



**VOL. III, Issue 4**

**February 20, 2009**

**www.usag.livorno.army.mil**

**African-American History Month**

The Black History month celebrations will conclude on Feb. 27 with a food tasting event at the Darby Community Club beginning at 6 p.m.

**March is Women's History Month**

The next planning meeting is Monday, Feb. 23 at 3:30 p.m. at ACS. Please join us.

**Health Clinic**

Feb. 27 we will close the clinic doors at 2:30 p.m. in order to accomplish mandatory USAREUR suicide training.

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**After the flood waters receded**

Story and photos by Joyce Costello  
USAG Livorno Public Affairs

When heavy rains hit Pisa, Livorno and Camp Darby, Italy on Feb. 6, at 1:50 an emergency weather watch warning of flooding in Marina di Pisa, Livorno and Pisa was sent out to the base populace so they could be informed of the situation and take protective measures.

Many people living in the affected areas like Michelle Hughes, a military spouse, quickly left Camp Darby in order to get home before underpasses were closed and rising flood waters blocked traffic. Hughes and six other Camp Darby families raced to try to save their possessions in their home from rising flood waters in a Government Leased Housing area in the city center of Livorno.

“My normal 15 minute commute took me over two hours- many roads were closed and I was hydroplaning with my 20-month year old daughter in the car so I was very worried,” said Hughes. “When I finally got home, water was gushing into the garage and the downstairs family room was filling up quickly.

She and her family had just moved to Camp Darby from England and had only just received their household goods two weeks earlier.



**A Department of Public Works employee hauls sand bags to a storage shed at one of the flood sites. In the future, families will have sandbags to help slow the flooding.**

Fellow military spouse and neighbor who also had recently relocated to Camp Darby in October 2008, Natalie Martinka was at home when the water started filling the yard and recalls her growing concern at the rising waters.

“I remember thinking that the rain was coming down quicker then normal and that it was odd that puddles started covering the sidewalks,” said Martinka. “Ten minutes later, copious amounts of water started rapidly streaming into my home.

“It was scary because I could see from the second story window that

*Continued on Page 3*



# THE YEAR OF THE NCO

**Congratulations to Camp Darby Non-Commissioned Officer of the Quarter: SSG Christopher Lemaire, 511th MP Platoon**

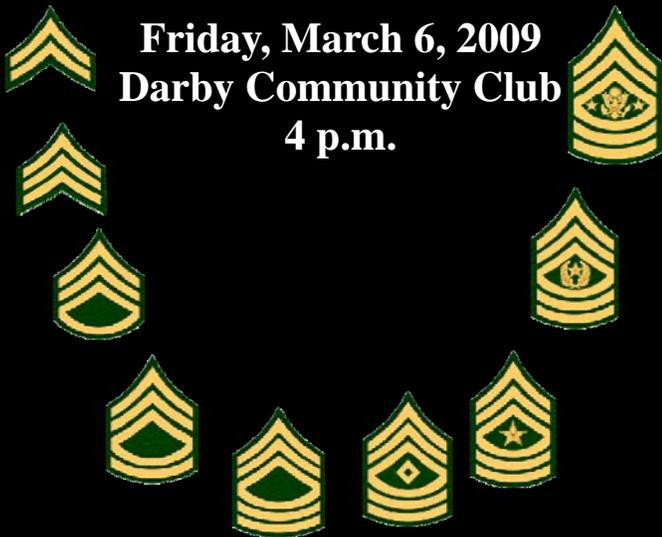


**CSM FELIX RODRIGUEZ  
USAG LIVORNO**

**Cordially Invites you to  
attend the**

**NCO INDUCTION  
CEREMONY**

**Friday, March 6, 2009  
Darby Community Club  
4 p.m.**



## NCO Carabinieri Academy Opening Ceremony



U.S. Army Garrison Livorno Command Sgt. Maj. Felix Rodriguez (left) meets with Class of 2009 Non-commissioned Carabinieri officers Feb. 10 at the Carabinieri Academy in Florence, Italy. Graduates from the school will become station commanders at Carabinieri stations in towns all across Italy. NCO's play a valuable role in the Carabinieri's because they are in daily contact with the public they serve and protect.



**Lt. Col. Steven Cade**  
*U.S. Army Garrison  
Livorno Commander*

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**After the Flood***Cont. from Page 1*

the water kept coming down the driveway and was filling up my garage and family room. The electricity went off and my parents and I grabbed the baby and the dog and any rugs and antiques that we could and waited upstairs for the water to stop,” said Martinka. “I was very grateful that I had put all of our passports, important records and photos in an emergency suitcase stored on the upper levels.”

One family came home to find their dog floating on top of his kennel.

Once the news of the damage to service members living quarters reached the base authorities, recovery operations began quickly thanks to the Camp Darby Department of Public Works and the Housing office, according to Lt. Col. Steven Cade, U.S. Army Garrison Livorno commander.

“Because the government leased housing had no electricity, the homes sump pumps would not function and DPW had to find pumps of their own to bring out the housing complex,” said Cade.

Housing manager Jay Kelker was on the ground surveying the damage and issuing guidance reference CFMO property and securing lodging on base for the families without electricity while emergency food baskets were put together from the commissary.

“Military Families are not your typical victims in a disaster; they sometimes need assistance beyond their recovery means, but they always take charge, organize, and have a resilience to drive on and get things back to normal as soon as possible,” said Cade. “Even though they might be overseas without their extended family for support, they are never alone; they always have their unit members and a chain of command for support.”

“We get up and start going again- it’s what we military families do,” said Martinka, shrugging at the pile of destroyed memories on her front lawn.

The days following the downpour, a flood of people came to the scene to help families haul away



**Top: Flood levels continued to rise as residents tried to move to furniture and valuables to higher ground. Bottom: Residents meet with the Commander at an onsite town hall meeting. Counseling staff was on hand to help with AER, filing claims or a sympathetic ear to listen.**

trash and debris, file claims and get replacement washing machines and lend a hand where ever was needed.

As U.S. Garrison Livorno Command Sgt. Maj. Felix Rodriguez surveyed the clean-up efforts, he assured residents that “this was a catastrophe no one wanted to see, but we’ll do everything we can as quickly as we can to get their homes back up to standard.”

Mr. Kelker, added that it’s the housing office goal to find a way to get the sludge cleaned, the walls properly dried and repaired so residents don’t have to worry about mold.

# Pamper yourself at Camp Darby Wellness Center

Story and photo by Chiara Mattiolo  
USAG Livorno Public Affairs

When you feel stressed, tired, or just need a cuddlesome little thing, there is an easily available solution, right around the corner. At Camp Darby, Building 841, the Wellness Center offers massage therapy, and also beauty treatments; manicure, pedicure, facial, ear candle therapy, and more.

“The best remedy for stress is to get a massage” said massage therapist, Lucia De Marco, “commonly we are asked for pain relief massage for head pain or a contracted muscle, with the massage, the blood circulation is stimulated, bringing more oxygen to the muscles, it results in gaining more energy”.

De Marco said the Swedish massage is the basic massage to promote relaxation, and that specific techniques will be put together to satisfy customer’s needs. “Our massages are designed to treat a wide range of physical conditions” explained De Marco “We offer sport massage, trigger point therapy, hot stone therapy, and therapeutic massage, deep tissue body work for chronic pain, but our customers can always advance specific requests and we can work out a personalized program to meet their needs”.

De Marco earned her National Certification of massage therapist in Littlerock, Arkansas while her Italian Air Force husband was stationed there.

At the wellness center a variety of beauty services are also available. Conny Angermeier, specialized in cosmetics, provides manicure, pedicure, and facial treatments for man and women.

“People just come here and get regenerated,” said Angermeier “We offer a variety of treatments, and we make sure we use the best and most innovative products”.

To complete the relaxation process, the new innovative ear candle treatment is also available.

“This new Indian relaxing ceremony helps in providing a sense of relaxation, to calm down, and also to provide a healthier way to release the ears and frontal sinus pressure”. Angermeier said.

Massages and beauty treatments can become also a special gift thought.

“Gift Certificates are available at the center,



**Conny Angermeier, cosmetic therapist puts a candle in a customer’s year, inducing a sense of warmth and releasing pressure in the years and sinuses.**

and now they can also be personalized, think of what a great present for your significant other on Valentines day this can be” said De Marco.

While walk-ins are welcome for manicure, pedicure, and facial an appointment needs to be taken for massage therapy, for appointments call 633-7440.

*Visit the*  
**Wellness Center**  
*in Bldg 841*









**Beauty & Spa**  
*by Conny Angermeier*

- \* Manicure
- \* Pedicure
- \* Facial treatment
- \* Ear candles

**Massage Therapy**  
*by Lucia DeMarco*

- \* Swedish massage
- \* Deep tissue massage
- \* Soft tissue massage
- \* Sport massage
- \* Hot stone massage

For more information  
call DSN 633-7642

2 | Camp Darby, Italy

## Garmisch holding ski race

**GARMISCH, Germany** – If you haven't had enough skiing this year, mark your calendar for a very exciting and fun ski race being planned for Feb. 28 in Garmisch.

The U.S. Army Garrison Garmisch Morale, Welfare and Recreation branch and its Outdoor Recreation is holding an invitational ski race at the Kreuzwankl' Ski run, located on the Hausberg ski area.

The race is open to all U.S. personnel and it will cost \$10 per person or \$25 per family.

The race will be a one day giant slalom event and will be broken down in categories based on age and gender.

If you are interested and would like to register for the event, please link to the USAG Garmisch website at: <http://www.garmisch.army.mil/> or call Garmisch Outdoor Recreation at DSN 440-2638 or civilian 08821-750-2638

### Itinerary

- Feb. 27 – Ice breaker and racer registration from 4 – 9 p.m. Watch ski movies, enjoy refreshments and pick up your number at the Pete Burke Community Center.
- Feb. 28 – Race begins at the Hausberg ski area; late registration is at the ski hill finish shack from 8:30 - 9:30 a.m.,
- Giant slalom race – first race starts at 10 a.m.
- Mini-Bob Cross Challenge – time is to be announced Friday evening or Saturday morning.
- Awards presentation – starts at 3:30 p.m., immediately after the race.

Racers are numbered consecutively from youth to adults. Racers will race in number order, 30 seconds apart. It is up to the racer to be at the starting block on time. Racers who miss their start time will be allowed to race at the end of their category.

Two runs per participant, combined time. Racers who miss a gate will not be automatically disqualified. A five-second penalty will be added to the time for each gate missed.

### Categories:

- Youth: Minor (6-9)
- Junior (10-12);
- Senior (13-17)
- Adult: Open (18 and older)
- Senior (30-39); Master (40 and older)
- Any adult racer may enter the open race category.



- Snowboarders will race the same course as skiers. Helmet use is mandatory.

### Mini-Bob Cross Challenge Rules

- Free to all race participants
- Only Mini-bob, or Zipfi-Racer type sleds are allowed. Garmisch ODR will have them available, free of charge.
- 'Cross' style race setup, four to six persons race at the same time. The first two across the finish line will advance to the next round. The final round will determine first, second and third place winners.
- Categories: youth, men and women.

## Quality of life remains a top priority

Photo and story by Chiara Mattiolo  
 USAG Livorno Public Affairs

The Director, Plans, Programs and Analyses, Headquarters U.S. Air Forces in Europe, Ramstein Air Base, Germany, Brig. Gen. Richard C. Johnston, paid a familiarization visit to Camp Darby, Feb. 4.

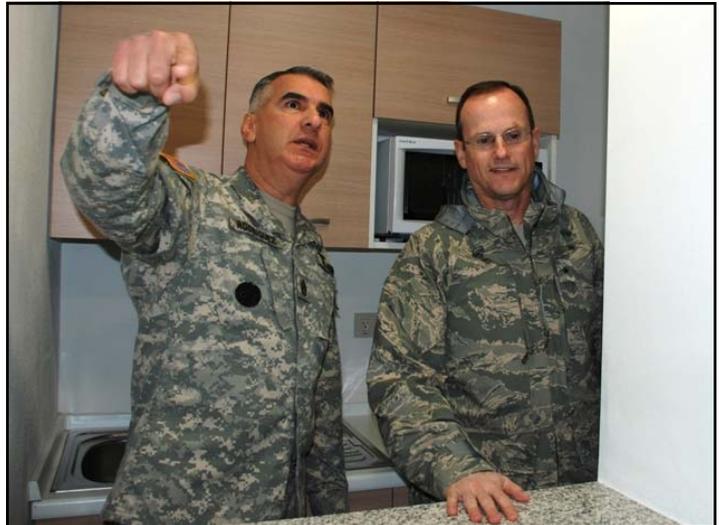
Johnston visited the Air Force Dormitory to evaluate a kitchen upgrade project, and also viewed the cooking capabilities in the rooms at the Army barracks.

“Since Jan. 2008, when the Camp Darby Dining Facility closed, the military personnel living on post, especially the shift workers, faced major difficulties in organizing their meals” said USAG Livorno Command Sergeant Major Felix Rodriguez.

Rodriguez explained that since the Army Barracks were renovated after the dining facility closure, a little kitchen in the rooms was already included in the renovation package.

31<sup>st</sup> Munitions Squadron First Sgt., Master Sgt. James Poole said that the Air Force dormitories, instead, were renovated in 2004, when the Dining Facility was still operative. Now that the needs have changed significantly an upgrade to the project became necessary.

“We briefed Brig. Gen. Johnston on the importance, for an airman stationed here, to have a place to cook his own meals, since we have very limited eating facilities at Camp Darby” Poole said “This new project will be a great moral booster. The visit went really well; I am sure Brig. Gen. Johnston left with a good impression and a clearer idea of our needs”.



USAG Livorno Command Sergeant Major Felix Rodriguez (left), shows the Director, Plans, Programs and Analyses, Headquarters U.S. Air Forces in Europe, Ramstein Air Base, Germany, Brig. Gen. Richard C. Johnston, how the Army Barracks have been recently renovated to include a little kitchen in each room.

You've waited a whole year...

No More waiting,

# COOKIES

are here!

21 Feb (Sat)	Commissary	1100-1500 (if needed)
03 Mar (Tues)	Commissary	1500-1730 (if needed)

If you are buying 10 boxes or more, ANY combination, send an email with your request to [girlscouts.campdarby@us.army.mil](mailto:girlscouts.campdarby@us.army.mil) with your order.

\*\* BUY EARLY, because when they're gone...they're

# GONE!

**NOW IS**

★

**HELP US TO SERVE YOU BETTER**

A CHANCE TO WIN A PRIZE WHEN YOU ENTER

**THE TIME**

★

**FILL OUT A SURVEY TODAY**

COMPLETE ONLINE OR AT SELECTED LOCATIONS

★ [WWW.AFNEUROPE.NET](http://WWW.AFNEUROPE.NET) ★

GO TO AFNEUROPE.NET AND CLICK THE LINK FOR THE SURVEY.

Complete the survey and be automatically entered to win a 3-night stay for two at the Edelweiss Lodge and Resort in Garmisch-Partenkirchen. Package includes a 1-day ski or snowboard lesson for two adults, plus rental equipment and lift passes!

# School Age Services helps feed homeless animals

By Joyce Costello

USAG Livorno Public Affairs

Every year a School Age Services staff member heads a volunteer project where children get a chance to make a positive difference in the community. This year the children decided to help the animals at the “Rifugio Tom”, an animal shelter in Pisa, according to Angela Wertman, Child and Youth Program assistant.

“The kids made and decorated donation boxes and placed them in key locations around the base and upon collection of donations, they made two trips to the shelter where the donations were gratefully welcomed,” said Wertman. “We like to encourage the children to think about the community and how they can help and they decided this time to focus outside and help within the Italian community.”

“I think it gives them a sense of community and builds character and when they are older we want them to be contributing members to society- even towards the animals,” continued Wertman.

According to Wertman, the youth raised two huge car loads of food and blankets and one community member who heard about their project ended up adopting a German Sheppard from the shelter.

“There are some highly adoptable dogs that are beautiful, their temperament seemed mild and they were well socialized with other dogs and humans- they just want some love” said Wertman.

Authorities from “Rifugio Tom” said they are always in need of volunteers. If you wish to make a donation or want information on how to volunteer at the animal shelter, contact SAS at DSN 633-7068.



Photos of unloading food at shelter courtesy of Angela Wertman

# IMCOM begins new suicide prevention program

HEIDELBERG, Germany – A new program that began Feb. 15 aims to decrease the alarming number of Soldiers taking their own lives.

During the next five months, Installation Management Command is conducting suicide prevention training in three phases for its Soldiers, Department of the Army civilians and Family members. The goal is to increase community awareness of suicide risk factors and warning signs, and to encourage intervention for at-risk troops.

In 2008, suicidal behavior among U.S. servicemembers was at an all-time high, with 143 Soldiers taking their own lives. According to officials, suicides are occurring across every segment of the Army: active duty; reservists; officers; enlisted; deployed; non-deployed; and those who have not yet been deployed.

Therefore, IMCOM leaders have directed a “Stand-Down” phase, which will be followed by a more deliberate chain-teaching program that focuses on suicide prevention and allows leaders to communicate with all Soldiers.

As part of the program, IMCOM-Europe units will conduct a “Stand-Down” between now and March 15. Accordingly, every Soldier and DA civilian will participate in an initial training block led by commanders and/or leaders down to the directorate or branch level.

Stand-Down conductors will use the “Beyond the Front” Facilitators’ Guide and interactive video to enhance Soldiers’ ability to recognize risk factors, warning signs and how to intervene in order to prevent suicidal behavior.

“We can significantly reduce the number of suicidal ideations by identifying warning signs, confronting the individual with the clues you’ve observed, calmly and compassionately listening to them, and referring them to a chaplain or mental health professional” said Chaplain (Col.) Doug Kinder who serves as the Installation Management Command Chaplain for Europe. “Suicide is a permanent solution to a temporary problem. Friends, colleagues, and family can save a life by knowing how to identify, manage, counsel and refer someone at risk.”

The second phase of the program runs from March 15 to July 15, with units holding a chain-teach session – which also highlights risk factors and warning signs – for Soldiers, DA civilians and Family members. Sessions will be held at all IMCOM-Europe organizational levels.

During this portion of the program, commanders will use the “Shoulder to Shoulder, No Soldier Stands Alone” facilitator guide and video.

The sustained third phase – which runs concurrently with the first two phases and will continue indefinitely – establishes annual training requirements, and institutionalizes IMCOM suicide prevention training. “It is imperative that all IMCOM Soldiers, DA Civilians and Family members understand the individual suicide risk factors and warning signs, and take action to intervene on behalf of fellow Soldiers and others,” said Lt. Gen. Robert Wilson, IMCOM commander, in a message detailing the program, in which he stressed that IMCOM “is committed to protecting the entire force.”

## Soldier named Camp Darby Non-Commissioned Officer of the Quarter

By Joyce Costello  
USAG Livorno Public Affairs

Army Staff Sgt. Christopher Lemire was recently named the Non-Commissioned officer of the quarter at a base wide competition at Camp Darby, Italy.

Lemire, hailing from Danielson, CT., has been serving as a Military Policeman and is currently the operations sergeant assigned to the 511<sup>th</sup> Military Police Platoon.

During nine years of military service, Lemire recognized the importance of his duties and responsibilities as a Non-Commissioned Officer. One way he decided he could set a good example to his soldiers was volunteering to compete in the installations NCO of the Quarter competition, a grueling board where a panel of top NCO's fire a barrage of questions to see how much the soldier knows and how well the soldier can perform under pressure.

According to Camp Darby's highest senior enlisted man, Command Sgt. Major Felix Rodriguez, the NCO of the quarter board is a great chance to highlight the hard work of the NCO.

"The competition showed us that Staff Sgt. Lemire is an accomplished military professional who has combined challenges and hard work to excel and become an exemplary model of "Army-strong", said Rodriguez. "Camp Darby appreciates the hard work and dedication of all of its NCOs and their Families for their commitment to service and for their sacrifices."

Lemire is on the installations Color Guard squad and has performed many Change of Command ceremonies, award ceremonies, Italian-American events honoring veterans and three funerals for local veterans in the area. He also volunteers with the Better Opportunities for Single Soldier events and paints kids faces at the installations annual Easter and Halloween event.

"Everyday I tell my Soldiers there is always some way we can give back to our community," said Lemire. "To me being a NCO means being a leader, a mentor, a coach, a good example for others to follow, being strong even when its hard, because even when things get tough your soldiers are always there looking up to you."

Lemire will now be eligible to compete for Camp Darby's NCO of the year.

"It's my goal of one day being Army NCO of the year," said Lemire.

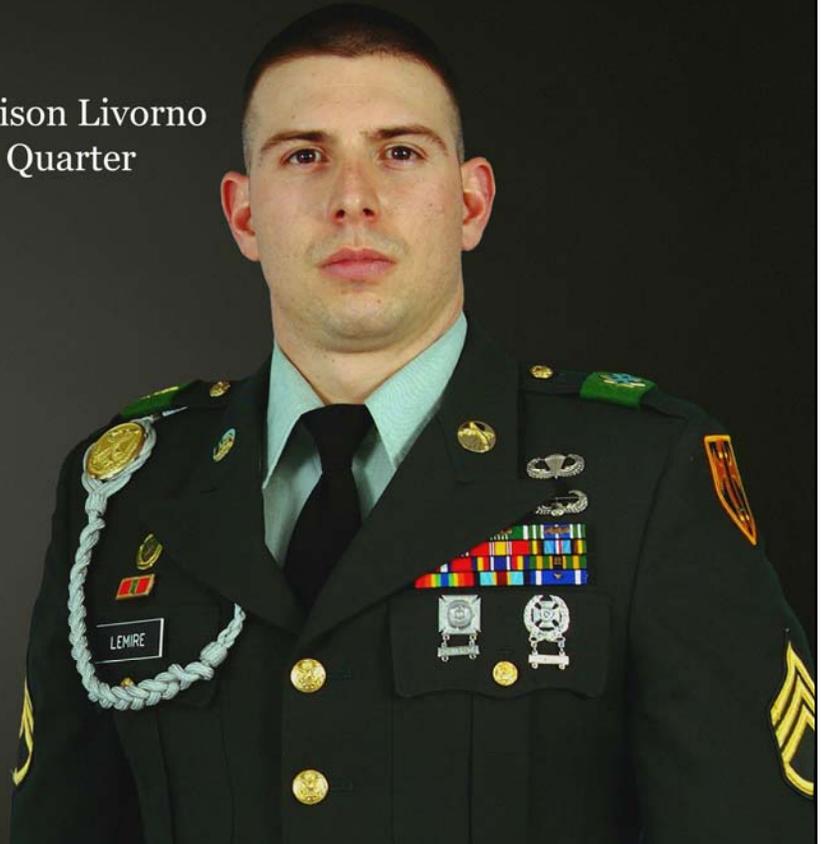
### AMERICA'S ARMY: THE STRENGTH OF THE NATION™



### U.S. Army Garrison Livorno NCO of the Quarter

"To me being a NCO means being a leader, a mentor, a coach, a good example for others to follow, being strong even when its hard, because even when things get tough your soldiers are always there looking up to you."

SSG Christopher Lemire  
511th MP Platoon



"Army NCO- No One is More Professional then I..."

*Now that the end of the year holidays are behind us, it is time for everyone's favorite time of the year - - tax time! Ok, maybe not your "favorite" time of the year, but it probably ranks above getting a root canal without anesthetic.*

- Capt. Anthony Valenti, USAG Livorno Staff Judge Advocate

### **TAX PREPARATION SERVICES:**

Tax preparation for tax year 2008 federal and state tax returns will begin on Jan. 26. We have a volunteer to assist us in doing the intake of your tax information. As with last year, we have to send the tax returns to Vicenza to the tax preparers there. We will scan the documents to Vicenza and track them to ensure that nothing gets lost in the shuffle. Our tax volunteer is Christine Noonan and she will be working on Monday, Wednesday, and Friday from 10:00 a.m. to 1 p.m. We will be accepting personnel on a walk in basis.

Taxpayers with more complicated tax returns are normally prepared and returned within five business days, and include tax returns with any of the following situations: Capital gain or loss reported on Form 1099-B, rental real estate, Schedule K1 income, self-employment, foreign earned income, foreign income tax credit, tax treaty exclusions, and Puerto Rico returns.

### **ELIGIBILITY AND EXCLUSIONS:**

Persons with the following tax issues are not eligible for tax preparation services.

(a) 'Day Traders' / Frequent traders in the financial markets: Persons who have made more than 12 sales of securities in 2008 are not eligible to have your taxes prepared unless you have calculated the amount of gain or loss by filling out a Schedule D.

(b) Businesses and Rental Property: If you own a business or rental property, other than the rental of your primary residence in the United States, you are not eligible to have your taxes prepared. In these cases, professional tax preparation is to your advantage because it will allow you to optimize the business expense deductions you are entitled to.

### **REQUIRED DOCUMENTS:**

All persons must bring the following documents with them to the appointment:

- (1) Your Military Identification Card.
- (2) One copy of each W-2 issued for the tax year, and a copy of each 1099 issued by banks and investments companies or for other income. Taxpayers who want refunds directly deposited into their account must provide bank information, including their bank routing number and account number.
- (3) A Social Security Number (SSN) or Individual Tax Payer Identification Number (ITIN). If you do not have an SSN and are not eligible to obtain an SSN, but you have a requirement to furnish a federal tax ITIN or file a federal income tax return, we can have you fill out an IRS Form W-7 with your tax return.
- (4) If you made any sales of securities (stocks, bonds, mutual fund shares) in 2008, you must provide the purchase price and date of purchase for the securities. This is especially important if you purchased the securities over a period of time in small increments because the net gain on each share of the security needs to be calculated.
- (5) The Economic Stimulus Payment (ESP) issued in 2008 was partially an advance on your 2008 tax obligation. Taxpayers must tell us how much ESP they received, even if the ESP was diverted to cover child support or student loan debts. Go to <http://www.irs.gov/individuals/article/0,,id=187383,00.html> to find out the amount of your ESP in 2008.

### **PRIOR YEAR TAX NOTICES:**

If you receive a notice from the IRS about your tax returns filed for tax year 2007 and earlier or you have not filed a tax return for a prior year, you will need to set up an appointment with CPT Anthony J. Valenti for legal assistance at DSN 633-7227. Remember to bring to your appointment all papers the IRS sent you, a copy of the tax return for the year the notice applies to, and most importantly remember not to panic.

### **INFORMATION FOR PEOPLE WHO PREPARE THEIR OWN TAX RETURNS:**

- (1) The IRS website is the primary source for all tax forms and publications: <http://www.irs.gov/individuals/index.html>
- (2) Tax forms and instructions may be downloaded from the IRS at: <http://www.irs.gov/formspubs/lists/0,,id=97817,00.html>
- (3) Tax publications may be downloaded from the IRS at: <http://www.irs.gov/formspubs/lists/0,,id=97817,00.html>

### **CHANGES TO THE TAX CODE:**

The tax code changes every year, sometimes in small ways, sometimes in large ways. If you prepare your own returns, you should review a summary of the changes to the tax code at: <http://www.irs.gov/newsroom/article/0,,id=202106,00.html>

# FLOOD SAFETY- Are you prepared?

Nobody can stop a flood. But if you are faced with one, there are actions you can take to protect your family and keep your property losses to a minimum. The American Red Cross and FEMA have jointly published excellent brochures entitled "Your Family Disaster Plan" and "Your Family Disaster Supplies Kit." Additionally a superb tool is available at the Ready.Gov website, (<http://www.ready.gov/>). Every family should have and utilize one of these tools. They cover more than just floods and will also be useful for other potential disasters. Knowing what to do to protect yourself and your family is your best protection and your responsibility. Below you will find actions to take before, during and after a flood.

## BEFORE A FLOOD:

**What is your flood risk?** Your community officials or local emergency management office are your best resources to learn about the history of flooding for your region. Ask whether your property is in the floodplain and if it is above or below the flood stage water level. Find out what could happen to you and your family. Where will your family be when it floods? They could be anywhere - at work, at school, or in the car. How will you find each other? Will you know if your children or parents are safe? Find out about the disaster plans at your workplace, your children's school or daycare, and other places where your family spends time.

### Have disaster supplies on hand.

Flashlights and extra batteries, Portable, battery-operated radio and extra batteries tuned to a local station, and follow emergency instructions, First aid kit and manual, Emergency food and bottled water, Non-electric can opener, Essential medicines, Cash and credit cards, Sturdy shoes, Post Emergency Telephone Numbers adjacent to all telephones in your home.

CAMP DARBY EMERGENCY NUMBERS				
Emergency	DSN	911	Civilian	050-54-7575 (PMO)
Fire Department	DSN	117	Civilian	050-54-7117
Health Clinic	DSN	633-7357/7358	Civilian	050-54-7357/7358
EMERGENCY NUMBERS, LIVORNO & PISA AREA				
Ambulance	DSN	99-118	Civilian	118
Carabinieri	DSN	99-112	Civilian	112
Fire	DSN	99-115	Civilian	115
Emergency	DSN	99-113	Civilian	113

If you live in a frequently flooded area, take preventative measures and stockpile emergency building materials:

Plywood, plastic sheeting, lumber, saw, hammer and nails, pry bar, shovels, and sandbags.

Have check valves installed in building sewer traps to prevent flood waters from backing up in sewer drains.

As a last resort, use large corks or stoppers to plug showers, tubs, or basins.

### Plan and practice an evacuation route.

Learn flood-warning signs and your community's alert signals. Contact your local emergency management office or local American Red Cross chapter for a copy of the community flood evacuation plan. This plan should include information on the safest routes to shelters. Individuals living in flash flood areas should have several alternative routes. Request information on preparing for floods and flash floods from the Red Cross or FEMA.

### Develop a family preparedness plan and emergency communication plan.

- In case family members are separated from one another during floods or flashfloods (a real possibility during the day when adults are at work and children are at school), have a plan for getting back together.
- Ask an out-of-state relative or friend to serve as the "family contact." After a disaster, it's often easier to call long distance. Make sure everyone in the family knows the name, address, and phone number of the contact person.
- Make sure that all family members know how to respond after a flood or flash flood.
- Teach all family members how and when to turn off gas, electricity, and water.

- Teach children how and when to call 9-1-1, police, fire department, and which radio station to tune to for emergency information.
- Discuss why you should prepare for a disaster.
- Who will take care of your pets? Most shelters will not allow pets.
- Keep flood insurance coverage current.
- Prepare and maintain a family emergency kit. Replace items, as necessary.
- Prepare and maintain an emergency kit for your car.
- Practice and maintain your plan with all family members.
- Pay attention to all National Weather Service flood watches and warnings.
- Be prepared to evacuate.
- Have a Plan for Evacuation. (location to evacuate to, routes, inform your family contact).
- Know a primary and alternate route in the event of evacuation.

#### **WHEN FLOODING IS IMMINENT:**

- Put your family preparedness plan into action.
- Contact your family members and confirm plan of action and alternatives.
- Confirm your family emergency kit is complete and ready.
- Move emergency supply items and valuables to highest inside part of your residence.
- Locate and put pets in a safe place.
- Make sure you have an adequate water supply in case service is cutoff.
- If you have time, and can do so safely:
  - Move vehicles to higher ground.
  - Turn off all utilities at the main power switch and close the main gas valve if evacuation appears necessary.
  - Move valuables, such as papers, furs, jewelry, and clothing to upper floors or higher elevations.
  - Fill bathtubs, sinks, and plastic soda bottles with clean water. Sanitize the sinks and tubs first by using bleach. Rinse and then fill with clean water.
  - Bring outdoor possessions, such as lawn furniture, grills and trashcans inside, or tie them down securely.
- Your safest option is to stay put. However, if you must evacuate to a safe location or a shelter, take your emergency supply kit and tell your family check-in contact you're leaving.
- Don't drive through flooded streets.

#### **ONCE THE FLOOD ARRIVES:**

- Don't drive through a flooded area. If you come upon a flooded road, turn around and go another way. A car can be carried away by just 2 feet of flood water.
- If your car stalls, abandon it immediately and climb to higher ground. Many deaths have resulted from attempts to move stalled vehicles.
- Don't walk through flooded areas. As little as six inches of moving water can knock you off your feet.
- Stay away from downed power lines and electrical wires. Electrocutation is another major source of deaths in floods. Electric current passes easily through water.
- Look out for animals - especially snakes. Animals lose their homes in floods, too. They may seek shelter in yours.
- If the waters start to rise inside your house before you have evacuated, retreat to the second floor, the attic, and if necessary, the roof.
- Take dry clothing, a flashlight and a portable radio with you. Then, wait for help.
- Don't try to swim to safety; wait for rescuers to come to you.
- If outdoors, climb to high ground and stay there.
- If you did not get the electricity turned off before the water entered your residence, do not turn it off. Get out of the water.
- Move emergency supplies to highest inside part of your residence. If necessary, use the attic or roof. Wait for help.
- Don't try to swim or wade to safety. Wait for the water to recede or rescue. There are environmental and biological dangers in the water such as oil, gasoline, sewage, fire ants, etc. Downed power lines can electrify floodwaters. Don't let your kids play in the water.
- Stay calm and wait. Don't try to walk or drive through floodwaters. Most deaths occur from people walking or driving through floodwaters.

#### **AFTER THE FLOOD:**

- Flood dangers do not end when the water begins to recede. Listen to a radio or television and don't return home until authorities indicate it is safe to do so. Remember to help your neighbors who may require special assistance – infants, elderly people, and

people with disabilities.

- If your home, apartment or business has suffered damage, call the insurance company or agent who handles your flood insurance policy right away to file a claim.
- Before entering a building, inspect foundations for cracks or other damage. Don't go in if there is any chance of the building collapsing.
- Upon entering the building, don't use matches, cigarette lighters or any other open flames, since gas may be trapped inside. Instead, use a flashlight to light your way.
- Keep power off until an electrician has inspected your system for safety.
- Floodwaters pick up sewage and chemicals from roads, farms and factories. If your home has been flooded, protect your family's health by cleaning up your house right away. Throw out foods and medicines that may have met floodwater.
- Until local authorities proclaim your water supply to be safe, boil water for drinking and food preparation vigorously for five minutes before using.
- Be careful walking around. After a flood, steps and floors are often slippery with mud and covered with debris, including nails and broken glass.
- Take steps to reduce your risk of future floods. Make sure to follow local building codes and ordinances when rebuilding, and use flood-resistant materials and techniques to protect yourself and your property from future flood damage.

#### **INSPECTING UTILITIES IN A DAMAGED HOME:**

- Check for gas leaks – If you smell gas or hear blowing or hissing noise, open a window and quickly leave the building. Turn off the gas at the outside main valve if you can and call the gas company from a neighbor's home. If you turn off the gas for any reason, a professional must turn it back on.
- Look for electrical system damage – if you see sparks or broken or frayed wires, or if you smell hot insulation, turn off the electricity at the main fuse box or circuit breaker. If you have to step in water to get to the fuse box or circuit breaker, call an electrician for advice.
- Check for sewage and water line damage – If you suspect sewage lines are damaged avoid using the toilets and call a plumber. If water pipes are damaged, contact the water company and avoid the water from the tap. You can obtain safe water by melting ice cubes.

#### **FACTS:**

The majority of flood-related deaths are caused by people attempting to drive through moving water. Ironically, many drivers rescued from floodwaters report that they were in a hurry to get home – to safety – as a reason for tempting the danger of driving into water. However it looks, and despite what car commercials depict, driving into floodwaters may be the most dangerous things one might ever try considering the following: Most cars will float (and be swept away) in 18-24 inches of moving water. Trucks and SUVs are not much better with only 6-12 more inches of clearance.

Once cars are swept downstream they will often roll to one side or perhaps flip over entirely. The driver has a few precious seconds to escape the vehicle. Many drivers panic as soon as the vehicle submerges and are found later with their seat belt intact. About 60% of all flood deaths are people in vehicles that moving water sweeps away. If you drive into seemingly shallow water, you could land your car or truck in water two or three feet deep, which is enough to float your car down stream. Water over a road, no matter how deep, can hide washed-out pavement. As little as six inches of moving water is enough to float a small car and carry it away.

Just an inch of water can cause costly damage to your property. Flash floods often bring walls of water 10 to 20 feet high. New land development can increase flood risk, especially if the construction changes natural runoff paths. Floods, especially flash floods, kill more people each year than hurricanes, tornadoes, windstorms or lightning. Flowing water can be deceptively strong, packing a significant punch no one expects.

Fresh water moving at only 4 mph, a brisk walking pace, exerts a force of about 66 pounds on each square foot of anything it encounters; double the water speed to 8 mph and the force increases to about 264 pounds per square foot. That's enough force to push a car or light truck off a flooded road if the water's up to door level. Imagine what it would do to a person!

After a natural disaster there will be confusion, concern, and emotional and physical stress. You need to look after yourself and your family as you focus on cleanup and repair. Being prepared and calm will ensure that you and your family survive.

#### **ADDITIONAL INFORMATION & TOOLS:**

Ready.Gov: Excellent website for family disaster preparedness. Get a Kit, Make a Plan, Be Informed. <http://www.ready.gov/>



Camp Darby

February 2009

# VOICE

Community News for USAG Livorno

**Army Community Services**  
Bldg. 407  
USAG Livorno

**Mon. Wed 8:00-5:00**  
**Thurs 11:00-5:00**  
**Fri 8:00-5:00**  
**Closed Weekends**

**Telephone**  
**DSN 633.7084**  
**CIV 050.54.7084**

### In this issue:

**AFAP Still Has Needs**

**Having a "Smooth" Move**

**Calendar of ACS Events**

**Painting Class Still Taking Students**

## Army Family Action Plan... making a difference for 25 years

**By Jenn Houston**

*Information Referral Contractor*

The Army Family Action Plan (AFAP) is celebrating 25 years of hard work in getting literally hundreds of legislative, regulatory and policy changes involving the Army as well as improving many programs and their associated funding.

The annual AFAP conference brings together installation members to discuss base wide and quality of life issues. By the end of the conference, those issues would have realistic remedies that will have a positive impact for the community or would be funneled up Regionally. Past issues have brought about changes in Carry-over Leave and increasing the SGLI

Camp Darby's AFAP Conference will take place on March 4-5. Delegates from every unit on Post will meet at the DCC to discuss our base issues. Please help by taking the time to submit your issues with recommendations in any of the drop off locations.

*If you would like to be a delegate in the Camp Darby AFAP Conference March 4-5, please contact ACS no later than Feb. 10*



**Deadline for AFAP Issue Submission is Tuesday, Feb. 24 . Visit [www.usag.livorno.army.mil](http://www.usag.livorno.army.mil) and click on submit AFAP issue.**

## Are you "PCSing"? Attending smooth move can save you time and energy!

*Whether it will be your first "PCS" or your 6th, just the idea can be daunting. On Feb. 11, ACS will hold its "Smooth Move" briefing to help elevate some of the stress felt by all affected by the change of station.*

*During this briefing, Relocation Readiness personnel will help prepare you for your departure from Camp Darby with base specific recommendations that way you will not be left wondering who you turn in your AFN Decoder to or when you should schedule your Housing inspection. It is our duty to make sure that you are full prepared so that you do not encounter any hidden obstacles while you are wrapping up your out-processing checklist.*

*Sign up today at ACS or call 633-7084 for more information.*



Visit Us Online at [www.livornomwr.com](http://www.livornomwr.com)

## February 2009



## Classes &amp; Seminars

**RELOCATION READINESS****Benvenuti at Camp Darby**

March 2, 8:15 a.m. at CSM Shields

Conference Room

New to Camp Darby and don't know where to go to get answers? Learn about Italian customs, culture, local shopping, paying Italian bills and more. Please sign up for the next Benvenuti session by calling ACS. Free childcare, but registration is required.

**Smooth Move/Levy Briefing**

Feb. 11, 8:30 a.m. at ACS

New to Camp Darby and don't know where to go to get answers? Learn about Italian customs, culture, local shopping, paying Italian bills and more. Please sign up for the next Benvenuti session by calling ACS. Free childcare, but registration is required.

**ARMY VOLUNTEER CORPS****Volunteer Knowledge Training**

Feb. 13, 11:30-12:00 p.m. at ACS

Join the ranks and add your skills to Team Darby!

**EMPLOYMENT READINESS****Interview Skills Training**

Feb. 27, 11:30-12:00 p.m. at ACS

Get tips on putting your best foot forward.

**MOBILIZATION/DEPLOYMENT****Reintegration, Relationships & PTSD**

Feb. 11, 18 at 10:30 a.m. at ACS

Tips on how to better manage family relationships following a deployment. Please RSVP at ACS for this class.

**FAMILY ADVOCACY****Children's Playgroup**

Wednesdays, 11:00 a.m. - 12:00 p.m. in the

Chapel Nursery

**Military One Source**

Military OneSource provides free private services and information:

- Counseling
  - Educational Materials
  - Interpretation/Translation
- Statewide: 1-800-342-9647  
Overseas: 800-342-9647  
Overseas Colled: 484-530-5908  
TTY/TDD: 1-866-607-6794  
En Espanol: 1-877-888-0727

**FINANCIAL READINESS****Marriage and Money**

Feb. 10, 10:30 a.m.-11:00 a.m. at ACS

Strengthen your marriage and your finances with this class.

**Consumer Rights and Obligations**

Feb. 18, 12:30 p.m.-1:00 p.m. at ACS

Learn what you the consumer are entitled to and what your responsibilities are during this quickie class.

**Debt Liquidation**

Feb. 17, 1:00 p.m.-1:30 p.m. at ACS

Learn the benefits of TSP in this quickie class.

**Banking and Credit Union Services**

Feb. 12, 12:00 p.m.-12:30 p.m. at ACS

Learn which banking option is best for you.

**LANGUAGE CLASSES****Italian conversation & grammar at the Library**

Mondays 12:00 p.m.-1:00 p.m.

**English as a second language at the Library**

Tuesdays 11:00 a.m.-12:00 p.m. Beginners

12:00 p.m.-1:00 p.m. Intermediate

**Intervene! Act! Motivate!**  
**24-Hour Sexual Assault Response**  
**Phone number: 335-771-4989**

**Yellow Ribbon Room Opening in February!**

New building features:

Full kitchen complete with grill, crock pot, tableware, etc.

Conference Room that's perfect for meetings

TV with VCR/DVD player, Xbox 360, Internet capabilities

Kids Room stocked with new toys and MORE!

**Sponsorship Training**

Feb. 10, 12, at 9:00 a.m. - 10:00 a.m.

Learn what it takes to be a great sponsor.

This class will discuss military sponsorship and what it takes to introduce your new unit member not only the base but to Italy.

**Army Family Team Building (AFTB)**

Feb. 18-19 time and location to be announced.

Level 1 is an introduction to the military for newcomers.

All trainings are also available online at:

[www.myarmylifetoo.com](http://www.myarmylifetoo.com)

**Introduction to Painting Class...and it's free!**

Start off the new year getting in touch with your inner artist! ACS is now offering an introduction to painting class for beginner artists. Initial classes will cover the basics,

starting with what supplies will be needed (students must buy their own), proper color blending, shading techniques, and how to sketch ideas.

Learn how to paint your

ideas on canvas and add a little color to your life!

**Tuesdays**

**11:00 a.m.-12:00 p.m.**

**5:00 p.m.-6:00 p.m.**

**Thursdays**

**11:30 a.m.-12:30 p.m.**

**5:00 p.m.-6:00 p.m.**

**-in building 841**

# Celebrating Valentine's day by supporting BOSS

By Chiara Mattiolo  
USAG Livorno Public Affairs

Outdoor Recreation Director, and BOSS representative, Ernest Beezley, proudly pointing to the BOSS logo, presents Renee Wood with a bunch of red roses from her sweetheart, on Friday, Feb. 13, at her workplace, the Camp Darby City bank. Camp Darby BOSS sponsored a rose sales program for Valentine's day, over 50 dozens of roses were delivered on Camp Darby and Depot.



## Hot events for Single Service Members

**English Pub Quiz Night:** Angloinfo.com hosts a Thursday night (19th Feb), Nelson Tavern in LIVORNO at 9 p.m. an organized a pub quiz in English and have lots of English speakers coming. A pub quiz is a typical British thing - you come along in teams of three/four (or find a team there) and answer random questions while enjoying a pint and a chat....prizes for the winners!!

### Live Music Concerts

Oasis Feb. 24 Nelson Mandela Forum, Florence  
Nashville Pussy & Supersuckers March 28 Rock Planet, Pinarella di Cervia

Everlife April 1 Zoe Club, Milan  
Bob Dylan April 18 Nelson Mandela Forum  
Coldplay Aug. 31 Stadio Friuli di Udine

\*\*\*Ticket and concert information can be found on [www.ticketone.it](http://www.ticketone.it)\*\*\*

### Skydiving in Italy

Learn how to Skydive in Lucca. For more information visit [www.paracadutismolucca.it](http://www.paracadutismolucca.it). English version is available on the web.

**Next Boss meeting :** Feb. 24, immediately following the ACS single service member dinner.

### Upcoming events:

Ski and snowboard free. Check out the free ski or snowboard rental and transportation at ODR.

On March 12 we are planning a fundraiser, more information will be available at the Feb. 24 Boss meeting.

We are planning a trip to the Florence Mall on March 14.



# THE DOOR

Luke 13:24

The Newsletter of Darby Chapel

Volume 1, Issue 9

19 February 2009

## Staff & POCs:

- Chaplain (MAJ) Kelly Porter
- SGT Tokovia Sanda
- Roberto Federighi (contract priest)
- Jessica Barlow (contract youth minister)
- Karen Pryor (contract Protestant Religious Education)

## Highlights:

- Club Beyond raises \$1080
- SGT Sanda returns

## Inside this issue:

Chaplain's Article: 1  
Fireproof Q&A

Catholic Confirmation 2

Fireproof Sermon Series and Bible Study 3

Club Beyond Luncheon next week! 4

Prayer Requests 5

Fireproof Your Marriage Outreach 6

Women's Retreat & Kid's Day 7

## *Fireproof Your Marriage Is Finally Here*

On Tuesday 24 February the chapel will sponsor a movie event for the major motion picture *Fireproof*. The movie will be shown at the theater as an outreach to the entire community. Many questions are being asked about the movie. Let me try to answer a few— *OH Porter*

### Is childcare still available?

Yes, but not at CYS. We have added an additional site at the chapel. If you still need childcare call the chapel ASAP. You don't need to sign up for this group but we'd like to get an estimated headcount.

### When is the dropoff and pickup for childcare?

CYS- 5:45 is the earliest dropoff and 15 minutes after the movie ends, approximately 8:15, is the latest pickup.

Chapel- 5:30 is the earliest dropoff and 8:30 is the latest pickup.

### Is the movie only for couples?

Not at all. Everyone is welcome to attend. In fact, singles are highly encouraged to

see the movie and join the discussion group.

### If I am single why should I see the movie?

Trends show that most singles will marry at some point. Also, many young singles are still close friends with newly married couples. Many times these couples have marital difficulties and turn to those they trust and know the best. If you've never given any serious thought to marriage or relationships what would you tell your friend?

### What is the cost?

Admission and childcare are free. The only cost will be your purchases at the concession stand.

### What is the Thursday night thing?

After the movie a group discussion will meet at the chapel for four weeks starting 26 February. The purpose is talk about the movie and go more in-depth about what makes marriage work and what makes it miserable. Let's be honest— not every moment is fun but if we can

help each other improve our relationship skills we can both limit the not-fun times and also learn from them.

### Is this just for the people at chapel?

No. The movie is sponsored by the chaplain's office but it is for the entire community regardless whether they attend church.

### What kind of movie is this?

I'll be up front, a church called Sherwood Baptist in Albany, GA created the film, the third for Sherwood Productions. Their previous film was *Facing the Giants*. It does have a Christian theme, that God's love in a marriage is the best way to make it last. The film stars Kirk Cameron and did well at the box office (\$33m). This is a movie that could spark a change in marriages in and around Camp Darby.

### Is this at the chapel?

NO, NO, NO. The movie will be shown at the base theater starting at 18:00.

### Announcements

Confirmation is being planned in Vicenza for the first week of June. Please contact Sherie at sheriedc@yahoo.com for further information.

Choir practice is at 0930 on Sunday before mass. If you are interested in singing in the choir, contact Tracey Magowan at 348-706-6969 or [mythreesons1970@yahoo.com](mailto:mythreesons1970@yahoo.com)

The congregation will soon need a cantor. Talk to CH Porter or Fr. Roberto to serve.



"If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must master it." - Genesis 4.7

### Reconciliation

Sundays 0940-1000 and by appointment

Those who approach the sacrament of Penance obtain pardon from God's mercy for the offense committed against him, and are, at the same time, reconciled with the Church which they have wounded by their sins and which by charity, by example, and by prayer labors for their conversion." CCC 1422

### CCD Classes

See Fr. Roberto or Lisa Parker for more information about CCD classes.

### Holy Day Schedule

Ash Wednesday	Wednesday	25 February	1200
Holy Thursday	Thursday	09 April	1600
Good Friday	Friday	10 April	1600
Easter	Sunday	12 April	1000

**Sunday 15 Feb**  
Attendance: 24  
Offering: \$140.59

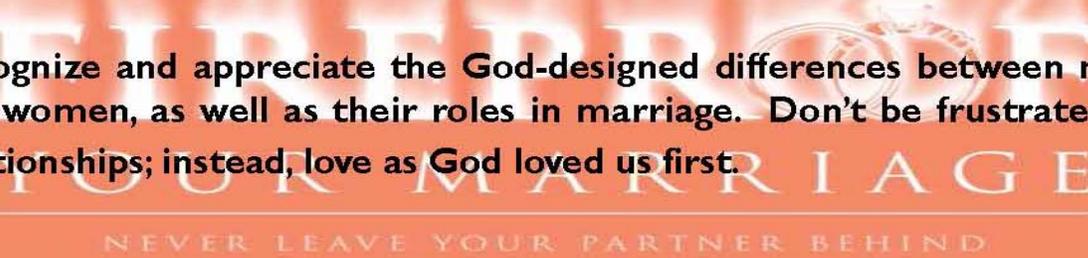
For more information about Catholic programs, to volunteer in the Catholic congregation or schedule the facilities please see Sheri Colegrove.

If you are new to Camp Darby please fill out a registration form located at the church entrance and return it to the Chapel Office or in the offertory basket. Please indicate on the Registration Form if you are interested in volunteering as a Greeter/Usher, Lector, Eucharistic Minister, or Cantor.

**This Sunday: 22 February**

**Feb/Mar Worship Theme**      *Fireproof Your Marriage*  
**Sermon**                              *He Said / She Said*  
**Text**                                      Ephesians 5.21-33

Recognize and appreciate the God-designed differences between men and women, as well as their roles in marriage. Don't be frustrated in relationships; instead, love as God loved us first.



**Vacation Bible School  
 2009  
 Paul and the  
 Underground Church**



Coming in June

- ⇒ Make a huge difference on Camp Darby—Be A VBS volunteer
- ⇒ See Karen Pryor for more information

The theme is ancient Rome. Currently collecting items to decorate for that theme. Need the following:

- Cardboard
- Robes
- Children's plastic swimming pool
- Cardboard rolls (paper towels, toilet paper)

<b>Sunday</b>	<b>15 Feb</b>
Attendance:	25
Offering:	\$500.86

**Sunday School**

Last week's announcement was incorrect. The current Adult Sunday School material coincides with the Fireproof Your Marriage Campaign.

The *Fireproof Your Marriage Bible Study* will challenge you to love better, to love first and to love for a lifetime. The study

is founded on Biblical principles for strong, God-centered, lifelong marriages.

Engage in a 6-session study using video clips from Fireproof, along with thought-provoking discussion questions and individual and couples' devotionals.



Club Beyond is an ecumenical Christian ministry reaching out to every military teen. Club Beyond is sponsored by military chaplains as a part of the overall Command Religious Program at a military installation.



### What's Happening?

#### Middle School

<b>Monday Lunch</b>	<b>11:30-12:00</b>	
<b>Girls Bible Study</b>	<b>11:30-12:00</b>	<b>Wednesdays</b>
<b>Club</b>	<b>14:30-16:30</b>	<b>Wednesdays (at the school)</b>



"If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must master it."  
- Genesis 4.7

### Romania Service Project Update

Students— get ready to work. Fundraiser next week!

Club Beyond Camp Darby is teaming with Youth-Compass for the 2009 Spring Service Project. We will help to rebuild houses and roads in the town of Taut, Romania.



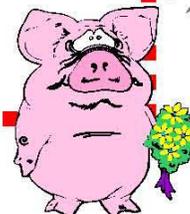
Thank you to everyone who cooked, cleaned, set up and ate good food at the BBQ luncheon. Club Beyond raised \$1,080 toward the service project.

### Thursday, February 26

**CLUB BEYOND Presents:**  
**The Smoky Sow BBQ Sandwich**  
 (pulled pork cooked low & slow, served on Texas Toast)  
**smoked baked beans, corn puddin' & bottled drink....all for just \$8 a plate!**

Where? Darby Chapel, Mertz Hall 1100 am until... We're selling it 'till it runs out - come early! Contact Info: Jessica Barlow DSN 633-7261 OR 633-7267

Come help support the Club Beyond Service Project



Jessica

MCYM/Club Beyond Contractor  
DSN: 633-7261 COM: 050-54-7261  
Cell: 0039-349-873-8011

2009 Service Project  
Taut, Romania  
10-19 April

US ARMY  
GARRISON LIVORNO

Darby Chapel  
Unit 31301  
Box 53  
APO AE 09613

DSN: 633-7267  
COMM: 050 54 7267  
EMAIL:

kelly.porter@eur.army.mil  
tokovia.n.sanda@eur.army.mil

**Regular Activities**

- Mass 10:00
- Sunday School 10:00
- Prot Worship 11:15
- Women's Bible Study  
Tues 12:00-13:00  
Wed 1730-1830
- Men's Bible Study  
Thurs 1700-1800

To find The Door and more pictures of events, click on the Chaplain Crest below to access the Darby Chapel web page.



CTRL-Click on Image

Club Beyond

Office: Bldg 301 (Chapel), 633-7261

## Chapel Wide Announcements

- **Men's Ministry** Thursdays 1700 at the chapel. Current study: 1 John
- **Combined Potluck** Catholic and Protestant congregations will hold a combined potluck on 1 March at 12:45 or soon after the Protestant service ends. The chapel will provide meat and drinks. Please bring a side, salad or dessert.

## Prayer

Contact the chapel to include your prayer requests. The Women's Ministry develops a more detailed prayer calendar. Ladies may contact Stephanie Feagin for a copy.

1. Chuck Boland is recovering well from a successful surgery to remove a brain tumor. The Bolands are friends of Kelly and Rachel Porter.
2. Wendy– Barry Speck's boss. Continue to pray that she will have faith in and become a follower of Jesus Christ.
3. Lucy– friend of Jennifer Cole. Husband recently died leaving Lucy with two small children
4. SGT Sanda is back to work. She will continue to have treatments locally for the next two months.
5. Club Beyond Mission Trip:. For Jessica and other leaders, spiritual readiness of the students, \$\$\$, and Lord to prepare hearts of residents to receive Him
6. Francesca– lost her husband last week in a traffic accident
7. Jeremy praises God for a successful financial campaign
8. Ron and Ruth Berger as they travel to encourage missionaries
9. Club Beyond fundraisers
10. Jessica's friend Ben has brain cancer
11. Jennifer Cole's parents (Reece and Marilyn) as they take care of their handicapped daughter who just moved in with them. They will face emotional, financial and physical challenges.
12. Linda's granddaughter Rebecca is improving and she praises God that her father in Australia evacuated to safety during the bush fires.
13. Debora Camarlinghi is not feeling well. Pray for good health but thank God for her commitment to the chapel and to worshipping God.
14. Jenny Wassom's grandmother (Dorothy Smith) is in hospice. Pray for grace and peace in her family after Dorothy's passing. Pray Jenny's dad will have wisdom and grace to handle all the emotions and family dynamics, especially the anger that may occur in the family.
15. The Fireproof Your Marriage campaign
16. President Obama and other leaders to have wisdom





The Women's Ministry Announces:



# Spring Retreat Mediterranean Area

## *At the Redeemer's Feet*

*Ruth 4:14-15a The women said to Naomi: "Praise be to the Lord, who this day has not left you without a kinsman-redeemer. May he become famous throughout Israel! He will renew your life and sustain you in your old age."*



**GAETA, ITALY**

### MARCH 13TH-15TH, 2009 ONLY €99

Guest Speaker: Becky Shirey  
Worship by the PWOC Chick Band

Contact Stephanie Feagin to sign up: [stephanie.feagin@us.army.mil](mailto:stephanie.feagin@us.army.mil)

# Kid's Day at The Chapel

## March 14, 2009

*"When mamma's away the kiddos will play"*

Guys, send your wives to Gaeta and bring the kids to the chapel for a day of fun

Games    Stories  
Lunch    Lots of Water

### 10:00-14:00

Need men to volunteer to cook, set up, clean and lead games

## CTC Schedule for Term IV Registration March 9- 20 2009

## Classes:

- Creative arts for early Childhood CDEC 1358 TU TH 1730 1930 Instructor: Fornaciari Linda
- Introduction to Criminal Juastice CJA 1322 (times to be confirmed) Instructor: Rhan Carol

## Online classes also available:

## Business Administration and Management

BMGT1303	Principles of Management	Taylor, Nicole
BMGT1325	Office Management	Wenholz, Elaine
HRPO1311	Human Relations	Richardson, Daryl
HRPO2301	Human Resources Management	Barrett, Bobby
HRPO2301	Human Resources Management	Mugleston, Theran

## Computer Science

ITMT1355	Plan Ms Server 2003 Network (Self-Paced)	Daniels, Nora
ITMT1400	Implement MS Win XP Pro (Self-Paced)	Tankersley, James
ITMT1440	Mgt & Maint MS Srv 2003 Envir (Self-Paced)	Daniels, Nora
ITNW1358	Network+ (Self-Paced)	Tankersley, James
ITSY1442	Information Techn Security (Self-Pa	Kruse, Donna

## Early Childhood Professions

CDEC1359	Children With Special Needs	Seeley, Theresa
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## Hospitality Management

HAMG1313	Front Office Procedures (Self-Paced)	Lezo, Ramona
HAMG2301	Prin of Food & Beverage Oper (Self-Paced)	Lezo, Ramona
RSTO1301	Beverage Management (Self-Paced)	Lezo, Ramona

## Protective Services

CJCR2325	Legal Aspects of Corrections	Lanier, Brad
CJLE1345	Intermed Crime Scene Invest	Edwards, Raymond
CJLE2345	Vice & Narcotics Investigation	Edwards, Raymond
CJSA1308	Criminalistics I	Sapp, Richard
CJSA1348	Ethics in Criminal Justice	Dennis, Carolyn
CJSA1348	Ethics in Criminal Justice	Dindy, William
CJSA2331	Child Abuse: Prevent/Invest	Jones, Kenneth
CJSA2331	Child Abuse: Prevent/Invest	Holman, Jon
CJSA2331	Child Abuse: Prevent/Invest	Herwald, Gary
CRIJ1301	Introduction Criminal Justice (Self-Paced)	Mills, Seth
CRIJ1301	Introduction Criminal Justice (Self-Paced)	Lanier, Brad
CRIJ1301	Introduction Criminal Justice	Jackson, Robert
CRIJ1306	Court System and Practices	Thomas, Cheryl
CRIJ1306	Court System and Practices	Karakashian, Charles
CRIJ1307	Crime in America	Thomas, Cheryl
CRIJ1307	Crime in America	McGovern, Carolyn
CRIJ1307	Crime in America	Miller, Kipley
CRIJ1310	Fundamentals of Criminal Law	Rogers, Jan
CRIJ1313	Juvenile Justice System (Self-Paced)	Thomas, Cheryl
CRIJ1313	Juvenile Justice System (Self-Paced)	Minor, Gary
CRIJ2301	Comm Resources in Corrections	Batchelor, Eric
CRIJ2314	Criminal Investigation	Pittman, Ryan
CRIJ2323	Legal Aspects Law Enforcement (SP)	Thompson, Alexander
CRIJ2323	Legal Aspects Law Enforcement (SP)	Karakashian, Charles
CRIJ2328	Police Systems and Practices	Bolton, Edward

For more information please contact me at DSN 633-7492 Tuesdays and Thursdays from 900 to 1400 or email to :darby@eruoep.ctcd.edu

### Military Saves Week 22 February - 1 March 2009

Get ready for Military Saves Week 2009!. If you have not taken the saver pledge and made a commitment to spread the savings message, look for the pledge link on our website at: <http://www.militarysaves.org/> and enroll today.

Take the Saver Pledge: *I will help my self by saving money, reducing debt, and building wealth over time. I will help my family and my country by encouraging other Americans to Build Wealth, Not Debt.*

If you have taken the pledge, use the week as a reminder to make a **AAA check up:**

1. Yearly reminder to **Assess** your savings status
2. **Act** to improve
3. When you act, act **Automatically**--through automatic saving

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### Quarter Master Facility

The installation Laundry and Dry Cleaning Facility is undergoing renovation of its parking lot area, at the moment the only available door for Customers to use is the "roll door" located on the south side of the Bldg, facing the Post Office and old Credit Union.

QML personnel will keep this one open and manned from 0900 AM to 14:30 PM as for regular Pick Up operating hours, during normal operations.

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### A Community Volunteer Message

If you volunteer in/with CYS and/or require an ANNUAL BACK-GROUND CHECK (IRC), (1)as a Youth Volunteer, (2)YS as a sports coach or (3)as a postal volunteer, please contact:

Melissa C. Wilde

Child and Youth Services

DSN 633-7681/melissa.wilde@eur.army.mil

during the week of Feb. 23-27 in order to revalidate this annual requirement.



### Health and Wellness Fair

Come to the Fitness Center March 19, 11:30 a.m.-1:30 p.m. to learn ways to improve your health.

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### CAMP DARBY JOBS

The paralegal job has just been posted! The External Announcement will be open from 2/12/2009 - 2/20/2009. The announcement may be located on USAJOBS Website at <http://www.usajobs.opm.gov> and the vacancy announcement number is: 239755..For additional information contact: CPT Anthony Valenti at DSN 633.7227

### AAFES is hiring:

Store associate at Shoppette, Main PX  
Theater Worker  
35mm Projectionist  
Food Service worker

For information about the jobs or how to apply visit:  
<https://recruiter.kenexa.com/aafes/cc/Home.ss?ccid=bupJEdUjsTs%3D>

### Your opinion is important

We need your issues for the upcoming Army Family Action Plan. Forms can be found at ACS, the post office and the laundry mat and online or [usaglacs@eur.army.mil](mailto:usaglacs@eur.army.mil) or log onto [www.usag.livorno.army.mil](http://www.usag.livorno.army.mil) and click on CAC. For more information, call the ACS at 633-7084.

**ITR**

**633-7589**

- Viareggio Carnivale Feb. 22 and March 1
- Pistoia Zoo trip Feb. 28
- Assisi Trip March 7
- Rome in a day, March 14 At your own pace, visit some of Rome's most important sites on Mar. 14. You'll be dropped off near the Vatican Museum. Don't forget to check out St. Peter's Square, the Vatican, the Vatican Museum (where you'll find the Sistine Chapel), Castel Sant'Angelo and whatever else you can squeeze in.
- Download a copy of the 6-month (October 2008 through March 2009) trip calendar today! Log onto: [www.livornomwr.com](http://www.livornomwr.com).

**Darby Community Club**

**633-7855**

- Texas Hold'em at the Darby Community Club. Free pasta to all Texas Hold'em players on Feb. 20.
- Stop singing in the shower. Come and sing at the DCC and impress your friends March 12.

**Outdoor Recreation**

**633-7775**

- Ski trips available every Saturday to Abetone or Monte Cimone with ODR Great packages are available for those without ski equipment.

**Library**

**633-7623**

- Don't miss the special story hour for children ages 3-5 years to celebrate Women's History Month on March 11 with a guest speaker.
- Save money with free DVD rentals. If the library doesn't have the one you want, they can order it from another library in Europe.

**Darby Lanes**

- Check out our new dollar days on Thursdays

**Fitness Center**

**633-7440**

- If you are looking to get into shape for no money at all, check out Eileen's list of classes. There's something scheduled almost every day of the week, and the best part is, it's free

**Dollar Days**  
Every Thursday

**\$1 games**  
**\$1 shoe rental**  
**\$1 Pizza toppings\***

Thursday  
Operating Hours  
4:00 to 9:00 p.m.

For more info  
call DSN 633-7458

\* Large pizza reduced from \$15 to \$11 with \$1 toppings

**CAMP DARBY  
FITNESS CENTER**

**DODGE BALL  
EXTREME**

**17 March 09**

DROP OFF TEAM ROSTER AT THE FITNESS CENTER  
OR EMAIL: [TODD.K.SMITH@EUR.ARMY.MIL](mailto:TODD.K.SMITH@EUR.ARMY.MIL)  
For more information, contact the Fitness Center  
DSN 633-7438 OR 633-7440

**FITNESS CENTER CAMP DARBY**

**Table Tennis Tournament - Singles**

**3-5 March 09**

DROP OFF TEAM ROSTER AT THE FITNESS CENTER OR EMAIL:  
[TODD.K.SMITH@EUR.ARMY.MIL](mailto:TODD.K.SMITH@EUR.ARMY.MIL)  
For more information, contact the Fitness Center  
DSN 633-7438 OR 633-7440

# February Information, Tickets & Travel



21 February	Salzburg & Guided Salt Mines	\$89.00
21 February	Spectacular Venice Carnival	\$69.00
28 February	Guided Ljubljana & BTC Mall	\$59.00
28 February	Innsbruck & Swarovski Crystal World	\$84.00
28 February	Enjoy Milan by Night Tour	\$89.00
6-8 March	Rome Express	\$89.00
7 March	Guided Florence	\$84.00
7-8 March	Rogaska Spa & Crystal Factory	\$159.00
13-15 March	Polish Pottery Shopping	\$149.00
14 March	Guided san Marino	\$69.00
14-15 March	Budapest	\$219.00

For more information contact ITT at 632-3107 or email: [ITT@aviano.af.mil](mailto:ITT@aviano.af.mil)

Contact us at  
email: [ITT@aviano.af.mil](mailto:ITT@aviano.af.mil) Tel: **0434-30-3107** DSN: **632-3107**

**One Person Scramble Golf Tourney**

Fri, Feb 27. Tee off is 12 noon. Tourney is individual scramble format. Each player hits two balls and then chooses which of those shots he or she wants to play. Cost is \$25 per person plus green fees.

*POC: Carney Park Golf Course, 081-526-4296*

**Four Person String Scramble Golf Tourney**

Fri, Mar 27. Tee off is 12 noon. Tourney is a four person string scramble using 10% of 4 players handicaps combined. String length issued is based on team handicap. Cost is \$25 per person plus green fees.

*POC: Carney Park Golf Course, 081-526-4296*

**St. Patricks Day in Dublin, Ireland**

Sun, Mar 15 thru Thu, Mar 19. Cost is \$749 for Single Sailor ID card holders, and \$849 for non-SS ID card holders. Price includes all bus transfers, round trip air transportation, 4 nights in a 3-star hotel, full Irish breakfast, tours of Dublin, Guinness Hopstore, Old Jameson Distillery, and Powerscourt Gardens and House.

*POC: Liberty Center, 626-4896*

**Angels and Demons Tour; Path of Illumination**

Sat, Apr 18. An incredible journey; discover the Illuminati and their secrets. The Path of Illumination; understand how to solve the many puzzles and enigmas. The Altars of Science; decode the secret messages hidden in Bernini sculptures and Galileo texts. The Church of Illumination; take a glimpse of "il Passetto", the secret passage that links the Vatican City with the Castel of Sant' Angelo. Cost is €120 per person and includes round trip transportation, a Pearls welcome drink, ITT tour leader assistance, and a full course dinner.

*POC: MWR ITT, 626-4330/629-7906*

[www.mwritt.org](http://www.mwritt.org)

Navy Support Activities Naples is located South of Camp Darby off A1 and is roughly 5 hours drive.

For lodging visit  
<https://www.navy-lodge.com/>

For Trip information visit:  
[www.mwritt.org](http://www.mwritt.org)

After 5 years as an independent travel and information service, ITR is now merging with Outdoor Rec to create an expanded lineup of travel and adventure options for the entire community.

With the launch of the new summer schedule in April, Outdoor Rec will now host your favorite ITR trips to major cities, the beaches and amusement parks in addition to its popular extreme adventure series of hiking, biking, and scuba, deep sea fishing, and kayaking. Beginning April 1, you will book all your FMWR trips at one location. "Sharing our staff, office space and resources, will allow us to expand and keep the prices low for the community" says David Sherrick Acting Chief of DFMWR.

"I am excited about the opportunity to expand our lineup" said Chris Wolff Outdoor Rec director, "we can now offer more Family adventures and overnight trips on holiday weekends." The new calendar features the most popular trips from ITR to destinations such as the Florence, Rome, Cinque Terre, and Genoa, plus more weekend trips to Croatia, Switzerland, Naples and the Amalfi coast. "We are also adding trips designed with Single Soldiers in mind on every training holiday" said Wolff.

"We are introducing cultural exchange trips to local destinations like Verona, Padua, Venice and Bologna, where I will go with you on the bus from post and help you buy your train ticket, and then we will explore a nearby city. We will visit the famous sites, and have time for shopping or lunch, before heading back to Vicenza in the early afternoon" said Beatrice Giometto former ITR director. "Community members who have week days free for exploring will love the chance to step out and experience Italian culture".

You will now find information about the top 10 requested destinations, answers to the most frequently asked questions, and links to the most popular sites in the area on [www.vicenzaMWR.com](http://www.vicenzaMWR.com) or call 634-7453.

Note: The trips currently offered in the "Fall and Winter" issue of Salute will still be booked at the current ITR office. Any trips offered in the new combined "Spring and Summer" calendar, at [www.vicenzaMWR.com](http://www.vicenzaMWR.com) you will book trips at the ODR office.

Caserma Ederle is located North of Camp Darby off A4 and is roughly a 3 1/2 hours drive.

For lodging visit  
[www.vicenzamwr.com/](http://www.vicenzamwr.com/)

FMWR Activities visit:  
[www.vicenzamwr.com](http://www.vicenzamwr.com)

# Italy off the beaten path...

## Out and About

By Chiara Mattiolo

USAG Livorno Public Affairs

### Farmer's market in Pisa

Feb. 28, from 8 a.m. to 7 p.m. in Pisa do not lose your occasion to taste and buy locally produced biological food at a convenient price. This monthly appointment with the farmer's market collects products from family managed farms of the Pisa countryside. Bread, oil, honey, wine, pecorino cheese, vegetables, as well as locally produced soaps, and textile products will be displayed and sold. The market will be in Piazza Cairoli, for additional information you can contact Gas.P! Gruppo Acquisto Solidale Pisa web: <http://gasp.versacrum.com/>

### Antique markets

Antique markets became a tradition in Tuscany, and every town has its own recurrent market where about 500 exhibitors coming from all over Italy meet. Antique furniture, ceramics, pieces of China, jewels, glassware, fabrics, watches, sculptures, paintings, iron and copper items, as well as trinkets of all sorts care sold. Following are the dates and locations of the next antique markets:

Feb. 28 Arezzo, from 9 a.m. to 8 p.m.

Mar.1 Montecatini Terme (PT) from 8.30 a.m. to 9 p.m.

### Truffle fest

On Mar. 14 and 15 in Cigoli, Pisa province, there will be the Truffle Fest. In those days, besides the traditional truffle products display a covered restaurant will be available to taste the celebrated tagliolini al tartufo (typical truffle pasta), steak with truffles and much more. The Fest will start at 7.30 p.m. on Mar. 14, while on Mar. 15 lunch at 12 a.m. and dinner at 7.30 p.m. will be served.

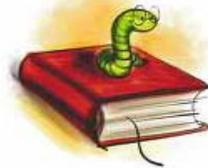
For information contact:

e-mail: [ufficio.turismo@cittadisanminiato.it](mailto:ufficio.turismo@cittadisanminiato.it)

web: [www.cittadisanminiato.it](http://www.cittadisanminiato.it)

FESTA is announcing auditions for Shakespeare's **Macbeth at the BARGELLO MUSEUM** in Florence, Italy, July 2009. FESTA is seeking trained professional actors. Auditions will take place on Feb. 21 from 10:30 am - 3 pm at St. James Church (Via Bernardo Rucellai 9, Florence, between Via della Scala and Via il Prato), and auditions will consist of performing a 30 second to 1 minute selection from Macbeth.

Rehearsals start at the beginning of June 2009, and the show runs July 8-12 (possible added performance on July 13), 2009. For an audition time, please write to Suzanne at [sidasilva@yahoo.com](mailto:sidasilva@yahoo.com) or call 347/9397010. For more information on the show, [www.themacbethproject.org](http://www.themacbethproject.org). For information on FESTA go to [www.festatheatre.com](http://www.festatheatre.com)



## Angloinfo®

Are your shelves filling up with books in English that you have badgered your visitors into bringing over? Do you find the choice of English language books available too limited...or expensive!?!

Well, bring your literary wonders (or just plain trash) to our Book Exchange in Pisa on the first Sunday of every month.

- When: The 1<sup>st</sup> Sunday of the month
- Where: British School of English, Via Rigattieri, 33, Pisa (PI) - 050 573444
- Bring: Books in English and... home-baked goodies!
- Contact: email [sarah.downey@angloinfo.com](mailto:sarah.downey@angloinfo.com)



## Tuscan Treasures: Tower of Cenaia

By Joyce Costello  
USAG Livorno Public Affairs

You too can live like a count for a day. In the foothills of Tuscany, the "Torre a Cenaia" or Tower of Cenaia is an excellent place to spend your afternoon in a horse drawn carriage touring the expansive fields of grapevines, sunflower fields and four natural lakes.

Italian cypress trees line the rustic road up to a lake filled with cranes and ducks.

"You can customize your tour to include a carriage ride or you can opt for only wine tasting and top selections of our regional products," said Paola Verratti, press agent for Torre a Cenaia.

Mrs. Verratti added that all of their local gastronomie is organic and on site.

"The farm is an animal reserve and we have our own goats and sheep that produce the milk for the goat cheese and pecorino cheese," said Mrs. Verratti. "We also have the Parma pigs which the Parma prosciutto comes from."

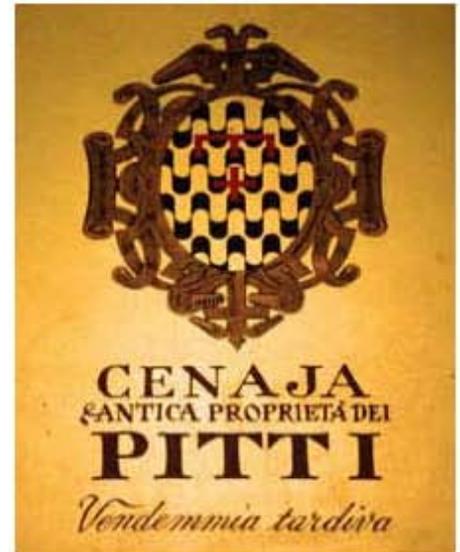
After enjoying the local tastes of Tuscany, wander the gardens or visit an ancient 11th century church on the property.

"Torre a Cenaia" also sponsors a fun run Feb. 21, 2009

and is part of the Cenaia wide wine celebration in September. Mrs. Verratti adds carriage rides should be booked at least two days in advance, but the wine tasting is available during daylight hours. For more information visit [www.torreacenaia.it](http://www.torreacenaia.it).

**How to get there:** Cenaia is a 20 minute drive from Camp Darby off the FI-PI-LI superstrade, exit Lavoria.

**Where to stay:** Take advantage of Sea Pines Lodge reduced winter rates until March 31 to explore Tuscany. Call DSN 633-7225 for reservations.



Photos courtesy of Paola Verratti





**Feb. 20, 6 p.m. FREEDOMLAND (R)**

Cast: Julianne Moore, Samuel L. Jackson

When her son disappears and is believed to be dead, a single mother blames an African-American man from the projects for the kidnapping, creating a racial controversy. An African-American detective and a white missing child researcher team up to investigate the case which they discover may be more complicated than they expected.

RATED R (language and some violent content)

**Feb 21, 6 p.m. Taken (PG-13) (1st Run)**

Liam Neeson, Maggie Grace

Bryan, a former secret agent relies on his old skills to save Kim, his 17 year old estranged daughter, who has been forced into the slave trade. Using his contacts in the CIA and the business connections of his ex-wife's husband, he travels to Paris to find her. Rate PG-13 (intense sequences of violence, disturbing thematic material, sexual content, drug references, language) 91 min

**Feb. 22, 2 p.m. The Tale of Despereaux (G)**

Matthew Broderick, Emma Watson

Tiny and graced with oversized ears, Despereaux was born too big for his little world. Refusing to live his life cowering, he befriends a Princess named Pea and learns to read (rather than eat) books, reveling in stories of knights, dragons and fair maidens. Banished from Mouseworld for being more man than mouse, Despereaux is rescued by another outcast, Roscuro, who also wants to hear the tales. But when the Princess dismisses Roscuro's friendship, he becomes the ultimate rat and plots revenge with fellow outsider Mig. Rated G . 94 min

**Feb. 26 6 p.m.– Nothing Like the Holidays (PG-13)**

John Leguizamo, Debra Messing

The Rodriguez family are converging at their parent's home to celebrate the season and rejoice in their youngest brother's safe return from combat overseas. Traditions will be celebrated, secrets revealed and major life decisions made. It all begins when Anna announces to her children she is divorcing their father Eduardo. The shock waves from this familial upheaval prompt Roxanna, Mauricio and Jesse, each in their own way, to reevaluate the past and rethink the future. But when the Rodriguez's learn that one of

their own is facing a true crisis, they instinctively pull together. Rated PG-13 (thematic elements/ sexual dialogue, brief drug references) 99 min

**Feb. 27, 6 p.m. THE EXPRESS (PG)**

Cast: Rob Brown, Dennis Quaid

Based on a true story of football hero Ernie Davis, the first African-American to win the Heisman Trophy, and his fight for equality and respect forever changed the face of American sports. Davis hurdled social and economic obstacles to become one of the greatest running backs in college football history. As the growing civil rights movement divided the country in the 60's, Davis became a symbol for achievement that transcended race. He joined the ranks of black pioneers by teaching a generation tolerance, inspiring a movement that smashed barriers on and off the field. RATED PG (thematic content, violence and language involving racism, and brief sensuality)

**Feb. 28, 6 p.m. – Delgo (PG)**

Jennifer Love Hewitt, Michael Duncan

The land of Jhamora is torn apart by the mutual prejudice of two peoples--the winged Nohrin, masters of the skies, and the terrestrial Lockni, who harness the mystical powers of the land. When Delgo, a reckless Lockni teenager, forms a forbidden friendship with the spunky Nohrin Princess Kyla, hostilities between the two peoples escalate, setting the stage for an exiled Empress to exact her revenge and reclaim her rule. Falsely imprisoned, Delgo and his faint-hearted best friend, Filo, must put aside their differences to join forces with a sworn enemy and travel to the mysterious land of Perran, where they discover more than just a scorned Empress and her two bumbling servants. Rated PG (fantasy action violence) 90 min

**March 1, 1 p.m. Marley & Me (PG)**

Owen Wilson, Jennifer Aniston

Marley is a yellow lab adopted by John and his wife Jenny. Their idea was to give them a taste of parenthood, but the dog proved to be a hyperactive handful. He wreaks havoc, gets kicked out of obedience school, yet Marley quickly becomes a rollicking force of nature in their lives. Rated PG (thematic material, suggestive content, language) 115 min