

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."
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55TH YEAR, NO. 26

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, JULY 2, 2010

Telepharmacy improves pharmaceutical services

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

Naval Support Activity (NSA) Naples' pharmacy departments at U.S. Naval Hospital Naples and its branch clinic at Capodichino are using a video conferencing method referred to as "telepharmacy."

"Telepharmacy enables pharmacists to communicate in real time with Navy corpsmen and customers while at a different location."

"Telepharmacy helps our facilities meet new government guidelines requiring a pharmacist to review and approve all prescriptions dispensed to patients," said Lt. Cmdr. Michael Cleveland, one of two pharmacists assigned to U.S. Naval Hospital Naples. "The Navy has many small branch clinics where it's impractical and inefficient to staff them with a pharmacist, so this technology is used to cover those locations."

The branch clinic at Capodichino is one such location. The pharmacy there is staffed with two sailors, hospital corpsman 2nd Class (AW) Donna May Rigby and hospital corpsman 3rd Class John McCallum. Because of the guidelines Cleveland mentioned, Rigby and McCallum can't hand out prescriptions they fill until one of the pharmacists assigned to U.S. Naval Hospital Naples gives a final approval.

Rigby said before telepharmacy came into action, getting that approval meant having to do "retro-checks." A duty driver had to physically take prescriptions from Capodichino over to the base hospital. Retro-checks delayed prescriptions and involved hand-written tracking. Telepharmacy, however, saves time and money and final approval can happen with the click of a button.

"At first we didn't know what to expect with the telepharmacy equipment, but now it's



definitely made life easier," said Rigby. "We're faster when it comes to dispensing medications, which means an increase in overall production and customer satisfaction."

The telepharmacy system connects the pharmacies to each other with a touch screen monitor, a headset and a microphone. Medicine and inventories can be tracked and pictures of prescriptions can be stored. Rigby said customers can even video chat with a pharmacist if they have concerns about their prescriptions.

"We're able to pull up numbers on what medications we have and what we've dispensed," said Rigby. "The system helps with overall supply management and better accountability while being user friendly. I also like the fact that we can interface with a pharmacist

at the hospital if there's a question."

"I'm very happy with it," said Cleveland. "It provides increased patient safety and maximizes efficient utilization of Navy resources."

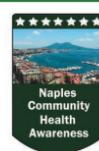
The telepharmacy system at NSA Naples has been up and running since May 2010.

Health update

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USNH Naples
 Environmental Health
 Info Center: 081-811-6321

Visit
<https://www.cnic.navy.mil/Naples/CommandInformation/HealthAwareness/index.htm>



Secretary of the Navy's Independence Day message

By U.S. Secretary of the Navy Ray Mabus

On the fourth of July, 1776, 56 patriots committed their individual colonies to take up arms and win their freedom from an overseas ruler. They came together as representatives of 13 colonies, but left as citizens of a new nation unique upon this Earth, dedicated to life, liberty, and the pursuit of happiness.

What began 234 years ago endures today. The United States is still a bastion of freedom and democracy and remains unique as a nation upon the Earth.

At home and abroad, the Navy and Marine Corps established by our forefathers continues to defend that legacy. The example of the thousands of patriots that served in the revolution is now embodied in the thousands of sailors and marines at war in Afghanistan and Iraq and on patrol across the world's oceans.

So as Americans everywhere celebrate the Fourth in backyard barbecues and with fireworks that recall the red glare of the rockets and bombs during the Battle of Baltimore in September 1814, I'd ask you to remember the legacy that we have all inherited. Take pride in our nation's 234 years of liberty.

For those on the front lines and deployed away from home, know that you are foremost in our thoughts; and to all in uniform, thank you again for your service.

Happy Independence Day.



After a wonderful week of scouting at Carney Park, the Cub Scout den master Walt Solley honors the American flag as it is lowered, marking the end of Troop 007's adventure.

Cub Scouts summer camp

Photos by MC1 (NAO) John Parker, NSA Naples Deputy PAO



The Cub Scouts from Troop 007 held a summer camp at Carney Park June 21-25. There were more than 63 kids who participated in a variety of activities including leather-working, orienteering, archery and learning about Scout history. The Cub Scouts were joined by military working dogs and firefighters. On the final day of camp, the U.S. Naval Forces Europe Band jazz quintet, Five Star Brass, performed.



Kazuki Parker holds his den's flag as the Cub Scouts prepare to entertain parents, friends and other scouts on the final day of Cub Scout Camp. The flags were decorated by each member of the den.

Events around town this weekend

- 2-4 – Taste the flavors of sausage, pancetta and pork at the festival in the Piazza Mercato in Citta Di Dugenta (near Benevento).
 - 2-5 – Caleo Reggae Festival in Acciaroli, the heart of the Cilento National Park.
 - 3-4 – Fourth of July Star Spangled Celebration at Carney Park. Festivities include food, carnival rides, fireworks, music and even a seed spitting contest.
 - 4-La Scala Theater Orchestra performs at the Teatro Grande in the archeological site of Pompeii.
- Check out <http://wikinapoli.com/events> for more information.

Naples' weekend forecast

FRIDAY
 High 82
 Low 64
 Isolated thunder storms

SATURDAY
 High 84
 Low 66
 Partly cloudy

SUNDAY
 High 82
 Low 64
 Partly cloudy

MONDAY
 High 82
 Low 63
 Partly cloudy

Captain's Corner

By Capt. Robert Rabuse
NSA Naples Commanding Officer



I would like to begin by wishing everyone a happy 4th of July and reminding everyone to come on out to Carney Park this weekend for the community's annual Independence Day celebration. The fun begins at 3 p.m. Saturday and lasts through Sunday night. This year's celebration is jam-packed with activities, games, food and entertainment. Of course, the main draw is always the big fireworks show Sunday, July 4 at 9:45 p.m. Remember, the nature of the event is rooted in our unique melting pot heritage and community relations; it provides a chance for the American, NATO and Italian communities to celebrate our holiday "American style." Come early!

Thanks to everyone who attended Wednesday night's town hall meeting. It was a light turnout, but we had some good questions. For those who attended, please pass on the information to those who could not make the meeting. As always, if you have any specific issues that you would like discussed in the future or if you need some more clarity on an issue, please send me a town hall e-mail through the "Ask the Skipper" logo on our website: <http://www.cnic.navy.mil/Naples>, comment via the ICE site, or better yet contact the facility or service provider directly. We'll provide a wrap-up of questions in next week's "Panorama."

I'd like to remind everyone about the scheduled strike this coming Wednesday, July 7 (and the 14th). Expect problems getting through the gates at Capodichino and Gricignano, and don't be surprised if services across the board (NEX, Commissary, HRO, etc.) are significantly reduced on those days. Please plan accordingly. Sponsors, I know we have lots of incoming personnel who are looking to take care of their housing, MVRO, PPSO and other services, but let your incoming personnel know that they may not be able to get these tasks accomplished until later in the week. Tune in for updates on our standard communication and emergency media information channels: AFN TV (Prime Atlantic, decoder Ch. 18, on base Ch. 2) and radio (106.0 FM), as well as PAO Notes, CDNS, the Big Voice, Naples CNIC website, Facebook and community word of mouth.

If you've opted to travel this weekend, make sure you are doing it safely. We are one month into the "Critical Days of Summer" so please remain vigilant and be mindful of your safety and the safety of those around you. Whether you are barbecuing, swimming, riding a motorcycle or taking a road trip, remember to exercise common sense and enjoy your summer without a mishap. Make this a safe Independence Day weekend, plan ahead, know your limitations, and then stick to your plan!

Speaking of summer barbecuing, this is the time of year for heat-related injuries. If you are outside enjoying the weather, especially if you're playing a sport or engaging in a physically strenuous activity, please keep safe. Make sure you are hydrating yourself with water, not soda, juice or alcohol, and be sure to take breaks in shaded areas. A pickup game in the park can take a tragic turn if we don't account for the affects of the heat on our bodies.

See you all at Carney Park!

Base Notes

From Panorama staff reports

Scheduled Italian strikes

The two Italian labor unions representing employees of the U.S. Navy, FISASCAT-CISL and UILTUCS-UIL, have declared a strike in Naples July 7, 2010 and in Rome July 14, 2010. It is expected that there will be demonstrators on strike outside the NSA Naples Capodichino and/or Support Site gates. All services and programs will be affected, to include NEX, Commissary, Housing, Public Works, HRO, etc. Under no circumstances should personnel attempt to drive through protestors who are blocking a road or interact with protestors in any way. For current information on road and gate closures, alternate routes and other emergency management information, monitor AFN TV (Prime Atlantic, decoder Ch. 18, on base Ch. 2) and radio (106.0 FM), as well as PAO Notes, CDNS, the Big Voice, Naples CNIC website and Facebook.

July closures

Motor Vehicle Registration Office (MVRO) at Capodichino will be closed July 6 for a local national rest day. The MVRO office at the Support Site will be open for emergency services only. The Capodichino Tax-Free office will be closed, but emergency issuance of "G" coupon authorizations will be available at Support Site MVRO.

The Naval Legal Service Office (NLSO) Legal Assistance and Defense department will be closed for all services including power of attorney and notary service from Monday, July 12 through Wednesday, July 14 due to a command function and mandatory training. All business will resume at 9 a.m. Thursday, July 15. For emergencies, call the duty phone at 335-579-0699.

Support Site Personal Property Shipping Office (PPSO) will be open normal hours July 6 with limited services due to a local national rest day. Please contact PPSO at 081-811-6778 or send an e-mail to nsappso@eu.navy.mil for additional information.

The Capodichino Fleet Mail Center and post offices at Capodichino, Support Site, JFC and Gaeta will be closed Saturday and Monday for Independence Day. Please e-mail postoffice@eu.navy.mil for additional information.

Library 4th of July celebration holiday hours:

Support Site: Open Saturday and Sunday, July 3-4: 11 a.m.-6 p.m.
Closed Monday, July 5

Capo: Open Monday, July 5: 10 a.m.-5 p.m.
Closed Saturday and Sunday

FFSC Loaner Locker program

The FFSC Loaner Locker program has changed. In order to better accommodate the increased demands, customers can now prepare a customized kit to better fit the needs of their families. A military ID card and PCS orders are still required to check out a kit. No reservations are allowed. For more information, please call 081-811-6372/4896.

Swim pants policy

All children 3 years of age and younger, toilet-trained or not, as well as any others not completely toilet-trained, MUST wear waterproof swim pants when in or around NSA Naples swimming pools. For more information please call: Capo FitZone pool: 081-568-4254, Gricignano pool: 081-811-6513 or Carney Park pool: 081-526-2140.

Sojourner Permit information

Immediately upon transferring to the Naples area, military dependents and civilian employees must obtain a Sojourner Permit, the Permesso di Soggiorno, which means Permit to Stay in Italy.

As part of the Area Orientation process, the U.S. Region Legal Service Office, Europe Africa, Southwest Asia (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 for Sojourner Permits through the Carabinieri at the JFC Provost Marshall's Office, Building L.

Italian law requires all foreign personnel working or living within Italy, other than active duty members under military orders, to obtain a Sojourner Permit within eight days of arrival in Italy. If you need any further information or clarification, please contact Connie Henderson, RLSO EURAFSWA liaison advisor at 081-568-4639.

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MWR/ITT: mwrmarketrequest@eu.navy.mil
AFN: <http://www.afneurope.net/naples>
NCTS: nctscustsvc@eu.navy.mil

N
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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

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Unione Stampa Periodica Italiana

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ICE questions answered

I've noticed that many of the music and television broadcasting around the public areas in the Support Site (Commissary, NEX, bowling center, etc.) are playing Italian programming. I thought they were supposed to be playing AFN or American programming?

Thank you for taking the time to bring this issue to my attention. Aboard NSA Naples, in all public spaces where radio and television are supported, I have directed English-speaking broadcasts to be set. I have asked all departments to review this guidance. The main exception to this policy would be if the location has reception issues (Commissary) or if there is a current event that is only broadcast or can only be received in a foreign language, e.g., some of the World Cup coverage.

If you encounter this or any other situation you feel warrants attention, please politely bring it to the awareness of the supervisor or department head responsible for that area. Most issues can be resolved on the spot. Interactive Customer Evaluation (ICE) is also available to forward comments, concerns or compliments for services provided. Please be specific about location, date and time. Access to ICE is located on the NSA Naples main Web page.

Thank you for your time.

Sincerely,
Capt. Rabuse

Italian News Briefs

Compiled by Teresa Merola

Infamous emperor gets statue

Anzio, a town on the coast of the Lazio region, is known for the Allied landing in 1944. It is also known as the birthplace of Emperor Nero, born in 37 A.D. Recently, the town erected a bronze statue of Nero in front of the old port, near an archaeological park containing Nero's villa. According to the town's mayor, Luciano Bruschini, the statue is the only monument in the world dedicated to Nero. The reason for creating the monument is engraved on a plaque below the statue: "During his empire there was a period of peace, of great splendor and important reform." The mayor claims serious historians are studying Nero for the important social reforms and long period of peace during his reign. Unfortunately, Nero, who died when he was 32, is remembered as a persecutor of Christians and for playing the lyre while Rome burned before his eyes.

Berlusconi's attacker acquitted

The man who attacked Prime Minister Silvio Berlusconi last year was acquitted by a judge and placed for a year in a community psychiatric therapy center. The man is also banned from attending political rallies for a year. A psychiatric survey stated he was mentally ill at the time of the attack. He launched a small alabaster replica of Milan's Duomo in Berlusconi's face during a political rally last December. Berlusconi had his nose and two teeth broken. The man is currently held in a psychiatric wing of a hospital close to the Duomo.

Mob boss arrested in south of France

Italian police have arrested one of the most wanted men in Italy, Giuseppe Falsone, in Marseille. Falsone had been on the run for more than a decade after an Italian court gave him a life sentence in absentia for murder and international drug trafficking. Police believed he had

plastic surgery and had been using false identification. At the time of his arrest, Falsone had five mobile phones and two computers, on which he managed his business affairs over the internet. Police said he is a close associate of Sicilian Cosa Nostra's "boss of bosses" Bernardo Provenzano, who was arrested in 2006. Police also said Falsone was the mafia boss for the province of Agrigento in Sicily. He is considered by investigators as the Sicilian mafia's third-highest ranking member.

"More love for this city," says garbage collector and poet

In the Naples' Chiaia district, a garbage collector named Antonio has a unique way of expressing his love for the city. He writes messages and slogans on trash bins and baskets. The messages say, "If you love Naples, do not throw anything on the ground, thank you for your cooperation and God bless you." Antonio is a street sweeper and a "poet" who covered every corner of the elite district of Naples with the message: "More love for this city."

11 million pieces of fake Murano glass seized

Over 11 million pieces of fake Murano glass were seized by the Italian police last week. The fake items were sold to tourists by three Venetian companies that were reported to police for alleged fraud and other offenses. The companies' names have not been released. They replaced the "made in China" labels on the objects with ones reading "Murano glass." The items were sold to tourists at discounted prices in five shops and were very hard to distinguish from genuine Murano glass goods being sold in the same shop, police said. Investigators also assert the companies were based on the Murano Island and made authentic products.

THE INSIDE PAGE...

FFSC EVENTS

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

- JULY 6** – "SPOUSE 101" (1-3 p.m.) Everything you need to know as a Navy spouse.
- JULY 7** – **10 STEPS TO FEDERAL EMPLOYMENT** (9-11 a.m.) Improve your chances of landing a federal position by preparing the right resume format, applying correctly and targeting the correct job title and grade.
- JULY 7** – **INTRODUCTION TO LOVE AND LOGIC FOR PARENTS** (11:30 a.m.-12:30 p.m.)
- JULY 8** – **TAP PRE-SEPARATION COUNSELING** (1-3 p.m.) This class is for the completion of Form 2648.
- JULY 8** – **INTERVIEW SKILLS** (9:30-11:30 a.m.) This class provides techniques on how to prepare for and participate in job interviews.
- JULY 9** – **RESUME WRITING** (9:30-11:30 a.m.) This class offers advice on how to prepare federally formatted and privately formatted resumes.

JULY

- 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.
- 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.
- 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.
- 24 CPR/AED ADULT, CHILD & INFANT**, 10:15 a.m. to 5:30 p.m. at Support Site Fitness Forum conference room, cost \$40.00. Registration and payment due by July 21 at the American Red Cross office located at Capo. FMI, call 081-568-4788.

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 breese@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.
- 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.

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Camp Adventure provides summer fun for Naples youth



A counselor from Camp Adventure gathers her group at the end of the day for group singing. MWR Camp Adventure Youth Services provides recreational activities for children of military and civilian employees at Carney Park throughout the summer.

By MCI (SW/AW) Jennifer Rivera
Navy Public Affairs Support Element-
East Detachment Europe

Morale, Welfare and Recreation Camp Adventure Youth Services (CAYS) provides summertime activities for children of DoD military and civilian employees at Carney Park.

Camp Adventure always begins by children singing various group songs with camp counselors, before breaking off into groups to participate in recreational activities. Campers participate in relay races, hiking, swimming, scavenger hunts, arts and crafts and music. The kids even have a field trip every Thursday to the Support Site movie theater or bowling alley.

"So far this summer, the most popular activity seems to be the different clubs they can choose from," said Audrey Daniels, CAYS project coordinator. "Every week the kids get to choose what club they would like to join, and we have many different ones to choose from, such as hiking or rock climbing. This gives the children a chance to build upon different activities while they are participating in Camp Adventure."

"I really like being a part of the water club," said Savannah Horrell, a camper. "The games we get to play during the day with our friends are really fun, too."

Camp Adventure is a ten-week program; however, there is an option of enrolling weekly for as many weeks as desired, space permitting.

"This is a great program because my kids have the option of participating in Camp Adventure in between our summer travels and staying home," said Wendy Walsh, who currently has two children enrolled in Camp Adventure. "The kids really enjoy getting to spend time

with their friends in a recreational atmosphere and away from school. I think Camp Adventure is a great opportunity."

The Camp Adventure staff working in Naples is comprised of 17 counselors from various colleges throughout the United States. CAYS was founded 25

years ago by Christopher R. Edginton and has had over 14,500 college students participate as counselors in the program.

Camp Adventure continues to support DoD families by providing recreational activities for youth during the hot summer days.



Camp counselors join the kids participating in Camp Adventure during a group singing activity. Some of the other camp activities include relay races, hiking, swimming, scavenger hunts and arts and crafts. The kids even take a field trip every Thursday to the base movie theater or bowling alley.



A couple of the campers enjoy a game of Connect Four while they wait for their parents at the end of the day.



PBS host Chuck Underwood presented a seminar entitled "The Generational Imperative: Understanding Generational Differences in the Workplace, Marketplace, and the Living Room" June 29. (U.S. Navy photo by MC3 Kristopher Regan)

Bridging the gap: understanding generational divide

By Abigail Pfeiffer and Katelyn O'Brien

Chuck Underwood, the founder of the Ohio-based company The Generational Imperative and host of the PBS show "America's Generations with Chuck Underwood," gave a lecture June 29 at Naval Support Activity Naples Capodichino base. He was in Naples to give the keynote address at the Commanders Training Symposium June 28 and to assist the Fleet and Family Support Center in creating advertising that will attract people of all generations to their programs. Underwood has been at the forefront of generational studies for the past twenty-three years. According to him, everyone from CEOs to politicians have realized the importance of the study of generational values and generational attitudes. "What we understand now," said Underwood, "is that generational dynamics determine everything."

Underwood shared his decades of research on America's five living gen-

erations, emphasizing the three generations currently dominating the workforce—Baby Boomers, Generation Xers and Millennials. "Hopefully he will help us understand the new generations in the Navy," said Capt. Pete Frano in his introduction to Underwood's lecture.

Capt. Pat Ward, an audience member, believes studying generational differences is imperative to success in the workplace. He said, "I think it's very important to have a framework to be able to communicate with people that are younger or older than you." He jokingly added the lecture helped him understand his daughters better.

Each generation, according to Underwood, had "unique formative years, and subsequently formed unique core values." Formative years, from birth until late adolescence, determine a generation's core values. Similar seminal experiences, like the beginning of the Civil Rights and Feminist movements for Boomers, the advent of MTV and

FM radio for Gen Xers and the tragedy of Sept. 11 for Millennials, create values and beliefs that stay with a generation's members for a lifetime. Underwood asserts, "Unique core values exert astonishing influence on consumer decisions, market choices, career choices, and relationships."

Currently, three generations with remarkably different values coexist in the workplace. These differences can cause friction when older management clashes with younger workers. This issue sparked a dialogue in the audience about different generations in the military and about how senior-ranked service members

should manage the upcoming Millennials, who Underwood called "the next great generation." Underwood's presentation focused on shrinking generational gaps and maximizing productivity. "We have no control to decide what generation we belong to," Underwood claims, "but we have to make peace with generational collisions and help other generations find happiness, given their unique core values."

If you missed the lecture, or you went and are still curious, learn more about Chuck Underwood at www.genimperative.com, or contact him at chuck@genimperative.com. He promises to respond personally.

Generations	Birth Years	Current Ages
G.I. Generation	1901-1926	84+
Silent Generation	1927-1945	65 to 83
Baby Boomer Generation	1946-1964	46 to 64
Generation X	1965-1981	29 to 45
Millennials	1982-2010	birth to 28

Summer sports dangers: softball

A five-part series on the hazards associated with summer activities

Story by MC2 (SWIAW) Marc Rockwell-Pate

In anticipation of the July Fourth weekend, many men and women from the community are performing fielding and throwing drills, as well as spending a little extra time in the batting cage for what is the biggest softball tournament weekend not only in the United States, but also in the military.

"Slow pitch softball is popular in the Navy for a number of reasons," said Senn. "The game is a derivative of America's game: baseball. Once [military members'] playing days are over—for most this is after high school—softball is an alternative to the game they may have played and loved from a very early age. Also, there are many levels of play and one doesn't need to be a superstar to go out and have a good time."

Like all athletes, softball players can suffer from injuries. According to About.com, softball players commonly suffer from acute and cumulative injuries in their shoulders, elbows, wrists and hands, backs, knees and ankles. These injuries range from rotator cuff tears and herniated back disks to torn knee ligaments and broken bones.

"The hazards of softball are the same as many other sports," said James Senn, the Navy sports contact for Command, Navy Installations Command (CNIC). "There is a risk of trauma, strains and sprains. Since softball is a game that is, for the most part played in the summer months, there is also the risk of sunburn, dehydration, or heat related injuries, such as heat exhaustion or even heat stroke."

Even though players know about some injuries associated with softball, some participants still make the choice to consume alcohol before and during the games, increasing their chances of getting hurt.

"Alcohol is a psychoactive drug that has a depressant effect," said Senn. "As such, it reduces attention and slows reaction speed. If impaired, the reaction time is slowed and the ball that would have normally been fielded now becomes a weapon. Not to mention, it adds calories and acts

as an appetite stimulant which can result in increased calories consumed. Not a good mix for someone who wants to get around those bases a little bit faster."

Senn added that softball participants should be involved in a preseason, sport-specific conditioning program. Players should also arrive at the ballpark with enough time to warm up, performing exercises that simulate the movements that are made in the course of a softball game.

Along with warming up, players should check the playing field prior to play and remove any objects or impediments that could lead to injury. Most importantly, if someone sees something that is a hazard or could lead to unsafe playing conditions, bring it to the attention of the installation's sports staff immediately. "Many times unsafe conditions go unnoticed, and therefore unrepaired," said Senn.

With the thousands of military personnel playing softball during the upcoming Independence Day weekend, the risks for injuries, heat stroke and sunburns aren't just a possibility—they are a reality. In order to help highlight these preventable injuries, the Navy Safety Center 2010 summer safety campaign is focusing on increasing safety awareness while participating in outdoor activities.

"The Navy Safety Center's summer safety campaign slogan, 'Live to Play, Play to Live,' is expressive of our region's goal to encourage personnel and their families to get outdoors and enjoy the many opportunities to travel and play, and also emphasize the importance of being safe while doing so," said Steven Kalnasy, deputy region safety director for Region Europe, Africa, Southwest.

"Playing softball, basketball, soccer, or even running a couple of miles can be hazardous endeavors when people fail to prepare," added Kalnasy. "Even doing seemingly hazard-free activities, like playing with a pet or a child in the backyard, can cause an injury that can end your summer plans. So it's important to always approach any activity with caution."



"Swing batter, batter. Swing!" Like most sports, softball, the military's unofficial pastime, can be risky if you are not careful. However, proper preparation can greatly reduce these risks. (Photo by MC1 (NAO) John Parker, NSA Naples Deputy PAO)

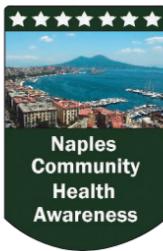
Naples Public Health Evaluation

Phase II lab analysis, validation, report writing and review continues. The goal is to have the final Phase II report ready for public release by summer of 2010. Other PHE activities that are being considered include establishing new enduring processes that will continue after the PHE is complete.

Personnel who have questions about their health or the Naples Public Health Evaluation should contact the Environmental Health Information Center

at the U.S. Naval Hospital at Gricignano. The phone number is 081-811-6321.

To learn more about the Naples PHE, watch for All Hands e-mail messages, look for this weekly column in the "Panorama," and visit the Naples Community Health Awareness website at <https://www.cnhc.navy.mil/Naples/CommandInformation/HealthAwareness/index.htm>.



Energy conservation

By UT2 (SCW) Michael Labeau



Water consumption at Carney Park

In the summertime, our water consumption increases. We need everyone's help to preserve this precious resource, especially at Carney Park.

There are a number of ways to save water. Here are some simple measures you can take at home to save thousands of gallons a month: water lawns in the morning to reduce evaporation; water lawns only when the climate requires it; maintain turf sprinkling systems; level turf areas; landscape with low-water plants; sweep instead of hosing driveways; and turn off the hose between rinses while washing the car. To save water year-round, install energy efficient fixtures and low flow aerators on sinks.

Safety Tips

Star spangled safety



The Fourth of July should be a day of celebration, but it is also one of the most dangerous days of the year. Whatever your plans are for this holiday, be sure you remember these safety tips.

1. Personal fireworks are illegal on most military bases, and they are a fire hazard. Outside the base where you are allowed to use fireworks, there is still the danger of fire and bodily injury. Injuries from fireworks include second- and third-degree burns that require emergency medical attention, weeks of rehabilitation, or plastic surgery and can result in permanent scarring.
2. Always read all fireworks instructions properly and do not use near wooded or dry areas. Have water available to put out any sparks or flames that may occur when using fireworks.
3. Never point fireworks at people.
4. Do not allow children to play with fireworks or firecrackers.
5. Drink responsibly. Don't drink and drive. Always have a designated driver and don't let your friends drive drunk. Be extra cautious on the road. Even if you are not drinking and driving, other drivers might be. Drivers can also become distracted by fireworks and other excitement in the area. Be extra cautious if you must be on the road this weekend, especially at night.
6. Stay hydrated. Drink plenty of water and sports drinks.
7. Use sunscreen and bug spray to protect your children and yourself from the sun and insects.
8. Be careful when grilling. Cook foods thoroughly. Be sure all coals are completely out before leaving the barbecue unattended. Be cautious of children playing around the barbecue area.
9. Store food properly to avoid food poisoning. Be careful of leaving food out, especially in the heat.
10. Also, if you have pets, remember pet safety, too. Don't let your beloved pet become a casualty this holiday weekend.



Statistics show over 7,000 people each year get treated for Independence Day related accidents. Don't be one of them. Stay safe this year. **Have a happy Fourth of July!**

COLORI/COLORS

Practice your vocabulary. Find the Italian words.

C N A R S K M R Y P I P K K S
M W T N Q A A O T A S F A E P
W O A M R C F S G M V U L B I
Z T C R V Y R A A Y A I C B B
P B O N O O P Y H K R Y O M H
V N W L A Q A N W L A B S L Z
E A Q W Z I D H A I N Q I A A
V E R D E G B Q K U C G U Q Y
G S M D T F H C O F H F M G N
U K Y V L P M D I U I W U E A
O L L A I G O Y G K O L R P Z
H E K W T S N O I Y N O I T G
A U R R S G V I R U E F H D V
W O E O Q C D W G N N O P A H
R C R P L U K B F M W N T K L

ARANCIONE	ORANGE
BIANCO	WHITE
BLU	BLUE
GIALLO	YELLOW
GRIGIO	GRAY
MARRONE	BROWN
NERO	BLACK
ROSA	PINK
ROSSO	RED
VERDE	GREEN
VIOLA	PURPLE

TRICARE Advice Line

Advice is just a phone call away, anytime day or night.

Option one: A Registered Nurse will assist you with everyday health decisions and provide health counseling, or even schedule an appointment with your Primary Care Manager during your call.

Option two: The Audio-Health Library has over 450 topics to choose from, for practical, easy-to-understand information on a variety of health topics. Call 800-877-660.

Every Drop Counts contest: Win a 1GB thumb drive

Contest rules:

1. Entries are accepted from 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.

PROSTATE CANCER

American Cancer Society

What is the prostate?

The prostate is a muscular, walnut-sized gland that is part of the male reproductive system. It is located directly beneath the bladder and in front of the rectum.

Prostate cancer is a malignant tumor that usually begins in the outer part of the prostate. In most cases, the tumor grows very slowly. In fact, many men with prostate cancer will never know they have the condition (in its early stages).

Risk factors for prostate cancer include a family history, age (greater than 50 years old), race and diet. Symptoms caused by prostate cancer include frequent and/or painful urination, increased urination at night, blood in the urine and difficulty starting or maintaining a steady stream of urine.

The American Cancer Society recommends yearly screenings in males beginning at the age of 50 and at the age of 40 for African American men and men with a family history of prostate cancer. Prostate cancer is diagnosed through screening exams—digital rectal exam and a blood test called a prostate surface antigen. Treatment for prostate cancer can involve surgery, radiation, hormonal therapy and sometimes chemotherapy.

So what can you do to reduce your risk of Prostate Cancer?

Exercise regularly and maintain your optimal weight. Limit your intake of high fat foods. Eat five or more servings of fruits and vegetables each day. Also be sure to participate in yearly screenings after the age of 50.

Early detection is the key to good health and positive outcomes! Visit your medical care provider and discuss your screening options today.

Information assurance protects critical systems

By MC1 (SW) Edward Vasquez
Navy Public Affairs Support Element East-Detachment Europe

Information assurance (IA) is the cornerstone of security for the Department of the Navy. IA plays a critical role in maintaining the integrity, availability and technical superiority of information systems, which in turn preserve the United States' maritime dominance and national security. However, this can only happen if personnel take measures to protect both their personal data and any computer systems where this data is saved.

"Information assurance is important—if the enemy gets a hold of our information it would be similar to being on a sinking ship, and they could use our own information against us," said 3rd Class Christopher Redman, an information system technician stationed with Naval Computer and Telecommunications Station (NCTS) Naples.

"Information assurance is the safety net for the network," said chief information system technician Clifford King, the leading chief petty officer for NCTS. "We are securing the network for DoD personnel and our civilian contractors, as well as the local nationals working on the network." IA programs ensure that adequate controls are implemented and tested, that any remaining risks are assessed and evaluated and that security plans are continuously maintained and monitored for their effectiveness.

To ensure adequate protection for Navy information assets, IA specialists constantly evaluate and monitor the principles and controls that apply to people, processes and technology. "We are making sure that DoD systems are secure and that government systems are not compromised," said Seaman Brandon Plumey, a computer technician with NCTS.

Protecting data stored on computers does not stop at the workplace. The DoD provides antivirus software for home computers. McAfee, Symantec and Trend Micro are available to military members for free. The antivirus software can be downloaded at http://www.cert.mil/antivirus/av_info.htm. For more information on IA, visit Commander, Naval Installations Command website at www.cnic.navy.mil.



Town hall meeting

Naples Support Activity Naples Commanding Officer Capt. Robert Rabuse addresses various issues raised during a town hall meeting held Wednesday at the Support Site theater. Topics discussed included the new restaurant on the Support Site, on-base trash and recycling pickup and the future of a Support Site dog park.

(Photo by MC1 (NAO) John Parker, NSA Naples Deputy Public Affairs Officer)

Area orientation: students PCSing to and from Naples

There are several parents planning to PCS this summer who have not yet notified the school. Please do so. If you wish to carry with you unofficial records and medical updates, notify the school's registrar—who is away on summer holiday July 2 through August 2—immediately.

In addition, if you wish to meet with any grade level counselors in August, each will meet with **NEW** parents/students beginning around August 19. Meetings with all returning parents/students will begin August 23.

Consult the schedule below to plan your appointment:

Counselor Mr. Carl Gray, Grades 7 and 8

New seventh-graders August 24

New eighth-graders August 26

Counselor Mr. Joseph Mee, Grades 10 and 11

New 11th-graders August 19

New 10th-graders August 20

All previous students August 23

All previous ninth- and 10th-graders August 24

Walk-ins only August 26

Counselor Ms. Celestia Riggs, Grades 9 and 12

July 7, 8, 21, 22, 28, 29 and August 4 and 5

New 12th-graders August 23

All previous ninth- and 12th-graders August 24

Ten steps to a federal job

By MC3 Kristopher Regan
Navy Public Affairs Support Element
East Detachment Europe

Finding employment can be stressful whether you are a retiring service member or a military spouse looking for a transferrable career. Federal jobs, which offer job security, benefits, and competitive pay, can be a rewarding place to start your search. However, navigating the federal job application process can feel like going through a labyrinth. To assist transitioning military members and spouses, Naval Support Activity Naples Fleet and Family Support Center (FFSC) offers a monthly class, 10 Steps to a Federal Job.

According to Master Sgt. Appollo Scroggins, a class participant, 10 Steps to a Federal Job gave him all the necessary knowledge to apply for a civil service position. "This class really helped me know what to expect when it comes time

to apply for a federal job," said Scroggins. "I'll be retiring from the military soon and want to have a job lined up, and this class is helping me out a lot."

During the class, FFSC offers tips on the entire process an applicant for a federal job goes through, from narrowing the job search down from over 40,000 available federal jobs to tips on acing interviews. This information is vital, particularly because 80% of federal jobs are not advertised, and computer programs searching for keywords reject most résumés. The class also gives applicants ideas about what to expect while applying, especially concerning the length of time the application requires. To get a response, it can sometimes take up to a year.

"The point of the class is to give people an understanding of what to expect while applying and not get overwhelmed or lost," says Melanie Brassfield, FFSC instructor. "It's

also very important that whoever applies for federal employment understands that there are certain ways of filling out the application which will increase your chances of getting the job."

The class touched upon some of the most important things to know while trying to gain federal employment. "Everything is important while applying, but some things need to have a little extra effort put into them," said Brassfield. "If I had to tell someone the most important thing, I would tell them it is a good résumé."

The next 10 Steps to Finding a Federal Job class will be offered Wednesday, July 7. In addition to the 10 Steps class, FFSC has many other programs for those looking to gain employment, including résumé writing, interviewing skills and one-on-one sessions with an FFSC representative. For more information, contact FFSC at 081-811-6372.

MORE INSIDE PAGE...

VOLUNTEERS NEEDED continued

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 nosetshop@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 naplesg@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 Rodriguez 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.

MEN'S BIBLE STUDY "THE EDGE" from 12-1 p.m. every Wednesday at JFC Naples in the NCCC, room 223. FMI, contact Ben Shevchuk, 347-971-8416.

RECEIVE DAILY REFLECTION an inspirational thought-for-the-day e-mailed throughout the work week. To receive Daily Reflection, e-mail Chaplain Charles Luff at charles.luff@eu.navy.mil.

MAINSTAGE ENTERTAINMENT for the performing arts. For more info., visit <http://www.naplesmainstage.org> or call 331-570-2879.

RED CROSS DISASTER ACTION TEAM: 081-568-4788.

NSA CHAPEL/USNH NAPLES MEDITATION GROUP, 7 p.m., Mondays (first-timers, arrive at 6:30 p.m.) Support Site side chapel (use side door under the clock tower). FMI, send an e-mail to bzzaragoza@yahoo.com.

WOMEN, INFANTS, CHILDREN (WIC) OVERSEAS PROGRAM offered at NSA Naples. Women who are pregnant, postpartum or have an infant or child under the age of five may qualify for the WIC Overseas a nutritional education program that provides supplemental foods. For more info., contact the WIC Overseas office at 081-811-4962/60.

FILIPINO-AMERICAN ASSOCIATION OF NAPLES, ITALY meets every 1st Sunday of the month at the SS Fellowship Hall at 12 p.m. FMI, contact John Tanedo at john.tanedo@eu.navy.mil or Phil Laroya at philip.laroya@med.navy.mil.

MONTHLY CHILD FIND SCREENINGS AT NES. Ongoing identification of children with special needs as part of Naples Child Find, which identifies children between the ages of three and five who may have developmental delays and may need special education and related services. If you are concerned about your child's motor, cognitive, speech, language and/or social-emotional development, call 081-811-4044 for an appointment.

ATTN MILITARY RETIREES AND SURVIVORS: Connect to the retired community through membership in the U.S. Military Retiree Association of Southern Italy (USMRA-SI). For info and an application, visit <http://usmra-si.tripod.com> or call 329-208-7315.

SPOT A STRAY OR LOST PET? Contact Emergency Dispatch Center, 081-568-5638/39.

Reel Times cinema

Friday, July 2
Noon The Karate Kid, PG
3 p.m. Grown Ups, PG-13
Premiere Showing
4 p.m. Toy Story 3, G
5:45 p.m. Letters to Juliet, PG
Premiere Showing
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

Saturday, July 3
Noon Just Wright, PG
1:30 p.m. Toy Story 3, G
3 p.m. The Karate Kid, PG
5 p.m. Toy Story 3, G
6 p.m. Iron Man 2, PG-13
8:30 p.m. The A-Team, PG-13
9 p.m. Knight and Day, PG-13

Sunday, July 4
Noon The Karate Kid, PG
3 p.m. The Back Up Plan, PG-13
3:30 p.m. Furry Vengeance, PG
5:30 p.m. Toy Story 3, G
6 p.m. The A-Team, PG-13
8:30 p.m. Robin Hood, PG-13
9 p.m. Grown Ups, PG-13

Monday, July 5
HOLIDAY MOVIE HOURS
Noon Toy Story 3, G
3 p.m. Letters to Juliet, PG
3:30 p.m. The A-Team, PG-13
5:30 p.m. The Karate Kid, PG
6 p.m. Furry Vengeance, PG
8:30 p.m. Grown Ups, PG-13
9 p.m. Knight and Day, PG-13

Tuesday, July 6
4 p.m. Letters to Juliet, PG
5:45 p.m. The Losers, PG-13
8 p.m. Knight and Day, PG-13
9 p.m. Grown Ups, PG-13

Wednesday, July 7
Noon Just Wright, PG
3 p.m. Furry Vengeance, PG
5:30 p.m. Letters to Juliet, PG
6 p.m. The Karate Kid, PG
8:30 p.m. The Back Up Plan, PG-13
Last Showing
9 p.m. Grown Ups, PG-13

Thursday, July 8
Noon Toy Story 3, G
3 p.m. Furry Vengeance, PG
4:15 p.m. Just Wright, PG
5:30 p.m. The Karate Kid, PG
6:30 p.m. The A-Team, PG-13
8:30 p.m. The Losers, PG-13
Last Showing
9:15 p.m. A Nightmare on Elm Street, R

Friday, July 9
Noon Shrek Forever After, PG
3 p.m. Twilight Saga: Eclipse PG-13, *Premiere Showing*
4 p.m. Letters to Juliet, PG
5:45 p.m. Twilight Saga: Eclipse PG-13
6:45 p.m. Toy Story 3, G
8:30 p.m. Twilight Saga: Eclipse PG-13
9 p.m. MacGruber, R, 21 Plus Movie, *Premiere Showing*

Reel Time
Capodichino
Friday, July 2
7 p.m.: The Karate Kid, PG
Sunday, July 4
2:30 p.m.: NO MOVIE. Enjoy Independence Day celebration!

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

USO DAILY TOURS

3 July Best of the region (Pompeii & Sorrento) €38
4 July Mini Cruise of the Amalfi Coast €60
7 July Herculaneum and Mount Vesuvius €32
9 July Sorrento, Vietri and the Emerald Grotto €42

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

TWILIGHT SAGA: ECLIPSE, PG-13 for intense sequences of action and violence, and some sensuality. Drama, Romance, Thriller, Adaptation, Sequel and Teen, 124 min. Cast: Kristen Stewart, Robert Pattinson, Taylor Lautner, Xavier Samuel, Bryce Dallas Howard. First Run Over Seas in Theaters (FROST). In "Eclipse," Bella once again finds herself surrounded by danger as Seattle is ravaged by a string of mysterious killings and a malicious vampire continues her quest for revenge. In the midst of it all, she is forced to choose between her love for Edward and her friendship with Jacob—knowing that her decision has the potential to ignite the ageless struggle between vampire and werewolf. With her graduation quickly approaching, Bella is confronted with the most important decision of her life.

MACGRUBER, R, for strong crude and sexual content, violence, language and some nudity. Action/Adventure, Comedy and Adaptation, 95 min. Cast: Will Forte, Kristen Wiig, Val Kilmer, Ryan Phillippe, Rhys Coiro. Only one American hero has earned the rank of Green Beret, Navy SEAL and Army Ranger. Just one operative has been awarded 16 Purple Hearts, three Congressional Medals of Honor and seven Presidential Medals of Freedom. And only one guy is man enough to still sport a mullet. In the 10 years since his fiancée was killed, special op MacGruber has sworn off a life of fighting crime with his bare hands. But when he learns that his country needs him to find a nuclear warhead that's been stolen by his sworn enemy, Dieter, MacGruber figures he's the only one tough enough for the job. Assembling an elite team of experts—Lt. Dixon Piper and Vicki St. Elmo—MacGruber will navigate an army of assassins to hunt down Cunth and bring him to justice. His methods may be unorthodox. His crime scenes may get messy. But if you want the world saved right, you call in MacGruber.

SHREK FOREVER AFTER, PG for mild action, some rude humor and brief language. Kids/Family, Animation and Sequel, 93 min. Cast: Mike Myers, Eddie Murphy, Cameron Diaz, Antonio Banderas, Jon Hamm. First Run Over Seas in Theaters (FROST). After challenging an evil dragon, rescuing a beautiful princess and saving your in-laws' kingdom, what's an ogre to do? Well, if you're Shrek, you suddenly wind up a domesticated family man. Instead of scaring villagers away like he used to, a reluctant Shrek now agrees to autograph pitch forks. What's happened to this ogre's roar? Longing for the days when he felt like a "real ogre," Shrek is duped into signing a pact with the smooth-talking dealmaker, Rumpelstiltskin. Shrek suddenly finds himself in a twisted, alternate version of Far Far Away, where ogres are hunted, Rumpelstiltskin is king and Shrek and Fiona have never met. Now, it's up to Shrek to undo all he's done in the hopes of saving his friends, restoring his world and reclaiming his one true love.

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.

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.

ROBIN HOOD, PG-13 for violence including intense sequences of warfare, and some sexual content. Action/Adventure, Adaptation and Drama, 148 min. First Run Over Seas in Theaters (FROST). Cast: Russell Crowe, Cate Blanchett, William Hurt, Mark Strong, Mark Addy. Director Ridley Scott and actor Russell Crowe reunite for their fifth big screen outing, a retelling of the Robin Hood legend featuring the "Gladiator" star in the titular role. A bowman in the army of Richard Coeur de Lion, virtuous rogue Robin Hood rises from an unlikely background to become a hero to the impoverished people of Nottingham and lover to the beautiful Lady Marion (Cate Blanchett). Cyrus Voris, Ethan Reiff, and Brian Helgeland collaborate on the screenplay for a costume adventure produced by Brian Grazer.

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 Amalfi Coast town of Ravello is famous for its summer arts festival.

Madness in Ravello

By Panorama Staff

Listen to world-famous musicians performing concerts in the sky, overlooking the breathtaking Amalfi coast in Villa Rufolo. This year, the Ravello Summer Festival will be hosting three major musical events exploring the theme of “la follia,” or madness. The Festival was founded in 1953 as an annual celebration of music and the arts in Ravello. It began as a way to promote tourism following the Second World War, commemorating an 1880 visit by German composer Richard Wagner, who was inspired by the beauty of Villa Rufolo he was moved to write the second act of his final opera “Parsifal.”

Although the festival originally showcased Wagner’s music, it has since become a two-month-long staging of an impressive variety of world-renowned music and

musicians, including highlights like violinist Uto Ughi, the Santa Cecilia Academy’s National Orchestra and celebrated jazz pianist Stefano Bollani. The festival features everything from orchestras to jazz musicians, dancers to photographic exhibits, and chamber groups to discussion groups.

On three dates in July and August, indulge in la dolce vita—a world-class concert on a stage in the open air. Tickets from the ITT office run from €113 to €123 and include transportation, dinner and concert tickets. Enjoy a view so beautiful that Wagner described it by exclaiming, “Here is the enchanted garden of Klingsor,” a line in his opera, “Parsifal.” “Parsifal,” coincidentally, is included in the concert series’ impressive roster. The first concert takes place Friday, July 9. Contact ITT Capo (081-526-4488) or ITT Support Site (081-811-7906) for more information about this unforgettable event.



Enjoy open air concerts on a cliff overlooking the Mediterranean Sea. ITT offers several trips this summer.

School Age Care program awarded accreditation

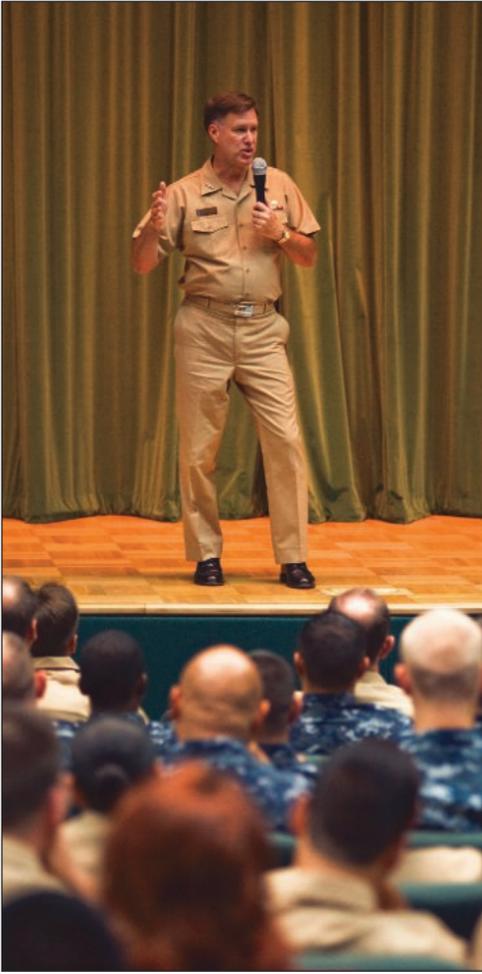
By Cathy Knapp

Naval Support Activity (NSA) Naples’ School Age Care (SAC) program was recently awarded accreditation by the Council on Accreditation (COA). The accreditation process took program staff over nine months to prepare for and will be a standard to guide SAC for the next four years of accreditation.

COA accreditation is an objective and reliable verification that provides confidence and support to an after school program’s children and youth, parents, staff and community partners. The accreditation process involves a detailed review and analysis of both a program’s administrative operations and its service delivery practices. These are measured against national standards of best practice. These standards emphasize services that are accessible, appropriate, culturally responsive, evidence based and outcome oriented. In addition, the standards confirm that the services are provided by a skilled and supported workforce and that all individuals are treated with dignity and respect.

The School Age Care program is a component of the Morale, Welfare and Recreation Department’s Child and Youth Programs branch and is very happy to share this exciting news with SAC children and parents and the NSA Naples community. It is a wonderful achievement to be recognized as part of COA’s Community of Excellence.

Chief of Naval Personnel visits 6th Fleet



By MC2 (AW) William Pittman
Commander, U.S. Naval Forces Europe-
Commander, U.S. Naval Forces
Africa/Commander, U.S. 6th Fleet Public Affairs

Vice Adm. Mark Ferguson, chief of naval personnel, visited civilian and military personnel at Commander, U.S. Naval Forces Europe-Africa/Commander, U.S. 6th Fleet (CNE-CNA/C6F) headquarters at Naval Support Activity, Capodichino, June 29.

During his visit, Ferguson held an all hands call for CNE-CNA/C6F personnel, where he fielded questions about manpower and personnel issues, gave an interview to American Forces Network, Naples and talked with several leaders in

the officer and enlisted communities.

"It's a great pleasure for me to be here," said Ferguson. "It's one of the most important things I do, traveling through the fleet to understand the issues that [all service members] are dealing with in terms of housing, child care and the various issues that are related to Europe."

During the all hands call, one of the main issues Ferguson discussed was the available resources for Sailors' families, in cases such as a service member's deployment or permanent change of duty station. "Sailors are more ready to deploy and are more able to fulfill their mission when they know their families are being taken care of," said Ferguson.

Military One-Source online is one of several resources available to service members and their families, explained Ferguson. Service members can either go online or call a toll-free number to speak to a specialist. Specialists for every service are available to assist military members and their families.

Another issue Ferguson discussed was suicide prevention in the Navy and what sailors can do if they spot signs of depression in shipmates.

"What we ask sailors to do is to be alert for [signs of possible suicide] in their shipmates," said Ferguson. "[For example], if the individual just ended a relationship, if they're under stress at work or at home, if they appear isolated or withdrawn from their shipmates, they could be at risk. [The method] we use is the acronym ACT: Ask, care, treat."

Ferguson added that additional suicide prevention resources are available including chaplains, medical providers, social workers and counselors and the sailor's leadership.

"[Ferguson's] visit to Naples is vital to the personnel here because his visit shows that the Navy is being proactive with everybody's concerns," said Master Chief Phillip Nafus, force medical independent corpsman with CNE-CNA/C6F. "The service members here now know that their questions are making it to the top and the leadership is taking a vested interest with their concerns."

As the 55th chief of naval personnel, Ferguson is responsible for the planning and programming of all manpower, personnel, training and education resources for the U.S. Navy.

Left: Chief of Naval Personnel, Vice Adm. Mark Ferguson, addresses military members and civilians from various Naples area commands during an all hands call at Naval Support Activity Naples June 29. Ferguson's visit to Naples is part of a multi-installation visit to the Europe, Africa, Southwest Asia Region. (U.S. Navy photo by MC2 (SW/AW) Marc Rockwell-Pate)

Foreign nationals tour USS Mount Whitney



Capt. Karl Thomas, commanding officer of USS Mount Whitney (LCC/JCC 20), greets Capt. Rimants Strimaitis, commander of the Latvian navy, aboard Mount Whitney after official honors were rendered. Strimaitis and other foreign nationals received a guided tour of the ship, followed by lunch, on the last day of the four-day port visit in Ventspils, Latvia. Mount Whitney is currently on its scheduled deployment. She is homeported in Gaeta, Italy and operates with a hybrid crew of U.S. Sailors and Military Sealift Command civil service mariners.



Capt. Karl Thomas, commanding officer (middle) of USS Mount Whitney (LCC/JCC 20), explains the various types of antennas and their functions to Capt. Rimants Strimaitis, commander of the Latvian navy (right) and Ventspils City Council, Aldis Abele (left) during a guided-tour aboard Mount Whitney. (U.S. Navy photo by MC2 (SW) Sylvia Nealy)

NCO of the Semester

Photo by Master Chief Petty Officer A. Di Chiara, Italian navy

Chief Petty Officer of the Royal Navy David Garraghty was selected as NCO (Non-commissioned Officer) of the Semester by Vice Adm. Maurizio Gemignani, allied maritime commander Naples. He is the third NCO to receive this award since the program was established in January 2009.



Vice Adm. Maurizio Gemignani (left), allied maritime commander Naples, recognizes Chief Petty Officer of the Royal Navy David Garraghty (right) as the NCO of the Semester.

Garraghty has served at the Headquarters of the Maritime Command Naples since February 2008 in the communication and information division as the staff assistant. He is also responsible for the installation of the NATO communication system onboard non-NATO ships.

Vice Adm. Gemignani congratulated Garraghty on his achievement and added, "You have been a dedicated, loyal and utterly professional senior rate who has proven leadership abilities, which combined with your significant professional and communication skills, marks you as an impressive and highly polished senior NCO. You are a great example to all who work with you and thoroughly deserving of this recognition."

Determination of the award was based on sustained superior performance, self-improvement and personal attitude toward a multi-service and multi-national assignment. The award is presented semi-annually to recognize outstanding military service from all eligible NATO personnel.

Traveling with children

By Panorama Staff

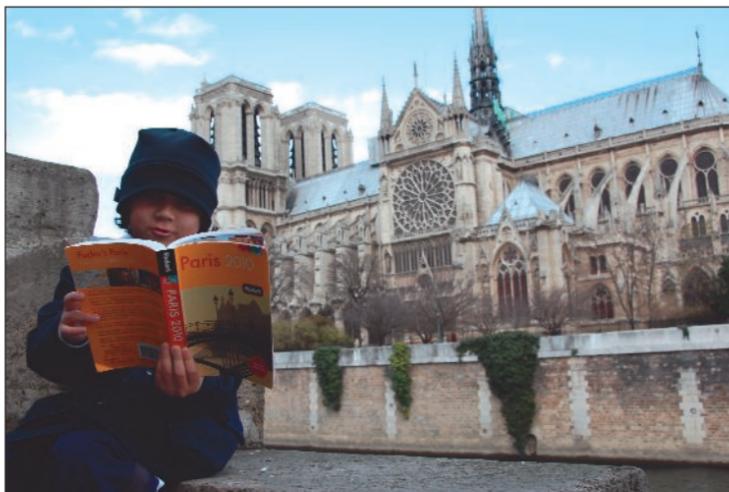
Traveling with children at any age can be difficult. What starts as a fun family vacation can end in disaster when your youngest keeps crying. However, traveling with your family can also be a fun and rewarding experience. Here are some tips to help keep boredom at bay:

Include age appropriate information! While you may be impressed to learn Verona's coliseum is one of the best-preserved in the world, your children may not be as interested. Instead, telling them about the gladiators who fought in the pit or the popular musician who performed there last week could help catch their interest.

Keep them occupied! It may be hard to focus on your favorite artist's brushstrokes when you're listening to whines of "Are you almost done?" and "When are we leaving?" An iPod or PSP may help give you some peace and quiet to enjoy the art. Buying or introducing a brand-new toy can also keep the youngest kids occupied, and can even be used to draw them into what you're looking at (for example, a toy crown when visiting the crown jewels in London, or a toy sword at the Coliseum).

Pack snacks! Trekking from your hotel to a major landmark is enough to make anyone tired, but it's especially hard on little legs. A healthy snack, like a granola bar or a piece of fruit, can help keep kids' stamina up and the whining down. Packing snacks also means you won't have to stop at a restaurant or café every time someone gets hungry.

Engage them! A fun way to help your kids learn about a new place or a different time is to round up some books on several relevant topics; allow each child to become an "expert" on his or her favorite topic. The children will be able to educate each other and you about a variety of topics. For the youngest, make games out of climbing steps ("I'll race you to the top" or "let's rescue the princess") or looking at paintings ("count how



Engage kids! Ask them to become experts on a topic and teach you about it. (Photo by MC1 (NAO) John Parker, NSA Naples Deputy Public Affairs Officer)

many people have their eyes closed" or "find me the biggest painting in the room").

Above all: be patient. Traveling with children may have its share of frustrations and disappointments, but seeing their little eyes light up when a piece of great art or history captures their imagination is worth innumerable hours of carrying a sleeping toddler up and down steps in the hot Mediterranean sun.

Here are some kid-friendly destinations in the area:

The Museo di Capodimonte is a fantastic place to try out these tips. Located in a Bourbon palazzo in Naples, it is filled with notable Italian art and Ancient Roman sculptures. Surrounding it is also a sprawling park for you and your children to let loose after an art-filled day. The museum is open six days a week from 8:30 am to 7:30 pm and is closed on Wednesdays. Tickets are €7.50, but a discount is offered if you pre-book. GPS coordinates are 40°52 01.22 N 14°15 01.92 E.

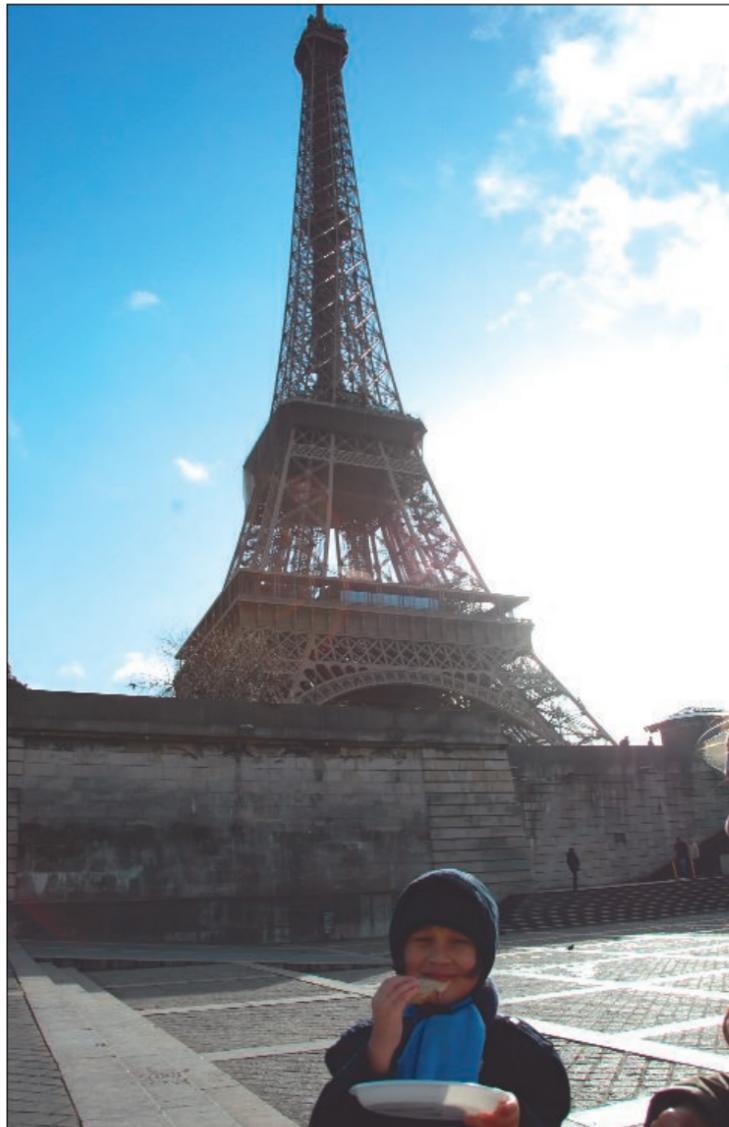


Keep children occupied! Introduce a new toy from the site you are visiting. (Photo by MC1 (NAO) John Parker, NSA Naples Deputy Public Affairs Officer)

The Mostra d'Oltremare is a large venue boasting a concert hall, play park, Olympic-sized pool, 28 fountains, archeological ruins and much more. It is located at 52 Piazzale Tecchio 80125 and can be accessed easily via the Campi Flegrei metro station.

Edenlandia is another exciting destination for children. It has multiple rides, two castles and a pirate ship. Its schedule varies, but is generally open from 5 p.m.–12 a.m. on weekdays, 10:30 a.m. to 12 a.m. on Saturdays and is closed on Sundays. Tickets are €3 per person and it's located at Viale Kennedy 76, Fuorigrotta.

Villa Comunale is an old city waterfront park with lots of shady trees and fountains along Riviera Chiaia in downtown Naples. There's a large playground and plenty of open space to stretch those little stroller-wearers legs, and the aquarium there can be fascinating. Relaxing at this park can be a great break after touring the nearby Castel dell'Ovo.



Pack snacks! Feeding children local cuisine can expose them to different cultures and keep their mood and energy up. (Photo by MC1 (NAO) John Parker, NSA Naples Deputy Public Affairs Officer)



Above all, be patient. All these new sights and sounds can be overwhelming. (Photo by Lt. Matt Gill)