



Soldier remembered as family man, leader



Staff Sgt. John Doles

By Spc. Justin Nieto
SETAF Public Affairs

In a touching and heartfelt ceremony, friends and family alike remembered Staff Sgt. John Doles and the impact he had on their lives during a memorial service held at the Ederle Chapel Thursday.

Doles, assigned to Company B, 1st Battalion, 508th Infantry (Airborne), was killed in action, fighting an attempted ambush of his platoon in Kandahar Province, Afghanistan.

"For those of us fortunate enough to have had our lives touched by Staff Sgt. Doles, know what an honor it is to stand in front of you today," said



Sgt. Benjamin Bickford salutes a picture of Staff Sgt. John Doles during a memorial service held at the Ederle Chapel Thursday.

Sgt. Benjamin Bickford, a friend and member of Doles' platoon. "John was a friend you could only hope to have just once in a lifetime.

"Throughout Iraq and Afghanistan, not a day went by without John saying something about his family," said a somber

Bickford. "Instantly, you could tell he was a great husband and father."

Bickford recounted the time spent with Doles and the influence he had over the other members of his unit.

"Staff Sgt. Doles was a model [noncommissioned officer]," said

Bickford. "He put the welfare of his Soldiers first and everything else second. He was hard, disciplined and mentored many junior leaders.

"Staff Sgt. Doles will be forever remembered as a hero and a great friend," said Bickford.

After the eulogies, prayers and

music, all in attendance stood and waited to honor the man that had been a part of their lives. One by one they saluted his portrait and went on their way.

John Doles may be gone, but to his friends and family, he is not forgotten.

DoDDS-Europe announces June 2006 closure of LHS

Camp Darby Public Affairs
News Release

DoDDS-Europe announced the closing of the Livorno High School, grades 9-12, during a town hall meeting Sept. 22 at the high school music room. The school is scheduled to close in June, 2006.

"DoDDS is confronted, like all other activities, with transformation, and more and more attention was put on our effective use of resources," said Archie Bates, DoDDS-Europe Mediterranean District superintendent, during the meeting. "The DoDDS management, considering the number of students attending this high school, determined that keeping this school open was not cost effective.

"I am a father, and I fully understand your feelings, but sometimes hard decisions have to be made," Bates said at the open forum.

"We occasionally determine that a school has reached a point where enrollment drops to such a low level that it is not realistic to expect that students are benefiting as much as we would wish," said DoDDS-Europe Deputy Public Affairs Officer David Ruderman. "In the course of our ongoing assessment of DoDDS-E programs, the leadership has determined that we have reached such a point at Livorno High School.

"In the school year 2004-2005, a total of 30 students were enrolled in grades nine through 12 at the beginning of the fourth quarter of instruction.

"At year's end, there were five students in the class of 2005, and we anticipate that

this pattern will continue in the coming school year," Ruderman said.

"With a population of this size, students will not have the opportunities and experiences that contribute to a first-rate education at the high school level. Many extracurricular activities are non-existent: last year there was no football team, no track team and no drill team.

"Academically, students had a limited selection of regular and Advanced Placement courses," said Ruderman.

"Such a situation keeps these students from enjoying the type of high school experience expected from any American education system," said Ruderman. "There are better, more effective DoDDS opportunities available to them, and DoDDS-E has elected to pursue them."

One option given to the parents of high school students is to send them to the London Central High School beginning next school year.

"The London Central High School is located about 35 kilometers from London in a beautiful environment, and you can count on a very well organized dormitory," said Bates. "The structure there is already staffed and can host about 200 students in the dorms. DoDDS will pay for the initial trip, for Christmas, spring, and summer breaks trips."

This decision of course has a great impact on families, Soldiers and their family stability.

"I am a divorced parent," said Staff Sgt. Christopher Jackson, 712th Munitions Squadron, stationed at Camp Darby. "If I can't keep my children with me, there is a

strong possibility that I will lose custody of my children. London for me is not an option and they are giving me no choice."

"Who is going to follow my children's medical situation?" asked Michela Novelli, a family member, at the meeting. "How are they going to determine whether my child is depressed or if he is in need of attention if they do not know him and he is so far away from home?"

"There is medical support at the school and in the dorms, and we can easily set teleconferences for parents to talk to the teachers," reassured Bates.

Many parents expressed concern that this was short notice for such a critical decision.

"Did you consider a smoother transition time?" asked Maj. Craig Patterson, Livorno Dental Clinic, at the meeting. "I think that children are far more important than money when you think your family is going to be together. This decision is really hard to accept."

"I understand the timeline of this decision is a great disservice to you in light of what you do for your country," said Lt. Col. Stephen Sicinski, commander, U.S. Garrison-Livorno, at the meeting. "I will try my best to postpone this decision for at least one year in order to conform with assignment cycles."

"I want the Camp Darby community to know that I will do everything I can to help and assist the parents," said Cathy Magni, Livorno High School principal.

Magni said that representatives from the London Central High School will be coming in November to meet with families and explain

their programs.

"If we really have to close, I would like to do it with the dignity and the sense of celebration that this school deserves," Magni said.

"DoDDS-E has initiated discussions with Installation Management Agency-Europe officials to plan and execute this change, while ensuring that parents are involved and understand why this action is being taken," said Ruderman. "Throughout the transition ahead, DoDDS-E will stay focused on its primary mission: to provide students with exemplary educational programs that inspire and prepare them for success in a global environment."

Operations
PPSSEC
Security
E
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Are you putting yourself, Soldiers in danger?

See page 4

IMA-E director encourages maximum CFC participation

By Russell Hall
Regional Director
IMA-Europe

As Americans, a key part of our history and national identity is our generosity toward others. Nowhere is this trait more evident than in the contributions being made every day by our Soldiers and civilians here at Installation Management Activity-Europe.

Each year we demonstrate our support to dozens of hard-working research, educational and charitable organizations through the Combined Federal Campaign. The CFC enables Soldiers and civilians to help these organizations make an enormous – often life saving – difference in the lives of people around the globe.

In the next few days, you will be contacted by your CFC Key Worker. He or she will provide you a booklet listing CFC agencies as well as the forms necessary to make an annual gift or to pledge your continuing support through payroll deductions.

Please take a close look at the array of organizations listed in your CFC booklet. It's hard to image a broader spectrum of groups and agencies working to better the lives of our families, our nation and our world.

One of the things I like most about CFC is its flexibility. We can make either one large contribution to a single organization or smaller amounts to several.

We live in challenging, yet exciting times. As part of the Army team, we're the kind of people who choose to make a difference. We do so by our duty to the nation; our



Russell Hall, IMA-Europe Regional Director

service around the world; and our commitment to back our beliefs with tangible actions.

Over the years, in both military and civilian service, I've gained a tremendous sense of pride in my fellow workers. No matter how great our immediate challenge – from global deployments, to assisting the victims of natural disasters, to building a garrison support organization – we "go the extra mile" by also supporting the annual CFC fundraising campaign.

Our tradition of generosity continues this year. Whether your contribution to the Combined Federal Campaign is large or small, I urge you to join me in supporting this great effort.

Thank you again for your service and your generosity.



Community

Action Council

This forum is to discuss issues that affect the community.

If you have an issue that you wish to submit, visit the U.S. Army Garrison Vicenza Web site at www.22asg.vicenza.army.mil and click on the Community Action Council link. This link provides you the opportunity to review issues that have been previously submitted and responded to by post agencies. There is also a form available for you to submit any new issue you would like addressed. If you have questions, call 634-5222 or 0444-71-5222 from off post.

The command encourages you to identify yourself when submitting a CAC issue in order to be able to answer your concern directly. 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. 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 next Community Action Council meeting is Oct. 26 at 9 a.m. in the Ederle Theater.

Issue: CDC Early Closure – With the current fee increase for the child development center, the last Thursday of each month's early closure for training should be discontinued.

Recommendations: Discontinue the

early closure for training on the last Thursday of each month or let the new rate reflect the early closure hours.

Response from Directorate of Morale, Welfare, and Recreation: We regret if our closure for training causes an inconvenience to any of our patrons.

The Vicenza Child Development Center closes for staff training from 4 to 6 p.m. on the last Thursday of each month during Sergeants' Time.

During this time there is generally a decreased need for childcare and Soldiers and families are encouraged to spend quality time with one another.

Our staff understands the need for spending quality time with one's family, as 28 percent are military spouses whose children also attend the Vicenza CDC.

Forty-four percent of our staff members have spouses who are deployed. Conducting training during the duty day eliminates the need for staff to return for training at night and allows them to spend quality time with their own families. This has a great positive impact on staff morale.

The two hours of closure on the last Thursday of each month allows for large group training that could otherwise not be conducted.

Our comprehensive training program is essential to providing a quality program for young children.

Our staff receives extensive training in all areas pertaining to caring for young children to include safety and health, child growth and development, curriculum planning and child abuse and neglect.

Entry-level staff members are required to complete 62 hours of training within the first 18 months of hire.

After completing entry-level training each staff member is required to complete 24 hours

of training annually, in addition to 16 hours of installation-required training.

We recognize that the current fee increase in conjunction with the continuation of reduced hours for training may place a hardship on customers.

Effective immediately, the CDC will begin offering a two-hour reduction in fees for all patrons paying on a monthly basis who receive less care than their normal entitlement as a result of the early closure.

Issue: Email Reservations for Ederle Inn/Casa Toscana – If someone wishes to make reservations via email to the Ederle Inn or Casa Toscana they must know the manager's SETAF email address.

How possible is this? What happens if she is on leave (regular or emergency)? Emails have to wait until she/he returns.

There should be an email account that all the front desk employees can access to make online reservations.

I have to make a lot of reservations (job related) for distinguished visitors' almost weekly. I spend a lot of time on the phone listening to it ring at these two facilities. I have to repeatedly call and call again before I can speak with someone to make a reservation.

We live in the computer age and this seems like a small thing to ask for. The customer service this would provide is immeasurable.

Recommendations: Install a group email account with each front desk employee as a member. Establish guidelines on how often the email is to be checked and advertise the email address so that even visitors wanting to stay at the Inn who live in Germany or the United States can be given the opportunity to do so.

Responses to customers emailing the Inn's for rooms are needed whether reservations

Transformed by Truth

The USAG Vicenza Chaplain's Family Life Office, in partnership with deployed SETAF and 173rd Brigade chaplains, is writing a series of devotional articles based on the best-selling book, "The Purpose-Driven Life," by Rick Warren.

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

By Chaplain (Maj.) James Sheil
Vicenza Community Catholic Pastor

The popular phrase, "You shall know the truth and the truth will set you free," is true. And so is an also-popular afterthought: "But first it will make you miserable."

The Bible is about truth, both the truth which sets us free and the truth that makes us miserable: they are one.

The Bible is also the story of man's encounter with God and the struggle which follows, even down to our own time and place in history.

The basic message of the Bible is God's loving us and our refusing this love or trying to manipulate it for our own purposes.

All the major traditions begin with a God of love. This is absolute truth. But then begins the problems each of us must face as we encounter truth – we begin to make this God in our own image and likeness. We take possession. We own.

But, the God of the scriptures cannot be owned, he can only be received. In the culmination of our struggles with God, we reach the point of accepting him, and our freedom begins.

Each of us, in our own way, has to

struggle with God. We have to come to realize that the ways with which we have become accustomed – power, manipulation, bargaining, etc. – do not "work" with God.

We can only accept, and go where our acceptance takes us – into freedom.

Our awareness and experience of freedom is rooted in our faith that God loves us as we are, that each of us is the consequence of a thought in the mind of God, each of us is necessary and important and, finally, things are as they need to be, for it is where we are that we encounter God.

As Soldiers we are in a special situation: when we took our oath, we called on God to witness and guide us in our commitment to the military culture and lifestyle. So, our oath colors our relationship with God.

We encounter situations that are horrendous. We see both the depths to which mankind can descend, and the heights to which mankind can rise. We know both good and evil. We are in a privileged position. We need to encounter the freedom of truth in our everyday life before we are dragged down ourselves.

God loves us humans so much that he has chosen special ones among us to protect ourselves from the evil that is so real.

This is our mission as Soldiers, the dignity to which we are called, the self-giving service we are destined to offer.

We, of all people, need to know this truth that, as we struggle with and question it makes us miserable, and in the process ultimately sets us free.

This truth is real.

It is the source of our being, the bedrock of our courage and dedication. It is indeed the truth that sets us free.

are made or not possible to make because the Inn is full.

This will alert me that I need to find a room for my distinguished visitors on the local economy. Add a section for those who are TDY vs leisure because TDY folks need a statement of non-availability if the Inn is full.

This way, the paperwork can be prepared in advance for the TDY person who must stay in a hotel off post. This would help in spelling names, addresses, cities and etc and will save a tremendous amount of time for the person who has little time to swing by the Inn to pick up a statement of non-availability.

I would like to thank you in advance for considering this proposal.

Response from Directorate of Morale, Welfare, and Recreation: Thank you for the opportunity to address your request for email reservations at the Vicenza Ederle Inn and the Livorno Casa Toscana.

Please note that units requiring reservations for distinguished visitors, 06, GS 15, NAF 05 and above need to be coordinated with the SETAF Protocol Office.

We have taken this opportunity to improve customer service by establishing a reservation email address for the Casa Toscana.

The Ederle Inn's email address is located on the Vicenza MWR's Web page at www.vicenzamwr.com/visitors.html.

In addition we will develop a Web based reservation request form for both lodging operations. This form is inclusive of all information needed to make and guarantee a reservation. The Web based reservation form will be available in October 2005.

Reservations can be requested by email: Ederle Inn ederleinn@setaf.army.mil or Casa Toscana casa.toscana@darby.setaf.army.mil.

Pace vows to remember impact of advice on servicemembers

By Jim Garamone

American Forces Press Service

Marine Gen. Peter Pace vowed today that as he gives his best military advice to the president and other members of the National Security Council, he "will remember not only the mission, but the impact it will have on the lance corporals and the airmen and the lieutenants junior grade and the captains."

Pace became the first Marine to serve as chairman of the Joint Chiefs of Staff during an Armed Forces "hail ceremony" Sept. 30. He succeeds Air Force Gen. Richard B. Myers, who swore him into office.

In his remarks, Pace thanked President Bush for his confidence in him and for the president's steadfast leadership and unwavering support for men and women in uniform. "Every single one of us in uniform knows that you are leading us and know that you are supporting us at the same time, and it makes a huge difference to each and every one of us," Pace said.

Pace, who started his Marine career as a platoon leader in Vietnam at the Battle of Hue City, thanked the ceremonial troops who represent the 2.4 million members of the military. "It's a hundred degrees in Baghdad right now," he said. "We've got troops wearing flak jackets and helmets. It's 90 degrees in Kabul. They're doing the same thing there. Your performance on this parade deck and their performance protecting us overseas is, quite simply, awesome."

Bush said that he has come to know Pace well during the general's service as vice chairman of the Joint Chiefs of Staff. "I appreciate his wisdom and commitment to serve, and I look forward to having Pete by my side in the years ahead," Bush said.

The president called Pace a brilliant thinker and an inspiring leader. "His life is the story of the American dream," Bush said. "From his early years in Brooklyn and New Jersey, to his days as a midshipman in Annapolis, to his decades of service in Vietnam and Thailand and South Korea and Somalia and elsewhere — in every place he has been, Pete Pace has impressed those around him with his bravery, his knowledge and his devotion to duty."

The president said he knows Pace will build on the

Generations and generations of American fighting servicemen and women have sacrificed and died that we might have the freedoms we enjoy today.

And it is now our moment in history... to protect those freedoms for our children and our grandchildren... we will.

Marine Gen. Peter Pace
Chairman of the Joint Chiefs of Staff

vital work set into motion under Myers.

Before he swore in Pace as the new chairman, Myers said he has been honored to serve alongside Pace.

Myers spoke of how George Washington was chosen as the commander of the Continental Army in 1775. The Continental Congress chose him "because they knew him; they trusted him; they knew his courage; they knew his integrity."

"Today, when our nation's ideals are once again at stake, it's appropriate to once again chose a military leader for the same reasons," Myers said.

"In my opinion, there's no finer officer in uniform anywhere in the world," he continued. "The president nominated him and the Senate confirmed him as chairman because they knew him, they trusted him, they knew his courage, and they knew his integrity."

Pace told servicemembers, "We have a lot of work to do. This moment in history is one where we have an enemy whose stated public intent is to destroy our way of life. Two-point-four million American men and women in uniform say, 'Not on our watch.'"

"Generations and generations of American fighting servicemen and women have sacrificed and died that we might have the freedoms we enjoy today," he said. "And it is now our moment in history — you and I in uniform — to protect those freedoms for our children and our grandchildren — and protect them, we will."

Change of Command

U.S. Army Garrison Vicenza Commander, Col. Virgil S. L. Williams, accepts the Headquarters and Headquarters Company, USAG Vicenza, guidon from outgoing commander, Capt. Robert Hilton, while incoming commander, Capt. Jesus Gonzalez, watches. The company's change of command ceremony was held Thursday at the Caserma Ederle Fitness Center. (Photo by Paulo Bovo 7th ATC Photo Studio)

Base improvements means temporary inconvenience

Maj. Gen. David T. Zabecki
Commander
SETAF Rear



Maj. Gen. David T. Zabecki

There is nothing like the expected arrival of special guests to your home to inspire a thorough house cleaning and the completion of a few home improvement projects. At Caserma Ederle and Villaggio that is exactly what is happening in anticipation of the redeployment of our Soldiers.

In addition to wanting our Soldiers to arrive home to newly-renovated barracks and an improved post, the current population on the post makes it easier to accomplish these necessary construction projects. However, this also results in some inconvenience for the people living and working on the post and in Villaggio.

Many of you have probably experienced some frustration with blocked roads and sidewalks and delays at the gate waiting for the construction trucks to pass through. When you experience these inconveniences, I ask you to remember that the goal is to provide a better, more efficient, and safer place to live and work.

The new barracks are receiving final touches and the existing barracks are being repaired, repainted and cleaned. The large tents you see outside the barracks are there to protect the construction equipment and the fixtures that have been temporarily moved for the repairs.

Every Soldier returning to the barracks will have either a new or a clean, refurbished quarters to return to.

The parking crunch isn't critical now, but with the addition of the returning Soldiers, parking will once again be at a premium. DPW is maximizing every available space to add additional parking.

Fifteen new parking spots will be added on 7th Street behind the new barracks, 67 new spots are being added behind the Post Chapel area by the campground and 50 spots will be added next to Hoekstra Field.

These areas will be blocked during construction but the addition of 132 new parking spots is something we will all appreciate in the spring.

In addition to more parking, the traffic flow around the post will also be improved. The road by the Education Center will be opened allowing for traffic to once again flow around the post.

Better lighting and improved fencing is also being upgraded throughout the post and Villaggio.

One of the largest projects that will most directly affect everyone entering and exiting the post and Villaggio is the upgrades that will occur to the gates.

The ungainly barriers we bump over every day will be replaced by a better system, which is recessed into the ground.

Once completed, we will be able to glide smoothly onto post. The new systems also feature better safety measures, making the post and housing area more secure.

However, during installation, traffic routes will be altered and certain gates might be closed at certain times. Please keep aware of flyers and announcements regarding these changes.

The projects mentioned above are just some of the larger projects. There are many other smaller projects that will be occurring in the months preceding the return of the Soldiers.

Everyone is working hard to make sure that as many of the projects as possible are completed before the redeployment.

We recognize the inconvenience these projects create in our daily lives. We ask for your patience and your understanding that the inconvenience to a few now will have beneficial results for many in the near future.

The Outlook

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The editor reserves the right to edit all submissions for style, brevity and clarity.

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Oct. 11, 2005

It has been a really long day. I can't believe that Danny is finally coming home. It seems like they have been deployed forever. Only a week left.

I'm so glad he's with the 1-508th ADVON... at least he will be one of the first to come home. The kids and I are going to go and hang up welcome home banners on Monday evening so they are ready for the first buses to arrive. They will be flying into the Air Force Base, so it won't take them long to get here...

Here's a picture of the kids and I working on the banners with the rest of the FRG families... it was sure a lot of fun and everyone is so excited...

The Internet can be a wonderful tool to store and share information, but are you the only one reading what you put in your online emails, Web diaries, or other online tools. What is this fictitious online journal telling our enemies? Information such as who, what, when, where, and why can easily be extracted from the Internet making anyone in a U.S. military community a possible target.

By Kelli Covlin
USAG-Vicenza Public Affairs

Operations Security

The process of denying adversaries information about friendly capabilities and intentions by identifying, controlling and protecting indicators associated with planning and conducting operations and other sensitive activities.

So what really is OPSEC, and how does it pertain to me? And what can I do to protect myself, my family, and my loved one who is currently deployed, as well as his or her fellow Soldiers?

According to Alli Littleton, S2, U.S. Army Garrison Vicenza, OPSEC is keeping critical information out of the enemies hands.

There are five steps to the OPSEC process: identifying critical information, analyzing the threat, analyzing vulnerabilities, assessing risks, and developing and implementing countermeasures.

Although individuals may not play a part in every step of the OPSEC process, some steps are key for family members, civilians and Soldiers to keep in mind living and working in a military community.

First, individuals must know what could be critical information to military operations. Critical information could be facts about military capabilities or the capabilities of a specific unit or piece of equipment used by Soldiers. Critical information could also be procedures used to safeguard family members or even respond to emergencies.

Critical information is any information that, in the wrong hands, could cause a mission to fail or an operation to go wrong.

"When critical information falls into the wrong hands, it puts our Soldiers and family members at risk," said Littleton.

Some examples of critical information that enemies are looking for are:

- Security procedures used to enter installations (copies of ID cards)
- Where certain facilities are on post
- When VIPs are coming to the installation and where they stay
- Any information about post units and their capabilities
- Any information about unit deployments or training
- Big events planned where there will be a lot of U.S. people gathered

Critical information can come from a number of sources: word of mouth, written documents not properly disposed of, overhearing conversations on cellular phones, Web blogs or emails. These are just some ways that terrorists are gathering information about military operations, security and force protection.

Technology is a great tool, but it also is a great tool for the enemy.

One of the military communities greatest vulnerabilities are in the forms of Web blogs, Web logs, Web diaries, individual or group Web pages, and even online email.

Unfortunately most online resources are not secure and can be "hacked" by U.S. enemies searching for critical information. Something that may seem mundane to you, may be of great interest to a terrorist.

Web blogs created by Soldiers and other military community members are popping up all over the Internet and are a great concern to Army OPSEC.

"A Web blog is essentially an online journal or diary," said Littleton.

An individual creates a Web blog and then makes frequent, chronological entries of personal thoughts or observations that can be shared with others through the Internet. There are as many unique types of Web blogs as there are people.

Individuals need to ensure that they are using the OPSEC process before making entries and posting photos onto their Web

blogs. Some information that has been found on current Web blogs run by Soldiers have been OPSEC violations.

Here is a list of questions to ask yourself before posting information to the Internet or even sending emails through non secure channels:

- Are names and photographs of important people and their locations included?
- Do I talk about military capabilities now or future capabilities?
- Do I talk about current military operations? (This could be both at a deployed location or a military installation in the United States or overseas)
- Do I give locations of important U.S. government places?
- Do I talk about military facilities: locations, units, weapons, number of Soldiers, ammunition depots, or even military policies?
- Does the photo identify military personnel?
- Does the photo identify military operations?
- Does the photo expose possible equipment vulnerabilities?
- Does the photo expose military tactics, techniques or procedures?

These are just some important questions to ask yourself when posting information to the Web.

It is normal for people to want to share their experiences and the great work they are doing, but using an open forum such as the Internet may not be the best place.

What can you do?

Make sure that the information you post online has no significant value to U.S. enemies.

Think about the audience you may be writing to when posting information to your Web blog, online journal, personal Web page and email.

Always assume that the adversary is

reading your material or listening in on your cell phone conversations when in a public place.

Littleton encourages all members of the military community to remember OPSEC in their daily lives, whether it is online, on the phone or in documents you are getting ready to throw away.

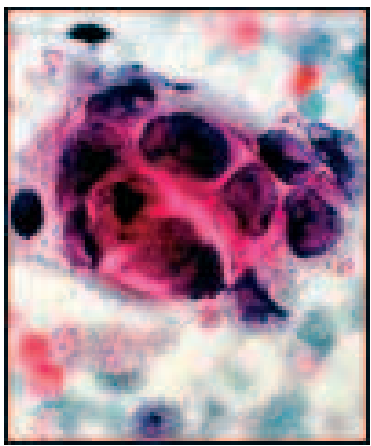
OPSEC and Force Protection

Here are some things to keep in mind that could be making you or your loved ones targets.

Vehicles – Is there anything on the outside of my car that identifies me as an American? During the 173rd's deployment to Iraq, a number of American vehicles were vandalized. The military community is now issued cover plates to help American vehicles blend in with Italian vehicles. Placing American bumper stickers and slogans on your vehicle marks you as an American and part of the military community and could make you a target.

Cellular Phones – It seems like everyone has a cellular phone. If you are in a public place outside of the installation, speaking English loudly on your cellular phone – you could be making yourself a target. Remember OPSEC when discussing information on your phone.

Appearance – Clothing can say a lot about a person, even identify them as being an American. Observe what your Italian neighbors wear and see if you can incorporate some of it into your own style to help you and your family members blend in. It is not always good to stand out in a crowd.



B r e a s T C a n c e R

Early detection could save your life

By Col. Bradley Harper
Commander
U.S. Army Health Clinic-Vicenza

Breast cancer is second only to lung cancer as the leading cause of cancer-related deaths among women. Currently the lifetime risk of developing breast cancer among American women is roughly one in eight.

However, when breast cancer is found and treated before the cancer spreads, 98 percent of women diagnosed with breast cancer survive at least five years.

Cancer in the breast or elsewhere is a process whereby cells begin to grow out of control. When these cells group together, they form a mass called a tumor. The term "tumor" is confusing to some people. Tumor in fact means a mass, or swelling. A tumor can be either benign, or malignant. If the cells remain in the organ they developed in, the tumor is called benign. Benign tumors do not spread. Malignant tumors can spread and can grow into life-threatening cancers.

Since breast-cancer cells can grow without causing noticeable pain, it is important to find the cancer as early as possible. Finding breast cancer early greatly improves the likelihood that treatment will be successful.

There are three ways to screen for, and detect, the early signs of breast cancer: a breast self-exam, a clinical breast exam, and a mammogram.

• All women should perform monthly Breast

Self-Exams after the age of 20. Women who make BSEs a regular monthly habit will be more likely to recognize potential trouble signs like: a new lump, swelling of the underarms, changes in skin color or texture, nipple pain or irregular discharge. Women who discover any of these symptoms should consult a health-care professional as soon as possible. It is important to do the exam the same time in the menstrual cycle each month. Breast tissue responds to the hormones of a woman's cycle, and this affects how the breast feels depending on the phase of the period.

• Clinical Breast Exams are performed by a health-care professional. During the CBE, the health-care professional examines the appearance of the breasts, looks for changes in shape or texture of breast tissue, and examines underarm areas. CBEs should be performed every three years for women in their 20s and 30s, and yearly beginning at age 40.

• A mammogram is an X-ray of breast tissue and is the best available method to detect breast cancer at its earliest, most treatable stage. Women aged 40 years or older should have a screening mammogram every one to two years.

Both women and men are at risk for developing breast cancer. Richard Roundtree, the actor in the original movie "Shaft" was diagnosed with breast cancer. He is now celebrating eight years as a cancer survivor.

According to the Susan G. Komen Foundation, this year between 1,400-1,600 men will be diagnosed with the disease, and 400 men will die from it. While this pales in comparison to the more than 40,000 American women who

- Every 3 minutes a woman is diagnosed with breast cancer in the U.S.
- Every 13 minutes a woman dies of breast cancer U.S.
- A woman has a 1 in 8 chance of developing breast cancer.
- The most proven and significant risk factors for getting breast cancer are being female and getting older.

American Cancer Society

succumbed to the disease in 2001 - the risk to men is all too real.

Breast-cancer risk factors that cannot be changed include age, gender, hereditary factors, a family or personal history of breast cancer, race, previous abnormal breast biopsies, and previous exposure of the chest area to radiation therapy. When considering the family history it is important to know the closeness of relation, (mother, aunt, sister) and the age of the family member when they developed cancer. A sister having cancer is more significant than a cousin, and in general, the younger the relative was when they developed cancer, the higher that places the relative at risk. Breast cancer in a first degree relative before menopause has a

stronger genetic link than breast cancer after menopause.

There are also several breast-cancer risk factors that individuals can control through healthier lifestyle choices. You can lower your chances of developing breast cancer by eating a well-balanced, low-fat diet of full fruits, vegetables, and whole grains; getting moderate daily physical activity; and losing weight if you are overweight. Smoking creates many toxic products, some of which are passed into the bloodstream and cause genetic damage throughout the body. Thus smoking increases your overall chance of all types of cancer, not just of the lungs.

In Vicenza we do not have the capability to perform mammograms within our clinic. The U.S. Air Force clinic in Aviano does perform mammograms and we are happy to coordinate appointments for our beneficiaries there.

TRICARE will pay a patient mileage to have the study done in Aviano if they travel by their own vehicle. Look in The Outlook in the near future regarding a scheduled van to Aviano for medical appointments.

To set up an appointment for a mammogram you would call the clinic appointment line at 634-7484 or 0444-71-7484 and ask for a routine breast exam in preparation for a mammogram. We need to do the clinical exam first to see if there are any abnormal areas we would want the radiologist to focus on during the exam. The front desk will handle the rest. If you also need a Pap smear please request a well woman exam as a breast exam is part of that type of visit.

The bottom line is: Early detection of breast cancer saves lives.

For more information about breast cancer visit the National Breast Cancer Awareness Month Web site at www.nbcam.org or the Susan G. Komen Breast Cancer Foundation

Web site at www.komen.org or visit the Cancer Research and Prevention Foundation Web site at www.preventcancer.org.

The USACHPPM Breast Self-Examination: A Facilitator's Guide (class instruction outlines and information) is available at:

<http://chppm-www.apgea.army.mil/documents/TG/TECHGUID/TG256.pdf>

Fall Clean-up reminder

From the Housing Office: Residents of Villaggio are responsible for lawn maintenance within 50 feet of their quarters. This includes bushes and shrubs. Take advantage of Fall Clean-Up this week to trim back the bushes in your area. That, combined with a freshly-cut lawn, will dramatically improve the appearance of your home. Pruning shears are available for check-out at the Self-Help Center in Villaggio. Call self-help at 634 8888 for more information.

Information from the Caserma Ederle Environmental Office:

The Eco-Center will be open from 8 a.m.-6 p.m. Monday-Friday and 9 a.m.-1 p.m. on Saturday for disposal of wastes and recyclables. Please call 634-8403 for Eco-Center service information.

Hazardous Substance Management Program Center, Building 275, is open for disposal of hazardous wastes from 8 a.m.-5 p.m. Monday-Friday. From more information call 634-7563/8729.

Call the Environmental Office if you have questions about proper disposal at 634-8941.



Motocross des Nations

Patrick O'Connor, Caserma Ederle vehicle registration, (in back with hat) presents 173rd Airborne Brigade T-shirts to the members of the U.S. Motocross team at the Motocross des Nations race held in Ernee', France. The U.S. team consists of (from left to right) Kevin Windham, runner up in the 2005 AMA Motocross Nationals 250cc class; Ricky Carmichael, team captain and eight time U.S. Motocross Champion and Supercross 2005 U.S. Champion in the 250cc class; Ivan Tedesco, 2005 U.S. National Champion in 125cc class; and (back row) Roger Decoster, team manager and five time world champion. The U.S. team beat out 33 other nations to claim the Motocross des Nations overall title. They had not won this event in the last five years.

"We appreciate the sacrifices that you [the Soldiers] make for our nation," Carmichael told O'Connor. "We support you entirely... we have the easy part, it's the military that has the tough job."

Caserma Ederle has a small Motocross Club called CEMXC. If you are interested in joining or want more information, visit their Web site at www.cemxc.250x.com or call O'Connor at 634-7624. (Photo provided by Patrick O'Connor)

Out & About



By Dorothy Spagnuolo

EuroChocolate Festival

Had the writer Ronald Dahl ever found living inspiration for the world of Willy Wonka and his Chocolate Factory, it surely would have come from EuroChocolate. A week of chocolate antics and amusement take place throughout the city of Perugia. Chocolate lovers will be in heaven with a rich cornucopia of chocolate exhibits, tasting and chocolate-themed attractions in this town that was the birthplace of the famed bittersweet chocolate and hazelnut concoction, Perugina.

This year will be the 12th anniversary of the event, which runs from Saturday through Oct. 23, and the hundreds of thousands of chocoholics coming to Perugia can enjoy numerous events.

The town also has a Perugia Chocolate Museum, where the entrance is free. One of the events on Sunday includes the incredible sight of artists sculpting giant blocks of chocolate into art. Clean sheets of canvas are placed under the pedestals so that onlookers can pick up and eat the slivers of chocolate that fall from the carvings. There are also stalls in the main squares where you can get free samples. Last year over 900,000 people visited the chocolate fest.

For more information on directions and events, visit the Web site www.eurochocolate.com. (Some pages in English)

Art

Vicenza: In the Palazzo Leoni Montanari Gallery the exhibition William Congdon 1912-1998: Analogia dell'icona. Un cammino nell'espressionismo astratto, Analogy of an Image. A journey in the abstract expressionism, is underway.

Congdon, born in Providence, R.I. in 1912, died in Milan in 1998. In the late '40s he associated with the popular Abstract Expressionists and Action Painting groups. During the '50s he withdrew from the New York City art scene and moved to

Italy, where he converted to Catholicism.

He was an ambulance driver with the American Field Service during WWII and at the liberation of the Bergen-Belsen concentration camp. This event later became a theme in his work.

The exhibition includes 50 paintings reflecting his artistic evolution and spiritual journey. Open Tuesday-Sunday from 10 a.m.-6 p.m. Entrance fee is 4.50 euro.

Venice: In the Correr Museum find more than 80 works of art by Lucian Freud. Most of the loans for the exhibition come from collections in Europe and the United States. They include the Portrait of the Queen, from the Royal Collections lent for the first time, and a number of paintings never before publicly exhibited.

Open daily from 10 a.m.-7 p.m. from now to Oct. 30. The ticket office closes one hour before closing time. Entrance fee is 9 euro.

Exhibitions

Padova: The Casa su Misura, furniture exhibition, will be held in the Padova exhibition grounds Saturday-Oct 23. Find furnishings and accessories for your home and garden. Open weekdays: 4-10 p.m.; weekends: 10 a.m.-10 p.m. Entrance fee: weekdays 3 euro; weekends 9 euro.

Verona: The second edition of Io Sposa, My Wedding, will take place Thursday-Sunday at the Verona exhibition grounds. The bride and groom can find everything necessary for that special day. Open weekdays: 3-10 p.m.; weekends: 10 a.m.-10 p.m. Entrance fee is 7 euro.

Events in the province of Vicenza

Bassano: The annual firework competition will take place in the Parco Ragazzi del '99 at 9:30 p.m. Different firework companies of international fame will be participating.

Schio: This weekend in the city La Montagna Arriva in Citta, The Mountain Arrives in the City, in the main squares exhibitions-market of typical agricultural and biological products will be sold. Saturday at 9 a.m. a market is in Piazza Falcone Borsellino and at 4 p.m. there will be the grand opening of other markets in different streets and squares. The markets close at 8 p.m. Sunday at 9 a.m. all markets open. From 10 a.m.-6 p.m. there will be games for children, while in Valletta dei Frati a reconstruction of a farm will open for the children to enjoy and in Via Btg. Valleogra find crafts from days gone by.

Truffle season

What is a truffle? Some claim the truffle was the first vegetable on earth, but true or not, it remains a mushroom that has chosen an underground environment to grow and defend itself from surface dangers such as climate change and animals.

Dogs, and once upon a time pigs, were used to smell out and extract this delicacy, as well as avoiding excessive disturbance of the surrounding earth. In the region of Umbria, there are as many as nine different types of this tuber including the more famous and prized white and black varieties.

All over the peninsula there will be sagras and restaurants serving dishes that include this special ingredient. Find shavings of it over melted cheese, in pastas or in salads. There are even recipes that include it in desserts.

The city of Alba is holding its 75th national fair of the white truffle this month, and this weekend the truffle market will be open from 9 a.m.-8 p.m.

On Sunday there will be medieval events in the city center from 10 a.m.-6 p.m.

The town of Acqualagna has its 40th national fair Oct. 30-31. The food stands will open at 10 a.m. with different events and markets taking place all day.

Now Showing

Caserma Ederle Theater

Oct. 12	Wedding Crashers (R)	7 p.m.
Oct. 13	Hustle & Flow (R)	7 p.m.
Oct. 14	Valiant (G)	7 p.m.
	Deuce Bigalow: European Gigolo (R)	10 p.m.
Oct. 15	Must Love Dogs (PG-13)	2 p.m.
	Must Love Dogs (PG-13)	7 p.m.
	Valiant (G)	10 p.m.
Oct. 16	Valiant (G)	2 p.m.
	Deuce Bigalow: European Gigolo (R)	7 p.m.
Oct. 17	Closed	
Oct. 18	Closed	

Camp Darby Theater

Oct. 13	Dark Water (PG-13)	7 p.m.
Oct. 14	Deuce Bigalow: European Gigolo (R)	7 p.m.
Oct. 15	The Great Raid (R)	7 p.m.
Oct. 16	Fantastic Four (PG-13)	3 p.m.

Movie Synopsis

VALIANT - *Animated* - A lowly wood pigeon named Valiant, overcomes his small size to become a hero in Great Britain's Royal Air Force Homing Pigeon Service during World War II. The RHPS advanced the Allied cause by flying vital messages about enemy movements across the English Channel, whilst evading brutal attacks by the enemy's Falcon Brigade.

MUST LOVE DOGS - *Diane Lane, John Cusack* - Sarah, a divorced preschool teacher who has sworn off dating after her bad breakup, finds her family pushing her back into the dating world. Her sister places a personal ad for her, declaring that anyone answering it "must love dogs," despite the fact that Sarah doesn't own a dog herself. When someone intriguing responds to the ad, she decides to borrow Mother Theresa, her brother's dog, and plunge in.

DARK WATER - *Jennifer Connelly, John C. Reilly* - Dahlia is starting a new life; newly separated with a new job and a new apartment, she's determined to put her relationship with her estranged husband behind her and devote herself to raising her daughter. But when the strained separation disintegrates into a bitter custody battle, her situation takes a turn for the worse. Her new apartment - dilapidated, cramped, and worn - seems to take on a life of its own. Mysterious noises, persistent leaks of dark water, and strange happenings cause her imagination to run wild, leaving her to wonder who is behind the endless mind games.

THE GREAT RAID - *Benjamin Bratt, James Franco* - Set in the Philippines in 1945, "The Great Raid" tells the true story of the 6th Ranger Battalion, under the command of Lieutenant Colonel Henry Mucci who undertake a daring rescue mission against all odds. Traveling thirty miles behind enemy lines, the 6th Ranger Battalion aims to liberate over 500 American prisoners-of-war from the notorious Cabanatuan Japanese POW camp in the most audacious rescue ever.

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.

New hours, menus for dining facility

The South of the Alps Dining Facility has new weekend hours. They will be open for brunch from 9 a.m.-noon and supper from 4-5 p.m.

The Grab & Go also has new hours and a new menu. Grab & Go will serve breakfast from 6:30-9 a.m. and lunch from 11 a.m.-2 p.m. The Grab & Go will not be open for dinner.

The Grab & Go new menu follows:

Breakfast Combos

- #1- QUARTERMASTER MEAL: Ham & cheese biscuit, hashbrown, coffee/juice, and fruit.
- #2- SOUTH OF THE ALPS: Sausage, egg, & cheese biscuit, hashbrown, coffee/juice, and fruit.
- #3- THE GARRISON: Bacon, Egg, & Cheese Biscuit, hashbrown, coffee/juice, and fruit.
- #4- THE AIRBORNE SHUFFLE: Egg & Cheese Omelet, hashbrown, coffee/juice, and fruit.
- #5- MANAGER'S SPECIAL: French toast sticks, hashbrown, coffee/juice, and fruit.

Lunch Combos

- #1- THE CHAMPION BURGER: Bacon, cheese, yomato, onion, pickle, lettuce.
- #2- THE BIG SWISS BURGER: Mushroom, Swiss cheese, tomato, onion, lettuce, pickle.
- #3- THE PHILLY: Grilled chopped steak, sauteed mushrooms and green peppers, mozzarella cheese.
- #4- THE SOUTHEASTERN: Fried chicken, fries, coleslaw.
- #5- THE ITALIAN SPECIAL: Pepperoni or Canadian bacon with mushroom, green pepper, and onion pizza.
- #6- THE CANNON SUB- Meatballs smothered in marinara on a hoagie bun.
- #7- THE EMPANADA- Browned beef mixed with green olives, pimentos, and black pepper, stuffed in a pita bread shell.

All lunch combos will include fries, fruit, salad, pastry, and a drink.

SETAF's 50th

SETAF will be celebrating its 50th anniversary this year on Hoekstra Field at Caserma Ederle.

The festivities begin Oct. 23 with food, music and plenty to keep the children busy. The event will also feature a display showcasing a history of SETAF and its accomplishments through the years.

The anniversary, which runs from 1-7 p.m., is free and open to all members of the community, Italian, military personnel and families.

Tuesday's events will include the formal celebration of the 50-year anniversary, with a ceremony at 11 a.m. and a performance by the CINCSOUTH NATO Band on Hoekstra Field at 3:30 p.m.



"PHYSICIAN - HEAL THYSELF" is a centuries old adage, but in this case its "physician 'prevent' healing thyself" as Lt. Col. Bruce F. Chandler, CO of 45th Fld Hosp and Post Surgeon at Vicenza gets the first influenza inoculation of the season from Sfc. Frank J. Butera of the out-patient department at the hospital. (Army photo)