



Maj. Gen. Benjamin C. Freakley, 10th Mountain Division commander, receives the guidon from Combined Forces Command – Afghanistan Commander Lt. Gen. Karl W. Eikenberry and assumes command of the Combined Joint Task Force 76 from Maj. Gen. Jason K. Kamiya, SETAF commander, during a transfer of authority ceremony Feb. 21 at Bagram Airfield, Afghanistan. (Photo by Sgt. Douglas DeMaio)

SETAF relinquishes command of CJTF76

Maj. Gen. Jason Kamiya
SETAF and CJTF76 Commander

Editor's Note: On Feb. 21, the Southern European Task Force (Airborne) relinquished command of the Combined Joint Task Force 76 to the 10th Mountain Division in a transfer of authority ceremony at Bagram Airfield, Afghanistan.



Maj. Gen. Jason Kamiya, SETAF commander, holds 8-month-old Jonathan, son of Maj. Theresa Benchoff, Vicenza Health Clinic, and Maj. Pete Benchoff, 1st Battalion, 508th Infantry (Airborne) upon Kamiya's arrival home to Caserma Ederle Wednesday. Kamiya's daughter, Jamie, claps in the background. (Photo by Laura Kreider, Outlook Staff)

The following are comments delivered during the ceremony by Maj. Gen. Jason Kamiya, SETAF commanding general and outgoing commander of CJTF76.

Distinguished guests, Soldiers, Sailors, Airmen, Marines, civilian workforce, and members of our military coalition – thank you for attending today's ceremony.

When we assumed command of this CJTF nearly a year ago, I told you how proud we were to be given the opportunity to serve here in Afghanistan to bring peace and prosperity to the Afghan people. The Afghan government, the greater coalition, and the Afghan people welcomed us. We understood the enormous task and array of challenges. And I stated that our fundamental purpose during our year here was to make a difference.

As we gather this morning, this time to say goodbye, it is our hope that the enormous work and sacrifice of the SETAF/OEF VI CJTF has in fact – made that difference. A difference to the insurgents that threaten the stability of Afghanistan; may they come to believe that theirs is a hopeless cause, and the path to the future in Afghanistan comes by way of peace, reconciliation, non-violent participating in Afghanistan's growing democratic processes, and by way of integration into the greater international community.

We hope we made a difference to the government for Afghanistan's leadership such as Defense Minister [Abdul Rahim] Wardak and the provincial governors, who honor us by their presence here today. Who, despite near-overwhelming challenges, sometimes at great risk to life, work each day to bring a better life and a more vibrant future to the people whom they serve.

We hope we made a difference to the Afghan National Army, the pride of the Afghan people and our partners in the fight against the insurgents, to bring peace and stability to Afghanistan. May the things that we have learned from each other over the past year through our growing "Partnership of Equals" serve as a foundation for even greater levels of combined operations,

teamwork, and opportunities.

And finally, we hope we made a difference to the Afghan people, not only through our investment of fiscal resources toward national reconstruction and development, but also through our words, deeds, and accompanying friendship at all levels. We have come to admire and deeply respect Afghanistan's rich customs and traditions, and despite the contrasts when compared to the Western world, we share a common bond and commitment to make our

respective countries, and the world, a safer place for our children and our children's children.

Any success the CJTF may have enjoyed this year is attributable to many people and organizations:

First, to Ambassador [Ronald] Neumann and the U.S. Embassy country team for strategic direction and purpose.

See **Transfer Authority** on page 2

Survey results will determine housing allowance for U.S. military members overseas

OHA survey deadline approaching

USAREUR
News Release

HEIDELBERG, Germany – The Overseas Housing Allowance Utility Survey deadline for U.S. servicemembers assigned to U.S. Army, Europe has been extended to March 10.

Results from the survey will help determine OHA rates for Americans in uniform worldwide.

According to Maj. Randy Johnson, 266th FINCOM, only a small percentage of those service members eligible have completed the survey thus far.

"It is very important we have a good representative sample size. This survey will be used to establish new rates for the utility portion of service members' Overseas Housing Allowance and will have a direct effect on paychecks for those receiving

OHA," he said.

Each year, the Per Diem, Travel and Transportation Allowance Committee conducts the OHA Utility Survey to collect average monthly utility and recurring maintenance expense data from service members who receive the allowance. Respondents should use actual utility bills or maintenance expense records to determine their monthly average.

"We believe that this survey may help to support our assumption that utility costs have risen over the past year and that families living on the economy are paying higher utility bills," said Johnson.

For the Move-In Housing Allowance portion of the survey, respondents should report actual move-in expenses. Spouses of deployed service members can complete the survey with the last four-digits of the service member's social security number, said Johnson.

The survey is available online at <https://www.perdiem.osd.mil/oha/ohasurvey>. It covers all service members who receive OHA and live in privately leased quarters.

Soldier losses caused by high-risk behavior

Soldier, Family Readiness Alert

By Gen. David D. McKiernan
Commanding General
U.S. Army, Europe & 7th Army

Several of our Soldiers recently died or were severely injured as a result of their high-risk behavior while off duty. Many of these Soldiers were suffering from stress or had a reputation for taking risks. In most of these cases, their leaders or battle buddies were aware that they needed help, but did not intervene effectively enough to prevent their loss.

The Army's Warrior Ethos states that we must never leave a fallen comrade. We must live by these words, both on and off the battlefield. This is especially important now while we are at war. Soldiers and their families are faced today with several stressors that can lead to negative attitudes and feelings including: alienation, bitterness, depression, grief, guilt, low self-esteem, rage, and

self-pity. These feelings are fertile ground for the growth of problems such as alcohol abuse, drug use, spouse or child abuse, and acts of violence.

During the last three years, reported cases of drug use, family violence, financial problems, and incidents of anger and aggression have all increased in the Army in Europe. In addition, our fatality rate has risen very alarmingly over the past few months as shown in the chart below. We are leaving fallen comrades behind. We must take steps to reverse this trend.

• **Leaders:** Spend time with your Soldiers, on duty as well as off, so that you understand their personal challenges and sources of stress.

Increase your awareness of your Soldiers' activities and intervene quickly to modify risky behavior.

Make sure your Soldiers and other leaders in your unit are aware of all

available counseling services. Refer Soldiers who exhibit suicidal behavior to a chaplain, those who show potential for child or spouse abuse to a local social worker or to a family advocacy counselor, and those exhibiting signs of alcohol abuse to the Army Substance Abuse Program so that they can get help.

These are just a few examples of the many services available to help Soldiers and their families. Your caring leadership will make a difference.

• **Soldiers:** Always use the buddy system. Make it your priority to check on your battle buddies in the barracks or at home. If they are in trouble, maintain contact with them. Many tragedies have been prevented simply because someone took time to listen.

If a problem is too big for you to handle, seek the help of your leaders. The care we show our fellow Soldiers both on and off duty sets our profession apart from others.

The Army is a family; take care of

your Army family as you would your own.

As the Global War on Terrorism continues, we can expect more deployments, family separations, and other challenges. It is therefore essential that we all remain vigilant

and sensitive to those around us and take action to prevent high-risk behavior from resulting in tragedy.

Army Community Services:
634-7500
ASAP: 634-7554
Social Work Services: 634-7604

TRANSFER AUTHORITY:

SETAF relinquishes command of CJTF76

From page 1

Second, to Lt. Gen. [Karl] Eikenberry and Combined Forces Command – Afghanistan for command intent, guidance, and the flexibility to command this CJTF without over-supervision and in a climate predicated upon trust and confidence.

Third, to our coalition partners without whom we could not fight and sustain ourselves as effectively, or provide much needed services to the Afghan people that surround many of our operating bases.

Fourth, to the military and civilian personnel that comprise this CJTF. No greater collection of star decathletes, national commitment, or of moral and physical courage will you ever find. It has been both an honor and privilege for me to serve with and for you.

And finally, to the families and loved ones of those who serve here under CJTF command in Afghanistan. We acknowledge that they too play a vital role in the success of our mission here in Afghanistan and share the burden of sacrifice in the Global War on Terror.

Let me tell you that our Armed

Forces could not have picked a better organization to replace us. Maj. Gen. Ben Freakley and the Soldiers of the 10th Mountain Division are well trained and ready for this mission. Most are on their second or third tours in the Middle East and are no strangers to Afghanistan. They bring with them new capabilities unique to the U.S. Army's most modernized units.

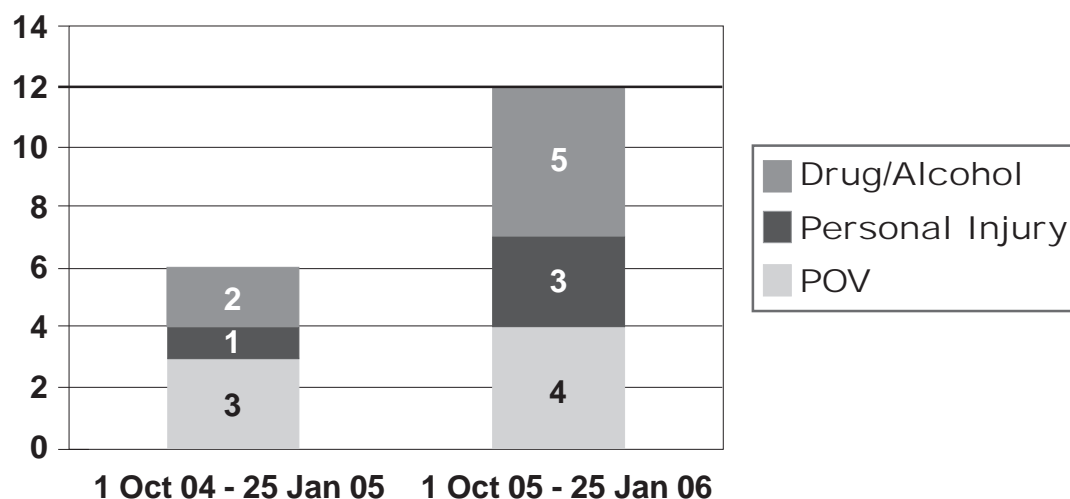
Ben [Freakley], the SETAF/OEF VI Task Force wish you and the "Climb to Glory" CJTF all the best.

Before closing, let me ask you to remember those that fell during the past year – United States, Coalition, and Afghan – either in combat against the enemy or in tragic accidents. Let us honor their sacrifice by reaffirming our commitment that while war, violence, and suffering are a greater part of Afghanistan's past, we must maintain our strength of will and do all we can to ensure that they do not become part of Afghanistan's future.

Thank you again for coming today. Good luck. Best wishes. All the Way! Climb to Glory! One Team!

Soldier Fatality Comparison

FY 05 versus FY 06 (1st Quarters)



Community Action Council

This forum is to discuss issues affecting the community.

If you have an issue you wish to submit, visit the USAG Vicenza Web site at www.usag.vicenza.army.mil and click on the Community Action Council link. This link provides you the opportunity to review issues that have been previously submitted and responded to by post agencies. There is also a form available for you to submit any new issue you would like addressed. If you have questions, call 634-5222 or 0444-71-5222 from off post.

The command encourages you to identify yourself when submitting a CAC issue in order to be able to answer your concern directly.

The command also reminds the community that CAC issues submitted containing vulgar, derogatory or inflammatory language will not be addressed.

Childcare is offered during the CAC at \$4 per hour, per child, for children ages 6 weeks old through kindergarten from 8:45-11:15 a.m. Preregistration is required. Children will be cared for in the Child Development Center, building 395.

The CAC will be hosted at the Caserma Ederle Chapel on March 22 at 9 a.m.

Children must be registered with Child and Youth Services Central Registration. Call 634-7219 or stop by their location in the Davis Family Readiness Center.

The CAC will be hosted at the Caserma Ederle Chapel on March 22 beginning at 9 a.m.

Issue: Commissary Bistro – The Commissary Bistro is now prohibited from selling hamburgers, steaks, and breakfast. They have been able to offer these items and other menu items for two or three years. Now due to an AAFES complaint they are restricted from offering these menu items.

Recommendation: They should be allowed to offer customers of caserma choices and healthy choices. The Food Court offers fried foods, under cooked pizza crust, and unhealthy processed/frozen foods. The foods at the Commissary are bought from the Commissary so the community is not losing any dollars. Already it is too crowded to eat at several locations and taking away another choice like the Commissary makes no sense. AAFES needs to get with the program and offer healthy, tasty, and inexpensive foods instead of bullying competition.

Response from DECA: It should be noted that AAFES did not lodge any complaint or concern over the Commissary Bistro operation. Commissary management apologizes for any inference or assumption that AAFES lodged a complaint resulting in this issue. During a routine contract performance review, it was noted that the Bistro was serving hot food items not specified in their contract. The Vicenza

Commissary suspended breakfast, hamburgers and steaks service due to this discrepancy in the Bistro contract. The Commissary management and Army Food Safety-Quality Assurance officer had approved the Hazard Analysis Critical Control Point plan, developed by the Bistro management for these items. This document identifies food safety hazards associated with the preparation of all hot foods identified for resale in the Vicenza Commissary. Although the above items were approved for resale from a quality and safety standpoint, the items were not covered under the original operating contract. Therefore sales had to be suspended. Efforts are underway to have the items/services added to the contract in order to provide the service our patrons expect and deserve.

Issue: Cardio Equipment in the Body Shop – There are no cardio machines in the Body Shop. Fitness experts say a cardio warm up is essential to a good weight lifting program. Having to walk across post from one gym to another is very inconvenient, especially in inclement weather! Please explain the logic behind the lack of any cardio equipment in the Body Shop.

Recommendation: There are plenty of cardio machines in the Fitness Center to take at least one or two of each and move them to the Body Shop. There is plenty of room in the Body Shop to support this provided the gym staff is able to use their expertise to execute this and not be forced to follow a pre-determined plan.

Response from the Directorate of Morale, Welfare and Recreation: Thank you for this

opportunity to explain the equipment at the Body Shop and post Fitness Center.

We agree that the ideal situation is to have all cardio equipment and weight equipment in the same building. We explored all options when deciding to put the weight equipment into the Body Shop. We wanted to expand our weight room so that all customers using the weight room would have more and a better selection of weight equipment. There was not enough room at the main Fitness Center to expand the weight room, and not enough room in the Body Shop to have a sufficient amount of cardio equipment for all patrons to use.

The configuration of the Body Shop is our best situation with enough space to add more weight equipment. We are expecting more weight equipment for the Body Shop that will fill the areas that the writer has suggested for cardio equipment.

We encourage our patrons to establish a workout plan and to do weight training one day and cardio training the next day. Patrons can also do light cardio prior to weight training while jogging in place at the Body Shop or on the track.

The main Fitness Center does have some weight equipment for the patrons to use after their cardio workout.

We will continue our efforts to improve and provide state-of-the-art equipment for our patrons to use. It is in the long range plan to build a new Fitness Center here on Caserma Ederle that will indeed be a "Class A" facility, but until then, we will strive to make our fitness facilities the best they can be utilizing the space available.

DoD launches domestic violence awareness campaign

By Sgt. Sara Wood

American Forces Press Service

WASHINGTON – The Defense Department launched a national program Thursday to increase awareness among servicemembers and their families about domestic violence.

DoD is partnering with the National Domestic Violence Hotline for the campaign, which is themed, "Take a stand against

domestic violence."

The campaign is designed as an intervention message to educate servicemembers and their families about domestic violence and connect them to the 24-hour-a-day hotline, said Gail McGinn, who is performing the duties of the principal deputy undersecretary of defense for personnel and readiness.

"It is an effort to focus the whole country on domestic violence issues," McGinn said. "We want to

make sure that people have the opportunity to stop and think about domestic violence and highlight that as an issue in society as well as in the military."

Educational materials about domestic violence will be distributed at military installations and in key public places in surrounding civilian communities.

The campaign also will include public service announcements in military media outlets.

For more information, visit the Web site www.ndvh.org or call Army Community Services Family Advocacy at 634-7489/7314.

"We're hoping that more victims of domestic violence will make themselves known to us so that we can provide assistance," McGinn said. "We're also hoping that by raising the visibility of the issue, we help people to reconsider their behavior and actually be more willing to report domestic violence."

Domestic violence is a significant issue in DoD, as it is in society as a whole, McGinn said. The department already has an active program to address the problem, including support and counseling services, she

said, and a task force has studied the issue and made recommendations about how to improve that program.

As a result of those recommendations, DoD has revised some of its policies and put new training programs in place, she said.

The National Domestic Violence Hotline offers access to domestic violence programs in the United States, Puerto Rico and the U.S. Virgin Islands.

The hotline provides crisis intervention, information and referral to victims of domestic violence and their friends and families 24 hours a day, 365 days a year, in more than 140 languages, with a teletypewriter line available for the disabled.

The hotline's phone number is (800) 799-SAFE (7233), and the TTY line is (800) 787-3224.

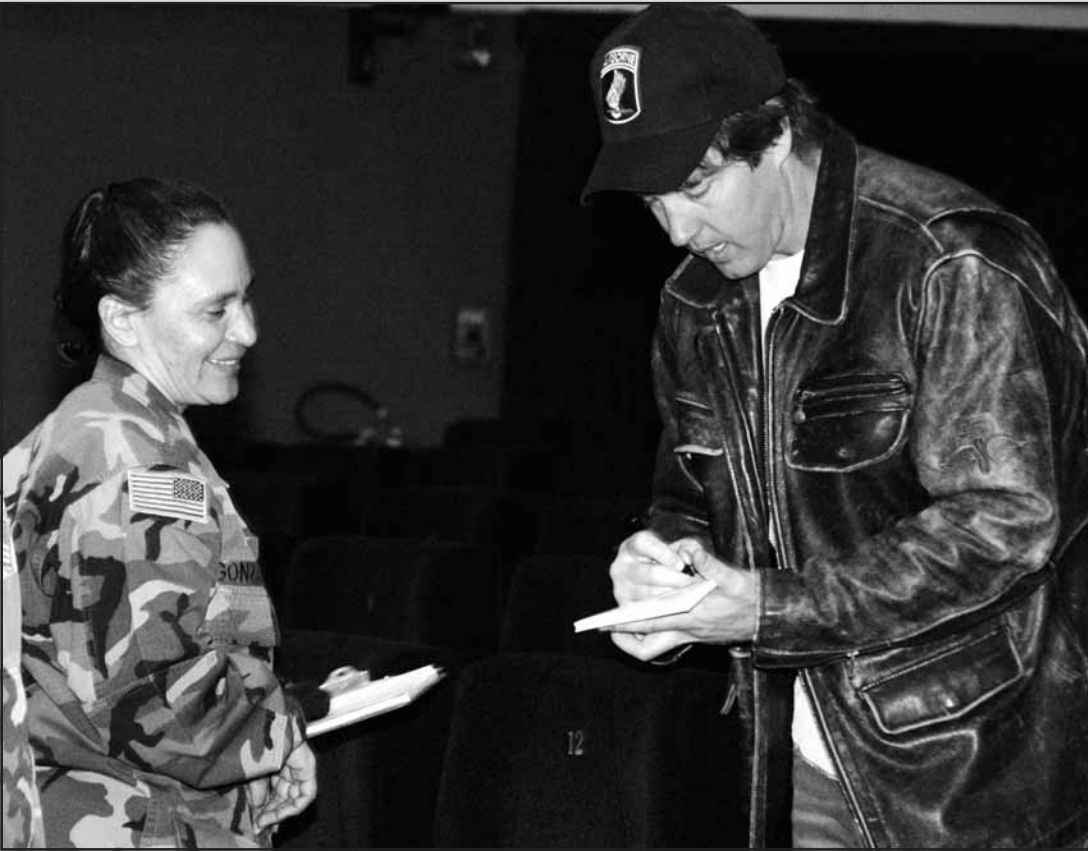
Celebrity visits, shares movie



Actor and Director D.B. Sweeney speaks to the community after the presentation of his movie "Dirt Nap" in the Ederle Theater Thursday. In addition to acting, Sweeney also directed, co-produced and co-wrote the film.

The independent film, presented at the 2006 Sundance Film Festival, tells a story of three long-life friends in their 30's who work through mid-life crises on a trip from Pennsylvania to Florida.

Sweeney said it took about four years to complete, and he was happy to hear the positive responses from the community after the viewing.



A Soldier receives an autograph signed by D.B. Sweeney, actor/director, who visited Caserma Ederle Thursday. After stopping in Vicenza, Sweeney went to Ghedi and then left for Germany where he will visit several installations. Sweeney visited Caserma Ederle as part of his tour sponsored by the USO. (Photos by Laura Kreider, Outlook Staff)

Defense Department updates equipment reimbursement policy

American Forces Press Service
News Release

The Defense Department announced the revision of a memorandum on the policy and procedures for the reimbursement of privately purchased protective equipment for Operations Noble Eagle, Enduring Freedom and Iraqi Freedom.

The new memo, which was signed Feb. 10 by David S.C. Chu, undersecretary of defense for personnel and readiness, incorporates the original guidance published on Oct. 4, 2005, expands the list of reimbursable equipment, and extends the eligible purchase period for reimbursement.

The full reimbursable equipment list now includes: Complete ballistic vests; Most component parts of ballistic vests, including side-plate body armor; Helmets; Ballistic eye protection; Hydration systems; Gloves; Knee pads; Elbow pads; Bed insect netting; Insect repellent; and Reflective vests.

The eligible purchase period is now Sept. 11, 2001, through April 1, as required by the fiscal 2006 National Defense Authorization Act. The previous memo only covered purchases from Sept. 11, 2001, to July 31, 2004.

To be reimbursed for equipment,

servicemembers must complete DD Form 2902, "Claim for Reimbursement for Privately Purchased Protective, Safety or Health Equipment used in Combat." This form must be submitted to the servicemember's chain of command or, for former members, to an authorizing official designated by their former service at an address on the form. All claims must be submitted by Oct. 3.

The original memo states that the military will reimburse servicemembers for the cost, including shipping, of any protective, safety or health equipment that was purchased by the member or by another person on behalf of the member for the member's personal use during deployment.

To be eligible for reimbursement, the equipment must be on the approved list of shortage equipment, and the member must not have been issued equivalent government-provided equipment before they engaged in imminent danger or hostile fire operations, the original memo states.

Reimbursement for any one item is limited to \$1,100, and any equipment that servicemembers are reimbursed for becomes the property of the U.S. government and must be turned in to the unit logistics officer.

The Outlook

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SPORTS *Medicine for long deployment*

Story and photos by Staff Sgt. Jacob Caldwell
Combined Task Force Bayonet

Year-long deployments often times seem a lot longer than a year, especially for paratroopers in the 173d Airborne Brigade who have been deployed two out of the last three years to Iraq, and now Afghanistan.

The mental and physical hardship of the tour forces Soldiers to find ways to cope, and for some Soldiers of Headquarters and Headquarters Company, 173d Abn Bde, they cope by following one of their main passions – Sports.

In April 2005, a few Soldiers from the company got together and decided to draw a map of the United States on the wall of their command post orderly room and paint in some of their favorite college sports teams.

“When we first got here in April 2005, we figured it would be a good idea to start painting in all of the different schools that either we went to or supported or were just huge fans of,” said Capt. Adam Cabbage, commander, HHC, 173d Abn Bde, from Philadelphia and a Penn State fan. “After we started, it grew until we decided to get all 50 states.”

“The better part of 40 weeks was put into this. About the last three weeks we gave it a good concerted effort, right before the BCS [Bowl Championship Series] bowl week,” said Cabbage.

But can something this simple really be a morale booster? Cabbage thinks so.

“You know, you would be surprised. At first it was just for us in the shop, but as more people started coming in, they would point to one and say, ‘Oh, I went there,’ or ‘I know someone that went there.’ People got excited about it,” said Cabbage.

Staff Sgt. Laferrel Evans, S1 NCOIC, HHC, 173d Abn Bde, from Mobile, Alabama, agrees. Evans is an Auburn Tigers fan.

“The best part about it [the map] was getting away,” said Evans. “You’re here deployed for a year. You come here [to the map] to just get away – to get your mind off of things and talk with buddies and have fun.”



A Soldier surveys the defense Feb. 5 while playing quarterback during a game of touch football at Kandahar Airfield.



Soldiers admire the art work of the Soldiers from Headquarters and Headquarters Company, 173d Airborne Brigade, who spent weeks and months painting the logos of their favorite sports teams on the wall of their command post on Kandahar Airfield, Afghanistan.

“It’s one of those key things,” said Cabbage. “Give a man something to do to take his mind off of things.

“It was more than getting some paint markers and getting it up there. It was researching schools, arguing, and arm wrestling over which school to put up,” said Cabbage. “Some states we put up three or four, others just got one, and some got four or five in it. So it was a battle royal over what school got put in what state.”

Evans participated in some of the ‘arm wrestling’ and a little ‘trash talking,’ making sure that Alabama was represented by Auburn and not the Crimson Tide.

“Everybody from Alabama loves the University of Alabama. But we Auburn fans have to stay loyal, you know?” asked Evans. “Alabama used to be up there but we took over the whole state like we normally do.”

The paratroopers find that sports in general can be a good diversion to help them relax for a few moments during the week.

“It’s probably one of the greatest stress reduction activities we have out here,” said Cabbage. “It keeps us in

touch with family and friends back home. It gives us a diversion. Something to cheer for and feel a part of and a way to feel connected with the people back in the United States.”

Staff Sgt. Christopher Ellis, Operations NCO, HHC 173d Abn Bde, from Botavia, Ohio, and a Kentucky Wildcats fan, was a main contributor to the project and agrees it was a good way to take his mind off of things.

“It’s motivating,” said Ellis. “It’s fun to watch sports anyway. We play sports whenever we can.”

However, Ellis was modest about his artistic abilities.

“I’m not an artist. It was just fun drawing them,” said Ellis.

Who was the true artist of the group?

“The artist of the group was Captain Cabbage,” said Evans. “He was free-handing it all. We were tracing and doing whatever we could do get it done, but he was probably the best drawer that we had.”

But what will be the fate of this plywood wall on which they spent so many hours working? Ellis has the answer.

“We’ll cut it down and take it back with us,” he said.



Military wife, mom pens books to help military children cope

By Donna Miles
American Forces Press Service

Who could better share pearls of wisdom with military kids about how to cope during a parent’s deployment or yet another move than a military wife and mom who’s gone through the travails herself for more than 20 years?

Angela Sportelli-Rehak, wife of Marine Corps Lt. Col. Dennis Rehak, combined her personal experience with background as a professional counselor and professor to write two children’s books about the challenges facing military families.

“When Duty Calls” and “Moving Again Mom” are part of a series called, “Uncle Sam’s Kids” that follows a fictitious military family through the ups and downs of military life. The books are written for children in kindergarten through fourth grade and focus on the stresses of deployments and the disruption of being uprooted during permanent-change-of-station moves, Rehak explained. The stories are based largely on the Rehak family’s personal experiences, as well as those of other military families, said

Rehak, who teaches child psychology and education courses at Ocean County College in Toms River, N.J.

With 13 military moves under her belt, Rehak said she was often frustrated that no books on the market addressed the stresses her three children endured when they left their school, friends, sports teams and neighborhood behind during moves. “So I decided to write one myself,” she said.

But as military deployments began stepping up after Sept. 11, 2001, Rehak temporarily put that project aside to write a book for the children of deploying troops. “My husband has been on many, many deployments, and I know there are a lot of stressors that come along with that,” she said. “I thought a book about it might help a lot of people.”

Beyond helping military families, Rehak said she also wanted to help them recognize that they’re a special group deserving of special recognition. “They are Uncle Sam’s kids, and I wanted to instill a sense of patriotism and pride in what they are doing,” she said.

“They may not realize it, but they’re very important in supporting our country by being brave at home and doing their part by

continuing to help mom or dad out, do their chores and do well in school,” Rehak said.

Rehak calls military families, particularly military children, the country’s “unsung heroes,” whose emotional toughness enables their loved ones to focus on defending the country. “So their job at home is extremely important,” she said.

Rehak offered some of the advice her books address.

During deployments:

- Recognize behaviors that might indicate children’s emotional difficulties. In younger children, this might be bedwetting or disruptive sleep cycles. Older children might withdrawal or start getting lower grades in school.

- Maintain a sense of normalcy and balance at home. “Try to go on and do everything like you would if your husband or wife was home,” Rehak said.

- Keep involved with the community and seek out friends, family support groups and other connections to help stave off loneliness and isolation.

During military moves:

- Recognize that it’s natural to feel conflicted over a move. Research shows it often

takes three years to get rooted and feel a part of a community — and that’s exactly when many military families make another move.

- Strive to view the move as an adventure rather than a loss. Focus on it as a challenge and a new learning experience.

- Visit landmarks and other sites along the way, if possible, to help make the move a happy family memory.

- Reestablish family routines and get connected with the new community as quickly as possible.

Another book in the series, with the working title “Home Again,” will hit the bookstands in April and focus on the challenges of reunions after military deployments, Rehak said. Through the characters in her book, Rehak said, she hopes to help families recognize reunions as transitional time during which family members reestablish their routines, responsibilities and authorities.

“Reunions are happy times, but also involve their own stresses,” she said. “It can be a very hard transitional period for everyone.”



Jazzercise

at the Body Shop

Paola Bianco teaches one of the Jazzercise classes at the Body Shop. Bianco started teaching this program 18 years ago. Jazzercise developed in California about 37 years ago, she said. Each class is approximately 60 minutes and it offers a mix of jazz dance and exercise science with music from the Top 40, jazz, country, funk and classics.

Story and photos by Laura Kreider
Outlook Staff

Opened on May 2005 across from the Ederle Inn parking lot, the Body Shop houses training equipment including CYBEX Variable Resistance Strength trainer and free weights.

In addition to this equipment available on the ground floor, upstairs the facility has rooms used for weekly fitness and spinning classes.

One of these classes is Jazzercise, which is held there on Mondays and Fridays from 5:30-6:30 p.m.

The class is also held at the post Fitness Center on Fridays at 9 a.m.

Each class is approximately 60 minutes and offers a mix of jazz dance and exercise science coordinated with music from American Top 40, jazz, country, funk and classics.

Jazzercise covers different segments from warming-up specific muscle groups to increasing cardiovascular fitness and burning calories. The last fragments are dedicated to muscle toning and strengthening the hips, thighs, abdomen, upper torso, and arms. The class closes with a final cool-down to return to a normal heart rate.

"Jazzercise is a program that developed in

California about 37 years ago," explained Paola Bianco, Jazzercise instructor.

"The purpose of the class is to reach a total well-being through light rhythmic movements that help improve coordination, flexibility, balance and muscle-toning," she said.

Bianco started teaching this program 18 years ago and promoted it in several areas. She started it on post last year. Some of the first participants who are still taking the classes are happy with what they have accomplished during this time.

"It helps me learn to be more coordinated with the movements I make and to feel rhythm," said Alessandra Benvegnu, who started last year.

There is no previous experience or skills required. Those who would like to participate in one class can start anytime after registering at the front desk at least 15 minutes before class or through the Fitness Center.

"There is no competition. The instructor focuses on entering the class with a smile and keeping the participants at ease," Bianco added.

The music used for the exercises is updated every month according to the American Top 40.

"It also recalls rhythms that go from soul, funky to country," Bianco said.



"The music and the instructor are very enthusiastic," expressed Ann Sturk, after her second class.

"The class is for everyone, because you can do steps with lots of difficulty or as little as you would like. The same as high or low impact," Sturk said.

For more general information on Jazzercise, visit the Web site www.jazz.com.

For the first time, the Body Shop is offering "Body Weather Movement," a Japanese manipulation exercise that incorporates strenuous physical exertion and internal and external therapeutic movement to enhance overall physical fitness.

Classes are held at the facility on Mondays, Wednesdays and Fridays from 6:30 to 7:30 a.m.

Other classes available at the Body Shop

Body Shop Classes Schedule

- Body Weather Movement (Delphine)**
6:30 a.m. – Mondays, Wednesdays & Fridays
- Quick CARDIO (Luisa)**
Noon – Mondays
- CARDIO (Martina)**
Noon – Tuesdays & Thursdays
- Cycling (Nadia)**
Noon – Tuesdays & Thursdays
- Mind Body Balance**
Noon – Wednesdays
- Body by Amy**
3:30 p.m. – Mondays & Wednesdays
- Cycling (Amy)**
3:30-5:30 p.m. – Tuesdays & Thursdays
- Jazzercise (Paola)**
5:30 p.m. – Mondays & Fridays
- YOGA (Anna Maria)**
5:30 p.m. – Mondays
- Body Sculpture (Chiara)**
5:30 p.m. – Tuesdays

are Quick Cardio, Cycling, Body Sculpture, Mind Body Balance, and Yoga.

All fitness classes cost \$3 per single session, \$30 per month, or \$25 with the 10-point punch card.

The Body Shop will also be adding new weight equipment soon to improve and provide state-of-the-art equipment to the facility.

For details on classes and registration, stop by the Body Shop or Fitness Center, or call Joe Reeder at 634-5181.

Applications for All Army Sports programs move online

The All Army Sports program offers Soldier/athletes the opportunity to participate in over 20 sports at an Armed Forces or higher level of competition. Interested participants can go to the Army MWR Web site at www.armymwr.com, select "Recreation," and click on the Army Sports link to see what sports are available and view the criteria for selection.

The DA Sports Office has implemented a new procedure for applying to the All Army Sports Program. An online application process has been developed to allow for an easier, more efficient application process. The new All-army Online application program is a Web-based information system that will allow any Soldier (CONUS or OCONUS), with Internet access, to apply for any All Army sport online.

Soldiers simply need to go to <https://armsports.cfsc.army.mil> for a direct link to the All Army application process. This link will also give you detailed information about

the program, the year's calendar, selection criteria, and points of contact at the DA Sports office.

This new process will simplify application submission for the Soldier and improve Army Sports office operations. This system will provide complete and accurate collection of applicant data, especially contact information. The database will also provide retrievable archival capability for historical purposes.

Current procedures still require applicants to fax or scan and email additional qualifying sports info/results.

Future upgrades envision allowing hard-copy or faxed applications to be converted to an electronic format automatically and allow athletes to attach competition video clips to further support their application.

Go on the Web and check out our new look. And remember, to apply for the All Army Sports program, you must now apply online.



Jazzercise Instructor Paola Bianco exercises with a student during one of the classes held at the Body Shop on Mondays and Fridays. "The purpose of the class is to reach a total well-being through light rhythmic movements that help improve coordination, flexibility, balance and muscle-toning," Bianco said.

Out & About



By Dorothy Spagnuolo

Classical music

Classical music will be played on the following Sundays in Vicenza:

Music by Messiaen, Scelsi and Berio will be performed March 5 at 11 a.m. in the *Sala Concerti del Conservatorio* located on Contra San Domenico.

Find Giovanni Guglielmo on violin playing music by Bach March 19 at 5 p.m. in the *Chiesa di S. Gaetano*.

Listen to Francesco Finotti on the organ playing music by Mozart, Bach and Schumann May 7 in the *Chiesa di S. Gaetano* at 5 p.m.

Entrance fee is 5 euro.

Films in English

The following films will be shown in their original language, at the Odeon movie theater in downtown Vicenza:

March 6 – The New World

March 13 – Casanova

March 20 – Roof

March 27 – Pride and Prejudice

April 3 – Match Point.

All films have a show time of 4, 6, 8 and 10 p.m., and the entrance fee is 6 euro.

Celebrate International Women's Day

This year, **International Women's Day** is March 8.

In Italy, this is a day in which all male counterparts bring bunches of Mimosa flowers to the women in their lives – wives, girlfriends, mothers, secretaries, daughters and so on.

The flowers are bright yellow in color and highly perfumed.

The origins of the custom are unclear, but the main contenders are:

1) That it was an initiative set forth by Clara Zetkin and adopted at the 1910 convention of Socialist Women in Copenhagen, or

2) It was an adopted measure that set the day apart to honor women and was established at the second conference of Communist Women in Moscow in 1921.

For the second explanation you have to go back to the middle of the 1920's, when more than 130 women died during a fire that broke out in a textile factory in New York City. The women were trapped in the building when it was discovered that the

doors were locked on the outside, and there was no way out.

The choice of Mimosa flowers came about in 1946 by the organizer of the festivities in Rome who wanted to find a seasonal flower that was inexpensive.

Women's Day is also a special occasion to have fun and spend a night with friends.

Groups of women enjoy themselves first having dinner in restaurants or pizzerias and then going to discos or clubs where special shows have been organized.

The dinner usually ends with the so called "Mimosa cake."

La Festa del Papa', Father's Day, is also celebrated in March in Italy. This is always celebrated on March 19, which is the day dedicated to San Giuseppe (St. Joseph).

Stores in your area will be offering specially gift-wrapped items to tempt the family member to buy the product for fathers.

Exhibitions

Padova, March 4-5: Dog Show at the Padova exhibition grounds. See over 1,500 dog competitors of different breeds competing for first prize in their category.

Amongst the dogs shown March 4 is the judging of hunting dogs, Terriers, Bassets.

March 5 features guard dogs including Dobermans and Alsations and a category of lap dogs.

The exhibition is open 10 a.m.-4 p.m. and judging takes place at noon each day. Entrance fee for adults is 5 euro, children 3 euro.

Parma: Visit *Mercanteinfiera Primavera*, a collector's paradise for anyone interested in collecting and browsing antiques.

The exhibition is held at the *Fiera di Parma* and is one of the biggest and most important fairs for collectors and antique-buyers in Italy. It offers more than 1,000 stands with furniture, paintings, silver, jewelry and china – something to please all tastes and budgets.

Mercanteinfiera runs from March 4 - 12 and is open everyday from 10 a.m.-8 p.m. Entrance fee is 9.50 euro.

For further information and

directions consult the site www.fiere.parma.it.

Parma is located southwest of Vicenza.

Geneva, Switzerland – The 76th International Motor Show and accessories attracts over 5,000 journalists and over 700,000 visitors of whom 44 percent come from more than 100 countries.

Find the very latest in cars and accessories.

The exhibit runs March 2-12 and doors are open weekdays from 10 a.m.-8 p.m. and weekends from 9 a.m.-7 p.m.

Entrance fee: Adults pay 14 Swiss francs and children 6-16 years of age pay 8 Swiss francs.

For tickets online or further information visit www.salon-auto.ch.

Visit an observatory museum

How was the universe studied in Italy in days gone by?

If you are interested in this subject, an interesting museum to visit is the observatory museum in Padova. Its construction began in 1767.

Called the "*Specola Museum*" the tower, which is reached by foot, reaches over 40 meters in height.

Things to see on the way up the tower are the Meridian Room, where you can find on the east side a large fresco of the Solar System as it was known before 1780. It is represented with geometric precision.

On the west side of the Meridian Room is the great mural quadrant of Ramsden of 1778 – the greatest existing in Italy – with a diameter of 240 centimeters.

At the extreme north side, there is a transit instrument used to evaluate the exact instant of time in which a star transits at the meridian.

On the floor of the room is the meridian line, used for the exact measure of "true noon," which is the exact moment in which the sun arrives at the highest point over the horizon of Padova.

Then you climb, climb the stairs, (it's good exercise) finding along the way telescopes, pendulum clocks and frescos on the wall.

A complete itinerary with ticket information in English is at the Web site www.pd.astro.it.

Now Showing

Caserma Ederle Theater

Feb. 28	CLOSED	7 p.m.
March 1	Ice Harvest (R)	7 p.m.
March 2	Sryiana (R)	7 p.m.
March 3	The Family Stone (PG13)	7 p.m.
	Grandma's Boy (R)	10 p.m.
March 4	The Chronicles of Narnia (PG)	4 p.m.
	Grandma's Boy (R)	7 p.m.
March 5	The Chronicles of Narnia (PG)	4 p.m.
	The Family Stone (PG13)	7 p.m.
March 6	CLOSED	
March 7	CLOSED	

Camp Darby Theater

March 3	Rumor Has It (PG13)	6 p.m.
March 4	Casanova (R)	6 p.m.
March 5	The Chronicles of Narnia: The Lion, The Witch & The Wardrobe (PG)	3 p.m.

Movie Synopsis

ICE HARVEST - *John Cusack, Billy Bob Thornton* - In icebound Wichita, Kansas, it's Christmas Eve, and this year Charlie Arglist just might have something to celebrate. Charlie, an attorney for the sleazy businesses of Wichita, and his unsavory associate, the steely Vic Cavanaugh have just successfully embezzled \$2 million from Kansas City boss Bill Guerrard. But the real prize for Charlie is the stunning Renata, who runs the Sweet Cage strip club.

THE FAMILY STONE - *Dermot Mulroney, Diane Keaton*. The Stones, a New England family, have their annual holiday gathering. The eldest son brings his girlfriend home to meet his parents, brothers and sisters. The bohemian Stones greet their visitor—a high-powered, controlling New Yorker—with a mix of awkwardness, confusion and hostility. Before the holiday is over, relationships will unravel while new ones are formed, secrets will be revealed, and the family Stone will come together through its extraordinary capacity for love.

GRANDMA'S BOY - *Allen Covert, Peter Dante*. By day, 35-year-old Alex is the world's oldest video game tester, but by night, he is privately developing the next big game for the X-Box generation. When one of his roommates spends all the rent money on Taiwanese hookers, Alex is kicked out of his apartment, and finds himself forced to live with his grandmother and her friends, Grace and Bea.

SYRIANA - *George Clooney, Matt Damon*. Robert, a 21-year veteran of the CIA, spent his entire career investigating terrorists around the globe. As the dangers of terrorism increased, he watched as the CIA's funding was cut, politics overtook judgment, and warning signs were ignored. But the struggle becomes personal when an oil executive and his wife are faced with a family tragedy.

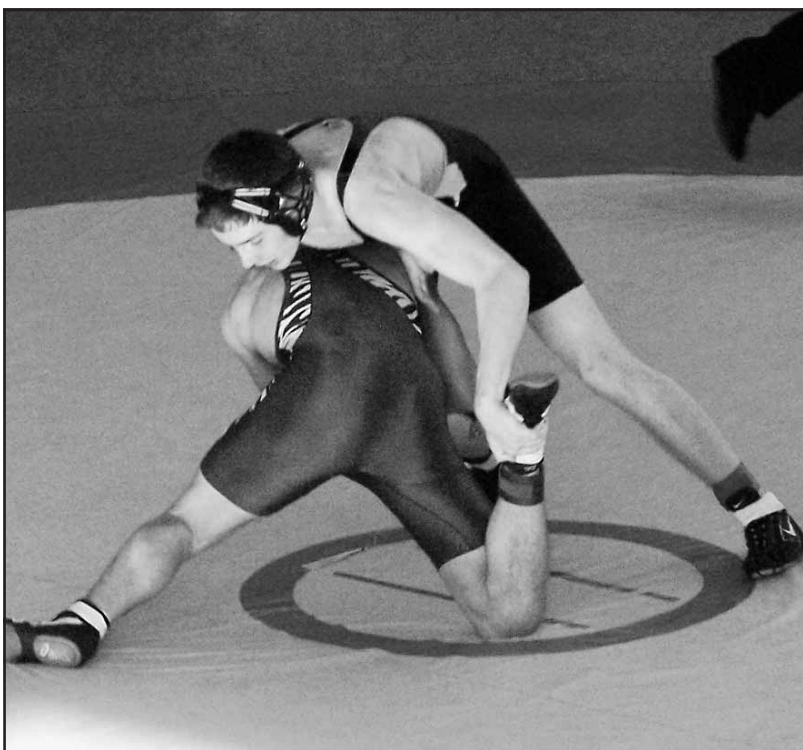
CASANOVA - *Heath Ledger, Sienna Miller* - When Giacomo Casanova discovered Francesca Bruni, he met his ultimate romantic match, succumbing to the only woman ever to refuse his charms – until he could prove himself to be the one man worthy of her romantic ideals. Not only a dashing rebel and wit, Casanova is also a vulnerable man who is chasing after love as Bishop Pucci of the Inquisition chases after him. Caught up in a comic whirl of disguises.

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

The Ederle Theatre box office opens one hour prior to show time. Tickets to blockbuster shows are presold at Baskin Robbins.

Wrestling Championships

Vicenza Student Kyle Stammer wrestles opponent Brandon Walker from Naples during the European Championships Feb. 17-18 in Wiesbaden, Germany. Vicenza High School qualified three wrestlers to compete against 154 other high school wrestlers for the title European Champion. Shane Hinton entered Europeans as one of only 25 wrestlers with an undefeated season record. Hinton went 2-2 for the tournament and placed 4th in the 140 lb weight bracket. Both Stammer and Joe Wiehe were defeated early in this double elimination tournament. (Provided by VHS)



A community invite

Carrie "Niki" McDonnell will be visiting Caserma Ederle March 14 and will meet with the Protestant Women of the Chapel from 9:15-10 a.m. in the post chapel. The community is invited to attend.

While serving as a missionary in Israel at a children's home, she met her future husband, David McDonnell, who was also serving in a similar capacity. When Operation Iraqi Freedom broke out, there was a call to the Christian community to provide humanitarian aid and since David and Niki both spoke Arabic, they were requested to go.

They had been in Iraq for about six months and were out for the day with three other missionaries checking potential sites for water wells. They got stuck in traffic in Mosul and suddenly their vehicle was surrounded by men brandishing semi-automatic weapons. After a barrage of gunfire, three of the passengers were dead. Niki had been hit by more than twenty bullets. David sustained wounds that would lead to his death 12 hours later. Niki's survival of that terrible event is a miracle.

McDonnell has written a book, "Facing Terror," and started Carry On Ministries, which offers her the opportunity to speak to groups all over the world. She has a powerful and inspirational message to share on living life we will never regret.

Soldiers for a day

Local JROTC students shadow Soldiers, learn about Army life

Story and photos by Spc. Justin Nieto
SETAF Public Affairs

The students in Vicenza JROTC, 10th Battalion spent a day with some of the many Soldiers they see everyday here at Caserma Ederle as part of a "job shadow" day with the Soldiers of the 173rd Airborne Brigade Thursday, Feb. 16th.

Dressed in full camouflage uniforms, the students met with Sgt. Maj. John Bagby in the morning, had roll call and was paired off with Soldiers to learn about what they do for the Army.

For the morning portion, the students shadowed their soldiers, learning about their lives in the Army, the demanding hours and the stressful work often associated with service.

"So far, it's going real good," said Matthew Kiepert, cadet sergeant with the Vicenza JROTC program. "I just learned what they do with supplies, food service and what they do throughout a basic day, like right now their sending food up to Aviano."

The day gave the young students a glimpse in to the everyday workings of the Soldiers around them, along with more information to decide whether or not to join the military.

"Well, hopefully they got the key points out of this and a good idea of what to expect once they get out of JROTC," said Sgt. 1st Class Jeffery Binion, the Soldier paired with Kiepert for the day.

"I think this is a good program as well," said Binion. "They get to see, hands on, what it's like here, whether it be food service, or whatever."

"Personally, I want to see if I want to join the military because my goals involve the culinary arts," said Kiepert. "I wanted to see what the Army can do for me here."

The afternoon saw the students getting more of the hands on experience from the Soldiers when they received classes on the use and maintenance on some of the weapons used by the Army.

The students then tested their abilities on a range simulator utilized by Soldiers to hone their reaction time and marksmanship skills, concluding their day with the Sky Soldiers.

Programs like this one are what make the Vicenza JROTC class one of the top programs in the world; real time with real Soldiers is invaluable for the students wanting to make an informed decision about their future, if any, with the U.S. Armed Forces.

"I enjoy the JROTC program here very much," said Kiepert. "It helps me to achieve what I want when I grow up and gives me discipline as well."



Petty Officer 3rd Class Jay Mann, Armed Forces Network, instructs a JROTC student in the use of a video camera and microphone before an interview.

Left: A Soldier from the 173d Airborne Brigade greets the students of the Vicenza JROTC 10th Battalion to brief them on the events of the day. The students paired off with Soldiers from the brigade to learn about the Army as part of a job shadow program.



National Guard Soldier wins Olympic Silver

By Sgt. Jim Greenhill
Special to American Forces Press Service

A National Guard Soldier earned a silver medal in women's bobsledding Feb. 21 during her Olympic debut at the 20th Winter Olympics in Italy.

Utah National Guard Spc. Shauna Rohbock, the driver of the two-woman USA-1 sled, and brakeman Valerie Fleming completed their four women's bobsled runs in 3 minutes, 50.69 seconds. That was .71 second behind the gold-medal winning German team of Sandra Kiriasis and Anja Schneiderheinza. An Italian team took the bronze.

"I'm ecstatic, and I hope our four-man team can pull one out, too," Rohbock told Army News Service.

"Shauna not only brings honor to her home state, but to the thousands who wear the uniform," Utah Governor Jon M. Huntsman Jr. said. "We are proud of her accomplishments."

Rohbock could be establishing a National Guard tradition: She follows in the footsteps of Utah National Guard Spc. Jill Bakken, who drove the gold-medal winning sled when women's bobsledding was introduced as an Olympic sport during the 2002 Salt Lake City Winter Games.

"We congratulate Specialist Rohbock on her silver-medal performance in Torino," Maj. Gen. Brian Tarbet, the Utah National Guard's adjutant general, said. "We are extremely pleased and proud of her accomplishments on the bobsled track and her willingness to serve on the battlefield. Her sense of duty, persistence and tenacity personify what is best about all of our citizen-Soldiers and Airmen in the Utah National Guard."

Rohbock and Bakken, an alternate on this year's U. S. women's bobsled team, enlisted together in the Utah Army Guard in 2000. The team's head coach is also a National Guard Soldier - Spc. Bill Tavares, a New York Guard infantryman.

Rohbock, 28, recently re-enlisted, Utah Guard spokesman Maj. Hank McIntire said.

"She's been very proud to say that she's part of the military," Chuck Rohbock, Shauna's father, said after she had earned the silver medal. "She was a Soldier first. She was ready to go."

Rohbock was called up for duty in Iraq with the 115th Engineer Group in 2003. Though her duffle bags were packed, and she did pre-deployment training, a torn rotator cuff prevented her from going with her unit.

Chuck Rohbock said his daughter told him that knowing her fellow Soldiers were serving in Iraq motivated her to do her best in the Olympics. "I've got to do well because everybody in my unit has volunteered to go in my place," she told her father.

"The Guard - everything about it, everybody she's been involved with - has been so supportive. They've been so wonderful," Chuck Rohbock said. "We're just very proud of her," he said. "I felt that she would medal. I just didn't know how. Shauna's never done anything halfway. She's always trained hard. She's always been a self-starter."

An administrative specialist at Joint Forces Headquarters of the Utah National Guard, Rohbock is a graduate of Mountain View High School and Brigham Young University.

"Shauna has always demanded a lot of herself," Linda Rohbock Rowland, Shauna's aunt, said. "We are totally full of emotion. We are thrilled and proud. Sometimes good guys do win. We have watched her prepare for this day for the last eight years. It was heartbreaking when she lost her spot on the 2002 team, but she is a very focused, persistent and tenacious person. She has always paid the price in whatever she has participated in."

Rohbock lost her place as Bakken's brakeman to Vonetta Flowers for the 2002 games in Utah and watched from the sidelines as that U. S. team won the gold medal.

Rohbock's athletic prowess is not limited to bobsledding. She played soccer for BYU, where she was the nation's highest-scoring sophomore, and professionally for the San Diego Spirit.



Utah National Guard Spc. Shauna Rohbock (right), a member the Army's World Class Athlete Program, and Valerie Fleming started fast on the Cesana track and earned the silver medal in women's bobsledding on Jan. 21 during the 20th Winter Olympics in Italy. Rohbock was the driver for the USA-1 sled and was competing in her first Olympic games. (Photo by Jack Gillund)