



# DARBY DIGEST



Your source for local news, information and culture

VOL. 1, Issue 2

August 16, 2007

www.usag.livorno.army.mil

### Vehicle Registration

Will be closed Aug.23-24

### GSA Training

General Services Administration training is Aug. 27, 10am-noon at the Theater.633-8362

### Army Training Holidays

Aug. 17-20 in support of school recess  
Aug. 31– Sept. 3 Labor Day

### Mandatory drug and alcohol training

There will be two 3-hour training sessions on Sept 19 in the Theater at 9am and 1pm. All Soldiers and DoD civilians must attend one of these sessions; Airmen and Sailors are invited to maintain their training, as well. Company Commanders and First Sergeants must also attend a 1-hour briefing in the SSCR at 9am. 633-8984 DPTMS

## Camp Darby Devils prepare for final game

**Chris Pearson**  
*CYS Sports and Fitness*

This weekend is the last chance to come out and support the Darby Devils as they take on Vicenza for their final flag football games of the season. The first game begins at 11am and the second game is scheduled to start at 12:30pm.

Last weekend in a double header, Vicenza beat the Darby Devils 14-8 and 24-12.

The Devils defense scored a safety during a Vicenza snapped ball that went into the end zone, demonstrating the Devil's team strength in defense.

Frank Hernandez, Weston Jackson and Damien Ranger all scored touchdowns for the Darby team.

Even though they did not win, the kids always played hard and



**The Darby Devils flag football team poses during an away game. (Photo courtesy of Astrid Robinson)**

never gave up. It would mean a lot to the team if community members come out to support the final game.

In other sports news, Aug. 21 will be the last day to sign-up for the free soccer clinic being held August 23-25. We will have someone at the game on Saturday for children to sign-up for the soccer clinic, and the upcoming youth soccer season.

### In this issue:

|                            |   |
|----------------------------|---|
| <i>Local Artist</i>        | 2 |
| <i>Nutrition</i>           | 3 |
| <i>Italian traffic</i>     | 4 |
| <i>Community briefs</i>    | 5 |
| <i>Italian events</i>      | 6 |
| <i>Destination Cortona</i> | 7 |

The Darby Digest is authorized by the Secretary of the Army IAW Army Regulation 25-30 and published Thursdays by the U.S. Army Garrison Livorno Public Affairs Office, building 303, Camp Darby, unit 31301, APO AE 09613, 633-7229/civ. 050-54-7229. Private organizations noted in this publication are not part of the Department of Defense. Ad placement is free and available only to DoD ID cardholders and registered private organizations. Submissions must include submitter's name, duty location and DSN and civilian phone numbers and/or '.mil' e-mail address. Send request for advertisement to: paolivorno@eur.army.mil. Advertisement submissions are subject to the editors approval.

# A hidden talent at the thrift shop

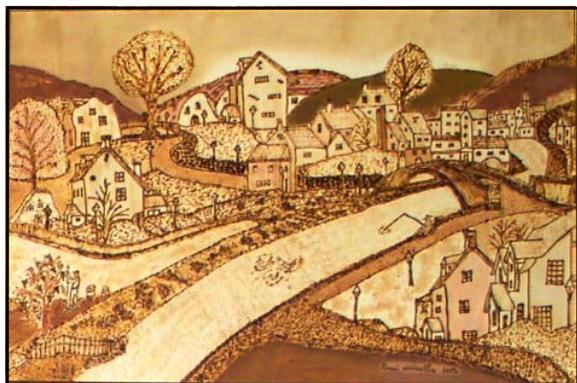
Story and photo by Chiara Mattiolo

*USAG Livorno Public Affairs*

Many of us have a secret corner of hidden talent within ourselves, that even our closest friends may not realize exists. Mirella Todaro, who works at Camp Darby's Second Glance thrift shop as an assistant manager, is one of Camp Darby's hidden talents.

Mirella practices the art of Pyrography, an ancient technique consisting of burning an image onto a surface, normally timber or leather, with the use of different tips.

Mirella was born in Rome, and grew up with a passion for art. In 1970 she moved to the United States and discovered pyrography art.



**Artist Mirella Todaro created this picture by burning the image into wood.**

"I was very curious about this technique because it was totally new to me," said Mirella. "As soon as I learned how to do it, pyrography became my passion, my excitement".

When Mirella returned to Tuscany, she continued pursuing her newly discovered hobby at the Arts and Crafts Center.

"Joy Reed, the former Arts and Crafts manager, really encouraged me to continue to cultivate this passion," said Mirella. "Joy said I had a very particular and rare ability towards the

naïf art style. She suggested that I show my art work, so I participated in various art exhibits in Pisa, Livorno and Lucca".

Eventually, Mirella started selling her art pieces, an event that can touch an artist far deeper than one realizes.

"When you are an artist and you sell your work, you experience mixed emotions. On one hand, you don't want to give your piece away, on the other hand, you are glad other people like what you've created," said Mirella. "I like being appreciated as an artist. This passion fills me with very special emotions. Once I start a project, I have to finish it. It really does not matter if I worked all day and I am tired, it is the enthusiasm for this art that gives me strength" stated Mirella.

"In the future, I really hope I can continue to express myself through art and carry on this ancient technique, by involving my daughter who is studying architecture and design," said Mirella. "I especially want to try pyrography on furniture, doors and furnishing panels." Currently, you can see Mirella's art on display at Camp Darby's Second Glance thrift shop.



**Artist Mirella Todaro poses with some of her art work on display at the Second Glance thrift shop.**

**Second Glance thrift shop is open every Wednesday-Thursday 9:30am-3pm**

## Do you really understand the nutrition information on food labels?

**By Maj. Karen Fauber**

*DeCA dietitian*

Pick up almost any food in the commissary and you are likely to see one or more symbols on the label promoting health benefits related to the food. Each symbol indicates that the food is a healthy choice, yet each symbol has different nutrient requirements. Food manufacturers and health organizations have created labels to promote prevention and disease management to guide shoppers in making choices. When trying to lose weight, lower cholesterol, manage diabetes, manage blood pressure, or just make healthy choices, shopping can be a real challenge. Nutrition information overload on food packages can make it tough for shoppers to decide what to buy and eat, with up to 70 percent of them making quick choices as they cruise the aisles.

To help relieve the confusion, some researchers are calling for a single, FDA-sanctioned certification program. This proposal may include a simple standard, such as red, yellow and green lights to indicate where a food fits in a healthy diet. Keep an eye out for more information on this concept in the future.

The following is a simple guide to help take some of the guesswork out of understanding current FDA-approved nutrition information:

- Free – these foods have no or only a very small amount of fat, saturated fat, cholesterol, sodium, sugars, and calories.

- Low fat – 3 grams or less per serving
- Low sodium – 140 milligrams or less per serving
- Low cholesterol – 20 milligrams or less cholesterol per serving
- Low calorie – 40 calories or less per serving
- Lean meat – less than 10 grams fat per serving
- Extra lean meat – less than 5 grams fat per serving
- High – one serving of the food contains 20 percent or more of the daily value for a nutrient
- Good source – one serving of the food contains 10 to 19 percent of the daily value for a nutrient
- Reduced – nutritionally altered food contains 25 percent less of a nutrient or calories than the regular product
- Less – food contains 25 percent less of a nutrient or calories than the regular food
- Light – nutritionally altered food contains one-third fewer calories or half the fat
- Light – the sodium content of a low calorie, low fat food has been reduced by 50 percent.
- Healthy – a healthy food must be low in fat and saturated fat and contain limited amounts of cholesterol and sodium. For meals the sodium content can't be more than 360 milligrams per serving for individual foods and 480 milligrams per serving for meals.

For more information on food labels or any nutrition topic, visit "Ask the Dietitian" at the DeCA Web site: <http://www.commissaries.com>.

---

## 2007 USAFE SMALL UNIT SOFTBALL CHAMPIONSHIP

**Steve Lowe**

*Sports Specialist*

The 2007 USAFE Small Unit Softball Championships was hosted at Camp Darby Aug. 5-10. Ten USAFE teams, from six countries throughout Europe, competed to take on the defending champions, the Croughton Cougars.

The finals led to Croughton and Sembach battling it out for seven full innings of play, lasting an hour and forty-five minutes. In the end, Sembach defeated Croughton 40-31.

Congratulations to all tournament teams:

Roberson and Blevins (Sembach)  
 Peavy and Stephens (Croughton)  
 Williamson and Oliver (Camp Darby)  
 Duncan and Brittnacker (Alconbury)  
 Peay (Lajes)  
 Saxman (Volkel)  
 Legg (Kleine Broegel)

The top two men's and women's teams will represent USAFE at the Final 4 event in Aviano, Italy Aug. 23-26.

### Darby Job Corner

Looking for a job? The NAF CPO office in HQs Front is accepting applications immediately for a temporary hire (NTE 30 days) Recreational Aide position at the Camp Darby Bowling Center. Call 633-7726

For more information about resumes, jobs, volunteering and more- contact Stephen Zglinicki, Volunteer Corp Coordinator and Employment Readiness Specialist at 633-7084 or send him an email at stephen.zglinicki@eur.army.mil

### Installation Boards

If you want to send your soldier to the promotion board or want to submit your troop for Soldier and NCO of the quarter board, please submit names to SGT Wilson, USAG Livorno S-1 at 633-7348

### Community Care

Roberto Gagliardi, an installation security guard, is affected by a rare type of cancer, localized at the left shoulder. The last chance he has is to go for a specialized visit in Chicago. Those wishing to donate to help make this treatment possible, can give their contributions to Tenente Davide Giorcelli or Nelly Moscato at DPW 633-7644.

**To those who donated for Jennifer Kandell loss:**

“I would like to take this opportunity to extend my gratitude to the Camp Darby community for their support. Your generosity and warm thoughts are much appreciated by me and my family. It is this sense of community and caring support that makes Camp Darby a special place to live. We will always remember your kindness.”

Jennifer Kandell, Acting Youth Services Program Manager

### Traffic forecast on Italian Highway

Itinerary to south direction or tourist areas

Itinerary to north direction or main cities

| M A N- | Date      | M A N |
|--------|-----------|-------|
| ● ● ●  | 16 August | ● ● ● |
| ● ● ●  | 17 August | ● ● ● |
| ● ● ●  | 18 August | ● ● ● |
| ● ● ●  | 19 August | ● ● ● |
| ● ● ●  | 20 August | ● ● ● |
| ● ● ●  | 21 August | ● ● ● |
| ● ● ●  | 22 August | ● ● ● |
| ● ● ●  | 23 August | ● ● ● |
| ● ● ●  | 24 August | ● ● ● |
| ● ● ●  | 25 August | ● ● ● |
| ● ● ●  | 26 August | ● ● ● |
| ● ● ●  | 27 August | ● ● ● |
| ● ● ●  | 28 August | ● ● ● |
| ● ● ●  | 29 August | ● ● ● |
| ● ● ●  | 30 August | ● ● ● |
| ● ● ●  | 31 August | ● ● ● |

**Legend:**

M: Morning 0600 – 1400  
 A: Afternoon 1400 – 2000  
 N: Night 2200 – 0600

- Intense traffic is not expected
- High traffic flow is expected
- Critic traffic flow is expected
- Very high traffic flow is expected

**Sunset Beach Party**

Aug. 25, 7 pm- 2 am enjoy an evening of disco and Latin American dancing, spinning classes and a BBQ meal for sale. There is an entrance fee unless you are an American Beach season pass holder. In case of inclement weather, the party will be moved to the fest tent in the carnival field on Camp Darby.

**Labor Day Weekend Beach Party**

Everyone is invited to the American Beach on September 1st for the free fireworks, festivities, food and disco starting at 7pm. Fireworks will start at approximately 10pm. A beach shuttle bus will run between Camp Darby and the American Beach. Check the schedule with the Transportation office calling 633-8190.

**AAFES**

Horizon School Lunch Program System has been rolled over for the new school year. Check your balance and add funds in the customer service department of the main PX.

**Hispanic Heritage Month**

Planning for the Hispanic Heritage month activities will be discussed every Thursday in the back room of the DFAC at noon.

**Youth Services**

**Free Youth Soccer Clinic** Aug. 23-25 for youth age 10-15. Sign up at Youth Services  
**Youth soccer sign ups** through Aug. 24. Call 633-7629 for more information.

**Fitness Center**

Flag football sign ups continue until August 31 at the Fitness Center. 633-7440.

**ITR**

**Elba Island:** Aug. 17, 24, 31  
**Friday Night on the Town!:** Aug. 17, 24, 31  
**Florence Guided Tour:** Aug. 18, 25

**Rome Trip** Aug. 23, 30

**Cinque Terre Trip** Aug. 29

**San Gimignano / Siena** Aug. 28

**Wine Tasting in Castello Panaretta** Aug.21

The deadline to sign up for trips is the day prior; call ITR at 633-7859.

**USAHC-Livorno**

**Clinic Closure on Labor Day, Sept 3** in observance of the Labor Day federal holiday.

**Anthrax Vaccination Program-** Soldiers who have already started the anthrax series and would like to complete this are encouraged to come for follow-up shots before Oct. 6, 2007

**509th SIG BN EMAIL Account Support**

If your email account is disabled or gets locked out please contact OMC-Livorno at 633-7611. The ESD in Germany will not reactivate disabled accounts. We can now create user accounts locally and provide user passwords.

**DCC Calendar of Events**

**Tuesdays-** Bring Your Own Movie & Dominoes

**Wednesdays-** Double-Dog Day, buy one hot dog get the 2nd FREE!

**Thursdays/Saturdays-**X-Box 360 Nite

**Fridays** -D.J. Pack-Man, spinning the best hip-hop, soul and R&B!

**Free Child Car Safety Seat Inspection**

August 30, 11-2 in the Post Office parking lot. Come and let us inspect your child's car seat and/or booster seat. Utilizing the Kids Safety Program we will answer your questions, show you the correct way to install your child's car seat and provide peace of mind.

Pick your copy of the Darby Horizon's every month for the newest Livorno MWR events at Camp Darby or find it online at [www.usag.livorno.army.mil](http://www.usag.livorno.army.mil)

# Italy off the beaten path... explore your world

## San Giovanni

**Archeology Museum**– Visit one of the most important museums of Etruscan art. Daily: Mon from 2pm-7pm; Tues & Thurs from 8.30 am to 7pm; Wed, Fri– Sun from 8.30am to 2 pm; [www.firenzemusei.it](http://www.firenzemusei.it)

## Lucca

**Versiliana Festival**– Now—Aug. 31, enjoy 30 different types of shows, exhibits, theater performances, coffee meetings and naturalistic guides. [www.laversilianafestival.it](http://www.laversilianafestival.it)

**53rd Puccini Festival**– Don't miss the last day of the festival, this Sunday, Aug. 19. [www.puccinifestival.it](http://www.puccinifestival.it)

## Pisa

The Theatre of Burattini returns Aug. 24-25 with the Festivity of Saint Genesio, a festivity for the children. Theater of Pisa introduces "History of the Marsupio" Aug 24 at 9:30pm. On Aug. 25, you can see "The Magical Flute" at 6pm and "The House of Pinocchio" at 9:30pm. Tel: 050 937257 for exact locations.

## Marina Di Pisa

**Aug. 18**– 10:30 pm in main square, come enjoy a fireworks display.

## Prato

**Progressive Nostalgia**- Contemporary art from the former USSR until 26 August, Centro per l'Arte Contemporanea Luigi Pecci, v.le della Repubblica 277, Prato, tel. 05745317,

[www.centropecci.it](http://www.centropecci.it)

## Livorno

**"Sagra del Tortello"** Gastronomical festival Aug. 25– Sept. 2 in the town of Donoratico. Meet in Parco delle Sughere starting at 7:30 pm as restaurants serve the tortellini in a variety of sauces.

**Festival children and adults** Aug. 28, 9pm near the Cecinella exposition area in Cecina. Enjoy dancing, singing, stands and local folklore. [www.comune.cecina.li.it](http://www.comune.cecina.li.it)

## Florence

**Florence Summer Festival 2007**– now- Sept. 30 at Lastra a Signa fair grounds. The festival boasts over 450 events featuring music, theatre, dance, poetry, literature, contemporary art and cinema in 15 venues throughout the city. Don't miss live performances by an array of artists such as the Orchestra Casadei and special guests The Gypsy Kings on August 24; Nobel-winning playwright Dario Fo on August 30; Arabic dance on August 31 and an exhibit on internationally acclaimed comic book artist Hugo Pratt at the Forte Belvedere throughout the month of August. For a full calendar of events, check out [www.fi-esta.com](http://www.fi-esta.com).

## USA Florence Street Fair

'Services for citizens and citizens who serve' September 15, 2-6pm at the US Consulate grounds at Lungarno Vespucci, 38. Democrats Abroad Florence, Syracuse University and Camp Dynamo are but a few of the organizations who will be supporting the Consul's

Published by the USAG Livorno Public Affairs Office. To submit an announcement call 633-7229 or e-mail [paolivorno@eur.army.mil](mailto:paolivorno@eur.army.mil)

## Destinations: hidden treasures under the Tuscan sun

Story and Photo by  
SPC.(P) Nate Akridge

AFN Livorno

The small town of Cortona sits atop a 1,700 foot hill and offers a spectacular view of both the Tuscan and Umbrian countryside. While its name might not mean anything to you immediately, it's the town made famous by Frances Mayes's book "Under the Tuscan Sun" and later the movie.

Like other tourists, we drove out to Cortona in the hopes of seeing Frances Mayes's home and maybe her too. While filming an interview with a local townsman outside of the grocery store, he pointed to a woman who appeared to be in her 60's as she exited the store. It was Frances Mayes and she was both mellow and lively at the same time when she agreed to answer some questions about why she chose Cortona. She says her reasons were simple.

"I love this town of Cortona, it's an amazing spot on the globe," said Mayes. "I had come out here once before and felt a logical connection drawing me back. It's peaceful, it's a beautiful spot and it's such a fascinating town with so much history."

Surrounded by the remnants of a 2,500 year old walls, the winding road into town makes you feel like you've stepped back in time.

Lake Trasimeno, visible from Cortona, looks like a sapphire glistening under the warm hues of sun. But in 217 BC, it was quite the opposite. Local legend says the lake was a crimson, ruby red pool of blood after Hannibal defeated the Romans there.



**The original name of the house Frances Mayes buys is Bramisole (yearn for the sun); but in the movie, its chanced to Polonia by the polish immigrants that helped renovate her home**

Cortona has more than just history to offer visitors. It's also host to a study abroad program with the University of Georgia. The exchange gives American art students a chance to experience Italian culture first hand.

"When the students look out of their rooms on the top of the mountain overlooking the whole valley, many begin to cry," said Rick Johnson, director of UGA studies abroad program. "They are so happy to be here, because Cortona exudes a calmness like no where else."

Cortona is truly an excellent place to get away from the hustle and bustle of Italy's larger cities.

"I wanted to put Cortona's beauty into words," said Mayes. "I felt a real connection with this place and knew it would be a great place to spend a lifetime."

Although Cortona's beauty has been caught in words, its up to the visitors to find their own niche in Cortona's quiet life.



Watch the AFN Destinations on TV on channel 14 on the satellite decoder or on the web at [www.afneurope.net](http://www.afneurope.net)

Wake up with SPC Hall weekdays from 6-10 on "The Eagle" 106.0FM. Tune into talk radio on AFN "The Power Net" 107.0 FM