed appreciation to his family, the Italian community, State Department colleagues, Vicenza Military Community and his advisers and staff for their support, then addressed the members of USARAF directly.

“To the men and women of U.S. Army Africa: Thank you,” he said. “Thank you for your service and professionalism. Thank you for everything you have done to support me as your acting commander. I’m sure everyone was a little apprehensive there at the beginning, me included.

“Every day, you all demonstrate incredible expertise and commitment to the mission. I am proud of each and every one of you. Thank you again everyone for being here. It has truly been an honor serving with you and leading this great organization.”



Important dates

Vicenza students

Vicenza Elementary School
Aug. 24, 2-3 p.m.
Sneak Peak

Aug. 27: First day of school, grades 1-12

Sept. 4: First day of kindergarten and PSCD

Sept. 4, 8:15 a.m.: Boo Hoo Breakfast

Sept. 7, 5-6:30 p.m.: Open house

Vicenza Middle School
Aug. 27, 8 a.m.-12:30 p.m.: Open house and SAC elections

Aug. 27 Back-to-school barbecue for students and parents


Vicenza High School
Sept. 13, 5:30-7 p.m.: Open house

Camp Darby students

Livorno Elementary School
Aug. 27: First day of school, grades 1-8
Sept. 4: First day of kindergarten
Sept. 4, 1-2:30 p.m.: Open house

Sept. 5, 2:45 p.m.
Quarter 1 School Advisory Committee (SAC) meeting

International School of Florence
Aug. 31: Orientation day for new students
Sept. 6: First day of school





Top tips to make return to school less stressful

By Christine McLaughlin
Contributor

Switching from the laid-back fun in the sun of summer to rules, homework and routines can be a big jump for parents and children alike.

But with a little preparation and the right attitude, it doesn't have to be so hard.

It's normal for a child to have a little flutter of anxiety about going back to school, according to Eileen Kennedy-Moore, clinical psychologist and coauthor of *Smart Parenting for Smart Kids: Nurturing Your Child's True Potential*. After all, they're getting themselves ready for a lot of newness: teachers, classmates, tasks and challenges.

Students may have trouble sleeping at the start of the school year, but that's nothing to worry about, Kennedy-Moore says. More uncomfortable symptoms might include continued trouble sleeping, decreased appetite or irritability. Severe cases can involve tears and tantrums.

Susanna DeRocco's older son, Ben, was one of those severe cases. Every year from kindergarten through second grade, he struggled with separating at back-to-school time. In the morning, tears would start flowing. He would often cling to his mom and refuse to go to school, including not boarding the bus. "As much as my heart was breaking for him, I had to put on a strong front and say 'I know you can do it. I'm not worried about you at all. You're going to have a great day,'" says DeRocco, of Towson, Maryland.

DeRocco used a lot of strategies with Ben, including role-playing school with stuffed animals, driving the bus route, riding on the practice bus provided by the school district, and visiting the playground and the classroom before the first day of school.

Stay positive

A parent's attitude has a strong influence on how children view the beginning of school, says Kennedy-Moore. Children pick up on their parents' feelings, react to them, and often magnify them.

"You have to have faith that they'll be able to get through [changes], even if it's hard. It's a powerful message to give kids," she says. "We don't want to dismiss their feelings, but we do want to normalize them and say, 'Everyone feels a little nervous, but I really think you're going to be fine.'"

Emphasize to your children that anxiety doesn't have to be a stop signal, she says. "It's really just our body getting us pumped so we're ready to handle a

new or challenging situation."

Create routines

Establishing daily routines at home at the start of the school year (or even before) can also help children adjust. Doing this directly benefits their work in the classroom, where their day is full of routines, says Traci Matturro, a reading specialist at Luxmanor Elementary in Rockville, Maryland. "Routines need to be modeled to kids no matter what age. They need to be shown what to do, not told what to do, and parents need to let their kids know their expectations daily."

Matturro suggests creating a checklist or flowchart to help children get organized and stay on schedule.

For the afternoon, consider scheduling a routine for homework, snacks and extracurricular activities. Matturro suggests having children help create the schedule as a way to get them to buy into it.

At night, when setting bedtimes, keep in mind that children between the ages of five and 12 need 10 to 11 hours of sleep. Setting an early bedtime at the beginning of the school year may not work as well for older children who can handle being up later. In this case, Kennedy-Moore suggests expecting them to be exhausted the first week when they come home from school and planning for low-key afternoons to give them a chance to decompress.

Establish fun traditions

Because attitude matters, if you're excited for school to start, your children will follow your lead. Having an annual ritual can help ring in the new school year and can be a treasured tradition for years to come. For instance, every year the night before the first day of school, the DeRocco family sits around the backyard fire pit, roasts marshmallows, and talks about their "joys and concerns" for the upcoming year.

Spending time just hanging out with your children before the start of the school year helps with transition. A parent's simple presence is comforting and soothing to children and gives them the opportunity to talk if they want to, says Kennedy-Moore.

Once school starts, of course parents want to hear all about it, but it's important to follow your child's lead. Some children are chatty and want to discuss every detail. Others will feel overwhelmed with too many questions. They may need to relax first and talk later, or they may only tell you about bits and pieces of their day. Either way, it's fine, Kennedy-Moore says. "One of the most precious gifts we can give our children is our confidence that they will find their way."

School advisory committee seeks parent, teacher members

By Katy Allin
VHS SAC Chairperson SY 17/18

Benvenuti, all newcomers to Vicenza High School and returning families! If you're looking to partner with the Vicenza community and VHS administration to advocate on behalf of VHS students and families, then there may be an opportunity available for you.

School Advisory Committee, or SAC, is a forum for communicating recommendations, and/or concerns to Principal David Rudy on educational matters and issues affecting students that are not addressed through PTSA or other committees.

The VHS SAC is comprised of an equal number of elected parents and professional educators/administrators in the school, based on student population. Elections take place annually for the School Advisory Committee, and will be coming up Sept. 13 at the VHS Open House. Typically, SAC includes a student representative from VHS Student Council who also attends the meetings. SAC is not a school board, though it does have a significant impact on improving school programs. SAC does not raise funds.

Parents interested in becoming a voting member who want to run for election must have a student enrolled at Vicenza High School. There are four positions open: three for parents and one for a teacher/administrator. If interested in running for this year's SAC, please submit a one paragraph biography of who you are and why you want to serve. Send to SAC.VHS@eu.dodea.edu no later than Sept. 4.

There are approximately six SAC meetings per school year, the first being Sept. 6 in VHS Room 39 at 3:30 p.m. Any interested parent is welcome to attend. We look forward to a great school year 2018/2019. Go Cougars!

Back to School

\$10k grant assists with ready, resilient partnership

VICENZA — Surpassing traditional borders, Child & Youth Services, United States Army Garrison Italy, has formed a coalition of agencies here that are typically separate from one another, even though they are integrally important in building strong and resilient youth.

As the Army focuses on Ready and Resilient (R2) Soldiers, CYS will parallel that mission by providing R2 skills through a recently awarded \$10,000 grant to families.

Through a combination of experiential learning and real world-relevant instruction, certified Master Resiliency Trainers Ray Jojola and Beth Potter will provide the training through fun, but challenging, activities for parents and children.

With the support of USAG Italy, the U.S. Army Health Center-Vicenza's Behavioral Health team and Department of Defense Educational Activity have collaborated on the training.

Jojola, operations specialist with CYS, explained.

“The program will be offered to adults and youth who can benefit from the strength-based instruction model,” he said. “The goal of leveraging divergent agencies is to maximize our community’s ability to target frontline staff through shared terminology and concepts that are flat, integrated, synchronized and interoperable.”

Diana Vidrini, instructional support specialist for DODEA Europe South, added that “we recognize that prob-



Excited about a grant that will provide ready and resilient training for children and parents are those who will participate and lead training. Pictured from left to right, back row: Tracy Jones-Williams, clinical social worker; Dana Mato, pediatric psychologist at Behavioral Health, U.S. Army Health Center-Vicenza; Diana Vidrini, instructional support specialist, psychologist, DODEA District Office; Beth Potter, school liaison officer, U.S. Army Garrison Italy; and Ray Jojola, program operations specialist, Child & Youth Services. Front row, left to right: Kendraya Davis, 11th grade; Austin Reeder, 8th grade; and Mla Sota, 12th grade. (Photo by Karin J. Martinez, VMC Public Affairs Office)

lem-free youth are not fully prepared to meet challenges, and we are committed to focusing on a strength-based preven-

tion program within a broader context.

“For example,” she said, “Although we want our students to be drug-free, we

need to create skills for youth to express their anger/anxiety, etc., and appropriately channel it into a skill that is offered through R2 programs.”

“Kids serve as the best teachers and role models for other kids. In order to maximize their ability to positively impact their peers, we need to ensure that the adults with whom they come into daily contact are supportive and instructive,” said Beth Potter, school liaison officer.

“Developing cultural humility is paramount. In the process of conveying R2 ideas, we must provide a standard where professionals acknowledge that parents and students are the experts on how they can most effectively integrate this knowledge.”

Potter said it's important to develop youth and adult mentors by providing them with opportunities to relate to one another and giving them opportunities to stretch. As grant authors, Jojola, Vidrini and Potter realize that integrating diverse agencies exponentially increases training value and transferability of skills.

Positive youth development requires schools and community to set the stage for trustworthy engagement with youth and other adult professionals. The awarded grant will assist in this endeavor.

Enhancing awareness and growth encourages personal motivation to change. This can be best accomplished, according to Potter, in an environment that delivers a common language and overlaps fields within the same community. (SLO)

Middle school principal addresses families: *New year, new students, new changes*

VICENZA — The start of the school year provides students with opportunities and experiences to meet new teachers, new friends and new learning activities.

It is important to also recognize the many changes our middle school students or “tweens” will go through during this very important developmental stage.

With the onset of puberty, parents may see behaviors contrary to the child they knew just last year or even last week. Hormonal and physical changes occur and last until around age 17. For example, what can be phrased as the “emotional roller coaster” experienced by many “tweens is caused by hormones that can promote moodiness, outbursts or withdrawing. These changes can impact peer relationships, as well as parent-child relationships.

Puberty hormones also stimulate the glands in the skin, including the sweat glands under our arms. When sweat and bacteria on the skin get together, well, it can smell pretty bad, so middle school can be the beginning of requests for personal deodorants and powders.

Parents may hear their ‘tween complain from time to time about joints hurting. Bones and muscles do not grow at the same rate, so this may contribute to minor aches. Growth spurts may occur, in which new shoes may need to be purchased every few months. During growth spurts, an increase in sleep is usually noted, as well as an increase in stocking the refrigerator.

Middle school is such an exciting time for students, and the beginning of girls and boys becoming young ladies and gentlemen. It is during this time our children need reassurances that they will grow and change at their own pace, which may not mirror an older sibling or a peer. Changes are normal and expected.

If you would like to learn more about adolescent development or eye-rolling, selective hearing, grunts and mumbles, please join us for our monthly Parent University sessions at Vicenza Middle School. Happy New School Year!

Stephanie M. El Sayed
Principal, Vicenza Middle School



EL SAYED

AAFES rolls out new school lunch program

The Italy Exchange provides healthy, affordable USDA-approved meals for military family children this coming school year. Exchange cafeterias offer daily options of fresh fruit, vegetables and whole grains to provide the best nutrition and value. Visit www.aafes.com/about-exchange/school-lunch-program for current menus, pricing, nutritional and contact information.

Families with children on free or reduced lunch program last year must reapply each school year. For more information: <https://freeandreducedapps.aafes.com>.

Mypaymentsplus is a good way to manage a child's lunch account. Make payments from a card or bank account, set spending limits, receive balance notifications and view purchase histories. Sign up at <https://www2.mypaymentsplus>.

Overseas school lunch prices to increase for 2018-19 year

DALLAS – To meet rising operational costs and comply with federal law, school lunch prices will increase by 25 cents at Department of Defense Education Activity schools outside the continental United States (OCONUS), excluding Guam, for the 2018-19 school year.

The increase will apply to both elementary and secondary students, making the new lunch prices \$3 and \$3.25 respectively.

Families qualifying for the Free and Reduced Meal Program will not see a cost increase. Per federal guidelines, the price of a reduced-price meal will remain 40 cents.

The Healthy, Hunger-Free Kids Act requires DoDEA schools, as participants in the United States Department of Agriculture meal program, to raise paid student lunch prices to a level comparable to the rates used for USDA reimbursement.

To meet this requirement, prices in OCONUS schools will be gradually increased over the coming years. Every year, the Army & Air Force Exchange Service's school meal program provides 2.6 million lunches to war-

fighters' children at 78 Department of Defense schools in Europe and the Pacific.

The Exchange provides affordable school lunches as a service to the military community, pricing each meal, on

average, approximately \$2 below the actual cost of \$5.25 per plate. DoDEA and USDA reimburse the Exchange for direct costs of the school meal program not recouped by sales.

Nutritional standards for Exchange student meals are set by the Exchange's registered dietitian in accordance with USDA guidelines.

All menu items are baked and never fried, and meals must have zero grams of trans fat. Additionally, all breads, buns, dinner rolls, rice, macaroni, spaghetti pasta, tortillas and entrée breadings are rich in whole grains (made with at least 50 percent whole grain flour). Meals served must include a fruit or vegetable and adhere to nutrient standards for calories, sodium and fat for different age groups.

For more information on the Exchange's school meal program, visit <http://www.aafes.com/about-exchange/school-lunch-program>.



Teenvenuti

Welcoming teens to Italy, sharing culture

By Mary Kemmer and Ema Allen
Contributors

VICENZA — This summer hundreds of military children will move from one home to the next, something that can be difficult even for the most outgoing children and teens.

When you first move to a new country, or even just a new town, getting out of your hotel room can be incredibly difficult. Making new friends and relearning your surroundings compounds the stress.

Luckily for teens arriving in Vicenza, Beth Potter, school liaison officer with United States Army Garrison Italy, has continued and improved a program here that introduces new students in grades 6-12 to their new home.

The program is called “Teenvenuti,” a play on the Italian word for welcome, *benvenuti*. Teenvenuti includes learning some cultural aspects of living here as well as an opportunity for new students to meet people they’ll be attending school with.

Potter didn’t just improve a great experience to learn more about the community by visiting downtown Vicenza — she transformed the event into a student-led tour. Not only do students run the entire tour, but they also research and prepare speaking parts about some of the historical and cultural aspects of Vicenza.

“The program eases the student’s transition and fosters an immediate sense of belonging,” said Potter. The main goal of the program is to introduce arriving students to Italy and to some of their peers in the same grade.

It helps new kids feel more at home, and increases the chance that most students will see a familiar face on the first day of school — something that can assist in their transition. Touring downtown, taking the bus, visiting the schools and learning about sports on and off post are all part of the program, and it helps new arriving teens to know a little more about the Vicenza community.



Vicenza Military Community teens learn about life in Italy and history in Vicenza during Teenvenuti, a class to welcome newcomers. The class teaches youths about using the local bus system and train, as well as introducing them to the downtown area, dining and customs. (USAG Italy file photo)

On the day trip, attendees receive a highlights tour of downtown Vicenza. They visit the train station to learn how to purchase tickets, and pause to visit several historical sites such as the Basilica and Renaissance architect Andrea Palladio’s house.

Participants have a chance to meet and socialize with trip leaders and other new students during the tour and over lunch. Ella Parsons, a student leader who was once a participant, said the program was significant for her when she arrived in Vicenza.

“Two years ago, another participant and I met on the tour and now she’s one of my best friends,” Parsons said.

“(Over the years) I think the program has definitely improved,” added Ella DuPree, a Teenvenuti leader who has been in the program for three years. “We are having more participants come back as leaders.”

DuPree said she has watched as the program changed from a tour lead by adults to the student-led event that creates a welcoming environment and new friendships.

Teenvenuti is a great experience to help make the difficult transition easier on upcoming middle- and high-schoolers.

The program is constantly changing and improving to help make the new students feel more comfortable in their new homes.

Army Europe updates child supervision policy

By Ruth Ploeger
Army Europe School Liaison Officer

Recently the term “free-range parenting” has been bandied about the internet. While many yearn for the days of kids running rampant through town with no worries for their safety, the world and our understanding of the cognitive abilities of children have changed.

Military installations are typically safe in comparison to civilian neighborhoods in some countries. Nonetheless, it is vital that parents provide adequate supervision for children in line with their age and maturity levels, whether on or off post.

A newly released Army Europe Regulation (AER-608-18-1) assists parents in identifying what command expectations are regarding supervision of dependent

children. You can find the new regulation at the following link: www.aepubs.eur.army.mil.

This AER identifies inadequate supervision as “a type of child neglect characterized by the absence or inattention of the parent, guardian, foster parent or other caregiver that results in injury to the child, in the child being unable to care for himself or herself, or in injury or serious threat of injury to another person because the child’s behavior was not properly monitored.”

Army Community Service, under which the Family Advocacy Program falls, has partnered with Child and Youth Services to clearly outline the level of supervision required for children at various stages of development for families stationed on Army installations in Europe. The new AER contains a handy chart

so parents can quickly answer questions such as “Am I allowed to leave my fifth-grader home alone after school until I get there?” “Is it okay to leave my high school student home alone while I go for a weekend trip?” And “Can my sixth-grader babysit my toddler?”

This new version replaces the previous Army Europe Child and Youth Supervision Policy with a few significant changes. The new AER classifies children by grade instead of by age. This aligns with how Department of Defense Education Activity schools and Army CYS classifies children.

Homeschoolers and host-nation schoolers, never fear: there is a handy age-to-grade conversion chart for your use. During summer months, children are considered to be the grade they just finished until school starts again.

Per the regulation, students are never permitted to be home alone until they are in grade six. There are further stipulations to this ability by grade and length of time.

As with any child supervision regulation or policy, parents should always consider the abilities and maturity level of their child when making decisions for their family. Parents are always free to delay milestones of independence identified in the AER as their children grow and mature.

The Army community is dedicated to ensuring all of our children are safe. Anyone who observes an incident of child abuse or neglect is encouraged to report the incident to the local military police. For questions on this AER, please contact your local Family Advocacy Program.

Questions to ask your children after school instead of 'How was your day?'

Parents may not be satisfied with the answer of “okay” or “fine” when asking their children how their day in school was. Trying a new way to ask that question may be more insightful.

Here are a few a questions to ask instead of, “How was your day?”

- What made you smile today?
- Can you tell me an example of kindness you saw/showed?
- What did you do that was creative?
- Who did you sit with at lunch?
- Was anyone in your class gone today?
- Tell me something you know today that you

- didn’t know yesterday.
- Did you like your lunch?
- What was the hardest rule to follow today?

- If you could change one thing about your day, what would it be?
- What made your teacher smile?
- What made your teacher frown?

- If you could switch seats with anyone in class, who would it be? Why?
- What kind of person were you today?

(HerViewfromHome.com)

Cyberbullying on social media linked to teen depression

By Stephanie Pappas
Live Science Contributor

Cyberbullying on social media is linked to depression in teenagers, according to new research that analyzed multiple studies of the online phenomenon.

Victimization of young people online has received an increasing level of scrutiny, particularly after a series of high-profile suicides of teenagers who were reportedly bullied on various social networks.

In 2013, for example, a spate of suicides was linked to the social network Ask.fm, where users can ask each other questions anonymously. The deaths of teens who had been subject to abuse on the site prompted Ask.fm (which was acquired by Ask.com in 2014) to launch new safety efforts. Twitter, likewise, announced plans in 2015 to filter out abusive tweets and suspend bullying users.

Social media use is hugely common among teenagers, said Michele Hamm, a researcher in pediatrics at the University of Alberta, but the health effects of cyberbullying on social media sites is largely unknown.

Regular, face-to-face bullying during the teen years may double the risk of depression in adulthood, and the effects of bullying can be as bad or worse than child abuse, studies show.

A depressing effect

In the review, Hamm and her colleagues combed through studies on cyberbullying and social media, finding 36 that investigated the effects of cyberbullying on health in teens ages 12 to 18. Although the studies examined different health outcomes and sometimes defined cyberbul-



There are consistent associations between cyberbullying and increased likelihood of depression. If you're concerned about your child, talk to him or her, or see a professional's help. (Clipart photo)

lying differently, one finding stood out.

“There were consistent associations between exposure to cyberbullying and increased likelihood of depression,” Hamm told Live Science.

The studies covered a variety of social sites, but Facebook was the most common — between 89 percent and 97.5 percent of the teens who used social media had a Facebook account. Seventeen of the 36 studies analyzed looked at how common cyberbullying was, and researchers found that a median of 23 percent of teens reporting being targeted. About 15 percent reported bullying someone online themselves.

Two studies examined the prevalence of so-called “bully-victims,” meaning

teens who both bully others and are bullied. Research on offline bullying shows these kids to be most at risk for mental health problems. One study found that 5.4 percent of teens were bully-victims, while the other reported a prevalence of 11.2 percent.

Safe social media

Despite well-publicized suicide cases linked to cyberbullying in news reports, Hamm and her colleagues did not find consistent links between being bullied and self-harm across the studies. Nor did they see a consistent link between cyberbullying and anxiety. Some studies found evidence for these links, and others did not.

However, Hamm cautioned, the findings don't mean these links don't exist. The 36 studies used a variety of definitions and health outcomes, and not enough work has been done to confirm or rule out connections between cyberbullying and anxiety or self-harm.

But cyberbullying and depression went hand-in-hand, according to a researchers' report in the journal JAMA Pediatrics. Ten studies examined the link between social media victimization and depression, and all of them found a connection.

Alone, these studies can't prove that bullying caused the depression — it's possible that depressed teens are more likely to become targets of bullying than their healthier peers.

However, Hamm said, one of the 10 studies did follow the teens over time and found that the cyberbullying preceded the teens' depression, hinting at a causal relationship. Research also found that the more cyberbullying a teen experienced, the more severe his or her symptoms of depression.

Alarmingly, teens typically suffered cyberbullying in silence.

“Kids really are hesitant to tell anyone when cyberbullying occurs,” Hamm said. “There seems to be a common fear that if they tell their parents, for example, they'll lose their internet access.”

Therefore, it's important for parents to respond carefully if their children are being bullied online, and to teach teens safe internet use rather than cutting off permission to use the web, she said.

“Parents need to address that this is happening and that the internet and social media is here,” Hamm said. “It's an important part of their kids' lives. But it needs to be a whole team approach.”

High school math: How parents can help build skills

Some simple strategies
and encouragement will benefit
students who are struggling in math

By Patti Ghezzi
Contributor

By the time children reach high school, ideally they will be self-motivated and able to tackle courses like algebra, geometry and statistics. But for many teenagers, a lifelong fear of numbers, lack of motivation, and a weak foundation make high school math a struggle.

Students who get lost may need to go back and relearn the basics, says Joseph R. Davis, author of *The Essentials of High School Math*. But convincing your child he or she needs help can be a challenge. “When it comes to students who really need help, it's almost like they rebel,” Davis says. “The more parents push, the more students push back.”

If children say they don't want or need help in math, don't give up. Let them know you want them to make peace with math. Even if they plan a career that doesn't specifically require math, they could suffer setbacks if they don't have a solid grasp of the fundamentals.

Here are some ways parents can help children get their math skills on track:

Inspire your child. So many students just lack confidence. By the time they get to high school, they are comfortable saying “I'm not good in math.” In many cases, they've been saying it since fourth grade. Look for every opportunity to boost your child's confidence. Point out math skills he might not even realize he has. For example, his knowledge of the stats for his favorite baseball team might reflect a deep understanding of math concepts. Sometimes just one “A” on a quiz will turn a child's attitude around. Study with your child so he can experience that feeling.

Tutor your child. If you have a solid math background, even if you haven't used it for a while, you may be able to work with your child. Instead of leaving them to labor over homework assignments, set aside time every week to work on the specific skills that are holding them back.

Hire a tutor. In some cases, even if you have a close bond with your child and you are strong in math, you might not be the best person to help him/her.

Of course you want a tutor with a solid math background, but you also need to find the right personality to connect with your child. Sometimes a simple rephrasing of the steps for solving a math problem will trigger a lightbulb moment.

Get the tools for your child to teach himself. Some free resources on the internet might be useful. You can help your child assess the quality of sites that offer free math help. For more targeted, in-depth instruction, Davis recommends textbooks aimed at homeschooled students. You can go back to the grade where your child got lost and help him or her work their way through the skills they missed.

Step away from the calculator. A graphing calculator looks impressive, but it can mask math weaknesses. Sometimes you have to take the calculator away from children to assess what they really know. Some high school students never mastered the multiplication tables.

Show that the points $A(1, -1)$, $B(5, 2)$ & $C(9, 5)$ are collinear.

$$AB = \sqrt{(5-1)^2 + (2+1)^2} = \sqrt{16+9} = \sqrt{25} = 5$$
$$AC = \sqrt{(9-1)^2 + (5+1)^2} = \sqrt{64+36} = \sqrt{100} = 10$$
$$BC = \sqrt{(9-5)^2 + (5-2)^2} = \sqrt{16+9} = \sqrt{25} = 5$$

$AB + BC = AC$ A, B, C are collinear.

Ask your child to explain to you what multiplication is. If you help your child learn basic multiplication tables without a calculator, everything else just might fall into place.

Encourage your child to use math every day. At a restaurant, have your child calculate the tip. At the mall, have him/her figure out the cost of a sweater that's 35 percent off. When you're driving, ask how long it will take you to drive a certain distance at a certain speed. Cooking, knitting and gardening also offer great opportunities to use math at home.

Parents are often reluctant to help their children with math because they don't have confidence in their own abilities. Regardless of your skills, it's a worthwhile investment to help your child get comfortable. Solid, basic math skills will help your child get through high school, get into a good college and succeed in life, whether he/she chooses a career as an English professor or a pastry chef.

DODEA names Teacher of Year

Story and photo
by Pfc. Robert Wormley
AFN Vicenza

VICENZA — A Vicenza Middle School teacher was awarded Department of Defense Education Activity Teacher of the Year for 2019.

While dressed in full space attire with a rocket-ship-wielding headband at the Vicenza Elementary/Middle School Science Technology Engineering Art and Mathematics fair, Anna Sansome received, 7th-grade science teacher, took a call from the DODEA director informing her of earning the highest honor a DODEA teacher can receive.

“I was in my element, and this landed in my lap, I am just absolutely embracing it,” said Sansome. “I am incredibly humbled to be given this honor.”

Sansome said the award was a surprise and she is still wrapping her head around it.

Angela Wilson, colleague and DODEA Teacher of the Year 2012, said Sansome is entirely worthy of the award.

“Like all good teachers she didn’t expect to win — that’s what makes her exceptional, too. I don’t know if she knows how great she is,” said Wilson.

Sansome is an incredibly energetic teacher who stands out not only for creating explosions in the classroom but also for her passion and love of teaching, she added.



Anna Sansome, 7th-grade science teacher at Vicenza Middle School, guides students during an experiment in her classroom. Department of Defense Education Activity named Sansome Teacher of the Year for 2019.

Working tirelessly as a teacher, Sansome is also the DODEA Europe Science Department Leader, Doctor of Philosophy student, a member of the leadership team for school improvement, and facilitates meetings with DODEA Europe teachers in other countries.

“Teaching is a hard profession; you don’t ever put it aside,” said Sansome. “I am thinking about my students or the lessons I’m going to teach them pretty much 24 hours a day.”

Sansome said her love and drive for teaching stems from her experiences as a young student herself, and teaching runs in her blood.

“I have always known that I wanted to become a teacher. My mom is a teacher, my dad is a teacher, my aunts and uncles are teachers,” said Sansome. “I just don’t

think I was meant to do anything else, in my blood.”

The middle school teacher said the lessons learned from former teachers has helped in her own career.

“The ability to take joy in small things, the desire to always stay fresh by continually doing new things, and just the constant sense that what I do is a gift,” said Sansome.

With explosions, field trips and hands-on activities, Sansome keeps her students engaged.

“We’re always doing hands-on activities,” said Shalom Dejarim, one of her students. “Around the room, there are posters and colors, and everything we need to know that is going on is on the walls.”

Although the honor was a surprise to

her, it wasn’t to her colleagues.

“She has a true passion for teaching; it is evident in just listening to her speak. She has a love for kids and makes her lessons extremely engaging,” said Wilson.

“She relates to the kids at their level and her content knowledge of her subject matter is immense.”

Sansome said she doesn’t like to put herself on a pedestal — that her title of Teacher of the Year is bestowed not only on her, but also on the school as a whole.

“It was really amazing to see how excited my students were when they found out I had been chosen; I am incredibly grateful that is something not just for me, but rather that it’s something that represents the work that all of us do in this building,” she said.



Career fair

VICENZA — Johnniecia S. Corwise, family member, introduces herself to Birgitt Aydelotte, human resources technician with AAFES Italy, during the Career Fair Aug. 2 at the Golden Lion Conference Center on Caserma Ederle. Representatives of approximately 20 hiring agencies were at the center ready to hand out some information, answer and register participants. A job fair for teenagers is scheduled for Sept. 12-14. Time and location to be announced. (Photo by Laura Kreider, VMC Public Affairs Office)

Vicenza Military Community

CARE EXPO

Community Awareness of Resources Expo

Thursday, September 6
from 10 a.m. - 4 p.m.
Ederle Library Parking Lot

Community members both new and old,
come learn about useful resources available
to you during the **CARE Expo!**

For more information, call 0444-61-8929.
www.italy.armyMWR.com



BOSS plays host to first car, motorcycle show

CASERMA DEL DIN — Better Opportunities for Single Soldiers Vicenza held its first Car & Motorcycle Show July 28 here. Hundreds came out to look at and talk to Soldiers and some host nation partners who take great pride in their four- and two-wheeled rides.

Car categories included Best American, Best European and Best Classic.

DJ CAPO “BombSquad” brought the music, and children joined in fun activities, arts and crafts, and a bouncy house with the support of Family and Morale, Welfare and Recreation.

See more photos of the event at <https://www.flickr.com/photos/usagvicenza/albums/72157698036917331>.

(Photos by Laura Kreider, VMC Public Affairs Office)



Health & Wellness

Arizona medical detachment provides care in Vicenza

By Staff Sgt. Jeremiah Stoddard
Arizona National Guard Medical Det.

VICENZA — This summer the Arizona Army National Guard Medical Detachment has performed their Overseas Deployment Training (ODT) at U.S. Army Health Clinic-Vicenza.

The Soldiers have worked alongside their active-duty counterparts in three rotations from June to August, providing medical care and support to the military community here in the Primary Care Clinic as well as the Patient Administration and Behavioral Health departments.

“The U.S. Army relies on these kinds of collaborations between active duty and Army National Guard Soldiers in expeditionary environments. We are happy to work with the ODT rotations here in Vicenza, fostering great relationships, and to enhance the capabilities of our forces for future missions. These opportunities demonstrate how we collaboratively support our nation’s global healthcare demands,” said Lt. Col. Kane Morgan, commander, USAHC-Vicenza.

Arizona’s Medical Detachment is primarily charged with medical readiness for the Arizona Army National Guard.



Pictured left to right at Monte Berico in Vicenza are: Sgt. Israel Figueroa, Lt. Col. Jayson Lutz, Maj. Kevin O’Nan and Lt. Col. Timothy Pfeiffer, Arizona Army National Guard Medical Detachment. (Courtesy photo)

The 55 Soldiers assigned to the unit are composed of physicians, dentists, physicians’ assistants, nurses, patient administrators, behavioral health clinicians and combat medics. The detachment arrived in three groups, each working in Italy for 21 days.

Upon arrival, the Soldiers integrated into the Army health clinic’s daily opera-

tions providing access to care to approximately 200 patients during each rotation. “The Medical Detachment Soldiers provided an extremely valuable service to the clinic,” said Staff Sgt. Chantley Kiser, noncommissioned officer in charge of Primary Care at the Vicenza clinic. “They helped out in so many ways, and totaled over 600 medical ap-

pointments for Soldiers, family members and retirees.”

Lt. Col. Timothy Pfeiffer, an Emergency Room physician with the Arizona Medical Detachment, had not experienced working in primary care prior to this deployment.

“The staff was very welcoming,” said Pfeiffer. “For someone with an ER background, the clinic staff was very helpful and patient with guiding me through the primary care process with referrals, lab or X-rays.”

In addition to daily clinical operations, the National Guard Soldiers also participated in unique medical and physical fitness training events. Combat medic Sgt. Israel Figueroa’s personal favorite involved an early morning physical training run up to Monte Berico, he said.

“It was a fantastic run,” said Figueroa. “I wasn’t prepared for so many stairs but the view was incredible, and worth the climb.”

The Arizona Army National Guard Medical Detachment has regularly supported ODT rotations on a biennial basis with Army South humanitarian missions in Guatemala, El Salvador and Honduras. The unit previously supported the Vicenza Health Clinic in 2005 and 2009.

Young athletes hone skills at USA Volleyball Junior Olympic camp

VICENZA — Approximately 50 students from Vicenza, Aviano, Naples and Ansbach, Germany, participated in the first-ever USA Volleyball Junior Olympic camp Aug. 16-18. The camp took place in Vicenza at Caserma Del Din and Caserma Ederle Fitness Centers, and the high school gym. Vicenza was one of the three Department of Defense Schools volleyball camps for boys and girls offered this summer. Participants had the opportunity to cover all basic skills of this sport and improve them at the advanced level. Below: All participants, coaches and instructors pose for a photo at the end of the three-day camp. Bottom right and bottom left: Male and female players in the Advanced Skills groups focused on more complex team offense and defense skills. Below left: Players in the Basic Skill Development group learned serving, passing, attacking, blocking and digging. *(Photos by Laura Kreider, VMC Public Affairs Office)*



Wanted: Hockey players

The All Army Sports Program is looking for Soldiers to join its hockey teams. Applications for the men's team are being accepted now though Oct. 15. Details for the women's team are being finalized. For more information, go to www.allarmysports.armymwr.com.

WEDNESDAY, SEPTEMBER 12
-starting point- **POST CHAPEL**
COME & JOIN US!
COMMUNITY BREAKFAST TERRAIN WALK



BREAKFAST BEGINS at 8:30
2K WALK BEGINS at 9:00

*Learn where many
great resources are located!*

Caserma Ederle



For more information, call DSN 637-7245.



The **Blessed Virgin Mary of Mount Berico** celebration is Sept. 8. In Italy, each town has its own patron saint; in most cases, the saint patron has a relation to the place. The traditional patron saints' celebrations are varied in all cities and towns in Italy, reflecting the local history and characters of their inhabitants. They 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. The story tells that the Virgin Mary appeared twice to Vincenza Pasini, a humble peasant, in 1426 and 1428. Vicenza had been stricken with a devastating plague between 1425 and 1428. The Virgin 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.

VENETO & NEARBY

Brintaal Festival della Cultura e Musica Celtica
Brintaal Celtic Folk Festival
Through Aug. 26, Cismon del Grappa, Bosco delle Fontane, Via Giarre di Sicilia 2. Food booths and Celtic items fair; archery exhibit and workshops; sampling of local products and food booths. Free live music and dancing; free entrance to all events.

Sagra di Caldogno/Caldogno Fair
Aug. 24-26, from 7 p.m., Caldogno (Vicenza). Food booths; local products exhibit and sale; live music and dancing from 9 p.m.

Festa della Birra e della Bruschetta
Beer and Bruschetta Fest
Through Aug. 28, Marola, Torri di Quartesolo, Sport Center, Via Cedri, about 5 miles east of Vicenza. Food booths featuring the typical bruschetta (i.e. toasted bread seasoned with garlic, olive oil, etc.) and many other local specialties open at 7 p.m. Live music and entertainment start at 9 p.m.; pony rides for children; fireworks Aug. 28 at 11 p.m.

Sagra dei Ossi de Mas'cio/Pig Bones Festival
Aug. 31-Sept. 3 and Sept. 7-9, Longare. Starting at 7 p.m., food booths featuring pig bone dishes and other



local specialties; live music and dancing begins at 9:45 p.m.

Estate al Parco/Summer at the Park
Free outdoor fitness classes
Through Aug. 31, Vicenza, Parco Querini, Viale Rodolfi.
Thursday
Hatha Yoga: 7-8:30 p.m. Palco del Tempietto. Exercises that include physical postures, purification procedures, poses, breathing and meditation.
Sunday
Self-defense workshops: 10:30 a.m.-noon, Palco del Tempietto

David Chipperfield Architect Works
Through Sept. 2, Tuesday-Friday, 10 a.m.-1 p.m. and 5-8 p.m.; Saturday-Sunday, 10 a.m.- 8 p.m., Vicenza, Palladian Basilica, Piazza dei Signori. Contemporary architecture exhibit; entrance fee: €12; reduced €8.

Festa del Gnocco/Gnocco Festival
Sept. 1-3 and Sept. 7-9, Selva di Trissino, about 19 miles west of Vicenza. Food booths feature a variety of gnocchi dishes and other local specialties and local wine; bounce houses and lighted parking available; local products and craft exhibit and sale. Magic shows and games for children.

Regata Storica/Historic Regatta
Sept. 2, Venice. This regatta, famous for its spectacular historical water parade that precedes the race, is the most important event in the annual Venetian rowing calendar. It dates back centuries, probably as far back as the mid 13th century when Venice needed to train the crews of its Navy in the art of rowing. Nowadays, there are four different races divided in terms of age and type of craft: young rowers' twin-oared *pupparini*; women's twin-oared *mascarete*; six-oared *caorline* regatta, and the twin-oared *gondolini* regatta. Visitors may attend the historic parade and the regattas seating on the uncovered floating stalls set up along the Grand Canal near Campo San Vio. For details and ticket information, visit <http://www.regatastoricavenezia.it/>; purchase tickets online or by calling the Venezia Call Center at 041-2424.

Fiera del Soco/Tree trunk Fair
Sept. 7-13, 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's a large, annual market with hundreds of booths, exhibitions and carnival rides. Local products exhibit and sale; art exhibitions; workshops; food booths open at 7 p.m.

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 reenactment 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> or sign up for an Outdoor Recreation bus trip, Caserma

Ederle. See page 16 for information.

Ferrara Balloon Festival
Sept. 7-16, Ferrara, Bassani Park, Via Riccardo Bacchelli, about 70 miles south of Vicenza. Admission fee: Saturday & Sunday €5 (free for children under 12); free entrance Monday-Friday. Free parking and shuttle service from the main parking lot downtown Ferrara.

Jesolo Air Show
Sept. 8-9, starting at 3:30 p.m., Jesolo. This is the most exciting event of the year, which attracts more than half a million spectators on Jesolo beach. Acrobatic air shows performed by the Frecce Tricolori (Italian Acrobatic Arrows), and other countries, to include Switzerland, Pas, Hungary with Gripen.

Festa della Ceramica /Ceramics Festival
Sept. 7, 7 p.m.-10 p.m.; **Sept. 8**, 10 a.m.-10 p.m., **Sept. 9**, 10 a.m.-9 p.m., Nove, Piazza G. Fabris. *Portoni Aperti*–Open doors: local artists' ceramic technique demonstrations, from working with the potter's wheel to modeling the ceramic and ceramic painting.

Sculture di Sabbia/Sand Sculptures Festival
Through Sept. 9, Jesolo, Piazza Brescia. This year's theme is "Sand Raptors"; international artists take part in this special event, competing in shaping every kind of artistic figure with fine golden sand. Free entrance.

Fiera del Riso/Rice Fair
Sept. 12-Oct. 7, Isola della Scala (Verona), about 42 miles southwest of Vicenza. Open Mondays-Fridays, 11 a.m.-2:30 p.m. and 6:30 p.m.-midnight; Saturdays 11 a.m.–1 a.m.; Sunday, 10 a.m.-midnight. This is the largest Italian event dedicated to rice and risotto; it will host chefs from many Italian regions who will cook their specialties during the fair. Exhibits, sporting events, shows, live music and gastronomic competitions. Free entrance.

Festa del Riso/Rice Festival
Sept. 14-19, Grumolo delle Abbadesse, about nine miles east of Vicenza. Food booths featuring local rice dishes and other specialties open at 7:30 p.m. Local product exhibit and sale; free entrance. Live music and entertainment every night starting at 8:30 p.m.

Festa della Zucca/Pumpkin Festival
Sept. 14-17 and Sept. 19-23, Ghizzole (Montegaldella), about nine miles southeast of Vicenza. Pumpkin exhibit and sale; food booths open at 7 p.m.; entertainment for children; pumpkin carving workshops; old trades' reenactments; live music and dancing at 9 p.m.

Dining with the Ghost
Sept. 15, 8 p.m., Montorso Vicentino, Villa Da Porto Barbaran, Via Luigi Da Porto. Medieval dinner with guided tour in English and itinerant shows around the villa; cost is €65; 150 seats available. Purchase tickets at Il Pagliaio store, Vicenza, Piazza San Lorenzo; cash only.

Egitto. Dei, faraoni e Uomini
Egypt. Gods, Pharaohs and Men
Through Sept. 18, Fridays-Sundays, 10 a.m.-6 p.m., Jesolo, Via Aquileia 123. This exhibit offers a display of Egyptian artifacts coming from the most important



Europe (Photo by Cesare Greselin)

collections of Italian and foreign museums. Entrance fee: €16; reduced: €12 (senior citizens older than 65; students and people with disabilities); €8 (children aged 6-12); free for children younger than 6. Tickets include audio guide.

**Festa del Baccalà alla Vicentina
Dried Cod Fish Festival**

Sept. 21-23 and Sept. 27-Oct. 1, Sandrigo, about nine miles north of Vicenza. Local exhibit and sale of local products and sale, food booths featuring gnocchi with cod fish, Vicentine cod fish with polenta and many other local specialties open at 7 p.m.; gnocchi- and *bigoli*-making demonstrations. Live music and dancing nightly at 9 p.m. in Piazza Garibaldi.

**Passeggiate in carrozza
Horse-Drawn Carriage Tours**

Through Sept. 29, 8–11 p.m.; **Oct. 6-20**, 3-8 p.m., on Saturdays; Vicenza; enjoy this unique way of seeing the most beautiful sites in Vicenza; the 20 minute tours depart and return to Piazza Biade. The cost is €15 for a maximum of five people at a time.

Venice Secrets –Crime & Justice Exhibit

Through Sept. 30, open daily, 10 a.m.-10 p.m, Venice, Palazzo Zaguri, Campo San Maurizio. In a Venetian palace, through a five-story route divided into 36 rooms, visitors will see a secret side of the city. The display is divided in four sections: justice and torture; prisons and prisoners; capital executions; Inquisition and Holy Office. Entrance fee: €16; reduced €12, for senior citizens older than 65 and children ages 6-14.

Van Gogh Multimedia Experience

Through Sept. 30, Mondays-Saturdays and Sundays, 10 a.m.-9 p.m.; Fridays and Saturdays, 10 a.m.-10:30 p.m., Venice, Palazzo Giustinian Faccanon, Dorsoduro; this exhibit examines, through projections on several large monitors, Van Gogh's life and works, with video visions of many of his paintings and drawing, completed with info in Italian and English. Entrance fee: €15; reduced €12 (children younger than 18, senior citizens over 65); free for children younger than 7.

Esposizione Giocattoli Storic/Vintage Toys Exhibit

Through June 30, 2019, Tuesdays-Sundays, 9 a.m.-6 p.m., Chiericati Palace, Piazza Matteotti 37, Vicenza. More than 5,000 perfectly kept vintage toys on display; among them, some rare hand-painted toys. Entrance fee: €7.

TUSCANY

Festa del Mugello/Mugello Fair

Through Sept. 9, from 7 p.m., Florence, Lungarno Aldo Moro 3. Food booths feature a variety of Tuscan specialties, beer and wine; music and entertainment. Free event.

Bravio delle Botti/Barrel Competition and Festival

Aug. 24, Montepulciano (Siena). This event dates back to the 14th century when races were run on horseback. Only in more recent times it has been transformed in a competition with barrels (*botti*). Since Montepulciano is famous worldwide for its red wine *Nobile di*

Montepulciano, the idea came about of using wine barrels for the eight districts to compete against each other to win the *bravio*, a painted banner depicting the city's patron saint, Saint John.

Aug. 24, 9-11 p.m. barrel-pushing practice for Sunday's competition

Aug. 26, 10 a.m.-8 p.m., 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. Each barrel is pushed by two strong *spingitori* (pushers) up 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.

Peperoncino d'aMare/Hot Pepper Fair

Aug. 24-26, 7 p.m.-1:30 a.m., Marina di Massa. Food booths feature local specialties and beer; cooking workshops; live music, dancing, and entertainment for children. Free event.

Baviera Fest/Bavarian Festival

Aug. 24-Sept. 9, Venturina Terme (Campiglia Marittima, Livorno). Food booths featuring typical German food and beer open at 7:30 p.m.; 9 p.m. live music and dancing. Free entrance.

Sagra del Cunigliolo Fritto/Fried Rabbit Fair

Through Aug. 26, Thursday-Sunday, 7-11 p.m., Località La Serra, San Miniato (Pisa). Food booths feature fried rabbit and variety of local specialties and wines. Free event.

Festa Medievale/Medieval Festival at the Castle

Sept. 1-2, Vicopisano (Pisa). Medieval village reenactment; 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.

Giostra del Saracino/Saracen Joust

Sept. 3, 8 a.m.-8 p.m.; Arezzo, Piazza Grande. This is one of the most important Tuscan festivals, held twice each year. 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. At 3 p.m., historical parade; flag-throwers show; competition of the four city districts, each one represented by two knights. The competition is won by the district whose knights obtain the most points.

**Assedio alla Villa – Rievocazione storica
Siege at the Villa – Historical reenactment**

Sept. 14-16, 5-11 p.m., Poggio Caiano (Prato); Piazza dei Medici, Via Cancellieri, and Via Caiani. This event commemorates the visit of Princess Joan of Austria on her way to marry Grand Duke Francesco de' Medici in 1565; Renaissance-style market, musicians, Renaissance shows with falconers, flag-throwers, magicians, fire-eaters and jugglers; free wine tasting; food booths feature typical Renaissance dishes and other local specialties.

Rievocazione Storica/Historical reenactment

Sept. 15-16, Montopoli Val D'Arno (Pisa), Piazza



Barrel Competition, Montepulciano



Medieval Festival, Vicopisano

Catruccio Castracani; ancient medieval market, flag-throwers, storytellers, swords duels; food stands feature local and medieval specialties; archers coming from all over Italy perform spectacular precision shots.

Man Ray – Wonderful Visions

Through Oct. 7, 10 a.m.-7:30 p.m., San Gimignano, Modern Art Gallery, Via Folgore da San Gimignano; 10 a.m.-7:30 p.m. through Sept. 30; 11 a.m.-5:30 p.m., Oct. 1-7. On display More than 100 photos by Man Ray, one of the most important photographers of the 20th century. Entrance fee: €9, reduced €7 for children ages 6-17 and for senior citizens older than 65; free access for children younger than 6.

CONCERTS/SPORTS

- Eminem** – Sept. 7 Milan
- David Cosby & Friends** – Sept. 11 Milan; Sept. 13 Rome
- Europe** – Oct. 2 Bologna
- U2** – Oct. 11-12; Oct. 15-16 Assago (Milan)
- David Garrett and his band** – Oct. 17 Rome; Oct. 19 Florence; Oct. 20 Assago (Milan)
- The Musical Box** – Oct. 28 Rome; Oct. 30 Florence; Oct. 31 Milan; Nov. 1 Padova
- Brit Floyd** – Nov. 6 Florence; Nov. 7 Milan; Nov. 10 Padova
- Maneskin** – Nov. 14
- Liam Gallagher** – Nov. 15 Conegliano; Nov. 16 Rome
- Dire Straits Legacy** – Nov. 20 Assago (Milan); Nov. 21 Padova; Nov. 23 Brescia; Nov. 24 Florence
- Bunbury** – Dec. 2 Milan
- Elton John** – May 29-30, 2019, Verona

ITALIAN ARTISTS

- Francesca Michielin** – Sept. 2 Treviso
- Angelo Branduardi** – Sept. 3 Venice; Nov. 10 Florence
- Laura Pausini** – Oct. 7 Florence; Oct. 9-10 Padova
- Claudio Baglioni** – Oct. 16 Florence; Nov. 16-17 Padova; Nov. 20-21 Montichiari (Brescia)
- Luca Carboni** – Oct. 18 Padova
- Mario Biondi** – Dec. 13 Florence; Dec. 19 Padova

SPORTING EVENTS

- ACI CSAI Racing Weekend** – Oct. 27-28 Scarperia (Florence)

Tickets are available in Vicenza at Media World, Palladio Shopping Center, or online at www.ticketone.it and www.getticket.it. See Markets, page 14.

For more events and activities, visit the U.S. Army Garrison Italy Pinterest page, www.pinterest.com/usagitaly.



VENETO MARKETS

- Cerea (Verona):** Aug. 26, 9 a.m.-6 p.m., Via Farfusola 6 (about 150 vendors)
- Piazzola sul Brenta (Padova):** Aug. 26, 8 a.m.-6 p.m., in Via Camerini (about 700 vendors)
- Spresiano (Treviso):** Aug. 26, 8 a.m.-6 p.m., Piazza Luciano Rigo (about 100 vendors)
- Treviso:** Aug. 26, 7:30 a.m.-7:30 p.m., Borgo Cavour (about 80 vendors)
- Valeggio sul Mincio (Verona):** Aug. 26, 8 a.m.-7 p.m., Piazza Carlo Alberto and downtown streets (about 120 vendors)
- Marostica (Vicenza):** Sept. 2, 8 a.m.-7 p.m., Piazza Castello (135 vendors)
- Noventa Vicentina (Vicenza):** Sept. 2, 8 a.m.-6 p.m., Piazza IV Novembre (120 vendors)
- Thiene (Vicenza):** Sept. 2, 7:30 a.m.-7:30 p.m., downtown streets and squares (70 vendors)
- Vittorio Veneto (Treviso):** Sept. 2, 8 a.m.-7 p.m., Serravalle, Piazza Minucci and surrounding streets (75 vendors)
- Malo (Vicenza):** Sept. 8, Piazzale Zanini and surrounding roads

TUSCANY MARKETS

- Castiglion Fiorentino (Arezzo):** Aug. 26, 9 a.m.-6 p.m. Piazza Del Municipio
- Cecina (Livorno):** Aug. 26, 8 a.m.-8 p.m., Piazza Guerrazzi and Via Cavour
- Florence:** Aug. 26, 9 a.m.-6 p.m., Piazza dei Ciompi
- Montemurlo (Prato):** Aug. 26, 9 a.m.-6 p.m., Piazza della Costituzione
- San Gimignano (Siena):** Aug. 26, 9 a.m.-6 p.m., Piazza delle Erbe
- Viareggio (Lucca):** Aug. 25-26, 9 a.m.-6 p.m., Piazza D'Azeglio
- Arezzo:** Sept. 1-2, 9 a.m.-7 p.m., in Piazza Grande (about 1,000 vendors)
- Carmignano (Prato):** Sept. 2, 9:30 a.m.-7 p.m., Piazza Vittorio Emanuele II and Piazza Matteotti
- Livorno:** Sept. 2, 9 a.m.-7 p.m., Piazza Cavour
- Orbetello (Grosseto):** Sept. 1-2, 10 a.m.-10 p.m., Corso Italia, Piazza Eroe dei Due Mondi, Piazza del Plebiscito
- Pietrasanta (Lucca):** Sept. 2, 9 a.m.-7 p.m., Piazza Duomo
- San Giuliano Terme (Pisa):** Sept. 2, 9 a.m.-7 p.m., Piazza Shelley and Piazza Italia
- San Miniato (Pisa):** Sept. 2, 9 a.m.-8 p.m., Piazza del Popolo



Parent & Child



Parents can help calm first-day jitters

By Mieke VanderBorgh
Contributor

VICENZA — It's the most wonderful time of the year! No, not the happy coziness of the winter holiday season, but the joy of sending those bored kiddos back to school.

Joking aside, after a long and particularly hot summer, parents and children are gearing up to enter back into the daily grind of getting everyone where they need to be.

For those who are old hands at this yearly ritual, it may not seem all that momentous an occasion but for those who are just starting out, the first day of school can be a major ordeal.

Though years down the line children themselves may not have clear memories of that first day of kindergarten, their parents will certainly remember the day their little one bounced off to school with an oversized backpack barely staying put. This rite of passage is often a mix of excitement and anxiety for both parents and children. There are many things parents can do, though, to make the transition as smooth as possible.

Before the big day

- Start early. Prepare children for school by establishing a sense of responsibility and a love of learning. It's never too early to start reading to your children and exposing them to as much language as possible. Talk, sing, ask open-ended questions, have them tell stories and write down what they're saying, play rhyming games or letter sound games. Do anything else you can think of to create a language-rich environment.
- Tie in basic math concepts with blocks, counting or playing with shapes. Remember, you don't need anything fancy or electronic: simple books, conversation, and even homemade toys will more than do the job. And give them lots of practice doing things, such as getting dressed, clearing their place at the table, using the bathroom — for themselves.
- Visit the school and get familiar with the classroom (if you can), the building and the surroundings. If possible, meet the teacher. Talk about the teacher and refer to him or her by name. Make something special like a drawing or a homemade craft to give to the teacher on the first day of school.
- Talk, talk, talk and talk. Talk about how much fun school will be. Focus on making friends, learning new things, and having lots of exciting new experiences. Be positive and upbeat when describing what it's like to go to school. Talk about what the first day will be like and go over the routine so children know what to expect. Lead your child in acting out the first day through play, stories, or discussion.

- Find books in the library about going to school and read them together. Discuss any questions or concerns your child has.
- Choose a special item — a photograph, bracelet, or sticker that matches one you hang on to — to give your child to hold on to as a reminder of home.
- Arrange to spend some special, bonding time together after pickup to reconnect and give your child the opportunity to share what happened during the day.
- Acknowledge your own feelings of anxiety about sending your precious cargo off to school and work through it with your co-parent, a friend or other trusted person. Make sure your child sees you calm and positive about the school experience.

First day

- Make sure your child gets enough sleep. They need 10-12 hours per night.
 - Acknowledge your child's fears and help name them by saying, for example, “I see that you're feeling nervous about going to school.”
- Rather than minimizing what your child is going through, or simply saying everything will be fine, let him know that you're there to help him work through his anxiety. Also say things like “I know you can be brave” to encourage her to gather up her courage. Speak in a calm soothing tone, and limit your own anxiety or frustration, especially if child is exhibiting difficult behavior (for example, throwing tantrums or being aggressive).
- Arrive early enough to help orient your child to the new surroundings. And never just sneak away; always make sure to say good-bye. But once you do say good-bye, say it with love and confidence and resist the urge to linger. If your child is having trouble, make sure a caring adult is there to help with the transition.
 - It may help to make up a special silly good-bye, like two hugs and a hand slap. That special good-bye will be a way to bond, and will be your cue to your child that it's time to separate.

Breathe, relax and remember: this is the first day of an amazing learning journey for your child and even if it's rocky at first, it really will all be okay.

Older children may experience some similar emotions, especially if they're starting a new school. Look out for signs of anxiety and help them in similar ways — like talking, role playing, staying upbeat and positive, sticking to a routine, and getting enough sleep.

Here's wishing everyone — parents and children — a fun, smooth start to an enriching and rewarding school year!

(VanderBorgh is a Child Development Specialist/Media Educator and Family Advocacy Program Parent-Child Educator and Emergency Placement Coordinator for U.S. Army Garrison Italy.)



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.

A composite image showing a man in a plaid shirt on a FaceTime call, with a browser window in the foreground displaying a news article about a 'Terrifying discovery'.

(Rated PG)

Aug. 24	7 p.m.	The Happytime Murders	(R)
	10 p.m.	Slender Man	(PG-13)
Aug. 25	3 p.m.	Slender Man	(PG-13)
	6 p.m.	The Happytime Murders	(R)
Aug. 26	3 p.m.	Christopher Robin	(PG)
	6 p.m.	Slender Man	(PG-13)
Aug. 29	7 p.m.	The Happytime Murders	(R)
Aug. 30	7 p.m.	Slender Man	(PG-13)
Aug. 31	7 p.m.	Kin	(PG-13)
	10 p.m.	The Little Stranger	(R)
Sept. 1	3 p.m.	Searching	(PG-13)
	6 p.m.	Kin	(PG-13)
Sept. 2	3 p.m.	The Little Stranger	(R)
	6 p.m.	Searching	(PG-13)

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.



5779
Happy New Year

9 September: Potluck Meal and Service
Location: Del Din Sigholtz Center
Time: 5 pm – 8 pm



Rosh Hashanah

10 September: Service & Lunch
Location: Del Din Sigholtz Center
Time: 11:30 am -1 pm

10 September: Tashlish & Appertivo
Location: Meet near Teatro Olimpico
Time: 6 pm

14 September: Evening Shabbat Service
Location: Caserma Ederle Chapel
Time: 6 pm – 8 pm



16 September: Venice's Jewish Ghetto, Museum and lunch
(at your own expense)
Location: Venice — meeting time/place given on request



18 September: Evening Service/Kol Nidre
Location: Del Din Sigholtz Center
Time: 6 pm

19 September: Yom Kippur Service
Location: Del Din Sigholtz Center
Time: 10 am – 3 pm & 5 pm – 6:30 pm
Break the Fast: 6:30 pm

Point of Contact: Please call or text: Tamara Passut 380-699-7310
PLEASE RSVP FOR EACH EVENT SO WE WILL KNOW HOW MUCH FOOD TO PREPARE/CHAIRS TO SET UP.

The U.S. Army Garrison Italy Directorate of Public Works Operations & Maintenance Division will spray for mosquitos with ULV fogger. Spraying will take place Aug. 29 and Sept. 14, 7-11 p.m. on Caserma Ederle, and Aug. 31 and Sept. 13, 7-11 p.m., on Caserma Del Din.

Beginning Oct. 1, the *Outlook* newspaper will go digital. Due to budget and manpower constraints, the printed version of the newspaper will be online only in a different format. Anyone with questions may contact the editor at karin.j.martinez.civ@mail.mil.

Vicenza Elementary School offers the Sure Start Preschool Program that is modeled after Head Start in the United States. The full-day, high-quality preschool for four-year-olds targets children who may potentially be “at risk” for not being ready for kindergarten the following year. The program is designed for children of sponsors who rank E4 and below, but anyone is welcome to fill out an application. There are two classes of 18 children each, and applications are accepted all year. If classes are full, applicants are put into a “waiting pool” and when there is an opening, the child most qualified is selected by the steering committee. If interested, stop by Vicenza Elementary School to get an application, or call 0444-61-8640 for more information.

Army Community Service is looking for certified Army Family Team Building (AFTB) instructors. The time requirement will vary. Interested volunteers should apply for the “AFTB Instructor” role in VMIS. Those with questions should call Stephanie Cummins, DSN 634-8138, comm. 0444-71-8138.

Soldiers have until 11:59 p.m. Eastern

TAMPA, Florida — The U. S. Army Officer Candidate Schools Alumni Association announced plans to build a heritage center that will be constructed within the confines at Wigle Hall, at Fort Benning, Georgia.

The new center will celebrate and recognize the history and traditions of OCS since its inception prior to World War II.

The center will feature displays and information covering:

- World War II
- Korean War
- Vietnam War
- Women's Army Corps
- America's Volunteer Army
- Army of Excellence
- Global War on Terrorism

There will be galleries honoring fallen OCS graduates and Medal of Honor recipients. Interactive kiosks will feature OCS Hall of Fame Honorees, Distinguished OCS Graduates, plus Patterson and Nett Awardees. OCS "Success Stories" will be highlighted along with biographies and personal glimpses into individuals who have excelled in both the military and commercial worlds.

"The OCS Heritage Center will be the only place honoring what Officer Candidate Schools have meant to the U.S. Army and America," said retired Col. John Ionoff, OCS Alumni Association President. "It's how we plan to preserve the legacy of the more than 250,000 OCS graduates."

Standard Time Sept. 14 to submit tuition assistance (TA) requests for fiscal year 2018, for classes with a start date of Sept. 30 or earlier.

Soldiers may now submit TA requests for fiscal year 2019, for classes with a start date of Oct. 1 or after. Soldiers will be advised when submitting their requests that FY19 enrollments are subject to availability of funds. For more information, contact DSN 637-8141, comm. 0444-61-8141.

Using the Federal Post Card Application (FPCA) is the easiest way for overseas citizens, service members, and their families stationed away from home to register and request a ballot. The FPCA allows voters to register and request an absentee ballot simultaneously. Voters can visit [FVAP.gov](https://www.fvap.gov) for their state's specific voter registration and ballot request deadlines, as well as information on completing their FPCA, which is accepted by all states and territories.

Voters may fill out the form by hand or use the online assistant before they print, sign and send the FPCA to their election office. For additional information, visit the website, email vote@fvap.gov, or call 1-800-438-VOTE (8683).

The Retirement Service Center, located in Building 305, Caserma Ederle, is operated mainly by veterans. These volunteers contribute a host of important functions for all retirees and veterans, to include providing assistance to service-connected medical disabilities and claim submissions; assisting in resolving military pay and Social Security issues; reporting deaths of veterans; and conducting funeral services.

Anyone interested in volunteering at the center is urged to contact the retirement services officer at 0444-61-7747 or mark bostic at bosticmark54@yahoo.com for more details.

Also, anyone who would like to join the Veterans of Foreign Wars post should contact VFW Post 8862 recruiter Yolanda Wright at 393-298-276139, or e-mail wrightyn@yahoo.com to determine eligibility. VFW meetings take place at 6 p.m., second Thursday of each month at La Rondine on Via Paolo Calvi, Vicenza. Maps are available at Bldg. 305.

ENTERTAINMENT & TRIPS

Bowling
Check the FMWR calendar
The Arena, Caserma Ederle
Bowl at the Arena. There is daytime bowling, Two for Two Tuesday, Sunday bowling specials, hourly and evening bowling, and family movie nights. Stop by the Arena for more information, or go online at <https://italy.armymwr.com/calendar> to get dates, times and cost.

Yoga weekend in Lake Bled, Slovenia
Aug. 31-Sept. 3, 6 a.m., \$445
ODR, Caserma Ederle
Spend Labor Day weekend in the beautiful city of Bled, Slovenia. Bled is situated on the shores of Lake Bled which was coined the "Second Garden of Eden" by one of the greatest Slovene poets, France Preseren. Mix sightseeing with some deeply relaxing yoga on this trip. Cost includes transportation, three nights lodging with breakfast, trip facilitator and yoga instruction. Bring your passport.

Siena and San Gimignano Express
Sept. 1, 5 a.m.-11 p.m., \$95/\$55
ODR, Caserma Ederle
One of the most visited areas of Tuscany, Siena is a famous medieval city with museums, art and incredible food. Tour Siena and then wander the streets of a small Etruscan settlement in San Gimignano. This town stands 334m above sea level; its history begins in the 10th century. Estimated drive time is 4 1/2 hours each way.

BOSS Cengio Hike & Ropes Course
Sept. 1, \$40
7:30 a.m., Del Din Shoppette
7:45 a.m., Ederle Shoppette
This location is ideal for a day hike with a visit to a place of significant historical value: World War I, Resistance of Grenadiers of Sardinia. From this location, participants can admire one of the most beautiful landscapes of the plateau. Following the hike, the group will make its way to the Acropark zipline and ropes course. Enjoy some great climbing among the trees and finish by riding a zipline across a lake. This event is not recommended for those with a fear of heights. Ages 18 years and older.

Live Chess Match in Marostica
Sept. 7, 8 or 9, 7 p.m. \$90
ODR, Caserma Ederle
Enjoy the biannual medieval chess match where real people are used as the chess pieces. Ancient documents and the locals of Marostica tell a fantastic story of the origins of this biannual medieval chess game: Rinaldo d'Angarano and Vieri da Vallonara both fell in love with the daughter of Taddeo Parisio, the town governor. Parisio forbade the men to joust and instead suggested a game of wits — chess. Both men were experts at the game and fought for the lady's hand. Parisio decided to promise the hand of his own sister to the man who lost the tournament. The Human Chess Game represents the most spectacular events of Marostica's history. The show lasts three hours with a 20-minute intermission. Tickets are not refundable.



(Photo by Laura Kreider, VMC Public Affairs Office)

Sunday Night Football
Sept. 9, 16, 23 & 30, 7-10 p.m.
Warrior Zone, Caserma Del Din
Head to the Warrior Zone on Sunday nights and root for your favorite team. Kick back in our lounge area while enjoying hot food and cool drinks. Takes place every Sunday until the Super Bowl (Feb. 3, 2019). Watch your favorite teams go the distance on the big screens.

Man in the Iron Mask Tour in Cannes, France
Sept. 15, 3 a.m.-Sept. 16, 2 a.m.
\$95/\$68/\$49
ODR, Caserma Ederle
On this tour, travel to Cannes, France, by bus. Once there, the group will meet up with a guide and travel by boat to Sainte Marguerite, the island where "The Man in the Iron Mask" was held, and take a guided tour of the Fort Royal prison. After the tour is complete, the group will head back to Cannes for free time.

Horseback Riding
Sept. 15, 8 a.m.-6 p.m., \$95
ODR, Caserma Ederle
Saddle up with Outdoor Rec and ride through hills and vineyards, and then receive instruction on how to make Italian-style pizza. While enjoying pizza, guests will taste some of the wine made from the very vineyards they spend the morning riding through. All skill levels are welcome, first-timers included. After a short practice ride, the group will hit the trails for approximately two hours.

Oktoberfest Express
Sept. 22 or Sept. 29, 3 a.m., \$125
Family Bus, ODR, Caserma Ederle
Party Bus, Del Din Shoppette
Oktoberfest is a 16-day festival held in Munich that lasts from late September to the first week of October. Over 5 million people attend the festival every year, consuming over 7 million liters of beer on average. Traditional Bavarian foods — including Würstl (sausage), Brezel (pretzel), Käsespätzle (cheese noodles) and sauerkraut — are also an important part of the celebration. Must bring passports.

Darby Youth Trip: Gardaland
Sept. 22, 6 a.m.-11 p.m.
\$16 and €41 entry fee
**Sign up by Sept. 14*
Youth Center, Camp Darby
Youth are invited to join Child & Youth Services as they spend the day in Gardaland. Bring a money for

dinner. Cost includes transportation, supervision and lunch and snack.

CLASSES & WORKSHOPS

Resiliency Through Art - Midday
Aug. 28, 11:30 a.m.-1 p.m.
Arts & Crafts Center, Caserma Ederle
Enjoy this lunchtime program that focuses on the process of personal expression through art in a small group setting. Participants will find art naturally therapeutic in this facilitated program. First two facilitated sessions are free; subsequent sessions will be based on a studio time fee. Active-duty Soldiers are free.
**There is also a class at Caserma Del Din, Aug. 29, 3:30-5:30 p.m., and an evening class on Caserma Ederle, Aug. 30, 5-6:30 p.m. Call for more information, DSN 637-7846, comm. 0444-61-7846.*

Library Lego® Club
Aug. 28, Sept. 4, 11 & 18, 3:30-5 p.m.
Library, Caserma Ederle
Drop in to the Ederle Library on Tuesdays and let your children explore their creativity with the library's Lego® collection. Open to ages 4-12 years.; all Legos are provided.

Anger Management Class
Sept. 4, 10:30-11:30 a.m.
ACS, Bldg. 108, Caserma Ederle
Sept. 5, 10:30-11:30 a.m.
Library, Caserma Del Din
All community members are eligible to participate in this class. Understand what anger can do to your body; learn to recognize anger warning signs; and what to do when you get angry. No registration required.

EFMP Parents Connect
Sept. 5, 1-2 p.m.
ACS, Bldg. 108, Caserma Ederle
This group is open to all Exception Family Member Program parents regardless of EFMP diagnosis. Meet other parents and network, share resources, and get encouragement. No registration required.

SKIES Open House
Sept. 6, 3 p.m.
Bldg. 304, Villaggio
Head over to SKIESUnlimited on Villaggio for an open house. Celebrate with us and enjoy a buffet, class demonstrations and prize giveaways.

Music Cafè celebrates eight years of crooning
CASERMA EDERLE — Music Cafè celebrated its eighth anniversary with a large crowd and a diverse group of musicians and singers in the Soldiers' Theatre lobby on Caserma Ederle Aug. 17. Pictured, Cheryl Porter dedicates a special tribute to Aretha Franklin accompanied by Barry Robinson on bass and Italian musicians Bruno Marini (left), saxophone, organ and keyboards, and Simone Rossetto, saxophone. The next session will take place Sept. 14 at 7:30 p.m. More photos from the event may be found on the Flickr site, www.flickr.com/usagvicenza.

Stress Management Class
Sept. 11, 10:30-11:30 a.m.
ACS, Bldg. 108, Caserma Ederle
All community members are eligible to participate in stress management classes. During this class participants will learn how to recognize signs of stress; what prolonged stress can do to your body and mind; and how to train yourself to lower stress levels. No registration required.

Brush Lettering Class
Sept. 13, 11 a.m.-1:30 p.m., \$15
Arts & Crafts Center, Caserma Ederle
Brush pens provide a no-fuss alternative to get started with hand lettering. In this class, learn the fundamentals to brush pen lettering. It begins with learning the basic supplies and how to use them, then delves into strokes and how to develop letterforms. Price includes textured watercolor paper and brush pens.

FITNESS & SPORTS

Group Fitness Class Schedule
Fitness centers
\$5 per class/\$35 for 10 classes
The Ederle and Del Din fitness centers have plenty of great classes to help everyone get in shape. Open to all skill levels. Classes include Zumba, cycling, taekwondo, yoga, power pump and many more. Self-defense classes are \$12 per class/\$70 for monthly pass.

Fall Archery
Enroll Aug. 27-Sept. 7, \$45
Register at Parent Central Services Bldg. 108, Caserma Ederle
For youth ages 8 to 18 years. Archery play starts Sept. 18 and concludes Oct. 25 and will take place Tuesdays and Thursdays. Maximum of 20 participants, and equipment will be provided.

Darby PiYo Live
Aug. 28 and Sept. 4, 8:30-9:30 a.m.
Aug. 31, 7:15-8:15 a.m. and 11-noon
\$5/10 for \$35
Fitness Center, Camp Darby
PiYO Live is an intense, low impact cardio workout. A unique total-body conditioning workout that combines the muscle-sculpting, core-firming benefits of pilates with the strength and flexibility training of flowing yoga movements, all in one class. A fat burning, low-impact workout.