



The Outlook

July 29, 2010

U.S. Army Garrisons Vicenza & Livorno

www.USAG.Vicenza.Army.Mil

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The OUTLOOK will not be published Aug. 12. Submissions for the Aug. 5 issue should be sent to editor@eur.army.mil no later than Monday at noon. Call 634-6363 for information.

What's Inside

Garrison news pages 2, 3, 4

Speak Out asks School Ages Services students what is their favorite summer camp activity

DoD urging community to turn in 'Don't Ask, Don't Tell' surveys by August deadline

TRAVEL page 5

Destination Mallorca: Although a haven for European tourists, much of the island remains untouched



Community events pages 6 & 7

AAFES Movie Schedule

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

Sports page 8

Fact or Fiction? Use foot shape to determine type of running shoe. Find out what new studies say



One-stop-shop

Lonnie Heuer, an operations finance clerk (right) hands out a package to Spc. Austin Arndt, 300th Human Resources Company, U. S. Army Reserve, in the newly refurbished mail room July 27. USAG Vicenza's post office has transitioned to a combined Postal Service Center, which now provides all postal services, including package pick-up, finance services, claims, official mail and registered mail services as a one-stop-shop out of Bldg. 302, where the CMR boxes are located. For more information on the consolidation of postal services, contact Eunice Sohn at 634-7451 or eunice.sohn@eur.army.mil.

Photo by Laura Kreider



Hey, batter batter!

Photo by Adriane Foss

Geonte Haynes, lead supervisor at the post fitness center, readies himself to hit a line drive during a Monday evening game at the softball field behind the Ederle Inn. Haynes is a member of the U.S. Army Africa post softball team, which lost to USAG Vicenza's HHC team, 10-16. The USARAF vs. HHC USAG-V game was the third and final game of the evening and the first game of the official post softball season. Other teams participating in the garrison's unit/recreational softball league include AFN/DoDDS, 704 MUNSS and Sticks and Skulls. Community members are encouraged to come out and cheer the teams on as they face off through the end of August for year-long bragging rights. See Page 8 for the games schedule, or call 634-7009 for more information about the teams.

Community urged to report suspicious activity with iWatch

USAG Vicenza Antiterrorism Office

It's a sunny weekday morning and you're walking to work at Caserma Ederle. You see someone standing across the street from the Chapel Gate, holding a clipboard and writing something down as cars enter the base.

It strikes you as odd, but you continue on your way. Right?

Wrong, according to the Army antiterrorism community. The right answer is to participate in Vicenza's new iWatch Antiterrorism Awareness Program and call the military police immediately and provide a detailed, accurate description of what you saw or submit a suspicious activity report on the iWatch website at www.usag.vicenza.army.mil/sites/local/iwatch.asp.

USAG Vicenza is among the many garrisons worldwide participating in iWatch, an Army-mandated version of Neighborhood Watch. iWatch is designed to inform the community about behaviors and activities that may have a link to terrorism and criminal activity, and is being promoted across the Army during August.

See REPORTING Page 2

Double amputee takes charge of Wounded Warrior Program

Story and photo by ALEXANDRA HEMMERLY-BROWN
Army News Service

The U.S. Army Wounded Warrior Program gained a new director July 13 -- one who has a lot in common with those he'll be leading.

Lt. Col. Gregory D. Gadson, a West Point graduate, lost both of his legs to a roadside bomb in Iraq in 2007. Despite nearly losing his life, Gadson went on to complete two graduate degrees and recovered with assistance from the Wounded Warrior Program, which he is now responsible for.

Gadson visited Caserma Ederle in September and delivered a message of hope and determination to Soldiers and family members, most of whom have dealt with combat tours for much of their military lives. As part of a world tour of garrisons, he and his wife also candidly discussed his

struggles as a Wounded Warrior and the issues they face together as a family.

The Wounded Warrior Program, nicknamed AW2, is the official Army program that assists and advocates for the most severely wounded, ill, and injured Soldiers, veterans, and their families.

"It's all about the Army making good on its promise to never leave a fallen comrade," said Brig. Gen. Gary H. Cheek, commanding for the Warrior Transition Command, which AW2 falls under.

Gadson replaced AW2 director Col. James S. Rice, who spent three years at the

See ONE OF THEIR OWN Page 2

Gadson is recognized as the first person to receive the latest version of Power Knees, battery-powered "bionic" prosthetic knees that feature artificial intelligence and sensor technology that helps users walk with increased confidence, safety and a more natural gait.



'One of their own' represents WWP



Photo by Alexandra Hemmerly-Brown

‘If I allow myself to think about it, I can become emotional, because I know where I was three years ago, and this certainly wasn’t on the horizon at that point for me.’

continued from Page 1

post. Jokingly, Rice handed Gadson his Blackberry smartphone during the handover ceremony.

“I think having been wounded and having grown up in the AW2 program, it’s given me a certain lens that not many have had ... I have that patient perspective and hopefully I can communicate those experiences to make the organization better,” Gadson said.

Gadson made a splash in national media in 2008 when the New York Giants adopted him as a good-luck charm and source of inspiration, taking them all the way to the Super Bowl.

Gadson, who played football at West Point with Giants wide-receiver coach Mike Sullivan, received a visit from Sullivan during his recovery at Walter Reed Army Medical Center. When asked if there was anything he needed, Gadson asked Sullivan to see the Giants play when they came to Washington.

When the Giants came to town, Sullivan took him up on his request and asked Gadson to say a few words to the team before the game. They won, breaking the Giants out of a losing streak.

Gadson continued to attend Giants games and motivate the players all the way up to the Super Bowl,

which Gadson and his family were invited to attend. The Giants called him their inspiration, but Gadson said he was the one who felt honored to be included as part of the Giants’ team.

Since then, Gadson has been recognized for being the first person to receive the latest version of battery-powered “bionic” prosthetic knees, called Power Knees.

Cheek, who had advocated for Gadson to replace Rice in the position, was emotional during the change-of-authority ceremony.

“Wow, what a day for the Army,” Cheek said choking back tears, “because the Army Wounded Warrior Program brings home today one of their own. What a great message that sends ... it tells our wounded warriors that if it’s possible for him, it’s possible for me.”

Gadson said he is honored and humbled to be selected, yet maintains that he plays a small part in a bigger picture.

“This is not about me,” he said. “This is an opportunity to continue to serve those who have made huge sacrifices for our nation, and we owe that to them. If I allow myself to think about it, I can become emotional because I know where I was three years ago, and this certainly wasn’t on the horizon at that point for me.”

Reporting suspicious behavior everyone’s responsibility

continued from Page 1

Antiterrorism Awareness Month.

“It’s a quick, reliable reporting mechanism for the Vicenza community,” said Pete Huller, the garrison’s antiterrorism officer. “What I hope people will realize is that it’s more than a neighborhood watch program because it involves reporting suspicious activities at home, at work and at play.”

“The main idea is that we should never assume that something we see is insignificant,” said Carl Turner, garrison antiterrorism officer. “Some examples of suspicious behavior could be someone trying to gain access to a secure area, vehicles left in no-parking zones and/or in front of important buildings or people asking questions about sensitive information without a need to know.”

Huller said the garrison Antiterrorism Office is hosting several interesting

events throughout August, and urged community members to tune into AFN and read the Outlook for a listing of events. But Huller said he hopes iWATCH becomes a program that stays on the minds of community members long after the awareness month is over. He said doing your part to keep your community safe from terrorist activity should be an everyday affair.

The two elements of iWatch are “passive” and “active.”

The passive element requires situational awareness.

“This simply means keeping your eyes and ears open and maintaining a healthy curiosity about things that seem out of place,” explained Huller.

The active element requires individuals to take action and report suspicious behavior or activities to law enforcement for further investigation.

While people are encourage to report the unusual activities they see in the community, Huller said iWATCH is not a forum for people to spy on each other and perpetuate rumors.

“What iWATCH *isn’t* is a program where a few designated people act as vigilantes or sentinels,” said Turner. “It’s not a “Guardian Angel” safety patrol program like the one created in New York City, and it’s not limited to Villaggio residents.”

Examples of suspicious activity are:

- People drawing or measuring important buildings;
- Strangers asking questions about security procedures;
- Briefcases, suitcases, backpacks or packages left unattended;
- Vehicles left in no parking zones in front of important buildings;
- Unfamiliar people in secure areas;

•Persons wearing clothes that are noticeably too big or hot for the weather;

•Chemical smells or fumes that seem out of the ordinary for a specific location

•People who do not have a need to know asking questions about sensitive information, such as VIP travel schedules;

•People purchasing supplies or equipment that can be used to make bombs or weapons, or purchasing uniforms without having the proper credentials. Be alert at all times for suspicious activity.

“It’s important that everyone understands that we are all responsible for the safety and security of our community,” said Turner. “Just remember our motto: See Something Suspicious, Say Something Immediately.”

Visit <http://www.usag.vicenza.army.mil/sites/local/iwatch.asp> for more information.

Speak Out

What is your favorite summer camp activity?



Kyrstin Yates
3rd grade

“Making a pillow in sewing and stitching camp.”



Allen Love
6th grade

“Baseball, because I like this sport.”



Ariana Ortiz
2nd grade

“Field trips, especially going to the Water park near Verona.”



Sanji Reynolds
2nd grade

“Photography camp, but I also like basketball camp.”



Hannah Scoggins
6th grade

“I like to try all the new activities, especially making a pillow in sewing camp.”

DoD needs completed 'Don't Ask, Don't Tell' survey Military leadership seeking Soldier feedback on controversial issue

Army News Service report

Only about 10 percent of the 400,000 service members asked to complete a survey about possible repeal of the "Don't Ask, Don't Tell" law have responded so far, and DoD officials said they need to hear from the rest.

"It's important for them to return the survey so we understand possible impacts associated by repeal of the Don't Ask, Don't Tell law," said DoD spokesperson Cynthia Smith.

She added that officials need to know how the repeal would impact unit cohesion, military readiness, recruiting, retention and family readiness.

A total of 200,000 active service members and another 200,000 in the Reserve and National Guard were e-mailed July 7 with a link to an online questionnaire about possible impacts of repealing the law that bans gays and lesbians from serving openly in the military.

So far, only about 40,000 of those randomly selected have completed the survey instrument, Smith said. Respondents have until Aug. 15 to complete the questionnaire.

Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, said the Defense Department needs objective information that the survey can deliver, and emphasized that no one is drawing conclusions about the survey until it is finished.

"To reach out at this point and try to predict either what they might say or



Photo by Air Force Master Sgt. Jerry Morrison

U.S. Defense Secretary Robert M. Gates and Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, speak during a press conference at the Pentagon, July 8. During the briefing, Gates urged service members to provide their input to an e-mail survey seeking their opinions about a possible repeal of the so-called "Don't Ask, Don't Tell" law.

what the results might say, I just think it's too early with respect to that," the chairman said.

"I think it is very important for us to understand from our men and women in uniform the challenges that they see," Defense Secretary Robert M. Gates said during a Pentagon news conference earlier this month, noting that the department needs their views on the subject and the challenges they see to implementing a possible change to the law.

Gen. Carter F. Ham, commander of U.S. Army Europe, and Jeh Johnson, the Pentagon's top lawyer, are leading a review panel that's assessing the current law.

"I would say that this survey is a very important element of this effort, in part because while General Ham and General Counsel Jeh Johnson have talked to thousands of troops in dozens of military facilities, we have gotten several tens of thousands of comments and views by e-mail in response to the request for

people's thoughts on this," Gates said. "This size sampling is obviously the most significant element of getting the views of the troops."

Officials estimate it will take 30 minutes to complete the survey. Another survey will go to 150,000 family members in August.

Gates insisted on doubling the sample size to its current level.

"The original proposal was to sample 100,000 active-duty and 100,000 in the reserve component," he said. "I strongly suggested that they double the size of the sample - that I wanted a significant percentage of the force to have an opportunity to offer their views on this."

The survey is confidential, the secretary pointed out.

"I strongly encourage gays and lesbians who are in the military to fill out these forms," Gates said. "We've organized this in a way to protect their privacy and the confidentiality of their responses through a third party, and it's important that we hear from them as well as everybody else. But I think we're satisfied that this is an important element of this effort, and that it's being done in a very professional way."

DoD also has an online inbox at www.defense.gov/dadt for additional feedback from any common-access-card holders.

(Jim Garamone of the American Forces Press Service wrote the original article which was updated for this report.)

Cutest Kiddo:

USAG Vicenza's Chevelle Rodriguez, 8 months old, pictured here in her winning Facebook photo. Chevelle received the most "likes" on the AAFES Facebook page to win the Cutest Kiddo contest. Her parents will receive a Peg Perego stroller and car seat valued at more than \$600. Chevelle is the daughter of Sgt. Felix Rodriguez, Battle Company, 2-503rd, 173rd Airborne Brigade Combat Team, and Kashay Rodriguez. Visit the AAFES Facebook page to find out about upcoming contests.

Courtesy photo



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The Outlook

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The editor reserves the right to edit all submissions for style, brevity and clarity. Circulation is 3,000 per week.

At your service

Admin Services Division, DHR



Eunice Sohn is the chief of the Administrative Services Division with USAG Vicenza's Directorate of Human Resources.

Sohn is replacing Richard Hendrickson, who she said will "truly be missed."

"I hope to ensure seamless support to the community by leading a phenomenal team in providing a variety of administrative services, which include the Postal Service Center, Publications and Forms Management, Records Management, FOIA, and Installation Copier Management," said Sohn.

She is located in Bldg. 304, Room 2E, Monday through Friday from 8 a.m.-5 p.m.. Sohn can be reached at 634-7451 or eunice.sohn@eur.army.mil.

Troops urged to participate in Army STARRS

Army now aiming for 2:1 dwell time for Soldiers.

That means *two years home* for every one year in combat

By C. TODD LOPEZ
Army News Service

Vice Chief of Staff of the Army Gen. Peter W. Chiarelli, strongly urges Soldiers to participate in a study that will help the service learn more about the causes of suicide and improve prevention efforts.

The five-year Army Study to Assess Risk and Resilience in service members -- called "Army STARRS" for short -- kicked off in 2008.

The study involves a review of existing historical information the Army has, including the personnel and medical records of Soldiers who have committed suicide.

Those conducting the study now need new information that will come directly from Soldiers. That information will be gathered through questionnaires, online surveys and Soldier interviews.

Suicide is a national issue as well as an issue the Army is facing. The Army asked the National Institute of Mental Health to conduct the Army STARRS study in 2008. To gather the kind of information needed to complete the study, researchers from NIMH will need to follow Soldiers as they move through their Army careers.

Researchers will collect information from as many as 120,000 new Soldiers each year over the course of three years. To gather that information, they will interface with Soldiers in basic combat training locations at Fort Jackson, S.C., Fort Sill, Okla., and Fort Leonard Wood, Mo.

Combat-seasoned feedback

Researchers will also interface with a representative sample of about 90,000 "combat-seasoned" active-duty Soldiers, including reserve-component Soldiers who have been mobilized.

From that second group of Soldiers, researchers will be looking for, among other things, information to help describe a Soldier's psychological and physical health, as well as history of exposure to adverse events. Those Soldiers may be asked to complete paper and pencil questionnaires, take online surveys, or participate in one-on-one interviews.

Collection of information from Soldiers will begin this summer, and it is expected that as many as 400,000 Soldiers will eventually participate.

Chiarelli said that participation in Army STARRS will be voluntary for all Soldiers. He stressed the importance of Soldiers agreeing to participate, and emphasized that participation is going to be anonymous.

I've learned that from the instance of whatever event causes post-traumatic stress to the time individuals in the United States seek help is 12 years. That 12 years is in itself not a good thing. What is really not a good thing are all the other potentially negative events that happen inside that 12 years, before that person even seeks help.

Gen. Peter W. Chiarelli
Army Vice Chief of Staff

"Confidentiality has been a hallmark of everything we have done to put this together," Chiarelli said. "We have put in place all the safeguards you would expect to ensure a Soldier can confidently provide data to NIMH researchers and trust it will be kept in the strictest of confidence. We hope every Soldier who is approached is willing to participate in this study."

Helping a buddy

The general said results of the study may one day help a Soldier who participates -- but he guaranteed those results will one day "help out one of his buddies."

Chiarelli said the Army has placed emphasis on suicide prevention over the past two years because its suicide rate has risen to a point that now exceeds that of a demographically equivalent selection of the civilian community.

"The Army always used to fall below the Center for Disease Control's average for a population corrected to be the same as the United States Army," Chiarelli said. "But in the last three years, we've seen the numbers go up above that corrected number. And this is of great concern to us."

In recent years, the number of active duty suicides has slowly risen -- though it appears in 2010 the suicide rate has tapered off. In 2007, 115 Soldiers committed suicide; in 2008, that number jumped to 140. In 2009, the number rose again to 162. As of June 10, there have been 62 active duty suicides in the Army -- that number is lower than the 89 suicides the Army experienced at the same time last year.

While the NIMH was asked to conduct the Army STARRS study, Chiarelli said the Army is not going to wait until the study is completed to learn the results. Instead, he said, he is briefed regularly on items of interest the institute has discovered so he can apply those findings now.

Already, he said, what has been

learned from the NIMH study is "paying significant dividends" and has been transmitted out to Army leadership around the globe.

"I've learned that from the instance of whatever event causes post-traumatic stress to the time individuals in the United States seek help is 12 years," Chiarelli said. "That 12 years is in itself not a good thing. What is really not a good thing are all the other potentially negative events that happen inside that 12 years, before that person even seeks help."

The general said the kinds of actions that can happen include alcohol abuse, spouse abuse, drug abuse, anger management issues, job loss and divorce.

"These are all negative behaviors that happen because a person has not sought the help they need. That's why we want Soldiers to get help as soon as possible," he said.

The general also said that Soldiers in their first year of service are at higher risk for suicide, as are Soldiers who are in some kind of transition.

A particularly dangerous time

"We know Soldiers who are in transition from basic training to their first unit, from their first unit to their second unit, even some senior Soldiers who make a decision to go to a professional military education course, such as the first sergeants course -- we know that's a particularly dangerous time for Soldiers," Chiarelli said. "These are the kinds of lessons learned and trends I've been able to provide to the field."

Also at risk for suicide are Soldiers who have been deployed multiple times.

"The latest data we received back from NIMH indicates you are about three times more likely to commit suicide if you have been on a deployment or multiple deployments," he said. "NIMH is showing that causal link between the stress on the force that we see with deployments and the

rise of suicides in the Army."

The Army is looking for ways to decrease the stress on Soldiers that comes from an increased operations tempo and extended time away from family and loved ones.

More dwell time?

The Army is aiming now for a 2:1 dwell time for Soldiers. That means two years home for every one year in combat. The service isn't quite there yet, Chiarelli said, and right now the ratio is more like 1:1 for most Soldiers. But the Army is looking to make sure that dwell time is protected.

"Today, commanders have made a decision -- and they are holding out individuals who don't have 12 months of dwell," he said. "When you move from -- let's say 3rd Infantry Division to the 1st Cavalry Division, and the 1st Cav. is deploying before you have been home for a year, commanders are leaving their Soldiers behind and don't force them -- don't require them -- to go on the front end of the deployment until they have had that 12 months of dwell time."

The stigma

Finally, Chiarelli said that to reduce suicides in the Army, Soldiers and commanders must work to eliminate the stigma associated with seeking help for mental health issues.

"We are starting to reduce the stigma associated with Soldiers seeking help for behavior health issues," Chiarelli said. "People are beginning to understand what traumatic brain injury and post traumatic stress is all about. Like you would for any other injury, with behavioral health issues, you need to seek help."

The Army STARRS study, conducted by the NIMH, is a "longitudinal study" patterned after a study on cardiovascular disease called the Framingham Heart Study that began in Framingham, Mass., in 1948 and continues today.

"The Framingham study has reduced the incidents of sudden cardiovascular death in this country by over 60 percent," Chiarelli said. "What we are trying to do with Army STARRS is kind of pattern it after Framingham. To be able to come up with an algorithm possibly, that will allow us to ask a Soldier or family member questions -- not unlike your doctor asks you about your heart -- about your mental well-being, and given that information, identify people that may have issues."

For more information about Army STARRS visit www.ArmySTARRS.org.

Destination Mallorca:

Spain's largest island awaits your arrival

Story and photos by
NATHAN VAN SCHAİK
USAG Schweinfurt Public Affairs

Mallorca, about the size of Rhode Island, is the largest island in the Balearic archipelago situated off the east coast of Spain, graced with warm Mediterranean sunshine and tempered by cool ocean breezes. Its landscape — ranging from limestone caves to gnarled moonscape all the way back to white sand beaches — is as diverse as its shopping, nightlife, cuisine and historical sight-seeing. The island appeals to all tastes and offers something for everyone year-round.

Travel plans

Travel to Mallorca is easy, especially from Italy. Because the island has been one of the most popular destinations for British and European tourists, flights from Italy are relatively inexpensive.

Arrive in the southern portion of the island in Palma, the island's largest city, and be sure to have rooms booked in advance. Cheap lodging can easily be found within city limits, but stay outside the area to avoid crummy hotels and tightly packed buildings too far from the beach. Travel too far outside Palma to bed down and you risk isolating yourself from the island's capital — a virtual nerve center offering public transportation all around the island. Park it in Cala Major, Palma Nova or Sant Agustí, all great beach resorts within a 10-kilometer radius of Palma, but just close enough to the cheap bus routes both outbound and inbound to the city's center. Clothing seems to be optional at most beaches.

So much to see

To escape beach mayhem and your modern surrounding, head north to Soller. Beaches are more infrequent but the scenery is easier on the eye. Here, you'll be teleported back in time to 18th century houses, cobblestone streets, outdoor cafes and assorted shops. Be sure to pick up cheap knickknacks like



The island appeals to all tastes and offers something for everyone year-round.

jarred Mallorcan olives, garlic and spices to mail back home as gifts. Buses from Palma to Soller depart frequently and travel through Valldemossa, another quaint village great for afternoon aperitifs or bottles of red wine, Spain's pride and glory. From Soller, take the 15-minute San Francisco-style tram to Port de Soller and enjoy the fresh seafood and a bowl of gazpacho, a cold tomato-cucumber soup.

So much to do

Water sports are common along the perimeter of the island as the warm climate lends itself to ideal conditions for sailing or riding jet skis. Dive shops tend to be concentrated in the southwest corner of the island, but, although most convenient to get to, by no means does the area necessarily provide the best sea life and shipwrecks.

While Mallorca has become a haven for European tourists taking advantage of their four-week, paid vacations, much of the island remains untouched. You'll most likely want to take advantage of the cheap rental cars or scooters offered near some of the touristy sections in or around Palma. Don't hesitate to haggle prices with rental dealers. From Palma, head north until you hit the coast line and continue northeast driving toward Sa Calobra, one of the island's best kept secrets. Sa Calobra, about an hour drive from Palma, is often identified as an overcrowded tourist haven. And for the most part, it is. But park the car, avoid the obvious tourists traps, explore the canyons and you'll easily discover secluded breathtaking hamlets ideal for romance.

Spanish cuisine

Cuisine in Mallorca is varied. But the island is not the place to venture out on international flavors like Chinese, Mexican or Indian. Stick with the regional food, which is by far the best the island has to offer. Most restaurants serve tapas, which are small portions of just about anything the chef can concoct. For many, this may come across as a paradise of options to include meats, fish, veggies, cheeses, olives and sauces.

Anything with goat cheese is sure to please while padron peppers — mild green chilies salted and fried over an open flame — are a seasonal favorite during the summer months.

If you're uncertain what to order, opt for the calamari or paella (without squid's ink). To narrow down the selection of tapas bars (not to be confused with topless bars), choose a place that looks old, woody and perhaps uninviting. Don't expect five-star service at restaurants in Mallorca. Chill out and tap into the collective mood of nonchalance.

The Mallorcan red wines, along with those imported from the Spanish mainland, are cheap and arguably hold up to the best French wines. The reds go well with most foods, though many prefer the Estrella Galacia, the island's cheap and refreshing beer, to cope with the dry heat.

If you're more in the mood for boozy nights at wall-shaking clubs, coupled with perhaps some of the most beautiful people on the planet, Ibiza — the club mecca of the Mediterranean — is only a ferry ride away. Ferries depart for Ibiza from Palma every day. However, you don't have to leave Mallorca to enjoy spectacular nightlife. Explore the road Av de Gabriel Roca west of Palma, which is a long strip of clubs and bars along the ocean front and the epicenter of yuppie nightlife. If you prefer something less upbeat, hit up Old Town in Palma where you're likely to meet grizzled one-eyed Danish sailors telling stories to tipsy senioritas. People watching is one of the island's greatest appeals.

Habla espanol?

Finally, one last note: The Spanish spoken language is different from what you may use in the United States, or what you learned in high school. Rather, the Castilian dialect is lispy, loose and a bit lazy with the tongue — fitting for the island's lazy summers, long siestas, noon-time sangrias, disregard for clothes and sleepy afternoons on the beach. Speak only English? Don't worry. No one cares.



To escape beach mayhem and your modern surrounding, head north to Soller.

Darby dates

Visit www.usag.livorno.army.mil

ITR Trips

■ Spend the day in **Florence** at your leisure. Visit the Uffizi Museum, Accademia Gallery, shop the outdoor market, or just enjoy the scenery of this magnificent city at an outdoor café Aug. 7, 14, 21 and 28.

■ Built on 117 small islands, **Venice** has over 150 canals and more than 400 bridges. Visit Venice Aug. 2, 9, 16, 23 and 30.

■ **Cinque Terre** is a remote part of the Italian Riviera consisting of five villages connected by trails that hug the coastline. Visit with ITR Tuesday, Aug. 10, 17, 24 and 31.

■ At your own pace, visit some of **Rome's** most important sites Aug. 5, 12, 19, 26.

■ Visit the beautiful island of Elba Aug. 6, 13, 20 and 27.

Call ITR for more information at 633-7589.

Financial Readiness

This class is mandated by the Department of the Army for first term Soldiers and consists of Principles of Personal Finance, Planning and Budgeting, Banking and Checking Accounts, Using Credit Wisely, Insurance, Savings and Investing, Making Large Purchases, Consumer Scams and getting help and more Tuesday.

Call ACS for more information.

Insurance Basics

The purpose of insurance is to transfer risk. Until you have big, BIG cash, certain losses could bankrupt you, so why not transfer the risk? Come in and ask questions, learn about the different types of insurance and check to see if you are properly covered Aug. 5.

Call ACS for more information at 633-7084.

Camp 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

10 a.m.: Protestant Sunday school

11:15 a.m.: Catholic CCD

Christian Men's Bible study is every Thursday at 5 p.m. in Mertz Hall at the Darby Chapel.

Protestant Women of the Chapel Bible study meets Tuesday from noon to 1 p.m. and Wednesdays from 5:30-6:30 p.m.

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



Courtesy photo

Aqualandia: Aqualandia water and theme park is located about 63 miles east of Vicenza in Jesolo, Via Buonarroti 15. The park mimics a Caribbean isle next to Venice, an oasis of entertainment on 80,000 square metres, where kids parents and kids can relax, have fun, enjoy extreme sports and more. The park is open through Sept. 12, 10 a.m.–6 p.m. Admission is €26 for adults and children taller than 55 inches; €22 for children between 39 and 55 inches and senior citizens over age 60; free for children shorter than 39 inches. There are water games, water gym, animators, clowns and bungee jumping. For information in English on discounts, attractions, overnight stays and more, visit <http://www.aqualandia.it/en/>. See below for a listing of other amusement parks in the area.

Amusement parks

Aquafollie Water Park: in Caorle, Via Aldo Moro 1, 86 miles west of Vicenza. Open through Sept. 12, 10 a.m.–6 p.m. Admission: €15 for adults and kids taller than 51 inches; €12 rate for kids up to 51 inches and people over 65. Family discount: parents and 2 children €50. Free for kids up to 30 inches. Visit (only in Italian) <http://www.aquafollie.it/>.

AquaSplash: in Jesolo, Via Buonarroti 15, 63 miles east of Vicenza. Open through Sept. 10, 10 a.m.–6 p.m.; Admission: €20 all day ride pass and €15 for children age 3-8; €15 from 3 p.m. to closing and €13 for children age 3-8.

CanevaWorld Resort: in Lazise sul Garda, Località Fossalta 58, 48 miles east of Vicenza. Movieland Studios, AquaParadise, Medieval Times, and Rock Star theme areas. Prices: Movieland Studios: €24 and 19 reduced; Movieland Aquastudios: €34 and €29 reduced; Medieval Times €38.90 and €28.90 reduced. Discounts for combo ticket. Visit <http://www.canevaworld.it/movieland/>.

Cavour Water Park: in Valeggio sul Mincio, località Ariano, 55 miles west of Vicenza. Open through Aug. 31, 9:30 a.m.–7 p.m. Admission: weekdays: €14; holidays and August: €16. Reduced €11 for children aged 3-10 and senior citizens over 65; from 3 p.m. to closing: weekdays €13; holidays and Sundays €11; €8 for children 3-10 and seniors over 65. Free for children under 2.

For information, visit <http://www.parcocavallacavour.it/index.php?sez=00&lang=en>.

Gardaland: in Castelnuovo del Garda, Via Derna 4, 52 miles west of Vicenza. Open April 1–Oct. 3. Also open for Halloween and for Magic Winter in December. The Gardaland Sea-Life Aquarium is open daily 10 a.m.–6 p.m. Admission: €35, reduced €29. Open through Sept. 12, evening fare (7-11 p.m.) €15. Visit <http://www.gardaland.it/en/home.php>.

Padovaland Water Park: in Padova, Viale della Regione Veneto 6, about 24 miles southeast of Vicenza. Open through Aug. 31, Monday–Friday 10 a.m.–6:30 p.m.; Saturday, Sunday and holidays 9:30 a.m.–6:45 p.m. Wave pool, water slides for children and adults, playground built on piles, restaurant and game rooms. General admission: €18 all day ride pass and €14 from 3 p.m. to closing; €12 all day ride pass for children (2-12) and €10 from 3 p.m. to closing.

Gulliverlandia: in Jesolo, Via San Giuliano, about about 63 miles east of Vicenza. Open through Sept. 13, 10 a.m.–6 p.m. Aquarium, Vulcano Rapids, Medieval challenges, Maya ruins, Panoramic Tower and Giant Wheel. For video and info in English, visit <http://www.gulliverlandia.it/inglese/toto/seconda/indice2.htm>.

Persicum Water Park: in Pescantina, Verona, Viale Verona, about 42 miles west of Vicenza. Open through Sept. 9 a.m.–7 p.m. Weekday admission: €8; reduced: €6 children aged 7-10 and after 3:30 p.m. for adults; €4 for children aged 3-6. Sunday & holidays

admission: €10; reduced: €8 children aged 7-10 and after 3:30 p.m.; €5 for children aged 3-6. Visit <http://www.persicumpark.it/>

Riovalli Water Park: in Cavaion Veronese, località Fosse, about 51 miles west of Vicenza. Open through Sept. 5. Monday–Friday 9:30 a.m.–7 p.m.; Saturday and Sunday 9 a.m.–7 p.m. Admission: €8 weekdays; €10 Sunday and holidays; children aged 3-12: weekdays €6, Sunday and holidays €7. Reduced €4 from 4 p.m. to closing. Visit http://www.riovalli.it/parco_eng.html.

Natural adventure parks in Veneto

Cappeller Animal Park and Zoo: in Cartigliano, Via Kimle, about 28 miles north of Vicenza. Open through September, 9 a.m.–7 p.m.; on Sunday 9 a.m.–8:30 p.m. Botanical gardens, picnic areas, fast-food outlet and playground. General admission: €10; €7 rate for people over 60 and under 12. Visit <http://www.parcocappeller.com/>.

Park Jungle Adventure: in San Zeno di Montagna, Pineta Sperane, Lago di Garda, about 42 miles northwest of Vicenza. Open through Sept. 19, 10 a.m.–7 p.m. Tickets vary according to difficulty level of obstacle course: Green course “Discover” (children must be older than 8): €12; Blue Route “Adventure” (must be older than 11): €18; Red route “Sensation” (must be older than 14): €20. Discounts for combined courses. Credit cards are not accepted.

Safari Park and Zoo: in Bussolengo, Località Figara 40,

42 miles west of Vicenza. Open through Oct. 3, 9 a.m.–6 p.m. General admission: €19; €16 for children 3-12. Call 045-7170113 to rent a 9-passenger safari vehicle for €18/day. Visit <http://www.parcnaturaviva.it/index-en.php>.

Concerts

U-2: Aug. 6 in Torino, Stadio Olimpico; Oct. 8 in Rome, Stadio Olimpico.

Placebo: Sept. 3 in Passariano di Codroipo (UD), Villa Manin.

Guns N’ Roses: Sept. 4 in Rome, Palalottomatica; Sept. 5 in Milan, Mediolanum Forum.

Elton John & Ray Cooper: Sept. 17 & 18 in Milan, Arcimboldi Theatre; Sept. 19 & 20 in Rome, Auditorium Parco della Musica.

Ozzy Osbourne (ex Black Sabbath): Sept. 22 in Milan, PalaSharp.

Peter Gabriel: Sept. 26 in Verona, Arena.

Sting: Oct. 25 in Firenze; Nov. 3 in Torino, Palaolimpico.

Tickets can also be purchased online at http://www.greenticket.it/index.html?imposta_lingua=ing or <http://www.ticketone.it/EN/>.

ODR trips

Enjoy a chance to sea kayak Sunday, or if you prefer land activities a Nordic hike Tuesday, or Cinque Terre Aug. 7.

Gear up for a trip to Camp Darby for paintball on Aug. 7. Spend the weekend horseback riding Aug. 21

Check out all of ODR’s summer trips online at VicenzaMWR.com. To access RecTrac online and enroll for a trip or activity, visit <https://webtrac.mwr.army.mil/webtrac/Vicenzarectrac.html>.

Now Showing



Ederle Theater

| | | |
|-----------------|--------------------------|--------|
| Thursday | Just Wright (PG) | 6 p.m. |
| Friday | Letters to Juliet (PG) | 6 p.m. |
| | Sex and the City 2 (R) | 9 p.m. |
| Saturday | Ramona and Beezus (G) | 3 p.m. |
| | Salt (PG-13) | 6 p.m. |
| Sunday | Ramona and Beezus (G) | 3 p.m. |
| | Salt (PG-13) | 6 p.m. |
| Wed. | Shrek Forever After (PG) | 6 p.m. |
| Aug. 5 | Sex and the City 2 (R) | 6 p.m. |

Camp Darby Theater

| | | |
|-----------------|--------------------------|--------|
| Friday | Predators (R) | 6 p.m. |
| Saturday | Macgruber (R) | 6 p.m. |
| Sunday | Despicable Me (PG) | 1 p.m. |
| July 29 | Shrek Forever After (PG) | 6 p.m. |

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

The Ederle theater box office opens one hour prior to show.

View MOVIE TRAILERS and schedule online at <http://www.aafes.com/ems/euro/vicenza.htm> or <http://www.aafes.com/ems/euro/livorno.htm>.

Free Movie Night

Join the Antiterrorism Office Tuesdays in August at 6 p.m. for a free viewing of popular movies at the post theater.

Aug. 3 - “United 93” - A real-time account of events on United Flight 93, one of the planes on 9/11 that crashed in Pennsylvania when passengers foiled the terrorist plot.

Aug. 10 - “The Kingdom” - A team of U.S. government agents is sent to investigate the bombing of an American facility in the Middle East.

Aug. 17 - “Buon Giorno, Notte” (in Italian with English subtitles) - The 1978 kidnapping and murder of Aldo Moro, president of the most important political party in Italy at the time, Democrazia Cristiana.

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

Summer reading

Have you read your 10 books for the "Voyage to Book Island?" Time is running out to claim your prize. The summer reading program party is Tuesday at 11 a.m. for ages 3-11 and at 3 p.m. for ages 12-18.

CTC courses

Central Texas College's on-site schedule Term 1 runs from August to October.

For the emergency medical technology program, the following classes are offered:

EMSP 1170 Rapid Patient Assessment, Aug. 9-Aug. 14

EMSP 1273 Advanced Airway Management, Aug. 16-28

EMT- B Certification Course Oct. 4-Nov. 20

Also offered in August are courses for the Applied Management/Military Science Program, Early Childhood Development Program and Criminal Justice. Contact a field representative at 634-6514 or vicenza@europe.ctcd.edu.

Parent volunteers needed for SAC

Vicenza High School is looking for parent-volunteers to take an active role in the VHS Student Advisory Council. The president and secretary positions are open. Make a difference in your community high school. Contact Principal Laura Kenney for information at 634-7656 or CIV 0444-71-7656.

Tune in to AFN

For local news and information about the U.S. military community in Vicenza, listen to AFN Vicenza "The Eagle" on 106.0 FM and decoder channel 142 or watch Vicenza's local channel on decoder channel 14.

Power outage

An intermittent power outage is scheduled Saturday from 5-9 a.m. This outage will affect all of Caserma Ederle.

During this four-hour period, the power will be disconnected for a few minutes at a time for testing.

Lost your car registration?

Car owners (U.S.) who lose the vehicle registration which was issued to them from the vehicle registration office in Torri can obtain a replacement registration, but must first report the loss to the Carabinieri (Uffici Polizia Giudiziaria) in Bldg. 4-B on Caserma Ederle. It is the first office up the stairs behind the Carabinieri Bar. They must complete paperwork reporting the lost document.

Paperwork received from the Carabinieri should then be taken to the vehicle registration office in Torri and with it, they can request a new vehicle registration. For more information, call the military police desk at 634-7626 or CIV 0444-71-7626.

UMUC turns 60

Come celebrate University of Maryland University College's 60th anniversary. UMUC would like to thank the Vicenza military community for its support. The

community is invited to enjoy free food and drinks, bowling, prizes and more Aug. 6, 11:30 a.m.-3 p.m. at the Arena.

Estate claims

Anyone having any claims on or obligations to the estate of Spc. Louis Fastuca of D Company, 1-503rd, 173rd ABCT, should contact the summary court officer, 2nd Lt. David Ulrey, at 634-7622.

Anti-Terrorism Awareness training

Awareness training will be offered in English at the post theater, 3-4 p.m. Aug. 3, 24 and 31 and in Italian on Aug. 17.

High Seas Family Night

Don't miss High Seas Family night Friday 30 from 5:30-7 p.m. in the post chapel activity room.

Enjoy free food, family fun and surprises, including never-before-seen clips from The Chronicles of Narnia: Voyage of the Dawn Treader.

Call 634-7890 or drop by the chapel to register your family.

Library book club

Join the book club Aug. 5 at 7 p.m. to discuss *As I Lay Dying* by William Faulkner. Refreshments will be served, so bring a snack and a friend. Call 634-7291.

School lunch program

The National School Lunch Program offers free or reduced-cost lunches to families who are eligible based on family size and income.

Applications will be accepted Wednesday and Aug. 11, 9:30 a.m.-2:30 p.m. in the Davis Hall Soldier and Family Readiness Center, Army Community Services.

Call 634-5998.

Pottery for kids

Get the EDGE! on spinning the pottery wheel Wednesday to Aug. 25. The program is open to youth in grades 1-12.

Enroll at Parent Central Services or on WEBTRAC. For more

information, call 634-7219.

Yoga for youth

Enroll in the yoga summer clinic that begins Monday or the triathlon training beginning Aug. 9.

Space is limited to 15 slots. Cost is \$20 and you must register at Parent Central Service with a valid health assessment.

Call 634-6151 for information.

Stress management

A first aid for stress management workshop offered Aug. 9, noon-1 p.m.

The workshop teaches how to identify sources of stress and explores various techniques on making changes to reduce stress.

Summer camp trips

Join the fun and excitement with the School Age Center summer camps. Hourly care is available and off-post field trips are every Tuesday and Thursday.

The next trips, Tuesday and Aug. 5, are to Aqua Paradise. For information, call 634-8253.

Are you ready for flag football?

It's time for flag football. Teams are needed to play Aug. 7. Bring your roster to the fitness center with first and last names and two points of contact.

Sign up before Tuesday. Get your team ready now for the upcoming season, kicking off Aug. 25. Call 634-7009 for more information.

POL transactions return to Ederle Fuel Point

The POL transactions have returned to the Fuel Point, Bldg. 200 on Caserma Ederle.

This includes TDY/Leave fuel authorizations and landscaping fuel. The hours will remain the same: 8 a.m.-noon and 1-5 p.m.

On weekends and during non-duty hours, fuel authorizations are supported through the military police desk.

Essentials of English

An Essentials of English course will be offered Aug. 9-13 at the Education Center, Room 112, from 8 a.m.-5 p.m.

This course will help employees use standard English in oral and written communication, use the correct form of verbs and pronouns, follow the rules for subject-verb agreement, form plurals and possessives correctly and avoid common mistakes in English grammar. Participants must be able to speak and comprehend well enough to receive instruction in English without translation.

MOMS Club events

■ Wednesday: Pre-school Play group, 10 a.m.

■ Aug. 5: Pool play date, 4 p.m.

■ Aug. 9: Lunch play date, 11:15 a.m.

■ Aug. 12: Park play date, 4 p.m.

■ Aug. 17: Pool play date, 10:30 a.m.

■ Aug. 18: Pre-school play group, 10 am

■ Aug. 20: MOMS Night Out, 7 p.m.

■ Aug. 23: Lunch play date, 11:15 a.m.

■ Aug. 26: Bunco, 7 p.m.

■ Aug. 27: Monthly meeting, 4 p.m.

E-mail momsclubofvicenza@yahoo.com for more information.

Community Calendar Highlights

Wednesday: Info X

Saturday: Post Power Outage, 5-9 a.m.

Aug. 13-16: USAREUR Training Holiday

Aug. 26: Women's Equality

Sept. 2: First Day of School

Sept. 10: First Day for Kindergarten

Sept. 3-6: USAREUR Training Holiday

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-May at Vicenza High School)

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

11 a.m.: Protestant worship

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

5 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 for information.

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 held Mondays, noon-1 p.m. at 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 information.



Photo by Laura Kreider

Arts and Crafts Center:

A Caserma Ederle Soldier shows his creative side recently while making pottery at the installation's arts and crafts center. Community members can learn to throw pottery during an Aug. 6 class, which includes instruction, clay, firing and glaze. At the end of the session students can purchase a Pottery Practice Card which entitles the artist to reduced fees. Visit <https://webtrac.mwr.army.mil/webtrac/Vicenzarectrac.html> or call 634-7074 for information on this and other classes.

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

Interested in the post swim team?

The Vicenza Mako Sharks will be hosting parent information meetings Aug. 6 and 23 at 5 p.m. in the post library conference room. The intent is to provide parents of interested swimmers information on the upcoming fall competitive season. For more information, call John Casey at CIV 0444-91-2612.

Calibrate with the Army Wellness Center

Metabolic Testing: Through this simple 10-minute test you will learn how many calories you should eat daily to assist you in reaching your goals. The Army Wellness Center will give you a meal plan specific to your resting metabolic rate and a dietary exchange list during the weekly "Upping Your Metabolism" class.

Fitness Testing: During this one-hour appointment, we will assess your baseline fitness levels for body composition, strength, cardiovascular fitness, and flexibility. Health educators will help you set realistic goals and motivate you along the way.

Stress Management: Enjoy a 30-minute appointment in our state-of-the-art massage chair while our Biofeedback software analyzes your heart rhythms. Learn techniques to help you relax and manage stress in a comfortable environment.

Call 634-8186 or CIV 0444-71-8186 to make an appointment.

Up for a challenge?

Ready for a little competition? Students can register for teams to participate in THE RACE 2010, a five-week physical competition for students in grades 6-12.

The event is hosted by Club Beyond, the installation's youth ministry. Club Beyond keeps score and participants get bragging rights all year long.

Pick up registration packets at the post chapel. Cost is \$10. Participants get a team shirt.

For information, contact Laura Livingston at 340-139-4073. Watch the video of previous RACES at facebook.com/video/video.php?v=135642563758&ref=mf.

Flag football

Flag football runs Aug. 25-Oct. 18. Call 634-7009 for info.

Sports clinics slated in August

CYSS Sports and Fitness summer sport clinics that take place in August include:

Yoga: Aug. 2-6

Triathlon: Aug. 9-13

Clinics are held 9:30-11:30 a.m. and cost \$20. Call 634-6151.

Team effort:

USAG Vicenza's Pfc. Matthew Greene, a military policeman with the 464th MP Platoon, hits an inside-the-park homerun to help his team, HHC USAG-V, to a 16-10 victory during a Monday night game against USARAF. "It really was a team effort," said Greene, who enjoys softball for the camaraderie and team building. "We played well and that's what happens when everyone does their part."

Upcoming unit/recreational games will take place as follows:

MONDAY

6 p.m. 704 MUNSS vs. AFN/DODDS

7 p.m. 704 MUNSS vs. USARAF

8 p.m. HHC USAG-V vs. USARAF

WEDNESDAY

6 p.m. 704 MUNSS vs. HHC USAG-V

7 p.m. 704 MUNSS vs. AFN/DODDS

8 p.m. STICKS & SKULLS vs. AFN/DODDS



Photo by Adriane Foss

Using foot shape to select running shoes is sports myth

By LYN KUKRAL

U.S. Army Public Health Command

If you want to minimize your chance of injury while running, you choose a shoe based on your foot shape, right?

Wrong.

Results of three military studies showed that prescribing shoes based on foot shape made no difference in the rate at which injuries occurred in Army, Marine and Air Force basic trainees, who spend quite a bit of time running. That's "no" as in none, sports fans.

"We found no scientific basis for choosing running shoes based on foot type," said Bruce Jones, M.D., injury prevention program manager at U.S. Army Public Health Command (Provisional), Aberdeen Proving Ground, Md. "Our findings have surprised not just military decision-makers, many of whom run to stay fit, but runners in general."

Popular running and sports medicine literature recommends that people with high arches should choose cushioning shoes, those with normal arches should choose stability shoes, and those with flat feet should choose motion-control shoes, Jones explained. The literature says that such shoes will compensate for the way these foot types strike the ground

during running and lessen injuries to the legs and feet.

"This seemed to many of us to make sense," Jones, a long-distance runner for many years, said. "But when we looked at it in multiple, scientific studies, it turned out to be a sports myth."

Jones and his colleagues were asked by the Department of Defense to test whether basic trainees suffered fewer injuries if shoes were matched to foot type in the way the literature suggested.

Overall, USAPHC (Prov) injury experts led by Dr. Joseph Knapik looked at more than 9,000 pair of feet, manually measuring arch height as well as taking foot imprints. In the most recent study of Marine recruits, 1,400 men and women were randomly divided into two groups, with one group receiving shoes matched to their foot types and the other (the control group) receiving stability shoes.

Like their Army and Air Force counterparts from two previous studies, the recruits with shoes prescribed according to foot type experienced the same rate of injuries as those in the control group, regardless of other demographics like age, sex, race and smoking habits other USAPHC (Prov) studies have linked smoking to higher

injury rates in basic training.

The military services are keenly interested in preventing injuries from running, and for good reason.

"Injuries are the leading health problem in the U.S. military, resulting in about two million visits to medical treatment facilities a year," Jones said. "Of those, more than 50 percent are lower-extremity injuries caused by weight-bearing training, and the biggest culprit is running."

In addition to the pain and disruption the service member suffers, such injuries mean duty time lost to recovery, which in turn affects unit readiness.

Some medical experts argue that static foot morphology (what Jones and colleagues looked at in their studies) is less predictive of injuries than studying the foot in motion, but so far that theory has not been put to the scientific test.


In the meantime, what's a runner to do?

"You can't simply look at foot type as a basis for choosing running shoes if you want to prevent injuries," Jones advised. "You should choose a shoe that you like and that feels comfortable."

In other words, if the shoe fits (comfortably)—wear it.


Flat footed?

Choose motion-control shoes



Normal arch?

Choose stability shoes



High arch?

Choose cushioning shoes



Don't believe the hype! If the shoe fits, just wear it!

SOLDIERS & CIVILIANS COMMUNITY UNIT/REC OPEN PLAY SPORTS

Basketball Open Play

11:45 a.m.-1:30 p.m. Mondays, Wednesdays & Fridays at the fitness center, approximately 10 or more participants

Volleyball Open Play

6:30 p.m. Tuesdays at the fitness center, approximately 7 or more participants

Men's Community Soccer Team

7-8:30 p.m. Tuesdays & Thursdays at the multi-purpose turf field, approximately 16 or more participants

Women's Community Soccer Team

5:30-7 p.m. Mondays, 5:30-7 p.m. Thursdays, at the multi-purpose turf field approximately 10 or more participants

Men's Softball Community Team

7:30-8:30 p.m., Tuesdays & Thursdays at the Villaggio softball field, approximately 10 or more participants