

Panorama

www.cnic.navy.mil/naples/newsroom/panorama/

NSA's MISSION STATEMENT: "TO PROVIDE QUALITY SUPPORT TO U.S. AND NATO PERSONNEL, ACTIVITIES, AND AFLOAT UNITS IN OUR GEOGRAPHIC AREA OF RESPONSIBILITY. TO ENSURE RELIABLE COMMAND AND CONTROL OF ALL SUPPORT PROVIDED TO THOSE UNITS."

55TH YEAR, NO. 25

Serving the NATO, Naples and Gaeta military communities in Italy
SPEDIZIONE IN A.P. - 45% - ART. 2 COMMA 20/B LEGGE 662/96 - FILIALE DI NAPOLI

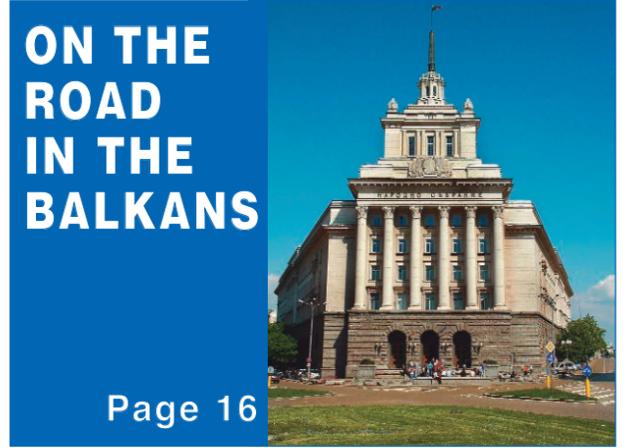
FRIDAY, JUNE 25, 2010



KINDERMUSIK Page 6



Page 11 **MOUNT WHITNEY**



ON THE ROAD IN THE BALKANS

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Summer Safety Spectacular combines bike safety and fun



A volunteer from the hospital inspects Kate Encarnacion's bicycle before she rides through the bicycle obstacle course.

Naples' First Class Association and prizes from the USO.

The event brought the community together to teach children how to properly ride a bicycle and use hand signals. Children demonstrated their knowledge of these skills during the obstacle course by using proper hand signals at the four-way stop and stopping on a dime to avoid obstacles formed by cones. They finished the course by riding as slowly as they could without losing their balance.

The participating children visited five stations where volunteers checked over a different part of their bicycles before they rode through the obstacle course. Pete Slater, who is a recreational aid at the NOR Center at Carney Park, was a great asset to the bike safety checks due to his vast knowledge of bike mechanics. Pete was able to repair bikes and teach the other volunteers basic bike maintenance.

The event ended with lively rock music from the Navy band, Flagship, and free hamburgers

and hot dogs. The children also received bicycle licenses, provided by the hospital, for completing the Bicycle Safety course. Overall, the Summer Safety Spectacular was such a success that plans are underway for next year's event.

Bicycle riding is a fun and healthy activity; it is also a great way to learn independence. Remember to follow these basic safety tips when you ride:

- Always wear your helmet.
- Ride only during the day.
- Always tell someone where you are going.



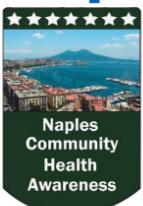
A military police officer escorts Gennie Welch around the bike obstacle course.

Story by Jessica Tomko
Health Promotions Nurse
Photos by HM2 Franck Assilamehou

Health Promotions and MWR Youth Sports co-sponsored a Summer Safety Spectacular for

the children within the Naval Support Activity Naples community June 18. More than 50 parents and children joined in the fun, which included a bicycle obstacle course, free food provided by the U.S. Naval Hospital

Naples Public Health Evaluation



Updated asthma study released

A Navy and Marine Corps Public Health Center (NMCPHC) epidemiological study of U.S. Department of Defense beneficiaries in Naples has found that air pollution levels in the Naples area were not associated with the number of asthma-related medical visits to the Naples military hospital and clinics. However, the study found that air pollution levels in the Naples area were associated with increased severity of asthma symptoms in beneficiaries who were diagnosed with asthma.

The study is part of the Naples Public Health Evaluation (PHE) and updates an

earlier study released in October 2008 which reported inconclusive findings. The initial study was limited by the small size of the study population as well as insufficient air pollution data needed to draw meaningful conclusions about the relationship between asthma and air pollution. Subsequently, NMCPHC continued to collect and analyze medical data and was able to use newly available air quality data from the PHE year-long regional ambient (outdoor) air monitoring study to conduct a second asthma study.

The latest asthma study examined the potential relationship between air pollution levels in Naples and number of asthma visits, as well as the severity of asthma symptoms documented during each medical visit. The study also looked at whether

see Health evaluation Page 13

Base hospital uses new heat monitoring system

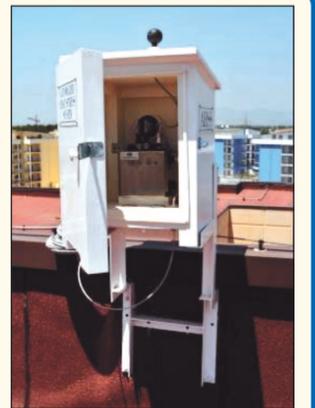
Story and photo by MC2 (SW/AW) Felicito Rustique
Navy Public Affairs Support Element - East Detachment Europe

Summer is in full swing at Naval Support Activity (NSA) Naples and in a new effort to prevent heat injuries, U.S. Naval Hospital Naples recently installed what is known as an Automated Heat Stress System (AHSS).

The AHSS monitors heat conditions by using a modular unit enclosed in a weatherproof box set up on the hospital's rooftop. The AHSS senses heat levels and sends the information to operators downstairs, who in turn display a flag condition to alert the public.

The flag condition can be one of four colors: green, yellow, red or black. All nonessential physical activity should stop if the flag condition is black. Green allows all activity, while yellow and red progressively limit activity. The flag is posted in public view in front of the Fitness Forum.

see Base hospital Page 12



The Automated Heat Stress System (AHSS) monitors heat conditions from the rooftop of U.S. Naval Hospital Naples and relays the information to operators downstairs.

Naples' weekend forecast



FRIDAY
High 75
Low 61
PARTLY CLOUDY



SATURDAY
High 75
Low 61
SUNNY



SUNDAY
High 77
Low 61
PARTLY CLOUDY

Events around town this weekend

- 25 - Notte Bianca (White Night) in Piano di Sorrento. For just one night, the city transforms into an entertainment hub: festivities include music, dancing, sports, magic, shopping and eating.
- Through 27 Le Vele d'Epoca (Period sailboat races). Watch sailboats compete in regattas in the Santa Lucia quarter of Naples.
- 25-26 - Mamamu festival at Piazza Bagnoli near the beach in Bagnoli. Dance on the sand and enjoy two

- days of indie rock music and rousing melodies.
- 27 - Festa dei Gigli (Festival of Lilies) in Nola (east of Naples), celebrated with a parade, music and dance, commemorates the return of Saint Paulinus, the bishop of Nola, after selling himself into slavery to save a Nola citizen from the same fate. Upon his return, the town citizens greeted him with lilies.

Check out <http://wikinapoli.com/events> for more information.

Captain's Corner

By Capt. Robert Rabuse
NSA Naples Commanding Officer



Summer officially began Monday, and summer events are in full swing around NSA Naples: Camp Adventure, Cub Scout camp, Youth Summer programs, teen trips and weekly activities throughout the summer. It was great to see so many people at the Backyard BBQ on Saturday—too bad the weather didn't cooperate. There will be plenty of opportunities for fun in Central Park before the summer is over, including Gary Sinise and the Capt. Dan Band on July 10. Our biggest event of the season is coming up next weekend at Carney Park. I'm talking, of course, about the 4th of July celebration, lasting late into the night both Saturday and Sunday; it's a great opportunity to get together with friends and enjoy a "country fair" style celebration. Tickets for your non-ID holder guests are available at the ITT offices—make sure you get your tickets in advance, because they won't be available at the gate. And, as always, check the USO, ITT and FFSC schedules for some great events and opportunities to travel around Naples and elsewhere in Europe.

Summer also means a great influx (and departure) of PCS personnel, so I'd like to welcome everyone who's new to the area. I speak to the new arrivals every other Monday at Area Orientation class, and for those of you who have seen me there, welcome again. If you haven't been to AO, you need to attend! The class is extremely important to help you understand the services we provide here at NSA Naples and many of the policies that will keep you safe and informed while enjoying your sojourn in Naples. Sponsors, make sure you're helping your newcomers get to AO by making a reservation at CDC for free childcare during the course and ensure your sponsorship isn't ending once you drop our new community members off at TLA.

I get a lot of feedback from the community, both positive and critical, via the "Ask the Skipper" and the ICE comment links. Often the negative feedback comes in a very uncivil and disrespectful tone, with limited "facts" and few reasonable solutions or ideas for improvement, and no contact information. I understand situations can be frustrating at times, but it's hard to find out what the real story is on various issues if I'm only getting anecdotal information. So please, identify the problem with specifics (time, date, facility, names, etc.) so I can investigate a solution to your concern or get to the bottom of what's really causing the frustration.

That being said, one question frequently asked is about cable TV in base housing. Currently we only have AFN in the government-controlled housing units. We are in the process of reviewing bids from cable TV providers, and it is currently in the technical and legal review phase. I have no specific dates on when this will be available to the tenants, but we are getting closer to additional cable options for base residents. Be assured that as more details become available, you'll hear about it on AFN, Naples CNIC website, NSA Naples Facebook, PAO Notes and in the *Panorama*.

I'd like to leave you with a challenge. Every week I see and hear about various concerns around the community, and many of the issues that really get us fired up or annoyed can be solved simply with a sense of civic duty and community-mindedness. Let's bring the same sense of commitment we have to our families and jobs to our sense of duty to the community in which we live. If you see someone disregarding the rules, gently correct them. If you're violating the rules and someone corrects you, be civil about it and thank them for caring about our community. If you have a problem with your neighbor, talk to them and work it out. The more we reach out to each other, the more we connect, the more we'll start to experience all the positive joys of community instead of suffering alone. NSA provides great services for the community, but I can't start a program or write a policy that creates community-mindedness. That has to come from each one of you. *Have a safe and happy weekend!*

Community member in the spotlight

Photo by MCI (NAO) John Parker NSA Deputy PAO



Brian Gearhart has gone above and beyond the call duty of a sailor. He has a lot to manage as a petty officer second class in the Public Works shop. He often stands duty on the weekends and in the evenings, in addition to his daytime obligations, but that doesn't stop him from volunteering countless hours in the NSA Naples community.

The Boy Scouts of Troop 007 were very happy when Brian accepted the position of Scoutmaster in December 2009. Since then, he has happily taken the Scouts camping, hiking and white water rafting. After working long days, he leads the troop's Monday night meetings at the Support Site community center, bringing his infectious smile and calm demeanor to the counseling of Scouts ages 11-17. He can easily recall his own experience in achieving Eagle, and his youthful approach, inexhaustible energy and cheerful spirit make the Scouts eager to learn from him. Brian Gearhart, in his dedication to the NSA Naples community, specifically the young men of Troop 007, truly exemplifies the impact volunteers can make in our community.

Every month a different community member will be featured in the spotlight. We invite you to submit nominations to the "Panorama" at naplespanorama@eu.navy.mil. Nominees can be anyone in the community (active duty, civilians or family members) who volunteer to better the NSA Naples community.

Base Notes

From Panorama staff reports

Voyage to Book Island!

This summer, kids ages 3-13 journey to Book Island with the library's 2010 summer reading program. Sign your child up at the Support Site, Capo or Gaeta libraries. Kids can log books they read to receive prizes—anything from foam puzzles to beach towels. The group meets on Thursdays from 11 a.m. to 12 p.m. at Support Site library for storytelling, activities and games. The last day book logs will be accepted is August 26. The final award ceremony is scheduled for September 2. Contact the libraries at 081-811-4361 or 081-568-3666.

Drug Education for Youth camp

The Drug Education for Youth (DEFY) summer camp runs July 12-17 at Carney Park, and is a fun and free way for children to develop character and leadership skills while being educated about drugs. The program is open to children ages 9-12 who are U.S. military, civilian and DoD dependents. Volunteers are needed to support this fun overnight camp. Registration forms are available at <http://www.donhq.navy.mil/defy>. Sign up is due by 3 p.m. July 2. E-mail defynaples@live.com with any questions.

PBS host speaks at Capo June 29

On June 29, Chuck Underwood, the host of the PBS television series, "American Generations with Chuck Underwood," will present "The Generational Imperative: Understanding Generational Differences in the Workplace, Marketplace, and Living Room." This event will take place in the Capodichino Reel Time Theater from 12:30-2:30 p.m. and is open to everyone. Mr. Underwood will be discussing the

influence generational values and attitudes have on American consumer decisions, career choices and lifestyle preferences. He speaks with 23 years of experience and he is one of the pioneering scholars in this field.

Naples Officials Association needs referees

The Naples Officials Association (NOA) is currently looking for referees to officiate in all sports, all seasons (football, baseball, softball, soccer, basketball, volleyball, wrestling, tennis, swimming, track and field) in the Naples area, from High School to MWR leagues and more. Come support your community. For more info., please contact Chris Banks at 334-742-6942 or e-mail at C.BANKS@jfcna.nato.int.

Road work on Support Site, bus stop change

Road repair work will be conducted on NSA Naples Support Site in Gricignano June 28-July 14. The road work will be conducted on Boulevard Road and will affect traffic in the following areas: CDC and Village Forum roundabouts, the main Village Forum road and a portion of the road leading into the NEX Retail Center parking lot. The construction will take place in four phases, and the flow of traffic will change during these phases. From July 5-9, the main road in front of the TLA/Village Forum will be closed in both directions, and the bus stop will temporarily move to the NEX/Retail Center bus stop. This stop will be the main boarding point for all bus riders during the week of July 5-9. Traffic flow during all four phases will be monitored through the use of flagmen and temporary traffic signs. Please be mindful to moderate your speed and ensure you carefully follow all road signage and flagmen instructions.

CNE-C6F/CNREURAFSWA HOTLINE

It is everyone's responsibility to report fraud, waste, abuse and mismanagement in Navy activities to:

Office of the Inspector General

Phone 081-568-2983 - Fax: 081-568-6354
E-mail ighotline@eu.navy.mil
Web site <http://www.cnic.navy.mil/europe/index.htm>

You can choose to remain anonymous

FYI POSSIBLE STRIKES

July 8/9 - Trenitalia personnel will strike for 24 hours, from 9 p.m. July 8 to 9 p.m. July 9.

July 9 - All local public transportation personnel will strike for 24 hours.

July 9 - Airport personnel at the Padova airport will strike from noon to 4 p.m.

Panorama

Associato all'USPI
Unione Stampa Periodica Italiana

Naval Support Activity
Capt. Robert Rabuse
Cmdr. Stephen Schutt
Lt. Matt Gill
MCI (NAO) John Parker
Teresa Merola

Naples Italy
Commanding Officer
Executive Officer
Public Affairs Officer
Assistant Public Affairs Officer
Public Affairs/COMREL Specialist
Editorial Staff

Jamie Monk
MCI (NAO) John Parker

Editor
Photojournalist

Contributors
MCI (EXW/AW) Terry Vick
MCI Edward Vasquez
MCI (SW/AW) Felicito Rustique
MCI3 Kristopher Regan

Volunteer Contributors
Stuart Gelb
Gary Rice
J. Freed, Lou Freed
Editorial Office:
Free Mercato Ads:
Paid Advertising:

Tel. 081/568-5335 - Fax 081/568-5112
Tel. 081/568-5856 - Fax 081/568-5112
Tel. 081/568-7884 - Fax 081/568-7887

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Naples May 2010 births

1 May	AMY ROTHMONY DOKKEN , 7 pounds 1 ounce, daughter of Lilyana B. Dokken and Mr. Vansin C. Dokken	20 May	BRENDAN MICHAEL WESTLING , 7 pounds 2 ounces, son of Jennifer L. Westling and MA3 Jerret M. Westling
3 May	KEIRA MICHELLE BEARD , 7 pounds 12 ounces, daughter of Ana K. Beard and Maj. Benjamin A. Beard	22 May	ISABELLA ADDISON SHAH , 6 pounds 14 ounces, daughter of Marlana H. Shah and Sgt. Randolph R. Shah
4 May	BRIANNA ISABEL FLYNN , 6 pounds 8.9 ounces, daughter of Leticia I. Marengo-Picardo and Cmdr. Michael A. Flynn	23 May	AURORA LIBERTY PEREZ-SANTALLA , 8 pounds 11.5 ounces, daughter of Iolanda Perez-Santalla and Staff Sgt. Nicolas A. Perez-Santalla
6 May	LUCILLE CARMEL MIRSAM BRATT , 7 pounds 7.2 ounces, daughter of Miriamrosa Bratt and MA1 Guy T. Bratt	23 May	REGINA GRACE LAZZARI , 7 pounds 6.2 ounces, daughter of Regina T. Lazzari-Fazio and Lt. Cmdr. Luigi L. Lazzari
7 May	XAVIER DHIA NEUDAUER , 7 pounds 4.4 ounces, son of Irina D. E. Neudauer and Master Sgt. William M. Neudauer	24 May	ISABELLA BRAMMER , 8 pounds 8 ounces, daughter of Terry R. Brammer and TSGT Brady J. Brammer
10 May	GAVIN R. WINDES , 6 pounds 4.5 ounces, son of Lawan Windes and AG1 Owen E. Windes	25 May	ALLISON CAPRI SCHULZ , 9 pounds, daughter of Lt. Cmdr. Heather H. Schulz and Mr. Albert M. Schulz
13 May	JAYDEN ANGELO ANGUIANO , 8 pounds 10 ounces, son of Nancy Anguiano and SPC Rogelio Anguiano	26 May	CALEB THAPELO SCOTT , 9 pounds 3 ounces, son of Catherine N. Scott and MA3 Paul O. Scott
13 May	LUCAS JAMES ELLIOTT , 6 pounds 0.5 ounce, son of Georgia C. Elliott and PO/UK Kieran T. Elliott	27 May	ABRAM GABRIEL BARRERA , 8 pounds 4.4 ounces, son of Tatyana S. Barrera and Lt. j.g. Carlos E. Barrera Jr.
16 May	ISASIAH ARCHER MASE , 5 pounds 3 ounces, son of Kristine L. Mase and YN1 Tracy R. Mase	27 May	ASAD KASIM BARNETT , 7 pounds 14 ounces, son of Menbere T. Barnett and IT3 Kasim G. Barnett

Italian News Briefs

Compiled by Teresa Merola

Nun becomes bank VP

One of the largest banks in Italy, based in Turin, elected a 75-year-old nun as vice president of its foundation. She will have considerable influence on driving the bank's strategy. The nun, who took her vows when she was 23, has a degree in sociology and a master's in behavioral sciences. In 2001, she established a charity that gives psychological assistance to immigrants.

Mayor asks Mel Gibson to buy castle

The mayor of a small town in the Calabria region proposed that Hollywood star Mel Gibson should buy a 600-year-old castle. San Lorenzo del Vallo's castle has 13,000 square meters of land to secure its privacy. The town has 3,500 inhabitants and is near the sea. According to an Italian website, Gibson was looking to buy a house in that region.

Rome gets second "baby hatch"

Rome's Social Councilor Sveva Belviso announced that Rome will get its second baby hatch, the modern equivalent of the medieval "foundling wheel," to allow mothers to abandon newborns safely. In the past, there was a wooden wheel built into the doors of convents to allow desperate mothers to abandon babies anonymously. The hatch will start operating in October. It consists of a heated crib, resembling an incubator, inside a small structure attached to a pharmacy. Mothers can place their babies in the crib and leave without being seen. When the baby is placed in the crib, an alarm inside the pharmacy alerts staff to the new arrival. The service will operate

24 hours a day. The new hatch will be located in one of Rome's poorer neighborhoods, where many immigrants live. Most of the 400 babies abandoned each year in Rome come from foreign mothers and nearly 15 percent of babies are left in churches, on the street or in trash cans. By Italian law, women have the right to give birth anonymously in all Italian hospitals. However, many women are still unaware of this law, while others are worried they will be reported to the police if they are living in Italy without papers. An advertising campaign will start in September in Rome. Germany, Austria and Japan are among many countries to adopt this system.

Archaeologists find world's oldest paintings of apostles

In the Roman catacombs of Saint Tecla, archaeologists uncovered the world's oldest paintings of apostles Andrew and John, dating back to the 4th century A.D. Archaeologists found them on the ceiling of the burial chamber of an ancient Roman noblewoman who commissioned painters to decorate her tomb with scenes from the Bible. The images of the apostles were uncovered through the use of a new laser technology that peels off thick calcium carbonate deposits without damaging the colors underneath. News of the discovery was anticipated last June by the Vatican when restorers uncovered the oldest image of the apostle Paul. "The painting of Andrew and John is the oldest ever and is evidence that the devotion to the apostles began in early Christianity," said the chief restorer at the site.

THE INSIDE PAGE...

FFSC EVENTS

Call FFSC at 081-811-6372 to reserve your spot for events and classes.

- JUNE 28** - INTERVIEW SKILLS 9:30-11 a.m.
29 - RESUME WRITING 9:30-11 a.m.
30 - PARENTING CLASS 11:30 a.m.-12:30 p.m. (Bring Your Lunch) What to Expect from Your Infant or Toddler.
- JULY 1** - SCHOOL LIAISON CLASS 9:30-11:30 a.m. Parents will learn how to make their child's transition from school to school as seamless as possible.
- 1** - EMPLOYMENT OPPORTUNITIES IN NAPLES 9:30-11:30 a.m. Learn where local jobs are posted, how to apply for them and about military spouse preference.

JUNE

- 25 AND 29** - CLEP TESTS. CLEP/DSST tests are given on Tuesdays and Fridays in the National Test Center at Capo, Admin II. Make an appointment at the University of Maryland University College office by calling 081-568-6673/6675. You will receive an Instant Score Report after you have completed the test.
- 30** EXCELSIOR COLLEGE TESTS. The National Test Center administers Excelsior College tests on Wednesdays at 9 a.m. Make an appointment to take an Excelsior College test by visiting the UMUC office in Admin II or calling 081-568-6673/6675. The Navy College Office can e-mail students a list of available Excelsior College Tests.
- 30** PEARSON-VUE CERTIFICATION TESTS - Take a Pearson-Vue Certification test in the National Test Center at Capo. Call the University of Maryland University College to make an appointment at 081-568-6673/6675. The NTC administers Pearson-Vue tests on Wednesdays at 9 a.m.

JULY

- 1 AND 8** - WEB TUITION ASSISTANCE BRIEFING - Capo, Admin II, G-041, 9 a.m. Required for all sailors prior to using WEB Tuition Assistance. Questions about WEB TA? Call or visit the Navy College Office at 081-568-6684/6678/6681.
- 2, 6, 9, 13 AND 16** JULY CLEP/DSST TESTS. CLEP/DSST tests are given on Tuesdays and Fridays in the National Test Center at Capo, Admin II. Make an appointment at the University of Maryland University College office by calling 081-568-6673/6675. You will receive an Instant Score Report after you have completed the test.
- 22** MONTHLY BABY BASICS CLASS, 9 a.m. to noon, offered by NCMRS Visiting Nurse. The class is in the Navy-Marine Corps Relief Society office, Admin II, G 016. Topics include newborn care (i.e. bundling, diapering & bathing); feeding, crying and comforting; health and safety; etc. Contact NCMRS 081-568-3913 for registration and information.
- 23** ACT TEST - The Navy College Office will administer the ACT test on Friday, July 23. Sign up now. Score reports will arrive Naples about six to eight weeks after the test date. Visit the Navy College Learning Center in ADMIN II, DSN: 626-4006, and learn how to prepare for the ACT Test.

AUGUST

- 2** REGISTER FOR UNDERGRADUATE ON-SITE COLLEGE CLASSES. Registration is ongoing from August 2 to 20. Most classes start the week of August 23 and run through October 17. Visit the on-site office of each college: University of Maryland University College, Central Texas College, Embry-Riddle Aeronautical University. Call or visit the Navy College Office 081-568-6673/6675 for more information.
- 6** 60TH BIRTHDAY OF UNIVERSITY OF MARYLAND UNIVERSITY COLLEGE. Free lunch/barbecue at Support Site. Instant scholarships. Open to everyone. Come out and join the birthday celebration for the University of Maryland University College.
- 9-13** - VACATION BIBLE SCHOOL AT THE SUPPORT SITE CHAPEL. To register or for more information, contact VBS Director Jennifer Martin at naplesvbs10@yahoo.com or 081-811-4617/4600.

VOLUNTEERS NEEDED

- THE ALLIED SPOUSES CLUB AMERICAN STORE** needs volunteers for the International Bazaar held in October at JFC. If you would like to help, please contact Cindy Frano at 081-854-1906 or franosinnaples@gmail.com.
- NAVY BALL COMMITTEE NEEDS VOLUNTEERS TO HELP WITH FUNDRAISING.** No experience necessary, all services and nationalities welcome. Help us raise enough money to make the celebration of the U.S. Navy's 235th birthday the best yet! Contact PSC Cassie-Leach at joy.cassieleach@eu.navy.mil or Lt. Ebony Ferguson at ebony.ferguson@med.navy.mil.
- THE ALLIED SPOUSES CLUB (ASC) IS LOOKING FOR VOLUNTEERS.** For more information on ASC, e-mail el_karniati@hotmail.com or visit <http://www.alliedspousesclub.50webs.com/>.
- NAVY LEAGUE OF THE U.S./NAPLES COUNCIL** is seeking board members. Those interested, contact Betty Reese at 081-526-8051 or breesec@cybernet.it.
- NAPLES AMERICAN RED CROSS (ARC) NEEDS VOLUNTEER INSTRUCTORS.** The Fundamentals of Instructor Training (F.I.T.) is a pre-requisite course to the Instructor Training course. FMI or to sign up, contact the office at 081-568-4788.

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JFC Family Fun Day

Photos by Staff Sgt. Hillary Stonemetz
JFC Naples Public Affairs Office



A small child has her face painted by a clown during Family Day. In addition to clowns, families enjoyed free food, musical entertainment, a bouncy castle, games, hiking and a raffle.



Above: Navy band musicians from "The Diplomats," Mike Jenkins (left), Alena Dashiell (center) and Joey Baily (right), entertained the crowd during Family Day.

Left: Children line up to watch a clown craft animals from balloons during Joint Force Command Naples Family Day at Carney Park June 18. The event gave families assigned to JFC Naples a chance to relax and have a good time.

Right: Adm. Mark Fitzgerald, JFC Naples commander (right), welcomes dozens of families to JFC Family Day at Carney Park June 18. He thanked the families for attending the event and invited them to participate in the various activities that were offered, including a raffle, a golf tournament, swimming and dodge ball.



Backyard BBQ

The USO Volunteer Committee poses for a group picture with Mrs. Rabuse after tear down. The committee is made up of service members and spouses that dedicate their time and energy to supporting the many community events of the USO Naples. (Photo by BM2 Steven Burke)

Capt. Rob Rabuse, commanding officer, NSA Naples, and Mrs. Rabuse man the game tables at the USO and MWR co-sponsored Backyard BBQ June 19. Despite the rain, several hundred people enjoyed this casual, relaxed event that celebrated the many volunteers and great community spirit of NSA Naples. (Photo by Lt. Matt Gill)



MORE INSIDE PAGE...

VOLUNTEERS NEEDED continued

NAPLES COMMUNITY GIRL SCOUTS NEEDS LEADERS AND CO-LEADERS. FMI or to volunteer, contact Shannon Matthews at 081-811-5599 or naplesgs@yahoo.com.

TEEN BABYSITTERS CAN EARN MONEY. All American Red Cross certified babysitters interested in babysitting can post a business card at the Fleet and Family Support Center. FMI, contact FFSC at 081-811-6551/6552/6555.

NAPLES OFFICIALS ASSOCIATION NEEDS REFEREES. Anyone interested should contact Nigel Alexander at 081-721-5413 or 346-680-3282 or by e-mail to nalexander@afsouth.nato.int.

NAPLES FRIENDS OF ANIMALS is currently seeking volunteers for board member positions, fundraiser events, and to foster animals and transport them to and from the off-base vet. FMI, visit <http://www.naplesfriendsofanimals.org> or e-mail nfoa.publicaffairs@gmail.com. They also need a volunteer to update, maintain and occasionally redesign the NFOA website.

NAVY-MARINE CORPS RELIEF SOCIETY OPERATION CLIP & SAVE (coupons): 081-568-3913.

NAPLES OVERSEAS SPOUSES CLUB (NOSC). Volunteer opportunities with mileage and child care reimbursement. NOSC needs volunteers to work at their Forgotten Treasures Thrift Store during the summer, weekends, nights, and on a daily basis. FMI, e-mail nosctshop@gmail.com or call 081-811-4200.

ONGOING/ON THE HORIZON

HARRY S. TRUMAN LODGE No. 649 meets every Friday at 7:30 p.m. FMI, contact Carlos Mina at 340-657-8820 or Carlos.mina@med.navy.mil. Visit: www.hst649.org.

THE FFSC CAPO OFFICE LOCATED on the first floor of Admin II is open Thursdays and Fridays from 7:30 a.m.-4 p.m. A licensed clinician and an Information & Referral/Intercultural & Relations Specialist is available to service the needs of the Capo community. Please call for further details, questions or to schedule an appointment at 081-568-3761.

NAPLES OVERSEAS SPOUSES CLUB OFFERS SCHOLARSHIPS to high school seniors, undergraduate and graduate students. For more information and to apply, visit <http://www.noscitaly.com>.

CHRISTIAN DRAMA CLUB meets 2:45-4 p.m. every Thursday at the Support Site Chapel. Students in K-8th grade are invited to join. Ages 4-5 are also welcomed to attend along with a parent. FMI, please call 081-811-4617.

NAPLES COMMUNITY GIRL SCOUTS: To join Girl Scouts or to get more information, e-mail naplesgs@yahoo.com.

SURE START IS A PROGRAM FOR COMMAND-SPONSORED CHILDREN of enlisted personnel (priority to E1's-E4's) who are 4 years old by September 1st. Sure Start applications for the 2010/2011 school year can be picked up at the Naples Elementary School front office. FMI, call Karen Rodrigues at 081-811-4682 or the Naples Elementary School at 081-811-4037.

CONNECT THE TOTS CLUB, a support and social group created for NSA Naples and NATO parents with small children (infancy through "preschoolerhood"), hosts weekly walks and play dates, as well as a monthly open house and other activities located on the Support Site, at Carney Park and in town throughout the month. For more information and to become a member, visit www.meetup.com/Connect-the-Tots-Club/.

THE KNIGHTS OF COLUMBUS, San Gennaro council 14853, meets at 7 p.m. the second and fourth Thursday of each month at the Support Site Fleet and Family Support Center. E-mail Jaime Gonzalez at kofcnaples@gmail.com or visit <http://sites.google.com/site/kofcnaples/home>.

SECURITY NOTE. All DoD military or civilian personnel hosting an event must complete a Special Event Force Protection Plan (SEFP) 45 days in advance, regardless of organization, if held off base and involving 50 or more personnel, or a gathering where distinguished visitors are involved. FMI, contact the AT/FP Division at 081-568-6300, or visit their office in Bldg. 447 behind BEQ II at Capodichino.

THE WELFARE & RECREATION ASSOCIATION is available to meet associates every Thursday from 11 a.m. to 1 p.m. at their location on the first floor of Building 450 upstairs from Capo Landing. FMI, visit <http://www.wraitalia.it/>.

NAPLES AMERICAN RED CROSS holds orientation from 8:30-10 a.m. the first Wednesday of every month. Contact the American Red Cross office for more info at 081-568-4788.

AMERICAN SOCCER CLUB (ASC) NAPOLI PRACTICES WEEKLY. Soccer training for players ages 8-13 is taking place from 5-7 p.m. each Wed. FMI, visit <http://www.ascnapoli.com>.

PROTESTANT WOMEN OF THE CHAPEL (PWOC) holds Bible Study every Tuesday at 9 a.m. (child care provided) or 6 p.m. (no child care) at the Support Site Fellowship Hall. FMI, contact Tammy Owens at 081-811-5056.

PRAYER JOURNAL AND CHAPEL AVAILABLE 24/7 for meditation and prayer requests. Tuesdays 12-1 p.m. "New Beginnings" Bible Study; Wednesdays 11:30 a.m.-12 p.m. Catholic Divine Mass; Thursdays 6 a.m. Men's Spiritual Prayer Group (come before work briefly).

•All services in USNH Hospital Chapel on second floor of the hospital.

NAVY COLLEGE LEARNING CENTER offers self-paced computer courseware for the ASVAB, SAT, ACT, CLEP or GED exams. FMI, contact NCLC at Capo, Admin II, or call 081-568-4006.

Reel 2 Times cinema

Friday, 25 June
Noon Toy Story 3, G
3 p.m. The A-Team, PG-13
3:30 p.m. Toy Story 3, G
5:45 p.m. Iron Man 2, PG-13
6:30 p.m. Just Wright, PG
8:45 p.m. The Karate Kid, PG
9 p.m. Kick-Ass, R, 21 Plus Movie

Saturday, 26 June
Noon Toy Story 3, G
1:30 p.m. Iron Man 2, PG-13
3 p.m. Just Wright, PG
5 p.m. The A-Team, PG-13
6 p.m. Toy Story 3, G
8:30 p.m. Sex and the City 2, R
9 p.m. Death at a Funeral, R

Sunday, 27 June
Noon Toy Story 3, G
3 p.m. Furry Vengeance, PG
3:30 p.m. The A-Team, PG-13
5:30 p.m. The Karate Kid, PG
6 p.m. Toy Story 3, G
8:30 p.m. The Back Up Plan, PG-13
9 p.m. A Nightmare on Elm Street, R

Monday, 28 June
4 p.m. Furry Vengeance, PG
5:45 p.m. Just Wright, PG
8 p.m. Shrek Forever After, PG
9 p.m. Death at a Funeral, R

Tuesday, 29 June
4 p.m. Toy Story 3, G

5:45 p.m. The Losers, PG-13
8 p.m. Sex and the City 2, R
9 p.m. Kick-Ass, R

Wednesday, 30 June
Noon Toy Story 3, G
3 p.m. The Karate Kid, PG
5:30 p.m. Furry Vengeance, PG
6:30 p.m. Just Wright, PG
8:30 p.m. Date Night, PG-13
9 p.m. Death at a Funeral, R

Thursday, 1 July
Noon Furry Vengeance, PG
2:30 p.m. The Karate Kid, PG
4:15 p.m. Toy Story 3, G
5:30 p.m. The A-Team, PG-13
6:30 p.m. The Back Up Plan, PG-13
8:30 p.m. Kick-Ass, R, Last Showing
9 p.m. Date Night, PG-13

Friday, 2 July
Noon The Karate Kid, PG
3 p.m. Grown Ups, PG-13
4 p.m. Toy Story 3, G
5:45 p.m. Letters to Juliet, PG
6:30 p.m. The A-Team, PG-13
8:45 p.m. Knight and Day, PG-13
9 p.m. A Nightmare on Elm Street R, 21 Plus Movie



Friday, June 25
7 p.m.: Sex and the City 2, R
Sunday, June 27
2:30 p.m.: Just Wright, PG, Premiere Showing



Until Every One Comes Home.
<http://www.uso.it>
Capodichino 081-568-5713
Support Site (M-W-F) 081-811-4903

USO DAILY TOURS

26 June A day at the beach €23
26 June Mini Cruise of the Amalfi Coast €60
27 June Herculaneum and Mount Vesuvius €32
2 July Midsummer's night wine tasting €45

WEEKEND TOURS

July 24-25 Summer weekend in Florence and Pisa €165
Sept. 2-6 Labor Day in Corfu, Greece . €452
Sept. 5-6 Labor Day in a Tuscan spa . €181
Sept. 29-Oct. 3 Oktoberfest in Munich . €338
Oct. 8-12 Columbus Day in Slovenia €338
Oct. 16-17 Eurochocolate Festival in Perugia €145

Movie descriptions

No Children Under 10
Admitted to R-Rated Movies

GROWN UPS, PG-13 for sexual content including references, some crude material and language. Comedy, 102 min. First Run Over Seas in Theaters (FROST). Cast: Adam Sandler, Kevin James, Chris Rock, David Spade, Rob Schneider. Five friends and former teammates reunite years later to honor the passing of their childhood basketball coach. With their wives and kids in tow, they spend the Fourth of July holiday weekend together at the lake house where they celebrated their championship years earlier. Picking up where they left off, they discover why growing older doesn't mean growing up.

KNIGHT AND DAY, PG-13 for sexual content including references, some crude material and language. Action/Adventure, Romance and Thriller, 110 min. Cast: Tom Cruise, Cameron Diaz, Maggie Grace, Marc Blucas, Paul Dano. First Run Over Seas in Theaters (FROST). A wholesome, Midwestern woman accidentally gets involved with an international super spy and is forced to flee the country with him while he protects a dangerous new piece of technology.

LETTERS TO JULIET, PG for brief rude behavior, some language and incidental smoking. Comedy and Romance, 105 min. Cast: Amanda Seyfried, Vanessa Redgrave, Gael Garcia Bernal, Franco Nero, Chris Egan. When a young American travels to the city of Verona, home of the star-crossed lover Juliet Capulet of "Romeo and Juliet" fame, she joins a group of volunteers who respond to letters to Juliet seeking advice about love. After answering one letter dated 1951, she inspires its author to travel to Italy in search of her long-lost love and sets off a chain of events that will bring a love into both their lives unlike anything they ever imagined.

TOY STORY 3, G. Action/Adventure, Comedy, Animation and Sequel, 108 min. Cast: Tom Hanks, Tim Allen, Wallace Shawn, John Ratzenberger, Michael Keaton. First Run Over Seas in Theaters (FROST). Woody and Buzz had accepted that their owner Andy would grow up someday, but what happens when that day arrives? In the third installment, Andy is preparing to depart for college, leaving his loyal toys troubled about their uncertain future.

JUST WRIGHT, PG for some suggestive material and brief language, Genre: Comedy, Romance and Sports, 101 min.

Cast: Queen Latifah, Common, Paula Patton, Michael Landes and Pam Grier. Leslie Wright, a straight-shooting physical therapist, gets the gig of a lifetime working with NBA All-Star Scott McKnight. All is going well until Leslie finds herself falling for Scott, forcing her to choose between the gig of a lifetime and the tug-of-war inside her heart. Oblivious to her romantic overtures, McKnight is instead drawn to the affections of Leslie's gorgeous childhood friend Morgan, who has her sights set on being an NBA trophy wife. Is Leslie destined to play the role of best friend forever or will Scott finally see that what he always wanted is right in front of him?

IRON MAN 2, PG-13 for sequences of intense sci-fi action and violence, and some language. Action/Adventure, Science Fiction/Fantasy, Adaptation and Sequel, 125 min. Cast: Robert Downey Jr., Gwyneth Paltrow, Don Cheadle, Mickey Rourke, Sam Rockwell. Synopsis: The world is aware that billionaire inventor Tony Stark is the armored Super Hero Iron Man. Under pressure from the government, the press and the public to share his technology with the military, Tony is unwilling to divulge the secrets behind the Iron Man armor because he fears the information will slip into the wrong hands. With Pepper Potts, and James "Rhodey" Rhodes at his side, Tony forges new alliances and confronts powerful new forces.

THE A-TEAM, PG-13 for intense sequences of action and violence throughout, language and smoking. Cast: Liam Neeson, Bradley Cooper, Quinton "Rampage" Jackson, Jessica Biel, Patrick Wilson. Action/Adventure and Comedy, 117 min. First Run Over Seas in Theaters (FROST). A colorful team of former Special Forces soldiers were set up for a crime they did not commit. Going rogue, they utilize their unique talents to try and clear their names and find the true culprit.

THE KARATE KID, PG for bullying, martial arts action violence and some mild language. Action/Adventure, Remake and Sports, 140 min. Cast: Jaden Smith, Jackie Chan Tarji P. Henson, Han Wen Wen, Yu Rong-Guang. First Run Over Seas in Theaters (FROST). A young boy who recently moved to Beijing with his mother learns to stand up for himself with the help of a martial arts mentor.

World Cup fever hit Naples Elementary School



Students morphed a picture of a soccer ball using ImageBlender computer software.

Story and photos by Ellen M. Murphy

World Cup Fever has hit Naples Elementary School (NES). As an end of the year activity, education technologist Ellen M. Murphy used the World Cup and technology to review subjects learned throughout the school year.

During the school year, students studied distortion and refraction. To apply these concepts to the World Cup, the students took an image of a soccer ball and morphed it using ImageBlender software. When the students finished, you couldn't tell what it was.

In math, the World Cup was

applied to geometry by studying the geometric shapes used in the flags of the 32 competing countries. The students then used the software program Pixie to create their own flag using some of these geometric shapes. Lastly, the students played the World Cup Wii game and used angles kinesthetically in the game. The angles determined whether or not the free kicks went into the goal.

In preparing for the lesson, several sixth grade British students provided materials and decorations for display in the computer lab. The students were very enthusiastic about the World Cup and created the 32 flags of the participating countries and arranged them by the final groupings for the tournament. In doing so, they discussed the geographic location of each country. Third-grader Katherine Hernandez said, "I liked trying to search for the different countries and their

flags."

To tie everything in culturally, the Official World Cup CD was played for the students, allowing them to hear different kinds of music related to the World Cup.

This interdisciplinary project was well received by the students and teachers at NES. Debra Cooper, a third grade teacher

stated, "This was a wonderful cultural activity for my students to participate in as it reinforced math and social studies concepts in an interactive and fun way." Third-grader Charlie Richmond commented, "My favorite thing about the computer lab and World Cup was that all the centers were World Cup".



Kids and adults gather together at NSA Naples community center during a Kindermusik session for toddlers.



Kindermusik educator Blescille Encanto (right), parent Claudia Romero (left), and Mrs. Romero's son Ismael mimic sleeping during a Kindermusik session.

NSA Naples community center offers Kindermusik for toddlers

Story and photos by MC2 (SW/AW)
Felicito Rustique, Navy Public Affairs
Support Element - E Det Europe

Parents at Naval Support Activity (NSA) Naples can sign their toddlers up for Kindermusik, a youth program that kicked off earlier this month. Kindermusik, based at the community center, incorporates music into different group activities aimed at developing cognitive skills and strengthening parent/child relationships, while also entertaining children.

The program is organized into six different age groups ranging from four months to seven years old. Sessions are held once or twice a week, either at NSA Naples Support Site or Carney Park. Each session lasts approximately one hour, and parents also attend.

Lt. Brian Sanchez and his wife decided to bring their 14-month-old daughter Hailey to Kindermusik. After attending the first class, they were pleased. "We wanted to get our daughter Hailey involved in the program because she loves music in the house and she likes to dance, so we thought this would be the perfect outlet for her," said Sanchez. "The program's great because it has some structure to it and gives Hailey the chance to interact with other kids, which is important since she's an only child. We plan to come back quite a bit."

Licensed Kindermusik instructor, Blescille Encanto, is glad to offer this program that can enrich children's lives. "I feel that what I'm doing is creating another expe-

rience for children, another way to view life and experience everyday events through music along with the help of their parents," she said.

Storytelling, singing, wearing costumes and playing instruments are some examples of Kindermusik activities, which center around music and dance. There are even various materials kids can take home.

"I just love it when they feel the music and their bodies move any way they want," said Encanto. "They don't hold back and it's great to watch them express themselves when playing with an instrument, notice sounds and then share their discoveries with their parents."

Mrs. Odalis Lee has two, 2-year-old twins named Maile and Max. Lee signed both of her kids up for

Kindermusik, and after attending a class for the first time, Lee was pleased. "My children started off being pretty shy but as the class went on they started participating and having fun, so we'll definitely be attending more sessions," said Lee.

Encanto encourages parents to check out a Kindermusik class. "Come see what Kindermusik is about and find out if it works for you and your child," said Encanto. "Even if you decide not to sign up, as long as you leave with another idea for how you can interact with your child, I'd be happy. There are different ways [to learn] other than just A,B,Cs and 1,2,3s."

Anyone interested in the Kindermusik program and its summer sessions can call NSA's Youth Activities at 081-811-4722 for more information.

NAHS student wins third at fencing tournament

Phillip Davis, a sophomore at Naples American High School (NAHS), won third place in a fencing tournament at Stadium Collana. Phillip has been a member of the Italian Fencing Club Scherma Olimpica in Vomero for over two years. He is the son of Jack Davis and Karen Rodrigues. (Photo by Jack Davis)



When in Rome, save on travel

By Panorama staff

All roads lead to Rome; the inverse is also true. If you are looking to save money and time this summer, think about using Rome as a starting destination for your trips. Whether you're exploring Italy or visiting other European countries, Rome's airports and train stations offer substantial savings for your money.

To get to Rome, consider hopping a flight from Naples. Or, you can even drive to Rome's two airports, Fiumicino and Ciampino, and park your car. Visit www.adr.it to reserve your parking at both airports in advance. The earlier you book, the more you'll save.

Fiumicino, about two and one-half hours away, is Italy's largest airport, handling over 55 million passengers a year. From there, you can fly almost anywhere in the world for almost any price. To save even more money, try discount carriers; many of these airlines fly out of Ciampino, which is less than two hours away. Would you like to visit Madrid for less than €40? See the Eiffel Tower for around €45? At Ciampino, you can find these prices regularly.

Try <http://www.skyscanner.com/> if you don't have a particular destination in mind—you might find a great deal on an even greater vacation. Unlike some travel search engines, Skyscanner will include prices from discount carriers and will package multiple airlines' flights together to show you the best deal available.

If you don't want to fly, or you're looking to travel within Italy, trains from Rome's Termini station go to all major Italian cities. Begin your journey by taking the Alibus (€3), which runs from the Capodichino airport every twenty minutes to Piazza Garibaldi, where you can catch a train to Rome.

The train is very convenient, especially for cities far from airports. There are even daily international services to Paris, Munich, Geneva, Basel and Vienna, costing around the same price as airfare, with more legroom. Buy tickets at one of the automated ticket counters, the Trenitalia ticket counter or the tabaccheria at the station. Just remember to validate your ticket—the fines can be steep!

Father's Day golf tournament

Carney Park Golf Course hosted the Parent Child Golf Tournament in honor of Father's Day, June 20. Fifteen teams played a two-person Captain's Choice Scramble. The scramble was a fun format for all golfers regardless of skill. Two people tee off on their first hole. The golf ball that finished in the best position that both players played from for their second shots. This procedure was followed on each shot every hole. A great time was had on the course by all participants, fathers and children alike. You can play golf from the Family Tees with your kids. The cost is only \$3 per child and \$6 per adult for nine holes. Call the golf course at 081-526-4296 for more info. (Photo by Kristina Douglas)



Mt. Whitney crewmembers qualify for 9mm pistol

Photos by MC2 (SW) Sylvia Nealy



The command and control ship, USS Mount Whitney (LCC/JCC 20), held a 9mm pistol live-fire qualification for 24 sailors June 14. Sailors walk to the 7-yard line marker as they hold their 9mm pistol handguns in the administrative carry position. A total of 48 rounds were fired from each participant at the 3-, 7- and 15-yard line markers.

Page 1: Line coaches, 1st Class (SW) Scott Bouchard (left) and 2nd Class Jesse McGee (right) grade a reduced silhouette target promptly after the 9mm pistol qualification course aboard USS Mount Whitney (LCC/JCC 20).

Right: Seaman Benjamin Nelson (left), Petty Officer 3rd Class David King (middle) and Petty Officer 2nd Class Alison Sufka (right) fire 9mm pistols in the kneeling position as Petty Officer 3rd Class Michael Mallone, a line coach, stands by.



Obtaining your Sojourner Permit

Italian law requires all foreign personnel working or living within Italy, other than an active duty member under military orders, to obtain a Sojourner Permit within eight days of arrival in Italy. This is different from a visa, which is merely an approval for entry into the country.

All applicants over 14 years of age must apply in person, as each person's signature is required at the time of application.

NATIONALS OF ANY STATE OF THE EURO-

PEAN COMMUNITY COMING TO ITALY DO NOT REQUIRE ANY VISA OR SOJOURNER PERMIT.

As part of the Area Orientation process, the U.S. Region Legal Service Office (RLSO EURAFSWA) assists in the preparation and oversees the acquisition of the Sojourner Permit for all personnel attached to U.S. Navy commands in the Naples area. Army and Air Force personnel stationed at JFC must apply through the Carabinieri at the JFC Provost Marshall's Office, Building L.

Contact Connie Henderson, RLSO EURAFSWA liaison advisor, at 081-568-4639 for more information.

BASE HOSPITAL

Continued from Page 1

Lt. John Gardner, environmental health officer, can continuously monitor AHSS information from a laptop in his office. Gardner has been responsible for setting up two other AHSS systems at previous commands and strongly favors using the system. Compared to the way things were done before, Gardner feels the AHSS makes life easier for those responsible for monitoring heat. "The AHSS eliminates the need to have someone physically go outside every hour and spend

15 to 20 minutes trying to get a reading to update the flag condition," Gardner explained. "Instead, this system's very easy to operate and automated so it gives us up to the minute conditions without having the human factor involved. With the click of a button, you have the answer you need."

Naples American High School cross-country coach Francis Noonan appreciates the new system. "Safety is first and it definitely helps to raise awareness for how we should conduct athletic activities in a safe way during the summer," said Noonan. "It's good to know what the dangers can be and take steps to minimize them."

Gardner explained from a medical standpoint why it is important to be

wary of heat conditions. "A lot of people don't realize how much fluid is leaving their body while exercising or playing because when the flag condition is red or black, sweat quickly evaporates," said Gardner. "And just because you're not wet doesn't mean that you're okay, so it's always important to stay hydrated."

Gardner also mentioned that he's been working with base officials to notify the public about flag conditions through other means such as websites on the base's intranet.

So whether you are exercising or just enjoying the summer days, Gardner reminds everyone to always be conscious of heat conditions. Thanks to the new AHSS, the task is now made easier.

Testicular cancer

Centers for Disease Control and Prevention

What do cyclist Lance Armstrong, comedian/actor Tom Green, Senator Frank Church, baseball player Mike Lowell and figure skater Scott Hamilton have in common? They are all survivors of testicular cancer.

Testicular cancer is cancer that develops in the testicles—the part of the male reproductive system that produces and stores sperm and serves as a source of major male hormones that control the reproductive organs and other male characteristics. It is one of the most common cancers in men ages 15-35 years old. In the United States, approximately 8,000 diagnoses are made each year. While it is one of the most common cancer diagnoses, it also has one of the highest cure rates of all cancers—approximately 90% as long as it has not metastasized.

Symptoms of testicular cancer include one or more of the following: a lump or hardening of one of the testicles, ridges in the testicles—making it feel hard and bumpy, numbness or pain in the testicles, loss of sexual activity, significant increase or decrease in the size of one testicle or blood in the semen.

Risk factors for testicular cancer include history of cryptorchidism, inguinal hernia, mumps orchitis, sedentary lifestyle, lack of physical activity and early onset of male characteristics.

Testicular cancer is diagnosed by the finding of a mass in the testis with a subsequent scrotal ultrasound and blood tests. Treatments include surgery, removal of the affected testis or lymph nodes, radiation therapy and/or chemotherapy.

Most testicular cancers are found by men themselves, by accident or while doing a monthly testicular self exam.

How to conduct a testicular self exam

The best place to conduct this exam is in the shower.

1. Hold the scrotum in the palms of your hands and use your fingers and thumbs to feel your testicles.
2. Gently feel each one by rolling it between your thumb and forefinger. Then press each gently feeling for any lumps.
3. Check to see that each one is smooth, with no lumps or swelling, looking for any irregularities, enlargements or changes in firmness.
4. If you find a lump, swelling or change in your testicles, schedule an appointment to see your primary care provider.

Bear in mind that most swelling and lumps are not cancer. They may be benign cysts or fatty tissue. However, you should see your provider if you find a lump.

Remember, 95% of diagnosed cases are cured. If you are worried about anything you find during a self examination, the sooner you get it checked, the better. Early detection is key!

Area Orientation

By Israel Melendez, NSA Naples Housing Director

Housing assignments process

Naval Support Activity (NSA) Naples Housing Office would like to inform all newly incoming personnel of the housing assignments process. Assignments counselors provide a variety of housing services upon your arrival, including government housing tours, occupancy agreement signing, delivery or pick up of loaner furniture including Partial Full Tour Furnishings (PFTF), occupancy terminations and answers to any questions regarding your housing needs.

In accordance with the NAVSUPACT Naples Instruction 11103.5, all newly reporting military personnel E1-O6 with accompanying family members will be assigned to military family housing, if housing is available. Housing assignments are based on both pay grade and family composition. If government quarters are unavailable within thirty days of arrival, a statement of non-availability will be issued, and the eligible member must use the showing services at the Housing Welcome Center to locate a house on the economy. Civilian personnel have the option of residing in the local community, or they may elect to place their name on a waitlist for assignment to government quarters. Civilians will only be assigned to Support Site housing once all military families on the waitlist have been offered or assigned a house.

PCSing out of Naples

All government quarters residents scheduled to PCS out of the Naples area are required to inform housing 30 days prior to their departure. This facilitates the assignment of newly reporting personnel, especially for families wishing to reside in government quarters.

For those members living on the economy and in the

process of vacating their homes, the following information can assist you:

- You must begin preparing for your housing check-out at least 30 days in advance.
- Schedule your household goods shipment with Personal Property at 081-811-6778.
- Contact the Housing Welcome Center at 081-811-4466 to schedule your letter of termination appointment. This can only be done at the Support Site office. You must provide a copy of your PCS orders when you attend the appointment.
- Make your requirements for loaner furniture known as soon as possible.

Peak PCS season

Just as the peak PCS season kicks off for our military members, it is the time when the Italian community takes vacation. As a result, you may experience minor delays when scheduling showing tours with the Housing Office because the housing staff, landlord representatives, landlords and service providers will be vacationing during July and August.

If you are sponsoring an incoming family during this period, advise them of this, and ensure you are actively involved with their in-processing. Be sure to schedule appointments as early as possible.

In case you didn't know, you can provide constructive comments and concerns to Housing at <https://www.cnic.navy.mil/Naples/Programs/Departments/Housing/ContactForm/index.htm>. Feedback is always welcome and provides an opportunity to meet customers' needs.

For more information regarding housing issues, please contact the Housing Welcome Center at 081-811-4466 or visit their website at <https://www.cnic.navy.mil/Naples/Departments/Housing/index.htm>.

Energy conservation

By UT2 (SCW) Michael Labeau



Every Drop Counts contest—win a 1GB thumb drive

Contest rules:

1. Entries are accepted from June 25 through July 23, 2010.
2. Submit any fixture or plumbing leaks at NSA Naples Capodichino via e-mail to Petty Officer 2nd Class Labeau at Michael.labeau@eu.navy.mil, Subject: Water Leak Contest. Be sure to include the building, room number, leak type and your contact phone and email.
3. Each leak will have a determined flow rate with its fixture/application in the secured position.
4. The top three leaks will win a 1GB thumb drive.

For further contest rules, contact Petty Officer 2nd Class Labeau. Contest rules and criteria are subject to the discretion and interpretation of the Public Works assistant energy conservation manager.

Safety Tip

Your hands—handle with care

Our hands are on the front line of action at work, and so they are easily injured. A hand injury is serious because it can result in a permanent disability, a life-threatening infection or loss of ability to do certain types of work.

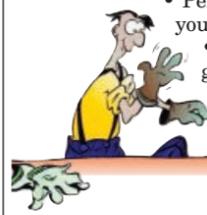
It is important to follow safe work practices to prevent hand injuries. It is also important to wear gloves to protect the hands in many circumstances—and it can be just as important not to wear gloves in other situations.

Follow these guidelines for protecting your hands:

- Keep hands in a safe position while working. Keep them clear of moving machinery and other locations where they can be injured.
- Use aids, such as push sticks and tongs, to keep your hands away from danger zones, such as rotating saw blades and hot objects.
- Stay alert. Be aware of what you and others are doing to keep your hands out of harm's way.
- Make sure that equipment is turned off and disconnected from any power source before attempting adjustments or repairs. Follow all lock-out procedures to prevent an accidental start up of equipment.
- Use machine guards and safety interlocks the way they were intended. Never remove them or bypass them. They are designed to keep you safe from injury.
- Use door knobs, drawer pulls and vehicle door handles the way they are intended to be used. This will help to prevent common hand injuries caused by slamming fingers in a door or drawer.
- Take off jewelry, such as rings or watches, when working. They can easily be caught in moving machinery and other traps.

Use gloves which are made of the right material to protect your hands:

- Cold weather—Gloves made of leather, insulated plastic or rubber, wool or cotton are usually worn.
- Working with chemicals and fluids—Natural rubber, neoprene and rubber are the most common materials for these protective gloves. Check the chemical's Material Safety Data Sheet (MSDS) to find out the requirements for these kinds of safety gloves. If you are unsure of what the MSDS says, ask your supervisor for help.
- Cuts or sharp edges—Reinforced heavy rubber, heavy leather, Kevlar or metal mesh gloves are common choices when working with equipment that could cause serious cuts or has sharp edges. In lighter industrial settings, rubber, plastic, leather or cotton gloves may be all you need.
- Electricity—Rubber-insulating gloves tested for protection to a certain voltage are a good choice. Besides gloves, all other precautions should be used.
- Heat—Depending on how high the temperature, choices ranging from Kevlar to heat resistant leather gloves could provide the best protection.
 - Perspiration—Cotton gloves offer the best protection if you tend to get sweaty palms while you are working.
 - Radiation—Lead-lined rubber, plastic or leather gloves are common choices in this situation.



These are just some of examples of the types of hand protection available. Make sure that you get advice in choosing, fitting and caring for the hand protection required for your job.

HEALTH EVALUATION*Continued from Page 1*

there were any long-term trends for asthma.

The study found that there was no association between air pollution levels and the number of asthma visits to the hospital. The number of asthma visits varied by season, with more visits in fall and fewer visits in summer. This seasonal variation was consistent with asthma trends discussed in scientific and medical publications.

The study also found that as air pollution levels increased, individuals completing asthma-related medical visits were more likely to be diagnosed with more severe asthma symptoms than individuals completing similar medical visits during times of lower air pollution levels. The relationship between increased air pollution levels and asthma severity was also consistent with findings discussed in scientific and medical publications.

Further, the study found that age was a significant factor in the severity of asthma symptoms found in individuals who completed an asthma-related medical visit in Naples during the study time frame. Adults 20 years and older were 2.3 times more likely than children under 20 years old to experience more severe asthma symptoms.

Lastly, when compared to Rota and Sigonella, Naples had an increasing trend in the number of individuals clinically monitored for asthma, while Rota and Sigonella did not. There could be a number of reasons for this trend, however the subject study was not designed to determine the cause of this finding, and the reason is unknown at this time.

Based on study findings, NMCPHC recommends that Navy continue its current policy of considering the impact of air quality on those with documented respiratory problems, especially chronic asthma, prior to granting an overseas medical screening waiver for duty in Naples.

If you are an adult stationed in Naples and have asthma, or if your child has asthma, talk with your

health care provider about actions you can take to help control asthma, such as using medications and reducing exposure to smoke and allergens that can cause asthma symptoms.

Living in Naples does not mean you will develop asthma, and the onset of asthma may not have any association with transferring to Naples.

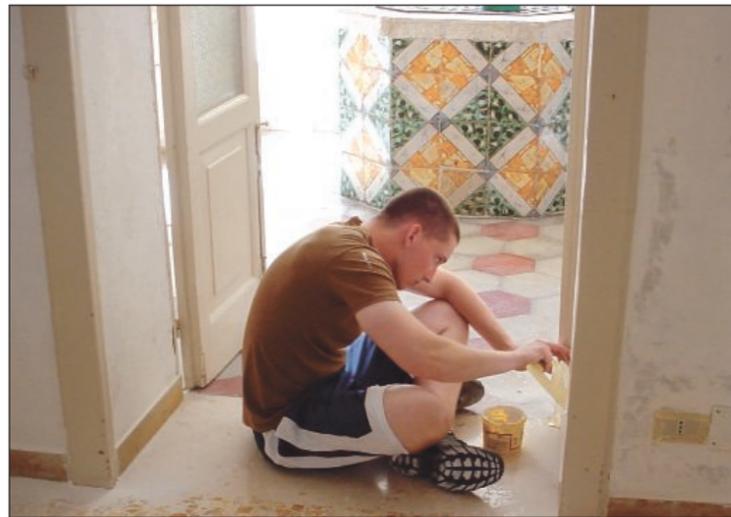
U.S. Naval Hospital Naples will continue to provide current residents with health information on preventing and reducing the severity of upper respiratory system illness. Personnel who have questions about their health or the Naples PHE should contact the Environmental Health Information Center at the U.S. Naval Hospital at Gracignano. The phone number is 081-811-6321.

The asthma epidemiological study was conducted as part of Navy's comprehensive Naples PHE to determine whether there are adverse health effects from open burning of uncollected trash and widespread illegal dumping of waste. The study population included U.S. Department of Defense beneficiaries who received care at U.S. Naval Hospital Naples or its branch medical clinics at Capodichino and Gaeta during two overlapping time periods: July 2008 to July 2009, and October 2006 to July 2009. The PHE also includes other epidemiological studies on birth outcomes and cancer as well as reviews of Italian health studies and literature.

All elements of the Naples PHE are now being compiled and reviewed. When complete, a final report will be released this summer and a plan of action defined and implemented to continue to safeguard the health of U.S. personnel and their families. Meanwhile, when any health concerns arise, officials are taking action to minimize or eliminate those risks.

To read the latest asthma study, go the Naples Community Health Awareness website at <https://www.cnic.navy.mil/Naples/CommandInformation/HealthAwareness/index.htm>.

For more information on asthma, check out our fact sheet at <https://www.cnic.navy.mil/Naples/CommandInformation/HealthAwareness/FactSheets/index.htm>.



MA3 Kenneth Richardson applies plaster during a community relations project at the convent of Suore Crocifisse Adoratrici dell'Eucaristia in Gaeta.

Gaeta sailors lend a hand

Story and photo by MA1 Guy Bratt

Naval Support Activity Naples Detachment (NSAND) Gaeta sailors completed a two-week long community relations project at the convent of Suore Crocifisse Adoratrici dell'Eucaristia in the medieval center of Gaeta.

Over time, the convent, which was built in 1720, had fallen into disrepair and is currently in desperate need of maintenance. Humidity seeping through the walls caused damage to the masonry and wall surfaces. On June 7, 10 volunteers from NSAND Gaeta began renovating a large room, which is projected to become a day-care facility. The volunteers worked hard for two weeks, removing the crumbling plaster, repairing fissures, laying new plaster and painting the 700 square foot room.

Each day the nuns prepared delicious food to sustain the diligent sailors, who knew their work was appreciated by their full stomachs. During World War II, the nuns provided more than 1,000 meals a day for the people of Gaeta and the surrounding area. Nowadays they provide assistance to the elderly.

As with any community relations project, the goal was not just charity, but to inspire fellowship and cultural growth.

All Puerto Rican birth certificates invalid as of 1 July 2010

Recent changes to Puerto Rican law invalidate all Puerto Rican birth certificates issued prior to July 1, 2010 because of their vulnerability to counterfeiting and use in identity theft and fraud.

Many institutions in Puerto Rico unnecessarily retained and stored birth certificates without adequate protection, making them easy targets for theft. As much as 40 percent of the U.S. Department of State passport fraud cases involve fraudulent birth certificates from Puerto Rico. As a result, in addition to invalidating Puerto Rican birth certificates, this law makes it illegal for any institution to retain a copy of a birth certificate.

Starting July 1, 2010, Puerto-Rican born individuals may apply for a new birth certificate from the Puerto Rican Vital Statistics Record Office, which will incorporate technology to limit document forgery. The Puerto Rican government can issue a temporary, 15-day certificate for individuals requiring a birth certificate in an emergency. The fee for a new birth certificate is \$5, which is waived for people over 60 years of age and for veterans. There is no deadline for getting a new birth certificate.

This invalidation of Puerto Rican birth certificates could have the unintended consequences of interfering with Puerto Rican-born service members' security clearance investigations and enlistments. Service members are encouraged to visit the website of the Puerto Rican Federal Affairs Administration to get more information on the new law, and for links to the birth certificate application <http://www.prfaa.com/birthcertificates>.

Citizens born in Puerto Rico but residing elsewhere may obtain a copy of the new birth certificate by filling out a Birth Certificate Application form from the Puerto Rico Vital Statistics Record Office on or after July 1, 2010. Application forms can be obtained at <http://www.salud.gov.pr/Programas/RegistroDemografico/Pages/RequisitosparasolicituddeNacimiento.aspx>.

If you have any questions regarding the above, please contact the U.S. Naval Legal Service Office, located in Admin II, first floor, 081-568-4576.

Jobs

HUMAN RESOURCES OFFICE (HRO)

NEW LINK: <https://www.cnmc.navy.mil/Naples/Programs/Departments/HumanResourcesOffice/Jobs/index.htm>.

The Human Resources Office is located at Capo Admin I, first floor. The customer service hours are **Monday through Friday from 8 a.m. to 3:30 p.m.**

Applications are accepted at the Security Pass and ID Office at Capodichino and Gricignano, OR at the HRO, located in Admin I, Capodichino, OR by mailing to: HRO, PSC 817 Box 29, FPO AE 09622, OR at Fleet and Family Support Center (FFSC) located on the TLA first floor at Support Site. HRO must receive mailed applications by closing date of the vacancy announcement.

U.S. POSITIONS

For a current list of U.S. vacancies and application process info. visit our NEW website at <https://www.cnmc.navy.mil/Naples/Departments/HumanResourcesOffice/Jobs/index.htm>.

CLOSING 1 JUL 10

Mail and File Clerk, GS-0305-05, ANN#EUR10-717640-AV, Full-time permanent

Supervisory Contract Specialist, GS-1102-13, ANN#EUR10-717646-AV, Full-time permanent

IT Specialist (NETWORK/SYS-ANALYSIS), GS-2210-11, ANN#EUR10-713446-AG, Full-time permanent

Medical Support Assistant (OA), GS-0679-04, ANN#EUR10-717647-EG, Full-time permanent

CLOSING 8 JUL 10

Secretary, GS-0318-06 KPP 07/08, ANN#EUR10-725276-AV, Full-time permanent

Management and Program Analyst, GS-0343-13 ANN#EUR10-728634-AV, Full-time permanent

Fire Chief, GS-0081-14, ANN#EUR10-713444-SC, Full-time permanent

Supv Financial Management Analyst, GS-0501-13, ANN#EUR10-696728-SC, Full-time permanent

OPEN CONTINUOUS ANNOUNCEMENT

Education and Training Tech (CDC), GS-1702-02 KPP 03 KPP 04, ANN#EUR10-709145-AG, (Multiple Positions), Full-time permanent. Next cut-off date is July 8, 2010.

COURTESY US VACANCY ANNOUNCEMENTS

Community Bank, Banking Center Service Supervisor, Capodichino U.S. Navy Base, Naples, Italy. To apply online, please use the "Careers" link at www.dodcommunitybank.com or submit your resume at HR Europe: pia.krucker@dodcommunitybank.com.

Member Service Representative, Navy Federal Credit Union, Naples, Italy. Apply online at www.navyfederal.org.

Educational Facilitator, Navy College Learning Center. Call Melissa or Tiffany at 081-568-4006 or stop by Capo, Admin II, Room G006 for information on how to apply for this position.

Field Representative, Central Texas College Office-Naples. Call Sue Andrews at DSN 634-7162 or CIV 39-0444-717162 on how to apply for this position.

LOCAL NATIONALS (LN) POSITIONS

For a current list of LN vacancies and application process info. visit our NEW website at: <https://www.cnmc.navy.mil/Naples/Programs/Departments/HumanResourcesOffice/Jobs/index.htm>.

NO VACANCIES

If you have any questions/comments with regard to HRO Naples services, please contact the director's office at 081-568-5770. You can also submit your questions/comments to the HRO website at www.CNMC.navy.mil/Naples/index.htm; click on "CNREURAFSWA Human Resources Office; and under the HRO

(N13) page, click "Contact Us," a form will appear. Please complete the short form and submit. You will be contacted within 24 hours, so please be sure to provide your contact information. Thank you and we appreciate your input—negative or positive—so that we can find ways to improve the HRO services, or continue to provide excellent service. As a reminder, an HRO representative is available for the bi-weekly "Meet & Greet" at the NSA Support Site, Navy Exchange food court area from 8 to 9 a.m. Please feel free to come by, pick up a copy of a vacancy announcement that you may be interested in applying for, or ask questions. If the HRO representative is unable to provide you a response, he/she will bring the question back to HRO and you will be provided an answer or a call back the same day. The next "Meet & Greet" is July 6, 2010.

NON-APPROPRIATED FUND (NAF) POSITIONS

Fleet & Family Readiness NAF Local Naples job announcements within CNREURAFSWA may be viewed at https://www.cnmc.navy.mil/Naples/Recreation/CNICD_A059280.

The necessary application forms are also available online. For any questions you have, you may reach us at 081-568-5612/4164.

NSA NAPLES POSITIONS, MWR OPEN CONTINUOUS POSITIONS

Child Program Assistant, CY-1702-I/II, ANN#10-007, (Multiple Positions) flexible, Child Development Centers, School Age Care, Capodichino and Support Site. Job Summary: Performs routine, day-to-day care of infants and children ranging from 6 weeks to 5 years old.

Youth Program Assistant, CY-1702-I/II, ANN#10-069, (Multiple Positions) flexible/regular Youth Programs, Support Site and Carney Park. Job Summary: Assembles or gathers materials and equipment necessary to execute School Age Care for children ranging from 7th grade

to 12th grade and Youth Center programs for children ranging from 6 years old to 12 years old. Receives and releases children to/from authorized parents/guardian.

Recreation Aid, NF-0189-01, ANN#10-021, flexible, Fitness Forum, Support Site. Job Summary: Assists in the operations of the fitness program.

Recreation Aid, NF-0189-01, ANN#08-164, flexible, Community Services, Capodichino. Job Summary: Provides information concerning facility, operation and regulations.

Recreation Aid (Intramural Sports), NF-0189-01, ANN#09-091, flexible full-time, Fitness Forum, Support Site. Job Summary: Assists the Sport Coordinator to plan the fitness activities.

Recreation Aid, NF-0189-01, ANN#09-129R, flexible, Reel Time Theater II, Support Site. Job Summary: This position transacts the sale of refreshments at the theater snack bar.

Recreation Aid, NF-0189-01, ANN#10-022, flexible, NOR Center, Carney Park. Job Summary: Provides and maintains recreation and athletic equipment issue.

Recreation Aid, NF-0189-01, ANN#10-051, (Multiple Positions) flexible full-time (Seasonal Employment), Aquatics Division, Carney Park and Support Site. Job Summary: Provides oversight of activities and necessary services to authorized patrons.

Recreation Aid, NF-0189-01 ANN#10-064, flexible part-time, Bowling Center, Support Site. Job Summary: Provides oversight of activities and necessary services to authorized patrons.

Recreation Aid, NF-0189-01 ANN#10-065, flexible part-time, Liberty Division, Capodichino. Job Summary: Helps customers in the recreation center with recreational events.

Recreation Assistant, NF-0189-02, ANN#10-020, flexible, Fitness Forum, Support Site. Job Summary: Provides instructions to patrons in a variety of physical fitness classes.

Recreation Assistant, (Woodworker) NF-0189-02 ANN#10-062 Auto/Wood Skills Center, Support Site. Job Summary: Assists and advises patrons in the art and safety of woodcraft.

Motion Picture Projectionist, NA-3910-07, ANN#10-084 flexible part-time, Reel Time Theater II, Support Site. Job Sum-

mary: Operates permanently installed 35 mm motion picture projectors, insuring a standard quality of sound and picture projection. Closing date: 07/09/2010.

NEX EMPLOYMENT OPPORTUNITIES

Gricignano, Building 2091-B
Call 081-813-5252/5253/5254
Monday through Friday
8 a.m. to 3:30 p.m.

NEX job opportunities are now posted on the Web at <http://www.navy-nex.com>. Submit completed applications to NEX Human Resources Office located above the main Exchange.

If you have questions, please call the above numbers.

U.S. NAF POSITIONS AVAILABLE

CURRENT U.S. FLEXIBLE POSITIONS MAY BE NON-COMPETTITIVELY CHANGED TO REGULAR POSITIONS

GRICIGNANO MAIN STORE
Ann#004-10 Safety Investigator/52/NF-02/RFT— Closes: 07/02/10.

GRICIGNANO MINI MART
No Vacancies

DISTRIBUTION CENTER
GRICIGNANO
No Vacancies

CAPODICHINO NEX MART
Ann#034-10 Sales Clerk/MM/NF-01/RFT— Closes: 07/02/10.

EUROPE DISTRICT OFFICE
(Gricignano Main Store)
No Vacancies

GRICIGNANO NAVY LODGE
No Vacancies

JFC-NATO MINI MART
No Vacancies

LOCAL POSITION

No Vacancies



Rila Monastery, tucked away in a forested valley deep in the Rila Mountains south of Sofia, is Bulgaria's most revered religious site.



The Bulgarians, like the Russians, use the Cyrillic alphabet, which can make deciphering street and shop signs confusing.

On the road in the Balkans

Story and photos by Gary Rice

If you're looking to visit someplace way off the beaten path, check out Bulgaria. One of the Balkan countries of southeastern Europe, Bulgaria lies between Romania to the north and Greece to the south. In ancient times, it was part of the country known as Thrace, and it has a rich history and cultural heritage stretching far back into antiquity.

For the English-speaking traveler, Bulgaria presents not only a challenge in language, but in alphabet, too. The Bulgarian language uses the Cyrillic alphabet; all written materials, including road signs, use Cyrillic letters. This made driving and finding my way around a real challenge; although I found that after a few days, I was able to decipher many words.

I flew from Naples into Sofia, the capital of Bulgaria, picked up my rental car at the airport and made my way to the city center. Most of Sofia, which means wisdom in Ancient Greek, is a sprawling modern city that is unattractive and congested. However, the historic city center, with its cobblestone streets and rustic medieval architecture, retains much of its old world charm and appeal. It boasts an impressive Russian Orthodox cathedral and many ornate churches. There are several sturdy government buildings from the Stalinist Era that provide an ominous reminder of the country's repressive slumber behind the Iron Curtain. There are also a few Roman ruins here and there from the days when ancient Serdika was a thriving metropolis of the Roman Empire.

In the Rila Mountains south of Sofia, I visited Rila Monastery, the most revered religious site in Bulgaria. The monastery is extremely decorative and colorful, and its Church of the Nativity is adorned with beautiful murals and woodcarvings.

From Rila, I continued my drive southward to the town of Sandanski, which is the legendary birthplace of Spartacus, the Thracian slave who led the famous gladiator revolt against Rome. There is a large statue of him on a hillside along the highway just outside of town.

After paying my respects to Spartacus, I drove a short distance

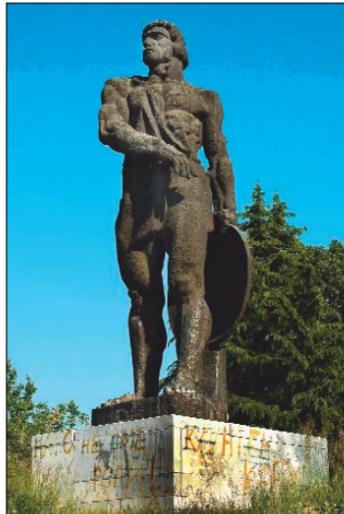


The Alexander Nevski Memorial Church, the Russian Orthodox cathedral in the historic center of the Sofia, was built by the Russians between 1882 and 1924.

to the Bulgaria Macedonia border and crossed into Macedonia. The area I visited was very rural, dotted with farms and small villages, and the scenery was lovely. As I drove around, I encountered many horse-drawn carts and flocks of sheep on the road and met some interesting people.

Back in Bulgaria, I also visited the city of Plovdiv, where there is an impressive Roman theater that in its day could seat 6,000 people. My final stop was in the town of Veliko Tarnovo in north-central Bulgaria. With its picturesque setting along the cliffs and hills of the Yantra River, Veliko Tarnovo is one of Bulgaria's most beautiful and historic cities. Perched on a rocky hilltop above the river east of town are the ruins of the Tsarevets Fortress, an imposing medieval citadel that was home to the medieval Bulgarian tsars for 207 years.

To many Americans, the Balkan countries may seem like alien places that are difficult to visit, but they are surprisingly accessible from Naples. If you pack a bit of patience and a strong sense of adventure, a Balkan holiday can be a fun and rewarding experience.



A statue of the Thracian gladiator Spartacus, who led a slave revolt against Rome in 73-71 B.C., stands on a hilltop overlooking the town of Sandanski in south-western Bulgaria. The residents of Sandanski take pride in claiming their town as the birthplace of Spartacus, the underdog who was one of the world's first great freedom fighters.



Left: The changing of the guard at the Presidency Building in Sofia is an hourly event.

Page 1:
The Communist Party House in Sofia, built during the Stalinist Era, stands as a stark reminder of Bulgaria's time behind the Iron Curtain.