

# 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. 42

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, NOVEMBER 5, 2010



## NSA Naples gets spooked

This Halloween was a scream for the Naval Support Activity (NSA) Naples community. With a myriad of haunted happenings, from the Seabee's House of Terror and trick-or-treating to MWR's Spooktacular and USO Naples' Mad Hatter Tea Party, Halloween revelers scared up some fun all weekend long.

see Halloween Page 4

Left: The kids, this year, were lucky enough to get their photo with two special guests who stopped by the Support Site for some Halloween candy: Boba Fett and a Clone trooper dropped in from planet Alderaan. Recently, the two have set out on a crusade to fight the Evil Empire. (Photo by MC1 (NAO) John Parker, NSA Naples Deputy PAO)

## President proclaims November as Military Family Month

From American Forces Press Service



President Barack Obama has signed a proclamation designating November 2010 month as Military Family Month.

Here is the text of the president's proclamation:

We owe each day of security and freedom that we enjoy to the members of our Armed Forces and their families. Behind our brave service men and women, there are family members and loved ones who share in their sacrifice and provide unending support.

During Military Family Month, we celebrate the exceptional contributions of our military families, and we reaffirm our commitments to these selfless individuals who exemplify the highest principles of our Nation.

Across America, military families inspire us all with their courage, strength, and deep devotion to our country. They endure the challenges of multiple deployments and moves; spend holidays and life milestones apart; juggle everyday tasks while a spouse, parent, son, or daughter is in harm's way; and honor the service of their loved ones and the memory of those lost.

Just as we hold a sacred trust to the extraordinary Americans willing to lay down their lives to protect us all, we also have a national commitment to support and engage our military families. They are proud to serve our country; yet, they face unique challenges because of that service.

My Administration has taken important steps to help them shoulder their sacrifice, and we are working to ensure they have the resources to care for themselves and the tools to reach their dreams. We are working to improve family resilience, enhance the educational experience of military children, and ensure military spouses have employment and advancement opportunities, despite the relocations and deployment cycles of military life. Our historic investment to build a 21st-century Department of Veterans Affairs is helping to provide our veterans with the benefits and care they have earned.

We are also standing with our service members and their families as they transition back into civilian life, providing counseling as well as job training and placement. And, through the Post-9/11 GI Bill, our veterans and their families can pursue the dream of higher education.

However, Government can only do so much. While only a fraction of Americans are in military families, all of us share in the responsibility of caring for our military families and veterans, and all sectors of our society are better off when we reach out and work together to support these patriots.

see MILITARY FAMILY MONTH Page 10

## November picks: Van Gogh, Musical Autumn 2010, Dance Festival, St. Martin's summer and more...



Raking autumn leaves this month is no fun, but harvesting cultural treats to permeate the senses sounds appealing. From the lineup on Page 12, why not cherry pick what's best for you, then check it out.

NSA Naples Commanding Officer Capt. Robert Rabuse will host a town hall meeting Monday, Nov. 8 at 6:30 p.m. in the Support Site Reel Times Theater. Department heads will also be available to address your questions and concerns.

CFC

NSA Naples Community Combined Federal Campaign-Overseas

\$250,000

Contributions to date

\$101,431.72

WILDCATS SPORTS

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**Naples' weekend forecast**

	<b>FRIDAY</b> High 68 Low 52 SUNNY		<b>SATURDAY</b> High 66 Low 50 SUNNY		<b>SUNDAY</b> High 63 Low 48 MOSTLY CLOUDY
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**Events around town this weekend**

- 5 – Skin, the English model and singer of London's Skunk Anansie, is back in Naples to DJ at Bagnoli's Arenile Reload. The Sleeping Cell, a band from Campania, opens the show.
- 6 and 7 – Head to the historical center of Montella (Avellino province) to enjoy its "Sagra della Castagna" (Chestnut Festival). Be sure to stay for the lighting of the brazier and the falconry show.
- 7 – Napoli takes on Parma at Stadio San Paolo (near the Campi Flegrei metro stop) at 3 p.m.

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

# Captain's Corner

By Capt. Robert Rabuse  
NSA Commanding Officer



First, I would like to personally thank everyone who assisted and volunteered their time with numerous events over the past weekend, including MWR's Spooktacular, the Seabee's haunted house, USO's Mad Hatter Tea Party and Trick-or-Treating at the Support Site. It looked like everyone was enjoying themselves, and Kate and I and the boys all had a great time.

I am holding a NSA Naples town hall meeting Monday, Nov. 8 at 6:30 p.m. in the movie theater on the Support Site. If you have any issues that you would like to discuss, please send me a Town Hall e-mail from the "Ask the Skipper" logo on the NSA Naples home Web page or come and ask your questions directly.

This Thursday is Veteran's Day, which is an observed Federal holiday. We're celebrating a little differently this year. The Steaks for Troops organization has graciously provided free steaks and is co-hosting a free steak and eggs breakfast with MWR in the Naples High School cafeteria. Come and enjoy some food and fellowship as we celebrate the service and sacrifice of all Veterans. This event goes from 9:15 a.m.-1 p.m., but your free ticket will tell you when your meal will start, so contact your senior enlisted leaders for tickets and more information.

The holidays are right around the corner, and we had a disturbing trend during the month of October with 3 DUIs. In order to raise awareness and refocus our attention on safety, NSA will be hosting safety stand downs Nov. 16-19. Check with your commands for your scheduled time, but be sure to attend. While we're on the topic of safety, please remember that the crosswalks are a potentially dangerous interaction between pedestrians and cars. If you're in a car coming to the crosswalk, be on the lookout for pedestrians, and similarly, if you are stepping out into the crosswalk, look before you leap!

November is the Month of the Military Family. Many of our support services are putting together events and deals for the entire family to enjoy. Be sure to visit MWR, FFSC and the religious programs to see which events you and your family can attend. Please use this opportunity to take a break from your busy schedule and spend some quality time with your loved ones.

*Have a safe and happy weekend!*

# Base Notes

From Panorama staff reports

## Power outages on the Support Site

• ALL USNH SERVICES WILL BE AVAILABLE DURING THIS SCHEDULED MAINTENANCE.

(Housing, Schools, CDC and Telephone Switch Bldg):

- Wednesday, 10 Nov. from 8 a.m. to 2:30 p.m.: B2065 (CDC); School Bleachers and Fire Pump; B2150 through B2163.
- Thursday, 11 Nov. from 8 to 9 a.m.: All housing units and the Telephone Switch Building.
- Thursday, 11 Nov. from 8 a.m. to 3:30 p.m.: B2036 through B2038; and B2050 through B2056.
- Saturday, 13 Nov. from 8 a.m. to 2:30 p.m.: All housing units and buildings previously listed, plus; B2057 through B2059 (Elementary and High School, plus Cafeteria); B2001 through B2027; B2030; and B2032 through B2035.

## Resident satisfaction survey closes Nov. 12

The resident satisfaction survey for all personnel living in government-controlled housing closes Nov. 12. This survey has a major impact on the services provided to residents of base housing or parcos. Call 081-811-4466 for more information.

## Toastmasters International establishes a local club

Toastmasters International is establishing a Toastmasters Club in Naples. They are looking for people who are interested in developing or improving their public speaking and leadership skills. Toastmasters International has grown to become a world leader in helping people become more competent and comfortable in front of an audience. The tentative schedule is every 1st and 2nd Tuesday of the month at 6:30 p.m. beginning in December. Location TBD. If you are interested in becoming a competent speaker/communicator, contact

Jasandra Brown at italyfornow@yahoo.com Check out the Toastmasters International website at <http://www.toastmasters.org/> for more information.

## USO Thanksgiving Taste of Home Nov. 18

The USO is hosting the 6th annual Thanksgiving Taste of Home Nov. 18. This is a free dinner for the single/unaccompanied service members residing in both the Support Site and Capo barracks. The event will take place at the Capo Liberty Center from 5:30-8 p.m. Help make Thanksgiving special for our younger sailors; consider cooking up a traditional Thanksgiving dish to serve during the dinner. Contact the USO for more information at 081-568-5713.

## A Salute to America's Best, Veterans Day 2010

Join MWR for a delicious steak and eggs breakfast during "A Salute to America's Best" at the Naples High School cafeteria, Thursday, Nov. 11. Open to all U.S. active duty, civilians and their families. Tickets will be available through Tuesday on the Capo Spine and the Support Site Fitness Forum from 10 a.m. to Noon and at the NEX and Commissary from 11 a.m. to 1 p.m. Liberty is providing FREE transportation for Liberty Card holders to the Veterans Day steak and eggs breakfast. Pre-registration at the Liberty Center is required; sign-up by Nov. 10.

## ASC Thanksgiving Luncheon Nov. 19

The Allied Spouses Club (ASC) is kicking off the holiday season with the 2010 Thanksgiving Luncheon. The American spouses of the ASC are hosting this annual Thanksgiving Luncheon, which starts at 11 a.m. with a cocktail hour, followed by a catered sit-down lunch, gift raffle, entertainment, and dessert. This year's luncheon will be at the Italian Air Force Academy in Pozzuoli (#30 Via San Gennaro Agnano). Luncheon tickets are €20 for ASC members, €25 for non-members. To RSVP, please seal your payment in an envelope marked with your name, the country you are from and "ASC Thanksgiving Luncheon" to FFSC or Tony's Hardware.

## 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](mailto:ighotline@eu.navy.mil)  
Web site <http://www.cnic.navy.mil/europe/index.htm>

You can choose to remain anonymous

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NSA Naples CO: [townhallnsanaples@eu.navy.mil](mailto:townhallnsanaples@eu.navy.mil)  
Director, FFSC: [FFSCNSANaples@eu.navy.mil](mailto:FFSCNSANaples@eu.navy.mil)  
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Personal Property: [nsappso@eu.navy.mil](mailto:nsappso@eu.navy.mil)  
Post Office: [postoffice@eu.navy.mil](mailto:postoffice@eu.navy.mil)  
Hospital Customer Service: [nhnnaples-pao@med.navy.mil](mailto:nhnnaples-pao@med.navy.mil)  
Naples High: [naplesHS.principal@eu.dodea.edu](mailto:naplesHS.principal@eu.dodea.edu)  
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NCTS: [nctscustsvc@eu.navy.mil](mailto:nctscustsvc@eu.navy.mil)

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## FYI POSSIBLE STRIKES

- Nov. 6 - Trenitalia personnel will strike from 9 a.m. to 4:50 p.m.
- Nov. 15 - Alitalia ground staff and cabin crew will strike from 10 a.m. to 6 p.m.
- Nov. 18-19 - Local public transportation workers will strike 24 hours.
- Nov. 18-19 - Trenitalia personnel will strike from 9 p.m. of Nov. 18 to 9 p.m. Nov. 19.
- Nov. 26 - Meridiana flight attendants will strike for 24 hours.

# Panorama

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Unione Stampa Periodica Italiana

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## Italian students visit NSA Naples

Students and teachers from Liceo Calamandrei in Ponticelli (NA) enjoyed a full U.S. day Oct. 28 when they attended classes at Naples High School and afterward enjoyed a base tour of NSA Capodichino.

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



## Italian News Briefs

Compiled by Teresa Merola

### EU tells Italy to clean up trash

Demonstrators burnt a garbage truck and blocked others from unloading at a newly reopened landfill in Terzigno Tuesday night. Twenty-three trucks carrying garbage were able to unload throughout the night. Demonstrators layed down in the path of the vehicles and police hauled them out of the way. At a similar situation in Giugliano, near Naples, more than 5,000 citizens protested the president of the province's decision to reopen the landfill of Taversa del Re, which has already received more than six million tons of garbage. Two years ago, it was decided not to reopen this landfill because it is located in one of the most polluted area of the Naples province. Naples' city officials said some 2,300 tons of uncollected garbage still lined the streets waiting to be collected and unloaded once the protests end. The European Commission urged Italy to take "immediate" action on the trash crisis or face possible action.

### Garbage crisis is no match for Pompeii

Despite the garbage crisis in Naples, the city of Pompeii hosted 66 percent more visitors last weekend compared with the same period last year. There were 20,307 visitors during the weekend. Tourists from all over the world appreciated the visits to the Domus of Julius Polybius and rides along the Pompeii bike path. On Nov. 28, there will be an event organized by the Ministry of Heritage and Culture, which includes the Pompeii ruins and a tour of the Suburban Bath by night.

### Airport body scanners too slow

Interior Minister Roberto Maroni said that airport body scanners performed poorly as anti-terror devices during tests in Italy because of restrictions imposed by the privacy watchdog. The restrictions were aimed at averting privacy concerns raised in other parts of the world because the machines can show all of a person's body under their clothes. In September, the chief of Italian Civil Aviation Authority ENAC Vito Riggio said the scanners' test didn't have good results because instead of making things faster, they took much longer than manual body check inspections. The tests were carried out in airports in Rome, Milan, Venice and Palermo.

### Citizens ordered not to fall ill

The mayor of the town of Acquapendente, in the province of Viterbo in Lazio region, issued an edict ordering his citizens not to fall ill. He acknowledged he acted provocatively and wanted to draw attention to a decision taken by the regional governor to close the town's hospital Jan. 1, 2011. The town will have little emergency care. The government had to cut its public health care budget considerably due to the financial crisis. The mayor also threatened to request the town's annexation by the Umbria region, because he said Rome soaks up all the resources of the Lazio region, which has the biggest deficit in its health care budget in Italy.

### 47 arrested in anti-mafia op

Forty-seven regional politicians and local public officials were arrested throughout Sicily, Lazio, Emilia Romagna, Tuscany and Friuli Venezia Giulia regions. Police seized also about €400 million in assets, including companies, building and vehicles. They were charged of mafia association, murder, extortion and robbery. Giuseppe Pisanu, president of the Italian parliament's anti-mafia commission said there were many mafia-candidates who ran for office in the local elections in March.

### World's first robot pancreas transplant

At the university hospital in Pisa, a team of Italian doctors carried out the first robotically-assisted pancreatic transplant. This operation could help diabetes sufferers everywhere in the world, because its "mini-invasive" nature strongly reduces post-operation complications. The robotic technique allows surgeons to carry out the transplant through three small holes and a seven-centimeter (three-inch) incision, the hospital said. The transplant was carried out Sept. 27 on a 43-year-old mother of two who had suffered from type 1 diabetes since she was 24 years old and had already had a kidney transplant. She suffered no complications and left the hospital Oct. 30. The medical team carried out the operation with the assistance of the "Da Vinci SHDI robot"—a large machine with several arms—designed in the multidisciplinary robotic surgery center in Pisa.

## THE INSIDE PAGE...

### NOVEMBER FFSC EVENTS

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

- 8, 15, 22, 29 **BECOMING A LOVE & LOGIC PARENT** (11 a.m.-1 p.m.) An introduction to parenting with "Love and Logic."
- 8 **VISIT MOZZARELLA FACTORY** (8 a.m.-1 p.m.)
- 8 **DEVELOPING YOUR SPENDING PLAN** (1 p.m.-3 p.m.) Establish a personal or family spending plan.
- 9 **SMOOTH MOVE** (8 a.m.-12:30 p.m.) Don't let your upcoming transfer catch you off guard; start planning today.
- 9 **SAVING AND INVESTING** (9-11 a.m.) This single session will help develop knowledge and skills to enable you to save and invest wisely.
- 9 **PARENTING TEENS & SOCIAL MEDIA** (11 a.m.-12 p.m.) Parents learn about the social media being utilized by today's teenagers.
- 14 **DEPLOYMENT SUPPORT GROUP** (1 p.m.) Call 081-811-6539/6372 for more information.
- 15 **S.A.P.R. SEXUAL ASSAULT PREVENTION RESPONSE** (9 a.m.-1 p.m.) P.O.C. Training.
- 15 **S.A.P.R. SEXUAL ASSAULT PREVENTION RESPONSE** (2-4 p.m.) Data Collection Coordinator.

### NOVEMBER

- 8, 12 **CLEP/DSST TESTS** Testing starts at 9 a.m. Make an appointment with the National Test Center at Capo, Admin II, UMUC or call 081-568-6673.
- 10 **MAKE THANKSGIVING PLACEMATS** with your children and the Connect the Tots Club at 3 p.m. at the Support Site Fellowship Hall. For more information or to become a member, visit [www.meetup.com/Connect-the-Tots-Club/](http://www.meetup.com/Connect-the-Tots-Club/).
- 11 **A SALUTE TO AMERICA'S BEST VETERANS DAY 2010** Enjoy a free gourmet steak and egg breakfast served in the Naples High School cafeteria. Open to all U.S. ID card holders, military civilians and their families. FMI, contact your senior enlisted advisor.
- 11, 18, 25 **WEB TUITION ASSISTANCE BRIEF** Capo, Admin II, G-014, 9 a.m. Nov. 18, 1 p.m. Nov. 11 and 25. Required for all sailors prior to using WEB TA. Questions about WEB TA? Visit the Navy College Office.
- 12 **LAST DAY TO PURCHASE TICKETS TO THE ALLIED SPOUSES CLUB (ASC) 2010 Thanksgiving Luncheon.** The event, hosted by ASC's American spouses, on Nov. 19 starts at 11 a.m. at the Italian Air Force Academy in Pozzuoli. Luncheon tickets are €20 for ASC members, €25 for non-members. To RSVP, please seal your payment in an envelope marked with your name, the country you are from and "ASC Thanksgiving Luncheon," and drop it off in the green ASC drop box at the Fleet & Family Support Center (Support Site) or at Tony's Hardware (JFC).
- 13 **CPR/AED ADULT, CHILD & INFANT** 10:15 a.m. to 5:30 p.m. at the Support Site Fitness Forum conference room, cost \$40. Registration and payment due Nov. 10 at the ARC office located at Capo. FMI, contact 081-568-4788.
- 14 **USO HOSTS A THANKS-FILLED BINGO NIGHT** at the Naples High School cafeteria from 3-5 p.m. Playing Bingo, participate in raffles and enjoy delicious snacks. Some of the prizes include a Nintendo Wii, gift and spa Baskets, home appliances and much more.
- 17 **THE NAPLES TOASTMASTERS CLUB** is hosting a public speaking workshop at 6:30 p.m. in the Support Site Community Room (next to the USO). Motivational speaker Jasandra Brown will teach you how to begin and end a speech, how to use stories to make a point and how to prepare any speaking engagement. This workshop is for beginning and advanced speakers. Military personnel, civilians and volunteers in the community are strongly encouraged to participate. Visit <http://www.toastmasters.org/> for more information.
- 17 **PRAXIS TEST REGISTRATION DEADLINE** for Jan. 18 test. Contact the Navy College Office for more information.
- 17-18 **APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)** Better understand the needs of a person at risk of suicide and learn how to use suicide first-aid to meet those needs. If you are interested in attending or have questions, call the CREDO office at 081-568-5255. Must be at least 18 years old.
- 18 **USO HOSTS THANKSGIVING TASTE OF HOME**, a free dinner for the single/unaccompanied service members residing in both the Support Site and Capo barracks. The event will take place at the Capo Liberty Center from 5:30-8 p.m. Contact the USO at 081-568-5713 for more information or to donate a home-made dish.
- 18 **MONTHLY BABY BASICS CLASS** 9 a.m.-12 p.m., offered by the Navy-Marine Corps Relief Society visiting nurses. The course is in the NMCRS office at Capo, Admin II, Room G 016. Topics include newborn care (i.e. bundling, diapering and bathing); feeding; crying and comforting; health and safety; etc. Contact NMCRS at 081-568-3913 for registration.
- 19 **ACT TEST** Make an appointment now by visiting the Navy College or calling 081-568-6681/6678. Testing starts at 7:45 a.m.
- 20 **CONNECT THE TOTS THANKSGIVING POTLUCK** at 4 p.m. in the Fellowship Hall. Please RSVP with the dish you are bringing by going to [www.meetup.com/Connect-the-Tots-Club/](http://www.meetup.com/Connect-the-Tots-Club/).

### DECEMBER

- 3 **CRAFT YOUR OWN HOLIDAY CARDS** with the Connect the Tots Club at 3 p.m. in the Fellowship Hall. For more information or to become a member, visit [www.meetup.com/Connect-the-Tots-Club/](http://www.meetup.com/Connect-the-Tots-Club/).

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# NSA Naples celebrates Halloween



NSA Naples Commanding Officer Capt. Robert Rabuse passes out candy to trick-or-treaters at the Support Site Oct. 31. (Photo by MC1 (NAO) John Parker, NSA Naples Deputy PAO)



Children and volunteers use their imaginations to decorate their own hats during the USO's Mad Hatter Tea Party Oct. 31. (Photo by Lt. Matt Gill)

## 2010 Halloween Spooktacular

By Michael Yates

This year's Spooktacular event brought together members and guests of the NSA Naples community with food, fun and fright at Carney Park Oct. 29. Over 1,500 trick-or-treaters, who dressed as witches, ghosts, superheroes and more, went door-to-door at the Carney Park "haunted" cabins, which were spookily decorated by commands, volunteers and private organizations. Top prizes for the decorating contest were awarded to U.S. Naval Hospital Naples for the "Best Scary Cabin" and the American Red Cross for the "Best Non-Scary Booth" award. Both organizations won a free ITT day trip for each participant.

Throughout the night, families enjoyed activities such as kiddie train rides and a production from Naples' MainStage Entertainment. Carney Park's maintenance workers even constructed a scream-filled haunted house, which was staffed with volunteers from the community and members of the Chief Petty Officers' Association. Local commands and organizations sold a variety of food to fundraise for their cause.



A young witch and ghoul take a break from the "spooktacular" activities to enjoy some hard-earned treats. (Photo by Mark Johnson)



From left to right: Sindy Copeland, Colleen McKown and Amber Becker of Fleet and Family Support Center pass out Halloween treats to Spooktacular trick-or-treaters Oct. 29 at Carney Park. (Photo by Mark Johnson)



A remote-controlled monster scares visitors at a haunted cabin at Carney Park. (Photo by Mark Johnson)



### Fit Zone Reopens

Left to right: Tony Smith, Ernesto Certosino, Paolo Di Lieto and NSA Naples Commanding Officer Capt. Robert Rabuse cut the ribbon to reopen the Capodichino Fit Zone Nov. 2. (Photo by MC1 (NAO) John Parker, NSA Naples Deputy PAO)

## Promoting and developing a healthy and active lifestyle in children

By Henry Woodruff

Growing up in the United States 30 to 40 years ago, cellular phones, home computers, the internet and social networking were dreams. Pong and Pac Man were the only video games available and there was a limited number of TV channels. Therefore, being outside and being active was not as much a choice, but the predominant means of entertainment. Walking, bike riding or playing active games were how children spent their free time.

These days with all of the possibilities for sedentary entertainment and games, more children choose non-active lifestyles at an earlier age. The USDA's Dietary Guidelines for Americans recommend children get at least 60 minutes of physical activity most, preferably all, days of the week. Being active as a child will help develop a blueprint for becoming an active adult.

The Centers for Disease Control and Prevention (CDC) reports childhood obesity has more than tripled in the past 30 years. When the energy that children take in through food and drink is greater than the energy they expend through physical activity and exercise, they become overweight. A diet high in calories and fat, combined with low levels of physical activity and exercise, will lead to a person becoming overweight.

Children inherit body type and shape from their parents. Though, these factors cannot be changed. Parents can influence their child's eating habits and activity patterns, which will also affect their body weight.

As adults and parents, we have the responsibility to both teach and set examples for our children. The examples children see from the adults they look up to, speak much more loudly than what they might read or have lectured to them. When we make healthy choices about what we eat, and lead a healthy and active lifestyle, we show the children around us that choosing to be healthy is the right choice. By doing so, not only do our children benefit, but we do as well.

Get the whole family involved in a healthy lifestyle. Walking to school with your child is an excellent way to actively start your day. In the evening when you get



**Encourage your youngsters to develop a healthy lifestyle. Instead of sitting down with your children to watch TV, why not get outdoors and go for a family bike ride?** (Photo by MC1 (NAO) John Parker, NSA Naples Deputy PAO)

home, instead of sitting down with your family to watch that usual TV program, why not go outside for a family walk or some type of physical game (play tag, play catch, swing, play basketball or join in your child's outdoor games) or activity (biking, inline skating, swimming.) On the weekends, plan activities that involve getting outdoors and include physical activity.

We are fortunate to live in an area rich with historical and archeological sites that not only are interesting and fun, but that also often involve physical activity to explore them. Instead of playing video games, have your children use the computer to research healthy foods or recipes, and let them help you plan and prepare your family's meals. Let them research and organize family physical activities to do in the evenings or on the weekends.

Read more about promoting an active lifestyle for children at the following websites: <http://www.nutritionexplorations.org/parents/parents-lifestyle.asp>, <http://www.mayoclinic.com/health/fitness/FL00030>, <http://www.presidentschallenge.org/index.shtml>.

The CDC also offers some suggestions to develop a healthy lifestyle in children. Visit [http://www.bam.gov/sub\\_physicalactivity/index.html](http://www.bam.gov/sub_physicalactivity/index.html) or [http://kidshealth.org/parent/nutrition\\_fit/fitness/exercise.html](http://kidshealth.org/parent/nutrition_fit/fitness/exercise.html) for more information.

# Holiday spending on a budget

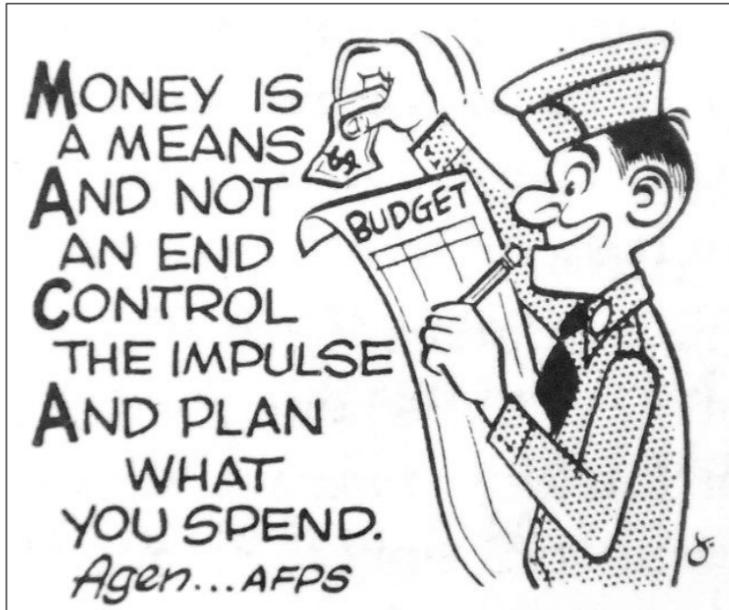
By Desiree Hawkins, Navy Marine Corps Relief Society Casework Chair

The holidays are supposed to be a joyous time of the year. No one wants to spend Christmas stressed about how to pay for gifts. The key is to have a plan. Financial author and motivational speaker Dave Ramsey offers some advice to help you get through this holiday season money-stress free.

**1. Make your Christmas budget as early as possible.** It's never too late. Keep it separate from your regular budget. Don't put a separate Christmas category into your regular budget; give the Christmas budget its own sheet. List everyone you want to buy for, how much you can spend on them (remember, cash only), what they would like and where you can find it at a reasonable price.

**2. When you do the actual shopping, have a plan.** Know which store you're going to, how much you're spending, and then stick to it. Get in, get it and get out. Don't let yourself wander, because you'll impulse buy something and bust the budget.

**3. Get creative with your giving.** How would it feel to budget \$50 for someone's gift, and then find an imaginative way to give them a nice \$20 gift? Think of a gift that isn't expected, maybe cooking someone their favorite dinner or volunteering to help someone with a project they are working on.



"Panorama" Nov. 27, 1959

**4. Consider drawing names** if you have a large family or a lot of people at the office to buy for. Don't worry about someone being mad at you for not receiving a gift; don't even be worried about not getting enough gifts for co-workers. You'd be surprised at how pleasant Christmas can be when you don't spend tons of money or stress yourself out with trying to find many gifts for many people.

Need some inexpensive (or free!) gift ideas? Take a look below to help get you started!

- Offer to babysit free of charge to new parents;
- Create a "love jar" for a favorite relative or friend. Fill

the jar with 52 notes of things you love about him/her. The recipient will then pull one love note out a week for a special gift all year long;

- Gift certificates for cooking or wine tasting classes;
- Gift certificates for oil changes or car washes;
- Tickets to a sporting event;
- Read aloud a favorite children's book onto a tape and give the tape to the child. They'll love to listen to it over and over again;
- Savings bonds;
- A special date filled with the recipient's favorite things to do;
- Baked goods: cookies, muffins, breads, etc.

## NEX holiday return policy means satisfaction guaranteed

From NEXCOM PAO

This holiday season, the NEX wants to make returning gifts as easy as possible. Since gifts may be purchased well before they are given during the holidays, all NEXs will accept returns through Jan. 30, 2011. This includes items typically covered by the 14-day return policy, such as computers, computer equipment, software, digital cameras and the 45-day return policy for all other merchandise. This extended return policy applies to original purchases made from Nov. 17 through Dec. 24 either in a NEX or through the NEX online store. Customers are asked to include any packaging material along with the receipt when making a return. Any returns without a receipt will be placed on an NEX gift card.

"We want to take care of our Navy family this holiday season," said Mike Powers, Navy Exchange Service Command (NEXCOM) director of retail operations. "We know that the holidays can be hectic. We hope that by giving our customers extra time to return gifts after the holidays will help ease some of their stress."



### Red Ribbon Ragu Rally

Students of Dr. Elliot's class sing a "Drug Free" song to parents and students at the Red Ribbon Ragu Rally hosted by the Naples Elementary School PTA to celebrate Red Ribbon Week Oct. 28. More than 200 guests enjoyed the family night spaghetti dinner. (Photo courtesy of Heather Lawrenz)





Eight spouses of U.S. service members take the oath of allegiance to become U.S. citizens during a naturalization ceremony Oct. 27. The ceremony was held in the courtroom at Naval Support Activity Naples Capodichino.

## NSA Naples welcomes eight new citizens

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

The Naval Legal Service Office Europe, Africa and Southwest Asia assisted United States Citizenship and Immigration Services (USCIS) in performing a U.S. naturalization ceremony in the courtroom at NSA Capodichino Oct. 27.

Mark Farfaglia, an immigration officer from USCIS, visited Naples from his office at the U.S. Embassy in Rome to conduct the ceremony and do the swearing in. Eight women from the countries of Belgium, Brazil, Italy, Mexico, Panama, Poland and the United Kingdom raised their hands to take the oath of allegiance and officially become citizens of the United States. The women are all spouses of U.S. service members, who, along with other family members, were invited to attend the ceremony.

In addition to the swearing in portion, the ceremony also featured a video brief and pre-recorded congratulatory speech by President Barack Obama. Certificates were handed out at the end.

Naturalization ceremonies for dependents of active duty members in Italy usually take place in Rome, but as Farfaglia explained, "We have an obligation to try and see people where they live and work. These special, local ceremonies, which we attempt to hold twice a year, tend to be more intimate and more convenient."

Farfaglia, who also screens applicants during their application process, explained that the eight women sworn in were able to naturalize outside the United States because of the National Defense Authorization Act signed by former President George W. Bush on Jan. 28, 2008. "Before 2008, you could only take the oath of allegiance outside the U.S. if you were an active-duty service member during a designated time of conflict," said Farfaglia. "But now, certain

spouses of service members meeting other eligibility requirements can naturalize overseas."

Ida Borrelli Muhammad, originally from Italy, was one of the women sworn in. Muhammad, who's been married to a sailor for seven years, spoke about the emotions she felt after becoming a U.S. citizen. "I'm definitely filled with excitement and very proud of my new citizenship," said Muhammad. "The ceremony was really nice and the president's speech was touching."

Muhammad also explained why she chose to become a U.S. citizen and what she plans to do with her new status. "Since my husband and children are citizens, I wanted to be a part of the family and share the same feeling of belonging with them," said Muhammad. "Now I'm looking forward to living in the U.S. and doing something productive for the country and military community."

For more information on gaining U.S. citizenship while overseas, visit the official government website <http://www.uscis.gov> or contact Lt. Loftus-Williams, the immigration officer at the NLSO, by calling 081-568-4576.



Maria Self, the spouse of a U.S. service member, holds her certificate of U.S. citizenship awarded to her during a naturalization ceremony.

## MILITARY FAMILY MONTH Continued from Page 1

By offering job opportunities and workplace flexibility, businesses and companies can benefit from the unparalleled dedication and skills of a service member or military spouse. Through coordination with local community groups, individuals and organizations can ensure our military families have the help they need and deserve when a loved one is deployed. Even the smallest actions by neighbors and friends send a large message of profound gratitude to the families who risk everything to see us safe and free.

As America asks ever more of military families, they have a right to expect more of us -- it is our national challenge and moral obligation to uphold that promise. If we hold ourselves to the same high standard of excellence our military families live by every day, we will realize the vision of an America that supports and engages these heroes now and for decades to come.

Now, therefore, I, Barack Obama, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim November 2010 as Military Family Month. I call on all Americans to honor military families through private actions and public service for the tremendous contributions they make in support of our service members and our Nation.

In witness whereof, I have hereunto set my hand this twenty-ninth day of October, in the year of our Lord two thousand ten, and of the Independence of the United States of America the two hundred and thirty-fifth.



### Who cares about leftovers? Thanksgiving in Paris

By Mrs. Teresa Fisher, USO Naples  
Photos by MCI (NAO) John Parker  
NSA Naples Deputy PAO



Why not join the USO on an unforgettable Thanksgiving in Paris? Paris has earned the title of the "most visited city in the world" for the past five consecutive years. But, what is Paris' secret or "je ne sais quoi" that attracts over 75 million visitors per year?

From its monumental architecture, rich art and culture, gourmet food, elegant and luxurious fashion to its charming backstreets and alleys, the city of light or "la ville lumière" is a vibrant place that gallantly lures visitors to explore it from the very moment of arrival—as Cole Porter put it, "Paris is enchanting almost everywhere, at any time, even in the summer, when it sizzles and in the winter, when it drizzles."

If you haven't been to Paris yet or want to visit again, take advantage of the Thanksgiving holiday tour USO Naples is offering from Nov. 24-27. For more information or to sign up for the getaway, click on the "Naples" tab at [www.uso.it](http://www.uso.it) or call 081-568-5713 or 081-811-4903.

**MORE INSIDE PAGE...**

**VOLUNTEERS NEEDED**

**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 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.

**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. FMI, e-mail nosctshop@gmail.com or call 081-811-4200.

**ONGOING ON THE HORIZON**

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

**GAETA GIRLS** Interested in Girl Scouts? A multi-age troop meets in Gaeta for the 2010-2011 year. If you are interested in joining or have any questions, e-mail naplesgs@yahoo.com.

**NAPLES CHRISTIAN HOMESCHOOL ASSOCIATION** meets regularly to support families on their homeschooling journey. FMI, contact Shannon Tyler at thetylers5@gmail.com.

**BOY SCOUT TROOP 007** holds troop meetings every Monday 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.nosctaly.com.

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

**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. For more info. call 081-568-4788.

**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.

**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.

**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.

**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.

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

**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.

**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 081-811-4037 for an appointment.

**Reel 2 Times cinema**

**Friday, November 5**

**SCHOOL'S OUT MATINEE**

Noon Life As We Know It PG-13

3 p.m. Hereafter, PG-13

4:30 p.m. Takers, PG-13

6:30 p.m. The American, R

Premiere Showing

7:30 p.m. Red, PG-13

9 p.m. Resident Evil: Afterlife R, 21 Plus Movie & Premiere Showing

**Tuesday, November 9**

4:30 p.m. The Switch, PG-13

6:30 p.m. Life As We Know It PG-13

8:30 p.m. Piranha 3, R

9 p.m. The Expendables, R

**Saturday, November 6**

Noon Life As We Know It PG-13

2 p.m. The Switch, PG-13

3 p.m. Hereafter, PG-13

5:30 p.m. Red, PG-13

6:45 p.m. Takers, PG-13

8:30 p.m. The American, R

9 p.m. Resident Evil: Afterlife, R

# November picks: Van Gogh, "Musical Autumn 2010," "Dance Festival," "St. Martin's summer" and more



The exhibition, "Vincent Van Gogh: Timeless Countryside-Modern City," is taking Rome by storm with over 100 works documenting the artist's entire career. Visit the extensive initiative at the Complesso del Vittoriano (rear entrance of the Victor Emmanuel II Monument) through Feb. 6, 2011. For details, call 06-678-0664 or e-mail [museo.vittoriano1@tiscali.it](mailto:museo.vittoriano1@tiscali.it). (Photo courtesy of Comunicare Organizzando)

Story by Lou Freed

## Art

Rome's "Vincent Van Gogh: Timeless Country-Modern City" exhibition definitely worth a trip

Twenty years have passed since the last exposition on the Dutch artist in the eternal city. This year, the initiative returns at the Complesso del Vittoriano with over 100 drawings and paintings retracing Van Gogh's entire artistic career. Based on the number of drawings, watercolors and oils displayed, undoubtedly, the man was a prolific artist inspired by Millet, Gauguin, Cézanne and Pissarro. By juxtaposing Van Gogh's works with those of his contemporaries, the exhibition articulates the influence upon the painter's relentless rendition of two themes: the stable, unchanging rural existence and the dynamics of an urban environment. In a number of pencil drawings, Van Gogh elevated the hard-working, honest peasants gathering hay, planting potatoes or doing their chores in villages with thatched cottages. In contrast, using watercolor and oil, the artist portrayed views of developed sites or of city people spending their leisure time in parks outside of Paris. Van Gogh also experimented with portraits of himself and his friends. Overall, the exhibition is a "must-see" event with some of the most striking Van Gogh creations, such as "Group of Farmhouses," "Interior of a Restaurant," "Olive Trees," "Cypress Trees with Two Women" and "The Four Ages of Man." For details, call 06-678-0664 or e-mail [museo.vittoriano1@tiscali.it](mailto:museo.vittoriano1@tiscali.it). Runs through Feb. 6, 2011.

Impressive Antonio Borelli micro and mega sculptures exhibition ends tomorrow

Some of the best bronze abstractions by a Neapolitan artist can be viewed at Naples' Castel dell'Ovo. Borelli's fine works range from small, fine jewelry to human figures such as Pinocchio; from furniture to mechanisms. Inspired by the pre-Renaissance artist, Benvenuto Cellini who specialized in women's ornamental accessories, Borelli initially

created jewelry pieces in silver, gold and sometimes platinum. However, his skill eventually led him to produce larger pieces, such as the Composizione that he recently donated to the City of Naples. The masterpiece will be displayed at the Egg Castle located in the "Borgo Marinari" (Fisherman's Village) along via Parthenope. Visit between 10 a.m. to 1 p.m. For a quick view of Borelli's works, log onto <http://www.oltreilchiostro.org/cybermuseum/iart.php>.

Free meetings on Caravaggio and his works

In addition to Naples' 400th death anniversary commemoration of the renowned Baroque, light and dark master artist, scholarly discussions (in Italian only) on Caravaggio are scheduled on these dates: Nov. 11 with Piergiorgio Odifreddi and Nov. 18 with Claudio Strinati in the Capodimonte Museum Auditorium. On Nov 25, Mario Martore and Nicola Spinosa will lead the talks. All meetings begin at 5:30 p.m. For information and bookings, call 081-497-6128 between 9 a.m. to 1 p.m. and 2:30 to 6 p.m.

Fauna and flora spell art for Maryda Geraci

From Nov. 17 through 29, paintings exploring the theme can be viewed in the Sala Carlo V of the Angevin Castle across Naples' main port. More information will soon be posted on the Comune di Napoli website.

## Dance

"Dance Festival" combines classical music and grace at San Carlo Theater

Timeless compositions brought to life through expressive dancing continue this month with the theater's new production of "A Contemporary Evening" Nov. 13-17. The program will feature guest dancer Alessandro Macario and the theater's ballet corps performing Luc Bouy's choreography of Glass's and Berg's piece, "Il mio angelo." Included the same evening will be the theater's solo dancers teaming up with the ballet corps for the Nacho Duato-choreographed rendition of F. Schubert's "Without Words."

Subsequently, a touch of the Caribbean comes to Naples with the Cuban National Ballet Company's appearance on Nov. 21-24 for the rendition of M. Fokine's dance routine of Chopin's "Les Sylphides" or "The Sylphs" (mythological invisible beings recalling angels). Also in the spotlight will be A. Alonso's choreography of Di Celmo's "Elegia por un joven" and Angiolini's "La Didone abbandonata." Book through the San Carlo Theater at 081-797-2331 or visit <http://www.teatrosancarlo.it>.

## Music

Caserta province's "Autunno Musicale 2010" features classical music in various town venues

Tomorrow, the Palazzo Fazio in Capua will be the setting for pianist Eri Mantani's concert on Scarlatti's Sonata in F major K. 55 and Sonata in F minor K. 519; Chopin's "Mazurka" op. 24, Waltz in E flat major op. 18 and "Nocturne" in B major op. 61 no. 1 as well as Liszt's Ballad no. 2 and "Hungarian Rhapsody" no. 2. Con-



Left: Pinocchio in bronze by the Neapolitan artist Antonio Borelli is now displayed in Naples' Castel dell'Ovo. Borelli's fine abstractions range from fine jewelry to human forms and from furniture to mechanisms. (Photo by J. Freed)

Page 1: To honor St. Martin, a legendary French-born Roman centurion who embraced Christianity, Italian and French vintners uncork their "vino novello" or new wine, said to finish fermenting on the saint's special day, Nov. 11. Locals celebrate the day by serving and tasting vino novello, which goes well with chestnuts, also plentiful and celebrated this season. Three Campanian towns making a big to-do of St. Martin and vino novello with culinary delights are Marcanise and Mignano Monte Lungo in Caserta province as well as Scisciano near Nola in Naples province. (Photo by J. Freed)

cert begins at 7:30 p.m. More piano concerts in the same venue are scheduled for Nov. 13, 20 and 21.

On Sunday, pianist Gianluca Luisi will take center stage at the Palazzo Mazziotti in Caiazzo to present Bach's "The Well-Tempered Clavier."

Both programs above are scheduled at 7:30 p.m. and organized by the Anna Iervolino Association. More information on the Musical Autumn programs in other locations are listed at [www.suonielluoghidarte.com/](http://www.suonielluoghidarte.com/).

Musical aperitifs in the San Carlo Theater foyer

Experience the regal surrounding of the theater through these short and sweet performances. Tickets are reasonably priced, so don't miss them. Enjoy the theater's "Voci Bianche" (Children's Chorus) performance of "D'Altro Canto" (On the Other Singing Lesson) Nov. 7. Then, Nov. 28, the same chorus combines with the talents of the theater's ballet school in "Cantando la Danza" (Singing the Dance). Programs begin at 7 p.m. Book through the San Carlo Theater at 081-797-2331 or visit <http://www.teatrosancarlo.it>

Michele Campanella to entertain with Franz Liszt music Nov. 15

Aficionados of the composer will be pleased to know the concert with various pieces includes "Sancta Dorothea" and "Ave Maria." Book through the San Carlo Theater at 081-797-2331 or visit <http://www.teatrosancarlo.it>

## Special San Carlo Theater itinerary

On Sundays, the San Carlo Theater schedules the program based on Laura Valente's text. Through actresses Sara Missaglia and Roberta Astuti, visitors learn about the royal-built venue either at 11 a.m. or at 12:30 p.m. The €10 entry fee includes a light breakfast. Enter through the Royal Palace on the Piazza Trieste and Trento side. Book through the San Carlo Theater at 081-797-2468 or view the details at <http://www.teatrosancarlo.it>.

## Enogastronomy

"Cio'Bi" chocolate fair

History and art of chocolate and beer production unite at Duca di Martina Museum

Although the "Cio'Bi" historical exhibition runs through Jan. 16, the initiative will be highlighted this weekend with the showcase of the famous Neapolitan Gay Odin artigianal confections. While visiting the museum situated in the lush Villa Floridiana

in Vomero, marvel at the exquisite collections of European and Oriental porcelain in various styles and sizes. The event is promoted by the Special Superintendency for the Historical, Artistic and Ethno-Anthropological Heritage and Museum Group in Naples. Call 081-578-8418 for more information.

-St. Martin's summer and "Vino Novello" fest commemorate Good Samaritan Nov. 11

Though a Roman centurion, the French-born St. Martin embraced Christianity. Tradition holds that on a cloudy day, he shared his cloak with a poor and cold beggar. Legendarily, the act transformed the somber autumn day in Amiens, France into a bright, sunny day.

To honor the saint, Italian and French vintners uncork their "vino novello" or new wine, said to finish fermenting on the kind man's special day. Therefore, locals celebrate by serving and tasting vino novello, which by the way goes well with the roasted chestnuts that are plentiful and also celebrated this season. Three Caserta province towns making a big to-do of St. Martin and the new wine with culinary delights are Marcanise and Mignano Monte Lungo in Caserta province, as well as Scisciano near Nola in Naples province.

Marcanise's "L'estate di San Martino"

This weekend, tap your feet to the music or join the locals exhibiting their tarantella dancing skills with much gusto in the streets. The energetic activity combines with arts and crafts exhibits, as well as wine and food offerings including the local bean and gnocchi dishes plus grilled mozzarella. Not to be forgotten is the contest among entertainers competing for the €500 prize, which will no doubt, affect a truly lively atmosphere. Details are posted at <http://www.majeutica.it>.

Poetry inspires Mignano Monte Lungo celebration

On Nov. 13, Cicuta of Mignano Monte Lungo in Caserta province will delight with their "Ode to Novello" while commemorating St. Martin. Plentiful that evening will be ancient culinary flavors such as "ciceri" and "tagliarielli," sausage and broccoli stew, chestnuts and of course, new wine. Accordion and barrel organ music is set to enliven the event from 7 p.m. For details, log onto [http://www.prolocomignano.it/prossimo\\_evento.html](http://www.prolocomignano.it/prossimo_evento.html).

Scisciano's "Sagra della pizzetta e del vino cotto"

Celebrations are scheduled Nov. 11-14 with lots of new wine and a menu topped by "tagliatelle alla boscaiola," fried "baccalà" (codfish) and roast pork. As in previous celebrations, visitors can taste and purchase the special pizzetta (pie) made with a grape skin-flavored crust. Festivities begin at 7 p.m. View the poster and details at <http://www.circolosanmartino.it>.

Chestnut fest

Despite being a tough nut to crack without the proper utensil, chestnuts are arguably among the most delicious and healthiest food around, according to health experts. They're low-fat, gluten-free and vitamin C-rich. They also serve as beautiful decorations for holiday table settings.

Mugello near Florence is said to be Italy's main chestnut growing area, but they also grow abundantly in the hilly areas of Avellino, Benevento, Caserta, Naples and Salerno. Many Campanian towns already celebrated their "brown stars" late last month; however, mark your calendars for the chestnut fests in Montella (Avellino province) this weekend that is posted at <http://www.comunemontella.it/evanti.php> and in Acerno (Salerno province) Nov. 13-14 shown at <http://www.prolocoacerno.it>

Fest of Fests

Sant'Angelo dei Lombardi paints the town red with "La Sagra delle Sagre" Nov. 13-14.

The medieval town of 4,000 plus residents in Avellino province's Alta Irpinia zone invites one and all to their "mother of all food fests" with exquisite cuisine served with chestnuts, truffles, mushrooms, honey and codfish. Further, visitors will have the opportunity to sample the fine, robust wines of the area—Taurasi, Aglianico and Greco di Tufo from the prestigious cellars of Barrasso, Caggiano, Mastroberardino, Struzziero and Terredora. The town's fascinating medieval attractions include the 10th century Lombard Castle, the 11th century cathedral and the 12th century Goletto Abbey, all of which will become venues for local artists' creations in wood, wrought iron and ceramics. The Abbey has been designated as the Assisi of Irpinia. Entertainment will comprise of folk and ethnic music, children's shows, street performers and many others. For queries, contact 0827-24-123 or e-mail [info@prolocoaltairpinia.com](mailto:info@prolocoaltairpinia.com), according to the Comune di Napoli website. *Buon divertimento!*

# Wildcats Sports



Senior captain Caitlin Eckert (4) bumps a set to Giovanna Trigg (9) while junior Courtney Plante (2) looks on. (Photo by Kathryn Eckert)

## Lady Wildcats bring home another win

By Jackie Lund, Junior at Naples High School

The Naples Lady Wildcats volleyball team traveled to Rome to take on the American Overseas School in Rome (AOSR) last weekend. They played the AOSR Falcons to a victory in a best out of five set competition. The Wildcats took the first set with the score of 25-22. Falcons came back strong in the second set with a Wildcat loss of 19-25. Hard playing by the Wildcats in the third set resulted in a win of 25-15. The final score of 25-16 in the fourth set sealed an overall game victory for the Wildcats. The Falcons were no match for serves by setter senior Caitlin Eckert and freshman Vicky Krause. Senior Sofia Cianciaruso's repetitive kills were key to the Wildcats' victory. This weekend Wildcats volleyball will be competing in Germany for the DoDDS European championships.



Junior Jake Coutino (4) punches the ball for a kill while junior Sam Arreguin (2), senior Zach Zimmermann (3), junior Ben de Rivera (12), senior Regan Campbell (10) and junior Jono Higgins (8) are ready on defense. (Photo by Tish Campbell)

## Boys' volleyball unbeaten in ASIL

By Cynthia Fuerst

The Wildcats brought home another win this past weekend by defeating the American Overseas School of Rome (AOSR) in three games (25-14, 27-25, 25-16). Their well-known ability to control the courts was easily in form during the first game where they beat AOSR in the first set. In the second set, the Wildcats seemed to lose their punch as they were trailing for most of the game. When it looked like AOSR was within striking distance of a win (20-14), the Wildcats roared into action with the help of the power triad (captain senior Regan Campbell, senior Zach Zimmermann, junior Jono Higgins). The score was tied at 24-24 and the teams were vying for the needed two-point lead to win. The Wildcats eventually capitalized on an AOSR mistake and beat AOSR (27-25). Junior Billy Van der Bloemen demonstrated his strong serves, which helped finish the third game in favor of the Wildcats (25-16).

Coach Peter Nagafuchi thinks his team is doing well and he hopes they keep up their momentum. Nagafuchi said that winning a tournament is "never easy" and he just wants his team to concentrate on doing their best in every set.

## Cross-country repeat champs

By Katey Chartier and Coach Kathy Thomas

The Naples cross-country team was as fast as the short season that they participated in. The boys' cross-country team placed first in the European Division II Championships last weekend in Heidelberg, Germany. This is a repeat victory as the Wildcats boys' and girls' teams placed first in last year's European Championships. The Lady Wildcats also did an outstanding job finishing second in the 2010 Division II Championships. These athletes are to be congratulated on their talent and hard work. ROAR!



The Wildcats boys' cross-country team placed first in the 2010 European Division II Championships. Front row: Ian Eversman, Josh Masters, Troy Reeves, John Fain, Brad Bonnema, Ryan Knapp, Zac Schmidt. Back row: Ducky Sheline, assistant coach; Chip Noonan, head coach; and Kathy Thomas, assistant coach. (Missing from photo: Jenn Nelson, assistant coach.)



The girls' cross-country team finished second in this year's European Championships. Held by athletes: Katey Chartier. Front row: Molly Ryan, Abby Waller, Jordan Kim, Kelsey Lynch, Amber Sheline, Isabella Lucy, Kathy Thomas, assistant coach. Back row: Ducky Sheline, assistant coach and Chip Noonan, head coach. (Missing from photo: Jenn Nelson, assistant coach.)

## Tennis

By Cynthia Fuerst

Unseeded but unbeaten freshman, Randy Biery, went against last year's champ from SHAPE, Nicolay Gospodinov, in the first game of play at the DoDDS Europe tennis championships held in Wiesbaden, Germany this past weekend. In what was hailed as the "best match of the tournament," Biery demonstrated he has what it takes to be a champ. The SHAPE player admitted it was a "tough first match." He fired sure shots to Biery, but Biery gave as good as he got: he sent back almost every ball and then with a little something extra. Biery was down to 4-1 in the first set but rallied to tie at 4-4. He eventually lost the first set (6-4) but came back and took the second set (4-6). Biery was lagging in the third set (2-0) but he surged with three wins to take the lead (3-2). However, the more seasoned player took the advantage and finally won 6-3—after

2 1/2 hours of play. A huge crowd had gathered to watch the 14-year-old Naples freshman phenomenon show his skills on the courts.

Biery did very well in the Consolation Rounds, in which he played four matches. He had decisive victories in all his consolation games. He rolled over his opponents from Lakenheath (8-1) and Ramstein (8-3). The eighth seeded player from Heidelberg also fell before Biery's racket (8-5). Biery started the fourth match of the day strong (7-3), but faltered against his fresher opponent (who was playing his second match of the day). A fatigued Biery battled hard but eventually lost the tiebreaker (9-8). The unseeded Biery finished seventh overall.

Doubles team co-captain junior Daniel Umsteadter and sophomore Conor Skelton defeated the doubles team from Brussels (6-2, 6-2) but lost in a hard fought match to a team from Bahrain (9-7). On the second day of play, Umsteadter and Skelton easily took their first match of the day (9-7) before they were defeated by the eventual third place tournament winners. Though Captain senior Kaitlyn Adams and junior Nikka Malakooti took a loss on the first day, they returned on Day 2 and defeated the doubles team from Ansbach (9-7) but lost to the doubles team from Wiesbaden (8-2), who eventually took fourth place. Senior Erica Ruth went up



Freshman Randy Biery powers a return to his opponent during tournament play at the DoDDS Europe tennis championships in Wiesbaden, Germany. (Photo by Mike Biery)

against two strong players. Though Ruth put up a good fight, she lost both sets.

Coach Patulak is proud of his team's drive and sportsmanship and knows that they gave their all in league and tournament play.

# Jobs

## HUMAN RESOURCES OFFICE (HRO)

NEW LINK: <https://www.cnic.navy.mil/Naples/Programs/Departments/HumanResourcesOffice/Job/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 HRO, located in Admin 1, 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 the closing date of the vacancy announcement.

## U.S. POSITIONS

For a current list of U.S. vacancies and application process info., visit <https://www.cnic.navy.mil/Naples/Departments/HumanResourcesOffice/Job/index.htm>.

CLOSING 11 NOV 10

**Supv Security Specialist**, GS-0080-13, ANN#EUR11-860451-SC, Full-time permanent

**Civil Engineer (Structural)**, GS-0810-13, ANN#EUR11-860452-AV, Full-time permanent

**Civil Engineer**, GS-0810-13, ANN#EUR11-860453-AV, Full-time permanent  
**Contract Acquisition and Oversight Officer**, GS-1101-14, ANN#EUR11-865306-SC, Full-time permanent

CLOSING 12 NOV 10

**Supervisory Public Health Educator**, GS-1725-11, ANN#EUR11-850709-EG, Full-time permanent

**Financial Technician**, GS-0503-06, ANN#EUR11-861727-EG, Full-time permanent

CLOSING 18 NOV 10

**Mail Technician**, GS-0305-04, ANN#EUR11-859330-EG, Full-time permanent  
**Mail Technician**, GS-0305-05, ANN#EUR11-786532-EG, Full-time permanent  
**IT Specialist (INFOSEC)**, GS-2210-13, ANN#EUR11-866368-EG, Full-time permanent

CLOSING 19 NOV 10

**Contract Specialist**, GS-1102-12, ANN#EUR11-859206-EG, Full-time permanent

## OPEN CONTINUOUS ANNOUNCEMENT

**Education and Training Tech (CDC/CYP)**, GS-1702-02 KPP 03 KPP 04, ANN#EUR10-709145-AG, (Multiple positions), Full-time permanent. Next cut-off date is Nov. 12.

## 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).

## LOCAL NATIONALS (LN) POSITIONS

For a current list of LN vacancies and application process information, <https://www.cnic.navy.mil/Naples/Programs/Departments/HumanResourcesOffice/Job/index.htm>.

## NO VACANCY

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" and 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—whether 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 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 Nov. 8.

## 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, call 081-568-5612/4164.

## NSA NAPLES POSITIONS, MWR OPEN CONTINUOUS POSITIONS

**Child Program Assistant**, CY-1702-III, 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-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#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.

**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, ensuring a standard quality of sound and picture projection.

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

**Food Service Worker**, NA-7408-04, ANN#10-101, flexible, Bowling Center, Support Site. Job Summary: Performs a variety of tasks, such as grilling or frying pancakes, hamburgers, hot dogs, bacon, eggs, sausage, by watching while the items cook, turning as required, regulating temperature and removing when done.

**Recreation Aid**, NF-0189-01, ANN#10-113, flexible, Community Services, Capodichino. Job Summary: Provides information concerning facility, operations and regulations.

**Recreation Assistant**, NF-0189-02, ANN#10-114, Temporary flexible, Gaeta. Job Summary: Conveys information pertaining to the overall Fleet and Family Readiness Program to all authorized patrons. Serves as a primary front-line customer service representative of the overall program.

**Recreation Aid**, NF-0189-01, ANN#10-119, flexible, Golf Course, Carney Park. Job Summary: Collects green fees (monthly and daily), locker fees and fees for electric cart rentals. Employee will act as starter when needed on weekdays and assist when needed as cashier. Open until filled.

## 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#055-10** Supervisory Sales Clerk/SL/Ladies/NF-02/RFT - Closes: 11/12/10.  
**GRICIGNANO MINI MART**  
**Ann#067-10** Supervisory Sales Clerk//NF-02/RFT - Closes: 11/12/10.

### DISTRIBUTION CENTER, GRICIGNANO

No Vacancies

### CAPODICHINO NEX MART

No Vacancies

### EUROPE DISTRICT OFFICE (Gricignano Main Store)

No Vacancies

### GRICIGNANO NAVY LODGE

No Vacancies

### JFC-NATO MINI MART

No Vacancies

## LOCAL POSITION

No Vacancies



This fall, MWR Community Events is spicing up its schedule of entertainment. Last month, Edwin McCain performed at O'Rhys. This month, don't miss "A Salute to America's Best Veterans Day 2010" and the Susan and Lester "Family Fun & Magic" show.

## MWR Community Events

Story and photo by Kristina Douglas

October was an exciting month for MWR Community Events and Navy entertainment! The month kicked off with American alternative rock singer-songwriter and musician Edwin McCain, who performed at O'Rhys Bar & Grill – Strikers Bowling Center with over 150 fans in attendance. Three comedians traveling with the Boston Comedy Festival brought laughter to an audience of 100 people at the Support Site Reel Times Theater.

The month of November is Month of the Military Family and MWR "Knows How to give THANKS!" The 2010 Holiday Greeting Card Contest will begin Tuesday, Nov. 9 and plywood will be available at the Auto/Wood Skills Center. The contest is open to all commands and private organizations. For more information call 081-568-4971.

MWR Community Events will be celebrating "A Salute to America's Best Veterans Day 2010" on Veterans Day, Thursday, Nov. 11 at the Naples High School cafeteria. The event is absolutely free. Tickets will be available starting today and continuing through Tuesday on the Capo Spine and at the Support Site Fitness Forum from 10 a.m. to Noon and at the NEX and Commissary from 11 a.m. to 1 p.m. Please be aware if your sponsor has already received your tickets to the event. The event is open to all U.S. active duty, civilians and their families and EVERY family member must have a ticket. Liberty is providing FREE transportation for Liberty Card holders. Pre-registration at the Liberty Center is required; sign-up deadline is Wednesday, Nov. 10. The event is courtesy of the Cooks from the Valley, who have served over 150,000 steaks to U.S. service members.

Bring your friends and family to the Susan and Lester "Family Fun & Magic" show at the NEX food court Sunday, Nov. 14. The show is FREE and fun for all ages! For more information, contact MWR Community Events at 081-568-4880 or 081-568-4050.

Stop by the MWR facilities today and celebrate Month of the Military Family!

# American Heroes

By Karen Ortwein

My heroes have always worn uniforms, so it was no wonder that I found myself walking down the aisle some 20 years ago toward a young, handsome sailor dressed in Navy whites. As a grandchild of the World War II generation, I had grown up surrounded by heroes, grandfathers and great uncles, cousins and neighbors, and many of my fondest childhood memories were of moments listening to stories of their time in the "service" during the War. And that's what it was to them. A service to render, a debt to pay, an honor to wear their country's uniform.

The following generations of heroes served just as willingly. Although at times absent the accolades of those who had served before them, they were ready to take their turn standing watch over our freedom and liberty. The men and women who serve in today's all volunteer military are arguably the most well educated, well trained and well disciplined force ever assembled; a true collection of American heroes. Husbands and wives, mothers and fathers, sons and daughters, sisters and brothers, extraordinary volunteers. And just like the generations before them, they are willing to pack up and go on a moment's notice in service to their country, their families and to people they will never meet.

Our veterans and active duty members deserve our appreciation every day of the year but Veteran's Day, on November 11th, is a special day set aside just to say thank you. For those of us stationed in the Naples area, we have a unique opportunity to pay tribute to a previous generation of warriors. In 1943 and 1944, before the United States had invaded France and begun to fight its way to Berlin, a fierce struggle already raged across Italy. For nearly two years, Allied and Axis troops waged a bitter contest that resulted in hundreds of

thousands of casualties. The terrain was difficult and the weather uncooperative as the Allied forces fought their way towards Rome. Living and fighting conditions alike were horrid and the battle-hardened opponent proved difficult to dislodge from the fortified high ground they had occupied ahead of the Allied advance. Rome was finally taken just before another Allied invasion force landed on the beaches of Normandy, but fighting continued in Italy until the spring of 1945.

Many young Americans lost their lives during the Italian Campaign and thousands more remain MIA.

Some are still buried on Italian soil. This Veteran's Day, to honor their memory, consider visiting one of two American Cemeteries located in Italy: the Sicily-Rome American Cemetery just south of Rome in Nettuno or the Florence American Cemetery. Anyone who has visited an American military cemetery on foreign soil can attest to the humbling experience of standing in the final resting place of our heroes who died so far from home. And don't forget to give your sailor, soldier, airman or marine a hug and a thank you; don't forget to shake the hand of anyone who has ever served. The last decade has taken its toll on our military men and women and they continue to earn our undying gratitude each and every day.

My heroes have always worn uniforms.



## Sure Start students learn fire safety

Sure Start classes visited the NSA Naples fire station at the Support Site Oct. 27. The students watched one of the firefighters "reach for the sky" by climbing up the ladder. Sparky the Fire Dog came to say hello and answer questions about how to stay safe in a fire. Sure Start is a unique educational program for command-sponsored children of enlisted personnel, who are 4 years old by Sept. 1. For more information, call Karen Rodrigues at 081-811-4682 or the Naples Elementary School at 081-811-4037. (Photo courtesy of Sure Start)