



# The Outlook

Feb. 13, 2007

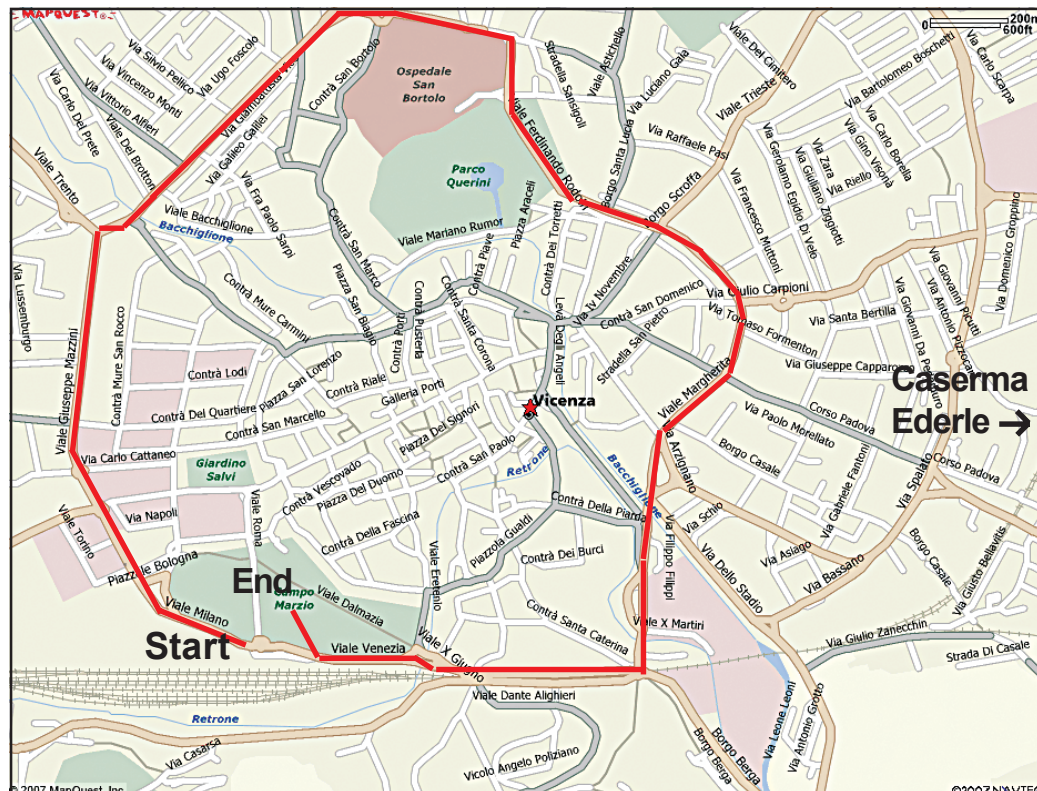
U.S. Army Garrisons Vicenza & Livorno

www.USAG.Vicenza.Army.Mil

Vol. 40 Issue 6

From the Commander:

## Demonstration set for Saturday in Vicenza



From Maj. Gen. Frank G. Helmick  
SETAF commander

There is a large demonstration scheduled to take place in Vicenza Feb. 17.

While we do not anticipate problems with this demonstration it is imperative that all members of the Vicenza Military Community remain vigilant and avoid this area on both Feb. 16 and 17 (see map at left).

I am confident that the local Italian Police, Carabinieri and government officials will ensure these demonstrations are peaceful in nature.

For more than 50 years SETAF has been a proud member of this community. I know this relationship will endure for another 50 years as long as we continue to be good neighbors and good stewards of the city of Vicenza.

Again, these demonstrations will be monitored closely by the appropriate



Maj. Gen. Frank G. Helmick  
SETAF Commander

Italian officials. Please be aware of when and where they will take place. Should you find yourself in difficulties, call the Military Police toll-free at 800-064-077.

## Results in; SETAF passes Sharp Focus final exam

By Spc. Justin Nieto  
SETAF Public Affairs

A series of explosions rip through a forward operating base as the Soldiers within scramble for cover, all the while trying to assess the direction the mortar rounds are coming from.

Then all is quiet. The Soldiers – from Britain, France, Germany, Italy and the U.S. – react swiftly, preparing a quick response force to search out and destroy the enemy mortar team.

This could be a common occurrence in places like Afghanistan and Iraq, but Grafenwoehr, Germany?

SETAF Soldiers, along with coalition contingents in the French, Italian, German and United Kingdom military, reacted to numerous scenarios like this and others while taking part in exercise Sharp Focus.

“This training brought together a robust, unique and extremely capable organization that included all services in the U.S. military and from participating nations,” said Maj. Gen. Frank Helmick, SETAF commander.

“As I said while we were training, there is no other group I’d rather board a plane with, to conduct operations with, than the group we had assembled there...this coalition is trained, competent and adaptable to handle

any mission that comes our way. Every soldier in the Combined Joint Task Force involved gave 110 percent,” continued Helmick.

Sharp Focus was the capstone training exercise for SETAF headquarters. The exercise planning began in August 2005 and the final piece, Sharp Focus, was conducted in January. The exercise scenario involved a number of training tasks to be accomplished to a stringent standard in order for a recommendation to be made to General’s Craddock and Ward that SETAF is capable of being a “core” of a Combined Joint Task Force.

According to the North Atlantic Treaty Organization handbook, a Combined Joint Task Force is a “task force organized and formed for the full range of the Alliance’s military missions requiring multinational and multi-service command and control by a CJTF Headquarters. This is an essential qualification for an organization like SETAF, which serves as the “certified docking station core command and control headquarters” for U.S. military power in Europe.

And while the nearly 1,500 people participating in the exercise were busy reacting to the various challenges presented, they were constantly monitored by observers and trainers from around the world,

specifically the Joint Forces Headquarters.

While the exercise was geared to SETAF’s qualification as an organization capable of leading a multinational force, perhaps the most beneficial aspect of the exercise was the chance to interact with counterparts in foreign militaries.

“Sharp Focus provided us the opportunity to open our apertures just a bit more in understanding what our joint, combined partners bring to the fight and how their efforts can interoperate with ours,” said Air Force Brig. Gen. Danny Gardner, deputy commanding general (Support) throughout Sharp Focus. “Seeing things from another culture’s perspective helps us to uncover blind spots that we don’t even know are there.”

“I think the biggest compliment I can give you guys is that I will leave here and recommend to my boss, [General Bantz Craddock, European Command commander], that SETAF is certified as a CJTF-Headquarters,” said Lt. Gen. Gary Speer, USAREUR deputy commanding general.

“Serving beside our sister services and the nations of Italy, Germany, France and the United Kingdom created a unique opportunity for us to learn from each other and to refine the way we do business,” said

Helmick. “It was a challenging two weeks and I would mark it a success if, tomorrow morning, the powers that be instructed me to reassemble that team and to deploy them to some hot spot in the world. We were truly one team and each of us came away from it better at what we do.”



Two officers, one French (left) and one German, coordinate plans of action with each other during SETAF’s Sharp Focus exercise held in Grafenwoehr, Germany in January. (Photos by Pfc. Crystal Abbott, SETAF Public Affairs Office)



SETAF Soldiers, alongside members of the French, German, British, Italian militaries and fellow service members, are busy at work in the Joint Operations Center for the Sharp Focus exercise held in Grafenwoehr, Germany in January.

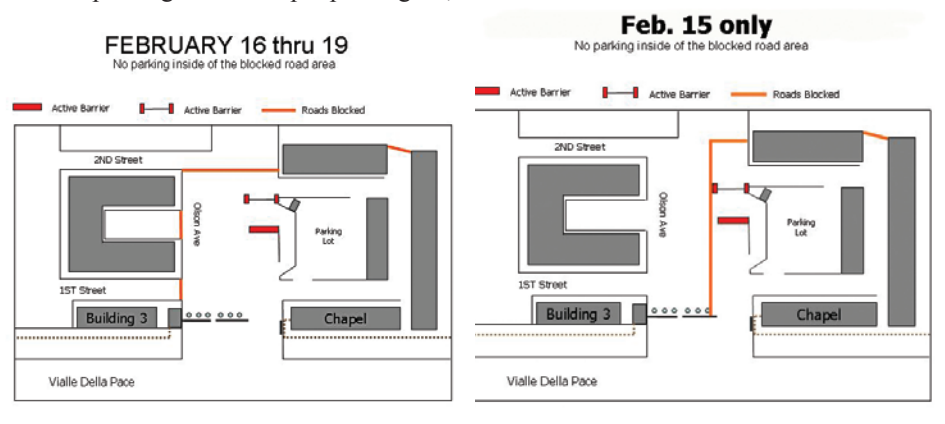
### Reminder: Chapel Gate area road closures

As a reminder to the community, between Feb. 15-19 several roads and parking areas around the gate will be closed.

The access roads leading to the Chapel and the finance building will be blocked and all parking in the Chapel parking lot,

finance building and along the access roads will be restricted. See the graphics below.

The gate will be open as normal during these four construction days – please exercise caution around the construction activities.





## Six ways supervisors can prepare for NSPS transition

Directorate of Human Resources  
USAG Vicenza

**Editor's Note:** Throughout 2007, Vicenza and Livorno General Schedule employees will be transitioning to the National Security Personnel System. Supervisors of GS employees and GS employees will be affected by this transition, and training to prepare for NSPS is available in both locations.

As a manager or supervisor, you are key to helping your staff successfully transition to NSPS. Your staff trusts you and relies on you to help them through this transition. Read on to get ideas on what you can do now to help them get ready.

1. Reinforce with staff members your organization's goals for the year and help them understand how their work contributes to meeting these goals.

2. Give timely and specific feedback about their performance and share what is and what is not working.

*Tip! Consider keeping a calendar to remind you of when and how often you meet with your staff.*

3. Keep abreast of the latest information. The NSPS Web site is regularly updated. This is the place to get up-to-the-minute information about NSPS and available training and resources.

4. Learn what it is like to manage and work in a pay-for-performance system from colleagues who have already transitioned to NSPS and can share this information.

5. Visit the Army's NSPS Web site to learn about specific training that is available to help lay the foundation for NSPS to be successful. The Web site: <http://cpol.army.mil/library/general/nsps>.

6. Establish a peer support network. No one said this was going to be easy. Managing people is one of the greatest challenges and most rewarding aspects of being a supervisor. Consider starting a peer network to share what is and what is not working.

For more information on NSPS or training call Dave Hamilton, director, Vicenza Civilian Personnel Advisory Center, at 634-7537.

### NSPS News

To register for your specific training class, go to the Civilian Human Resource Training Application System Web site at [www.atrrs.army.mil/channels/chrtas](http://www.atrrs.army.mil/channels/chrtas).

#### Employee Training

The last employee training class in Vicenza is Feb. 15 in the Hall of Heroes. If you haven't attended a class, this is it.

In Livorno, employee training takes

place Feb. 26-28 in the Sgt. Maj. Shield Conference room.

#### Supervisor Training

Supervisor training is a two-day class and takes place in Vicenza Feb. 20-21, 27-28 and March 1-2.

In Livorno, supervisor training takes place March 1-2 in the Sgt. Maj. Shield Conference room.

## Calling all easy riders

# Motorcycle courses ready to roll

Directorate of Logistics  
Press Release

For Vicenza military community Soldiers and civilians who have visions of Valentino Rossi, Dennis Hopper or Peter Fonda in their head, there's a couple of items to know prior to purchasing that dream motorcycle.

In order to receive a SETAF endorsement to ride a motorcycle in Italy, participants must meet the following requirements:

1. Must already possess a valid stateside or country license with a motorcycle endorsement.

2. Must have a valid SETAF driver's license.

Once the above requirements are met, motorcycle hopefuls need to take the Directorate of Logistics Motorcycle Safety Foundation's Basic Rider Course.

In an effort to better prepare motorcyclists to ride in Italy, the Basic Rider Course and the Experienced Rider Course have been implemented into the licensing requirements of your SETAF Driver's License.

According to USASETAF REG 190-2, "The Directorate of Logistics will plan and direct a Motorcycle Safety Foundation course on the inherent dangers and peculiarities of operating a moped/motor scooter/motorcycle in Italy.

All moped/motor scooter/motorcycle riders will successfully complete this course prior to obtaining a moped/motor scooter/motorcycle license."

Past experience and riding styles may vary between participants; however, traffic situations and practices here in Italy differ from those in the United States. The primary goal of the Motorcycle Safety Foundation courses is to provide training about the fundamentals of safe, responsible motorcycling.

The MSF Basic Rider Course and Experienced Rider Course are provided by the DOL Driver Testing station located in the Central Processing Facility.

Prerequisites include:

1. Participants must provide their own motorcycle that is both registered and insured.

Since no payment is required to take the course, no motorcycle is provided to the participant. Participants may not share motorcycles while taking the course.

2. Participants wishing to attend the course must sign up in person at the Drivers Testing Station office located in the CPF.

Riders wishing to attend the Experienced Rider Course must provide a valid BRC completion card issued by a registered Rider Coach in theater.

After a couple years of struggle, brought on by deployment of key personnel and motor pool movements, we now have two-fully-certified training ranges serving the community.

One traditional large range in the Torri Vehicle Registration compound and a new small range in the bus parking area behind the Central Processing Facility.

This came about because of the firm commitment to the program by the SETAF and garrison commanders, along with outstanding support from the Command Safety office. While the DTS has often relied on volunteers, there are now three MSF Rider Coaches (instructors) on the payroll: a primary



A participant in a Motorcycle Safety Foundation course puts his machine through required moves during a class. (Outlook file photo)

(Bryan Dorman) in the DTS office, and two others in the directorate office.

In another first for the community, we also have the only Rider Coach Trainer (Chief Instructor) in Italy who is able to train and certify other instructors annually.

If anyone is interested in teaching the course, we are anticipating a Rider Coach Trainer Prep Course in the spring, contact the drivers testing station at 634-6913.

Courses are subject to cancellation for the following reasons:

1. Adverse weather that may promote unsafe conditions to perform range exercises.

2. Limited number of participants required to instruct the course. A minimum of six participants are preferred for the course. Any waivers to the ratio will be cleared by higher authority within the garrison and transportation office.

3. Unavailability of Rider Coaches because

they are unable to leave their other duties. Rider Coaches are mostly made up of volunteers and additional duty personnel aside from the DTS instructor.

If a course is cancelled, efforts will be made to inform all participants prior to course date, and reschedule for another time within that same month. If that is not

possible, participants may be moved to attend the next scheduled course date for the following month. The maximum amount of participants per class is 12, but some are accepted on a stand-by basis.

Class signups are on a first come – first served basis. If for any reason a participant cancels on his/her own accord, the participant will be taken off the roster and must sign back up for the next available course.

Any participant who fails to show for a class without notifying the instructor will be withdrawn from the course roster.

**NOTE:** Motorcycles operated by the participant must be registered and insured prior to participation of any course.

A memorandum will be provided to participants, if their endorsement is not current, governing temporary riding privileges for the sole purpose of transporting their motorcycle to the course and fueling.

Violations of the provided memorandum will result in automatic dismissal from the course with a mandatory 90 day suspension of ALL driving privileges IAW USASETAF REG 109-2.

#### Tentative training dates

March 5-6: Basic Rider Course (BRC)

March 30: Experienced Rider Course (ERC)

April 2-3: BRC

April 27: ERC

May 1-2: BRC

May 31: ERC

## Volunteer translators, interpreters help bridge communication gap

Army Community Service  
News Release

Moving to a new country can be challenging and often very stressful especially considering the language barrier, but your local TIPS team is here to help.

TIPS (Translator Interpreter Program Service) is a volunteer run organization and part of Army Community Service located in Davis Family Readiness Center.

TIPS provides a translation/interpreting service to Soldiers and family members in the community. Services available include translations of marriage, birth and jump certificates, as well as verbal translations of

letters and phone calls to contact companies on your behalf.

There are some restrictions, such as no legal or medical documents, and the volunteers can not liaison with Telecom or utilities suppliers.

A wide range of languages are offered including Italian, German, French, Spanish and Japanese. If you need assistance with any of the above, come by the TIPS office in DFRC. Office hours vary so call ACS at 634-7500 for details.

The TIPS team is also looking for new volunteers. If you speak any foreign language and would like to become part of a friendly, fun team, drop by ACS today.



A few of the many volunteers who are part of Army Community Service's Translator Interpreter Program Service (TIPS) hold a meeting in Davis Family Readiness Center. (Outlook file photo)



# Annual Overseas Housing Allowance survey online

Department of Defense  
Press Release

The Overseas Housing Allowance (OHA) Utility and Move-In Housing Allowance (MIHA) Expenses Survey for all uniformed servicemembers assigned to Germany, Italy, Belgium, Netherlands, and Luxembourg is available online until Feb. 28.

Maximum participation in this survey is essential as both the Utility and MIHA allowances for these countries will be updated based on these results and can significantly impact OHA for all military members.

**The survey is available to servicemembers who reside in privately-leased quarters and receive OHA.**

Homeowners do not need to take this survey as, historically, their expense data is different from renters upon which the program is based.

The survey this year is available on the internet only; no paper copies are available.

The survey may be taken on any computer - at home or in the office.

The respondent can close out an unfinished survey and then complete it later. *However, the unfinished survey can only be accessed on the same computer on which it was begun.*

The web-based survey link is <https://www.perdiem.osd.mil/oha/survey/feboha.html>

Annually, the Per Diem Travel and Transportation Allowance Committee (PDTATAC) conducts the OHA Utility

Survey to collect utility and recurring maintenance expense data from members who receive OHA. PDTATAC uses this data to compute OHA Utility and Recurring Maintenance Allowances for service members worldwide.

The questionnaire is similar in scope to previous surveys. Survey respondents will report their average monthly cost of utilities and routine maintenance.

To prepare for the utility portion of the survey, respondents should collect their actual bills or records of utility and maintenance expenses for the last 12 months.

They will be expected to compute a monthly AVERAGE for each of these expenses.

Servicemembers who have lived off-post for less than 12 months can average known utility expenses.

For the MIHA portion of the survey, respondents will be asked to report actual move-in expenses. Examples of reportable move-in expenses would include refrigerators, washing machines, other major appliances, utility hook-up and installation charges, transformers and voltage regulators, etc.

Due to the nature of the information requested, most respondents might find it easier to take the survey at home. Again, maximum participation is strongly encouraged because the results of this survey can significantly impact the amount of your monthly Overseas Housing Allowance.

## In Memoriam

The Outlook  
Press Release

*Stars and Stripes* newspaper before beginning his Morale Welfare and Recreation career.

Hay's most recent assignment was facility technician at the Ederle Lanes.

In addition to his love for his family and friends, Hay was known for his affection for his truck Black Magic and the care he gave it at the auto skills center. Hay was a member of the Italian-American Route 66 American Cars Club.

Jim Hay is survived by his wife Giovanna and his daughters, Carlotta and Veronica.

A memorial service was scheduled this afternoon in the Caserma Ederle Chapel for James "Jim" Robert Hay, 46, who passed away Feb. 6.

Hay's active service in the United States Army included an assignment with the 28th Transportation Platoon in Vicenza beginning in 1980.

In 1982 he married Giovanna Franzina of Vicenza. A year later he was honorably discharged and worked briefly for the



Jim Hay proudly poses by his truck Black Magic which was a common sight on Caserma Ederle. Hay passed away Feb. 6. (Outlook file photo)

## Luncheon offers information about culinary arts field

Submitted by Vicenza High School  
and USAG Vicenza School Liaison Office  
*Special to the Outlook*

Vicenza High School held its first "Career

Crowd" luncheon Feb. 2 hosted by Norie McCall, USAG Vicenza school liaison officer, and John Zaborek, Vicenza High School counselor.

The career topic was culinary arts and

Student2Student members and invited guests had the opportunity to hear Marshall Fowler, South of the Alps Dining Facility general manager, and Amanda Richards, Vicenza Health Clinic dietitian.

"Our hope with "Career Crowd" is that students will learn about different career fields and have a better understanding of what opportunities are available to them, what they need to do to prepare, who they can talk to on the installation and where to search for more information," said McCall.

"We hope to have a good pool of installation and community people who our students can turn to as a resource for information about particular career field," she continued.

Because the internet is such a big part of our student's source of information, each speaker was requested to have information from the web about schooling, the school they attend and other links to obtain information, said McCall.

Questions raised by some students included asking Richards about being a vegetarian; was it a healthy lifestyle and what foods should vegetarians eat to ensure they get all their vitamins, continued McCall.

"Marshall Fowler was amazing," said McCall. "He got the students to all wear a chef's hat and to my surprise - they all put them on and kept them on during the luncheon. It was like a treasured gift for them," laughed McCall.

His experiences were so vast - being a four-star hotel chef, being on staff for former President George Bush," she said.

We learned a lot from this first meeting and will streamline the next meeting so the students can have more time for questions, said McCall.

For more information about the upcoming Career Crowd luncheon, or to volunteer to speak, call McCall at 634-5998 or Zaborek at 634-7656.

### Important numbers you need to know

**Toll free Military Police:**  
800-064-077

**Off post MPs:** 0444-71-7626  
0444-71-7233 (SAFE)  
**MP Desk Interpreter:** 0444-50-1800

**Emergency Calls:** 0444-71-7114

**Off post Fire Department:** 115

**Off post Ambulance:** 118

**Off post Carabinieri:** 112

**Off post Polizia:** 113

**San Bortolo Hospital Interpreters:**  
0444-75-3300/0444-928-166.



Marshall Fowler (standing at left), South of the Alps dining facility general manager, and Amanda Richards, U.S. Army Health Clinic-Vicenza dietitian, spoke with Vicenza High School Student2Student members and invited guests about professions in the culinary arts field. (Photo courtesy of Vicenza High School)

## The Outlook

Feb. 13, 2007 Vol. 40, Issue 6

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### Nutrition Tip from WIC Overseas

*Don't have time for breakfast?  
Here are some quick, nutritious options:*

a. Yogurt mixed with whole-grain cereal or granola

b. Frozen waffles topped with peanut butter

c. Instant oatmeal with milk and dried fruit

d. A whole wheat tortilla with a scrambled egg (easy in the microwave), salsa, and shredded cheese.

**WIC is a nutrition and supplemental food program.  
Call WIC Overseas at 634-6258 for more information.**



# Military Police Company takes 1st in maintenance competition

Pfc. Crystal Abbott  
SETAF Public Affairs Office

The 13th Military Police Company received high honors in maintenance excellence, winning 1st place SETAF Army Award for Maintenance Excellence, and placing 3rd in USAREUR. The AAME, an annual competition, covers maintenance from vehicles and weapons to the medic section and arms room.

The competition is graded in two parts, a submitted packet and a hands-on inspection.

The packet covers administrative data, unit information, the mission statement, unit accomplishments, the effective use of maintenance, resources, innovative management accomplishments and personal quality of life programs, all of which accounts for only 30 percent of the final score.

The other 70 percent of the score is based on a thorough inspection that predominately focuses on the motor pool and the arms room, but also includes a medic and operations inspection.

"The inspection is a two-day process that looks into maintenance records and checks that services are up to date," said 1st Lt. Chase Crabtree, executive officer, 13th MP Co.

For MPs, well-maintained equipment is valued highly and something they incorporate in their daily routine.

"Winning this award shows SETAF that we are an organization that takes care of its equipment, keeps it well maintained and ready for deployment," said Capt. James P. Towery, company commander, 13th MP Co.

The competition was about more than just winning an award, it was also an experience for many Soldiers.

"The inspection can be quite a learning process," said Crabtree. "It shows us where our strengths are and where any deficiencies lie. Knowing our weaknesses allows us to make necessary improvements and grow as a company."

Both Crabtree and Towery agreed that this award was a group effort.

"We credit this win to all the NCOs and sections who put a lot of hard work into this effort – not only keeping up with maintenance," said Crabtree, "but also making sure things are kept to standard."

**Right: Soldiers with the 13th MP Company conduct routine maintenance on their equipment during redeployment from Afghanistan. Far right: Soldiers perform weapons maintenance upon return from deployment to Afghanistan. These photos were submitted to SETAF as part of the packet for the SETAF Army Award for Maintenance Excellence. The 13th MP Co took 1st place in SETAF, and later placed 3rd in USAREUR. (Photos courtesy of 13th MP Company)**



**Spc. Eric Holman, a medic with the 13th Military Police Company, works to change a tire as part of the competition for the SETAF Army Award for Maintenance Excellence. The MPs went on to place 1st in SETAF and 3rd in USAREUR.**



## Improv comedy at Soldiers' Theatre

Soldiers' Theatre  
Press Release

One of the most popular forms of entertainment comes to Soldiers' Theatre with the Improv show *Whose Out of Line Anyway?*

Featuring a cast of seven local performers, the improv show features many of the games featured on the famous Drew Carey show, "Whose Line it is Anyway?" as well as some original skits.

The show runs without intermission and includes a series of games and

sketches. One sketch takes place at the Shoppette while another takes place in a Starbucks-like coffee shop. There is a dating game in which a woman must choose between three quirky contestants and another where one of the actors creates a series of original songs of various styles including country, jazz, rock and musical-theatre. As always, suggestions are taken from the audience.

Performances are Feb. 16, 17, 23 and 24 at 7:30 p.m. Tickets are \$8. Call the Soldiers' Theatre box office at 634-7281, Tuesday-Friday, 11 a.m. - 1 p.m.



**The cast of *Whose Out of Line Anyway?* are ready to entertain Caserma Ederle community members. Performances are Friday, Saturday, Feb. 23 and 24 at 7:30 p.m. at Soldiers' Theatre. Tickets cost \$8 and are available through the Soldiers' Theatre box office, 634-7281.**

## Just in time for Valentine's day

### Chocolate: truths, myths and little white lies

By Kay Blakley  
DeCA Home Economist

**FORT LEE, Va.** – There's nothing more romantic than chocolate.

Even Casanova is said to have been a chocolate devotee, believing it had a positive bearing on his amorous pursuits.

Maybe that's one of the reasons why exchanging chocolates on Valentine's Day is still firmly entrenched in our culture today.

But a word of caution to the ladies: If you plan to delight your favorite man with a bouquet of flowers in lieu of a box of chocolates, you might want to perish that thought. According to the Chocolate Manufacturers Association, a whopping 68 percent of men said they would prefer chocolates over flowers any day.

"But, wait a minute!" you say, doesn't chocolate make you fat? Yes, if you eat enough of it – but that holds true for lots of foods.

Does it cause acne, tooth decay, headaches or make you nervous? Can chocolate pick you up when you're feeling low, help you live longer or stimulate the libido? While proof is pretty scant, popular culture is reluctant to give up many of these beliefs.

One of the latest beliefs concerning the virtues of chocolate touts the health properties of flavonoids, which are naturally occurring compounds found in the cocoa plant.

Flavonoids are a hot topic of discussion and research these days, but the scientific

establishment has yet to recommend consuming chocolate purely for its health benefits.

It's still a "pure pleasure" food, so moderation is the key. Choose the highest quality chocolate you can afford and make it the one that pleases your taste buds the best.

If you are a total chocolate addict, periodically visit the Chocolate Manufacturers Association Web site at [www.chocolateusa.org](http://www.chocolateusa.org) to stay up to date on all the latest flavonoid research findings.



**A woman looks over the selection of Valentine's Day chocolates at the Vicenza commissary. (Photo by Diana Bahr, USAG Vicenza Public Affairs Office)**



## Newest addition to Camp Darby

# Commissary to receive face lift in future

**Lt. Diane Stilson**  
U.S. Navy Construction officer

Construction of a new commissary at Camp Darby was approved in the Defense Commissary Agency's fiscal year 2007 major construction program. A 65 percent design review meeting for a new commissary facility was held in mid-January.

The project is being designed by architecture and engineering firms from the United States and Italy, working together to meet Italian, Tuscan, Camp Darby and DeCA requirements.

The project is managed by DeCA headquarters and will be advertised and awarded by NAVFAC Europe and Southwest Asia.

NAVFAC and the Department of Public Works for Camp Darby will provide assistance during the design phase to ensure all local and

Italian design concerns are addressed. The design is scheduled to be completed in late May 2007 with an award date tentatively scheduled for September 2007.

The current commissary was built in 1953, but never intended for use as a commissary. Dominated by warehouse space, the converted building has a sales area of only 5,740 square feet with narrow, one-way aisles.

"The current Livorno commissary and its staff have served patrons successfully since 1953, winning many local and worldwide awards," said Michael Dowling, DeCA Europe director. "There comes a time, however, when updating a facility becomes absolutely necessary to continue that excellent service. The new facility will bring Livorno commissary operation's up to today's grocery standards."

This facility will not only benefit the staff, but our customers will enjoy a greatly improved shopping experience. We look forward to open day of the new store, he added.

The new commissary will be 26,465 square feet and provide a sales area of about 12,853 square feet – more than doubling its current sales area.

The new commissary will feature a bigger deli, patron restrooms, new refrigerated display cases, administrative offices, an employee break room, chilled and frozen food storage rooms, a parking area and a truck service dock area.

"The construction of a new commissary on Camp Darby will greatly impact the community," said Giuseppe Ricci, Livorno store director. "We think our customers will love the deli, the spacious aisles and the added selections."

## Battle of the bulge beaten



Melinda Moses (left) took 1st place for women and husband, Alan, took 3rd place for men in Camp Darby's Biggest Loser Competition. (Photo by Staff Sgt. Joyce Costello, USAG Livorno Public Affairs)

## Warm, wet weather increases bites on bodies

**Maj. Eduardo Godoy**  
Livorno Health Clinic

Because of the warm climate and recurrent rain, Camp Darby lies in an area that greatly favors mosquito reproduction.

Locally, we have two types of mosquitoes: one which feeds during the morning and evening; and a smaller type that feeds throughout the day.

However, you will tend to be bitten more during the night simply because you don't tend to shoo them off while you're sleeping.

While mosquito bites are itchy and they carry no real risk for disease, in some parts of the world mosquitoes are carriers of diseases like malaria and yellow fever.

Mosquitoes are attracted to carbon dioxide and follow the trail until they find the source.

Some people, because of their particular body chemistry, tend to

attract mosquitoes more.

When you're hot or exercising, you will attract more mosquitoes. In addition to perfumes, hair products and scented sunscreens, subtle floral fragrances from fabric softeners and dryer sheets attract mosquitoes. Also, mosquitoes are attracted to any amount of water.

One of the most effective mosquito repellents is one of the oldest around – DEET.

DEET was first developed for use by the U.S. Army in 1946. There have been some concerns about its safety and as a result, it was reevaluated by the EPA in 1998, which found it safe if used according to label directions. It is not classified as a cancer-causing agent. DEET should be applied only once a day to exposed skin and outerwear and not under clothing.

Since DEET can cause irritation to sensitive skin, young children shouldn't be allowed to apply

DEET. The American Academy of Pediatrics issued a statement saying that DEET is safe for children aged two months and older and raised the maximum DEET concentration in mosquito repellent for kids from 10 percent to 30 percent.

Other substances commonly used but not as effective as DEET: citronella oil, castor oil, rosemary oil, lemongrass oil, cedar oil, peppermint oil, clove oil and geranium oil.

Keep in mind that "natural" does not automatically imply "safe". Many people are sensitive to plant oils.

Some natural insect repellents are actually toxic. Therefore, although natural repellents provide an alternative to synthetic chemicals.

Remember to follow the manufacturer's instructions when using these products.

## Help keeping Camp Darby clean



A local Cub Scout searches in the bushes for trash. The Troop members spent Saturday cleaning up around Camp Darby as part of a service project to earn a badge. (Photo by Staff Sgt. Joyce Costello, USAG Livorno Public Affairs)



Sgt. Juan Gonzalez (right) explains to Spc. Justin Crossno how planting water efficient plants cut cost. They replanted the area in front of Army Community Service with donated plants. (Photo by Staff Sgt. Joyce Costello, USAG Livorno Public Affairs)



# Out & About



By Dorothy Spagnuolo

## Carnival time

**Vicenza:** Feb. 18 - Carnival activities in *Piazza dei Signori* starting at 3:30 p.m.

**Malo:** Feb. 18 and 20 - Carnival parades with entrance fees of 5 euro; free for children under 13. Malo is 17 km from Vicenza.

**Venice** (until Feb. 20): For the complete carnival program go to [www.carnevale.venezia.it](http://www.carnevale.venezia.it).

**Casale di Scodosia:** 59th edition of this town's festivities are held Feb. 18 with the float parade and antique cars at 2 p.m. led by a band and majorettes; also find a market and a make-up tent. Casale di Scodosia is located in province of Padova.

**Cento:** Feb. 18 and 25 - Cento, located in the province of Ferrara, has one of the biggest carnival parades in Europe, which begin at on both dates listed above.

**Ivrea:** This town located in the province of Torino, celebrates the carnival period with 'orange battles.' The fights take place Feb. 18, 19 and 20 at 2:15 p.m.

There are teams on carts drawn by two or four horses engaging in battle with teams of orange throwers on foot.

Find information in English at: [www.carnevaldiivrea.it](http://www.carnevaldiivrea.it).

## Exhibitions

**Vicenza:** *SpazioCasa*, a furniture exhibition is open through Feb. 18. Find more than 350 exhibitors who present a range of items from modern to reproduction furniture, furnishing accessories, lighting, rugs and curtains.

There is also an area dedicated to the future wedding couple, which includes clothing, wedding accessories and more.

Hours: Weekends 9:30 a.m.-8 p.m.; Monday and Tuesday 3:30-8 p.m.; other days 3:30-10 p.m. Entrance fee on weekends is 8 euro; free during the week.

**Verona:** *Luxury & Yachts* in the

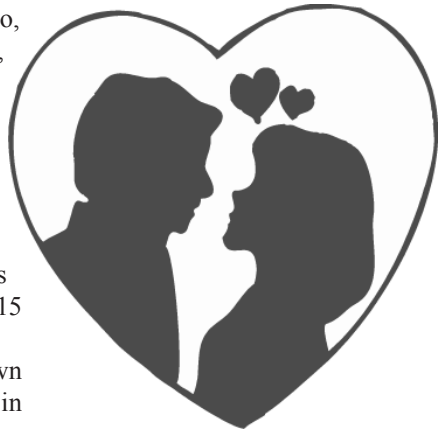
exhibition grounds until Feb. 18 open Monday-Friday, 3-8 p.m. weekends: 10 a.m.-8 p.m., entrance fee is 18 euro.

## Upcoming concerts

Sting plays in Florence Feb. 21, in Rome Feb. 22, and Milan Feb. 23. Bob Dylan plays in Torino April 26 and in Milan April 27.

Other concerts in **Milan** are:

Feb. 20: Jet  
March 25: Air  
March 25: Ladytron  
April 1: Nine Inch Nails  
April 5: Scissor Sisters  
April 23: Roger Waters



## Valentines day

In Italy, as in most other countries, Feb. 14 is Valentine's day and the Italian language is rich in expressions and idioms, *Frasi d'amore* (phrases of love), for Valentine's Day.

For example, in English, the expression "I love you" is ubiquitous, while in Italian, the phrase, *Ti amo*, is used only between lovers, never with friends, family, or inanimate objects.

Instead, the expressions *Vuoi bene* or *Ti voglio bene* are preferred. You'll find stores and markets loaded with fresh flowers, candies and specially-wrapped chocolates for your loved one.

Make reservations early for your favorite trattoria, pizzeria or restaurant, or you could find

yourself waiting for a table.

## Ferrari gallery

**Maranello:** Ferrari enthusiasts can visit the Ferrari Galleria, located in this small town located just south of the city of Modena, on the street Via Dino Ferrari.

This modern two-story building houses exhibits of both racing and road cars, as well as the many trophies won by Ferrari in races all over the world.

If you go on a weekday you may find it is less crowded and you may be there while they're testing their Formula One car at the test track located nearby.

The museum and gift store are open daily from 9:30 a.m.-6 p.m.

Entrance fees: adults pay 12 euro and children ages 6-10 pay 8 euro.

Directions from Vicenza (158 km): autostrada A4 west, A22, A1 exit Modena Nord (north), direction for the town of Formigine and then find Maranello on the SS9.

## Vicenza Danze 2007

Vicenza Dance 2007 held in Vicenza's exhibition grounds, begins March 3 with the following program:

March 3: Les Ballets Grandiva from New York

March 9: Pascal Rioult Dance Theatre from New York

March 29: Otango - The Ultimate Tango Show-Argentine

April 1: Paquite - Inaki Urlezago Ballet Concierto-Argentine.

At each performance a presentation will take place at 8 p.m. with the performance starting at 9 p.m.

One ticket for all performances is 80 euro and available at the Panta Rhei Agency, 21 Via Cattaneo in Vicenza, open 10:30 a.m.-12:30 p.m. and 5-6 p.m.

Tickets for single performances are available the night of the performance from 7-9 p.m. at the exhibition grounds box office and prices vary according to the show.

# Now Showing

## Caserma Ederle Theater

Feb. 13	CLOSED	
Feb. 14	Man of the Year (PG13)	7 p.m.
Feb. 15	Casino Royale (PG13)	7 p.m.
Feb. 16	Norbit (PG13) (First Run)	7 p.m.
	Casino Royale (PG13)	10 p.m.
Feb. 17	Eragon (PG)	1 p.m.
	Norbit (PG13)	4 p.m.
	Let's Go to Prison (R)	7 p.m.
Feb. 18	Eragon (PG)	4 p.m.
	Casino Royale (PG13)	7 p.m.
Feb. 19	CLOSED	
Feb. 20	CLOSED	

## Camp Darby Theater

Feb. 15	Unaccompanied Minors (PG)	6 p.m.
Feb. 16	Rocky Balboa (PG)	6 p.m.
Feb. 17	Blood Diamond (R)	6 p.m.
Feb. 18	Eragon (PG)	2 p.m.

## Movie Synopsis

**CASINO ROYALE** - *Daniel Craig, Judi Dench.* James Bond's first 007 mission takes him to Madagascar, where he is to spy on a terrorist Mollaka. Not everything goes as planned and Bond decides to investigate, independently of the MI6 agency, in order to track down the rest of the terrorist cell. Following a lead to the Bahamas, he encounters Dimitrios and his girlfriend, Solange. He learns that Dimitrios is involved with Le Chiffre, banker to the world's terrorist organizations. The marathon game proceeds with dirty tricks and violence, raising the stakes beyond blood money and reaching a terrifying climax.

**NORBIT** - *Eddie Murphy, Thandie Newton.* Norbit has never had it easy. As a baby, he was abandoned on the steps of a Chinese restaurant/orphanage and raised by Mr. Wong. Things get worse when he's forced into marriage by the mean, junk food-chugging queen, Rasputia. Just when Norbit's hanging by his last thread, his childhood sweetheart, Kate, moves back to town.

**ROCKY BALBOA** - *Sylvester Stallone, Burt Young.* Former heavyweight champion Rocky Balboa steps out of retirement and back into the ring, pitting himself against a new rival decades after his initial glory. When a computer simulated boxing match declares Rocky Balboa the victor over current champion Mason "The Line" Dixon, the legendary fighter's passion and spirit are reignited. But Balboa must weigh the mental and physical risks of a high profile exhibition match against his need to be in the ring.

**ERAGON** - *Edward Speleers, Jeremy Irons.* A boy named Eragon finds a polished blue stone in the forest. At first, he thinks it's a lucky discovery, something that will bring meat to his poor family for the winter. Instead, it brings a dragon hatchling, and Eragon is soon thrust into a world of magic and power through which he and the dragon must navigate.

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

# Classified Ads

**Editor's Note:** Caserma Ederle community members may place free classified ads (**not personal or personal services ads**) on the MWR Web site: [www.vicenzamwr.com/marketplace](http://www.vicenzamwr.com/marketplace).

Every Tuesday at noon, MWR sends the ads to *The Outlook* for the next publication.

**The Outlook and Directorate of MWR are not responsible for any errors in the advertisement.**

Photos accompanying the advertisement will not appear in *The Outlook*. Because *The Outlook* has limited space available, editing of the classified ad may take place.

**The Outlook does not take classifieds; sellers must place ads on [www.vicenzamwr.com](http://www.vicenzamwr.com).**

For details on an item you see listed here, visit the MWR Web site: [www.vicenzamwr.com/marketplace](http://www.vicenzamwr.com/marketplace).

**Dog sitter wanted:** For March 2-4, have two dogs.

**Dining room table and chairs:** Square metal and glass \$150.

**Disney Acella LX Travel System Stroller and Car Seat:** New \$85, OBO.

**Vanessa Bruno white leather**

**Bag:** New. \$200 OBO.

**Kenwood 10's Audio system:** \$200.

**Mixed lab:** Male, free to good home, neutered, and sweet.

**PCSing sale:** Box of 220 extension cords, adaptors, power strips, night light, alarm clocks. \$15 Phone \$5, Microwave \$10, Toaster \$5, Crock Pot \$10, Computer speakers \$10, or all for \$30.

**AFN Decoder:** Must be sold to authorized individual, \$200.

**White 2004 Nissan Xterra:** 5speed manual. Great condition. \$14,000, OBO.

**Trampoline:** 15' w/ netting. \$80.

**1988 VW Golf:** Runs good. \$650.

**Used bike wanted:** Willing to spend \$20-\$40.

**Love seat:** Excellent condition. \$100, OBO.

**Two recliners:** Have minor wear, best offer.

**Black tv stand:** \$20 OBO

**Small dog:** Free to good home.

**220-110v transformers:** Various wattages.

**New futon:** 60 euro, OBO.

**Camper Van wanted:** VW or other.

**Free German Shepard:** Loves

kids, up to date on vacs. Comes with a kennel, toys and grooming tools.

**Kitten wanted:** Free kitten wanted.

**German Shepard or Husky wanted:** Prefer a puppy or under age one.

**5.6" Mobile Cinema System:** With VCP and monitor. \$50.

**Lego table:** With Legos. \$50.

**Ipaq pocket PC with TomTom 6 Navigation:** \$400 OBO.

**Natural golf system:** Full set of irons, and 3 woods.

**X-mas lights:** 110v, have many.

**Samsung VCR:** Hi-Fi w/remote control. Make an offer.

**Used 14" multi-system TV:** W/ remote, make an offer.

**Hungarian language course:** Book and CDs. \$10.

**Transformers wanted:** Need various wattage transformers.

**AFN Decoder wanted:** Authorized users.

Trampoline: Great condition. \$100.

**1993 Lancia y10:** Very good car.

**Classic 1969 Beetle Convertible:** Excellent motor, new top, runs great, needs body work.



# Bad weather=good training for Brigade Soldiers



(Photos by Sgt. Brandon Aird, 173d ABCT Public Affairs Office)



Above: Pfc. Mathew Tramel, Able Company, 2d Battalion, 503d Infantry (Airborne), shoots an MK-19 grenade launcher at targets ranging from 400 to 1,500 meters at a weapons qualification range Jan. 23 in Grafenwoehr, Germany, while Sgt. Kenneth Pemble, also with Able Company, watches through his binoculars. "We are running 26 teams through the range," said 1st Lt. Kareem Hernandez, also with Able Company. "This range was the culmination of training for that individual piece of equipment."

Left: Staff Sgt. Lamonte Munns, Alpha Company, 173rd Support Battalion (Airborne), takes aim during buddy-team movement training in Grafenwoehr, Germany Jan. 27. The training helped hone skills that the Soldiers would use in the buddy-team live-fire training later. "Its good training," said Munns, "and the snow just makes it that much better."



Above: Sgt. Hector Ramirez, HHC, 173d ABCT talks on the radio to another vehicle during IED lane training Feb. 3 in Grafenwoehr, Germany. Left: Maj. Edward White (right), HHC, 173d ABCT, helps with Spc. Nicholas Carducci's rehabilitation. Carducci is a member of Destined Company, 2d Battalion, 503d Infantry (Airborne), at the brigade's aid station Jan. 28. White uses physical therapy to help numerous patients with different types of injuries rehabilitate successfully.