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Teamwork feeds Rock



Sgt. Bartric Starr, Dining Facility Manager, Fusion Company, 2nd Battalion, 503rd Infantry (Airborne), and Mohamed Asmail, a local cook, prepare the evening meal at Forward Operating Base Wright in Asadabad, Afghanistan.

Story and photos by
Sgt. Brandon Aird
173rd ABCT Public Affairs

KUNAR PROVINCE, Afghanistan — The Task Force Rock dining facility at Forward Operating Base Wright strives to be a little different than most dining facilities.

“My goal was to have the most complete feeding schedule,” said Sgt. Bartric Starr, the DFAC’s manager and member of Fusion Company, 2nd Battalion, 503rd Infantry (Airborne).

The FOB Wright DFAC is open from 6 a.m. to 9 p.m. and serves at least four kinds of meat in a buffet style menu.

“I wanted to make sure everyone got something they liked,” explained Starr.

The FOB Wright DFAC serves 450-600 International Security Assistance Forces service members three times a day in Asadabad, Afghanistan.

“From time to time we also feed Special Forces and Soldiers from the Afghan National Army,” Starr said.

“We have 13 local workers, three Army and two Navy cooks.”

Even though they come from different backgrounds, they work together as a team to help feed the ISAF at FOB Wright.

“I like to work with you, because you guys come here to help us,” said Mohamed Asmail, a cook employed at FOB Wright.

Asmail has been working as a cook at FOB Wright for the past four years.

“You guys are good guys,” added Asmail before he went back to cooking the evening meal.



Pfc. Thomas R. Wilson

173rd Soldier killed in Afghanistan

CASERMA EDERLE, Vicenza, Italy — One Soldier with the 173rd Airborne Brigade Combat Team, currently deployed as Task Force Bayonet in support of the NATO International Security Assistance Force, was killed near Paktika, Afghanistan, Aug. 27.

Killed was: Pfc. Thomas R. Wilson, 21, from Maurertown, Va.

Wilson, assigned to Headquarters and Headquarters Company, 1st Battalion, 503rd Infantry (Airborne), was killed when his mounted patrol was ambushed by enemy rocket propelled grenades, heavy machine gun and small arms fire.

A memorial ceremony will be held at 10 a.m., Tuesday, Sept. 11, at the Caserma Ederle Post Chapel.

Camp Torkham medics always ready

Story and photo by
Pfc. Daniel M. Rangel
22nd Mobile Public Affairs
Detachment

CAMP TORKHAM, Afghanistan — Three mini-van passengers traveling from Kabul to Peshawar, Pakistan, were injured in a four-vehicle accident Aug. 21 near Torkham Gate, Nangahar province.

Waqas Hayat, a garment worker from Peshawar working in Kabul, suffered serious injuries to his head while two other passengers suffered minor injuries during the accident. All three men were initially treated for their injuries at Camp Torkham.

Hayat, who is a former English student of the American Institute of Language in Peshawar, was able to communicate with Pfc. Sarah Becker, a medic with the 173rd Airborne Brigade Combat Team, Special Troops Battalion, who treated his injuries.

“I was the worst student in my [English] class,” Hayat said after being complimented on his English.

“I’m learning your language ; you’re learning mine,” Becker said.

Becker has only been in the Army for 17 months, performed like a seasoned veteran as she treated her patient.

“I took a deep breath,” Becker said. “Then I started with his head and moved down to his feet to look for any major bleeding. After my initial assessment, I checked for less severe injuries.”

Becker credited her Army training as the source of her professionalism.

“I just did my job,” she said.

Another passenger suffered multiple lacerations to his head, said Spc. John Cordova, a medic with the 66th Military Police Company stationed out of Fort Lewis, Wash.

“He was lucky. It could have been worse,” Cordova said.

The last of the third passengers suffered only minor jaw and ankle injuries. All of the passengers walked away from the scene.

The passenger van was traveling at a high speed toward the Pakistan border at Torkham Gate and would not slow down after repeated requests from the passengers, according to Hayat.



Pfc. Sarah Becker, a medic with the 173rd Airborne Brigade Combat Team, Special Troops Battalion, treats her patient, Waqas Hayat, after an automobile accident near Camp Torkham Aug. 21.

Garrison News

In trouble with Italian authorities?

SETAF Staff Judge Advocate
Special to the Outlook

Hopefully you are not in trouble with Italian authorities. But if you are, the following should clear up any misunderstanding as to your rights.

Due to the media, most Americans have an idea of what to expect and what your rights are in the U.S. when accused of committing a crime. Now that you are living in a foreign country, what is the process and what rights do you have as a member of the U.S. forces if you are accused of violating an Italian law?

When a member of the U.S. forces, civilian component or their family members violates Italian law, the Italian authorities have the right in almost all cases to prosecute the individual. In some cases involving Soldiers committing minor offenses, the Italian authorities release jurisdiction to the United States because the Italian prosecutors understand that the Soldier will face adverse action by the U.S. military and therefore do not need to face prosecution in the Italian court system.

In other cases, Italian authorities retain jurisdiction to prosecute,

especially when the alleged offense causes great injury or property damage to Italian property or citizens. When an individual faces Italian criminal charges, the Southern European Task Force staff judge advocate has the authority to request or assert jurisdiction depending upon the facts of the circumstances.

At the end of 2006, 125 cases involving U.S. Soldiers or civilians were pending before Italian courts (115 soldiers, three from the civilian component, and seven family members.)

A Soldier cannot be brought before a court-martial until Italy has released jurisdiction to the United States.

The U.S., however, may impose nonjudicial punishment or take other adverse administrative action against Soldiers without waiting for release of jurisdiction. Civilian misconduct may result in loss of job and immediate return to the United States.

Individuals covered under the Status of Forces Agreement facing criminal charges in Italian courts have the following rights:

- 1) A prompt and speedy trial;
- 2) Be informed, in advance of trial, of the specific charge(s);

3) Be confronted with the witnesses against them;

4) Compulsory process for obtaining witnesses in their favor, if they are within Italian jurisdiction;

5) Legal representation of your choice or to have free or assisted legal representation under the conditions prevailing for the time being in Italy;

6) Services of a competent interpreter, if you consider it necessary; and,

7) Communicate with a representative of the U.S. government and, when the rules of the court permit, to have such a representative present at their trial.

If the Italian authorities keep you in their custody, the U.S. will ensure that you are treated fairly. You are to have the same treatment and enjoy the same rights, privileges and protections as personnel confined in U.S. military facilities.

These rights include legal assistance, visitation, medical attention, food, bedding, clothing, and other health and comfort supplies.

The SETAF Office of the Staff Judge Advocate has legal personnel experienced with working foreign criminal jurisdiction



You have certain rights even when arrested by Italian police.

issues. The FCJ department understands the Italian criminal law system, has contacts with local prosecutors and magistrates, and is involved in cases pertaining to those personnel falling under the SOFA.

You must avoid violating the Italian law. However, if you are involved in an incident with the Italian authorities, inform your

commander immediately.

It is also important that all Soldiers report to their commanders the receipt of any summons, subpoena, or request to appear before an Italian criminal tribunal, police official or investigative magistrate. The OSJA can review the documents and ensure they are procedurally correct and your rights are protected.

Breen new clinic commander



Col. (Dr.) Lorraine Breen (left), incoming U.S. Army Health Center Vicenza commander, takes the guidon from Col. (Dr.) Brian Lein, commander of Landstuhl Regional Medical Center, signifying her acceptance of command. The change of command ceremony took place Aug. 28 on Hoekstra Field. Outgoing commander Col. (Dr.) Bradley Harper (right) is leaving for Fort Bragg, N.C., where he will be chief of pathology at Womack Army Medical Center. Breen comes to Vicenza from Washington D.C., where she held the position of acting deputy commander for administration, Walter Reed Army Medical Center. (Photo by Barbara Romano, 7th JMTC Photo lab)

JAG corps offers funded education



SETAF Staff Judge Advocate
Special to the Outlook

The Office of The Judge Advocate General (OTJAG) is now accepting applications for the Army's Funded Legal Education Program (FLEP). Under this program, the Army projects sending up to 25 active duty commissioned officers to law school at government expense, contingent on the availability of funds.

Selected officers will attend law school beginning in the fall of 2008 and will remain on active duty while attending law school. Officers selected to participate in the FLEP will attend law school at either a state-supported school in their state of residence or a school that grants military members in-state tuition.

Interested officers should review Chapter 14, AR 27-1 (The Judge Advocate General's Funded Legal Education Program) to determine their eligibility. This program is open to commissioned officers in the rank of second lieutenant through captain.

Applicants must have at least two but not more than six years of total active Federal service at the

time legal training begins. Eligibility is governed by statute (10 U.S.C. 2004) and is non-waivable.

The average LSAT score for last year's selectees was 163 (89%), and the average GPA was 3.52.

Eligible officers interested in applying should immediately register for the earliest offering of the Law School Admission Test.

Applicants must send their request through command channels, to include the officer's branch manager at AHRC, with a copy furnished to the Office of The Judge Advocate General, Attn: DAJA-PT (Ms. Yvonne Caron-10th Floor), 1777 North Kent Street, Rosslyn, VA 22209-2194, to be received before 1 November 2007. Submission of the application well in advance of the deadline is advised.

The application may be forwarded without LSAT scores, but the LSAT scores must arrive in time to be reviewed by the FLEP Selection Board. LSAT examinations taken not later than Oct. 2007 will have results in time for the Board. The Board will meet the second week in December 2007.

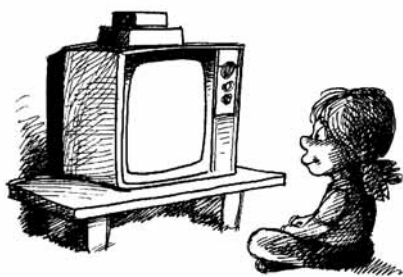
Applicants must include an official college transcript with their application, and arrange for an interview with the installation Staff Judge Advocate. Letters of recommendation are not required, but may be submitted.

Interested officers should contact Lt. Col. Charles Lozano, SETAF deputy staff judge advocate, at DSN 634-8486 for further information and to arrange for an interview with the SETAF staff judge advocate.

Garrison news

Get a jump on development

By **Vicenza EDIS**
Special to the Outlook



How much TV is too much TV? Today, babies and toddlers live in a world full of TVs, DVD's, computers, video games, and interactive toys. What effect does "electronic media" have on your child's development? The truth is we do not know. In American homes, the TV is on about six hours a day on average. However, The American Academy of Pediatrics suggests that parents not allow children younger than two to watch any television. But with such easy access to media and so many shows and products aimed at babies, many parents feel this is unrealistic. So here are some realistic guidelines to help you.

***Screen TV programs** and computer software before presenting them to a child. What is the content? Have the producers or manufacturers tested the content for age appropriateness?

***Limit young children's time** with computers and TV. Generally, 30 minutes a day on the computer and 30 minutes of TV are reasonable for 2-3 year olds (balancing parent

needs with developmental appropriateness).

***Share while watching TV** or playing at the computer with your child. Talk about what's happening, ask questions, and be curious together. Electronic Media is seen by many parents as a way to help educate their young

child. TV in particular is often used as a way to occupy babies and toddlers so that a busy parent can get some things done around the house.

Below is a list of ideas that Parents have come up with as alternatives to the TV for keeping their child safe, yet happy in activity, while they do other tasks:

***Let them help.** Give your child all of the socks and the laundry basket to play with while you fold laundry, or let your toddler follow you around with his own "vacuum cleaner" while you vacuum.

An older toddler might be able to clean the table and put napkins out for dinner. You may even have some old, safe kitchen items for young children to use and "cook" with you.

Children love to imitate those they love, and they learn important skills when they can practice what you do at their own level. Letting them participate helps them to feel they are an important part of the family while they learn about responsibility, too.

***Create a safe space.** A high chair or booster seat at the table with fun activities like coloring, magnets, velcro stick on and off games, or toys that attach to the tray will keep some little ones busy for quite a while, while you cook, clean, or pay bills. A penned-in area with some toys, books, and other activities can also provide a safe place to play for a short time.

***Have a special activity.** You might have a box of special puzzles just for "quiet time." A cupboard full of tupperware and magnets on the refrigerator can also be special activities for dinner prep. Older toddlers might enjoy a tub of uncooked rice and measuring cups for filling and dumping.

***Books and Music.** Flipping through a big stack of books can provide some fun and encourage a love for reading. Also, a story on tape or some music may make an activity last a little longer. Music and storytelling can also be important parts of **early literacy**.

***Team up with others.** Have a spouse, neighbor, or friend take the kids to the park, store, or just outside to play. Everyone needs a break!

- Vicenza resources and activities
1. Parent & Child Play Group – Wednesday 10:00-11:30
 2. Villaggio Family Room, Sponsored by EDIS & New Parent Support 634-7471
 3. Story Time - Vicenza Library 634-7291

Retiring in Italy?



By **Kathryn Morse**
TRICARE Medical services
Coordinator

If you are thinking of retiring from active duty Service and living in Italy, there are some things that you should know about your health and dental care coverage.

On the day you retire from active duty service, you and your family's TRICARE Prime coverage and TRICARE Dental coverage will end. Unlike a military retiree living in the United States, there is no TRICARE Prime health care or TRICARE dental available for the retiree living in Italy.

As a military retiree living in the Vicenza community, you and your family are eligible to enroll in TRICARE Plus which is a primary care enrollment program that provides you a Primary Care Manager, as well as the opportunity to be seen at the Vicenza Health center without cost on a space available basis.

Any health care provided by outpatient civilian clinics/providers (even with a referral) will require the Retiree to pay for the care up-front and file a claim with TRICARE for

reimbursement. Hospital admission will require a 500 Euro payment prior to admission or within 24 hours of admission. TRICARE will reimburse 75 percent of the allowable charges after the individual/family deductible (\$150/\$300) is met.

If you have any questions about your benefits, contact the health benefit advisors (HBAs) who are located in the Vicenza Health Center, Building 113 and Room 25 or call 0444-71-8304.

Visit www.europe.tricare.osd.mil for the claim form and instructions on how to complete it. TRICARE dental care is currently not available for the military retiree although some dental care may be available at the Vicenza Dental Clinic on a space available basis.

Contact the Vicenza Military Dental Clinic, 0444-71-7272, for any further questions about available services.

Questions concerning your health and dental options should be addressed by the Military Retiree-to-be at the Transition Office or the TRICARE Service Center which is located in the Vicenza Health Center, building 113, room 21.

Beware what you mail downrange to deployed troops

Freddy Class, left, receives a customs form to fill out, after Annie Winegar, Postal Finance clerk, weighed the packages for shipping. (Photo by Laura Kreider, Outlook Staff)



1st Lt. Tina Frazier-Winn and Matthew Stanley
1st Platoon, 111th Postal Co.

a terrific morale-booster for our Soldiers, but there are restrictions on what may be sent through the mail.

Getting mail while downrange is

The following items are

prohibited by regulation in the U.S. Postal Bulletin:

- * Securities, currency, or precious metals in their raw, un-manufactured state (official shipments are exempt from this restriction)
- * Firearms or ammunition and war trophies.
- * Mail addressed to "Any Service member," or similar wording such as "Any Soldier," "Sailor," "Airman," or "Marine," "Military Mail," etc. (must be addressed to an individual or job title such as "Commander," "Commanding Officer,").
- * Obscene articles, prints,

paintings, cards, films, videotapes, and horror comics and matrices.

- * Any matter depicting nude or seminude persons, pornographic or sexual items, or non-authorized political materials.
- * Religious materials contrary to the Islamic faith in bulk quantities (permissible if only for the personal use of the addressee).
- * Rationed items such as tobacco products.
- * Pork or pork by-products.
- * Fruits, animals and plants.
- * All alcoholic beverages or liquor filled-candies, including those mailable under DMM C021.
- * Materials used in the

production of alcoholic beverages (i.e. distilling material, hops, malts, yeast).

- * Explosive and flammable materials, batteries.
- * Medical supplies.
- * Abortive and contraceptive devices.
- * Contraband (i.e. switchblade knives).

Other things to consider are: Express Mail Military Service is not available to and from downrange locations.

Size and weight limitations for mailing: 130 inches, (length and girth combined) and 70 pounds.

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New Army safety regulations mandate programs

A message from the SETAF Safety Office

The revised U.S. Army Safety Program Regulation has recently been released by the Department of the Army.

"The Army is committed to the safety of Soldiers, their families, volunteers supporting installation activities, and the public in all aspects of recreational activities," stated Jim Brouillette, Southern European Task Force safety director.

Though always a consideration, the new regulation now mandates that all Army Safety Offices

establish programs which utilize Composite Risk Management to address those issues which affect off-duty activities, community wide.

The loss of a Soldier to an accident during recreational activities impacts unit readiness as much as the loss during military operations.

"We currently are very active in addressing many of these issues," stated Brouillette, "and we plan to greatly expand these programs in the near future."

Some of the new areas of emphasis will include the publication of current consumer product safety alerts, safety

messages which will include appropriate topics for the season and upcoming holidays along with family fire safety planning and other seasonal topics which affect the community.

The Army goal is to show the public that a professional, well-organized organization is in place. Ensuring public safety is a critical step in achieving this goal.

For those who desire more detailed information on what the new regulation entails, a copy can be obtained by accessing the USASETAF Safety Web Page at: <https://www.lionnet.setaf.army.mil/sites/lionnet/safety/default.aspx>.

Community events

A last goodbye to the King

Elvis Presley fans have until Sept. 16 to visit an exhibit in Friedberg marking the 30th anniversary of the King's death — and his special link to Germany.

The display is being held in the former Capri Club, near the main gate of Ray Barracks where Presley was stationed from 1958 to 1960 as an Army jeep driver.

Nearly 50 years later — and three decades after Presley's death — Friedberg, located roughly 20 miles north of Frankfurt, is celebrating the singer's stay in the area, which included living in the nearby town of Bad Nauheim.

Kevin Boucher, a financial assistant with MWR in Vicenza, and a local Elvis impersonator said, "it's hard to believe it's been 30 years since Elvis' passing. It's really a shame about the closing of Ray Barracks in regards to Elvis Presley, because that was always the European link that he had.

"He never got over here to tour the way he wanted to," Boucher added. "I hope that there is some kind of display or memorial that people can go see at Friedberg long after the base is closed."

Residents there, such as



(Above) Kevin Boucher, Vicenza MWR employee and local area Elvis impersonator performs before a crowd at the Caserma Ederle Post Exchange. (Photo by Laura Kreider, Outlook staff) Locals spend the last days in Frieberg beneath one of Elvis' portraits (right).

Angelinka Springauf, still remember him fondly.

"He was very nice, very sweet, a little timid," Springauf said during a recent radio report. "We used to line up for Elvis autograph sessions outside his house."

The exhibit is open daily, except

for Monday, from 11 a.m. to 6 p.m. To reach Ray Barracks, take Autobahn 5 to the Friedberg exit, then follow signs to the casern, which is located on Frankfurter Strasse. (U.S. Army Installation Management Command-Europe Public Affairs Office)



Michael Erickson's prize winning informal portrait of a Vicenza barman.

Vicenza youth wins photo contest

Story by Diana Bahr
USAG Vicenza Public Affairs

"I'm not really interested in photography as a career," said 18-year-old Michael Erickson. "I just like taking photos of things I like. I'm not all that interested in taking the typical tourist photo of castles and monuments.

Erickson's ability to see everyday items in a different light recently won him first place in a photography contest sponsored by the Boys and Girls Club of America.

"I went on a Youth Services photography field trip to downtown Vicenza," said the tall, thin young man.

"My own camera had been stolen, so Michael Morris [Child and Youth Services, Youth Services director] lent me his camera—a really nice Nikon—showed me how it worked, and we went off to explore."

Erickson's exploring took him to Piazza dei Signori, the main square of Vicenza, and ultimately to a bar located nearby.

"Something about the bar reminded me of photos I'd seen of America in the 1930's," he said. "I thought my photo would be more

authentic if it was in black and white, as color film wasn't available back then."

He originally attempted to take photos of the bar from outside, but kept getting a bad reflection off the glass. After several attempts, he asked one of the YS group leaders who spoke Italian if he could come inside and take a photo. The man agreed and a couple of shots later, Erickson was back outside joining his group.

After seeing Erickson's shot of the bar, Morris encouraged him to display the photo on Caserma Ederle.

Erickson's photograph was then sent up to compete in the Boys and Girls Club of American European contest, where it placed second—but meant it would be forwarded to the nationals—where it placed first.

The first place prize included a free, round-trip flight to San Francisco for Erickson to accept his award, along with tours of the San Francisco Arts Institute, Alcatraz, the Modern Art Museum and a San Francisco Giants baseball game.

"But photography will just be a hobby," he said. "I want to be a pilot and I'm going to attend the University of Dubuque this fall to study aviation."

Vicenza Middle, High schools screenings set

Story by Sue Vanderbeek, RN
Vicenza School Nurse
Photos by Laura Kreider
Outlook staff

Middle and High school vision, scoliosis and height/weight screening is scheduled for Sept. 14 in the Elementary school gym.

Vision screening: ensure your MS/HS student wear their glasses to school on this date.

If the student does not pass the screening, a referral letter with the screening results will be given to the student to take home, and I will try to contact the parent to request that a follow-up appointment with the appropriate physician be made as soon as possible. The form will have a bottom section to be signed by the physician and returned to me after the appointment.

Because any substantial reduction in seeing constitutes a handicap in learning, I urge you to follow through with the referral process in a timely manner.

Scoliosis screening is for middle school children only. I will be conducting scoliosis screenings along with vision and height/weight screening.

Scoliosis, the most common spinal abnormality, is a side-to-side curve of the spine. It is usually detected in early childhood or early adolescence. Most cases of spinal curvatures are mild and require only on-going observation by a physician after the diagnosis has been made. Mild curvatures are often noticeable only to those trained in detecting spinal abnormalities. Others may become progressively more severe as the child continues to grow. Early treatment can prevent the development of severe deformity,



which can later affect the health, and appearance of the child.

Students will be examined separately by the school nurse or other qualified personnel. It will be necessary to view the upper torso without shirts.

Parents, please insure that girls wear a halter-top, swimsuit top or bra. They will be requested to remove their blouses or T-shirts. Bodysuits or one-piece swimsuits are not acceptable, as it is necessary for the entire back to be visible during the screening process.

You will be notified only if a medical follow-up is necessary.

Be aware that these screenings do not replace your child's need for regular health care and check-ups. If a student is currently under treatment for scoliosis, please let me know so that I can be aware of any on-going treatment.

If you have any concerns, please feel free to call me @ (DSN) 634-7584 during regular school hours.



Vision, height/weight and Scoliosis screening are mandatory for all Vicenza Middle/High school students each year.

Community events

SACEUR praises Schweinfurt community

Story and photo by
Kimberly Gearhart
USAG Schweinfurt Public Affairs

SCHWEINFURT, Germany—The Supreme Allied Commander Europe spent an hour Aug. 22, answering questions, sharing information, and praising Soldiers, family members and civilians in the Schweinfurt military community.

With many Schweinfurt troops deployed downrange, “I can’t tell you much that you don’t know about the global war on terrorism. You live it everyday,” said Gen. Bantz J. Craddock, who also oversees U.S. European Command.

Command Sgt. Maj. Mark Farley, EUCOM’s senior enlisted leader, echoed the general’s sentiment, noting that his own son is enlisted and has been through two deployments. Farley said it is different, seeing deployments from the side of a family member, rather than a Soldier.

“I understand that on a personal level,” he said.

But the reason for their visit, Farley explained, was to be the community’s “voice back into the big system.”

“If there’s really a burr under your saddle, we need to hear about it,” Craddock agreed.

The ensuing questions covered issues ranging from the lack of available doctors to the problems that Stop Loss/Stop Movements cause with Date Eligible for Return From Overseas.

“DEROS is a 20th Century anachronism,” for a 21st century Army, Craddock said, calling it a “security blanket” that everyone is comfortable with, but that needs to change to suit the ever-changing needs of America’s fighting forces and their families.

Farley addressed concerns about dwell time, and how Army schools such as the Basic Noncommissioned Officer Course and the Advanced Noncommissioned Officer Course may be shortened, allowing Soldiers to spend more time at home, rather than using their dwell time training.

That training, however, is what separates and elevates U.S. fighting forces above and beyond other forces, Craddock said.

Strong communities, and strong, innovative rear-detachment forces, such as Task Force Guardian, are

the other keys to maintaining a strong force.

Craddock praised TFG as “probably the model for the Army in the future” and a “pioneering” effort in rear-detachment organization.

On the subject of communities, Craddock was hit with questions regarding the status of Schweinfurt, and its absence from the list of enduring European military installations.

“We may not have enough forces here” to accomplish the tasks that Craddock needs the Army to achieve.

“Some of the assumptions made in 2003 (when the current plan was approved) are no longer valid.”

The Schweinfurt community will continue to support its deployed Soldiers from the 2nd Brigade Combat Team, the 1st Squadron, 91st Cavalry Regiment and other individually deployed elements, as well as Families back home.

“You are serving just as much as your Soldier spouses,” Farley said, and for that service, for those sacrifices, both Farley and Craddock tendered a heartfelt “Thank you.”



Gen. Bantz J. Craddock responds to questions regarding changes in medical personnel staffing and other concerns voiced by Schweinfurt community members during a special forum on Conn Barracks Aug. 22.

Back-to-school barbecue annual hit

Story and photos by
Laura Kreider
Outlook staff

The Vicenza Full Gospel Pentecostal Service held their annual Back-to-School barbecue at the Villaggio Gazebo Aug. 25.

Hundreds of parents and children in the community participated in the event that included fun activities such as sack race, face painting and basketball, just to name a few.

About 50 volunteers helped during the event preparing hamburgers and hot dogs for everyone and coordinating the children’s activities. Nearly 300 bags stuffed with free school supplies for children from preschool to 12th grade were given out to those attending.

(Below) Jennifer Roberts and Kimberly Caldwell hand out bags with free school supplies to children from preschool to 12th grade. (Left) Six-year-old girl has her face painted as a bunny during the event. (Bottom) Children participate in a sack race at the Back-to-School Barbecue.



Safety tips for traveling the autostrada

Story by Randy Ross
USAG Livorno Safety

If you have vehicle problems, are broken down or involved in an accident and need assistance while on the Autostrada, you should call the toll free number 800-404-2121.

This number connects you to the Autostrada information and dispatch center. There will be a recording in Italian asking which part of the country you would like information for. The menu choices will be given first in Italian and then in English. You can also push the asterisk at any time to hear a report on road conditions and closures in English.

To speak to a dispatcher, press nine, and ask to speak to someone who understands English. There should be an English speaker available around the clock. If you need, the Autostrada information and dispatch center can send the police, ambulance, fire truck, a tow truck and even a mechanic. You

should be prepared to give the center your accurate location, if you are headed North, South, East, or West and a description of your vehicle and the problem. The easiest way to note your location is to look for a kilometer marker, which are posted frequently.

One thing to take into consideration, the tow truck or mechanic dispatched will most likely be from a private local company and charges could be quite high. It is best to discuss with your insurance company about what will be covered and what will not prior to an incident. Your insurance company may have special instructions for you to follow in order to get reimbursed. Special instructions also exist for travelers operating a government vehicle. Be sure to check with the Transportation Motor Pool dispatch about actions to follow in the event of mechanical problems in a government vehicle.

Out & About

By Dorothy Spagnuolo

Fiera del Soco market

The annual market *Fiera del Soco* in Grisignano is a very large festival with hundreds of vendor booths, exhibitions, carnival rides, food booths/tents. Dates this year are Sept. 7-12. September 7, 11 and 12 activities start at 6 p.m.; Sept. 8 at 3 p.m.; Sept. 9 and 10 at 8 a.m. Grisignano is located 16 km from Vicenza. During the market period parking in the area can be very difficult to find at the weekend, unless you get an early start.

The human bingo game

Every odd-numbered year Nove hosts the *Pissota*, a living bingo game in the main square. This year the dates are Sept. 7-9.

The game dates back dates back centuries, but the earliest recorded reference to the game is from the 16th century, when the game was played to pass the time in the long winter months.

The game board consists of 64 figures, such as *the sun, the woman stomping grapes, the snake, the wheel*, with each one corresponding to a number. Players have a card depicting 8 different figures and numbers are drawn until the first person to cover all 8 numbers wins.

The difference in the Nove game is that the game board is the town square and each figure is a person dressed in the costume of their designated figure, so you'll see someone dressed as a chair, another one as a castle, and so on.

During the evenings when the game takes place, scenes from rural life are re-enacted, such as market day, the *filo*-story-telling around the fire, and of course ceramics making.

The whole town shows up for the game, for the daily 1,000 euro prize. The game starts at 9 p.m. each evening and tickets cost 25 euro which includes two cards; for

children under 5 years of age entrance is free to watch the game. Each participant will receive a ceramic bowl the 'pissota' emblem on it. For further information on the events and to reserve your seats in Nove, phone between 9 a.m.-1 p.m. 0424 590555 or go to the website www.pissota.it — Italian only.

Also taking place is the Ceramics Festival where the ceramic-makers swing open their doors, on Sept. 8 from 3-9 p.m. and Sept. 9 from 10 a.m.-1 p.m. and 3-8 p.m. offering courses so you can try your hand at pottery making. And there's music, food, and lots of fun.

Tango — At the Teatro Romano in Verona the 'Tango x 2' company will perform *Tango Por Dos: La Historia* on Sept 13-14. This famous Argentine tango company led by Miguel Angel Zotto performs each evening at 9 p.m. Tickets cost 27 or 40 euro.

Happenings in the area

Fair ground set up near the Vicenza train station open until after Vicenza's name day patron 'La Madonna di Monte Berico,' our *Lady of Mount Berico*, which is Sept. 8, at weekends usually crowded so watch your pockets;

Dinner under the stars — The commune of Vicenza in collaboration with the Palladio Restaurant have organized the ninth edition of *dinner under the stars* which will be held on Corso Palladio, the main street downtown Vicenza on Sept. 8 at 8 p.m.

The cost is 35 euro per person and reservations can be made in Palazzo Trissino, which is open Monday-Saturday from 10 a.m.-12:30 p.m., on Tuesdays and Thursdays also open from 3-5:30 p.m. Inclement weather calls for the tables to be set up under the arches of the main square.

Sagra in Bolzano Vicentino

Sept. 7-10, food tent opens at 7 p.m. each evening serving different types of pasta; cod, fried fish, tripe, mixed grill, a musso stew, a selection of vegetables, cake and beverages; music every evening at 9 p.m. with a firework display on Sept. 10 at 11:45 p.m.;

Art exhibition — Paintings by Pino Bassetto, the artist who lives and works in Cavazzale, province of Vicenza will be on display in the SS. Ambrogio e Bellino Church, Vicenza until Sept. 16. Visiting hours: weekdays 3-7 p.m., Saturday-Sunday 10:30 a.m.-1 p.m. and 3-7 p.m., closed Mondays. Entrance is free;

Juliet's birthday will be celebrated all day in Verona on Sept. 16 in Piazza Dante, Cortile Mercato Vecchio with dancers, musicians, street artists and a medieval market;

Photos of forts — In the *Monumento ai caduti*, tribute to the fallen hall, located in Piazza G. Chilesotti in the town of Thiene find 144 black and white photos on exhibition of over 40 forts, which were used during WWI and used for the most part, by Italian or Austrian forces, the forts can be found in the Trentino and Veneto region. Photos by Giuseppe Stella, Giancarlo Marini and Valter and Luca Borgo. Open Friday, Saturday and Sunday 4-7 p.m. on the weekend also from 10 a.m.-noon until Sept. 9.

The blooming Brenta

This event on Sept. 9 is probably the most important event on the Rivera del Brenta, all the villages along the banks of the Naviglio Canal join in.

The event started in 1977 to re-enact the passage along the Rivera of Henry III, king of France, that event took place in 1574, the year the sovereign visited Venice. He



The walls of Castelfranco Veneto dominate the hillside. (Photo by Laura Kreider, Outlook Staff)

entered the city after having followed the course of the River Brenta from Padova passing the great country villas of the Venetian nobility.

The event starts at 9:30 a.m. at Villa Foscari-Rossi, located in the town of Stra with the meeting between the Doge and Henry III king of France and a historical parade. There will be a gathering of rowers near the bridge in front of the Villa; 10 a.m. start of the regatta; the event ends at 5 p.m. with the arrival at Villa La Malcontenta, near Mestre. It is possible to follow the boat by bicycle on the right hand side of the Brenta. Each town the boat stops in there will be different fun activities and food stands.

Historical re-enactment

Frederick II and his court have returned to Castelfranco Veneto, province of Treviso in the form of a historical re-enactment recalling the winter of 1235-36 when he stayed there. The following are events that will take place on Sept. 8 and 9:

Sept. 8: in the afternoon, outside the castle walls, a military camp in the medieval style will be opened in a kind of 'living history' display. There will be utensils, weapons, clothing and accessories all reproductions of the genuine articles. Visitors will see articles produced by craftsmen, stone-cutters, blacksmiths, cobblers, and

you can watch jesters, minstrels, and soldiers conducting training exercises, it will be open until 11 p.m.; at 6 p.m. the medieval market and taverns will open;

On Sept 9: starting at 11 a.m. until 6 p.m. guided visits of the military camp; 11 a.m. opening of the taverns; and the medieval market; 4 p.m. historical parade with over 700 participants; at 5 p.m. a medieval contest designed for young men who want to show off their strength and ability in the hope of winning the attention of their favorite female.

They will compete outside a temporary wooden 'castle' by crossing a forest, fording a swamp, digging a tunnel, getting past a moat and then knocking down the gate of the castle to get to the damsel inside. Later in the evening 6 and 9 p.m. there will also be flag-thrower processions, music, jesters and jugglers along with such unique entertainment as witnessing the capture, trial and condemnation of traitors and thieves at the hands of the knights of the castle.

To join in the fun foods and goods on sale may be purchased with coins from that era. The coins are similar to those used in the 1200's in Castelfranco and will be available at guarded change booths. Castelfranco Veneto is 28 km from Vicenza.

Classified Ads

NOTE: The Outlook does not take classifieds and we only print ads placed during the last week.

Sellers must place ads on www.vicenzamwr.com.

Buyers must go to the Vicenza MWR Web site, www.vicenzamwr.com for details about items for sale below.

Transformer, 300 watt . Like new. \$20.00

ATI Radeon X700 PRO Brand new graphics card (256 MB) for sale. \$50

Video Vault for iPod - cannot use with our computer. Selling for \$10.

Free dog. We are moving and can take her in the new house.

Looking for a Bed Frame for a Full Size Mattress.

Free Dog. Looking for a good family to take a fun loving dog.

Curio for sale. Asking price 75.00 and you must move.

1993 Ford Fiesta, good condition. Recent Tune-up. Must sell. \$600.00 OBO

Chrome Rims 20" with new low profile tires. Vault 20" Chrome rims. Must sell \$1000

Free Kittens. Four month-old kittens and mama cat need loving homes

1993 Volkswagen Golf, a steal. 5 speed, European Spec. \$2500/obo.

1988 Renault 5GL, 98K, sun roof, 5-speed. Reliable and low maintenance. \$500

UMUC Basic Concepts in Biology, Looking for textbook will pay reasonable price.

AFN Decoder Like new, with remote in original box with instructions. \$125.

Transformers 1000 Watt—\$75, 300 Watt—\$40, 200 Watt—\$30

Tv Stand End Table and Cupboard, excellent condition. Hand made in England. \$350.00

Sony PSP w/Many Extras, \$200 Computer Desk: 8 Piece/Solid Wood Large, asking \$1500.

Bike Trailer, brand new, never used, still in the box. \$100 OBO.

Looking for 1970s Ford Torino, for cheap.

Yard sale Sept. 1, kitchen table with 6 chairs, leaf, buffet, hutch, clothing, assorted items kitchen items, tv, etc. Starts at 8am, Villaggio 215A

2004 Trek Navigator 200, shimano altus 3x7 gears, womens excellent condition. \$185

1997 Fiat Punto, 5 doors, 72500 km mileage, new tires. Car can be

seen at Boss lot.

Elliptical trainer, looking for a elliptical trainer for the house.

DVDs for sale Slimming down our collection, asking \$5 each or \$45 for all.

Water Dispenser, holds up to 5 gallon jugs. Heats and cools water. 220v Asking \$50.

20" JVC flat screen JVC TV with remote. \$75

27" TV w/remote. This TV is not 220v \$75.

Large wooden Dog house for Sales \$45

1997 Plymouth Breeze, 4door, automatic, strong a/c. \$1,300 OBO

Free Pitt Bull Puppy, eight month old Pitt Bull puppy.

Patio Furniture, looking for a comfortable outdoor patio furniture set.

Free preteen girl clothing, size 14 slim; also fit junior size 1.

Small brown bunny for free Looking for a good home for a little brown bunny.

Large outdoor planters wanted. Looking for reasonably priced outdoor planters.

1994 Mazda Protege Run good. \$700 obo

Now Showing

Caserna Ederle Theater

Sept. 4	CLOSED	
Sept. 5	Ratatouille (G)	6 p.m.
Sept. 6	Evan Almighty (PG)	6 p.m.
Sept. 7	License to Wed (PG-13)	6 p.m.
	Death Sentence (R) (1st Run)	9 p.m.
Sept. 8	Live Free or Die Hard (PG-13)	3 p.m.
	Death Sentence (R) (1st Run)	6 p.m.
Sept. 9	Live Free or Die Hard (PG-13)	3 p.m.
	Death Sentence (R) (1st Run)	6 p.m.
Sept. 10	CLOSED	
Sept. 11	CLOSED	

Camp Darby Theater

Sept. 6	Live Free or Die Hard (PG-13)	6 p.m.
Sept. 7	Star Dust (PG-13) (1st Run)	6 p.m.
Sept. 8	1408 (PG-13)	6 p.m.
Sept. 9	License to Wed (PG-13)(1st Run)	2 p.m.

Admission: Age 12 and over \$4, under age 12, \$2. The Ederle Theatre box office opens one hour prior to show time.

Movie Synopsis

LIVE FREE OR DIE HARD - Bruce Willis, Timothy Olyphant On the July 4th holiday, an attack on the vulnerable U.S. infrastructure begins to shut down the entire nation. The mysterious figure behind the scheme has figured out every modern angle — but he never figured on an old-school "analog" fly in the "digital" ointment: John McClane. No mask. No cape. No problem.

Community notes

Fuel coupon turn-in

Fiscal Year End for 2007 is almost here. Units/Sections assigned or using TMP vehicles are reminded that current fuel coupons will expire on Sept. 30.

Any unused fuel coupons and completed AE Form 710-2As, should be turned in to the TMP no later than Oct. 3, 2007. Unused fuel coupons must be turned in with the booklet cover or memorandum stating under what circumstances the booklet cover was lost. (Para. 8-10c AR 710-2)

All outstanding FY 07 coupons issued for a vehicle must be received prior to the issue of FY 08 coupons.

For more information contact the Transportation Motor Pool at 634-6915/6916.

Vicenza Community Club

The Vicenza Military Spouses and Civilians Club has been serving the Vicenza community for 30 years.

This year its name is changing to reflect our diverse community. The VMSCC will now be known as the Vicenza Community Club. In celebration, the VCC will give \$200 to each of our FRGs.

The VCC is holding the annual fall new member social Sept. 7 from 11 a.m. to 1 p.m. in the post chapel activity room.

Applications for membership will be available at the social and are always available at the Thrift Shop. The annual cost of membership is \$15 per person.

The VCC donates thousands of dollars in college scholarships to its members and their families. They have monthly luncheons, mini-clubs for fitness and leisure activities, and low cost childcare for most functions.

Hooah Rock Day

The 2-503rd Family Readiness Group is sponsoring a Hooah Rock Day Sept. 8.

Spouses - get a taste of your Soldiers' training. Join us for a PT test to Army standards, first aid

classes, camouflage, basic rifle, jump tower, working with an M-16 and a ruck march among other things.

Free childcare is available for the event. Participants and their families can buy T-shirts for \$15 to help sponsor the event.

200 volunteers needed

The Vicenza Community Club needs your help for this years Festa Italia Bazaar Sept. 22-23. We need 200 volunteers to make the bazaar a success.

Volunteering has many benefits, including free childcare. If you have any questions or would like to volunteer, contact Sandy Weik at (san1127@hotmail.com) or Karen Smith at (smithfamily80@hotmail.com).

Club Beyond

With the beginning of school, Club Beyond meetings are about to resume.

Club Beyond Kick-off will be held Sept. 17 at the Vicenza movie theater beginning at 5:30 p.m.. This kick-off is for teens, families and anyone interested in supporting teenagers.

They have invited comedian Judy McDonald to provide the entertainment.

Regular meetings begin Sept. 24. The high school students will officially start and end from 6 p.m.-7 p.m. at the teen center.

The middle school students meet in the afternoon 1 p.m. until 4:30 p.m. in the high school cafeteria.

Club Beyond is also looking for adult volunteers. Call Jocelyn Cary, at 349.385.3476.

Art Center closure

The Art Center will close for two weeks, from Sept. 3-16 and re-open Sept. 19 in Building 249, the outdoor recreation building. custom

framing, craft parties, and class registration will be available in the temporary location.

The woodshop remains in the current location in building 136 during this phase of renovation. Hours for the art center and the woodshop will be Wed.-Fri. from 11 a.m.-6 p.m., Sat.-Sun. from 10 a.m.-2 p.m. both locations will be closed Mon. & Tues.

Family Fun Nights

Family Fun Night at Club V is Friday, Sept. 7 and 28, 6-8 p.m. Take the whole Family out for pizza and lemonade. Adults are \$5 and 5th grade and under \$2.50.

The DJ will play a variety of music, great for dancing. Kids receive a special club card and a special Glo-Jo Juice drink with a glow in the dark straw from the Bar. Get your tickets at the door.

Free Family Art Day

Sept. 15 from 10 a.m.-12:30 p.m., children ages 2-12 years, and learn some new ways to relate to them.

There are two different age groups; 2-4 year olds will play from 10-11 a.m. and 5-12 year olds will play from 11:15 a.m.-12:30 p.m. Childcare is available if you have children in different age groups. Sign up at Central Registration by Sept. 14.

ACS in September

Sept. 5, 12, 19 & 26 Play Group, 10-11:30 a.m. in Villaggio, Call 634-7567.

Sept. 11, Breastfeeding Class for Expecting Mothers, 9:30-11:30 a.m.

Sept. 11, Banking & Credit Union Information, 3-4 p.m.

Sept. 12, Cooking with Kids. 3-4:30 p.m.

Sept. 12, Resume Builder, 10:30-11:30 a.m.

Sept. 13, Stress Management, Noon-1 p.m.

Passport office relocating

The passport office is relocating from bldg 311 to bldg 28 effective 1 Sept. 07. For more information contact CPF Manager at 634-8706.

ITR trips

Sept. 8 & 9, Rome Express, Leaves Sat. at 1 a.m. Returns Sun. at 3 a.m.

Sept. 8, Milan and the Last Supper by Da Vinci, 7 a.m.-8 p.m.

Sept. 9, Day trip to the Zoo, 8:30 a.m.-7 p.m.

Sept. 12, Wine tasting at Ca' Bruzzo, 1-6 p.m.

Parking lot closing

All vehicles need to be moved from the parking lots in front of Bldg. 1 by close of business Sept. 6. The parking lot will be close from Sept. 6-12.

Cement pylons will be put around the area so any vehicle left there will be stuck!

U.S.A. Street Fair

To be held at the U.S. Consulate General of Florence, Lungarno Vespucci 38, 50123 Firenze, Italy. Mark your calendars, Sept. 15, 2:00-6:00 p.m.

This outdoor block party is for English-speaking oldtimers and newcomers... a wonderful way to kick off the school year!

Representatives from many organizations and institutions with services for the English-speaking community will be present.

There will also be a kiddie corner with activities for children, as well as entertainment for everyone. Please join us.

PWOC fall kick-off

The Protestant Women of the Chapel invite you to join our Fall Kick-Off Celebration on Tuesday, Sept. 11, 9:15 a.m. until noon at the post Chapel.

Join in us as we reveal our annual theme, select a Bible Study group and enjoy lunch.

Childcare provided for infants 6 weeks through age 5. Wednesday Evening Study group kicks off Sept. 12, 5:30 p.m. Contact: Antoinette Samuel, 0444.911.988

USO Italian classes

Non-credit Italian classes held at the Ed Center: Level 1 runs Sept. 18-Nov. 15 & costs \$112; Level 2 runs Nov. 27-Jan. 29 (will break for holidays) & costs \$100; Level 3 runs 19 Sept.-19 Dec. & cost \$120. For more information call DSN 634-7156.

Religious Activities

Ederle Chapel

For details call the chapel at :634-7519 (0444-71-7519).

Weekday Mass

Mass is now held at noon Wednesday-Monday.

Saturday Services

4-4:30 p.m.: Sacrament of Reconciliation, or by appointment
5 p.m.: Roman Catholic Mass

Sunday Services

9 a.m.: Catholic Mass
10:45 a.m.-noon: Catholic Religious Education
11 a.m.: Protestant worship
1:30 p.m.: Full Gospel Pentecostal worship and Children's church
4 p.m.: Lutheran Services
6 p.m.: Contemporary worship

Muslim Services

The khutba and prayer will take place in the post chapel conference room Fridays, just after 12 p.m.

Jewish services

The Jewish New Year of 5768 starts the eve of Wednesday, Sept. 12. Stephen and Nancy November would like to know if you will be able to attend services and/or traditional meals at a location close to the base. Please e-mail november6@msn.com.

For details regarding Jewish services, contact Dr. Steven or Nancy November at november6@msn.com.

Club Beyond

For details about Club Beyond youth activities, contact the chapel or Jocely Cary at 340-385-3476.

Darby Chapel

For details call the chapel at :633-7267 (50-54-7267).

8:30 a.m.: Catholic Reconciliation
9:30 a.m.: Catholic Mass
11:15 a.m.: Protestant worship

News you can use

Space A – here to stay

Story and photo by USAF Master Sgt. Vincent E. Britton
724 AMS Passenger Services Flight Chief

In the past year and a half that I've been stationed at Aviano, the buzz has increased over time about whether or not the Patriot Express mission would be ending.

According to a Headquarters U.S. Transportation Command, the PE for Aviano AB will be eliminated Oct 1, 2007. A contributing factor to this decision was low ridership by revenue generating passengers, causing millions of dollars in loss to the Dept. of Defense.

The next question was, "Will we be getting another mission to replace it?" Until recently, the answer to that question was yet to be determined. We are pleased to

announce, starting the first of October, Aviano will have a new PE mission with a different routing to replace the old one.

Force Protection measures prevent us from publishing specific details on this new mission. However, if passengers stop by the terminal, we can provide information such as date, destination, projected seats and show time.

Of course, people are probably wondering what the likelihood, or chances of flying Space Available will be.

While we won't have exact numbers until the day of the flight, it does appear that there will be Space A opportunities for passengers to travel to the United States. So, for the foreseeable future, Space A travel is here to stay.



Space A passengers check-in at Aviano for flights

One important reminder for all travelers is to ensure they carry their original documents and that they are current (i.e. passports, soggiornos, ID cards, etc.). The Foreign Clearance Guide is very strict on this. Visit <https://www.fcg.pentagon.mil> for more

details. We highly encourage travelers to contact the Passenger Terminal for any questions prior to the day they wish to travel to prevent unwanted delays.

For general information and travel tips, call the Passenger Terminal during the operating hours

of 7:30 a.m.-4:30 p.m. each weekday at DSN 632-7680 or COMM: 0434-30-7680. For more specific information, please visit the Terminal during the hours noted above. We look forward to helping you get the most out of your Space A privilege.



Flag football back in play

Photo feature by Laura Kreider
Outlook staff

Above, Robert Westbrook, quarterback, prepares to throw while running downfield during the first game of the USAG Vicenza Unit/Recreational Flag Football League held on the North 40.

Jon Taylor, right, runs with the ball while Anthony Williams, moves to defend. The flag football competition is open to all units as well as recreational civilian teams.

For more information on team rules and registration call the Sports and Fitness office at 634-7009.



Civilian fitness program starts

What would you say to working out during duty hours?

The Civilian Fitness Program gives civilians up to three hours per week for six months to participate in fitness activities during work hours. Motivated civilians may use time from their workday to pay attention to their fitness needs.

"The program was great for me, I reached my ideal weight and lost 20 pounds" said Antoinette Fernandez after her 6 months. Assessments will take place the second week of September.

Participants must request an enrollment package and have their supervisor's approval to participate. They also should coordinate with their supervisor as for the days and times that they will be exercising.

"Once that is completed they can go on Sept. 19 to the main gym, wearing light work out clothes, for a fitness assessment that will last around 15 minutes," said Lesley Gomez, USAG Vicenza Health Promotion Coordinator

Civilian employees who have not previously enrolled in this program and wish to participate must e-mail or call the USAG Vicenza Health Promotion Office at 6348828 or e-mail Lesley.gomez@eur.army.mil.

Sports Shorts

Shrine of Cycling

Join ODR on an 80 km bike ride Saturday Sept. 15. The trip takes off at 6:45 a.m. from the Shoppette parking lot and cyclists return to Caserma Ederle by 4 p.m. The ride is along Lake Como with a steep climb to the Shrine of Cycling, the Madonna Di Ghisalla. Call or stop by Outdoor Rec to sign up.

Arco climbing competition

Outdoor Rec is offering a trip to a climbing competition in Arco near Lake Garda Sept. 9.

Arco is home to Europe's largest climbing wall-21 meters high, with 16 meters of overhang and about 3,000 artificial holds. See the world's best climbers compete for the 22nd annual Arco Climbing Competition.

The bus departs Outdoor Rec at 7 a.m. and returns by 7 p.m. The cost is \$30 and includes transportation and entrance fee.

Call Outdoor Rec at 634-7453 for details.

Fall Fun Run or Walk

USAG-Vicenza is sponsoring a Fall Fun Run or Walk Sept. 8 at 8 a.m. Participation is free and registration takes place from 6:30 to 7:30 a.m. This Walk/Run is a stroller friendly event. For more information, call the Vicenza Sports and Fitness Center at 634-7009.

Dodge ball

Center is starting a Dodge Ball League for military personnel and civilians and for people 18 years old and out of high school. Participate as an alternative for using drugs, alcohol and tobacco. Sign up deadline is Sept. 5. Call or stop by the Vicenza Sports & Fitness Center to sign up.

Indoor soccer

Sept. 14-15, the Vicenza Sports & Fitness Center will hold a five-on-five indoor soccer tournament for military members, and civilians 18 years or older and out of high school. There is a mandatory coaches meeting Sept. 12 at 2:30 or 6 p.m. at the Fitness Center. Call for more information.

CYS tennis, cross country

The CYS Tennis Season starts Sept. 19 and ends Oct. 29. Practice is held Wednesdays from 5:15-6:15 p.m. The season will end with a tournament on Oct. 29.

The CYS cross country season starts Sept. 17 and ends Oct. 29. Practice will be held Tuesday and Thursday from 6-7 p.m. The season ends with a race on Oct. 29.

Both sports are open to kids 6-12. Registration for Cross Country ends Sept. 14 and for Tennis it ends Sept. 18. Register at Central Registration, the cost of both sports is \$25 which includes a t-shirt, and the equipment for tennis.

Prevent overtraining

By Lt. Col. Steven H. Bullock,
Health Promotion Policy
Program Manager
U.S. Army Center for Health
Promotion & Preventive
Medicine

A tri-service group of experts recently established science-based recommendations that reduce physical training-related injuries of military recruits. However, these recommendations can be applied to all military units that perform mass physical training.

The central principle in preventing overtraining is to understand that there are physical limits to what the body can withstand and positively respond to before the rate of breakdown overruns the rate of build up.

For example, when the injury rate goes up and the physical performance goes down, it is an indication that a unit may be overtraining. Commanders at all levels can monitor the number of profiles and APFT pass rates and run times to determine if their units may be overtraining.

The most important recommendation: physical training programs should de-emphasize long-distance running, which is the primary cause of overtraining. Much research shows that overtraining leads to lowered physical performance, decreased motivation, increased fatigue and attrition, and higher injury rates.

All of these negatively affect unit and force readiness significantly.

Strong evidence exists that PT programs that reduce distance running miles and incorporate the

following elements prevent overtraining and reduce injury rates. At the same time, they maintain or improve physical fitness.

Recommended training elements

Follow a standardized, gradual, systematic progression of running distance and speed. Begin with lower mileage and intensity, especially for those just starting a physical training program (for example, new recruits, changing units, or those returning to PT after time off for an injury or leave).

Structure PT injury-prevention programs to target those Soldiers at the highest risk of injury (those of average or below average fitness) by ensuring that running mileage is appropriate for their lower fitness level.

Use fitness test performance (run times) to place Soldiers in ability groups of similar fitness levels to enhance fitness and minimize injury risk.

Running in ability groups by time, not distance, allows the least fit to run shorter distances than the most fit, thus accommodating low and high fitness groups simultaneously. For this reason units should also limit "formation" running as it overtrains the least fit and provides inadequate training for the most fit.

Avoid remedial physical training programs that require the least fit Soldiers, especially recruits, to do more physical training than fit Soldiers. Remedial training that requires more of those who are the least fit significantly increases risk of overtraining and injury. Worse, it leads to little or no fitness improvement. Again, gradual,



Vicenza athletes work out in the state-of-the-art fitness center on Caserma Ederle. (Outlook file photo)

progressive training by ability group improves fitness with less risk of overtraining and injury.

Replace some distance runs with higher intensity, shorter-distance runs like interval training activities (repeated sprints, Fartlek training, last-man-up, etc.). These methods increase speed and stamina more rapidly than distance running, with many fewer miles run.

Balance the body's need for a physiologic training overload with the need for recovery and rebuilding by coordinating military and physical training to:

*Avoid exhaustive military or physical training (such as obstacle courses, long road marches with heavy loads, longer runs, maximal-effort physical fitness testing, etc.) on the same or successive days.

*Allow adequate recovery time between administrations of maximal-effort physical fitness tests (ideally three to five days) to prevent overtraining and increase the likelihood of improved physical performance.

*Alternate training days that emphasize lower body weight-

bearing physical activity with training days focused on upper body conditioning.

*Minimize the accumulated weight-bearing stress on the lower body from marching/hiking, movements to training sites, drill and ceremony, obstacle courses, running, etc., by not over-scheduling such activities on the same or successive days.

For too long leaders have measured the success of their PT programs on APFT scores alone. Injury rates (number of visits or profiles) are as much an indication of the success or failure of any physical training program as APFT scores. For this reason, units should place greater emphasis on APFT pass rates rather than on raw scores and reward leaders accordingly.

The standardized physical training program now in place at all basic training and advanced individual training sites throughout the Army incorporates many of these recommendations.

Go to www.infantry.army.mil/usapfs for examples of effective mass training that minimizes injury.