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Run, jog, lift
your way to health



Paratroopers from the 173rd Airborne Brigade Combat Team's 1st Battalion (Airborne), 503rd Infantry Regiment, Company C, overlook the area of Rabat during a patrol in Paktika Province, Afghanistan

Taking a stand against Taliban

Story and photos by
Spc. Micah E. Clare
4th Brigade Combat Team Public
Affairs Office

BERMEL, Afghanistan- During the winter months, when the sun sets behind the snow-capped mountains towering over the isolated village of Rabat in Paktika Province, Afghanistan, the temperature can drop to as low as minus 10 fahrenheit.

population created by the harsh winter weather, paratroopers from the 173rd Airborne Brigade Combat Team, Civil Affairs teams and the Afghan National Security Forces are moving into such areas to show the locals who really has their best interests at heart.

In the third of 15 different iterations of "Operation Winter Stand," aimed at providing aid to the remote areas of Paktika Province, Company C, 1st Battalion

a mine in the construction site shortly before it was finished," McChrystal said. "It exploded and destroyed the building."

However, since the enemy's ability to commit such acts is now hampered by the bitter cold and snow, it's the Afghanistan government's turn to show the people of Rabat what life can be like without the Taliban, McChrystal explained.

"If we come out here and get to know these people better, especially strengthen their faith in what the government can do for them, it's going to make our job of keeping security here easier in the spring and summer," he said.

Rabat lies fairly isolated from any government seating or Coalition base; it sits in the middle of two districts and doesn't get a lot attention normally, he said.

"We came out here because we don't want them to think they've been forgotten," he said.

During their stay, the Coalition forces and ANSF gave out humanitarian aid, provided medical and veterinary assistance, conducted village assessments and held meetings to find out what was needed in the area. They also started repairs on the damaged school.

Aid material was given out to about 1,200 Afghans, said Capt. Rich Rivaux, a civil affairs team chief from the 451st Civil Affairs Battalion. Sweaters, jackets and shoes for both children and adults were given out along with school

supplies, hygiene kits, toys and food.

While the Afghans waited to receive the aid, they and their livestock were provided medical treatment by medical teams who had set up field clinics.

This seemed to have a big impact with them, said Rivaux.

"A lot of excitement was generated," he said. "Everyone was grinning from ear to ear."

"We are very surprised and happy that [Coalition forces and our government] are out here," said Sardar Malak, a tribal elder in the area.

"We are facing many problems in this area because of the Taliban. But despite this cold, you are out here with us, helping us. We are very happy that we are cared for, and it shows us that if we do send our sons into the police or army, we will see the results," Malak said.

McChrystal says he owes a lot of his men's ability to brave the cold to the new extended cold weather system and heaters for their tents they were issued.

He is also glad that so much was being accomplished just by showing the villagers of Ramat their government's capability, even after he and his men pack up and move elsewhere.

"We've created a connection with the people," McChrystal said. "The ANSF will continue to patrol this area regularly until a checkpoint is set up. We'll keep doing what we can to better the lives of these people."



Capt. Rich Rivaux, a civil affairs team chief from the 451st Civil Affairs Battalion, directs Afghan soldiers giving out humanitarian aid at Rabat in Paktika Province, Afghanistan.

However, the extreme cold guarantees one thing for the inhabitants of this remote settlement: a break from insurgent fighters who threaten their village during the rest of the year.

In order to take advantage of the separation of the enemy and

(Airborne), 503rd Infantry Regiment, 173rd ABCT and Afghan soldiers and police were inserted by helicopter near a children's school which was destroyed earlier last year by insurgents, said Capt. Rob McChrystal, C Co. commander.

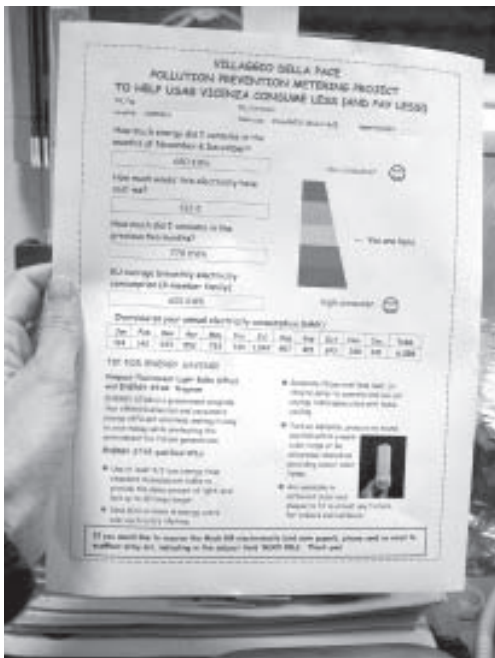
"[The Taliban] came and placed

Watch those meter readings

By Carlotta Queirazza

AMEC Earth & Environmental, DPW Environmental Division

Special to the Outlook



On Jan. 28, the USAG Vicenza Pollution Prevention Metering Project officially began.

The Energy Policy Act 2005 requires an improvement of energy efficiency, a reduction in energy costs to be achieved through facility metering.

The goal is to achieve reduction through increased awareness.

Current situation:

- Villaggio uses approximately \$450,000 annually in electricity.
- All Villaggio units

are metered.

- Residents are currently not informed of use.
- Residents are not aware of costs and consumption.

To achieve this goal, USAG Vicenza plans to inform residents of their energy use. Information will enable residents to manage electricity use, reduce consumption, and be a better steward of resources.

A one-sheet bimonthly meter reading and analysis will be sent to residents indicating:

- Total electricity consumption for the last two months;
- Total electricity consumption for the previous two months;
- Total electricity consumption throughout the year;
- European Union average bimonthly electricity consumption
- Energy saving tips to help you reducing consumptions.

The meter readings (mock bills) are intended only as an awareness raising tool and are not required to be paid.

The first meter reading was sent out on Jan. 28 and reported the electricity consumption of Nov.-Dec. 2007.

The outcome of this first meter reading was that 69 percent of Villaggio apartments were classified as high consumers, and only five percent were classified as low consumers.

A Low Consumption award will start soon. Villaggio occupants can win the award by achieving the highest reduction in electricity consumption.

The next batch of meter readings will be sent out in March and report consumptions from Jan.-Feb. 2008.

Control and reduce your electricity consumption to help USAG Vicenza consume less and pay less.



Family Computer Center opens

Jennifer Downes (left), spouse of Maj. Patrick Downes, currently deployed with 1st Brigade, 503rd Infantry (Airborne) in Afghanistan, and Beth Fischer, spouse of Capt. Collin Fischer, U.S. Army Health Center Vicenza, take advantage of the free computers in the newly-opened MWR Family Computer Center while their children enjoy the child play area. The computer center is located in Club V (previous Subway location) and open Monday-Friday, 8 a.m.-8 p.m. and weekends from 10 a.m.-10 p.m. The center features 23 computers along with the open-view child play area that enables parents to keep an eye on their children while using the computers. (Photo by Diana Bahr, USAG Vicenza Public Affairs)

Tax center ready for customers

The Tax Center is now officially open in the Staff Judge Advocate bldg. L241, is here to help Soldiers and civilians process their tax returns through early May.

"We have processed a couple hundred returns already," said Mark Christensen, chief, client services, OSJA. "Although we are closing in May, we anticipate reopening for the brigade Soldiers returning from Afghanistan."

Soldiers currently deployed can also use *Military One Source.com* to file their returns for free online or email the Tax Center directly at: Tax@eur.army.mil, said Christensen, who has already filed returns for some Soldiers



deployed to Afghanistan.

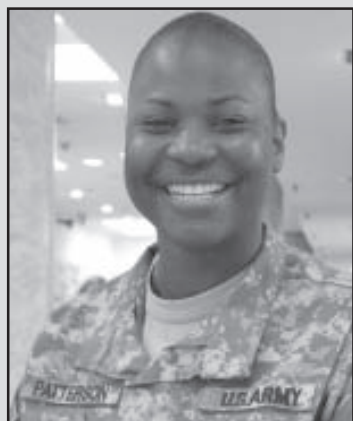
"We offer electronic preparation of state and federal taxes, returns for Puerto Rico, which cannot be done electronically,

returns for prior years and modifications to existing returns," said Christensen. (Photo by Sgt. Justin Neito, SETAF Public Affairs)

Speak Out

"February is Heart Healthy month. What are you doing to stay healthy?"

By Spc. Kathryn Jorgenson



Sgt. 1st Class Beulah Patterson

I tend to eat a lot of fruits and vegetables.



Sgt. Barry Clark SETAF Command Group

I enjoy living a healthy lifestyle and my boss is a very healthy guy, so I have to follow suit.



Dani Gregston Family member

I drink this milk, so I can grow up to be Army Strong.



Staff Sgt. Jaime Green SETAF Command Group

I have been doing a lot more cardio workouts.



Warrant Officer Chris Heryford

It's not just about this month, it's every month. Run, run, run, then run some more.

Tightenup post

First, we as a community are now past the half-way point for the 173rd Airborne Brigade Combat Team's deployment. This is both a benchmark to celebrate, but also to reiterate that working together as a community, helping one another and continuing support of our deployed Soldiers and their families needs to be a priority for everyone.

Secondly, it has been noticed frequently in the past weeks that there are pet owners who are allowing dogs to roam without a leash and being allowed to encroach on other residential areas or commonly shared areas in Villaggio.

I ask that all pet owners and area coordinators review the pet control policy in the USAG Vicenza Housing's Resident Handbook

(page 12). Dogs must be on a leash, regardless of size, at all times. Dogs of any breed with a known tendency of attacking persons or other animals (Pit Bull, Doberman, Rottweiler) must be muzzled and kept on a short leash manned by an adult.

Pets in general are not allowed to relieve themselves on patios, playgrounds, or within 50 feet of family housing, barracks, medical facilities, or child care facilities.

All fecal matter must be picked up immediately and disposed of. All pets must be current on vaccines and information can be obtained from the Veterinary Clinic (DSN 635-4841).

The Command is currently working on an official policy letter regarding pet control and will



Command Sgt. Maj. Keith Fillipp
USAG Vicenza Command Sgt. Maj.

publish it to the community. The policy will outline all local command regulations and command actions to be taken if the regulations are not adhered to.



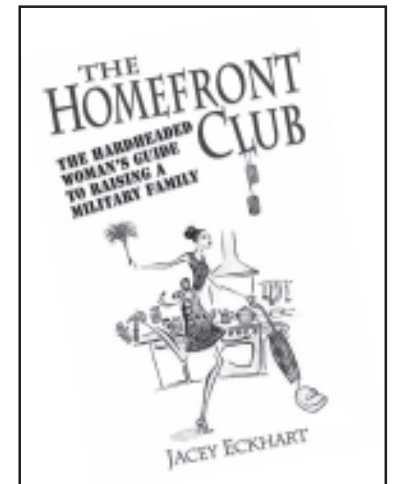
Jacey Eckhart

On Friday, Feb. 29 at 10 a.m., Jacey Eckhart, syndicated U.S. columnist, radio show host and author of *The Homefront Club* will speak at the post theater.

Eckhart knows about deployment from personal experience. Her fresh ideas, insight and humor can inspire you.

Free childcare is available by calling 634-7219 by Feb. 22. Children must be registered with CYS.

Deployment expert scheduled



Sense of time

By Chaplain (Lt. Col.) Scott Carson
SETAF Deputy
Command Chaplain

My wife once told me that her grandmother was only twenty years old. "How can this be?" Linda was older than 20 already and her mother, well... older. She knew she had me and with a smirk explained that her grandmother was born on Feb. 29 during a leap year.

The Gregorian calendar we use, as accurate as it is, has a flaw that requires an addition of one day every four years. We experience the anomaly this month and not again until 2012.

Regardless of whether or not one was born on Feb. 29, one still ages right along with the rest of us. Disregarding the leap year logic, my grandmother-in-law lived well into her 80s.

Time is an interesting

dimension that God's creation experiences. According to Scripture, we will not observe time in heaven.

In fact, God and the heavenly beings are eternal. They dwell outside the constraints of time.

The Bible declares that God lives forever with no beginning and no ending and we too will live for all eternity.

Our souls are never-ending and our finite bodies will change in order to exist forever. I, for one, am happy my body will be transformed.

I know that it is not perfect as it ages year by year, but someday I will be resurrected flawless and I will live eternally in the presence of the Lord.

As we observe leap year, think about how the dimension of time will no longer exist, and that some day pain and tears will never again be experienced.

We will enjoy eternity with our heavenly Father, and with those who have preceded us, in an eternal dwelling of love, peace and joy.

Veterinary services in Vicenza, Livorno

By Capt. John W. Coatney
Chief, Vicenza Branch, SEUDVC
Special to the Outlook

Last month, I wrote about what veterinary services does for the Department of Defense. This month I'd like to discuss what veterinary services does for our community.

Vicenza branch is the proponent for veterinary services tasked with installation support for Caserma Ederle and Camp Darby. Our offices are located at the veterinary treatment facilities on the Longare Installation and at Camp Darby, as well as both Vicenza and Camp Darby's Commissaries.

Installation veterinary services are not located in Bldg. 169 (next to the Health Clinic); this is headquarters for the Southern Europe District Veterinary Command.

SEUDVC is responsible for oversight of all Veterinary Services in Italy, Spain, Turkey, and the United Kingdom.

As a command, SEUDVC supports the Installation Veterinarian, who supports the installation. This is why folks who bring their pets to this building are then referred to the clinic at Longare.

Veterinary services works to prevent disease and maintain optimal health for the 13th Military Police Company's military working dogs, as well as any unit mascots.



Veterinary services are available on Longare and on Camp Darby.

The Vicenza vet clinic is open from 9 a.m.-noon and 1-4 p.m., Mon-Wed and Friday; 1-4 p.m. on Thursday, and until 6 p.m. on the first Monday of the month. We are closed on federal holidays and on the last day of the month (for inventory and book-keeping).

The Longare installation can be a little challenging to find, so call the clinic if you need directions.

The clinic provides vaccinations and health certificates, as well as outpatient medical and surgical procedures.

The Camp Darby vet clinic is visited monthly by personnel stationed in Vicenza; this is usually done the first Wed-Fri of the month. Please call the Vicenza vet clinic if you have any questions regarding services at Camp Darby.

Veterinary services also ensures that appropriate food safety and security measures are taken at

military facilities, including the commissary, Sshoppettes, troop issue subsistence activity, and MWR activities. We also provide an annual food and water vulnerability assessment for each installation. Additionally, the veterinarian travels throughout northern Italy, Croatia, Bosnia, Hungary, Austria, Romania and Africa to ensure that food purchased by the Department of Defense is safe and sanitary.

Additionally, the veterinarian provides recommendations and advice to the Vicenza Health Clinic regarding diseases that can be spread between humans and animals, like rabies and avian influenza.

Veterinary services is here for the Soldier and family member. If you have any questions regarding what we can do for you, call us at 0444-71-4841.

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At your service

Kent Thompson is the new financial readiness program manager at Army Community Service. Thompson and his family just arrived from Germany and look forward to working with the Vicenza military community.

"I support the commanders in maintaining unit financial readiness to support deployments," said Thompson. "I counsel and educate Soldiers, family members and civilians on financial self-sufficiency."

Thompson's office is located on the second floor of Davis Soldier and Family Readiness Center, and hours are 8 a.m.-5 p.m., Monday-Friday. He can be reached at 634-8634, or off post at 0444-71-8634. For a list of upcoming Financial Readiness classes, go to www.vicenzamwr.com and go to the ACS site.



Kent Thompson

CAV kids donate locks for love

Story and photo by
Kimberly Gearhart,
USAG Schweinfurt Public Affairs

SCHWEINFURT, Germany – Kari Updike knows she has a couple of great kids.

Cacie, 8, and Paige, 9, are old enough now to understand what deployment means, and their father, Sgt. 1st Class Scott Updike is currently deployed to Afghanistan with A-Troop, 1st Squadron, 91st Cavalry Regiment.

“My girls have really been hit hard. When Scott left, Paige’s grades started to drop,” Kari said. When the CAV started experiencing losses, it was particularly difficult. The Updike girls, however, responded with a desire to reach out and help others.

They decided to donate their hair.

Paige, an avid Oprah Winfrey fan, saw an episode during which a celebrity had her hair cut and donated to Locks of Love, a charity that uses the hair to make wigs for cancer patients.



(Above) Cacie Updike, 8, smiles as Annette Witas severs Updike’s long blond ponytail for donation to Wigs for Kids. (Left) Annette Witas carefully removes Paige Updike’s ponytail for donation to Wigs for Kids. Paige Updike, 9, suggested the donation to her mother after seeing a celebrity do the same on the Oprah Winfrey show .

“I saw a video, back in California, about kids with cancer. There are a lot of people that don’t have any hair and they’re sad,” Paige said.

Kari, whose grandfather suffers from cancer, agreed to let the girls donate their hair, and found two organizations which accept hair donations: Locks of Love and Wigs for Kids.

“We decided on Wigs for Kids, since they focus on children,” Kari said.

Wednesday, the Updike family took the leap, visited the Ledward Beauty Salon and had their ponytails severed for charity.

Paige, back on the honor roll and full of stories about school, home, and favorite musicians, was a little scared when it came time to sit in the chair, but had the courage of her convictions.

Sister Cacie, who had been wanting a short cut for some time, was thrilled that her missing hair would be put to good use.

“I just feel so great about donating my hair,” she said.

For those interested in following the Updikes’ example, donation requirements and release forms can be found at either <http://locksoflove.org/> or <http://www.wigsforkids.org/>.

Following dream leads to Super Bowl

By Sgt. Nathan Akridge
AFN Livorno

As Americans across the globe watched the Giants upset the Patriots in Super Bowl XLII (42), one Camp Darby resident had a very personal reason to be happy. Gene Strahan, an employee at the Auto Skills shop on Camp Darby, spent the evening cheering on his little brother, Michael Strahan, a defensive end for the New York Giants.

Gene says he stopped teasing his little brother about his desire to play professional football years ago.

“When Michael was playing football with Youth Services at Fort Bragg, my dad knew he had talent,” said Gene. “But, when he told us that he was going to play pro ball, my brothers Victor, Chris and I busted out laughing.”

Gene said his family was naturally athletic. His mother had played basketball and his father was on the All Army Boxing team and fought Ken Norton when he was on the All Marine Boxing team. Gene even has an uncle, Art Strahan, who played for the Dallas Cowboys and Atlantic Falcons.

“All of us kids played sports,” said Gene. “Size came naturally to us. When Michael made it to the pros, I reminded him that he told us from day one he was going to play. Look at him now in the Super bowl. I take my hat off and salute him.”

This was Michael’s second Super Bowl during his career with the Giants. In 2001, Gene said he played his heart out and gave 150 percent because he didn’t know if he would ever be there again. Gene said the difference in this year’s Super Bowl seemed like the morale was higher and everyone was pumped and focused.

While watching the game at the Darby Community Club, Gene said there were only a few Giants fans, but even the Cowboy fans who were there were cheering on the Giants over the Patriots.

“There was one Patriots fan, a gal, who came up and gave me a hug and said congratulations at the end,” laughed Gene. “The men were in shock.”



(Above) Gene Strahan always wears something showing his support of the New York Giants. His brother, Michael, is a defensive end for the Giants. (Photo by Joyce Costello, USAG Livorno Public Affairs)

When asked how he felt about his brother’s success, Gene replied, “If you have a dream, you have to follow it.”

“Stay in school, get your education and don’t let someone tell you what you can’t do,” reminded Gene. “Even through we laughed at Michael at young age... look at him now.”

“I’m so proud of you man, you did it,” Strahan said to the TV.

Camp Darby educator assists African students

By Joyce Costello
USAG Livorno Public Affairs

LIVORNO, Italy – Currently deployed to Africa, in a sliver of a country between Somalia and Ethiopia, an education counselor from Camp Darby is assisting students beyond the fence perimeter.

Alan Moses, normally a test examiner with the U.S. Army Garrison Livorno education center, spends his days in Djibouti helping U.S. troops with their schooling concerns, while spending his evenings meeting with Djiboutian students.

Serving on a 180-day rotation for Combined Joint Task Force-Horn of Africa, Moses believes providing education opportunities goes beyond supporting his fellow Americans who live and work on Djibouti's Camp Lemonier. For example, he works with Africans as they practice their English and study U.S. culture.

Why? Because he believes education will help stabilize the impoverished country.

"(A) local college field representative told me about this program – run by the Combined Joint Task Force staff, the State Department and the U.S. Agency for International Development – where volunteers (visit) classrooms to help

students with their English," said Moses. "I feel that by volunteering ... I help them to succeed in earning a better living. But more importantly, I am providing them another person's outlook on life and the world we live in."

These Camp Lemonier volunteers – comprised of U.S. servicemembers, civilian employees and contractors – after long days of work on Camp Lemonier, venture off post to sites that range from modern downtown buildings to shacks partially made out of tin and bits of wood in the middle of a refugee camp.

"These students have had limited official language training (about one year), but they study hard so that they can communicate in English," said Moses.

"In fact, we recently had Paul Salopek – a two-time Pulitzer Prize winning reporter from the Chicago Tribune and a foreign correspondent now based in South Africa – spend a week visiting us. The students really enjoyed talking with him," he said.

One said learning English is important "because it is the international language."

"Coming to this class improves opportunities for me," Ishmael said. "I want to get my master's degree at an American university. And since English is (used in the



(Above) Alan Moses, a test examiner with the U.S. Army Garrison Livorno education center, teaches Djiboutian students while serving on a 180-day rotation in support of Combined Joint Task Force-Horn of Africa. (Courtesy photo)

business of) oil, it is essential for me to learn it."

Moses labeled the sessions that Ishmael and other students attend as "interactive." Students select topics to discuss, peppering the American volunteers with questions that, Moses said, provide Djiboutians a better understanding of diverse American culture, values and norms.

"The discussion at class can get quite lively," Moses said, laughing. "(One) week, the subject was the 'Future of Africa,' and eventually

led to a discussion of the current problems in Kenya."

And while the students soak in what is taught, the Djiboutians believe they can enlighten the U.S. servicemembers and civilians as well.

"Americans should be encouraged to learn more about Africa ... as it has many cultures," said Mohammad. "If Americans understand these cultures, then America may be able to assist the countries of Africa to settle difference among themselves."

Besides teaching off base, Moses, who will be returning to Camp Darby in April, said there are other ways people – even those not deployed – can assist the program. For example, his wife, Melinda, the kindergarten and first-grade school teacher at Livorno Unit School, has asked fellow teachers to donate books that will be sent to Camp Lemonier. Moses and representatives of CJTF-Horn of Africa and the U.S. Embassy will distribute them among nine cultural centers.

Youth merge art, technology

By Lakeshia Poole
Boys & Girls Club of America
News release

Camp Darby's Matthew O' Brien was challenged with creating a digital art piece he felt reflected the changing world before him for the sixth annual Club Tech Digital Arts Festivals.

His entry, entitled *Mexican Song*, not only musically captured this theme, but it brought home the top honor for the overseas region in the 10-12 age group.

The Festivals, a component of the national Club Tech program, celebrate the creativity and technical abilities of Italy-area Boys & Girls Club members like O' Brien. Artwork for the 2007-2008 Festivals must fall under the theme "Our Changing World" and is judged based on the member's age, artistic merit and technological skill.

"The Club Tech Digital Arts Festival allows our members to experiment with the art of creating music to find the hidden musician or composer within

themselves," said Dan Rauzi, senior director, youth and technology programs, Boys and Girls Clubs of America.

"Because music is such a powerful form of self-expression, this is a unique opportunity for our members to convey their innermost thoughts," he continued. "It's amazing what our young people can do when given access to technology."

The Club Tech digital arts program is new to Camp Darby. Through this program, children are introduced to the world of digital movie making, photo illustration, graphic design, music production and Web design.

Members like O' Brien who are interested in music production can discover the world of digital-music making.

Club members learn how to write sheet music and compose tunes through the use of music tracks, sound effects and filters.

O'Brien, whose family has since relocated to Aviano Air Base, will represent Livorno Child and Youth Services for the national title and an all-expense-paid trip to Minneapolis to gain hands-on experience.



Matthew O'Brien not only won for his music project, he is also an avid Boy Scout and runner.

Darby Dates

Designer outlet shopping

Feb. 23, 9 a.m. – 4:30 p.m., \$20 for transportation. Spend the day shopping outside of Florence at the designer outlets such as Gucci, Fendi, Armani, Benneton and many others.

Ski Abetone

Feb. 23 Abetone. Transportation is \$10. Transportation and one hour Ski Orientation is \$15.

Transportation with skis or/snowboard rental is \$20.

Twelve participants maximum and ski pass is not included.

Call Outdoor Recreation for more information at 050-54-7775, or on post at 633-7775.

Send a video message

Stop by and send a message using our computers which are equipped with web-cams, Viditalk and IM capabilities.

Call ACS for additional information at 633-7084 or off post at 050-547-084.

Circus, skating, boats, museums, marathons and more



arrived in Vicenza, set up near the Vicenza east autostrada exit it will be open until Feb. 25. Tuesday through Saturday, two performances at 5 and 9 p.m., Sunday at 3:30 and 6:30 p.m., Monday only one performance at 5 p.m. You can see the animals in the zoo on Sundays at 10 a.m. and 1 p.m. Note that on Feb. 19-20 they will be closed.

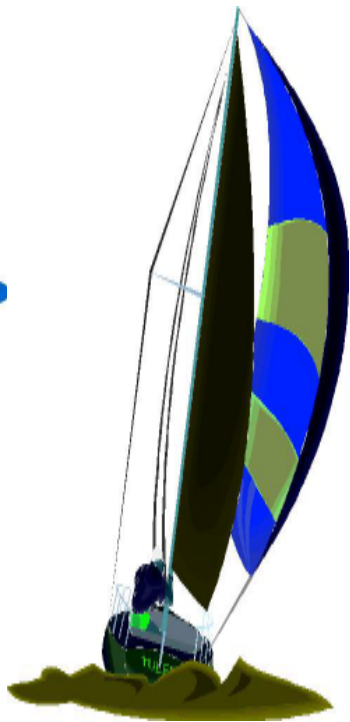
Exhibition

In Padova find everything for your garden, home or balcony at the garden exhibition at the cities exhibition hall, over 80 vendors will be present displaying flowers, plants, garden objects and other Feb. 22-24. Open each day from 10 a.m.-7 p.m. entrance fee 5 euro.

Notes for your diary

Medieval event on March 16 in the castle of Bevilacqua, located near Verona. See fire-eaters, knights, bowmen, musicians, medieval fortune tellers, a medieval market, jesters and a medieval

ncampment. Children will also be able to participate in different games that have been organized. The astle gates open at 10 a.m..



The 7th Venice Boat Show edition will take place March 8-16, this exhibition is devoted to people who love the sea: sport events, boat tests, fashion, meetings tourism, exhibition workshop and more;

Supper with the Scaligeri, in the Ristorante Leone D'Oro, Verona on April 8, fish will be served, booking mandatory, cost 40 euro.

Vicenza Through Feb. 29 restricted driving in the Centro Storico, Laghetto, San Lazzaro and San Pio X districts from 9 a.m.-noon and 3-6 p.m. for all older vehicles rated Euro 0 and 1 and non-catalytic. The cost for violating the restriction

is a 72 euro citation.



The ice rink in Jesolo is open. Opening hours: weekdays including Saturday: 3-10 p.m.; Sunday: 10 a.m.-noon and 3-11 p.m., cost 10 euro for an hour.



Marathons

The city of Trieste sees it's 13th marathon on May 4, for full details see www.bavisela.it.

The 18th Torino Marathon this year takes place on April 13. The course starts from Via Po and finishes outside the near the medieval castle of the city.

The marathon, for 18 years of age and over, will take you through some of Torino's surrounding towns, it's green parks and the most beautiful streets of the city center.

Fee includes use of changing rooms, left-runners' bags depot, hot showers, candy and pasta party after the race, massage therapists, water, tea, candy, first aid. Time limit is 6 hours. The earlier you register the more discount is available — full information in English from www.turinmarathon.it.

A day in Torino

The Egyptian museum in Torino is claimed to be one of the world's most important museums for Egyptology outside of the Cairo Museum and includes a room devoted to pre-historic times and the first three dynasties (4000 B.C.

The museum's most important treasures include the Tomb of Kha, a burial chamber dating back 1400 B.C., which contains sarcophagi, and the Royal Papyrus or the Papyrus of Torino, which lists all the kings of Egypt from 3000 to 1600 B.C. Also find everyday objects on display, such as sandals, combs, and even food.

Open: 8:30 a.m.-7:30 p.m. everyday closed Monday. Entrance fee: 7.50 euro. The museum is located on Via Accademia della Scienza. This is a permanent exhibition.

And if you are already in Torino in the nearby town of Pralormo, located 35 km from Torino, you will find that there is no need to go to Holland to see fields of tulips.

In the setting of an 18th century castle, located in the town you will be able to see, a host of ...more than 50,000 tulips with fields and boarders of over 40 varieties of violets.

At the weekend you can also find exhibitions of flower arranging, how to cook with herbs and flowers, music concerts and see how a violin is made.

There are also stalls selling plants and gardening tools and embroidery kits, for the children there is an area where they can see small farm animals such as chicks, rabbits and ducks. There is also a bar-restaurant in the park.

If you are taking your dog it must have a muzzle on. The gardens and castle are open to the public in April everyday from 10 a.m.-6 p.m. There will be an entrance fee. Further information in English from www.contessapralormo.com

to 2300 B.C.): it features the reconstruction of a protodynamic sepulcher with the oldest existing example of a natural mummification.

Another room is dedicated to the Old Kingdom (the 4th-6th Dynasties) and has a wall of the tomb of Iteti, as discovered by Schiaparelli in 1903.

Now Showing

Caserma Ederle Theater

Feb. 20	The Golden Compass (PG-13)	6 p.m.
Feb. 21	I am Legend (PG-13)	6 p.m.
Feb. 22	Alvin and the Chipmunks (PG)	6 p.m.
	Charlie Wilson's War (R)	9 p.m.
Feb. 23	Jumper (PG-13) (1st Run)	3 p.m.
	Alien vs. Predator-Requiem (R)	6 p.m.
Feb. 24	Jumper (PG-13) (1st Run)	3 p.m.
	Alvin and the Chipmunks (PG)	6 p.m..

Camp Darby Theater

Feb. 21	Alien vs. Predator-Requiem (R)	6 p.m..
Feb. 22	Untraceable (R) (1st Run)	6 p.m.
Feb. 23	Closed (Gospel Concert)	
Feb. 24	Alvin and the Chipmunks (PG)	2 p.m.

Admission: Age 12 and over \$4, under age 12, \$2.

The Ederle Theatre box office opens one hour prior to show time.

Movie Synopsis

ALIENS VS. PREDATOR - Reiko Aylesworth, Steven Pasquale The Aliens (and a Predator) have landed on planet Earth, and small town America is about to become the scene of an epic interstellar showdown. As these two breeds of cosmic killers clash in the small-town streets Gunnison, Colorado, the locals are sent running for their lives. Now, as the once-quiet community of Gunnison is overrun by Aliens, the only hope for mankind is a fierce hunter from the deepest reaches of space. Rated R (violence, gore, language) 94 min.

Sell your stuff for free on Marketplace
www.vicenzamwr.com/marketplace

New Look | New Categories | New Login
Same Great Deals --- Marketplace is back

Bank positions

The Community Bank in Caserma Ederle is looking for a teller supervisor and a banking center service supervisor.

You can use the "Careers" link at www.DoDCommunityBank.com for a detailed job description, the qualification requirements and to apply (online).

Candidates must be a U.S. citizen and a dependent of a U.S. military service member or of a DoD civilian stationed in Italy. Community Bank, operated by Bank of America, is an Equal Employment Opportunity employer.

Parent Child Dance

Saturday, Feb. 23, 6 p.m. Club V turns into "Never Never Land" for the annual Parent Child Dance.

Tickets can be purchased at the MWR Tax Relief Office; \$15 for adults and \$10 for children. Price includes dinner, photos, keepsakes and dancing. Sales end Feb. 20. Call 634-5087.

Black history contest

Students in grades 6-12, test your knowledge of Black history and win prizes. The Vicenza Post Library will host a competition to be held every Tuesday and Thursday during February, Black History Month.

Each week students can stop by the library and pick up questions from different subject areas.

Note: some Vicenza middle and high school teachers may offer extra credit points to students who participate in the competition. Check with your teachers. Call A.R. Jones at 634-7291 for more information.

Contract jobs available

Become an Adventure Series trip leader. Duties include identifying family friendly activities in the Veneto region, coordinating the activities, transportation, preparing necessary trip documentation and driving participants to and from activities. Must have a valid SETAF driver's license.

EEO manager needed

The EEO Office is recruiting for collateral duty Special Emphasis Program managers to assist with identifying and analyzing barriers to employment and career advancement for minorities, women and the disabled and sponsoring career enhancement activities.

Construction updates addressed by Col. Williams on AFN radio

What's happening at the fitness center? Why are streets on Villaggio torn up? What's happening at the dining facility?

Find out these answers and more when Col. Virgil S.L. Williams, USAG Vicenza commander, takes to the airwaves, Thursday at 7:30 a.m. Tune in to AFN 106FM, or channel 142 on your decoder.

Individuals must have their supervisor's approval and will receive formal training. Call Cynthia Pierson, EEO Officer, 634-7976

Child Find

The Vicenza Elementary School is conducting an on-going search for children, 3-6 years of age, who may have needs in the following five developmental areas: motor, adaptive, communication, cognitive, or social/behavior. This program is called Child Find.

For details and meeting times call Ann Gasparini, 634-7710, or 0444-71-7710 for an appointment.

Robin Hood

The MCT production of the musical "Robin Hood" will hold auditions for students ages 6-17 at Soldiers' Theatre on March 31 at 3:30pm with cast announcements and rehearsals to follow immediately.

Students must have after school from 3:30-7:30 p.m. free from other obligations Monday through Friday. Not all students are scheduled the entire time.

Participation in Missoula Children's Theatre is free and open to all authorized students. Parents are encouraged (required for 10 year olds and younger) to attend the auditions.

For a complete schedule of rehearsals and further information, call Soldiers' Theatre at 634-7281.

Nurse/dietitian/nutritionist

Choctaw Archiving Enterprise is responsible for managing the Women, Infants and Children (WIC) Overseas Program to U.S. military beneficiaries at U.S. installations throughout Europe.

They have a full-time opening for a nutritionist/dietitian/nurse in Vicenza. Must be a U.S. citizen.

Experience in prenatal, maternal or infant nutrition required. Registered dietitian preferred. Experience with WIC desirable. Must have current driver's license.

For consideration, please e-mail your resume and cover letter to: wicjobs@choctawarchiving.com or fax to: (210) 525-1398 or mail your information to:

Choctaw Archiving Enterprise
Attn: WIC Overseas
2161 NW Military Hwy, Suite 214
San Antonio, TX 78213

Writing group

If you have always wanted to write a book, have written one or

even had one published, this new writing group is for you.

The purpose of this group is to provide mutual encouragement and feedback on current or proposed writing projects.

If you are interested, contact Bruce Hoag: b.hoag@p-advantage.com or 339-378-1797

PWOC meetings

The Protestant Women of the Chapel invite you to join them every Tuesday morning at the Post Chapel from 9:15-11:30 a.m. Join Bible study groups. Contact Antoinette Samuel at asamuel.



Maj. Gen. Frank Helmick
SETAF commander

"Let's be frank"

Be sure to dial into AFN 106FM Feb. 22 for the new call-in show, "Let's be frank." Now you can ask the SETAF commanding general Maj. Gen. Frank Helmick, just what's on your mind. Get all the answers to your questions Friday, on AFN.

csamuel@hotmail.com.

Road closure extended

The Ederle Inn Lodge addition contractor has run into unforeseen site conditions while installing a sewer line along the road in back of the Ederle Inn. This work was supposed to be completed between 4-14 Feb, however they found some electrical banks that are not on the utility plans. Because of this they have to reroute the sewer. The work could take another 30 days. The new date for road work to be completed is now March 15.

USO classes

*Italian Level I starts Feb. 26 and runs for 9 weeks, Tuesday and Thursday from 5:30-7:30 p.m.

Cost is \$112 plus 10 Euro for the book the first night of the class.

*Belly Dancing classes are on going at the Body Shop every Wednesday night from 7-8 p.m.

Cost is \$10 per class or \$35 per month. Sign up at the USO Center Bldg. 9A.

*Sign up for a chance to win an iPhone. The iPhone will be given away March 22 during Eggstravaganza.

The iPhone has been donated by Capitol Motors. Sign up at the USO center, building 9A or at Capitol Motors, (to the left of Villaggio). Starts on March 1.

*April 19 is our Chili Cook Off. Bring your best chili recipe to our cook off and win baskets of goodies. Sign ups begin April 1.

SKIES flute lessons

CYS SKIES *Unlimited* offers flute lessons by Michelle Willis on Wednesdays by appointment. Cost is \$26 per hour or \$15 for half-hour. Register at CYS Central Registration 634-7219.

7 Habits of highly effective families

This workshop from the best selling business book of all time is now being offered in Vicenza by Family Advocacy beginning March 4. This is an exciting series of classes in self-discovery that will strengthen and empower military families. Call ACS to register, space is limited. 634-7500.

Job opportunity with CYS

NAF CPAC office has an open continuous positions and a lead child and youth program assistant; part time. Closing date is Feb. 20. Stop by the office for an application or email your resume to: Vicenza.NAF@EUR.army.mil.

For detailed information about these and other positions visit their website at: cpolrhp.belvoir.army.mil/eur/index.htm or call at 634-7290/7349.

The office is located across the street from Gate # 2 on Viale Della Pace. Hours of operation are Monday-Friday 9a.m.-4 p.m. and closed noon-1p.m. and Thursday mornings.

ITR trips

Let ITR do the driving and you can just sit back and enjoy the sights. Verona March 5, Milan March 12, and don't miss the St. Patrick's Day Weekend trip to Perugia, Assisi, Deruta, and Umbria on March 15-17. Make the most of your time in Italy by getting around to all the famous sights. ITR makes it easy. Call 634-7094 for reservations and information.

Need to talk?

Military Life Consultants are now located in Villaggio Tuesdays and Thursdays 8-10 a.m. in the Youth Center.

Drop by or call 634-7500 to schedule and appointment.

ACS classes

Managing your checkbook and setting up a budget can help to meet your financial goals. Classes offered by Financial Readiness can help. Checkbook Management Feb 20, Using Credit Wisely, Feb. 26.

Bring baby home, Feb. 21, and infant massage on Feb. 29 are both great for new parents.

All classes require registration so call 634-7500.

After school clubs

School Age Services offers a variety of activities after school.

Kid's council for fifth and sixth grades on Mondays, Spanish Dance Club on Tuesdays, Deployment Club on Wednesdays, Gardening Club on Thursdays, and Fine arts, photography, and health and fitness clubs on Fridays.

For information on each club and upcoming events call 634-8253.

Religious activities

Caserma Ederle Chapel

For details regarding any of these services or events, or for information concerning our other activities, call the chapel at 634-7519 (0444-71-7519).

Chaplain Crisis Line:

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

Saturday services

4 p.m.: Sacrament of Reconciliation, or by appointment
5 p.m.: Vigil Mass

Sunday Services

9 a.m.: Roman Catholic Mass
9 a.m.: Protestant Sunday school and AWANAs (Sept. thru 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 worship

Monday

Noon: Weekday Mass
3:05 p.m.: Middle School Club in the high school cafeteria. (Sept.-May)
5:30 p.m.: High School Club in the Teen Center. (Sept.-May)
For details contact Jocelyn Cay at 634-7890 or 349-385-3476 or vicecb@yahoo.com.

Tuesday

9 a.m.: Protestant Women of the Chapel (PWOC)

Wednesday

Noon: Weekday Mass
Noon: Protestant Men of the Chapel (PMOC) Bible study (at DFAC)
Noon: LDS Study
5:15 p.m.: PWOC evening bible study

Thursday

9:15 a.m.: Catholic Women of the Chapel (CWOC)
Noon: Weekday Mass
5:30 p.m.: Gospel service choir rehearsal
7:15 p.m.: Gospel service Bible study

Friday

Noon: Weekday Mass
Noon: Muslim Khutba and prayer

Faith group POCs

Islamic POC is Mohamed Noeman at 634-6306.

Jewish POC is Dr. Stephen or Nancy November at 328-054-9709 or november6@msn.com.

Latter Day Saints (LDS) POC is Dr. Matt Ghiz at 349-500-7989.

Darby Chapel

For details call the chapel at: 633-7267 (50-54-7267).
8:30 a.m.: Catholic Reconciliation
9:30 a.m.: Catholic Mass
11 a.m.: Protestant worship

All briefs for this page must be received at editor@eur.army.mil by noon Wednesday, the week prior to publication.

Run, jog, even lift your way to a healthy heart

Commentary and photos by
Gary L. Kieffer
Outlook Editor

There are many ways to stay in shape. It's not all about organized sports, like basketball, football and soccer. There are many individual ways for someone to stay fit or to begin a program to become fit.

The Vicenza Sport office, Morale, Welfare and Recreation, Outdoor Recreation, your unit and other organizations have a diverse selection of fitness programs and opportunities.

Although the post gymnasium is under renovation the Vicenza sports office staff are working hard to provide as many different fitness improvement opportunities as possible to meet your workout needs.

The Body Shop, for one, is in full-swing with people trying to get themselves in better shape and there are many more areas around the post as well.

So, during the month of February, Healthy Heart month, take the time to reevaluate your physical fitness needs. The Caserma Ederle post facilities have plenty to offer, whatever your health improvement requirements.

(Right) You can tone your arms, and help stretch those back muscles with this machine. (Below) Or you can stay in shape with the daily-doubles, like sit-ups, as Col. Lorraine Breen, Vicenza Health Clinic commander does.



(Above) Staff. Sgt. Joanne Joseph, SETAF Command Group, gets in a few miles of running on the trend mill. (Below, right) Stefanie Cook, family member, likes to do her miles on the elipctical trainer.



(Above) Tony Fontana, Vicenza Sports office, spots the weights for Sgt. Richard Hamner, HSC SETAF, in the weight room of the Body Shop. It is a practical safety measure to always have someone spot for you when lifting weights at any time, according to Fontana.

Sports shorts

Adult sports sign ups begin

Beginning March 1 the sports office will begin forming post teams for racquetball, 10-miler, triathlon, and track and field events. Call 634-7009 if you are interested in joining any of these community post level teams. All levels of competitors are needed.

ODR ski trip

March 8 ODR heads to Marmolada, "Queen of the Dolomiti". Located just south of the Austria border Marmolada has 52 km of slopes and the longest is 16 km. ODR takes you where the powder is. Call 634-7453 for reservations.

Fitness Center closures

In the main post fitness center, male and female locker rooms and the front cardio room will be closed.

Cardio equipment will be relocated to the racquetball court. The changes are due to the renovation of this facility and began on Feb. 8. Fitness classes have been relocated to the fitness studios above the Body Shop. For information call 634-6240.

CYS baseball season

Registration for CYS baseball ages 3-14 will be through Feb. 27. There are limited slots available so register early.

Children born between 1994 -1999 have the opportunity to play in an Italian baseball league April 12-June 7. Practice begins March 31.

You must register and should bring a health assessment that is valid through the season, and payment of \$46 with you to register at CYS central registration. Call 634-7219 for information.

Baseball coaches clinic

This is not a clinic for children. Dates: March 10-12 Cost: free. Location: Villaggio CYS Training area and baseball field. Age: 16 years and up

Target audience: Adults and youth in the community who are interested in coaching baseball for CYS Sports and Fitness.

Coach John Noce will be returning to Italy to teach our local coaches how to coach baseball. He is a former MLB coach with more than 30 years experience. This is a once in a lifetime chance to be taught key points of coaching baseball by a former MLB coach.

Call Georgia at 634 - 6151 and sign up or email her at georgia.salyer@eur.army.mil. Sign up now thru the start of the clinic.