



What's Inside

Garrison news
pages 2 & 3

Recent study shows
smoking is no
stress reducer

Community news
page 5

14th Trans. troops shore
up skills during Warrior
Challenge

Community notes
pages 6 & 7

OUT & ABOUT: A listing
of local concerts,
festivals and events

Movie Schedule

Sports
page 8

173rd's Madgic
competes in Army
10-Miler in D.C.

DRIVERS BEWARE

Due to urgent construction in the tunnels between Vicenza Ovest and Vicenza Est, the autostrada A4 westbound lane toward Milan will be closed from 9 p.m. Wednesday to 6 a.m. Thursday and again from 9 p.m. Thursday to 6 a.m. Friday.

The Tangenziale westbound lane from Torri di Quartesolo toward Vicenza will be closed from 9 p.m. Friday until 6 a.m. Saturday. The Tangenziale eastbound lane from Vicenza Ovest toward Torri di Quartesolo will be closed from 9 p.m. Saturday to 6 a.m. Sunday.



TRAVEL IN STYLE

European cruise vacations don't have to break the bank. Fun, affordable trips to exotic locations can be had.

See Travel Page 4



Photo by Stacy Whitworth

TROOP SUPPORT: Members of Daisy Troop 69 presented a handmade banner to 173rd Airborne Brigade Combat Team Soldiers Nov. 18. Showing their support to the deploying unit, Daisy co-leader Barbara Werner made the official presentation to Sgt. Maj. Ruben Diaz. After the presentation the Soldiers joined the girls in a friendship circle where they sang "Make New Friends."

Local DES leaders boost garrison know-how

By TOM SAUNDERS
IMCOM Europe PAO

USAG Vicenza's emergency services have been reinforced, thanks to Adeal Frater, the installation's deputy director of emergency services and provost marshal, and Sgt. 1st Class Kristopher Moeller, DES provost sergeant.

Frater and Moeller were two of 26 Installation Management Command-Europe DES and provost marshal senior leaders who graduated from a two-week law enforcement senior leadership Course Nov. 6, marking the successful completion of the first-ever

class conducted overseas.

A two-person mobile training team from the U.S. Army Military Police School at Fort Leonard Wood, Mo., brought the classroom to Europe as part of a two-pronged IMCOM initiative to provide more cost effective training and to bolster the capability and knowledge of DES and OPM personnel globally.

Frater said the course covered all the bases.

"It really brought everything all together. I'm up-to-date on new requirements, we looked at Army policy, we looked at how

See FRATER Page 3



Photo by Sigurd Mack

Staff Sgt. Timothy McCullough from USAG Brussels (left) and Master Sgt. John Gillespie of USAG Benelux attack a simulated fire during the law enforcement senior leadership course at the Army Airfield Fire Department in Heidelberg earlier this month.

Month of the Military Family

USAG Vicenza PAO staff report

"No one pays a higher price for our freedom than members of our nation's military and their families. As sons and daughters, husbands and wives, and mothers and fathers are deployed, military families endure with exceptional resilience and courage," said President Barack Obama in his 2009 Month of the Military Family proclamation.

"They provide our troops with invaluable encouragement and love, and serve our nation in their own right. During Military Family Month, we honor the families of our Armed Forces and thank them for their dedication to our country," said Obama.

In his proclamation, Obama calls on all Americans



Barack Obama

said ensuring military families receive respect and support is a top priority."

See MONTH Page 2

HooahMail could mean same-day delivery for letters to Afghanistan

By C. TODD LOPEZ
Army News Service

The Army's HooahMail program makes it possible for friends and family members to put a paper letter and photograph into the hands of their

loved ones in Afghanistan, in some cases, the same day it's sent.

The one-year pilot program becomes available Dec. 1 and makes use of the Internet combined with physical mail delivery to create

See ARMY'S Page 5



Photo by Laura Kreider

MEETING MY MAYOR

USAG Vicenza's Sgt. Daniel Burke met with his Monteviale mayor, Giuseppe Danielli, during the garrison's Meet the Mayors Day at the post gym Friday.

Great American Smokout 2009

Smoking reduces stress? Think again

Study: Soldiers who smoke report significantly higher stress levels

By **MARCIE BIRK**

U.S. Army Center for Health
Promotion and Preventive Medicine

Soldiers face stresses unique to their occupation. Time away from home, deployments and heavy workloads cause Soldiers to feel substantial work-related stress.

The Army offers a wide variety of stress management tools ranging from recreational opportunities to behavioral health services.

In the past, smoking breaks were also offered as a stress management tool. While smoking breaks are no longer officially given, many Soldiers continue to smoke and use tobacco because they believe it helps them deal with stress.

However, research shows that nicotine does not reduce feelings of stress. In fact, nicotine-addicted individuals need nicotine simply to feel normal. Studies show that what appears to be the relaxing effect of smoking is really a reversal of the tension and irritability that develop when nicotine levels in the blood are falling. Because of the addiction to nicotine, regular tobacco users feel heightened stress between each use of tobacco. This negative mood is repeated throughout the day, making tobacco users feel above-average levels of daily stress. A recent study found that military members who use tobacco to specifically reduce stress reported significantly higher stress levels than those who did not use

tobacco.

The physical, mental and emotional changes that result from nicotine addiction make tobacco users even more vulnerable to feelings of stress while under pressure. In fact, just the thought of losing their "fix" can cause tobacco users to feel stressed.

This response could reduce a Soldier's ability to focus and adversely impact mission performance. Nicotine withdrawal symptoms such as irritability, anger, frustration, anxiety, depression, impaired concentration and restlessness are not compatible with military duties that depend on concentration, critical thought or alertness.

Bottom line: Tobacco use increases

stress. Studies have found that former tobacco users are less stressed than current tobacco users. The first step the tobacco user should take when trying to reduce stress is to quit tobacco.

Quit tobacco resources can be found at www.UCanQuit2.org. For more information on tobacco and stress, visit these Web sites:

■ www.apa.org/releases/smoke_stress.html

■ http://findarticles.com/p/articles/mi_qa3912/is_200803/ai_n25139850/

Community members can make an appointment with a care provider at the U.S. Army Health Center Vicenza to participate in the smoking cessation program, which may include classes and cessation pills.

Month of the Military Family 2009

continued from Page 1

to honor military families through private actions and public service for the tremendous contributions they make in the support of service members and our nation.

And as military communities across the globe highlight activities that support our families, the U.S. military community in Vicenza is reminded that these programs are a small sampling of the services offered day to day at garrisons throughout the world.

For example:

■ USAG Vicenza's SKIES

program offers a variety of instructional programs for youth ages 12 months to 18 years old. Programs include music lessons, dance, cooking and martial arts.

■ Our AFTB program provides family training and readiness that provides participants with an understanding of Army culture and the skills; and

■ FRGs support our families on a daily basis by providing information and support to spouses during deployment;

USAG Vicenza also supports its families with:

■ Financial readiness classes that help Soldiers and their Families achieve financial self-sufficiency and independence;

■ Classes that reinforce healthy parenting skills for first-time and experienced parents;

■ A family advocacy program, which provides stress management, anger management, marriage and parenting classes for both singles and couples. Family Advocacy Program also provides family enrichment activities to promote healthy family interactions;

■ An exceptional family member program that advocate

for family members who have special needs; as they transition in, while they are here, and to transition to their next duty station;

■ Newcomer orientations that help individuals adjust to their new environments; and

■ Mental health and wellness classes for the mind and body.

And the list goes on and on. "We are committed to serving those who serve and sacrifice so much for us daily, specifically the U.S. military community in Vicenza," said the installation's ACS director, Marva Dixon.

"Though only a small

percentage of our nation's population, our troops bear the great responsibility of protecting our people," said Obama in the proclamation. "They, along with their families, serve us every day with courage and dignity. Ensuring that military families receive the respect they deserve and the support they have earned is a top priority for my administration. The strength of our nation is measured not just by our success on the battlefield, but also by our ability to support those families who have made so many sacrifices for us."

Speak Out

What are you thankful for this year ?



Warrant Officer Rosanny M. Del Carmen
14th Trans. Bn.

"For my health and for being part of a great community. It is a great blessing to be stationed in Vicenza, Italy."



Vincenzo Di Somma
24-Hour Photo Lab

"I am thankful for the birth of my second daughter."



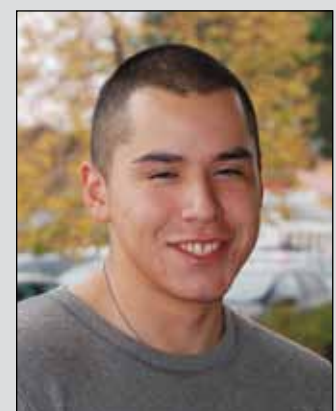
Sgt. 1st Class Koumphakan Singkhan & wife Laurie Dailey Singkhan
HHC, 1-503rd

"I am thankful for getting to come to Italy to visit my husband before his deployment."



Sgt. Antuan Snead, wife Deidre, Cameron & Antuan II
HHC, 173rd ABCT

"We are thankful for family, being able to be together."



Pfc. Justin M. Villareal
HHD, 14th Trans. Bn.

"That all of my comrades came home with me and that the overall health and morale of my unit is up."

Don't miss a chance to give! The Combined Federal Campaign is ongoing. Call 634-7673.

Saying farewell



Photos by Annette Fournier

(At left) Maj. Jay Baker, Headquarters and Headquarters Company, 173rd Airborne Brigade Combat Team and wife Colleen embrace as they say goodbye Monday. Baker and other Soldiers of the 173rd departed for their year-long deployment to Afghanistan. (At right) HHC Soldiers and the advance teams for 1- and 2-503 Infantry, 173rd ABCT, load up moments before departure. The U.S. Army Garrison Vicenza is supporting all phases of the deployment, from pre-deployment processing to movement to the airfield.

Frater, Moeller reinforce emergency services

continued from Page 1

“the fire services work, we talked about how to get resources,” he said. “We learned a lot of things from each other, the group, that we can take home and use. We got a lot of information, but we also shared problems and shared solutions. This course makes sense.”

Frater said the course gave him a better understanding of how to integrate components of the DES, like setting up incident command posts for any type of incident and better understanding for planning, organizing and administrating the seven programs the DES is responsible for.

“We also discovered that DES and the provost marshal office are reporting data in different ways, resulting in military police not getting credit for some of the things they do,” said Frater. “To most of us this was a huge oversight and we were able to come up with a fix to capture data in the future.”

He said another big plus was the

experience shared for procuring equipment and knowledge of regulation with other attendees.

Once sources of pride for Frater during the conference was the discovery that “our new communication system for Darby and Vicenza is the best in the USAREUR foot print after some of the horror stories we heard about commo equipment.”

“We encouraged the USAREUR PM to have more provost marshal conferences so we can share knowledge more often,” said Frater, noting that it has been over a year since the last conference.

Instructors David Reed, USAMPS chief of the Law Enforcement

Operations Branch, and Candy Vidal, USAMPS LESEL course manager, covered a variety of subjects spanning the DES and OPM functions to include law enforcement and fire management processes, as well as resourcing, budgeting and contract management using a seminar-style teaching approach

in order to foster discussions and exchange of ideas.

Reed explained that one of the goals was to provide training that facilitated sharing of knowledge.

“This program of instruction is designed to assist provost marshals, DESs, and their

senior operational staff to better perform their law enforcement and force protection duties. It’s not as simple as a ‘how to be a police chief’ course,” said

Reed. “This was designed to provide some solid resources, encourage student discussions, and deliver an overview of the roles and expectations of senior DES and PMO personnel from an Army perspective.

Reed explained that when a course places senior civilian and military members in a venue like this, they tend to learn a great deal from each others experiences as most of them have learned a lot of what they know by doing this job.

Perhaps the most important aspect aside from the sharing of information and ideas, students indicated, was the ability to develop a “network.”

“There were a lot of great ideas and a lot of knowledge shared,” said Sgt. 1st Class Matthew Drexel, USAG Heidelberg provost sergeant. “I feel better equipped now. But, I also know now that I can go to any of the people here and say ‘I have a problem’ and I feel confident I will get some good feedback.”

‘ I also know now that I can go to any of the people here (with) a problem and get good feedback. ’

Sgt. 1st Class Matthew Drexel
USAG Heidelberg provost sergeant

The Outlook November 26, 2009 Vol. 42, Issue 46

U.S. Army Africa Commander
Maj. Gen. William B. Garrett III

USAG Vicenza Commander and Publisher
Col. Erik Daiga

USAG Vicenza Public Affairs Officer
Jon Fleshman

Editor
Adriane Foss

Photojournalist
Laura Kreider

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, room 101, on Caserma Ederle in Vicenza, Italy. Telephone DSN 634-6363, off post at 0444-71-7000 or e-mail: DL USAG Vicenza

Outlook Editor

The Outlook is published weekly by the USAG Vicenza PAO, Unit 31401, Box 10, APO AE 09630. It is printed by Centro Stampa Editoriale SRL, Grisignano (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 submissions for publication to editor@eur.army.mil. Submissions should be made via e-mail and must be received by Monday at noon for that week’s publication.

The editor reserves the right to edit all submissions for style, brevity and clarity. Circulation is 2,500 per week.

At your service USAG Vicenza Chaplaincy



Chaplain (Lt. Col.) Ken Bellinger is Caserma Ederle’s new garrison chaplain. Bellinger has served as a full-time minister for more than 30 years, having been ordained by the Christian Church (Disciples of Christ). He will mark his 20-year anniversary as an active duty chaplain for the U.S. Army Jan. 1.

“I coordinate and supervise all worship services and religious education programs,” said Bellinger, who provides services for all faith groups and oversees family life counseling services.

This is his first tour in Italy and he said he is looking forward to serving the Vicenza community and exploring the beautiful Italian countryside. His office is located at the post chapel. He can be reached Monday to Friday, 9 a.m.-5 p.m., at 634-7519 / 7472.



It's all that remains of the legendary Atlantis - one of the Greek Isles called Santorini. Luxury cruise ships from Venice stop at this tourist attraction to give visitors an opportunity to explore it. Only the island's outer rim and center volcanic island remain.

Leaving gray days for fun in the sun

Story and photos by STEVE SANDERSON
Special to the Outlook

It was your typical overcast, damp dreary day. Much like many this time of year in northern Italy before we welcome the radiant sun and snow sprinkles of December and January. My wife and I found ourselves stuck between the beauties of fall and winter, and looking for some place to go.

The Caserma Ederle Outdoor Recreation Center offered many appealing trips, but we had experienced most of them. We dashed over to SATO Travel, but they didn't have any last-minute intriguing getaways for us either.

We were becoming mildly desperate. My wife, Lori, began biting her fingernails and I was nervously running my fingers through what little hair I have left on my head. We suddenly remembered an English-speaking travel agent we encountered at a bazaar recently held on post. With his business card in hand, we rushed out the Chapel Gate in a quest to find his nearby office for solutions.

Less than a three-minute jog away and arriving like contestants scrambling in the Amazing Race, we burst through the travel agency's door and met Devon.

We told Devon of our plight and desires for something relatively cheap, yet exciting. Something like a 10-dollar roundtrip to the Canary Islands for a week. Devon began biting *his* fingernails and running *his* fingers over his smoothly shaved scalp. Then, he flipped through some late-breaking offers from tourist traps; reviewed e-mails from other agents, and asked, "How about a roundtrip Costa cruise from Venice to the Greek Isles and Croatia? It leaves this weekend."

I asked how much..., and how much bigger than a gondola was this boat leaving from Venice. I was shocked at both responses. For less than \$500 per person, Lori and I could live on a majestic ocean liner, cruise the eastern Mediterranean for eight days with exotic ports of call, while enjoying all our catered meals and entertainment provided for no additional cost. I took



Coastal fishing boats seem indifferent to time or weather as they float in the crystal clear waters of Mykonos.

a deep breath and said, "Where do I sign and how early can we climb aboard?"

The cruise included ports of call at the Greek Isles of Santorini, Mykonos, Corfu, and featured a stop in Athens along with Dubrovnik, Croatia. We grabbed it like a hot meal during the last phase of Ranger School, then rushed home and began shoving clothes in suitcases. Then we sat on the edge of our bed in the dark and waited until the day we were scheduled to go to the port.

Floating amusement park

My first glance of our ship at the port in Venice made me wonder how something so huge could float. On board and underway, I wondered how something so huge could navigate and sail so smoothly. Meanwhile, surrounding us were multiple restaurants, numerous buffets, ornate lounges, lavish theaters, a casino, indoor and outdoor swimming pools, well-equipped fitness centers and a spa. Most noteworthy was the quality and quantity of free food being presented in so many enticing fashions and attractive locations. My senses were on overload; it was so easy to go overboard in a wonderful way. Lori and I immediately began scheming from our nicely appointed "cabin with a view"—we must find a way to become stowaways at the end of this cruise.

Following a brief stop in Ancona, Italy, we headed for the Greek Isles with the first stop at Santorini, reportedly the legendary Atlantis. Santorini is essentially what remains of an enormous volcanic explosion and tsunami 3,600 years ago, destroying the Minoan civilization on what was formerly a large island. Whether you subscribe to Santorini as Atlantis, it is breathtakingly beautiful, mysterious and worth your subtle exploration. It is pristine, traditional Greek—basically your cliff-hugging, white-washed buildings, your quiet-and-quiet kind of place. Once ashore at the base of formidable, steep ridges, the only way to visit the place is to take a high-tech lift to the top, ride up on one of the many island's donkeys or just hike. While the donkey ride seemed novel and somewhat alluring, their gamy aroma will stay with you all day. We opted for the quick cable-car ride up to extend our visit of Atlantis.

In sharp contrast is Mykonos, the next port call - famous for its cosmopolitan atmosphere, exciting nightlife, sandy beaches and crystal clear waters. If you like crowded bars and clubs, parties lasting until dawn, you'll be right at home here. Bring along a designated sailor to ensure you make it back "on board - on time" or the ship may leave you, your memories and hangover behind.

Ancient Athens

Leaving these two magical Greek Isles behind, the enchanting capital Athens awaited our next visit on the horizon. The ancient city with a glorious history is often called the birthplace of civilization and democracy, a center for arts and philosophy, and home to Plato and Aristotle's teachings. What would a visit to Athens be without going to the Acropolis to see the Parthenon, one of the most perfect buildings by the world's most advanced civilization? One studied for centuries and we still have not figured



Overlooking the charming old town of Dubrovnik with its walls surrounding it.

out how they did it. It added a whole new meaning to the word "old" for me. I could touch and feel buildings preceded only by the pyramids in Egypt. After hunting for souvenirs in the Plaka (shopping district), we wound our way back to rejoin our ship's tour group and headed back for more of our floating vacation.

Moments after our return to the dock, our cruise liner left port for our next destination: Dubrovnik, Croatia.

Discovering Dubrovnik

British playwright George Bernard Shaw said after his visit in 1929, "If you want to see Heaven on Earth, come to Dubrovnik." It's best to get your bearings of "heaven" by walking atop its encircling 15th century Old City walls. The trip around was about two miles and within its ramparts you'll discover a jumble of new shops and ethnic restaurants tucked into history. The Croatian people were very kind and the Kuna exchange rate was generous. We filled our tote bag with unique hand-made candles and other trinkets, and then headed home to the sea. Our cruise ship was waiting to take us back on our overnight trip to Venice. Thoughts of becoming stowaways returned.

Our eight-day, all-expense-paid, sun-filled, floating escape from the gray of northern Italy, was sadly ending. It seemed like only yesterday we began the memorable trip and it was, all too suddenly, time to disembark. My wife was forced to pry me from our cabin. Holding on instead to incredible memories, I left the ship behind. It had rained in Vicenza nearly every day we were gone, but the sun was now beginning to shine.

Upcoming cruises from Italy include ports of call in Egypt. Maybe we will see you on board. Invest in this golden opportunity; you'll come home richer for it.

Darby Dates

Christmas tree lighting

The Camp Darby Community is invited to the Christmas tree lighting ceremony Dec. 4 in the PX plaza at 5 p.m.

Come and enjoy Christmas carols, the tree lighting and a special visit from our jolly friend.

Call ODR for more information at 633-7775.

Bologna Motor Show

Outdoor Recreation is going to the Bologna Motor Show Dec. 5. Call ODR for more information at 633-7775.

How to handle money in marriage

Learn how to handle money in a marriage when you attend this Dec. 3 class.

Call 633-7084 for more information.

Sing karaoke with Bibi on Thursdays

Sing along with Bibi at karaoke night every Thursday.

Call the Darby Community Club at 633-7855 for details.

Call today to sign up for an ITR trip

Holiday Bazaar: Why fight the crowds and worry with the hassle of a parking space? ITR is going to bring everything to Camp Darby. Find Italian gifts for everyone on your Christmas list in the Darby Community Club Dec. 4.

Call ITR for more information at 633-7589.

Florence Noel: Among many lights and special effects, 'Florence Noel' comes alive. At this traditional Christmas festival, you'll find handmade articles, decorations and food.

For more information about this Dec. 5 trip, visit www.florence-noel.it. Call ITR for more information at 633-7589.

Darby Religious activities

For details, call the chapel at 633-7267 (050-54-7267).

9:40 a.m.: Catholic Reconciliation

10 a.m.: Catholic Mass

11:15 a.m.: Protestant worship

Protestant **Sunday school** starts at 10 a.m.; Catholic CCD at 11:15 a.m.

The chapel is collecting cardboard, robes, children's plastic swimming pools and cardboard rolls from paper towels and toilet paper.

Community members can contact the Catholic education coordinator to find out when the next confirmation will take place.

Choir practice is at 9:30 a.m. on Sunday before Mass.



Staff Sgt. Christopher Lemire, Pfc. Amanda Tribble and Pfc. Tim Hocut, 511th Military Police Platoon, conquer the obstacle course to become the 14th Transportation Battalion Warrior Challenge winning team.

14th Trans. troops vie for top spot

Story and photos by
JOYCE COSTELLO

USAG Livorno Public Affairs

Soldiers from Caserma Ederle, Camp Darby and Aviano Air Base took part in the second 14th Transportation Battalion Warrior Challenge at Camp Darby Nov. 20. The nine teams started at 3 a.m. with no breaks in between events, according to 14th Trans. Command Sgt. Maj. Jason Runnels.

"This challenge was about not being scared of that which lies in front of you and having a balance between physical fitness and tactical skills," said Runnels. "This challenge was designed to encourage the troops to push themselves to excel."

"We had to do some hard core



Staff Sgt. Christopher Lemire, 511th MP Platoon, gets a mouthful of muddy water as he low crawls during the competition's obstacle course. He was later named the day's top shooter.

training—constantly doing ruck marches, working on our litter carrying and five-gallon water bucket carries," said Staff Sgt. Christopher Lemire, member of the winning team from Darby's 511th Military Police Platoon.

"But, all the hard work really helped build a relationship within our team and increased our drive and mission-first attitude."

Teammate Pfc. Amanda Tribble said she had initially

not planned to take part in the challenge. She said she was motivated by her NCO to train up and was glad she faced up to the challenge.

"During the ruck march, all of my blisters from training were really painful, but I dug deep and kept going for the team," said Tribble.

"Motivating each other and team work helps to build confidence in yourself and your team," said Pfc. Tim Hocut, 511th MP Warrior Challenge winner. "We came out to win... and beat the Lieutenant team and we did."

The 511th MP's now have bragging rights and the Warrior Challenge streamer on their unit guidon.

"...until the next challenge," shouted an opposing team.

Army's HooahMail free for family members

continued from Page 1

hybrid mail system that can get letters into the hands of Soldiers in remote locations much faster than regular mail delivery alone.

"This gives Soldiers actual printed correspondence that is sent from their family members that they can take out on a mission with them and read and reread again," said Bill Hilsher, Army postal program manager.

Family members that want to send a letter and a photograph to a Soldier in Afghanistan would log into the program's Web site at www.hooahmail.us. There, they type in their message and attach a digital photo. They also add delivery information for their Soldier,

as though they were addressing a paper envelope.

Their electronic letter is sent via the Internet to one of 10 locations in Afghanistan where special equipment will automatically print it, fold it, stuff it into an envelope, address it, and seal it.

The sealed envelopes are then placed into the regular intra-theater APO mail delivery system.

Hilsher said depending on where Soldiers are in Afghanistan, the paper letter from home could be in their hands the same day as mother sent it, or it could take as many as four days.

A paper letter sent directly from the states takes much longer, Hilsher said.

"Compared to traditional mail ... it reduces it from an average of 14 days down to same-day or next-day, ready for delivery," he said.

The HooahMail program is free for family members and friends, and is available for Soldiers in Afghanistan only.

Service for the Army's HooahMail pilot program is provided by "SuperLetter," which provides similar services to the British military for its "e-Bluey" program and the U.S. Marine Corps for its "Motomail" program.

Easy online access to care now available at Livorno Health Clinic

By **CHIARA MATTIROLO**
USAG Livorno Public Affairs

Easy access to TRICARE Online is now available in the Livorno Health Clinic lobby. A computer is connected at all times, allowing customers to link to TRICARE, where they can book appointments and update personal data. "Customers can access the site from home at [\[online.com\]\(http://www.tricareonline.com\) or use the computer ... \(in the lobby\)," said Mirella Bernardelli, medical records technician. "\(It's\) a big opportunity to give beneficiaries easy access to care."](http://www.tricare</p>
</div>
<div data-bbox=)

"Booking an appointment online is really easy and allows you to avoid long lines, as well as choosing the exact day and time for your visit, comfortably from your computer," said medic Spc. Holly Arnold.



Creative art on stage:

(At left and above)
Performances are ongoing at the Teatro Comunale Citta di Vicenza. For tickets or more information, e-mail info@tcvi.it or call 0444-32-7393.

Photos courtesy of Teatro Comunale Citta di Vicenza

Holiday concert

The "Corale dei Colli Berici," an Italian 90-element choir, and the Vicenza garrison chapel invite community members to a holiday concert Dec. 11 at 5:30 p.m. at the Caserma Ederle chapel. A reception will follow.

Outdoor Recreation

San Martino ski/snowboard day Dec. 5.

Christmas time in Ljubljana, Slovenia, departing Dec. 5.

Bolzano and Merano Christmas markets Dec. 6.

Wednesday ski/snowboard waxing 101 class Dec. 9.

Vipiteno and Brixen Christmas markets Dec. 12

St. Lucia Christmas market in Verona Dec. 13

ID card required for day trip to Nice, France, Dec. 19-20.

Pay concerts & events

Muse: Bologna Saturday; Torino Dec. 4.

Juliette Lewis: Milan Tuesday.

Depeche Mode: Bologna Tuesday; Torino Thursday.

Marylan Manson: Villorba, Treviso Nov. 26; in Milan Friday.

Tommy Emmanuel: Florence Saturday.

Paradise Lost: Milan Dec. 8; Rome Dec. 9.

Stryper: Milan, Alcatraz, Jan. 19.

Europe: Milan Jan. 26; in Rome Jan 28; in Nonantola (Modena) Jan. 9; in Padova Jan. 30.

For tickets, visit Media World or [www.greenticket .it/index.html ?imposta_lingua=ing](http://www.greenticket.it/index.html?imposta_lingua=ing) or www.ticketone.it /EN/.

Art & exhibitions

■ Free Vicenza art exhibition in SS Ambrogio e Bellino until Dec. 6: Paintings by Aleksandar Duravcevic, Thursday and Friday from 3-7 p.m.; weekends 10 a.m. to 12:30 p.m. and 3 to 7 p.m.

Verona – mineral show in exhibition hall Dec.4-6 from 9 a.m.-6 p.m. Entrance is 5 euro. Gold and silver jewelry.

■ Sarmede, province of Treviso: 27th International Illustrations for Children 'Images of Fantasy' through Dec. 20, free, in the town hall. The theme is 'Fairytale of the Ocean' and the event will host 16 artists from 16 countries. Open weekdays 9 a.m.-1 p.m.; 2-4 p.m.; 8-9:30 p.m.; Sundays from 10 a.m.-12:30 p.m. and 2:30-9:30 p.m.

Christmas markets

Vicenza's annual Christmas market is open through Dec. 24 in Giardini Salvi 20. Small wooden chalets open on weekdays, 3-8 p.m. and weekends, 10 a.m.-8 p.m.

An ice-skating rink will be set up weekdays from 3 p.m.-midnight and weekends from 10 a.m.-midnight through Jan. 10.

The Epiphany market will be held the weekend of Jan. 6. A medieval market with costumed vendors will be set up in Piazza delle Erbe.

Trento: Nov. 21-Dec.24. Last year more than 530,000 visitors saw 70 exhibitors in their colorful houses at the market area in Piazza Fiera. Opening hours: 10 a.m. to 7:30 p.m. daily and 10 a.m.-5 p.m. on Dec. 24.

Asiago: Christmas and Epiphany markets Dec. 7, 8, 9, 15, 16 and Dec. 22-Jan. 6, open 10 a.m.-12:30 p.m. and 3:30-7:30 p.m.

Bassano: Christmas market. Find over 40 chalets between Piazza Garibaldi and Piazzotto Montevicchio open daily from 10 a.m.-7:30 p.m., closed on Monday until Dec. 24; also find a train for young and old alike and take a ride around the city center Nov. 28, 29; Dec. 8, 12, 13, 19 and 20; in Piazza Libertà until Jan. 10. Enjoy an antique roundabout.

Bussolengo: Christmas village open through Jan. 11, open daily from 9 a.m.-7:30 p.m., closed the mornings of Dec. 3, 10, 17 and will open at 3 p.m. Closed Christmas Day.

Trento: In Piazza Fiera the market is open Sunday to Thursday, 10 a.m.-7:30 p.m., Friday-Saturday from 10 a.m.-8:30 p.m. and Dec. 24 from 10 a.m.-5 p.m.;

Bolzano: Market in Piazza Walther Nov. 27-Dec. 23. Open Monday-Saturday 10 a.m.-7 p.m., Sunday 9 a.m.-7:30 p.m. Food stands open until 8 p.m. each day;

Bressanone: Nov. 27-Jan. 6.

Brunico: Nov. 27-Jan. 6. Market is open weekdays from 2:30-7 p.m. and on the weekends from 10 a.m.-7 p.m.

Merano: Weekdays 10:30 a.m.-7:30 p.m., weekends 10 a.m.-7:30 p.m. through Jan. 6.

Vipiteno: Friday-Jan. 6.

Milan: Dec. 7 is a special date in Milan -- the day of its patron saint, the mythically energetic Ambrogio.

The popular event related to this day is the centuries-old market where the feast day of Saint Ambrose is celebrated in and around Piazza Sant' Ambrogio. The market is called *Oh Bei*, *Oh Bei*, or *How Beautiful, How Beautiful* in English, because of the cries stall-holders used in bygone days to attract customers. Vendors offer mainly bric-a-brac items and candies.

The market will be held Dec.

6-9 from sunup to sundown and has more than 400 vendors.

As at all markets, which can get very crowded, it is wise to keep an extra watch on your personal belongings.

Nativity scenes

It is a sure sign that the holiday season is fast approaching as the city of Verona sets up its traditional comet-star -- a 70-meter tall, 78-ton sculpture that typically stretches from the Arena onto Piazza Bra.

The international show of nativity scenes sponsored by UNESCO, opens Dec. 5 and is now in its 26th year. Visitors can see 400 nativity scenes from around the world, all of which will be set against a backdrop of music and lights.

This year's edition will bring the total number of nativity scenes shown at the Arena over the years to more than 6,000.

Countries and continents

represented in the nativity display include France, Spain, Slovenia, Switzerland, Germany, Austria, the Czech Republic, Portugal, Peru, Africa, Latin America, South Korea, China and Japan. The show is divided into four main sections, including the life of Jesus and the art and tradition of the nativity scenes in the Veneto region.

The event is open 9 a.m.-8 p.m. daily, including holidays, through Jan. 24. Entry is 7 euros.

After visiting the nativity scenes in the Arena, a short distance from there is another nativity exhibition on Via Marin Faliero. This is the 17th edition of the international exhibition of nativity scenes by artistic artisans. On display are more than 90 scenes divided into four sections: traditional, artistic, original and three-dimensional. Open Sundays 9 a.m.-noon and 2:30-7 p.m. until Jan. 13. Christmas Day open 9 a.m.-noon and 3:30-7 p.m. Free entry. For directions, visit www.presepiverona.it.

Now Showing



Ederle Theater

Wed.	Sorority Row (R)	6 p.m.
Friday	All About Steve (PG-13)	6 p.m.
	Halloween 2 (R)	9 p.m.
Saturday	Planet 51 (PG)	3 p.m.
	New Moon (PG-13)	6 p.m.
Sunday	Planet 51 (PG)	3 p.m.
	New Moon (PG-13)	6 p.m.
Wed.	The Informant (R)	6 p.m.
Dec. 3	Halloween 2 (R)	

Camp Darby Theater

Friday	The Goods: Live Hard, Sell Hard (R)	6 p.m.
Saturday	Surrogate (PG-13)	6 p.m.
Sunday	A Christmas Carol (PG)	1 p.m.
Dec. 3	The Informant (R)	6 p.m.

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

Looking for the movie synopsis? Visit www.aafes.com, scroll to the bottom of the page and click on Movie Schedule.

Looking to buy or sell items? Check out MWR's Marketplace at www.mwrmarketplace.com.

Visit with Santa, Curious George at PX

■ Santa will be visiting the Vicenza Main Exchange Dec. 5 from 10 a.m.-1 p.m. He will be set up in the toy department and available for free digital pictures with children.

■ Visit Curious George Dec. 12 from 10:30 a.m.-12:30 p.m. He will be available for story time in the Bookmark area at 11:30.

High school football airing Thursday

AFN Europe received more than 500 e-mails and phone calls from people saying they liked AFN's live Super6 DoDDs high school football championship coverage.

Many of them requested that AFN re-air the games. The games will air Thanksgiving Day at 11 a.m. on the Pentagon Channel.

Gift certificates

A gift certificate from MWR makes the perfect holiday gift. Gift certificates are now available for purchase at ODR, Sports, Fitness & Aquatics, the arts and crafts center and the Arena.

Now hiring

Positions are available at Outdoor Recreation, the gym, Arena, arts and crafts center and Ederle Inn. For current vacancies and details about the positions, call the Vicenza CPAC at 634-7349 / 6597, e-mail Vicenza.NAF@EUR.army.mil or visit <http://acpol.army.mil/employment/andsearchforjobsinItaly>.

Arts and crafts events

■ A dedicated working space has been reserved just for spouses every Friday at the arts and crafts center multi-crafts room. Share craft ideas, make new friends, and work on your projects 11 a.m. - 4 p.m. It is free.

■ A wood safety certification class is set Dec. 6 at the arts and crafts center from 11 a.m. - 2 p.m.

An intro to framing class is set Dec. 16 at 2 p.m. at the center. Learn to use the various equipment associated with framing. Cost includes picture and supplies.

■ A mixed media art class is set Dec. 2 at 4 p.m.

Call the center at 634-7074 for more information.

Handmade Christmas slated Dec. 5

Support local artists and let kids ages 3 and up enjoy free crafting projects with the arts and craft center Dec. 5. Enjoy up to five great holiday crafts free from 10 a.m. - 4 p.m. at the center.

Shop for local handicrafts and products at the arts center and enjoy the Vicenza Community Club holiday bazaar in Club V from 10 a.m.-5 p.m.

Enjoy Christmas carolers at 2 p.m. and face painting, and pictures with Santa (\$5 for a CD with multiple images). Call 634-7074 for information.

Dine-in movie and bowling

Watch a movie projected on the screens as you bowl at the Arena

Dec. 4 from 9-11 p.m. A \$49.95 package includes one lane for two hours, a large cheese pizza and pitcher of soda, shoe rental and up to six people per lane.

Parent & child anger management

Anger management for you and your child Dec. 3 at the Davis Soldier and Family Readiness Center. Adults attend at 11:30 a.m. and parents and children at 3:30 p.m. Call 634-7489 with questions.

ADHD/Autism support

The support group meets Dec. 3 at 11 a.m. at the Davis Soldier and Family Readiness Center. It is a gathering where attendees can meet in a comfortable atmosphere to discuss issues and encourage one another.

New in town?

Relocation Readiness Program hosts a newcomer orientation briefing Dec. 4 at 11:45 a.m. at the Davis Soldier and Family Readiness Center.

Vote on fave Boys & Girls Club artwork

Vote for your favorite artwork at the Boys & Girls Club of America National Fine Art Exhibit Dec. 7-January 1. Support Vicenza's Youth by stopping by the post library and casting your vote.

SAS ice skating trip

Sign up for the School Age Services ice skating field trip Dec. 5 for \$35. Sign up by Nov. 27. Call 634-8253 to reserve your spot.

Saturday child care

Enjoy Saturday child care at CDC Bldg. 395 from 8 a.m.-4 p.m. Reservations can be made two weeks in advance. Call 634-7559.

Deployment parenting

Parenting during Deployment workshop set Dec. 8 at 11:30 a.m. at Davis Soldier and Family Readiness Center.

Learn how to deal with the challenges of going from a two-parent household to a "single" parent home due to a Soldier's deployment.

TRICARE Online maintenance

The TRICARE Online maintenance upgrade is scheduled to begin at 8 p.m.

Dec. 4. The upgrade will entail a system-wide outage from the evening of Dec. 4 to Dec. 6,

Community Calendar Highlights

November is Native American Heritage Month

Through Dec. 4- Combined Federal Campaign

Wednesday- InfoX; DFAC Thanksgiving

Thursday- Thanksgiving

Friday- Training Holiday

Monday- Winter Safety Day

Dec. 8- Italian Holiday

Dec. 10- Holiday Tree Lighting

Dec. 11- Italian choir performs

followed by a system degradation of services Dec. 7-8 during the final system checkouts. Full system restoration is expected no later than Dec. 9. TRICARE Online users may contact their assigned military treatment facility for appointments and scheduling needs.

Sidewalk parking in Villaggio

The Directorate of Emergency Services is asking Villaggio residents who parks on Via Giotto or Emerson to park halfway on the sidewalks on these streets to allow the buses to pass.

This will preclude DES from having to restrict parking to one side of the road to allow room for the buses to pass.

New parent support

New Parent Support Program hosts a Playgroup Dec. 2 at 10 a.m. at the Youth Services building at Villaggio. The playgroup provides an opportunity for children to interact with others their age.

Volunteer building

Learn how to build an effective volunteer program Dec. 2 at 1 p.m. at the ACS building. This class is ideal for FRGs, private organizations and schools.

Attention new mothers

■ An infant massage class is slated Dec. 4 at 10 a.m. at the ACS building. Learn how to soothe a cranky baby and create a closer bond with your child through massage.

■ A breastfeeding basics class will be held. Dec. 8 at 9:30 a.m.

December book club

The club will discuss "The Unbearable Lightness of Being" by Milan Kundera Dec. 3 at 7 p.m. at the post library. Call 634-7291.

MOMS Club events

■ Tuesday: Board Meeting 9:30 a.m.

■ Dec. 3: Pre-school Playgroup 3:30 p.m.

■ Dec. 7: Book Club 10:30 a.m.

■ Dec. 8: Toddler Playgroup 10-11:30 a.m.

■ Dec. 11: Out and About 9:30 a.m.; Infant Playgroup 11 a.m.

■ Dec. 14: Lunch Playdate 11:15 a.m.

■ Dec. 15: Family Night Activity 6:30 p.m.

For more information, visit momsclubofvicenza@yahoo.com.

Soldiers invited to USO Thanksgiving

USO Vicenza is hosting Thanksgiving Dinner for Soldiers. Dinner will be served Thursday at 3 p.m. at the USO Bldg. 9A. To volunteer to help with the dinner, contact Torie at 634-7156 or tgotaas@uso.org.

DFAC Thanksgiving

The installation's annual Thanksgiving meal will be held Wednesday as follows:

■ 11:30 a.m.-2 p.m. for Soldiers and their families.

■ 11:30 a.m.-12:45 p.m. for 173d Soldiers and guests.

■ 12:45-2 p.m. for all other unit Soldiers and guests.

■ 2:30-4:30 p.m. for retirees, DA civilians and Italian employees.

Cost is \$5.95 for Soldiers (E4 and below, and family members). All others pay \$7. Grab and Go will not be available but take out orders are available upon request.

Food containers will be available to take out patrons only.

Holiday musical

Don't miss the holiday musical review performed at the Soldiers' Theatre Dec. 4-13, Fridays and Saturdays at 7:30 p.m. and Sundays at 2 p.m. The cost is \$12 for adults and \$10 for students. Call 634-7281 or 0444-71-7281 for more information.



Photo by Laura Kreider

Turkey time: Divina Francesconi, Caserma Ederle's commissary grocery manager, and store worker Jacqueline Rodriguez unpacked turkeys in the commissary deep freezer Nov. 19 in preparation for the hundreds of birds the store will sell over the holidays. As of last week, the commissary had sold more than 400 turkeys since Nov. 1.

Religious activities

Chaplain Crisis Line

To speak with a chaplain after hours call **634-KARE** (634-5273).

Sunday services

8 a.m.: Sacrament of Reconciliation, or by appointment

9 a.m.: Roman Catholic Mass

(Daily Mass is held weekdays at noon)

9 a.m.: Protestant Sunday school and AWANAs (September through May in Vicenza High School)

10:45 a.m.: Catholic religious education (Sept.-May in Vicenza High School)

11 a.m.: Protestant worship

1:30 p.m.: Full Gospel Pentecostal worship

4 p.m.: Lutheran worship

6 p.m.: Contemporary Christian service

Mondays

Noon: LDS scripture study

Tuesdays

9:15 a.m.: Protestant Women of the Chapel

Wednesdays

3 p.m.: Praise Dance practice

3:30 p.m.: Middle School Club Beyond meets in VHS cafeteria September-May

5 p.m.: Contemporary Praise band practice

5:30 p.m.: PWOC evening Bible study (beginning Sept. 8. Child care offered for children ages 6 weeks to 4 years)

5:30 p.m.: High School Club Beyond meets at the Teen Center September-May. Call 340-139-4073.

5:30 p.m.: Catholic choir practice

6:45 p.m.: Gospel choir practice

Thursdays

9:30 a.m.: Catholic Women of the Chapel

5:30 p.m.: Gospel service choir rehearsal

7:15 p.m.: Gospel service Bible study

Faith group contacts

Islamic: Spc. Kasimov, 329-034-3511.

Jewish: Sandy Schoenberg at 634-6202 or sandy.schoenberg@eur.army.mil.

Latter Day Saints: Scripture study is held each Monday, noon-1 p.m. at the chapel. Sunday services, 9:30 a.m.-12:30 p.m. downtown. Call Sean Peterson at 335-821-9492.

Call the Caserma Ederle chapel at 634-7519 (0444-71-7519) for religious activities.

DON'T BE LATE: E-mail briefs to editor@eur.army.mil noon Monday or by Friday at 4 p.m. if Monday is a holiday.



Staff Sgt. Kirk Madgic laps around the track as part of his workout routine.

173rd's Madgic a non-stop athlete

Story and photo by LAURA KREIDER
Outlook Staff

More than 21,000 runners participated in the 25th annual U.S. Army Ten-Miler, which took place in Washington D.C. Oct. 4.

Among the thousands was Staff Sgt. Kirk Madgic, of 173rd Airborne Brigade Combat Team's Headquarters and Headquarters Company, who traveled from Vicenza and arrived in Washington the night before the race.

"This was the best year for the weather," said Madgic, who crossed the finish line in 57 minutes, 26 seconds to place 81st.

This year was his third time participating, having also raced in 2002 and 2003.

To qualify for the national competition, Madgic completed his run in 58:46.81 at the U.S. Forces Europe Army 10-Miler qualification race hosted by USAG Grafenwoehr in June.

"I am very satisfied with this year's results," said Madgic.

"It has been a great experience and a tremendous opportunity

to travel back to the States and meet the great race organizers," he said. "I have trained throughout the summer to get ready for the competition, and even if I wanted to do more I felt like I didn't have enough time."

"I praise Staff Sgt. Madgic, for his participation in our sports programs," said USAG Vicenza sports programmer Ricky Jackson. "He is often participating in various sports or events simultaneously, and he takes pride in his practices, training and competitions. He is definitely an asset for the USAG-V Sports, Fitness & Aquatics community and U.S. Army."

Madgic, who will deploy to Afghanistan by year's end, enjoys several sports. While stationed at Vicenza, he has taken advantage of the surrounding Berici Hills for bike riding and the nearby Alps for skiing.

"I like winter, because of skiing, and last year it was a very good season, because of the amount of snow and duration of the ski season," said Madgic. "When I can, I also play tennis; it is more social for me while running is more a solitary pursuit. But whatever I do, I enjoy sports activity."



Photo by Laura Kreider

Ladies soccer team seeking members

Petra Perreault practices her footwork Monday evening at Caserma Ederle. Perreault is a member of the installation's ladies soccer team—Vicenza Internazionale, so named because it boasts players from several countries, including the United States, Germany, Italy, Poland, Puerto Rico and Panama. The team, a mix of active duty, military spouses and civilians, is looking for new players. To join, contact Charity Smith at charity1725@yahoo.com or Julia Sibilla at thesibillas@hotmail.com. The team will host a friendship match Wednesday at 5:30 p.m. at the soccer field behind the Ederle Inn.

Sign up for cheerleading
Cheerleading enrollment is now open for ages 6-15 through Dec. 9 or until spaces are filled. Space is limited!

Cheerleading season will be Jan 11-Feb 27. Practices begin Dec. 29. For more information, call Alex Ruiz at 634-6151. Enroll at Central Registration, 634-7206.

Beginners and experienced runners needed for triathlon training club

Triathlon training club offered through ODR at the post gym. Info meeting set Dec. 9 at 5:30 p.m.

Beginners and experience participants are needed and welcome. Call Bea Giometto at 634-7453.

Youth basketball registration open through Dec. 9 for kids ages 3-15
Join CYSS Sports & Fitness for basketball season. Registration runs Monday through Dec. 9.

Open to youth ages 3-15. Practice begins in December. Dates will be determined. Season runs Jan. 11–Feb. 27. Cost is \$46.

Youth Ski/Snowboard days return Dec. 5 with \$10 trip to San Martino for a day of fun

Enrollment begins Monday at Central Registration, Bldg. 108 for youth in grades 6-12.

Point of contact is Michael Morris at Youth Services at 634-7659. Overnight trips this season to Garmisch will be Dec. 29-31 and Feb. 19-21 for youth in grades 7-12.

Day trips include the following locations: San Martino, Folgaria, and Kron Platz. Maximum of 20 spots available per trip.

Need a personal trainer? Call today for help

Call the fitness center at 634-6716 or visit www.vicenzaMWR.com for information.

Open-play volleyball set Tuesdays, Thursdays for participants over 15

The community (over age 15) is invited to join in pick-up, open-play volleyball games every Tuesday and Thursday at the fitness center from 6:30-8 p.m.

Improve your skills, have fun and build morale. Call 634-7009 for information.