



THE Outlook

June 14, 2005

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Community mourns Delta Battery Soldier killed in Afghanistan



Cpl. Emmanuel Hernandez

22nd Area Support Group
Public Affairs
Press Release

A memorial service was held Monday for Cpl. Emmanuel Hernandez, a Soldier with Delta Battery, 319th Airborne Field Artillery Regiment. Hernandez was killed June 8 when insurgents launched a mortar attack at the forward operating base he was assigned to in Afghanistan as part of Combined Joint Task Force-76.

During the attack, one other Soldier died and eight others were wounded.

Hernandez was born Oct. 26, 1982

in Caguas, Puerto Rico. He enlisted in the U.S. Army Sept. 16, 2003 for a four-year commitment, joining the ranks of the Airborne Artilleryman destined for service in the 173d Airborne Brigade as a member of Delta Battery, 319th Airborne Field Artillery Regiment. Hernandez arrived in Vicenza, Italy in February 2004, just as the Brigade was returning from their yearlong deployment in support of Operation Iraqi Freedom. He immediately embedded himself into the ranks of Delta Battery, joining the long heritage and proud service of the "Doghouse Paratroopers."

His actions during the regiment's training before deployment to Afghanistan in Grafenwoehr and Hohenfels, Germany awarded him the Army Achievement Medal for his dedication to service, commitment to the mission, and shouldering more than his share of the task in every situation.

Hernandez sought to be placed on every airborne operation executed by Delta Battery. As a result, he participated in four UH-60 Blackhawk jumps into Juliet North DZ and one C-130 Hercules combat mass tactical jump into Bunker DZ in Grafenwoehr.

Upon arriving at Forward Operating Base Shkin, his excellence and dedication to service was further displayed by conducting



A Soldier pays a final tribute to Cpl. Emmanuel Hernandez in the post chapel at the conclusion of the memorial service (Photo by Diana Bahr, Outlook editor)

advanced live fire training with the M4, M203, and M240B, engagement of the enemy by means of firing the howitzer, executing the advanced party position flawlessly during section certification.

He also showed a spirit of advancement through training above his skill level by conducting drills and training in accordance with the gunner and section chief positions.

"He was a superior NCO in the making,"

said Maj. Jacky Howard, Delta Batt, 319th AFAR commander.

"He regretted not joining the Army early enough to take part in the brigade's mission in Iraq," said Howard during the memorial service. "That's how deep his patriotism ran for America."

Hernandez is survived by his loving wife of 18 months, Jessica, and his mother, Eli, who resides in Puerto Rico.

SNAP volunteers keep neighborhoods safe

By Andricka Hammonds
Special to the Outlook

If you've seen someone walking around your neighborhood in Villaggio taking interest in activities, you've probably spotted a SNAP volunteer. The Safe Neighborhood Awareness Program has been designed to increase your feeling of safety and security by being similar to the Neighborhood Watch program that exists in the United States, according to Bethanie Trent, 22nd Area Support Group SNAP coordinator.

"SNAP was developed in 2002 to enhance force protection, crime prevention,

situational awareness and disseminate information for the safety and security of our neighborhoods," said Trent. "Presently, SNAP has about 80 registered volunteers [in the Caserma Ederle community.] If you see something suspicious and are not a volunteer, you can still report it to the military police or VMID. The program works with the military police, military intelligence, the Red Cross, and the fire department to lend expertise in each training area."

Anyone can become a SNAP volunteer. Volunteers are required to attend training classes in areas such as First Aid Response, Fire Safety, Observation Guidelines and Authority, Reporting Procedures and Jurisdiction. Once trained, it's easy to observe your community to keep it safe, according to Trent.

Since SNAP is a volunteer organization, safety of the volunteers is very important to the program, said Trent. Volunteers are not military police officers, so they do not confront suspicious activities or persons. Instead, they report such activities to the Italian or military authorities. SNAP volunteers are observers who report what they see if anything looks out of the ordinary. This is an effective way to prevent crime while remaining safe. When a criminal sees he or she is being watched, he or she is most likely to back down, thus the presence of the volunteer is often enough to prevent a crime.

SNAP works differently depending on what community you live in, said Trent. In Villaggio and on post, SNAP volunteers are highly visible and conduct regular patrols in their orange vests. However, for those who live off post, there are still many volunteers

— they're just not as visible.

"The majority of our volunteers live off post," said Trent. "Because of the NATO and Status of Forces Agreement in place in Italy, we have to take a different approach for people living off-post. For example, we don't have regular patrols, and our observers don't wear the SNAP vest.

"We encourage people who live off-post to get to know their neighbors," Trent said. "Even if you don't speak Italian, at least make an effort to know what your neighbors look like, what cars they drive, who their friends and relatives are, and the vehicles they drive. That way you know the difference between a person or vehicle with a legitimate reason to be in the neighborhood, and when it might be a suspicious activity."

A new volunteer for SNAP is a recent victim.

"I went to the beach for the weekend and left my pet at home with a pet sitter," said Naomi Rios. "I returned to my home only to find my window ornaments broken. I walked around my neighborhood and asked if anyone had seen or heard what happened at my residence in Villaggio. I was shocked to hear that several incidents of vandalism and mischief had occurred within the last few weeks, and spray-painting, egging, and popping inflatable pools had become a norm.

"It is very important that we prevent property damage and behavior like this," she said. "SNAP coordinators and volunteers can help prevent this type of behavior by roving the neighborhood and educating residents in housing areas on what this program can offer...peace of mind.

"I was a Neighborhood Watch captain back in the states and I know how helpful programs like SNAP can be for families. I

am very grateful that the window wasn't broken and that my pet wasn't physically hurt," said Rios. "I want everyone to help prevent mischief and vandalism against their family and property. Please support the SNAP Program and help make your community a secure and better place to live."

If there is something in your community that seems suspicious, contact the Military Police immediately at 634-7626, off post 0444-71-7626, or the Vicenza Military Intelligence Detachment at 634-7688, off post 335-712-4263. The Italy-wide toll-free number to reach the MP's is 800-064-077. When reporting to the MP's; description is a key element. Try to remember as much of the suspicious person or vehicle as possible — color of hair, type of clothing, etc.

To become a volunteer or find more information about the SNAP program, contact Trent at 634-7262.

Hot water turnoff scheduled for post

Maintenance is scheduled for June 20 on the steam plant on Caserma Ederle from 7 a.m. - 5 p.m..

Following is the list of buildings that will be affected: South of the Alps Dining facility, Burger King, Fitness Center, U.S. Army Health Clinic - Vicenza, Club Veneto, the new Child Development Center and the old Child Development Center (Bldg. 308), Post Laundry, Vicenza Schools cafeteria, Post Exchange, commissary, and the Central Inprocessing Facility (Golden Lion).



Safe Neighborhood Awareness Program volunteers can help stop crime such as this graffiti and arson by keeping their eyes and ears open for suspicious activity in their neighborhood. (Photo by Sgt. 1st Class Eugene Pomeroy, SETAF Public Affairs)

Help set Vicenza's COLA rate

By Nicolas White
Housing Programs manager
Press Release

Do you want to have a say in setting Vicenza's Cos of Living Allowance rate?

From now through Friday, a Living Pattern Survey is being conducted in communities across Europe – to include Vicenza.

All Soldiers – regardless of service affiliation – with command-sponsored dependents are strongly encouraged to participate. Spouses may also complete the survey on behalf of their military sponsor.

How can I participate?

To take the survey, log on to <https://www.perdiem.osd.mil/oscola/lps/germany/> and follow the instructions on the screen. The survey takes approximately 30 minutes to complete.

When you are asked for a survey ticket number, choose any random six-digit number you like. The survey is completely anonymous.

When you are asked for the location code, enter **IT073** – the Per Diem Committee's code for Vicenza. Note that when you are asked to choose a store where you do most of your shopping from a list,

the list is NOT all-inclusive. If you shop somewhere else, simply click "Other" and enter the store name manually.

This store will then be available for all who take the survey after you, and more accurately reflect our actual shopping patterns.

What happens after I take the survey?



After the survey period is over, responses will be collated and analyzed by the Per Diem Committee back in the States. They will determine which stores are most popular in our community based upon your responses.

From that data, a Retail Price Schedule will be conducted. Prices for a "market basket" of items will be collected at the Vicenza military community's most popular stores and sent back to the Per Diem Committee.

Based on this information, the Per Diem Committee will ensure Vicenza's future COLA rates are equitably set and accurately reflect the actual purchasing patterns of our community.

This information is vital to making certain that Vicenza military members are not being short-changed for our local market conditions. Your participation will help make the COLA program a success!

Summer safety guidelines in housing

By Nick White
22nd Area Support Group
Housing Programs Manager
Press Release

With summer on the way, many people are probably setting up the trampoline and filling up the wading pool for children to use at home.

The 22nd ASG Housing Office asks that you keep a few safety guidelines in mind to ensure the summer is enjoyed by all.

Trampolines must be:

- Erected only in fenced yards.

- Put up with safety netting around their circumference.

- Assembled and installed only in accordance with manufacturer's directions.

Trampolines may not be used without 100 percent compliance with these guidelines.

Wading pools must be:

- Used only under adult supervision.
- Completely emptied of water immediately after use.

- Stored properly when not in use.

Direct any questions regarding these guidelines to Housing at 634-8577.

The reason for everything

For the next 34 weeks, the 22nd Area Support Group Chaplain's Family Life Office, in partnership with deployed SETAF and 173d Airborne Brigade chaplains, will write a series of devotional articles based on the best-selling book, "A Purpose Driven Life," by Pastor Rick Warren.

The intent of these articles is to offer deployed soldiers and their family members a devotional meditation which you can use for weekly discussion and to hopefully deepen your spiritual connection during the separation.

By Chaplain (Lt. Col.) Doug Hudson
22nd ASG Chaplain

For from Him and through Him and to Him are all things. To Him be the glory forever! Amen. (NKJV)

The Lord works out everything for His own ends. (NKJV)

What is the chief end of man? It is to glorify God and enjoy Him forever!

The Hebrew word for glory in the Old Testament is *kabod*. *Kabod* derives from a word that means "to be heavy" and lends itself to the idea that the one possessing glory is laden with riches, power and position. This word also denoted the manifestation of light by which God revealed Himself.

You see the manifestation of divine presence in the cloud which led Israel through the wilderness and became localized in the tabernacle.

The Greek word for glory - *doxa* - is used with a sense of recognition and reverence by the creature to the creator and judge. With reference to God, it denotes His majesty and His perfection, especially in relation to righteousness. Christ is the effulgence of the divine glory and by means of Him the perfection of the nature of God is made known to men.

So where is the glory of God seen? It is seen in creation.

The Psalmist writes, "*The heavens declare the glory of God; the skies*

proclaim the work of His hands (Psalm 19:1)." It is seen in Jesus Christ.

The writer of Hebrews states, "*The Son is the radiance of God's glory and the exact representation of His being (Hebrews 1:3).*"

The problem is that we have lived for our own glory, not God's.

The Apostle Paul, writing under the inspiration of the Holy Spirit, pens this truth, "*All have sinned and fall short of the glory of God (Romans 3:23).*"

How then can we, those who are created in the image of God, fulfill our divine mandate to glorify God?

We must model the example of Christ. He did what His Father sent Him to do. We honor God by doing what He has called us to do.

There are many ways to bring glory to God, but they can be summarized in God's five purposes for your life.

Future articles will speak of them in detail, but here is an overview:

- **We bring God glory by worshipping Him.**
- **We bring God glory by loving others, especially those in the household of faith.**
- **We bring God glory by becoming more like our Lord.**
- **We bring God glory by serving others with our gifts.**
- **We bring God glory by bearing witness to His saving grace.**

What will you live for? Who will you live for? Will it be for yourself? Will it be for God?

Living the rest of your life for the glory of God will require a change in your priorities, your schedule, your relationships and everything else. It will sometimes mean choosing a difficult path instead of an easy one.

If you have been living for yourself and sense that God may be moving you away from yourself to Him, and you would like to talk with someone in regards to this very important matter, please call me or drop by the Chapel because I would love to visit with you!

My number is 634-7472 or 7519, off post call 0444-71-7472 or 7519.

Community

Action Council

This forum is to discuss issues that affect the community.

If you have an issue that you wish to submit, visit the 22nd Area Support Group Web site at www.22asg.vicenza.army.mil and click on the Community Action Council link.

This link provides you the opportunity to review issues that have been previously submitted and responded to by post agencies. There is also a form available for you to submit any new issue you would like addressed. If you have questions, call 634-5222 or 0444-71-5222 from off post. The command encourages you to identify yourself when submitting a CAC issue in order to be able to answer your concern directly.

Childcare is offered during the CAC at \$2.50 per hour, per child for children ages 6 weeks through kindergarten from 8:45-11:15 a.m. Preregistration is required. Children will be cared for in the Child Development Center, Building 395. Children must be registered with Child and Youth Services Central Registration. Call 634-7219 or stop by their new location in Davis Family Readiness Center.

There is no CAC scheduled for June. The next CAC is July 27 at 9 a.m. in the Ederle

Theater.

Issue: *Why is the food cold in the School Cafeteria? Also, I found hair particles in the food. Who is supposed to be performing quality control of the food operations?*

Response from AAFES: AAFES has strict sanitation guidelines for all our food facilities. In school feeding we check temperatures daily to ensure proper temperatures are met. All temperatures are printed out from the thermometer, logged and kept on file. Our staff is monitored by local, and regional AAFES managers, as well as post inspectors.

AAFES follows the TB MED 530; which for hair restraints states: "Food employees will wear authorized hair restraints, such as clean hats, hair coverings or nets, beard restraints that are designed and worn to keep their hair from contacting exposed products. The above does not apply to food employees such as counter staff, who serve wrapped or packaged foods, hostesses, and wait staff."

Should someone come across a unsanitary situation at any of our food facilities bring it to the attention of our facility manager immediately, so we may correct and prevent it from happening in the future, or let AAFES management know.

You may reach AAFES management through e-mail at gunderson@aafes.com.

Response from U.S. Army Health

Clinic-Vicenza: The Community Health Nurse, Maj. Nancy Saddler, inspected the school cafeteria. Our community member was justified in her concerns. We have noted tremendous improvement in the second inspection and provided education.

Maj. Saddler will discuss the results with key leaders in the school system and food supervisors to ensure clear communication. She has also been instructed to make unannounced visits each week for the next month.

Issue: I have two areas of concern regarding safety in Villaggio housing:

1) The back doors either need a bolt-lock like the front door or safety latches located high up on the inside of the doors.

I have toddlers who continue to "escape" out these doors, because it is down at their level and they have figured out how to open the door.

2) The stove doors are not insulated and get very hot when the oven is on. I have burned myself by accidentally touching it.

The best solution would be replacing all the oven doors with an insulated model.

At the very least, the Self-Help office should provide gates for the kitchen doorways to keep little ones out of the kitchen.

Response from the 22nd Area Support Group Safety Office: This is not a systemic safety issue but rather a

parent/supervision issue.

All quarters do not have young children who require this type monitoring on a constant basis.

Therefore, on an exception basis in cases where parents believe such locks are needed, families may request installation of a safety latch to protect adventurous toddlers, via a work order through the DPW.

Response from Directorate of Public Works: This issue has been addressed several times over the past several years. Headquarters USAREUR Engineer Support Center is aware of it.

The best defense against an accident is family awareness and parental supervision in the case of young children and toddlers. It is the parent's responsibility to supervise their children and keep them out of harm's way.

Each European gas range in government quarters has a warning sticker on the oven door regarding possible burn danger; the customer information sheet provided by Housing informs customers of this hazard; and customers are again reminded by the Housing Inspector during quarters check-in.

Although the gas ranges do meet European standards a safer model needs to be procured upon replacement over time in the Vicenza Military Community.

Concerned parents with may purchase a child safety gate from AAFES for use at the kitchen entrance.

New law will affect SGLI payments, premiums

By Donna Miles

American Forces Press Service

Defense and Veterans Affairs officials are ironing out details of programs that will expand benefits provided through Servicemembers' Group Life Insurance.

The \$82 billion supplemental legislation signed into law by President Bush May 11 increases maximum SGLI coverage to \$400,000 and provides payouts of up to \$100,000 for servicemembers with traumatic injuries, explained Stephen Wurtz, the VA's deputy assistant director for insurance.

The increased SGLI coverage will take effect Sept. 1, and the so-called "traumatic SGLI" benefit, December 1. Wurtz said the legislation directs that both benefits will be retroactive to Oct. 7, 2001.

Traumatic SGLI benefits will be retroactive for troops who have lost limbs, eyesight or speech or received other traumatic injuries as a direct results of injuries received during Operation Iraqi Freedom or Operation Enduring Freedom. The benefit does not apply to servicemembers suffering from disease.

The retroactive coverage increase is payable as a result of deaths in either operation, or under other conditions prescribed by the secretary of defense, Wurtz said.

Servicemembers enrolled in the SGLI program will notice an increase in their premiums when the increases take effect. The traumatic SGLI benefit will be rolled into the basic SGLI program and will likely cost about \$1 a month, Wurtz said.

Troops opting for maximum SGLI coverage — \$400,000 vs. the current \$250,000 - will see their monthly premiums increase from \$16.25 to \$26, Wurtz said. This is based on the rate of 6.5 cents per \$1,000 of insurance coverage.

SGLI coverage is currently available in \$10,000 increments, but as of Sept. 1, the increments will increase to \$50,000.

Because the rates have not changed, servicemembers who retain \$250,000 or less coverage will see no increase in their premiums, Wurtz said, except for the \$1 "traumatic SGLI" premium.

While these expanded benefits will be provided retroactively, affected servicemembers won't be charged retroactive payments, he said. DoD will absorb that cost.

In a new twist introduced through the

supplemental legislation, troops with dependents must get their spouse's approval to purchase less than the full amount of SGLI coverage. In the case of members who are not married, notice will be provided to the designated beneficiary when the member purchases less than the maximum coverage.

The new traumatic SGLI benefit is designed to provide "a quick infusion of cash" for cash-strapped families of troops recuperating from traumatic injuries received in the line of duty, Wurtz said.

Compensation will range from \$25,000 to \$100,000, and is designed to help families of severely wounded troops leave their homes and jobs to be with their loved one during recovery. "These families incur a lot of expenses, and this is designed to help them financially," Wurtz said.

While VA staff members consult with DoD to write regulations that will put the new SGLI benefits into effect, Wurtz said, "lots and lots of details have to be worked out."

Among outstanding issues is the fact that the expanded SGLI coverage is part of the supplemental legislation package that funds operations only through Sept. 30. That's 30 days after the new SGLI limit takes effect and two months before the traumatic SGLI benefit begins.

Wurtz said VA is confident Congress will resolve this issue before there's any lapse in coverage.

VA will continue to oversee and control the SGLI program.

Memorial scheduled for Vicenza High teacher

By David Ruderman

DoDDS-Europe Public Affairs

Vicenza High School regrets to announce the death June 9 of Darcy Anderson. An educator for 24 years, Anderson was a math teacher, guidance counselor and sponsor of the National Junior Honor Society at Vicenza High School at the time of her death. She was 54.

Anderson died as the result of an accidental fall June 7. She was treated at San Bortolo Hospital in Vicenza, but did not recover from head and back injuries. A memorial service will be held Wednesday at 4 p.m. at the Caserma Ederle chapel.

Anderson is survived by her son, Phillip Rinaldo of Kaiserslautern, Germany; her daughter, Sarah Anderson, of Vicenza; her sister Debbie Pedrick; and a brother, Bryan Hughes.

Condolences can be sent to: Phillip Rinaldo, Husarenaecker 45, 67665 Kaiserslautern, Germany, and to Sarah Anderson, CMR 427, Box 2263, APO AE 09630.

Harper to head health clinic

By Diana Bahr

Outlook Editor

When Col. Bradley Harper took the guidon from Sgt. 1st Class Willie Harris, NCOIC for the health clinic, June 9, during a ceremony on Hoekstra Field, it signified the official change of command for the U.S. Army Health Clinic-Vicenza.

Harper took control of the health clinic from Col. Ronald Keen, who leaves Italy for Fort Polk, La., where he will serve as the deputy commander for nursing at the Medical Command.

"I am humbled and awed at this moment, having worked with all of you in the beautiful county of Italy, our beautiful hosts, and our wonderful Italian military, and the tremendous Italian health care system that helps support us," said Col. Keen during his farewell speech. "To the Soldiers and family members of this community — this has been the best career opportunity of my life."

"Our medical mission is vital to the

strength of our nation," he said. "It is especially vital to our warfighters — both male and female, who fight against an enemy who seeks to destroy us entirely."

Harper comes to Vicenza from Fort Sam Houston, where he served as the command surgeon for U.S. Army South.

"Let me give you the executive summary of my command philosophy," said Col. Harper to the Soldiers under his command. "I have four principles: they all start with the letter 'C.' The first one is the same one my good friend, Ron Keen has, it's compassion. Second, we must be competent. Those things we do, we should do well. Next we must be conscientious. Those things we say — we must do. That includes, most particularly patient confidentiality. I view patient confidentiality as the 'OPSEC' for the Army medical department. Finally, we must be cost-effective — I think quality is very cost-effective, doing something right the first time. We must provide good value," he said.

Summer hires start soon

Civilian Personnel

Advisory Center-Vicenza

Press Release

The Vicenza Summer Hire 2005 program runs June 27-Aug. 5. The Swearing In and inprocessing sessions will be held June 27 at 8 a.m. in the Vicenza Schools cafeteria.

Summer hires need to be there promptly by 8 a.m., as this is the first day of work, and supervisors will be on hand to pick up their summer hires. Parents are also invited to attend.

Supervisors, parents or summer hires who have questions about the program should contact Brenda King, Summer Hire coordinator, at 634-6589, or off post at 0444-71-6589, or may e-mail her at Brenda.l.king@us.army.mil.

The Outlook

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SETAF Commander

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22nd ASG Commander/Publisher

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Diana Bahr

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Going



Going



Gone!



Story and photos
By Megan Gafford
Special to the Outlook

How can you tell when Club Beyond is over for the year? By the "Head Art" sported by it's director, Gil Carter, as seen in photos above.

The Head Art is when the VHS graduates make artwork out of Carter's head, and those who are leaving the community have the opportunity to shave, color or style Carter's head as well.

The last Club Beyond meeting was held Monday, and among the activities were recognizing the graduating Vicenza High School seniors and those students who were PCSing, as well as summer birthdays.

Club Beyond is the youth program for the Caserma Ederle Chapel.

In addition to organizing activities and Bible studies for chapel teens, Club Beyond also plans trips and events for all high and middle school students in our community – regardless of religious affiliation.

This year Club Beyond offered a Leadership 101 class for students in grades 10-12. The program included 120 hours of community service, participation in a weekly spiritual growth class, attending monthly training sessions and periodic meetings with same-gender adult mentors.

Sunday, seven students will receive certificates for completing the class.

Club Beyond starts up again Sept. 1, for more information contact Gil Carter, Club Beyond director, at vicecb@yahoo.com, 634-6546, or 348-821-3328.

Benincaso Mother and Infant Pavilion holds open house



Tuesday was the last chance for the Caserma Ederle community to take a tour of the Benincaso Mother and Infant Pavilion without being a patient. The staff of the U.S. Army Health Clinic-Vicenza held an open house, offered tours and answered questions. In the photo above left, Sgt. 1st Class Dolores Hernandez, Dr. Frank Benincaso Mother and Infant Pavilion NCOIC, answers questions at the Nurse's Station. In the photo at right, Capt. John McDougall, 1st Battalion, 508th Infantry (Airborne) Rear Detachment commander, and his wife, Bree, talk to Capt. Teresa Corrigan, OB-GYN Nurse, during the open house. The McDougall's may be the first couple to use the facility, as they are expecting Lydia Faith McDougall to arrive any time. (Photos by Laura Kreider, Outlook staff)



School secretary receives high honor

The Outlook
Press Release

A member of the Caserma Ederle community recently received high recognition for all her hard work. Clitta Frigo, longtime secretary for Vicenza High School, received the "Stella al Merito del Lavoro" (Meritorious Star for Work) during a ceremony in Venice May 1.

The award is the highest recognition granted by the President of the Italian Republic and presented by a representative of the Italian government every year to employees all over Italy.

In order to receive this recognition, the employee has to have served with particular merit, outstanding ethics, extraordinary distinction, and great professionalism for at least 25 years.

In addition, a precise and motivated

curriculum has to be checked by the Minister of Labor that makes the selection from all the curriculums sent to each regional office in Italy.

The Mediterranean District Superintendent's Office and the Vicenza High School administration compiled the application paperwork last summer and were delighted to hear of Frigo's award.

In addition, the Vicenza Prefect, Dr. Tranfaglia, invited Frigo, together with the other 15 Vicentini award recipients, to the Vicenza Prefettura to honor this distinct recognition.

Clitta Frigo, Vicenza High School secretary, proudly displays her certificate for Meritorious Star for Work, awarded during a ceremony in Venice May 1. Frigo is the first person at the school to receive this award. (Photo courtesy of Clitta Frigo)

Vicenza Art center holds parent, child classes

Vicenza Art Center
Press Release

One way to engage children during stressful times is through art, and the Vicenza Art center holds monthly classes for parents and children to participate in.

Among the classes offered are Parent and

Child Ceramics on June 25 from 10:30 a.m.- noon, Parent and Child Pottery class, session 1 on July 9, and session 2 on July 16.

Other classes offered at the Art Center include Introduction to Picture Framing, Intro to Quilting and more. Call the Art Center at 634-7074 for details.



Kelly Golden (standing), class instructor, observes the ceramics decorated by a student and her mother during the Parent/Child Ceramics held at the Vicenza Art Center in April. The center offers another opportunity to have playtime with children ages five to 12 years while learning on June 25 from 10:30 a.m. to noon. Cost is \$15 including supplies. For more detail on this and other classes offered at the center, call 634-7074. (Photo by Laura Kreider, Outlook staff)

Vicenza middle school students honored

Vicenza Middle School
Press Release

Congratulations to the following Vicenza Middle School students for achieving academic excellence:

DoDDS Europe Awards

Showcase Creative Anthology:
Jalissa Banks, Felicia Guy, Bianca Morrow.

National Awards

Voice of Democracy essay winners

Elizabeth Buffington, Thomas McGuire and Katelyn O'Brien.

President's Award for Educational Excellence

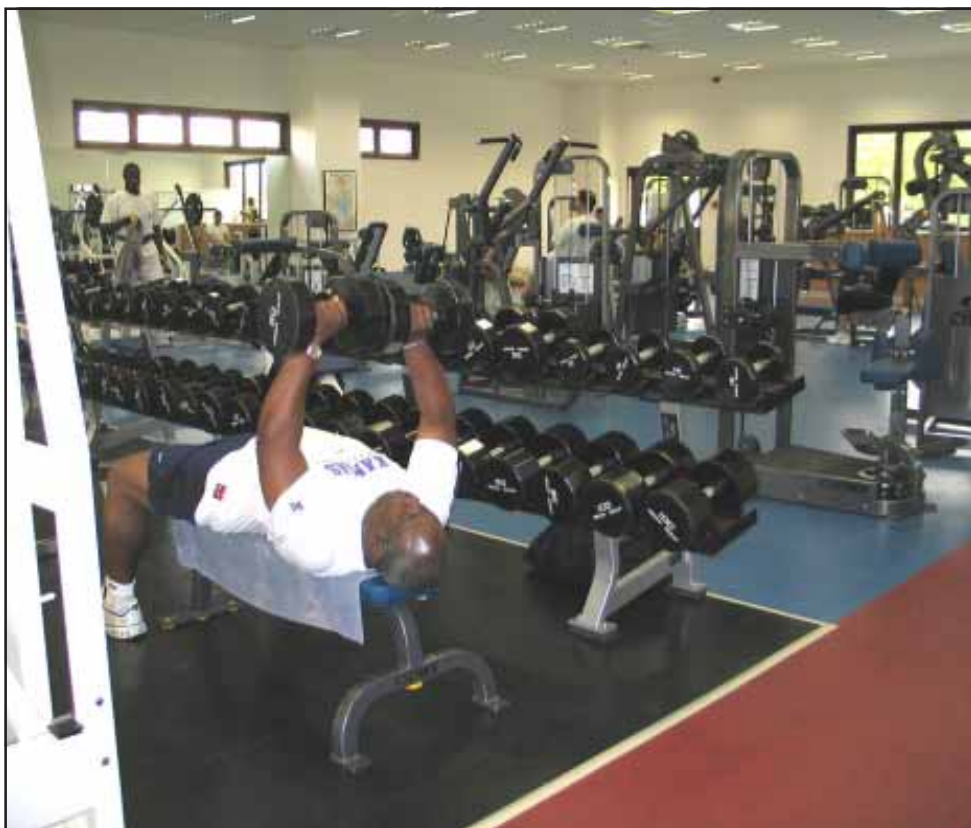
Ana Aguirre, Chelsea Ames, Kenneth Barteau, James Bonnette, Jocelyn Bright-Smith, Zachary Cunningham, Kenesha Fairley, Sarah Graves, Jamie Kamiya, Kyle Kaus, Katelyn O'Brien, Timothy Sughrue, Anna Vallery, and Ashley Dallmann.

Academic Letters

Seventh Grade: Audra Bissett, Anne-Marie Bonnette, Callie Brown, Elizabeth Buffington, Dylan Driscoll, Darren Eldredge, Seth Franke, Teresa Hann, Kyle Hinton, Kyle Kaus, Nicole Lain, Carina Linder Jimenez, Shaun Mahadeo, Maggen Martinez, Thomas McGuire, Bianca Morrow, Valerie Stanley, Lauren Vanderlugt, Taylor Weik, and Matthew Williams.

Eighth Grade: Cristian Addison, Ana Aguirre, Chelsea Ames, Kenneth Barteau, James Bonnette, Jocelyn Bright-Smith, Eric Canipe, Gretchen Carpenter*, Zachary Cunningham, Ashley Dallmann, Lekendra Douglas, Kenesha Fairley, Sarah Graves, Natalie Hiles, Jamie Kamiya, Christian Kight*, Whitney Kimble, Katelyn O'Brien*, Alexander Savusa, and Anna Vallery*

*Denotes a repeat award



Above: The first floor of the Body Shop, housed in the bright yellow building across from the Ederle Inn, has strength training equipment available. On the second floor are rooms for aerobics and bicycles for spinning classes.



A shop for everybody

Story and photos
By Diana Bahr
Outlook Editor

Caserma Ederle community members now have one less excuse to get into shape—the Body Shop has arrived and is ready to help you meet or maintain your fitness goals.

Whether you want to lose a few pounds, gain muscle, or just tone up, the bright yellow building, located across from the Ederle Inn can help you achieve your goal.

The first floor of the Body Shop contains CYBEX Variable Resistance Strength trainers, Hammer Strength trainers, dumbbells and other fitness machines. Lockers and changing rooms are available downstairs.

“The CYBEX machines improve workout safety and effectiveness,” said Tye Daniels, Body Shop manager. “They vary the resistance throughout a range of motion to match the body’s abilities. They’re great for strength training, toning and defining your body. The

performance-enhancing machines are by Hammer, a popular brand. They’re safe, smooth and comfortable—great for beginners to experts.”

The first floor also houses free weights and mats for those working on strength training or warming up and cooling down.

“With free weights, you enhance your motor skills, as your muscles must stabilize and balance your body and the weight,” said Daniels. “This gives you more work completed per exercise—getting you fitter faster. Free weights also help keep your interest up in working out as every workout can be different.” Changing the angle of movement or rotation at a joint will challenge your body and brain. Since there are no range of motion inhibitors, almost anyone can use free weights, according to Daniels.

Located on the second floor of the Body Shop is a room for aerobic classes (Jazzercise, High Noon Cardio, Step Aerobics, etc.), and a room for spinning classes. For details about fitness center classes call Joe Reeder at 634-7181.

Depending on the day, the busiest times at the Body Shop are from 6 a.m. to 7:30 a.m., from 11:45 a.m. to 1 p.m., and then after work from 5 p.m. to 7 p.m., said Daniels.

The hours of the Body Shop are Monday-Friday, 6 a.m.- 8 p.m., weekends from 9 a.m. – 6 p.m., and holidays it’s open from 11 a.m. – 5 p.m.

The front desk has flyers on the various classes offered and also sell water, power drinks and energy bars.

For questions about the Body Shop, call 634-7876.

Take precautions during high temperatures to prevent heat-related injuries

By 22nd ASG Health
Promotions Office
Press Release

Summer heat waves bring unusually high temperatures that may last for days or weeks. Each year, high temperatures put people at risk.

People suffer heat-related illness when the body’s temperature control system is overloaded. The body normally cools itself by sweating. But under some conditions, sweating just isn’t enough. In such cases, a person’s body temperature rises rapidly. Very high body temperatures may damage the brain or other vital organs.

Several factors affect the body’s ability to cool itself during extremely hot weather. When the humidity is high, sweat will not evaporate as quickly, preventing the body from releasing heat quickly. Other conditions that can limit the ability to regulate temperature include old age, obesity, fever, dehydration, heart disease, poor circulation, sunburn, and drug and alcohol use.

Summertime activity, whether on the playing field or the construction site, must be balanced with measures that aid the body’s cooling mechanisms and prevent heat-related illness.

To protect your health when temperatures are extremely high, remember to keep cool and use common sense. The following tips are important:

Drink Plenty of Fluids: Increase your fluid intake — regardless of your activity level. During heavy exercise in a hot environment, drink two-to-four glasses (16-32 ounces) of cool fluids each hour.

Caution: If your doctor has prescribed a fluid-restricted diet or diuretics for you, ask your doctor how much you should drink.

During hot weather, you will need to drink

more liquid than your thirst indicates. This is especially true for persons 65 years of age and older who often have a decreased ability to respond to external temperature changes. Drinking plenty of liquids during exercise is especially important. However, avoid very cold beverages because they can cause stomach cramps. In addition, avoid drinks containing alcohol because they will actually cause you to lose more fluid.

Replace Salt and Minerals: Heavy sweating removes salt and minerals from the body. These are necessary for your body and must be replaced. The easiest and safest way



Spc. Nathan Clayton, a Soldier with 1st Battalion, 508th Infantry (Airborne), works out in the Body Shop on Caserma Ederle. (Photo by Diana Bahr, Outlook editor)

to replace salt and minerals is by drinking a fruit juice or a sports beverage during exercise or any work in the heat. *Do not take salt tablets unless directed by your doctor.* If you are on a low-salt diet, ask your doctor before changing what you eat or drink — especially before drinking a sports beverage.

Wear Appropriate Clothing and Sunscreen: Choose lightweight, light-colored, loose-fitting clothing. In the hot sun, a wide-brimmed hat will provide shade and keep the head cool.

Sunburn affects your body’s ability to cool itself and causes a loss of body fluids. A variety of sunscreens are available to reduce the risk of sunburn. The protection that they offer against sunburn varies. Check the sun protection factor (SPF) number on the label of the sunscreen container. Select SPF 15 or higher to protect yourself adequately.

Pace Yourself: If you are unaccustomed to working in a hot environment, start slowly. If you must work faster, pick up the pace gradually. If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity, get into a cool area, or at least in the shade, and rest, especially if you become lightheaded, confused, weak, or faint.

Stay Cool Indoors: The most efficient way to beat the heat is to stay in an air-conditioned area. If you do not have an air conditioner, consider a visit to a shopping mall or a library for a few hours. Electric fans may be useful to increase comfort and to draw cool air into your home at night, but do not rely on a fan as your primary cooling device during a heat wave.

When the temperature is in the high 90’s or higher, a fan will not prevent heat-related illness. A cool shower or bath is a more effective way to cool off. Also, use your stove and oven less to maintain a cooler temperature your home.

Schedule Outdoor Activities Carefully: If you must be out in the heat, try to plan your activities so that you are outdoors either before noon or in the evening. While outdoors, rest frequently in a shady area.

Use a Buddy System: When working in the heat, monitor the condition of your co-workers and have someone do the same for

you. Heat-induced illness can cause a person to become confused or lose consciousness. If you are 65 old or older, have a friend or relative call to check on you twice a day during a heat wave. If you know anyone in this age group, check on them at least twice a day.

Monitor Those at High Risk: Those at greatest risk of heat-related illness include:

- Infants and children up to 4 years old
- People 65 years of age or older
- People who are overweight
- People who overexert during work or exercise
- People who are ill or on certain medications

If you or someone you know is at higher risk, it is important to drink plenty of fluids; avoid overexertion; and get your doctor or pharmacist’s advice about medications taken for high blood pressure, depression, nervousness, mental illness, insomnia, or poor circulation.

Adjust to the Environment: Be aware that any sudden change in temperature, such as an early summer heat wave, will be stressful to your body. You will have a greater tolerance for the heat if you limit your physical activity, until you become accustomed to the heat. If traveling to a hotter climate, allow several days to become acclimated before attempting any vigorous exercise, and work up to it gradually.

Finally, Use Common Sense: Avoid hot foods and heavy meals — they add heat to your body. Do not leave infants or pets in a parked car. Dress infants in cool, loose clothing and monitor fluid intake. Give your pet plenty of fresh water, and leave the water in a shady area.

(Editor’s note: Information from this article came from the Center for Disease Control. Check out their Web page at www.cdc.gov)

Out & About



By Dorothy Spagnuolo

Medieval events

The town of *Este*, south of Padova, was captured by the Carraresi family of Padova, and liberated in 1257 by Azzo VII following a hard-won battle.

Azzo D'Este's triumphant return and the subsequent celebration will be remembered in a festival Sunday.

The walled city will be filled with court balls, equestrian competitions and other medieval-style entertainment.

Inside the castle grounds the medieval market will open in the early morning with the tradespeople dressed in medieval costume.

At 9:30 a.m. there will be a crossbow competition; tourneys between knights at 5:30 p.m., and in the evening a ceremony for the knights who have won the competitions that took place during the day; at 10:30 p.m. will be the historical procession and later in the evening at 11:30 p.m. there will be an attack on the castle and the lighting of one of the towers. Entrance to the castle is free.

The Medieval festival is a wonderful excuse to explore Este, a walled city on the southern end of the Colli Euganei. The city is traversed by the Bisatto Canal, which comes from the Bacchiglione.

Este is located 43 km southeast from Vicenza – Vicenza, Longare, Vo, Este.

Chioggia: It's could be well worth their time for visitors to visit Chioggia this weekend ,as they'll be holding a *Palio*.

Oddly enough, salt may be the most important historical factor in the existence of this palio. The war of Chioggia was fought over Chioggia's famous salt-flats – neighboring kingdoms wanted access to this valuable commodity.

On this weekend, the war ended in a peace pact, and the townspeople have been celebrating ever since! Residents of the town's six major contrade dress as they did in medieval times and engage in a variety of contests.

Competitions include displays of bow-and-arrow skills and boat races in Chioggia's lagoon.

Some of the events taking place Saturday include: From 10 a.m.-1 p.m., the center of the town will be transformed back to medieval times with the selling of salt; craftsmen and women working, taverns open, music, dancing.

The market is open from 1-4:30 p.m.; at 5:30 p.m. boats arrive and a welcome with music and dancing in Piazza Vigo; at 5:30 p.m. watch flag wavers and listen to musicians from San Marino in Corso del Popolo; the palio begins at 6:30 p.m., and at 7 p.m. it's the historical procession and award ceremony.

Some of the events could change and the tourist office remarked that they are updating their website in Italian only: www.marciliana.com.

Chioggia is located 80 kms from Vicenza.

Pisa welcomes the summer

Thursday evening the city of Pisa will be illuminated by an unusual event known as the '*Luminaria*.' This is when Pisa pays homage to her patron saint, San Ranieri.

During this night the palaces lining the River Arno, *Ponte di Mezzo*, the Campo and its famous neighbor, the leaning tower, are illuminated with more than 70,000 flickering candles.

Friday's activities on the river are slightly more frenzied, when a boat race pits all four quarters of the city against each other.

Racing 1,500 meters against the Arno's current, the teams fight to be the first to rip the *palio* (sacred banner) from the finishing post. The race takes place during the afternoon.

Sandcastle festival

The traditional sand sculpting festival in Jesolo is held in the beach area of Brescia Square and gets underway Sunday.

Thousands of visitors will be on hand and the event proposes an ideal journey into the history of a civilization rich in appeal and fascination.

Artists from all over the world participate, and the theme selected for 2005 is the 'Fascinating World of Hollywood.'

Almost a thousand tons of white beach sand has been carefully screened to provide excellent raw material for the 'sculptors.'

The event will have two major aspects, the contest, in which you can observe the sculptors working for free, when the sculptures are finished they will be put on exhibition until July 20.



A detail of an ancient Roman battle was one of many sand sculptures created in year's past in Jesolo. (Outlook file photo)

Upcoming concerts

The following concerts can be seen in the following towns:

June 24: Modena-Snoop Dogg

June 30: Milan-Joe Jackson and Rundgren

July 8: Stra' (Villa Pisani)-Crosby, Still, & Nash

July 11: Verona-Coldplay

July 11: Perugia-Al Jarreau

July 14: Modena-Jamiroquai

July 20: Ravenna-Brian Wilson

July 21: Torino-Alice Cooper

Tickets are available downtown at Saxophone music store from Monday to Friday or online at www.ticketone.it.

Nettarock

Anconetta, province of Vicenza, holds 'Nettarock,' Sunday. At 11 a.m. it's the 40th Alpini Fest, followed later by Onyx-side (Funk '70s) and from the Colorado Café Live, *Il Panettiere*.

The events will take place on the sports field located behind the church.

Lawnmowers available from Self-Help; change in gasoline policy

By Nick White
22nd Area Support Group
Housing Programs manager
Press Release

As a customer-service enhancement for the Vicenza community, the 22nd Area Support Group Housing Office has made it a priority to procure a sufficient quantity of lawnmowers so that one mower may be on permanent loan to all government-controlled housing buildings.

This quantity is now onhand at the Self-Help Center in Villaggio and available for immediate check-out.

As availability permits, customers may check-out a mower on a 24-hour loan basis even if

there is already a mower on permanent loan in their building; however, availability of these short-term loan mowers cannot be guaranteed.

As of July 1, the Housing Office will no longer be able to supply residents with fuel for lawnmowers.

A legal opinion rendered by the Office of the Staff Judge Advocate, U.S. Army Europe/7th Army, has constricted the 22nd ASG's ability to utilize government funding for the procurement of gasoline for resident yards.

To ease the transition, the Self-Help Center will continue to issue gasoline as their supply permits up until July 1.

However, because weed-eaters

do not use regular gasoline, but a special mixture instead, the Housing Office will continue to be able to provide this fuel as a service for our customers.

At a minimum, lawnmowers should be exchanged on an annual basis at the Self-Help Center.

This allows the government to perform regular maintenance, and residents benefit by being able to sign for a mower which has been tuned up and is ready for another year of mowing.

For any questions regarding the new gasoline policy, contact the Housing Office at 634-8577, off post at 0444-71-8577.

For information about what is available through Self-Help, call Self-Help at 634-7284.

Now Showing

Caserma Ederle Theater

June 15	National Treasure (PG)	3 p.m.
	Miss Congeniality 2 (PG13)	7 p.m.
June 16	Guess Who	7 p.m.
June 17	A Lot like Love (PG13)	7 p.m.
	Sin City (R)	10 p.m.
June 18	Beauty Shop (PG13)	2 p.m.
	Sin City (R)	7 p.m.
	A Lot like Love (PG13)	10 p.m.
June 19	A Lot like Love (PG13)	2 p.m.
	Beauty Shop (PG13)	7 p.m.
June 20	Garfield (PG)	3 p.m.
June 21	Spongebob Squarepants Movie (PG)	3 p.m.

Camp Darby Theater

June 17	Amityville Horror (R)	7 p.m.
June 18	Million Dollary Baby (PG13)	7 p.m.

Movie Synopsis

MISS CONGENIALITY 2: ARMED AND FABULOUS

Sandra Bullock, Regina King. The story catches up with FBI agent Gracie Hart shortly after she successfully disarmed a threat against the Miss U.S. Pageant while working undercover as a contestant in Miss Congeniality. But Gracie has been spending more time lately at the salon than the shooting range, working the talk show circuit and promoting her book. When her friends, pageant winner Cheryl and emcee Stan, are kidnapped in Las Vegas, Gracie's all-out efforts to jump back into action to save them puts her at loggerheads with the FBI top brass who don't want to risk losing their mascot and fear she might not be up to the job anymore.

GUESS WHO - *Bernie Mac, Ashton Kutcher.* Percy is taking no chances with his daughter Theresa's future. Even before he meets Simon, her latest boyfriend, Percy has him checked out. On paper, he passes with flying colors — great job, good investments and a promising future. But there's one thing the credit report didn't tell him: Simon is white. Not that there's anything wrong with that. Unless, of course, Simon wants to marry his daughter. Which he does.

A LOT LIKE LOVE - *Ashton Kutcher, Amanda Peet.* Oliver and Emily meet on a flight from Los Angeles to New York seven years ago, each declaring that they couldn't be more wrong for each other. However, life keeps bringing them back together over the next seven years. As they struggle with their different partners, careers and breakups, they turn from casual acquaintances into trusted friends. It takes seven years for Oliver and Emily to figure out that maybe what they really have is something...a lot like love.

SIN CITY - *Bruce Willis, Mickey Rourke.* Sin City is a violent city where the police department is as corrupt as the streets are deadly. There's the street thug Marv whose desperate quest to find the killer of a prostitute named Goldie will lead him to the foulest edges of town. Inhabiting many of those areas is, a photographer in league with the sordid ladies of Sin City, headed by Gail who opens up a mess of trouble after tangling with a corrupt cop by the name of Jackie Boy. Finally, there's Hartigan, an ex-cop with a heart problem who's hell-bent on protecting a stripper named Nancy.

MILLION DOLLAR BABY - *Clint Eastwood, Hilary Swank.* Frankie Dunn is a veteran boxing trainer who has devoted his life to the ring and has little to show for it; he's estrangement from his daughter and a fighter he's groomed into contender status has signed with another manager. Then, Maggie Fitzgerald enters his life and announces she needs a trainer. Frankie regards her as a dubious prospect, as she's too old at 31, lacks experience, and has no technique. Finally won over by her determination, Frankie takes on Maggie, and as she slowly grows into a viable fighter, an emotional bond develops between them.

BEAUTY SHOP - *Queen Latifah, Alicia Silverstone.* Gina Norris moved to Atlanta so her gifted daughter can attend a prestigious music school and made a name for herself at a posh salon. But when her egotistical boss takes credit for her work, she leaves the salon to open a shop of her own. Gina buys a rundown salon and inherits a motley group of headstrong stylists, a colorful clientele, and a sexy piano-playing electrician. It's a rocky road to fulfilling her dreams, but you can't keep a good woman down.

THE AMITYVILLE HORROR - *Jimmy Bennett, Ryan Reynolds.* In 1974, police discovered the entire DeFeo family, all murdered by gunshots as they slept calmly in their beds. Ronald DeFeo confessed to methodically murdering his parents and four siblings, and claimed it was the "voices" that told him to do it. One year later, George and Kathy Lutz along with their three children moved into the house, thinking it was going to be their dream home. The Lutz family only lasted 28 days in their home after they were terrorized by a demonic force that drove them away. While this is a remake of the original, it's still scary...because it's true.

Admission: Adults age 12 and over \$4, children \$2.

The Ederle Theatre box office opens one hour prior to show time.

Tickets to blockbuster shows are presold at Baskin Robbins.

Lake Garda



Story and photos
By Laura Kreider
Outlook Staff

Above: Fishermen's boats are anchored in the small port of *Torri del Benaco*, one of the towns on the Eastern side of Lake Garda.



Top center: A sailing boat approaches a small port on the lake. Right: Scuba divers experience the water of Lake Garda.

While driving around Lake Garda, the biggest Italian lake, travelers may feel as Johann W. von Goethe felt in 1786 when he came down from Germany for his Italian Journey.

A few days after crossing the Brenner Pass, the *Faust's* author arrived at the town of *Torbole*, where all the winds of the lake seem to gather, and he described the place as "a wonder of nature".

Through the German 'Romantic' poet's eyes *Torbole* and this northern corner of the lake appeared as an 'enchanted sight,' and centuries after his visit the view is still unique.

Lovers of sailing and windsurfing may reach the beaches and experience the stronger wind, which blows here, while tourists may walk along the lake enjoying the view of the mountains that drop into the water. Visitors arrive at the small port, which resembles a fishing village of the past, without realizing that just a few steps off the lakeside promenade a memorial is dedicated to a U. S. Army Ranger.

His name is well known to the American community stationed in Italy because the post in Livorno is named after him.

On June 19, 1942, Brig. Gen. William O. Darby organized the First Ranger Battalion in North Ireland, and from 1943 to 1944 he led the Ranger Force in Algeria and Sicily.

As the Assistant Division commander of the 10th Mountain Division, Brig. Gen. Darby fought on the eastern shore of the lake, which was strongly defended by a German rear guard action.

It was during one of the German attacks, when his life prematurely ended in *Torbole* on April 30, 1945, just a couple days before the conclusion of World War II.

A monument created for the 50th anniversary marks the site of Brig. Gen. Darby's death, and a ceremony took place this past April 30 to commemorate his supreme sacrifice on the 60th anniversary of his death.

The peaceful square where the monument sits is not far from the *Circolo Surf Torbole*, a sailing club. *Torbole* is well known for the annual International Windsurf Festival held at the end of May, when the whole surface

of the lake is nothing but flowing colorful swift specks. The whole area around the lake is also known for the mild climate that facilitates the growth of olive groves and vineyards.

Lake Garda is considered the most Mediterranean of all the Alpine lakes, at about 370 square meters, it's surrounded by a variety of landscapes from green plains, promontories and steep mountains.

Following the *Gardesana Orientale*, SS249 from *Torbole* to *Peschiera del Garda* on the Eastern side of the lake, visitors cross some picturesque towns including *Malcesine*, *Torri del Benaco*, *Garda*, and *Lazise*.

Just a few miles west of *Peschiera*, lies *Sirmione*, a town known for its *Rocca Scaligera*, a castle built in the XIII century surrounded by water, and for the ruins of the *Grotte di Catullo*, an immense Roman villa built in the first century B.C. The villa and its annexes cover about 25,000 square meters, which include a large olive grove, an archaeological museum and a series of arches called *Botteghe*.

Other important remains include the towers on the castle in *Torri del Benaco*, built in the late 1400s, the *Scaligero Castle* in *Malcesine* erected in the XIII century and the medieval walls in *Lazise*.

Ferryboats offer scheduled services across the lake throughout summer until October. One of the possibilities is to take the ferry from *Peschiera* at 9:45 a.m. and reach *Riva del Garda* on the opposite side at 1:30 p.m. After a few hours at *Riva*, the ferry departs at 4:20 p.m., arriving in *Peschiera* at 8 p.m. A roundtrip ticket is 18,60 Euro for adults and 9,40 Euro for children from 4 to 12.

Garda is also known for the amusement park: *Gardaland*. This park is located in *Castelnuovo del Garda*, on the SS249 between *Peschiera* and *Lazise*.

From Friday to Sept. 11, the park is open from 9 a.m. to 12 p.m. After 8 p.m. the ticket gets reduced from 24 to 20 Euro for adults and from 16 to 13,50 Euro for children under 10. Information about events/entertainment and cruises on the lake are available on Web sites: www.garda.com, www.gardaland.it, www.gardatrentino.it.



Left: View of the *Rocca Scaligera*, a castle built in the XIII century surrounded by water in *Sirmione*. Below: The Memorial dedicated to Brig. Gen. William Darby marks the site where he was killed near the lakeside promenade in *Torbole*.



Above: Sunset on the Eastern side of the lake. Right: Windsurf lovers on the shore of *Torbole*.

