



# The Outlook

Jan. 16, 2007

U.S. Army Garrisons Vicenza & Livorno

www.USAG.Vicenza.Army.Mil

Vol. 40 Issue 2

## USAREUR eliminates training, family time, adds training holidays

**Maj. Gen. Frank G. Helmick**  
SETAF Commander

SETAF Team,

U.S. Army Europe has implemented a plan to improve training while giving Soldiers the time to complete their current missions. This is becoming increasingly important given the operational tempo for our Soldiers assigned to SETAF.

The changes are being implemented to give Soldiers the best possible training and to add predictability to their schedule, on and off duty.

The changes include:

- ◆ Elimination of the current way we do Sergeant's Time Training
- ◆ Elimination of family time on Thursdays
- ◆ Physical training will be performed five days a week

The changes to Sergeant's Time Training are being made to allow each unit's commander to schedule specific training when it works best for the organization.

The training is important and will still be conducted, but will not be required to take place at a specific time every week.

Unit commanders will schedule, resource and ensure the execution of the training is to the Army standard.

Family time is not completely going away. In fact, Soldiers and their families will be gaining time through four added four-day weekends in months which did not have them in the past.

This means we will have, at a minimum, one four-day weekend per month for the 12



**Maj. Gen. Frank G. Helmick**  
SETAF Commander

months of the year.

The new long weekends are:

- ◆ March 16-19
- ◆ April 6-9
- ◆ June 15-18
- ◆ Aug. 17-20

Physical training is an essential part of Army life; it is an absolute must. It is a part of the Army culture and must become part of the individual Soldier's culture.

These changes are effective immediately. I expect leaders in all organizations to support these common sense changes.

Enjoy the additional free time... you have earned it!

AIRBORNE!

## Prepare now for NSPS transition

**USAG Vicenza**  
**Directorate of Human Resources**  
Press Release

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

As an employee, there are some ways that you can get ready for the transition to NSPS. For starters, view this as a positive change. NSPS is about fixing structural issues that make it difficult for employees and supervisors to succeed. The following are five ideas of what you can do now to get ready for NSPS:

1. Be proactive and keep abreast of the latest information. Visit the NSPS Web site regularly to stay up-to-date on the latest NSPS information: [www.cpms.osd.mil/nsps](http://www.cpms.osd.mil/nsps)
2. Ask your supervisor to host a meeting to share what he/she knows about NSPS. There is information available now that is helpful in understanding aspects of the system.
3. Review your organization's goals. Think about how the work you do supports these goals and identify specific ways you can contribute to your organization's success.
4. Begin a two-way dialog with your supervisor. NSPS provides a powerful opportunity to actively engage in frequent communication with your supervisor about your accomplishments, current and future plans.

5. Visit the Army's Web site to learn about specific training that is available to help you get the skills you need to succeed under NSPS: <https://cpol.army.mil/library/general/nsps/> (Click on Training on the Left Hand Menu)

As a reminder, employees are required to complete NSPS 101 and MyBiz prior to the transition.

### NSPS Town Hall meetings

USAREUR will be holding NSPS Town Hall meetings in Vicenza for all GS employees and their supervisors Feb. 13 at 10 a.m.-noon and 1-3 p.m. in the Ederle Theater.

The NSPS Town Hall meeting for Livorno will be Feb. 14 at 1-3 p.m. in the Darby Theater.

### NSPS Employee Training

Employee training is a one-day class and takes place in the Vicenza Jan. 23-26, Feb. 6, 7, 12 and 15, in the Hall of Heroes. Employee training for Livorno takes place Feb. 26-28 in the Sgt. Maj. Shield Conference room.

### Supervisor Training

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

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

To register for one of these training dates, visit the Civilian Human Resource Training Application System Web site at [www.atrrs.army.mil/channels/chrtas](http://www.atrrs.army.mil/channels/chrtas)

For details on NSPS or training contact Dave Hamilton, director, Vicenza Civilian Personnel Advisory Center, at 634-7537 or e-mail [david.e.hamilton@us.army.mil](mailto:david.e.hamilton@us.army.mil).

## Country music star performs on post



Above: Jo Dee Messina performed a free concert at the post fitness center Jan. 8. Messina, a Grammy-nominated artist, as well as the first female country artist to score three multiple-week #1 songs from the same album, traveled here after a performance at Aviano Airbase on her first USO tour. "I have every one of her CDs," said an excited Steven J. Krech, a transportation specialist with E Co. 1st Battalion, 503d Infantry (Airborne), "I am a big fan." The day's events started off with Messina having lunch with the Soldiers at the South of the Alps Dining Facility. "[The concert] is my way of showing support," said Messina. "The men and women of the military are a whole lot braver than I am. It's the least I can do to show my appreciation." One song was particularly touching to a member of the audience. "My favorite song was 'Heaven needs a hero'," said Krech. "The song was written in honor of those killed in Iraq. It was especially meaningful to me because I had a friend killed in Iraq." Below: Messina made an appearance at the post exchange where she posed for pictures and signed autographs before the concert. (Photos by Pfc. Crystal M. Abbott, SETAF Public Affairs)



## Cost-of-living-allowance survey available

Here's your opportunity to help set the cost of living allowance for Italy.

The Living Pattern Survey for servicemembers living in Italy is available online at: <https://www.perdiem.osd.mil/oscola/lps/italy/>

The survey, which affects the cost-of-living-allowance paid to service members living overseas, helps identify where and how service members buy goods and service. Over the next two months, Soldiers and family members on Caserma Ederle and Camp Darby can participate in

three surveys that go toward calculating the COLA.

The Living Pattern Survey will be followed by a Retail Price Survey in February. The RPS allows volunteer shoppers to price products and services on the economy based on the results of the LPS. Service members will then be asked to complete a Utility Survey. Those who receive an overseas housing allowance will be asked to detail much they spent on rent, utilities, and other home allowances.



# New Evaluation Brigade to test emerging warfighter technologies

By Donna Miles

American Forces Press Service

FORT BLISS, Texas— A new brigade here will test some of the most revolutionary concepts and systems being developed for future warfighters, report how they operate under field conditions, and ultimately speed their fielding to troops on the battlefield.

The new Evaluation Brigade Combat Team being stood up here will test 18 major systems being developed for the Army's Future Combat Systems program, explained Col. Michael Wadsworth, chief of training and leader development for the Future Force Integration Directorate here.

"This is the most ambitious and far-reaching modernization the Army has had since World War II," he said.

The program's goal, Wadsworth explained, is to tap into the most advanced technologies possible "to enable soldiers and leaders to see the enemy first and understand his intentions.

The FCS will offer soldiers detailed battlefield information, provided through an advanced data and communications network to give them the upper hand in combat. By knowing what the enemy is up to, FCS-equipped brigade combat teams will be able "to act first on their own initiative to defeat the enemy on terms favorable to us," Wadsworth said.

The Future Force Integration Directorate is establishing a

blueprint for that future force as it stands up the new Evaluation Brigade Combat Team and uses it as an operational test bed for new systems. Within the next six months, the brigade team is expected to reach its full strength of just under 1,000 troops.

"Basically, we're standing up an organization to inform the Army if (the FCS program) is doing what we think it will do," Wadsworth said.

As the evaluation brigade, the Future Force Integration Directorate is developing the doctrine, organizational structure, training programs, and tactics, techniques and procedures it will need to operate. Like the systems the brigade is testing, this groundwork will be tweaked along the way to ensure it's on target, Wadsworth said.

"We'll hand the brigade the concepts, get feedback and move forward," he said. "The beauty of this is that we'll have actual Soldiers on the ground with the equipment, and these Soldiers will advise us as we move this concept forward."

The Evaluation BCT will use a mixture of live training, experimentation and simulation to test systems ranging from sensors to automated systems to manned vehicles over the next 10 to 12 years. Testing will be conducted through four "spinouts" that will enable the Army to build the new technology over time, Wadsworth said.

During Spinout 1, projected for FY2008, the evaluation brigade will evaluate five new systems including the Intelligent Munitions System; the Tactical Unmanned Ground Sensor, which detects and reports on ground movement; the Urban Unmanned Ground Sensor, which detects motion inside a building; the Non-Line-of-Sight Launch System, nicknamed "rockets in a box"; and a battle command surrogate.

The second spinout, in 2010, will test a series of unmanned aerial vehicles. Spinout 3 will test six varieties of unmanned ground vehicles. The final spinout will evaluate eight kinds of manned ground vehicles that operate from a common platform, as well as the network.

The network is evolving incrementally, with additional sensors added to it with each spinout, Wadsworth explained. The goal is a fully capable, fully equipped Future Combat System brigade combat team supported by a state-of-the-art network in 2014.

But the Army doesn't intend to wait until then to get some of the best new technologies being developed to warfighters in the field, Wadsworth said.

Some, including unmanned aerial vehicles that can be carried in a backpack and small unmanned ground vehicles that can carry sensors into buildings, caves and other dangerous spots, are already in limited use in the combat theater, according to Wadsworth.

## Deadline looming for Army ROTC Green to Gold active duty option programs

From the SETAF G-1 office  
Special to the Outlook

The Reserve Officer Training Corps Green to Gold active duty option program provides eligible, active duty enlisted Soldiers an opportunity to complete a baccalaureate degree or graduate degree and be commissioned as Army officers upon receiving the appropriate degree.

The "Green to Gold" ROTC Scholarships for academic School Year 2007-2008 can be awarded to all Soldiers located in Vicenza, Bamberg and Schweinfurt.

Maj. Gen. Frank G. Helmick, SETAF commander, will choose three Soldiers from applications received for ROTC scholarships.

Once selected, the Soldier will have the option to terminate his or her active duty status and attend school full time, or compete for the ROTC Green to Gold active duty option program.

Should the chosen Soldier opt to terminate his or her active duty status, he or she will be discharged from active duty for the sole purpose of enrolling as an Army ROTC scholarship cadet. Soldiers selected must

have no more than two academic years remaining to complete a baccalaureate or graduate degree.

The ROTC scholarship will provide financial assistance toward college tuition and educational fees, OR room and board, whichever is chosen by the student. Financial assistance is awarded for two years, and includes:

- ◆ \$900 per year for books and supplies for two years.

- ◆ A monthly stipend up to \$400 per month, depending on their academic status, up to ten months per year.

- ◆ Serve in the military for a period of eight years.

This may be formed as four years of active duty followed by service in the Army Reserve National Guard, U.S. Army Reserve, or Individual Ready Reserve, or as eight years of service in an ARNG or USAR Troop Program Unit

Should the chosen Soldier opt to remain on active duty in their current rank, the following applies:

- ◆ Cadet is not eligible for the scholarship benefits outlined above.

- ◆ Cadet receives full active duty pay, allowances and other authorized benefits while in the program (up to 21 consecutive months or a maximum of 24 months,

if approved by cadet command).

- ◆ Soldiers selected are responsible for their educational expenses; e.g., tuition, books, and fees.

- ◆ Soldiers selected may utilize any portion of the Montgomery GI Bill/Army College Fund benefits they have earned since entering the military. However, Soldiers selected to participate in this program are not authorized to use tuition assistance.

- ◆ Serve in the military for a period of eight years. This includes serving on active duty for three years, followed by service in the ARNG or USAR or the IRR.

**All applications for School Year 2007/08 must be received by the SETAF G1 office no later than Jan. 31.** The SETAF G1 office is located in bldg 3, on the second floor.

Direct questions to Katrina Reyter, SETAF G1, at 634-7454.

The SETAF G1 will board application to the SETAF commanding general for final selection by Feb. 28 to meet the submission deadline of April 1.

The complete application and procedures can be downloaded from the Web Site: [www.rotc.usaac.army.mil](http://www.rotc.usaac.army.mil).

## Vicenza Tax Center open

By Mark Christensen  
Chief, Client Services  
Office of the Staff Judge Advocate

The Vicenza Tax Center is open for business. Staffed this year with a civilian and two specially-detailed soldiers, the Tax Center will continue to offer electronic preparation and filing of state and federal income tax returns.

Changes to the IRS Tax Code this year include a credit for individuals who paid federal telephone excise taxes during the period Feb. 28-Aug. 1, 2006.

If you paid this tax during that period you can claim a credit for the actual amount paid, if you have receipts or statements proving the amount. If you paid the tax but do not have proof of the amount paid, you can claim a standard amount based on the number of exemptions you claim.

Another change this year concerns direct deposit. Tax filers who receive a refund can split the refund into two or three different accounts. An additional form is required, Form 8888, and includes the possibility of directing refunds into checking, saving, and retirement accounts.

All taxpayers should ensure they have the necessary tax documents available when visiting the Tax Center or completing a tax return.

The required documents include proof of Social Security Numbers; income statements, such as W-2s and 1099 forms; and bank account and routing numbers for direct deposit of refunds.

Taxpayers who paid for child

care, post-secondary education, or student loan interest should have proof of those expenses.

There are also benefits available for individuals who contribute to individual retirement accounts, pay for an adoption, or incur expenses to attend Reserve or National Guard drills.

Taxpayers with complicated returns can drop off their tax documents for preparation of returns.

A complicated return is one with business income or loss; 1099B or other non-1099DIV capital gain or loss; rental real estate, Schedule K1 income or loss; Puerto Rico return filing requirement; foreign earned income; foreign income tax; or prior year returns.

In most cases a dropped off return will be completed and returned within a few working days.

All services at the Vicenza Tax Center are free. Taxpayers due a refund will normally receive a direct deposit two Fridays after the return is accepted by the IRS.

Some tax preparers charge up to \$150 to prepare a simple return, and charge even more to deliver a refund in a few days. Consider carefully that paying for a quick refund is sometimes paying over 100 percent for a short-term loan.

The Vicenza Tax Center will be open for walk-in services Monday-Friday, from 9 a.m.-noon and 1-4 p.m. each day, closed on federal holidays.

Drop-off services for simple and complicated returns are available every day from 8 a.m.-noon and 1-5 p.m. Call the Vicenza Tax Center at 634-7041.

## Changes made to MEDEVAC system

U.S. Army Health Clinic Vicenza  
Press Release

Effective Jan. 2, the MEDEVAC bus to Landstuhl Regional Medical Center will depart and return in front of the commissary.

Long-term parking for those utilizing the government bus transportation will be permitted at the commissary, but ONLY through personal request from the patient movement coordinator, at 634-7777, or 0444-71-7777 from off post.

A special parking pass has been created for MEDEVAC patients only.

The bus schedule remains the same: Depart Vicenza on Mondays and Thursdays at 7:15 a.m., return to Vicenza on Tuesdays and Fridays

at approximately 9 p.m.

The MEDEVAC office now offers updated information packets to help during your stay in Germany.

The packet includes base maps and information on billeting facilities, taxi services, and more.

For details, please contact Dakasha Leonard at 634-7777, or 0444-71-7777 from off post. The MEDEVAC office hours are 10 a.m.-4:30 p.m. Monday-Wednesday and Fridays, from 1-4:30 p.m. on Thursdays.

The patient movement coordinator is available however, for emergencies and by appointment outside of the regularly scheduled hours. These hours are subject to change without advanced notification.

## Nutrition Tip from WIC Overseas

Here are some ideas to get your family to eat healthier:

a. Get the junk food out of the house! If it's not there, they won't eat it.

b. Stock the fridge with pre-

cut veggies and low fat dip – if it is convenient it will be eaten.

c. Make soda something that is only enjoyed away from home – not a regular purchase for every day consumption.

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



## Force Protection tips You, too, can combat terrorism

**USAG Vicenza Antiterrorism and Force Protection Office**  
*Special to the Outlook*

Many protective measures are common sense, but there are also specific things a person can do to protect against terrorism, such as keeping a low profile, keeping activities unpredictable and, most of all, staying alert.

Below are some tips for Soldiers, civilians and family members from the Department of Defense on combating terrorism as an individual.

### Keep a low profile, be unpredictable, and be alert

- Your dress, conduct, and mannerisms should not attract attention, especially when living overseas. Make an effort to blend into the local environment.

- Avoid publicity and do not go out in large groups.

- Stay away from civil disturbances and demonstrations.

- Learn and practice a few key phrases in the language of the country you are living in. In Italian those phrases might be: "Chiami la polizia." (Call the police.) "Chiami una

ambulanza." (Call an ambulance.) Chiami is pronounced 'key-a-me.'

"Aiuto!" (Help!) Aiuto is pronounced I-you-toe. Remember to teach these phrases to your children.

- Vary your route to and from work, and vary the time you leave and return home. Make these changes in your schedule random.

- Always let someone know where you are going, what you are doing, and when you expect to return.

- Watch for anything suspicious or out-of-place in your surroundings.

- Do not give personal information over the telephone.

If you think you are being followed, go to a pre-selected, secure area. Immediately report the incident to your force protection unit advisor, the military intelligence officer, military police, or law enforcement agencies.

On Caserma Ederle, the Military Police Desk can be reached 24 hours a day at 0444-71-7114 for off post, or 114 on post.

The toll free Italian emergency number for the MPs is 800-064-077.

The Military Intelligence Detachment duty cell phone number is 335-712-4263.

The San Bortolo Hospital patient liaison number is 0444-92-8166.

### ATFP training for Soldiers, civilians, family members

The purpose of Level I Antiterrorism training is to increase a person's awareness of terrorism and to improve the ability to apply personal protective measures.

This training is for everyone, including family members 14 years or age and older. Completion of this training meets the annual requirement for Level I antiterrorism training. Individuals receive a dated certificate which should be turned into their unit Antiterrorism officer.

The training is accessible at the Web

site: <https://atlevel1.dtic.mil/at> and is available from non-DoD computer systems, such as your home computer.

The Antiterrorism/Force Protection Office hosts a semi-monthly meeting with unit antiterrorism officers. Dates and times are available from the SETAF Antiterrorism officer, Darryl Bowman, at [Darryl.Bowman@setaf.army.mil](mailto:Darryl.Bowman@setaf.army.mil), or the USAG Vicenza AT/FP office, Larry Kilgore or Pat Hooper at 634-8288/8489, located in bldg 4B, in the back of the MP station. The post is currently at FPCON B.

## At your service

by Laura Kreider

**Name:** Dakasha Leonard

**Organization:** US Army Health Clinic- Vicenza MEDEVAC Office

**Job title:** Patient Movement coordinator

**How long in Vicenza:** October 2006

**What do you do for the community:** As the Patient Movement coordinator, I offer patient

support to active duty and retired soldiers, their dependants, DoD civilians, and other government contractors in Vicenza. Our patients are often referred to other healthcare facilities in Europe and the states that offer services and provide specialties



that we do not have here in our clinic. Finally, I arrange transportation needed to get you there! I correlate patient appointments with other facilities and provide patients with necessary information for traveling from Vicenza to their appointments.

The office is open Monday-Friday 10 a.m.-4:30 p.m. I am available outside of the office hours by appointment.

If there are questions regarding patient movement, call 634-7777, or 0444 -71 7777 from off post, or by e-mail at [Dakasha.leonard@amedd.army.mil](mailto:Dakasha.leonard@amedd.army.mil).

## Italian workforce, U.S. civilians receive update from Helmick

**Sgt. David Hopkins**  
*SETAF Public Affairs Office*

Italian government, is anticipated later this month.

Helmick tried to ease the minds of the Italian workers by speaking positively about the 173d staying in Vicenza.

"All of this is happening for a reason," said Helmick. "We want to be here. You want us here. We have done all we can. When the decision is made by your government we will let you know and we will make a plan."

The U.S. government and the local government support the consolidation of the 173d in Vicenza, but the decision is not theirs to make.

Helmick said he believes there will be a decision made by Jan. 19. "The sole decision with all this lies with the Italian government," he said.

The local workforce is concerned about keeping the 173d in Vicenza and has made their wishes heard.

"We have collected more than 10,000 signatures from the local community in support of keeping [the 173d] here," said Sarah Peruffo, program analyst for DPW and a union representative.

When a decision is made, there will be another meeting to inform everyone and let them know what the plans are for the future of the installation.

"I'm still optimistic [about the 173d staying in Vicenza]," said Helmick. "I will never quit on you. Until your government says, no, we are going forward. We don't want to let you down and we don't want to let the Soldiers down."

Maj. Gen. Frank G. Helmick, SETAF commander, addressed Italian workers in the post theater Thursday, and the U.S. civilian workforce Friday to discuss issues on the installation and answer questions about the future of Caserma Ederle.

During the Thursday meeting, which lasted about an hour, he addressed issues that affect workers and allowed them to ask questions about the installation and their future here.

"I made a promise to speak with you every quarter and here we are," said Helmick. "You are all very important to what we do here and we can't function without you."

Every seat in the theater was filled and people lined the aisles to find out if Helmick could answer some of their questions.

Before getting to the questions about Dal Molin, the biggest issue on everyone's mind, Helmick recognized five local national workers for outstanding performance. Additionally he stressed the importance of the bond between SETAF and the local community.

"I want you to know that we are doing our best to get the local community involved in all we do here," said Helmick. He went on to explain several post exercises, which involve Italian workers, and future projects will involve them.

When the topic of Dal Molin came up, Helmick explained how his views have changed since first arriving in Vicenza.

"When I first came here I didn't care where we consolidated the 173d," said Helmick. "I have since come online and really want to do it here."

The focus of most of the questions dealt with the concerns about the Italian government's decision to allow the construction at Dal Molin for the future consolidation of the 173d Airborne Brigade Combat Team. The final decision, which will be made by the



SETAF commander, Maj. Gen. Frank G. Helmick (right) takes a question from an Italian post worker after a briefing Thursday. The purpose of the briefings to post workers was to update them on various issues affecting Caserma Ederle. (Photo by Sgt. David Hopkins, SETAF Public Affairs)

## Health Promotions offers Train-the-trainer class for smoking cessation workshops

**U.S. Army Center for Health Promotion and Preventive Medicine-Europe**  
*Press Release*

The Center for Health Promotion and Preventive Medicine-Europe will conduct an eight-hour Tobacco Cessation 'Train the Trainer' workshop from 8 a.m.-5 p.m. Jan. 23. The training takes place in the U.S. Army Health Clinic Vicenza clinic classroom.

The objectives of the training are:

- Describe the philosophy and how the clinic program is designed to support individuals in making a challenging health behavior change.

- Identify and demonstrate the factors that motivate and empower adults to attempt behavioral change, both as individuals and as members of a group program.

- Demonstrate the experiential learning cycle and facilitation skills.

- Examine and demonstrate communication skills needed for success in facilitating the clinic program.

- Review the clinic program "Nuts and

Bolts" section: structure, format, content, and program administrative/marketing.

- Apply the learning principles of the Training Workshop to the content of the Clinic Program through actually practicing these skills.

- Review ERM Regulation No. 40-17 (May 2001), Tobacco Cessation with Pharmacological Therapy, and the ERM Balanced Scorecard metric for evaluation of the classes.

All workshop materials and manuals will be paid for and provided by USACHPPM-EUR Department of Health Promotion and Wellness.

Participants will receive continuing education units/credits for the course. Upon completion of the workshop and passing a "teachback", the participant will be certified as an American Lung Association Tobacco Cessation instructor.

Attire for the workshop is civilian clothing.

For details, or questions about the course, contact Lesley Gómez at 634-8828 or e-mail [lesley.gomez@SETAF.army.mil](mailto:lesley.gomez@SETAF.army.mil).

## The Outlook

Jan. 16, 2007 Vol. 40, Issue 2

**SETAF Commander**  
Maj. Gen. Frank G. Helmick

**USAG Vicenza Commander and Publisher**  
Col. Virgil S. L. Williams

**Editor**  
Diana Bahr

*The Outlook* is an unofficial publication authorized and provided by AR 360-1.

All editorial content of *The Outlook* is prepared, edited, provided and approved by the U.S. Army Garrison Vicenza Public Affairs Office in building 3 on Caserma Ederle in Vicenza, Italy. Telephone

DSN 634-7000, FAX 634-7543, off post at 0444-71-7000, fax 0444-71-7543.

E-mail: [editor@setaf.army.mil](mailto:editor@setaf.army.mil)

*The Outlook* is published weekly by the USAG Vicenza PAO, Unit 31401, Box 10, APOAE 09630. It is printed by Centro Stampa Editoriale SRL, Grignano (VI) 0444-414-303.

Editorial publication is an authorized section for members of the U.S. Army overseas. Contents of *The Outlook* are not necessarily the official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army, Installation Management Command-Europe, U.S. Army Garrison Vicenza or the U.S. Army Southern European Task Force.

**Submissions:** Send all submission for publication to [editor@eur.army.mil](mailto:editor@eur.army.mil). Submissions should be made via e-mail and must be received by Wednesday at noon for the following week's publication. The editor reserves the right to edit all submissions for style, brevity and clarity. Circulation is 2,500.





Sgt. 1st Class Tracy Jordan, Central Processing Facility NCOIC, addressed the community as the guest speaker in the event at the Ederle Theater. Jordan read a poem, an inspirational tribute that she combined with another she composed in 2003. "I will never forget this day, because I was part of it," said Jordan. "When I was old enough to understand what Dr. King fought for, what he did, [when he died I was only three years old] I began to understand that I could do anything, with the power that this man had, and influence that he had over not just a couple people, but the entire country, I knew if he could do it, I could do it; so it inspired me to not just write a poem about him but a lot of what he went through," she said after the event. "His teaching had taught me to be more understanding, more patient to the fact that there are a lot of people that still have not been cultured have not been among other people outside of their races, so I have learned that I have to be patient, I have to address every situation, every culture in a very positive way."

## Community members honor memory, works of Dr. Martin Luther King Jr. with tribute, march



Caserna Ederle preschoolers and family members walk down Olson Avenue as part of the events held on Caserna Ederle to commemorate the life and legacy of Dr. Martin Luther King Jr. King was assassinated by James Earl Ray while he stood on a balcony of a motel room in Memphis, Tenn., on April 4, 1968, the day after giving his memorial, "I have been to the mountain top" speech. The Remembrance March took place Thursday after a speech by USAG Vicenza commander Col. Virgil S. L. Williams, which was followed by a tribute from Sgt. 1st Class Tracy Jordan to the slain civil rights leader. The march ended at the post chapel with a cake cutting ceremony. (Photos by Laura Kreider, Outlook Staff)

*Don't expect to hear show tunes from this group!*

## Not your ordinary 'Soldier's Band'

By Diana Bahr

USAG Vicenza Public Affairs

Like all Soldiers on Caserna Ederle, they do physical training, work on their individual and team Soldier skills, and perform their assigned duties. But that's just during the day... come night time, they turn into...

*Epitaphs for Alibis* – a head-banging, lyric-screaming local band.

"It's hard to describe our music," said band member Joseph Willie. "It has elements of punk and metal. The vocals are very Emo, but the screams make it very aggressive."

That's the name of the band featuring Vicenza Soldiers Jerry Gross, Melissa Potter, Roger McDavid and Willie.

*Epitaphs for Alibis* came together when Gross talked to Potter about forming a band. Gross plays rhythm guitar and sings, while Potter plays bass when not working as a member of the 13th Military Police Company.

Gross had played in punk bands previously and Potter had done acoustic sets for small clubs, according to Willie.

In the meantime, McDavid (who plays lead guitar) and Willie had played in a heavy-metal band for about two years,

and were currently a two-man band, but were looking to join up with other musicians to form a new band.

The band has been together for about four months and practices several times a week in the garage at Willie's house. "Much of our music is original," said Willie. "Jerry already had about 10 songs written already when he got into the band and every thing just took off from there."

Locally *Epitaphs for Alibis* has played at Club V several times, as well as at off post bars, according to Willie, who – when not beating the drums and singing – is a member of the 13th Military Police Company.

Bands are known for having unusual names, and *Epitaphs for Alibis* certainly follows in that vein.

"The name *Epitaphs for Alibis* comes from people's tendency to rally behind people's deaths," said Willie, "and using those deaths as an excuse to further a cause—instead of truly honoring the people who died."

The band is recording a CD and hope to complete the project with help from Barry Robinson, recreation specialist, at Soldiers' Theatre.

"We've also had inquires from someone who is interesting in managing the band and helping them get into bigger venues, such as Gasoline and Jesolo Beach," said Willie. "Things are



Above: Roger McDavid, lead guitarist for the local band, *Epitaphs for Alibis*, plays during a set for Club V's Halloween party. (Photo courtesy of *Epitaphs for Alibis*)

looking good and looking up for the band."

In the meantime, community members who are interested in listening to the band perform, can contact Willie at [joseph.willie@us.army.mil](mailto:joseph.willie@us.army.mil) for venues and dates.



Above: *Epitaphs for Alibis* drummer/vocalist, Joe Willie, plays for the crowd at the Club Veneto Halloween party. Before joining *Epitaphs for Alibis*, he and friend Roger McDavid were members of a heavy-metal band together. (Photo courtesy of *Epitaphs for Alibis*) At right: Jerry Gross (left), Willie (on drums) and Melissa Potter on bass, play for the crowd at the Halloween party held at Club Veneto. (Photo by Diana Bahr, USAG Vicenza Public Affairs)





*Stress doesn't have to stink***Non-traditional stress classes at Camp Darby ACS**

Story and photo by Staff Sgt. Joyce Costello  
USAG Livorno Public Affairs

If your annoying neighbors are visiting you, the kids are climbing up the wall and you feel like using a chainsaw to redecorate your living room – now is a good time to stimulate your nose. The smell of citrus, particularly grapefruit, is a stimulant that makes people feel happy.

“Aromatherapy is marketed as something that smells good and makes you feel relaxed,” Staff Sgt. Rachel Youkey informed the participants at the Army Community Service Stress class. “But in reality, it is really the use of oils for medical purposes.”

Rachel explains that two drops of lavender will help speed up the healing of burns, which comes in handy if you scalded yourself making dinner.

Marjoram is actually an anti-aphrodisiac which can help you get more rest. And, peppermint can aid indigestion and help sore feet, according to Youkey.

Before Youkey learned about

aromatherapy, she said she was very scientific-minded and followed strict Western medicine practices.

But, as she sought alternative ways to solve a skin problem she developed, she also developed a healthy respect for Eastern medicine.

So much so that she became certified in the United States and opened an incense and mixed blend shop called “Common Scents Store.”

When she was assigned to Camp Darby she was determined to keep sharing her knowledge with others who could benefit.

“I’m glad I got to take this class,” said participant Colleen Eisnaugle. “Now, instead of being stressed about my guests all getting along, I can strategically place certain scents around the house.”

Scents can be dispersed on cotton balls or pieces of paper around the house. Or you can mix the essential oils into lotions and put it on your hands, top of shoulders and feet.

“If you’re stressed out, there is a 75 percent chance that essential oils can help you

because they target the actual physical symptoms of stress.

“Everyone goes through some level of stress and aromatherapy can be really helpful,” added Youkey. “Just be sure to remember that certain essential oils can affect pets and children.”

The next free Aromatherapy class is Jan. 17 at 11:30 in the ACS building.



**Aromatherapy oils can make a great gift. The Camp Darby Second Hand Thrift store has 39 different blends available.**

*New speed traps*

By Barbara Ranieri

USAG Livorno

Community Affairs Advisor

Twelve new Italian autovelox machines are being installed on the highway (SGC FI-PI-LI) connecting Florence, Pisa and Livorno. These photo radar machines take photos of vehicles exceeding the speed limit.

Locations of the boxes is available online because the purpose of the autovelox is to encourage motorists to moderate the speed and respect the limits in areas that have had a large amount of accidents due to speed.

The SGC, unlike the autostrade, has a speed limit of 90km in most areas. Fines in Pisa can range from 36 euros up to 370 euro. Also, you can expect to lose your Italian driving privileges for one to three months.

Motorists caught exceeding the speed limit by the autovelox machines will receive a ticket in the mail at either the CMR or their local Italian address.

*Camp Darby Soldier of the Quarter recognized*

Spc. James Wassom receives an Army Achievement Medal from Lt. Col. Stephen Sicinski for winning the Camp Darby's Soldier of the First Quarter fiscal year 2007 competition. He also received a Garrison Coin for excellence, two gift certificates for the commissary courtesy of the Livorno commissary, a \$50 award presentation from Global Credit Union and a plaque. Wassom is a laboratory technician from the Livorno Health Clinic. (Photo by Staff Sgt. Joyce Costello, USAG Livorno Public Affairs)

*Camp Darby unit supports SETAF*

Pasquale Corradini, an Italian employee working for the 3rd Battalion, 405th Army Field Support Brigade, based in Livorno, works to reset a SETAF HMMWV from their mission in Afghanistan. The reset of equipment is a long and involved process that ensures equipment is cleaned and repaired to standard. The reset work is just one of many missions that the 3-405th AFSB does to support SETAF. When SETAF is deployed, the battalion is responsible for maintaining the equipment left behind. (Photo by Emma Sardella, 3-405 AFSB Quality Assurance)



# Out & About



By Dorothy Spagnuolo

## Exhibitions

**Vicenza** – The 'Vicenzaoro Winter' gold show is taking place through Jan. 21 at the exhibition grounds located near the Vicenza west autostrada exit. This international exhibition of gold, jewellery, silverware and watches is entrance for 'trade only.'

**Padova** – The 12th International Bikers Expo is Jan. 19-21 at the exhibition grounds.

Among its many novelties, this edition is characterised by the increased importance given to Road and Racing Motorbikes and accessories.

Many motorcycle companies and teams operating in the sporting sector of the two wheels of every field, from cross-country motorbikes to GPs to Super bikes will be present.

Also available are clothing, customizers, airbrushers, accessories, tattoos, books and magazines. Special events include contest bike shows.

The full program can be found on [www.bike-expo.it](http://www.bike-expo.it)

Open each day from 9 a.m.-8 p.m., entrance fee is 15 euro. The grounds are located after exiting the Padova east autostrada exit and following the signs for the 'International Bikers Expo.'

**Verona** – *Viva la Casa*, an exhibition of furnishing, home accessories and wedding articles is set for Jan. 19-21, and Jan. 26-28.

Held at the exhibition grounds, find sections of contemporary furniture and design.

Open Jan. 19 and 26 from 4-10 p.m., entrance fee 4 euro; Jan. 20, 21 and 27, 28 from 10 a.m. - 7 p.m. entrance fee 7 euro.

The exhibition grounds are located near the Verona south autostrada exit.

## Carnival time

Carnival in Italy takes place in February and dates are not the same for every city; as the cities make final plans for their celebration we will publicize them large or small though they be:

**Malo:** Located 17 km from

Vicenza, carnival parades are Feb. 4, 11, 18 and 20 there is an entrance fee.

**Venice:** Dates are Feb. 9-20, the official opening is Feb. 11 in St. Mark's Square with the 'Flight of the Angel,' at noon. This will also be televised on RAI TV;

**Ivrea:** To see a different kind of Carnival, Ivrea, located in the province of Torino, celebrates this period with 'orange battles.'

These battles are fought following strict rules in the squares of the town center.

There are teams on carts drawn by two or four horses which engage in battle with teams of orange throwers on foot which number hundreds of members.

Oranges are paid for personally by each participant. The fights take place on Feb. 18, 19 and 20 at 2:15 p.m. Details are in English on [www.carnevaldiivrea.it](http://www.carnevaldiivrea.it)

## Venice public transport

For a real sense of the city of **Venice**, before *Carnevale* which is Feb. 18-28, wandering through the tiny side streets, over hump-backed bridges and into pocket-sized piazzas is a must for visitors.

But if time is of the essence, visitors should consider using the extensive network of water buses, *vaporetti*, operated by Venice's transportation company.

Details are found on the Web site: [www.actv.it](http://www.actv.it), also in English.

## Outlet shopping

There are several factory outlet centers in Italy – a few are:

**Mantova:** In the 'Fashion Outlet,' find the latest in clothes, shoes, sportswear and more with brand names such as Miss Sixty, Calzedonia, LJ; Gucci, Valentino, Tommy and others.

There are also bars and restaurants available.

Open Monday-Friday 10 a.m.-7 p.m. Saturday-Sunday 10 a.m.-8 p.m.

Directions leave the autostrada at Mantova sud and follow signs

for 'Fashion Outlet.'

**Serravalle Scrivia:** 'McArthur Glen Outlet' has more than 170 stores, including some of the world's best-known names in fashion, sport and homewares to include Clarks/Lacoste, Levi's/Dockers, Nike, Fiorucci and more.

Open Monday-Friday 10 a.m.-7 p.m., Saturday-Sunday 10 a.m.-8 p.m.

Directions are at: [www.serravalle.mcarthurglen.it](http://www.serravalle.mcarthurglen.it)

There is another 'McArthur' outlet located between Bologna-Florence, exit Barberino di Mugello. With 95 stores, it's open Tuesday-Friday 10 a.m.-8 p.m., and weekends 10 a.m.-9 p.m.

**Mendrisio:** 'Fox Town' is located on Via Maspoli 28, very close to the border between Italy and Switzerland.

There are 140 top Italian and international brands, a bar, restaurants, and an ATM.

Open everyday 11 a.m.- 7 p.m. Check out the website: [www.foxtown.ch](http://www.foxtown.ch) for directions.

**S. Pietro di Legnago:** A little nearer (in the province of Verona), but much smaller, is a factory outlet by the Max Mara group - a fashionable women's store.

For an idea of prices and what is on sale check out [www.diffusione tessile.it](http://www.diffusione tessile.it) although in Italian, it's easy enough to understand. Click on 'punti vendita' for directions.

Open Tuesday-Friday 9:30 a.m.-1 p.m. and 3-7:30 p.m., open all day on Saturday, and open Monday afternoons.

**Castel Guelfo:** Outlet City, with 49 stores, is located 25 km east of Bologna on the A14.

Exit at Castel San Pietro Terme and follow directions.

Open Monday 2-7:30 p.m. Tuesday-Friday 10 a.m.-7:30 p.m.; weekends 10 a.m.-8:30 p.m.

**Ospitaletto:** The Outlet Village Franciacorta has 160 stores and is located near Brescia

Sales are going on through March 7 and stores are open Monday through Sunday from 10 a.m.-8 p.m.

Find details at the Web site: [www.franciacortaoutlet.it](http://www.franciacortaoutlet.it)

# Now Showing

## Caserna Ederle Theater

Jan. 16	CLOSED	
Jan. 17	Borat (R)	7 p.m.
Jan. 18	Borat (R)	4 p.m.
Jan. 19	Eragon (PG)	7 p.m.
	Code Name: The Cleaner (PG13)	10 p.m.
Jan. 20	Eragon (PG)	4 p.m.
	We are Marshall (PG13)	7 p.m.
Jan. 21	Code Name: The Cleaner (PG13)	4 p.m.
	We are Marshall (PG13)	7 p.m.
Jan. 22	CLOSED	
Jan. 23	CLOSED	

## Camp Darby Theater

Jan. 18	The Pursuit of Happyness (PG13)	6 p.m.
Jan. 19	Let's Go to Prison (R)	6 p.m.
Jan. 20	Employee of the Month (PG13)	6 p.m.
Jan. 21	Everyone's Hero (G)	2 p.m.

## Movie Synopsis

**BORAT** - *Sacha Baron Cohan, Kenneth Davitian*. Borat Sagdiyev, Kazakhstan's sixth most famous man and a leading journalist from the State run TV network, travels from his home in Kazakhstan to the U.S. to make a documentary. On his cross-country road-trip, Borat meets real people in real situations with hysterical consequences.

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

**CODE NAME: THE CLEANER** - *Cedric The Entertainer, Elizabeth Hurley*. An amnesiac janitor, who is duped into thinking he is an undercover agent, is subconsciously carrying a secret that can link the FBI with an arms scandal.

**THE PURSUIT OF HAPPYNESS** - *Will Smith, Thandie Newton*. Chris Gardner is a bright and talented, but marginally employed salesman. Struggling to make ends meet, Gardner finds himself and his five-year-old son evicted from their San Francisco apartment with nowhere to go. When Gardner lands an internship at a prestigious stock brokerage firm, he and his son endure many hardships, including living in shelters, in pursuit of his dream of a better life for the two of them.

**WE ARE MARSHALL** - *Matthew McConaughey, Matthew Fox*. A true story about a small town steeped in the rich tradition of college football. For decades, players, coaches, fans and families came together to cheer on Marshall University's "Thundering Herd". One night in 1970, while traveling back to Huntington after a game in North Carolina, 75 members of Marshall's football team and coaching staff were killed in a plane crash. As those left behind struggle to cope with the devastating loss of their loved ones, the grieving families found hope and strength in the leadership of Jack Lengyel, a young coach who was determined to rebuild Marshall's football program and in the process helped to heal a community.

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

## Classified Ads

**Editor's Note:** Caserma Ederle community members may place free classified ads (**not personal or personal services ads**) on the MWR Web site: [www.vicenzamwr.com/marketplace](http://www.vicenzamwr.com/marketplace). Every Tuesday at noon, *The Outlook* editor goes to the MWR Web site and copies the ads, which appear in *The Outlook* one week later. **The Outlook and Directorate of MWR are not responsible for any errors in the advertisement.**

Photos accompanying the advertisement will not appear in *The Outlook*.

Because *The Outlook* has limited amount of space available, editing of the classified ad may take place.

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

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

**3 Seat sofa** - Like new, \$325.

**Wanted:** Women's Roxy Snowboard.

**Modified Xbox:** Plays all region games and DVDs.

**Raichle Swiss ski boots:** Never used. \$45.

**THULE Sweden Magnum auto ski rack:** Excellent condition. \$35.

**Circular saw:** New. \$35.

**Elta portable bathroom heater:** New, 220-50Hz, \$10.

**Portable heater:** DeLonghi, 220 v/50 hz. \$10.

**Roller blades:** Child sz 7, \$20. Women's sz 10, \$35.

**Ride Wanted:** Transportation for my child to post.

**Dog wanted:** Irish Setter or Bernese Mountain dog.

**DeLonghi air conditioner:** 300 Euro.

**Transformers:** Have 4, 75w, \$20 each.

**96 Fiat Coupe Pininfarina:** Fast yellow sports car. \$5,000, OBO.

**Rocker wanted:** Looking for a rocker/glider.

**Salvador Dali painting:** The

Temptation of St. Anthony Re-created on canvas. \$100.

**Dog wanted:** Looking for a medium to large dog as a playmate for my large dog.

**Opel Astra convertible:** 1995, perfect condition, loaded. \$2,500.

**1991 Ford Fiesta:** Good condition. \$800.

**Free Kitten wanted.**

**Dog wanted:** Looking for Siberian husky or German shepard, free or reasonably priced.

**Double jogging stroller:** Never used. \$100.

**Graco Pack N' Play:** \$30.

**Car seat and stroller combo:** \$75.

**1994 Opel Vectra:** Good condition, \$2,000, OBO.

**1994 Lancia Y10:** 950 euro.

**Computer desk and file cabinet:** \$25 for both

**Two grills:** \$25 for both.

**Mower/Yard equipment:** \$25 for mower, hoses, gas can, etc.

**Transformers:** Two 300w, and one 75w. \$50 for all.



## Fitness center adds BodyPump class

*Still procrastinating on that New Year's fitness resolution?*

Story and photos

By Diana Bahr

USAG Vicenza Public Affairs

About 30 community members were lifting weights instead of burgers during lunch Wednesday. The event was a free introductory lesson in the latest addition to the fitness center's list of aerobic activities – BodyPump.

"I wanted something new and exciting for the community," said Joe Reeder, fitness coordinator for the post gym. "I have an instructor who has taught BodyPump in the states and she was so enthused about it, she convinced me that it was the best thing in the world. I went to the Fitness Expo in Firenze this summer and I tried it. I sold management on it and the rest is history."

That fitness instructor is Amy Kerssick and many community members may know her from her Spin and Kickboxing classes in the fitness center.

"I am certified to teach step, BodyStep, Ball and Band, stretching, yoga, Pilates, circuit training, pre/ post natal fitness, children, swimming... you name it!" laughed Kerssick. "BodyPump is the original barbell class. In one hour, you work all major muscle groups, burning up to 600 calories a class."

"My favorite part of BodyPump is the camaraderie of the class," continued Kerssick. "If you are beginner, an experienced fitness fanatic, or someone returning to fitness, we are all in it together. It is truly a group effort in this class. We are all feeling the same thing, and we can all relate."

While the moves in BodyPump look simple, it's the addition of the weights that make the difference. Within 10-15 minutes, many participants had beads of sweat forming across their foreheads and staining the backs of their T-shirts.

"This is wonderful!" puffed Mandy Beavers as she lifted a barbell. "It's easy to follow and is a class I'll continue. I had a baby 18 months ago and it's time for the rest of the baby fat to go!"

A veteran of post fitness classes, Lucia Soliman, agreed with Beavers, adding, "This really is challenging! I currently do Pilates,



**BodyPump instructors lead the crowd of more than 30 lunchtime participants in mat exercises. It was part of the free BodyPump introductory class held Wednesday in the fitness center gym. BodyPump is offered six days a week at various times. Call the fitness center at 634-7616 for times.**

which is good for my back and low-impact. I'm going to combine the two classes and get a total workout."

Kerssick has advice to folks who are new to BodyPump, or working out in general.

"Just set realistic goals," she said. "There are ideal goals and realistic goals. We all have ideal goals — what we want yesterday, but setting realistic goals will get the job done."

"And if someone is new to working out and joins BodyPump, the recommendation is one class per week to get used to it. Then you can move to twice a week. But never

more than three times a week," she said.

BodyPump is offered Monday-Friday at various times. Contact the fitness center at 634-7616 for times.



**BodyPump class participants work on squats. "I think the squat is the most challenging part of the class," said Joe Reeder, fitness center coordinator, "because that set the precedence for loading all of your weights during the rest of the class." Free BodyPump classes were held Wednesday morning, noon and evening to give the community an idea of what kind of a workout they'd get from the class.**



**Above: A veteran of post fitness classes performs situps during the free BodyPump class Wednesday. "This really is challenging! I currently do Pilates, which is good for my back and low-impact. I'm going to combine the two classes and get a total workout, she said."**



**BodyPump class participants choose their level of comfort while performing lunges with weights.**