

# 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. 31

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, AUGUST 6, 2010



## “Panorama” takes a two-week pause

No paper August 13 and 20  
“Panorama” returns August 27

## 2010 National Night Out

Naval Support Activity (NSA) Naples hosted the 2010 National Night Out at the Support Site August 3. In the north park and soccer fields, hundreds of volunteers from a variety of NSA Naples community organizations manned booths and participated in demonstrations dedicated to safety awareness. The air was buzzing with excitement while both children and adults learned self defense tips, played games, won prizes and just had fun.

Every year, National Night Out educates the community about crime prevention and the emergency services are available to them. It is also a chance for people to meet their fellow neighbors and to foster the spirit of a community unified against crime.



Lluther, a military working dog, demonstrates his take-down moves on MA2 Bohannon during National Night Out. (Photo by MC1 (EXW/AW) Terry Vick, NPASE-E Det. Europe)

(left) The Polizia Di Stato generously lend their Lamborghinis in support of National Night Out. (Photo by MC1 (NAO) John Parker, NSA Naples Deputy PAO)

## DOD's 'Don't Ask Don't Tell' policy review working group comes to Naples

The Comprehensive Review Working Group is conducting a series of meetings in Naples August 16. The purpose of these meetings is to provide information and gather input from military members and their spouses in order to assess the implications for repeal of the policy concerning homosexuality in the armed forces, commonly referred to as the 'Don't Ask, Don't Tell' policy.

Military spouses in the greater Naples, Italy region are highly encouraged to attend the Evening Family Focus Group meeting being held August 16 in the Gricignano Support Site theater at 5:30 p.m. Active duty members will attend one of three meetings held at the Capodichino Reel Time Theater August 16 at 8 a.m., 9:30 a.m. and 11 a.m.

Stay tuned to the Naval Support Activity Naples and the U.S. Naval Forces Europe Facebook pages for updates: <http://www.facebook.com/USNavalForcesEuropeAfrica> and [http://www.facebook.com/home.php#!/pages/Naples-Italy/US-Naval-Support-Activity-Naples-Italy/169807408707?ref=ts&\\_a=7&ajaxpipe=1](http://www.facebook.com/home.php#!/pages/Naples-Italy/US-Naval-Support-Activity-Naples-Italy/169807408707?ref=ts&_a=7&ajaxpipe=1).



Children patiently wait in line for their turn in the fire dog bounce house. (Photo by MC1 (EXW/AW) Terry Vick, NPASE-E Det. Europe)



GM1 (SW/SCW) Jason Matthews and GM2 (SW) Anthony Rodriguez display weapons used by the NSA Naples Security department. (Photo by MC1 (EXW/AW) Terry Vick, NPASE-E Det. Europe)

## New Support Site restaurant opens!

Bambusa, the new Support Site restaurant, opens Friday, August 13. The menu will feature American-style cuisine with burgers, sandwiches, steaks, salads, a kid's menu, brunch and more. The hours will be Monday through Thursday from 11 a.m. to 10 p.m., Friday 11 a.m. to midnight, Saturday 8 a.m. to midnight, Sunday 8 a.m. to 10 p.m.



### Events around town this weekend

- 6-8 – Enjoy food and concerts during “Flegrean Festival of the Sea” in Acquamorta, near Monte di Procida.
- 7-10 – Visit Agerola during the 30th annual “Fiordilatte Agerolese,” a festival where the local flavors—especially the fiordilatte cheese—and culture are celebrated.
- Through 8 – Escape the summer heat with some

delicious seafood and musical performances during “Le Giornate del Pesce Azzurro” on the Amalfi Coast in Cetara.

8-13 – Jazz in Laurino combines performance and education in the eighth edition of this international jazz and creative music festival in Laurino, a hamlet in Cilento National Park.

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

### Naples' weekend forecast



**FRIDAY**  
High 75  
Low 68  
PARTLY CLOUDY



**SATURDAY**  
High 75  
Low 68  
PARTLY CLOUDY



**SUNDAY**  
High 79  
Low 70  
SUNNY

# Captain's Corner

By Capt. Robert Rabuse  
NSA Naples Commanding Officer



I want to thank the National Night Out volunteer organization, comprised primarily of NSA Security sailors, MAs, chiefs and civilians, for their efforts dedicated to make last Tuesday's event a class act. As always, the Security Department continues to shine during community gatherings and works tremendously hard to bring us the many fantastic events we enjoy throughout the year!

The Naples area commands, community organizations and volunteers really went all out to make the 2010 National Night Out one of the best events in our NSA Naples community. I know many people put a lot of time into ensuring it was a HUGE success. This was a community event designed to strengthen our neighborhood spirit and work toward our goal for a safe community.

We were truly privileged to have so many of the Italian community and law enforcement agencies join us for the evening: the Questore of Caserta, along with Polizia Di Stato, Carabinieri, Esercito Italiano and Guardia di Finanza personnel who brought along their gear, including a Lamborghini and a helicopter. These are the organizations and units that provide local response to our personnel when the need arises and we enjoy a great working relationship with them.

August means vacation time for many in our host country; please be patient with fewer regular services. SPONSORS take care of your incoming personnel. Take them out to Carney Park and give them a personal tour of all of our facilities. Who knows, you may find something new, too! We are halfway through the busiest block of PCS season, so let's make the transition as easy as possible for our new personnel. Remember, we have limited childcare at CDC for those going through AO-ICR. Speaking of sponsorship, FFSC is conducting its next Sponsorship Training August 19.

We are still in the critical days of summer, so I want you to remain vigilant and be mindful of your safety and the safety of those around you. Whether you are barbecuing, riding a motorcycle or taking a road trip, remember to exercise common sense and enjoy your summer without a mishap. Designate a driver when enjoying the many wine tastings! Don't forget, alcohol affects many other summer activities, so plan accordingly!

If you live on the economy, the Support Site and Capodichino are not your refuse dumps. Please do not think it's OK to dump your trash near the industrial collection points by the NEX, Navy Lodge or the veterinary clinic behind the fire house either. It's not. For base residents, I need your help to keep our community clean by reducing our garbage and properly recycling. Remember, it is not enough to just simply throw away your trash—sort recyclables properly and crush/compact everything before depositing at the collection points. There is more information on our new central recycling collection points in Base Notes.

Fall Youth Sports will be upon us very quickly and YOU make it happen for our youth! MWR needs coaches, officials, assistants and of course, players. See the CYP Support Site SAC office for more information and sign-ups. High school x-country, football, and marching band start August 23.

*Buona estate e buone vacanze!*

# Base Notes

From Panorama staff reports

## First annual Animals Without Limits bbq fundraiser August 13

Everyone is invited to Hotel Agora in Lago Patria for a barbecue to raise money for Animals Without Limits, an international non-profit volunteer-operated organization dedicated to assisting animals and children in crisis situations. Food, raffle drawings, free massages, special appearances by beloved Disney characters and wine tasting are just some of the highlights of the event. For more information, call 081-334-0594.

## Naples High School football

Equipment distribution and paper work/registration days will be Thursday and Friday, August 19 and 20 from 9 a.m. to noon at the Naples High School practice field. Regular season practice will begin Monday, August 23 at 8 a.m. at the Naples High School practice field. If you have any questions, please contact Coach Lambertson at Dirk.lambertson@eu.dodea.edu.

## UMUC Europe offers new Cybersecurity program

This fall, UMUC is offering a new B.S. degree in cybersecurity. This program is designed to provide the practical and theoretical training needed to fill the thousands of new positions projected to open in both the public and private sectors. The bachelor's degree will prepare students to be leaders in the techniques, policies, operational procedures and technologies that secure and defend the integrity, authentication and confidentiality of information and information systems. More information on the UMUC bachelor's degree in cybersecurity can be found at [www.ed.umuc.edu/cybersecurity](http://www.ed.umuc.edu/cybersecurity).

## USMC Family Readiness officer

All local marines, senior leaders and other military personnel should be aware that the USMC Family Readiness officer (FRO) is Ligia Steers. You can contact her by e-mail at [ligia.steers@mfe.usmc.mil](mailto:ligia.steers@mfe.usmc.mil) or by phone at DSN

431-2014. You can also visit her website at [www.stuttgart.army.mil/sites/marine\\_fro/index.htm](http://www.stuttgart.army.mil/sites/marine_fro/index.htm).

## USO Newcomers special: "Naples by Night" tour August 6 and 20

New to the city of Naples? Not sure how to get downtown? Stop by the USO office and sign up for this great tour! Join the USO tonight to experience the "true essence of bella Napoli"! Explore the very heart of the city center, see all the best sights and discover the famous shopping district. Your group leader will take you to see the famous Piazza Plebiscito, the Castel Nuovo, the Royal Palace, the San Carlo Opera House and the Galleria Umberto. During the tour, you will have time at leisure to enjoy shopping and to have a typical Neapolitan meal! We recommend trying the delicious sfogliatella and the pizza margherita, a famous Neapolitan tradition. It's only €5!

## Join us at 'Survivor Girl Scout Style'

This event is for returning Girl Scouts and new girls, too. If you are interested in joining, come check us out. The event will take place August 15 at the Support Site Central Park. Registration will begin at 2:30 p.m. and the ceremony and activities will start at 3:30 p.m. Stick around for the fun pool activities afterward.

## New Support Site recycling program to improve QOL

As of August 9, ALL current recycle points at Support Site will be closed. Residents are now asked to bring recyclables to one of the two NEW recyclable collection centers located in the school's parking lot and north park area. These areas will be open and accessible Monday-Friday, 6:30-9:30 a.m. and 4-6 p.m. Saturday 8-10 a.m. There will be two containers: one for mixed plastics and aluminum; the other for paper and cardboard. Please bring items in transparent bags. Again, please do not attempt to deposit recyclables at the old collection points

as they will NOT be picked up and the piles will continue to grow. If we all actively participate in recycling at the new collection centers, then less recyclables will be going out with the regular trash. This translates to a smaller volume of trash for the strained commune to collect. Please help make this operation a success so that we can all enjoy a better quality of life.

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# Panorama

Associato all'USPI  
Unione Stampa Periodica Italiana

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*Panorama* is published weekly on Friday by Stampa Generale S.r.l. Sig. Bruno Brandi, Publisher, Naval Support Activity, Capodichino (Naples), Italy - Tel. 081-568-7884, Fax 081-568-7887. E-mail: [stampagenerale@tin.it](mailto:stampagenerale@tin.it) - Autorizzazione Tribunale di Napoli No. 3404 del 3.4.1985. Direttore Responsabile: Bruno Brandi. Stampa: Europrint Sud S.r.l., Ferentino (Fr); Fotocomposizione: Stampa Generale S.r.l. - Tel. 081-568-7884. Stampa Generale is a private firm in no way connected with the U. S. Navy under exclusive written contract with the U. S. Navy. The editorial content is edited, prepared and provided by the Public Affairs Office of the Naval Support Activity, Naples, Italy. All news and feature articles and announcements submitted to *Panorama* are subject to editing to conform with contemporary standards of journalistic objectivity, clarity and relevance. We welcome any contributions, suggestions or comments dealing with community issues. Submissions for publication in *Panorama* will be accepted on the basis of newsworthiness, timeliness and space available. All copy must be submitted in Microsoft Word format in an e-mail to the editor at: [naplespanorama@eu.navy.mil](mailto:naplespanorama@eu.navy.mil). Each submission must include the name and telephone number of the author. DEADLINE FOR ALL COPY AND PHOTOS IS AT CLOSE OF BUSINESS FRIDAY PRIOR TO PUBLICATION DATE.

## UMUC AT NAPLES CELEBRATES 60<sup>TH</sup> ANNIVERSARY

By MC2 (SW/AW) Felicito Rustique,  
Navy Public Affairs Support Element -  
East Detachment Europe

The University of Maryland University College (UMUC) Europe's Naples field office will host a free lunchtime celebration for the entire Naval Support Activity Naples community today, August 6 at the Support Site Central Park from 10 a.m. to 3 p.m. The celebration, held on the same day by UMUC field offices throughout Europe and the Middle East, commemorates 60 years of

UMUC service overseas.

Food and drinks, t-shirts and prizes, games for kids and students versus staff competitions, as well as a cake-cutting ceremony at noon, are some of the highlights. There will also be a tent for students to swap or sell used textbooks.

Kari Yahr, a UMUC Naples field representative, said she believes the lunchtime celebration will be a success. "I expect a huge turnout," she said. "This is a good opportunity for interested people to come out and see what UMUC is all about."

Yahr also mentioned that prospective students can even meet with UMUC field reps at the celebration and register for classes.

UMUC senior field representative Michael Beasley explained why he feels having the UMUC celebration is important. "In essence, we've been here for 60 years, and now this is a way for us to not only make the community aware of UMUC, but also give back and say thank you," Beasley said. "Because without the community's assistance we wouldn't be here."

## Italian News Briefs

Compiled by Teresa Merola

### Dolphins in the Bay of Naples

A large pod of dolphins was spotted August 2 in the Marine Park of Punta Campanella, off the coast of Sorrento. At least 30 dolphins were seen by the park's staff during routine monitoring operations. They became an attraction for many tourists in the area. The president of the Marine Park, David Gargiulo, said it wasn't the first time the dolphins had crossed the water of Punta Campanella park, showing how the sea water and biodiversity had reached optimal quality levels again.

### Monte Cristo open for business

The Italian island that inspired Alexandre Dumas' novel "The Count of Monte Cristo" is part of the Tuscan Archipelago National Park. It's a refuge for migrant birds and a home to many rare plants and animals. It was made a nature reserve in 1971, and since then it has been difficult for tourists to visit its white beaches, turquoise coastal waters and pink-grey granite. Most of the other nature reserves in Italy are facing a 50 percent budget cut as part of a package of austerity measures approved by the Italian parliament last week. The park will lose more than €3 million. Two years ago, it was announced that up to 2,000 people a year could visit the natural history museum on the island and another 1,000 people were admitted on guided tours, but it was very difficult to obtain permits. The environmental minister, Stefania Prestigiacomo, announced recently that visitors this year could pay €50 per person to visit the island. This announcement raised fears that if access is limited only by the price of a ticket, the number of visitors will soar and park authorities will struggle to hire sufficient guides. The only inhabitants on the island are a lighthouse keeper, his family and a couple of forestry guards.

### Prisoners clean up Rome's most famous sites

Archeological sites in Rome will be cleaned up by five prisoners from August through December. The areas assigned to them include Teatro di Marcello and the Roman Forum. This initiative came from an accord between the Department of Prisons, the Municipal Culture Department and the Municipal Sanitation Service. Prisoners had to qualify to receive permission to work outside

their prisons. They will earn €7.50 an hour for working three hours a day, five days a week, for a total of €16,200.

### Campania has most obese children and teens

It comes as no surprise Italy's Miss Chubby trophy went to a Neapolitan, who weighed 374 pounds (170 kilograms). According to the World Society of Obesity Surgery, 25 percent of obese children and teenagers live in the Campania region. Obesity is a problem that needs to be addressed from an early age with healthy food education in schools. Children eat too many snacks and at lunch they only eat pasta and bread. Vegetables are unknown to most of them. The difficult relationship children and vegetables often have isn't helped by parents who don't practice what they preach. A three-year food education program in elementary and middle schools throughout Italy showed parents encouraged children to eat more fruits and vegetables, but then served their children bread, pasta and pizza. A survey distributed to 1,500 children in Campania showed that 63 percent of children considered fried potatoes to be a vegetable. Italy is still far away from serving the five daily portions of fruits and vegetables, as recommended by the international program of nutrition.

### La Giostra festival this weekend

A medieval festival called "La Giostra" will take place at Castello del Matese until August 8. It is one of the most beautiful and popular events of the Regional Park of Matese, in the Caserta province. All the people of the small town parade with costumes, flags and emblems. The tournament has been organized by the Cultural Cluvia Association. To get more info, go to <http://www.la-giostra.it/>.

### 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 AudioHealth Library has over 450 topics to choose from, for practical, easy-to-understand information on a variety of health topics. Call 800-877-660.

## THE INSIDE PAGE...

### AUGUST FFSC EVENTS

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

- 9, 16 and 23 **LOVE AND LOGIC FOR PARENTS** (11 a.m.-1 p.m.) An introduction to parenting. Come to one or all classes, and bring your lunch.
- 9 **TEN STEPS TO A FEDERAL JOB** (9:30-11:30 a.m.) Improve your chances of landing a federal position by preparing the right resumé format, applying correctly and targeting the correct job title and grade.
- 10 **DEVELOPING YOUR SPENDING PLAN** (9-11 a.m.) Establish a personal or family spending plan.
- 10 **SMOOTH MOVE** (8 a.m.-12:30 p.m.) Don't let your upcoming transfer catch you off guard, start planning today.
- 10 **EXPLORING POZZUOLI** (8 a.m.-2:30 p.m.) A tour of the port where you can catch ferries to the islands of Ischia and Procida. Departs from JFC.
- 10 **STRESS MANAGEMENT** (8:30-11:30 a.m.) Designed to help you understand what stress is, recognize various responses to stress and learn valuable tools and techniques to effectively manage stress. In the Support Site's Fit Forum.
- 11 **RESUME WRITING** (9-11:30 a.m.) Learn how to prepare federally formatted and privately formatted resúmes.
- 12 **CREDIT/DEBT MANAGEMENT** (9-11 a.m.) Learn valuable information on establishing a credit history, choosing and using credit cards and consumer installment loans, your debt to income ratio and your credit report, and much more.
- 12 **S.A.P.R. (SEXUAL ASSAULT PREVENTION RESPONSE)** (1-2 p.m.) Victim advocate refresher training.
- 16 **EMPLOYMENT OPPORTUNITIES IN NAPLES** (11 a.m.-1 p.m.) Provides spouses information on where local jobs are posted, how to apply for them and military spouse preference.

### AUGUST

- 6 **60TH BIRTHDAY OF UNIVERSITY OF MARYLAND 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](mailto:naplesvbs10@yahoo.com) or 081-811-4617/4600.
- 19 **MONTHLY BABY BASICS**, 9 a.m. to noon, offered by NMCRS 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 and bathing); feeding, crying and comforting; health and safety, etc. Contact NCMRS for registration and information at 081-568-3913.

### VOLUNTEERS NEEDED

- NAPLES COMMUNITY GIRL SCOUTS NEEDS LEADERS AND CO-LEADERS.** FMI or to volunteer, contact Staci Gelb at 081-811-5038 or [naplesgs@yahoo.com](mailto:naplesgs@yahoo.com).
- 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 [franossinnaples@gmail.com](mailto:franossinnaples@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](mailto:joy.cassieleach@eu.navy.mil) or Lt. Ebony Ferguson at [ebony.ferguson@med.navy.mil](mailto: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](mailto: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 [breesecybernet.it](mailto:breesecybernet.it).
- NAPLES AMERICAN RED CROSS (ARC) NEEDS VOLUNTEER INSTRUCTORS.** The Fundamentals of Instructor Training (F.I.T.) is a prerequisite course to the Instructor Training course. FMI or to sign up, contact the office at 081-568-4788.
- 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](mailto: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.naples-friendsofanimals.org> or e-mail [nfoa.publicaffairs@gmail.com](mailto: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](mailto:nosctshop@gmail.com) or call 081-811-4200.

### ONGOING/ON THE HORIZON

- NAPLES CHRISTIAN HOMESCHOOL ASSOCIATION** meets regularly to support families on their homeschooling journey. FMI contact Susan Van Cleave at 081- 509-6504 or [sdwvanclleave@msn.com](mailto:sdwvanclleave@msn.com).

More "Inside Page" on Page 5

## Safety Tip

### Use sun sense

Too much sun while working or playing outdoors can cause sunburns, eye problems and heat illness. Excessive sun exposure can even lead to skin cancer and death.

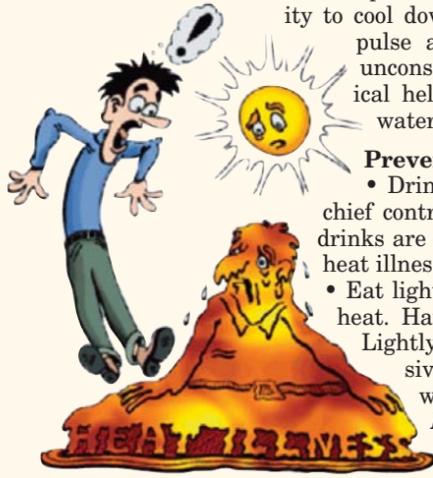
**Sunburn and sun damage to the eyes are also serious concerns in hot weather. Try these tips to avoid overexposure to the sun:**

- Stay in the shade if you can, especially between the hours of 10 a.m. and 3 p.m. when the sun is the brightest and hottest.
- Cover up with clothing. A hat, long-sleeved shirt and pants are recommended. Light colored fabrics reflect the heat and feel cooler.
- Wear sunglasses. When buying sunglasses, read the label to make sure they are made of a material that protects against ultraviolet radiation.
- Wear a sunscreen on any body parts that are exposed to the sun. Check the label to ensure that it is at least SPF 15 (sun protection factor). The sunscreen must be formulated to protect you against both UVA and UVB kinds of ultraviolet rays.
- You can get sunburned on cloudy days, too. The potential for sunburn is greater around reflective surfaces such as water, sand or concrete and at high altitudes.
- If you go to the beach, wear foot protection: many times, people's feet can get burned from the sand or cut from the glass in the sand.



**Working too hard in the heat can cause heat illnesses:**

- Heat cramps are painful spasms in the arms, legs, or stomach area. They occur when the body's supply of salt is depleted by sweating. The cramps may occur while working or even relaxing at home later. If cramps occur, rest in the shade and drink lightly salted water.
- Heat exhaustion occurs when the body's temperature control mechanism starts to malfunction because too much water and salt have been lost to sweating. Dizziness, nausea, headache, heavy sweating, rapid pulse, and shallow breathing are some of the symptoms. Get into the shade and cool off by fanning or pouring cool water over yourself. Rest and drink a lightly salted beverage. Call for medical help immediately.
- Heat stroke is the most serious form of heat illness, and it can rapidly develop to coma and death. The victim stops sweating and the skin feels hot and dry. The body loses its ability to cool down. Nausea, confusion, strange behavior, dizziness, rapid pulse and weakness are some of the symptoms. Convulsions, unconsciousness, coma and death can follow rapidly. Call for medical help immediately. Cool off as quickly as possible with cold water or ice.



**Prevent heat illness:**

- Drink water frequently. This will help prevent dehydration, a chief contributor to heat illness. Coffee, tea, alcohol and many soft drinks are diuretics, causing the body to lose water and contribute to heat illness.
- Eat light foods such as fruits and vegetables while working in the heat. Have your heavier meal when you are relaxing afterward. Lightly salted foods may help prevent heat illness because excessive sweating causes the body to lose needed salt along with water.

**Heat illness and sun exposure are serious health and safety concerns. Continue to exercise SUN SENSE for the remainder of summer!**

### Seabee "can do" saves energy

One individual has spearheaded the energy conservation effort at Naval Support Activity (NSA) Naples for the last three years. With limited staff support and resources, UT1 Paul Kuntz jumped at the chance to help his community. He began by updating conservation instructions and creating 57 building energy monitor positions. With these new practices in place, Kuntz was able to lead numerous energy savings projects, saving NSA Naples over two million dollars a year in utility costs. Without his efforts, NSA Naples would not have been able to save the 11 percent on energy and 20 percent on water consumption that made NSA Naples the only overseas station to receive a gold level 2009 Secretary of the Navy Energy and Water Management Achievement Award. Kuntz is a prime example of Seabee "can do!"



Players from the Naval Support Activity (NSA) Naples soccer team play against the team from the Nisida Juvenile Detention Center. After the soccer match, players from both teams and volunteers were treated to an American barbecue prepared by some volunteers from the NSA Naples community. (Photo by Rita Turner)

**MORE INSIDE PAGE...**

**ONGOING/ON THE HORIZON continued**

**BOY SCOUT TROOP 007** holds troop meetings every Monday night from 7-8:30 p.m. in the Support Site Community Center. FMI, contact Troopmaster Brian Gearhart at 349-424-2787 or PBBM1984@yahoo.com.

**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 <http://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 [napsesg@yahoo.com](mailto:napsesg@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 "preschool-erhood"), 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/](http://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](mailto: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, August 6**  
Noon Despicable Me, PG  
2:30 p.m. The Sorcerer's Apprentice, PG  
4:30 p.m. Ramona and Beezus, G  
5 p.m. Cats & Dogs: Revenge of Kitty Galore, PG, *Premiere*  
6:45 p.m. Salt, PG-13  
8:30 p.m. Killers, PG-13  
9 p.m. Get Him to the Greek, R  
*21 Plus Movie*

**Saturday, August 7**  
Noon Cats and Dogs: Revenge of Kitty Galore, PG  
2 p.m. Despicable Me, PG  
3 p.m. Ramona and Beezus, G  
5 p.m. Salt, PG-13  
6 p.m. Cats and Dogs: Revenge of Kitty Galore, PG  
8:30 p.m. Jonah Hex, PG-13, *Premiere Showing*  
9 p.m. Splice, R

**Sunday, August 8**  
Noon Cats and Dogs: Revenge of Kitty Galore, PG  
2 p.m. Despicable Me, PG  
3 p.m. Marmaduke, PG  
5 p.m. Ramona and Beezus, G  
6 p.m. Salt, PG-13  
8:30 p.m. Jonah Hex, PG-13  
9 p.m. Inception, PG-13

**Monday, August 9**  
4:30 p.m. The Sorcerer's Apprentice, PG  
6 p.m. Despicable Me, PG  
7:30 p.m. Killers, PG-13  
9 p.m. Inception, PG-13

**Tuesday, August 10**  
4:30 p.m. Prince of Persia: Sands of Time, PG-13, *Last Showing*  
6 p.m. Salt, PG-13  
7:30 p.m. Jonah Hex, PG-13  
9 p.m. Splice, R

**Wednesday, August 11**  
Noon Ramona and Beezus, G  
3 p.m. Marmaduke, PG  
5 p.m. The Sorcerer's Apprentice, PG, *Last Showing*  
6 p.m. Salt, PG-13  
8:30 p.m. Jonah Hex, PG-13  
9 p.m. Sex and the City 2, R  
*Last Showing*

**Thursday, August 12**  
Noon Cats and Dogs: Revenge of Kitty Galore, PG  
3 p.m. Ramona and Beezus, G  
5:30 p.m. Despicable Me, PG  
*Last Showing*  
6 p.m. Knight and Day, PG-13  
8:30 p.m. Salt, PG-13  
9 p.m. Get Him to the Greek, R

**Friday, August 13**  
Noon Ramona and Beezus, G  
2:30 p.m. Salt, PG-13  
4:30 p.m. Cats & Dogs: Revenge of Kitty Galore, PG  
5 p.m. Marmaduke, PG  
6:45 p.m. Jonah Hex, PG-13  
8:30 p.m. Killers, PG-13  
9 p.m. Grown Ups, PG-13

**Saturday, August 14**  
Noon Toy Story 3, G  
2 p.m. Cats and Dogs: Revenge of Kitty Galore, PG  
3 p.m. Salt, PG-13  
5 p.m. Inception, PG-13  
6 p.m. Ramona and Beezus, G  
8:30 p.m. Killers, PG-13  
9 p.m. Grown Ups, PG-13

**Sunday, August 15**  
Noon Toy Story 3, G  
2 p.m. Ramona and Beezus, G  
3 p.m. Cats and Dogs: Revenge of Kitty Galore, PG  
5 p.m. Inception, PG-13  
6 p.m. Despicable Me, PG  
8:30 p.m. Salt, PG-13  
9 p.m. Splice, R



**Friday, August 6**  
7 p.m.: Knight and Day, PG-13  
**Sunday, August 8**  
2:30 p.m.: Jonah Hex, PG-13  
**Friday, August 13**  
7 p.m.: Salt, PG-13  
**Sunday, August 15**  
2:30 p.m.: Grown Ups, PG-13



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

**USO DAILY TOURS**

Aug. 7 A day at the beach in Gaeta . . . € 23  
Aug. 7 Mini cruise of the Amalfi Coast . . . € 60  
Aug. 8 Ruins of Pompeii by night . . . € 57  
Aug. 13 Valle dell'Orso water park . . . € 32  
Aug. 13 Ruins of Pompeii with wine tasting lunch . . . € 57

**WEEKEND TOURS**

Aug. 21-22 Zoo Safari and Miragica Parks . . . € 136  
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. 8-11 Columbus Day in Venice . . . € 197  
Oct. 8-12 Columbus Day in Slovenia . . . € 338  
Oct. 16-17 Eurochocolate Festival in Perugia . . . € 145  
Oct. 30-31 Chianti Wine Trail . . . € 175  
Nov. 24-27 Thanksgiving in Paris . . . € TBA  
Nov. 24-26 Thanksgiving in a Tuscan villa . . . € 283  
Dec. 22-26 Christmas in Budapest . . . € 557  
Dec. 24-25 Christmas in Rome . . . € 139

**Movie descriptions**

No Children Under 10  
Admitted to R-Rated Movies

**Cats and Dogs: Revenge of Kitty Galore**, PG for animal action and humor. Comedy, Kids/Family and Sequel, 100 min. First Run Over Seas in Theaters (FROST). Cast: James Marsden, Nick Nolte, Christina Applegate, Katt Williams, Bette Midler. In the age-old battle between cats and dogs, one crazed feline has taken things a paw too far. Kitty Galore, formerly an agent for cat spy organization MEOWS, has gone rogue and hatched a diabolical plan to not only bring her canine enemies to heel, but take down her former kitty comrades and make the world her scratching post. Faced with this unprecedented threat, cats and dogs will be forced to join forces for the first time in history in an unlikely alliance to save themselves—and their humans.

**Jonah Hex**, PG-13 for intense sequences of violence and action, disturbing images and sexual content. Action/Adventure, Science Fiction, Western, and Adaptation, 81 min. Cast: Josh Brolin, Megan Fox, John Malkovich, Michael Fassbender, Will Arnett. Jonah Hex is a scarred drifter and bounty hunter of last resort, a tough and stoic

gunslinger who can track down anyone and anything. Having survived death, Jonah's violent history is steeped in myth and legend, and has left him with one foot in the natural world and one on the "other side." Jonah's past is about to catch up with him when the U.S. military makes him an offer he can't refuse: in exchange for his freedom from the warrants on his head, he must track down and stop the terrorist Quentin Turnbull. But Turnbull is also Jonah's oldest enemy and will stop at nothing until Jonah is dead.

**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.

# “Ferragosto” heats up with races, concerts, “Vinalia” and water shows

Story and photos by Lou Freed

Before school begins, why not enjoy “Ferragosto” events? True to Italian love of pageantry, festivals and races occur throughout August. Also held this month is Guardia Sanframondi’s Penitential Rites, which is taking place for the first time in seven years. Siena hosts one of Italy’s most notable events, “il Palio dell’Assunta.” On the musical front, check out local “Ferragosto” concerts in Ischia’s Villa Arbusto at Lacco Ameno and by Paestum’s Greek temples. Slated toward the end of the month is an annual Argentinian tango fest. Monteverde, in the province of Avellino, offers a mesmerizing water show. Join this month’s food and wine events to savor local flavors and specialties.

## Festivals

### Festa del carro enlivenis Fontanarosa

During the Wagon Fest August 14, a 30-meter high wood structure with seven “balconies” topped by a Madonna—“L’obelisco di paglia” (Straw Obelisk)—will amaze spectators in Fontanarosa. Intricate straw weaving styles decorate the structure. Oxen navigating through narrow streets will lead the mammoth rope-supported structure toward the town’s church. Local cuisine and handicraft stands will accompany the event. See [www.comune.fontanarosa.av.it](http://www.comune.fontanarosa.av.it).

### Foglianise’s Festa del grano

This August 16 fest in the province of Benevento celebrates San Rocco, Foglianise’s protector against plague and contagious diseases. It will also feature straw weaving by local artisans. Marvel at the straw representations of churches, other religious scenes and popular world destinations in the float parade. Specifics are at [www.comune.foglianise.bn.it](http://www.comune.foglianise.bn.it).

## Races

### Siena’s Palio dell’Assunta

This August 16 race, which draws thousands of international visitors annually, showcases brave jockeys from city districts racing bareback (often thrown off horses) in Siena’s Piazza del Campo. An impressive historical parade loaded with pageantry precedes the heart-stopping race. More information is on Page 13.

### Donkeys race at Altavilla Irpinia palio

This exciting competition takes place in the town center August 18. Called the “Palio dell’anguria” (Watermelon Race), it features jockeys carrying watermelon. Fun is guaranteed by watching the fastest jockey deliver his watermelon for a prize. Situated between Avellino and Benevento, Altavilla Irpinia is 45 miles from the Support Site. Details are at [www.prolocoaltavillese.com](http://www.prolocoaltavillese.com).

## Penitential rites

### Event returns to Guardia Sanframondi August 16-22 for first time in seven years

The weeklong “Riti Settennali di Penitenza” (Penitential Rites) commemorates the discovery of a

Virgin and Child sculpture in a field centuries ago every seven years. Each of the town’s four quarters organizes thematic processions after Assumption Day. Featured Monday to Friday are religious scenes, with volunteers garbed in costumes from biblical times. On Saturday, there’s a penitential procession headed by clergymen, followed on Sunday by the procession of the “battenti” or beaters, who strike their chests with a pin-filled cork disk called a “spugna” (sponge) to atone for their sins and show their devotion to the Madonna. (N.B. It can get a little bloody.) This event culminates with the Virgin and Child’s procession to the church. Review <http://guardiasanframondi.asmenet.it>.

## Music

### Free Ferragosto concerts in Naples’ Rotonda Diaz

Don’t miss these traditional performances: August 14 with Sal Da Vinci, August 15 with Teresa De Sio and August 16 with South Express and Enzo Gragnaniello. Shows begin at 9:30 p.m. and are sponsored by the Comune di Napoli. Arrive an hour to one and a half hours early due to the shows’ popularity. Rotonda Diaz is on Via Caracciolo. Visit [www.comune.napoli.it](http://www.comune.napoli.it) and click “estate a napoli 2010.”

### Telese Terme’s free evening shows

Telese Terme, in Benevento province, welcomes everyone to their free evening shows, including an “Avatar” musical August 10, fashion shows August 12-14 and a Brazilian acrobat and dance performance August 20. Shows begin at 9:30 p.m. The entire program is at [www.estatealvillaggio.it/programma.html](http://www.estatealvillaggio.it/programma.html).

### Jazz and piano concerts in Villa Arbusto at Lacco Ameno in Ischia

Mark your calendars for these concerts at the Ischia Archaeological Museum: August 25 hear Allan Harris, August 26 catch Chick Corea, August 27 see Corea and Bollani perform and August 28 enjoy the collaboration of Corea, Haynes and Vitous. Call 081-984-848 or go to [www.pianojazz.com](http://www.pianojazz.com).

### Paestum Festival Foundation sponsors musical events by the temples

Paestum, a panoramic summer delight, has a full August calendar: Massimo Ranieri plays August 8, Gigi Alessio stars August 13 and Renzo Arbore and the Italian Orchestra perform August 19. Two dance performances are also slated: “Gala internazionale di danza” with Vincenzo Cappezuto August 10 and “Tango and Sirtaki” with Raffaele Paganini August 14. For tickets, visit [www.Go2.it](http://www.Go2.it), or call the Paestum Festival Foundation at 081-229-5545.

## Dance

### Free Argentinian Tango Fest August 31

Watch dance instructor Guglielmo (Willy) Della Corte and others combine talents at this passionate dance-off, starting at 7 p.m. on the Bagnoli pier, Pontile dell’Area Nord. Park along Via Coroglio. On the same evening, dance instructor Mara will give a demonstration at 11:30 p.m. in the Milonga Porteña, at 52 Gennaro Capuozzo. Call 081-242-8567 for more information.



A straw-covered miniature church float parades at a previous “Wheat Festival” in Foglianise. The fest celebrates San Rocco, the town’s protector against contagious diseases, and showcases the local art of straw weaving.

## Wine fests

### “Goblets of Stars,” a national Italian wine tasting event August 10

Naples’s Association of Italian Sommeliers (AIS), the Italian Citta del Vino and Movimento Turismo del Vino jointly celebrate the miracle of St. Lawrence’s “tears” August 10. This year’s theme underscores the significance of ecology in the world of wine. Member cities will sponsor wine tastings in cellars or town squares, castles and other venues. Read the day’s program at [www.cittadelvino.it](http://www.cittadelvino.it) and click “Appuntamenti 2010.” Call the cellar you’re interested in before heading off.

### Guardia Sanframondi welcomes 17th edition of “Vinalia”

Guardia Sanframondi, a medieval town in Benevento province, hosts “Vinalia” through August 10 to call attention to the effects of globalization on small town wine productions. Along with tastings of local wines, cheeses and oil, there is a “taste trail,” plus a “mythical kitchen” manned by innovative chefs. Food stands will serve local cuisine, including stuffed peppers, polenta and “twisted” cakes. A book presentation, concerts and fireworks are also scheduled. More details are available at [www.vinalia.info](http://www.vinalia.info).

## Light and sound shows

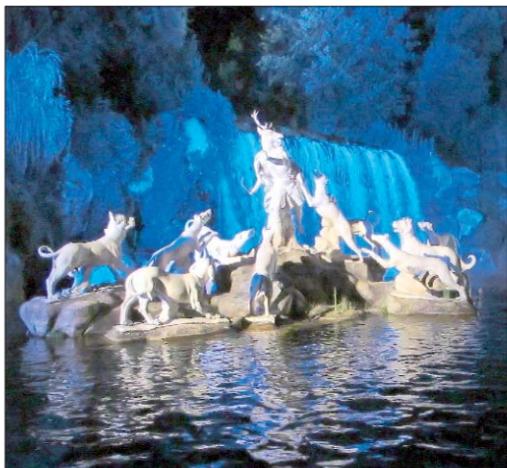
### Dive into 18th century lifestyle at Caserta Royal Palace’s “New Paths of Light”

Remarkable waterfalls, a small castle and boat built for young Ferdinand IV, an expansive man-made lake and lush garden are the main attractions Caserta Royal Palace’s evening walking tour. In addition, two short concerts and a dramatic scene, with actors playing King Ferdinand and Queen Maria Carolina, add to a memorable evening in this royal park. Comfortable shoes are advised. Tours run on Saturdays and Sundays. See [www.nuovipercorsidiluce.it](http://www.nuovipercorsidiluce.it). Ends September 12.

### Monteverde’s “Grand Water Show” for charity

The Alto Irpinia hill town of Monteverde, in the Avellino province, invites you to the fifth edition of their fundraiser, Grande spettacolo dell’Acqua, at San Pietro Lake. It features dazzling fountains, music and dances to narrate the story of the town’s patron saint, San Gerardo Maiella. The town, which is located between Avellino and Bari, is about 90 miles from the Support Site. Visit [www.grandespettacolo.it](http://www.grandespettacolo.it) for more information. Ends August 30.

Buon divertimento!



Actaeon transforms into a deer by the awesome Caserta Royal Palace’s waterfall bathed by colorful lights. It is one of the attractions at the weekends-only “New Paths of Light” program.

## Mount Whitney continues 2010 Captain's Cup in France



During a four-day port visit, USS Mount Whitney's (LCC/JCC 20) Command Master Chief (SW/FMF/SS) Larry Howard dodges Mount Whitney sailors during a game of flag football for the 2010 Captain's Cup competition.

*Story and photo by MC2 (SW) Sylvia Nealy, USS Mount Whitney Public Affairs*

The crew of the Command and Control ship USS Mount Whitney (LCC/JCC 20) continued the 2010 Captain's Cup competition during a four-day port visit to Brest, France August 1.

Mount Whitney's Captain's Cup is designed to challenge sailors and boost morale. Four of the ship's departments were divided into six teams that battled it out during 30-minute interval games of basketball, flag football, soccer and volleyball. Maximum crew member participation was encouraged, so that individuals could

rotate out for a short break during the sporting events.

Mount Whitney's Command Master Chief (SW/FMF/SS) Larry Howard believes that the sporting events were beneficial to the crew's solidarity. "It was time for the crew to engage themselves in a composed environment besides work while still building camaraderie and expressing team work," said Howard. "Seeing the crew actively participate in all the events built sportsmanship between the crew members, which is different in the work environment."

"I wanted to give each participant an opportunity to play every sport offered. Knocking out some physical fitness in a competitive nature while having fun was the main focus for this competition," said Mount Whitney's 2010 Captain's Cup coordinator and Gunner's Mate 1st Class (SW/AW) Aaron Loftis.

Mount Whitney is currently on its scheduled deployment. She is the U.S. Sixth Fleet flagship homeported in Gaeta, Italy and operates with a hybrid crew of U.S. sailors and Military Sealift Command civil service mariners.

## Caption that photo winner!



**"Creepy Dave takes his stalking to a whole new level."**

*Mandy Sullivan, dependent*

# So, you've received your orders

By Abigail Pfeiffer  
Drawings from March 3, 1961  
"Panorama"

You get your orders. You're ready to go. But wait—remember how long it took to settle in Naples? To turn on your internet and your electricity? How long do you think it will take to turn them off? Whether you've moved once or twenty times, you'd benefit from Smooth Move, a monthly class offered by Fleet and Family Support Center (FFSC), designed to help you avoid pitfalls, stress and extra charges on moving day.

"It's important to come no matter how many times you've moved. This class is Naples-specific information on PCSing," says relocation specialist Autumn Tate, one of the class instructors. "I always hear...I learned something new."

Even if you think you don't need to take the class—which covers everything from what to do with your car and personal property to re-entry culture shock and finding a new job—why pass up a chance for a refresher and a ready-made moving from Naples checklist? Every participant receives a folder of information, phone numbers and important forms from each of the different offices you might deal with in the moving process. Some information provided in the class:

## Personal Property

Be sure to schedule your household goods (HHG) shipment with Personal Property once you have received your hard copy orders. Allow six to eight weeks for your HHG to arrive in the U.S.—even longer if you are moving to the West Coast. For more information, call 081-811-6778.

## PSD

Ensure PSD receives a copy of your orders. You'll receive a transfer package from PSD to be filled out and returned to your CPC (command pass coordinator). Once completed, PSD will submit the passenger reservation request. Call 081-568-5808 for more information about flying with dependents and pets.

## Housing

Housing recommends wherever you live, don't pull picture nails out of the wall.

*On the economy:* You must begin the check-out process at least 30 days in advance. Contact the Housing Welcome Center (HWC) to schedule the first of three termination appointments. The HWC will help you terminate your lease,



turn off all utilities and arrange for loaner furniture during these appointments. Remember that on the day of termination, the house must be empty. You'll have six days in Temporary Living Assistance (TLA).

Some hints: Although you are required to mail your landlord your Certificate of Repossession at least 15 days prior to your move, be advised that by telling him months in advance, your landlord can show your home to prospective renters. Request a representative from Housing if you anticipate disagreement over any damage to the house.

*On base:* Begin to check out 30 days in advance. After you've moved out of base housing, you will have three days in TLA. Call 081-811-4466 for more information.

## Quality of Life

*On the economy:* Because electricity bills are two months behind, you'll need to take a meter reading in order to pay your current balance at the NEX. To turn off Sky Italia, send a signed letter stating your intention to cancel service directly to the company.

*On base:* Return your DSL modem before the first of the month in which you're leaving to avoid being slapped with another \$58 bill.

## Car

There are three options when it comes to your car: sell, ship or scrap. If you're selling, call CMVRO to schedule an appointment as soon as you find a buyer—don't get stuck on the day of your flight with your car because your potential buyer hasn't received a translated license. If you're scrapping your car, schedule an appointment with CMVRO. The car must have all its parts or you will be charged. If you're shipping your car, wait until just before you drop it off at the port to trade in your clean cover plates for the temporary plastic ones. It is recommended to wait as long as possible to get these plates, so

your car doesn't become a target. Additionally, make sure to switch your secondary car with your primary one, if you wish to continue receiving gas coupons. It is extremely difficult to sell your car to a local national. Once it is in the AFI system, it is considered denationalized. Do not abandon your car—you will be responsible for expenses incurred in its disposal. Call 081-811-6876 for more information.

## Health care

To avoid incurring medical costs at your next duty station, check out of Tricare Overseas by completing the Tricare Overseas Program Prime Change Request Form. However, if you are PCSing before the rest of your family, only include your name on the form. Your family will have to fill out a separate form when they leave. When you arrive at your next duty station, don't forget to enroll in Tricare Prime at your local Tricare office. Call 081-811-6330 for more information.

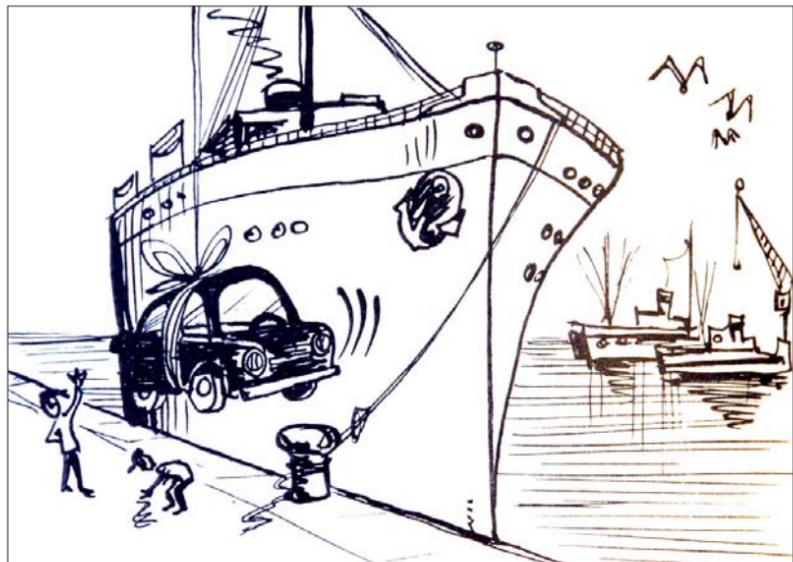
## Budgeting

Planning your budget and tracking your finances is an important part of moving. Think about everything that needs to happen once you return, from getting your car insured and registered to renting or buying a home. Create a budget that reflects these projected expenses. There will be many major expenditures, and they are almost all unavoidable. Check out websites like AmeriForce.net/Finance or SaveAndInvest.org. You can also pick up a Financial Planning Worksheet Checklist from FFSC, or call Personal Finance Management at 081-811-4113.

## Jobs

Having a job lined up or being ready for job hunting can make your transition smoother. Prepare your resumé and polish your interview skills with an employment counselor from FFSC or attend FFSC's 10 Steps to Finding a Federal Job class. FFSC provides information on states where military spouses are eligible for PCS-related job loss benefits.

The most important thing you should remember is to start early. "Starting six months out is right on time for PCSing. Don't wait until the last minute," stresses Tate. If your orders are on the horizon, register for Smooth Move. Tate emphasizes that the class is open to everyone—military members, civilians and spouses. However, it's important to register so that FFSC has enough room and materials available.

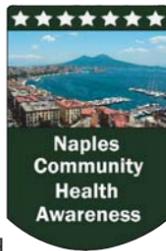


# Naples Public Health Evaluation

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 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>.



## World breastfeeding week 2010

Courtesy of U.S. Naval Hospital Naples

Since 1992, over 120 countries have celebrated World Breastfeeding Week (WBW) during the first week of August. Started by the World Alliance for Breastfeeding Action (WABA), this week aims at protecting, promoting and supporting the option to breastfeed.

As part of a year-round initiative to support breastfeeding, the World Health Organization and UNICEF sponsor the Baby-Friendly Hospital Initiative (BFHI), a global program to support hospitals and birthing centers offering optimal care for infant feeding. The BFHI assists hospitals by giving mothers the information, confidence and skills needed to successfully initiate and continue breastfeeding their babies. The BFHI initiative follows ten simple steps:

1. Have a written breastfeeding policy that is routinely communicated to all health care staff.
2. Train all health care staff in skills necessary to implement this policy.

3. Inform all pregnant women about the benefits and management of breastfeeding.
4. Help mothers initiate breastfeeding within one hour of birth.
5. Show mothers how to breastfeed and how to maintain lactation, even if they are separated from their infants.
6. Give newborn infants no food or drink other than breast



(Photo courtesy of USDA)

milk, unless medically indicated.

7. Practice "rooming in"—allow mothers and infants to remain together 24 hours a day.
8. Encourage breastfeeding on demand.
9. Give no pacifiers or artificial nipples to breastfeeding infants.
10. Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or clinic.

U.S. Naval Hospital Naples is proud to be a breastfeeding-friendly hospital. The staff on the multi-service ward works to keep infants and breastfeeding mothers together as much as possible by promoting rooming-in. Certified lactation counselors are available to mothers during their stay in the hospital and when they return for checkups. A monthly breastfeeding class is offered to pregnant mothers to spread knowledge about the benefits of breastfeeding. Additionally, a breastfeeding support group, Sempre Latte, holds meetings every Wednesday to provide support and education to mothers. To celebrate WBW, stop by USNH Naples today and find out the facts about breastfeeding to help keep you and your baby healthy.

## Energy conservation

By UT2 (SCW) Michael Labeau, NSA Energy Manager

Many appliances continue to draw a small amount of power even when they are switched off. These "phantom" loads occur in most appliances, such as TVs, stereos, computers and kitchen appliances. In the average home, 75% of the electricity used to power electronics and appliances is consumed while the products are turned off. Save energy by unplugging appliances not in use or by turning off the power switch of a power strip to cut all electricity drawn by appliances



## Vestiti/Clothing

Practice your vocabulary. Find the Italian words.

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

ABITO – Suit  
 BIANCHERIA INTIMA – Underwear  
 CALZE – Socks  
 CAMICIA – Shirt  
 CAPPELLO – Hat  
 CAPPOTTO – Coat  
 CRAVATTA – Tie

GONNA – Skirt  
 GUANTI – Gloves  
 MAGLIONE – Sweater  
 PANTALONCHINI – Shorts  
 PANTALONI – Pants  
 SCARPE – Shoes  
 SCIARPA – Scarf  
 VESTITO – Dress

VOLPE – Fox  
 UCCELLO – Bird  
 TOPO – Mouse  
 TARTARUGA – Tortoise  
 SERPENTE – Snake  
 SCIMMIA – Monkey  
 PESCE – Fish  
 PECORA – Sheep  
 ORSO – Bear  
 MUCCA – Cow  
 MAIALE – Pig  
 LEONE – Lion  
 GATTO – Cat  
 CONIGLIO – Rabbit  
 CIGNO – Swan  
 CAVALLO – Horse  
 CAPRA – Goat  
 CANE – Dog  
 ANATRA – Duck

Answer to last week's puzzle

Animals/Animals

# 10 travel websites you should know

Compiled by Katelyn O'Brien

1. **Concierge.com:** This website provides a guide to almost any destination. It gives reasons to go, when to go, where not to go, shopping, restaurants, hotels, discounts and more.
2. **SeatGuru.com:** Frequent and occasional travelers alike will love SeatGuru, which gives seating information, in-flight amenities and phone numbers for most airlines.
3. **Upl.codeq.info:** This site is home to the universal packing list. Just input information like trip length, maximum and minimum temperatures, ages of the people you're traveling with and a few other details, and then you're given a packing list with all those items you'd probably forget!
4. **VRBO.com:** VRBO, which stands for Vacation Rentals By Owner, helps you find your home away from home wherever you go.

Search over 140,000 rental properties worldwide and never stay in a cramped hotel again.

5. **Wikinapoli.com:** For travel tips around the Naples area (and beyond) Wikinapoli is the place to go.
6. **Skyscanner.net:** Skyscanner's best feature allows you to select "everywhere" instead of limiting you to one destination, allowing you to find the cheapest flights. If you don't care where you fly to—as long as it's cheap—Skyscanner's for you.
7. **Travel-rants.com:** For the pessimist in all of us, Travel-rants is a great site to go to when you're interested in where *not* to go and what airline *not* to fly.
8. **Lonelyplanet.com:** Lonely Planet is a fun website that often hosts contests with prizes that include trips around the world. It also offers "Top Ten" lists and insightful articles about a variety of destinations.
9. **Sleepinginairports.com:** Anyone who has ever had a long layover knows how difficult it is to sleep in an airport. There's the threat of having your things stolen, uncomfortable chairs and other drawbacks. This site provides a guide to sleeping in (or just traveling through) most of the airports in the world.
10. **Onebag.com:** Traveling light has many advantages, ranging from security to flexibility. This site has tips on traveling anywhere with just one bag!

*Be sure to check out the official tourism website of your destination for announcements about upcoming events, restaurant reservations, current weather, etc. Although the "Panorama" doesn't officially endorse any of these sites, its staff members have found them useful.*



Don't make the same packing mistakes as Master-at-Arms Seaman Johnny Gonzalez. Visit [www.onebag.com](http://www.onebag.com) and [upl.codeq.info](http://upl.codeq.info) for tips on how to be an efficient packer. (Photo by Katelyn O'Brien)

## Il Palio di Siena



Every August 16, thousands of spectators from around the world flock to Siena's Piazza del Campo to watch il Palio.

By Katelyn O'Brien

Twice a year, July 2 and August 16, the entire city of Siena and thousands of visitors flock to watch il Palio in the beautiful shell-shaped Piazza del Campo. Formally known as "il Palio dell'Assunta," named in honor of the Assumption of Mary, il Palio is no ordinary horse race. Siena's culture has been deeply intertwined with the race since the first modern Palio took place centuries ago in 1656.

Ten horses and riders representing 10 of the 17 city wards, or "contrade," of Siena run the race, which usually lasts no more than 90 seconds. Jockeys ride bareback three times around the piazza and often are unhorsed making the sharp turns.

Despite the short length of the race, preparations for il Palio go on all year long. The evening before the race, an estimated 25,000 people eat outside to "rehearse" their victory celebration for the next day. In the morning, the horses are led into the church to be blessed and more than 50,000 people file into the square to watch a stunning pageant that transports you to medieval times. One of the most exciting parts of il Palio is the pride that the locals take in their respective "contrade." Join in on the fun and buy a "fazzoletti" (neckerchief) at a roadside stand or authentic vendor to support the "contrade" you plan to cheer for.

There are a few thousand bleacher seats set up in the square, but they can be very expensive. Find a perfectly good seat in the piazza—the best seats are in the elevated corners of the piazza or in the shade. Be sure to arrive hours before the race to claim your seat and bring a towel or a lawn chair to sit on.

Don't worry if you can't miss a day of work Monday, August 16. Up until the day of the Palio, there are a number of trial runs less crowded than the main race. For those pressed for time and those who aren't into crowds, these trials are a great solution.

# Jobs

## HUMAN RESOURCES OFFICE (HRO)

NEW LINK: <https://www.cnic.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 information, visit our NEW website at <https://www.cnic.navy.mil/Naples/Departments/HumanResourcesOffice/Jobs/index.htm>.

CLOSING 16 AUG 10

**Financial Management Analyst**, GS-0501-11/12 OR GS-12, EUR10-753436-EG, Full-time permanent

CLOSING 12 AUG 10

**Secretary (O/A)**, GS-0318-05, EUR10-588368-SC-R1, Full-time permanent  
**Mail and File Clerk**, GS-0305-04, EUR10-748686, Full-time permanent

CLOSING 19 AUG 10

**Insurance Claims Assistant**, GS-0303-05, EUR10-767912-EG, Full-time permanent

**Child & Youth Program Director**, GS-1701-12, EUR10-756893-AG, Full-time permanent

**Housing Manager**, GS-1173-09, EUR10-728651-AG, Full-time permanent

**Occupational Safety and Health Manager**, GS-0018-13, EUR10-752086-AG, Full-time permanent

**Management Analyst**, GS-0343-11, EUR10-720756-SC-R1, Full-time permanent, Open until filled, 1st cutoff, August 19.

**Program Analyst**, GS-0343-13, EUR10-769356-AV, Full-time permanent

**Interdisciplinary Engineer/Architect**,

GS-0801/0808-14, EUR10-774068-AV, Full-time permanent

CLOSING 26 AUG 10

**Health Promotions Spec**, YH-0601-02, EUR10-760269-EG, Full-time temporary

## 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 August 19.

## COURTESY US VACANCY ANNOUNCEMENT

**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](http://www.dodcommunitybank.com), or submit your resume at HR Europe: [pia.krucker@dodcommunitybank.com](mailto:pia.krucker@dodcommunitybank.com).

**Member Service Representative**, Navy Federal Credit Union, Naples, Italy. Apply online at [www.navyfederal.org](http://www.navyfederal.org).

**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.

**Part-Time Collectors - Pembroke Occupational Health, Richmond VA.** ([www.pembroke.com](http://www.pembroke.com)). Submit resume to Don Czyzewski at [dczyzewski@pembroke.com](mailto:dczyzewski@pembroke.com) or [don.czyz@gmail.com](mailto:don.czyz@gmail.com). To view job announcement, go to [www.cnic.navy.mil/Naples/Departments/HumanResourcesOffice/Jobs](http://www.cnic.navy.mil/Naples/Departments/HumanResourcesOffice/Jobs).

## LOCAL NATIONALS (LN) POSITIONS 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.CNIC.navy.mil/Naples/index.htm](http://www.CNIC.navy.mil/Naples/index.htm); click on "CNREURAFSWA Human Resources Office." Under the HRO 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 August 16, 2010.

## NON-APPROPRIATED FUND (NAF) POSITIONS

Fleet & Family Readiness NAF Local Naples job announcements within CNREURAFSWA may be viewed at [https://www.cnic.navy.mil/Naples/Recreation/CNICD\\_A059280](https://www.cnic.navy.mil/Naples/Recreation/CNICD_A059280).

The necessary application forms are also available online. For any questions, 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 materials and equipment necessary to execute School Age Care for children ranging from 6 to 9 years old; School Age Care Pre-Teen for children ranging from 10 to 12 years old; Teen Center Program for children ranging from 13 to 18 years old. Receives and releases children to/from authorized parents and guardians.

**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 fitness activities.

**Recreation Aid**, NF-0189-01, ANN#09-129R, flexible, Reel Time Theater II, Support Site. **Job Summary:** This posi-

tion 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 #10-064, 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.

**Motion Picture Projectionist**, NA-3910-07, ANN #10-084, flexible part-time, Reel Time Theater II, Support Site. **Job Summary:** Operates permanently installed 35 mm motion picture projectors, insuring a standard quality of sound and picture projection.

**Recreation Aid**, NF-0189-01, ANN #10-051R, 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#10-086, flexible, Golf Course, Carney Park. **Job Summary:** Collects green fees, locker fees and fees for electric cart rentals.

**Recreation Aid**, NF-0189-01, ANN# 10-091, flexible, Auto/Wood Skills Center, Support Site. **Job Summary:** Provides information concerning facility, operation and regulations. Ensures adherence to regulations and safety procedures.

## 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-COMPETITIVELY CHANGED TO REGULAR POSITIONS

### GRICIGNANO MAIN STORE

Ann# 043-10 Sales Clerk/Bookstore-CL/NF-01/Flex - Closes: 08/13/10  
Ann# 031-10 Security Guard/LP/NF-01/Flex - Closes: 08/13/10  
Ann# 044-10 Sales Clerk/E7/NF-01/Flex - Closes: 08/13/10

### GRICIGNANO MINI MART

Ann# 036-10 Sales Clerk/MM/NF-01/RFT - Closes: 08/13/10

### DISTRIBUTION CENTER, GRICIGNANO

No Vacancies  
CAPODICHINO NEX MART  
Ann# 042-10 Customer Service Clerk/MM/NF-01/RFT - Closes: 08/06/10

### EUROPE DISTRICT OFFICE (Gricignano Main Store)

No Vacancies  
GRICIGNANO NAVY LODGE

No Vacancies  
JFC-NATO MINI MART

## LOCAL NATIONAL POSITION

No Vacancies