

# Panorama

[www.cnmc.navy.mil/naples/newsroom/panorama/](http://www.cnmc.navy.mil/naples/newsroom/panorama/)

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

55TH YEAR, NO. 6

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, FEBRUARY 12, 2010



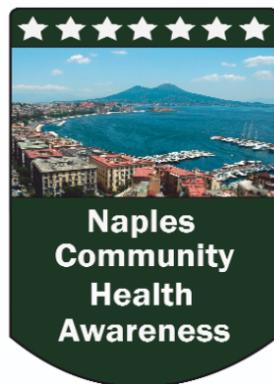
## HEALTH UPDATE

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

Visit

<https://www.cnmc.navy.mil/Naples/CommandInformation/HealthAwareness/Index.htm>



## The Joint Commission, Navy Medical Inspector General to visit US Naval Hospital Naples

Provided by  
U.S. Naval Hospital Naples

The Joint Commission and the Navy Medical Inspector General (MEDINSGEN) will conduct a joint accreditation survey from March 15-19, 2010 of U.S. Naval Hospital Naples.

The purpose of the survey will be to evaluate the organization's compliance with nationally established Joint Commission and United States Navy standards. The survey results will be used to determine whether, and the conditions under which, accreditation should be awarded the organization.

Joint Commission standards deal with organizational quality of care issues and the safety of the environment in which care is provided. Anyone believing that he or she has pertinent and valid information about such matters may request a public information interview with The Joint Commission's field representatives. Information presented at the interview will be carefully evaluated for relevance to the accreditation process. Requests for a public information interview with The Joint Commission must be made in writing and should be sent to The Joint Commission no later than five working days before the survey begins. The request must also indicate the nature of the information to be provided at the interview. Such requests should be addressed to:

Division of Accreditation Operations

The Joint Commission  
One Renaissance Boulevard  
Oakbrook Terrace, IL 60181

The Joint Commission will acknowledge such requests in writing or by telephone and will inform the organization of the request for any interview. The organization will, in turn, notify the interviewee of the date, time, and place of the meeting.

Concerns may also be brought to the attention of the Medical Inspector General by calling 1-800-637-6175.

## Comedy festival brings laughs to Naples Sailors

Story and photo by MC1 (EXW/AW)  
Terry Vick, Navy Public Affairs Support  
Element-East Detachment Europe

Navy Entertainment and Morale, Welfare and Recreation (MWR) hosted four comedians from the Boston Comedy Festival during a recent stop on their military comedy tour Feb. 3 on board Naval Support Activity (NSA) Naples.

The comedy tour featured Tony Boswell, Jim McCue, Kenny Rogerson and Rebecca Donohue, who performed a 90 minute comedy show for a packed audience of members of the NSA Naples community.

"Navy Entertainment has sponsored these great comedians on a tour of Europe," said Kelly Berger, MWR community events coordinator. "They are really funny and really talented and it's great to have them here."

New York native Becky Donahue served as opening act and Master of Ceremonies for the event. "This has always been a dream of mine," said Donahue. "As a comic you want



Comedian Becky Donahue from the "Boston Comedy Tour" entertains a packed house Feb. 3 at O'Rhy's Irish Pub during a military comedy tour stop at Naval Support Activity Naples Support Site location.

an audience that wants to be there, and for the military, I feel I can bring them a little piece of home."

"This is my first trip overseas," said comedian Tony

Boswell. "I'm a Navy brat, my father was in the Navy, so I feel it's a reward to perform for you guys."

During the show, the comedians practiced "crowd work," a

technique where they asked members of the audience questions about their occupations and made jokes with the responses given.

"It was an awesome experience," said audience member Jessica Robarge. "I've never seen a live comedy show before but this was great."

"I am heading out to a ship after this and I am so excited," said comic Jim McCue. "I'm just worried because I'm over six feet tall, and I know I'm going to hit my head on all the pipes and stuff on the ship."

The comics stated various reasons for joining the tour.

"I wrote for a comedy magazine geared for the military," said Donahue. "But it was discontinued and I feel like this is another opportunity to give back."

The comedians covered several topics as varied as growing up in an ethnic household to relationships and communications between men and woman.

"I'm just trying to make the audience feel connected," said Donahue. "Some of my jokes can be a little cutting, but there's a lot of love behind each one."



Comedian Jim McCue gets the NSA Naples crowd laughing during his set Feb. 3 at O'Rhy's Irish Pub at the Support Site.

# Captain's Corner

By Capt. Robert Rabuse  
NSA Naples Commanding Officer



I'll start off this week with a few words on Family Readiness. As service members, we are always making sure we are ready to deploy at a moment's notice, but often times we forget about keeping our families ready in case we are called to serve out of area. It is important for everyone to stop and take some time to review your Family's Readiness. Make sure your spouse is prepared and has everything he or she might need if you're called to deploy on short notice. This is happening more frequently, so it's important to get this right.

Some things to think about are: wills, powers of attorney, car titles, banking information, emergency contact information, family services and child care plans. It may be a good idea for everyone to take time now to sit down with your spouses and develop a checklist to make sure that everything is covered in case of an emergency or a deployment. I also call on our community as a whole to lend support to families of service members who are deployed or will be deploying very soon. Your command ombudsman, IA coordinator, FFSC, and the chaplains are always great resources to start with.

The rain has started again and I know with the grey skies we all feel a little gloomy. I call this time of year the "Dark Ages," and people tend to stay indoors and get a little down. Well, there is always a lot to do here in Naples and around Europe. Please take a look at what the USO and ITT Web sites have to offer: <http://naples.uso.it> and <http://nsanaples.mwr.it>. They are full of fun trips for the whole family as well as ideas for your own trips. You can also visit the wonderful people at MWR, ITT and the USO in person to get some ideas of activities you and your family can participate in. Take advantage of Community Time at the Youth Center Gym, cheer on the NHS Wildcats at a home game, or volunteer with one of the many community organizations. Take a look at MWR's "8 Days a Week" on the NSA Web site and Facebook.

This just in, Special Congratulations go out to the following Naples area students for their selection to the All DoDDS-Europe Honors Band: Hanah Donahue-Clarinet, Alexia Maschmeier-Oboe, Amanda Lewellyn-French Horn, Dylan Lewellyn-Drums and Taylor Parsons-Saxophone, and All DoDDS-Europe Honors Choir- Kaitlyn Eckert, Leila Matahen and Nikka Malakooti. They will travel to Germany for a week of study and intensive rehearsals under two of America's finest conductors, followed by a combined performance in a European concert hall. Congratulations to you all!

Lastly, I would like to let everyone know that I always read "Ask the skipper" e-mails and ICE comments on NSA facilities, and my staff and I work to get your questions and concerns addressed quickly. Sometimes you'll get a personal answer, other times you'll see my response by way of immediate action at the facility or in the community, and often they are rolled into my "Corner" comments, an article in *Panorama*, or a PAO Note. So, for everyone wondering and those who have asked, there will not be any actual Polar bears (adult or cub) at the Polar Bear Swim on Feb. 20, the scariest thing at the pool may be a hairy swimmer in a Speedo!

*Have a great Presidents' Day weekend and Happy Valentines Day, get outside!*

# Base Notes

From *Panorama* staff reports

## NSA Naples celebrates Black History Month

There will be a Black History Month celebration called "The History of Black Economic Empowerment" held at noon Feb. 18 in the Gucci Room of the CNE 6th Fleet C4I building at Capodichino. For more information, contact PO2 Endon Sweeney, NCTS Naples at 081-568-3444 or YA2 Rasheedah Sands at 081-568-1237.

## Allied Spouses Club offers Italian lunch

The Italian ladies of the Allied Spouses Club are hosting an Italian lunch from 11 a.m. to 2 p.m. March 10 at JFC Naples NCCC. The group will serve a traditional Italian feast which costs €20 for members and €25 for non-members. Luncheon fees should be placed in a sealed envelope, with full names and nation written clearly on the front, and put in one of the ASC drop boxes no later than March 1. Drop boxes for the ASC are located at Tony's Hardware at JFC and at the FFSC on the Support Site. For more information, send an e-mail to [glosappiobotta@afsouth.nato.int](mailto:glosappiobotta@afsouth.nato.int).

## Fire alarm tests today

A PWD contractor will perform fire alarm tests today on all three Admin buildings fire alarm systems. Tests will start at 4:30 p.m. in bldg 442 Admin 1, at 4:45 p.m. in bldg 442a Admin 2, and at 5 p.m. in bldg 442B Admin 3. There will be no need to evacuate work spaces.

## Anti-terrorism training for local national employees

The NSA Naples Anti-Terrorism Office will be offering a mass Anti-Terrorism Level 1 training brief.

### Support Site Reel Time Theater

**March 1-2:** from 11:15 a.m. to 12:30 p.m. and 1-2:30 p.m.

### Capodichino Theater

**March 2:** from 11:15 a.m. to 12:30 p.m. and 1-2:30 p.m.

**March 3:** 9:30-11 a.m. and 2-3:30p.m.

This training is required to be completed annually by all LN/HN employees per DoDI 2000.16, DoD Standard 22. For more information, contact MA1 Scarna at the Force Protection Office at 081-568-5225.

## School transition classes being held

Classes are being held the first Thursday of each month from 9-10:30 a.m. in the FFSP classroom located on the Support Site in the Village Forum. The class is designed to give parents the necessary tools needed to make their child's transition from school to school as

seamless as possible. For more information and to register for a class, contact CNREURAFSWA Regional School Liaison Officer Dewayne Baldwin, at [dewayne.baldwin@eu.navy.mil](mailto:dewayne.baldwin@eu.navy.mil), [dewayne.baldwin@eu.dodea.edu](mailto:dewayne.baldwin@eu.dodea.edu), or 081-811-4521.

## Naples High School events

- Feb. 18 Parent Session (Fact from Fiction) in the NHS cafeteria
- Feb. 22 Open house at 4:30 p.m. at the high school
- Feb. 24 Student services (Parent Session) with counselors, school psychologist and nurse at 5:30 p.m.
- March 10 8<sup>th</sup>-grade Parents Night - (Transition to NHS) in the cafeteria
- March 15-19 Terra Nova testing for grades 3-11. Please be sure students are present at school the entire week for testing.

## One-day Cheer Camp

Calling all kindergarten to 8<sup>th</sup>-graders, there will be a one-day Cheer Camp for boys and girls from 3-5:30 p.m. today in the NES gym. The cost will be \$20 for the first child and an additional \$15 for each sibling. Each participant will receive dinner and a t-shirt. Cheer campers will perform halftime at the NHS women's basketball game following camp. Registration forms can be obtained by e-mailing [Kathryn.osborne@eu.dodea.edu](mailto:Kathryn.osborne@eu.dodea.edu).

## Naples Installation Safety Council

The next NSA Naples Installation Safety Council will be from 1-2 p.m. March 4 at the Capodichino base theater. NSA Naples departments and tenant commands are expected to send a representative to subject council. Tenant commands and departments can submit their safety agenda items and issues for discussion at the council to the Safety Office no later than March 2 to [donald.paglioni@eu.navy.mil](mailto:donald.paglioni@eu.navy.mil).

## Cub Scouts hold Pine Wood Derby

Cub Scout Pack 007 will hold their annual Pine Wood Derby fundraiser for the Scouts at 9 a.m. Feb. 20 at the Naples Elementary School. The pack will open up the track to the public Feb. 27 so all ages can compete for a registration fee of \$20, which includes the Car Kit. Registration will be from 9-11 a.m. Feb. 27, racing begins at 11 a.m. Coffee and a bake sale will be available. Contact Shawn Olmstead at [olmstead96@hotmail.com](mailto:olmstead96@hotmail.com) to arrange for payment and kit pickup.

CONTACT

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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 Naples High: [naplesHS.principal@eu.dodea.edu](mailto:naplesHS.principal@eu.dodea.edu)  
 Naples Elementary: [naplesES.principal@eu.dodea.edu](mailto:naplesES.principal@eu.dodea.edu)  
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 AFN: <http://www.afneurope.net/naples>  
 NCTS: [nctscustsvc@eu.navy.mil](mailto:nctscustsvc@eu.navy.mil)

NAPLES

## 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*

## FYI POSSIBLE STRIKE

- Feb. 16** - Meridiana personnel will be on strike for 24 hours. - Eurofly personnel will be on strike for 4 hours, from noon to 4 pm.
- Feb. 19** - Trenitalia and Local Public Transportation (buses and metro) personnel will be on strike for 4 hours, from 10 a.m. to 2 p.m.
- March 5** - SEA and SEA HANDLING airport personnel in Milan Linate and Milan Malpensa will be on strike for 24 hours.

# Panorama

Associato all'USPI  
Unione Stampa Periodica Italiana

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### Cub Scouts extend gratitude to community

(Front row, from left:) Ethan Reynolds, Malachi Thornton, Rubbie Ludwick, Kevin Crum, Kyman Murraine (hiding behind Crum), (second row, from left:) Callum Schulz, William Kleven, Brian Smith, Avery Maschmeier, Riley Farrell, Carter Martin, Ibraheem Sheikh, Braden Peterson and James Thornton, Cub Scout Pack 007, conclude their annual popcorn sales Jan. 29 at Capodichino. Since Nov. 6, the pack set up sales on five different occasions at both the Support Site and Capodichino. During that period, the Scouts sold 50 cases of popcorn (300 cans) with a retail value of \$6,000. Between merchandise and donations, this annual sale produced more than \$3,000 of necessary funds for the pack. This money is used for awards, books, activity badges, transportation, equipment, summer day camp and leadership training. Without the ability for the scouts to sell door-to-door, this was the only opportunity they had to develop salesmanship skills. As a result of this activity, the scouts not only collected necessary funds that keep the pack moving but also developed self-confidence and communication skills that will help them to succeed in life. Cub Scout Pack 007 extends its gratitude to the local community for its generosity. NSA Naples Commanding Officer Capt. Robert Rabuse (back left) and Cub Master Gunnery Sgt. Michael Maschmeier were both on hand to recognize the scouts' efforts. (Photo taken by Cmdr. Brian Richard Kleven)

## Italian News Briefs

Compiled by Teresa Merola

### Couples get Valentine's Day discounts at Italy museums

Italian museums offer the opportunity to buy one ticket and get one free on Valentine's Day. Couples can enjoy the masterpieces of art and archeology and spend less if they present themselves as a couple, husband and wife, boyfriend and girlfriend, friends or parent and child. The initiative will extend the entire weekend this year to give more opportunities to visit.

### Italian chocolate confectioner goes for Guinness record

An Italian chocolate confectioner will attempt to enter the *Guinness Book of Records* next month by making a chocolate 8-meter high replica of the bell tower in St. Mark's square in Venice. Mirco Della Vecchia will use more than eight tons of pure Ecuadorian chocolate, which will be mixed in a special industrial blender. The mold of the bell tower has already been made and once the chocolate has been poured into it, the chocolate will stay there for several days until it hardens. Afterward, he and his team will sculpt the chocolate to obtain the exact replica of the tower. Della Vecchia holds three chocolate construction records so far.

### Graffiti writers, litterbugs to face stiff fines

Graffiti writers and litterbugs received a warning Monday from Rome Mayor Gianni Alemanno. Stiff fines will be enforced by municipal police if people don't clean up their act. Fines range from €50 for dropping paper on the street to €500 for dumping leaky batteries, fuel, paint or dangerous

objects. Graffiti writers caught painting on a public monument will get a €500 fine. If they are caught scrawling on buses or road signs, they will be fined €300. Last year's public safety bill approved a possible jail term of six months to two years for graffiti writers caught for their second offense.

### American movie scares Italian children

U.S. horror movie "Paranormal Activity" terrified teenagers and children across Italy, especially in Naples where several panic attacks lasting more than half an hour were reported. The most serious case was that of a 14-year-old girl who was brought to the hospital in a state of paralysis. Politicians and Codacons, a consumer advocacy group, will consider legal action to protect underage viewers of the movie. The Italian parents' association stressed that admission to the movie is not restricted in Italy while it is restricted in the United States, Great Britain, Germany and the Netherlands. They asked for an age limit of 18.

### Eight killed in Italy avalanches

Eight people were killed last weekend in avalanches in northern Italy. The Italian government has announced planned legislation that makes causing an avalanche an offense that will carry a prison sentence. The new measures were presented as an amendment to legislation that is being discussed in parliament. Skiers and snowboarders who provoke avalanches will face jail, and those who ignore meteorological warnings and venture off ski trails will receive a €5,000 fine. This plan was attacked by mountain aficionados, who said it will kill off mountain sports, and also by Codacons, a consumer advocacy group, that said laws concerning irresponsible skiers already existed.

## THE INSIDE PAGE...

### THIS WEEKEND

- 13 **GIRL SCOUTS BROWNIE TROOP #067** will have a fundraiser for a local orphanage, 4:30-7 p.m., at the NOSC thrift store. Baked goods will be available for donations.
- 14, 20 **NAPLES FRIENDS OF ANIMALS (NFOA)** Pet Adoption Day, 11 a.m. to 4 p.m. in front of the Support Site NEX. FMI, contact NFOA at nfoa.president@gmail.com

### FEBRUARY

- 15 **THE EGG CASTLE**, 8 a.m. to 2:30 p.m., departing from JFC. FMI, contact the FFSC at 081-811-6372.
- 15 **THE HILL OF POSILLIPO & ITS PARK**, 8 a.m. to 2:30 p.m. FMI, contact the FFSC at 081-811-6372.
- 16 **GIRL SCOUTS BROWNIE TROOP #067** will collect needed items for troops who are stationed in Baumholder, Germany and deployed to Afghanistan. A list of items to donate will be available from noon to 4 p.m. by the donation box located outside the NEX.
- 17 **COOKING CLASS**, (lasagna), 9:45 a.m. to 2 p.m., departing from the Support Site. FMI, contact the FFSC at 081-811-6372.
- 17 **USED UNIFORM SWAP, SALE**, hosted by Naples Area Supply Corps Association (NASCA), off the Capodichino "Spine." Uniforms of all types, sizes and services will be sold, to authorized shoppers only, at 80 percent to 90 percent less than uniform shop prices.
- 17 **PLAY SCOPA**, 9-11 a.m., at the FFSC. FMI, contact the FFSC at 081-811-6372.
- 17-18 **APPLIED SUICIDE INTERVENTION SKILLS TRAINING**. FMI or to register, call 081-568-5255
- 18 **GRICIGNANO MARKET**, 8:30-11 a.m., departing from the Support Site. FMI, contact the FFSC at 081-811-6372.
- 18 **MONTHLY BABY BASICS CLASS**, offered by NMCRS visiting nurse, 9 a.m. to noon, at the Navy-Marine Corps Relief Society Office, Admin II, G 016. Topics include: daily newborn care (i.e. bundling, diapering & bathing), feeding, crying & comforting, health & safety, etc. FMI or to register, contact NCMRS at 081-568-3913.
- 19 **SHOPPING FOR LOCAL FOOD & GOOD WINE**, 8 a.m. to 2:30 p.m., departing from JFC. FMI, contact the FFSC at 081-811-6372.
- 20 **BABYSITTER'S TRAINING**, 10 a.m. to 5:30 p.m., Support Site gym conference room, cost \$35. Babysitter Portfolio First Aid kits available for \$10. Registration and payment due no later than Feb. 17 at the ARC office located at Capo. FMI, contact 081-568-4788.
- 20 **QUILTERS AROUND THE WORLD**, 9 a.m. to noon, learn to paper piece quilt blocks. For supplies and location, contact qatw.napoli@yahoo.com
- 24 **WATCH, EAT, BUY FRESH PASTA**, 9:45 a.m. to 1:30 p.m., departing from the Support Site. FMI, contact the FFSC at 081-811-6372.
- 25 **AVERSA/NAPLES BY THE NEW METRO**, 7:45 a.m. to 3 p.m., departing from the Support Site. FMI, contact the FFSC at 081-811-6372.
- 26-28 **CREDO MARRIAGE ENRICHMENT WEEKEND**. FMI or to register, call 081-568-5255.
- 27 **CPR/AED ADULT, CHILD, AND INFANT**, 10 a.m. to 5 p.m., the Support Site gym conference room, cost \$40. Registration and payment due no later than Feb. 24 at the ARC office located at Capo. FMI, contact 081-568-4788.

### MARCH

- 2, 9, 16 **EASY ITALIAN I, II, III**, 9 a.m. to noon, at the Fleet and Family Support Center (FFSC). FMI, contact the FFSC at 081-811-6372.
- 17 **GRICIGNANO MARKET**, 8:45-11 a.m., departing from the Support Site. FMI, contact the FFSC at 081-811-6372.
- 17 **NAPLES AREA TOP 3 HOLDS GOLF TOURNEY**, 11:30 a.m. (tee-off at noon), at Carney Park. The entry fee is \$30 (carts cost extra). FMI or to sign up, contact Master Sgt. Kevin LaBrie at 081-721-5048 or by e-mail to klabrie@afsouth.nato.int.
- 18 **COOKING CLASS**, 9:45 a.m. to 2 p.m., departing from the Support Site. FMI, contact the FFSC at 081-811-6372.
- 23 **EXPLORING POZZUOLI**, 8 a.m. to 2:30 p.m., departing from JFC. FMI, contact the FFSC at 081-811-6372.
- 24 **WATCH, EAT, BUY FRESH PASTA**, 9:45 a.m. to 1:30 p.m., departing from the Support Site. FMI, contact the FFSC at 081-811-6372.
- 25 **CERAMICS LESSON**, 8 a.m. to noon, departing from the Support Site. FMI, contact the FFSC at 081-811-6372.
- 26 **LEARN HOW TO MAKE NEAPOLITAN PIZZA**, 8 a.m. to 2:30 p.m., departing from JFC. FMI, contact the FFSC at 081-811-6372.
- 29 **TO VOMERO BY THE NEW METRO**, 8 a.m. to 3 p.m., departing from the Support Site. FMI, contact the FFSC at 081-811-6372.
- 30 **MOZZARELLA** (tentative). FMI, contact the FFSC at 081-811-6372.
- 31 **DUOMO CHURCH & OLD TOWN**, 8 a.m. to 2:30 p.m., departing from JFC. FMI, contact the FFSC at 081-811-6372.
- 31 **SAT TEST**. FMI or to make an appointment, contact the Navy College Office at Capo, Admin II or call 081-568-6681/6684/6678. Testing starts at 7:45 a.m. and lasts about six hours.

### VOLUNTEERS NEEDED

- NAVY LEAGUE OF THE U.S./NAPLES COUNCIL** is seeking board members. Those interested, contact Betty Reese at 081-526-8051 and/or breeese@cybernet.it.
- TAX ASSISTANCE VOLUNTEERS NEEDED** The U.S. Region Legal Service Office (RLSO) is seeking active duty and civilian volunteers for the Volunteer Income Tax Assistance (VITA) program for tax year 2009. Interested persons can either sign up at the RLSO in the Admin II building at Capodichino on the first floor or call the RLSO at 081-568-4576. If desired, the RLSO will assist active duty members in seeking permission from their chain of command to participate in the VITA program.
- NAPLES AMERICAN RED CROSS (ARC) NEEDS VOLUNTEER INSTRUCTORS.** The Fundamentals of Instructor Training (F.I.T.) is a pre-requisite course to the Instructor Training course. FMI or to sign up, contact the office at 081-568-4788.
- NAPLES 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.
- TEEN BABYSITTERS CAN EARN MONEY.** All American Red Cross Certified babysitters interested in occasional babysitting can post a personal business card at the Fleet and Family Support Center, first floor of the Navy Lodge. FMI, contact the FFSC at 081-811-6551/6552/6555.
- NAPLES COMMUNITY GIRL SCOUTS NEED LEADERS AND CO-LEADERS.** FMI or to volunteer, contact Shannon Mathews at 081-811-5599 or by e-mail to naplesgs@yahoo.com.

More "Inside Page" on Page 11



Lt. Cmdr. Vaughn Spencer (left) and Information Systems Technician Seaman Daniel Gordon battle for first place Feb. 4 during the Moral, Welfare and Recreation Texas Hold 'em tournament at the NSA Naples Capodichino Flight Deck Bar. This was the first of three qualifying tournaments.

Page 1: Members of the Naval Support Activity Naples community play in the Moral, Welfare and Recreation Texas Hold 'em tournament Feb. 4 at Capodichino.



### NES students bowl for physical education

Through the school and community partnership, Naples Elementary School 4th–6th graders are able to bowl after walking to Striker's Bowling Center. The program allowed the students to bowl one time during their regular physical education class as a part of the PE curriculum. (Photo provided by NES Physical Education Department)

## MWR sponsors Texas Hold 'em tournament

Story and photo by  
MC3 Christopher Regan,  
NPASE- East Det. Europe

Naples Morale, Welfare and Recreation (MWR) hosted a Texas Hold 'em tournament for the local Naval Support Activity (NSA) Naples community Feb. 4 on the Capodichino base.

This was the first of three qualifying matches before the final tournament.

"The final tournament will consist of the top eight from each

tournament and will be held at NSA Naples Support Site Strikers Bowling Alley," said Antonio Scotto, MWR recreation assistant.

The tournament had a total of 12 people who battled for a little less than three hours until Lt. Cmdr. Vaughn Spencer came out victorious.

After the match, Spencer spoke about how much he enjoys these tournaments. "I think it's great for single Sailors as well as those with dependents. There's always a good crowd and it's a great time."

The second and third qualifying matches will be held in March and April.

"The next tournament will be March 2 at Strikers Bowling Alley followed by the third tournament April 3 at the Fairways Bar and Grill on Carney Park," said Scotto.

After the first three tournaments are done, those who have qualified will be eligible to play in the final match which will be held May 4 at Strikers Bowling Alley.

## NEX rewards students with its A-OK Student Reward Program

From NEXCOM PAO

The Navy Exchange (NEX) wants to help its customers pay for their children's college education through its A-OK Student Reward Program. Four times per school year, four students will be the recipients of a \$5,000, \$3,000 \$2,000 or \$1,000 U.S. savings bond, denominations at maturity. The next drawing will be held at the end of February.

Any eligible full-time student who has a "B" grade point average equivalent or better, as determined by their school sys-

tem, may enter the drawing. Eligible students include dependent children of active duty military members, reservists and military retirees enrolled in 1st through 12th grades. Dependent children without an individual Dependent Identification Card must be accompanied by their sponsor to submit their entry. Each student may enter only once each grading period and must re-enter with each qualifying report card.

To enter the drawing, stop by the NEX with a current report card and have a NEX associate

verify the minimum grade point average. Then fill out an entry card and obtain an A-OK ID, which entitles the student to discount coupons for NEX products and services.

The Navy Exchange Service Command (NEXCOM) has been offering students a chance to win a savings bond through its A-OK Student Reward Program since 1997. Since the program began, NEXCOM has awarded \$504,000 in savings bonds with the help of its generous vendor partners.

Become a Facebook fan and follow the NEX on Twitter.

### NSA Naples Chapel Worship Services

Support Site Gricignano	
<b>Daily Mass:</b>	
Mondays and Fridays	11:30 a.m.
Thursday	7 a.m.
Wednesdays (NSA Hospital)	11:30 a.m.
<b>Saturdays</b>	
Confessions	4-4:45 p.m.
Roman Catholic Vigil Mass	5 p.m.
<b>Sundays</b>	
Liturgical Protestant Service	8 a.m.
Contemporary Christian Service	9:15 a.m.
Roman Catholic Mass	11 a.m.
Hallelujah Full Gospel Service	2:30 p.m.
<b>Sunday Religious Education Classes</b>	
Catholic (CCD)	9:30 a.m.
Protestant Sunday School	10:45 a.m.
<b>Mondays</b>	
Zen Meditation	7 p.m.
<b>Tuesdays</b>	
Apostolic Home Fellowship	7 p.m.
For more information, please call Chaplain Luff for time and location at 081-568-3537.	
Capodichino	
<b>Sundays</b>	
Roman Catholic Mass	8:30 a.m.
General Protestant Service	11 a.m.
<b>Monday-Friday</b>	
Roman Catholic Mass	noon
For more information on worship opportunities, please contact offices at: Capo: 081-568-3539 Support Site: 081-811-4600.	

## Naval Hospital Corner



### Naples November, December 2009 births

#### November

- 12 **Castiel Luciano Salgado**, 7 lbs 14 ozs, son of PO2 Jessica Salgado  
 15 **Brianna Nicole Stewart**, 6 lbs 7.6 ozs, daughter of Shena D. Stewart and Staff Sgt. Christopher L. Stewart  
 16 **Kendall Grace Cancel**, 5 lbs 10 ozs, daughter of Tina M. Cancel and Kevin T. Cancel  
 18 **Ryan Patrick Cronin**, 6 lbs 9.6 ozs, son of Jennifer M. Cronin and IC1 William J. Cronin  
 19 **Markeece Aaron Gagum**, 7 lbs 1 oz, son of Meghan D. Gagum and CPO Travis S. Gagum  
 25 **Dania Amare Jade Berry**, 8 lbs 2.7 ozs, daughter of Dana L. Berry and Staff Sgt. Jermaine D. Berry  
 27 **Corentin Francois Le Biannic**, 7 lbs 11 ozs, son of Anne-Yovonne F. Le Biannic and Cmdr. Franck Le Biannic (French Navy)

#### December

- 1 **Ruby Von Greninger**, 7 lbs 10.1 ozs, daughter of Mindy K. Greninger and ET2 David A. Greninger  
 4 **Christian Landon Turner**, 5 lbs 11 ozs, son of Ashley B. Turner and LS2 Landon S. Turner  
 6 **Benjamin Carl Woodall**, 6 lbs 10.2 ozs, son of Whitney R. Woodall and HM2 Christopher G. Woodall  
 9 **Samuel Lawrence Bender**, 8 lbs 12 ozs, son of Malinda J. Bender and Lt. Cmdr. Karl L. Bender  
 10 **Bryson David Coon**, 7 lbs 6 ozs, son of MA2 Teresa J. Gomez and MAC David J. Coon  
 13 **Saadq Abdul-Rahim Muslim**, 7 lbs 11 ozs, son of Sgt. Alika A. Muslim  
 14 **Lyana Secim Malone**, 7 lbs 13.6 ozs, daughter of Jelena Malone and Sgt. Calvin P. Malone Jr.  
 16 **Makara Liesl Kraftchak**, 8 lbs 4.6 ozs, daughter of Kimberly S. Kraftchak and MU1 David E. Kratchak Jr.  
 17 **Amelia Louise Asher**, 7 lbs 10 ozs, daughter of Boonlak Asher and SFC Donald V. Asher  
 18 **Liliana Rebecca D'Onofrio**, 7 lbs 8 ozs, daughter of Hedda L. D'Onofrio and OR-7 GE Rocco S. D'Onofrio  
 20 **Xavier Martin Fluets**, 8 lbs 14 ozs, son of Jennfer L. Fluets and Lt. Cmdr. Martin Y. Fluets (Canadian)  
 23 **Chloe Catherine Frajman**, 6 lbs 7 ozs, daughter of Kelsi M. Frajman and Lt. Cmdr. John E. Frajman II  
 30 **Aidan James Andrews**, 7 lbs 11.5 ozs, son of SA Ambrynn L. Keslar and PO3 Eric M. Andrews

## Make good nutrition choices

Submitted by Chris Zimmerman

U.S. Naval Hospital Health Promotions department would like to share some nutrition facts with the community. Nutrition is the act or process of nourishing the body and proper nourishment is accomplished by a healthy and balanced diet. What constitutes a healthy and balanced diet? The ideal diet should be individually tailored, but may be generally structured around the following seven guidelines:

Eat a variety of foods. No one food group will provide a person's body with all of the nutrients it needs. Include a variety of foods with a variety of color.

Balance food intake with physical activity. Consuming more calories than the body burns causes extra calories to be stored as fat, regardless of their source. Increase activity to prevent weight gain.

Choose a diet with plenty of grain products, vegetables, and fruits. Only plant foods give the sterling combination of vitamins, minerals, and complex carbohydrates. Plant foods are low in calories, high in fiber and contain antioxidants to prevent damage to the body's cells caused by free radicals.

Choose a diet low in fat. Fat intake should be 20-35 percent of caloric intake. Keep animal prod-

ucts lean and add healthy fats like nuts, seeds and oils in moderation.

Choose a diet moderate in sugars. Natural sugar found in fruit is good for energy and helps prevent cravings for other sweets.

Choose a diet moderate in salt and sodium. Choose foods close to its natural form. Processed foods contain more sodium.

Drink alcoholic beverages in moderation. No more than one drink a day for women, two drinks a day for men. One drink is defined as 12 ozs. of regular beer, 5 ozs. of wine or 1.5 oz. of 80-proof distilled spirits. Current research suggests that moderate drinking is associated with a lower risk of heart disease in some individuals. However, higher levels of alcohol intake raise the risk for high blood pressure, stroke, heart disease, certain cancers, and other health risks.

The Health Promotion Department offers a variety of classes that help address the nutritional needs. Contact them at 081-811-6311/6313/6445.



### Job Shadow Day at NCSA Naples Sector

Sgt. Maj. (SGM) Eugene Chance poses with his son, Nicholas, who attends Naples American High School, Feb. 2 during the school's sponsored Job Shadow Day with parents. Nicholas was given a tour of the JFC base and introduced to the personnel whom his father works with on a daily basis. Nicholas learned many things about what his father does, such as getting up early to go to work, attending meetings and other day to day activities of an Army SGM in a NATO environment. This was a chance for father and son to bond while at work. (Photo by W01 Nicola Palermo)

## Closeout of Enlisted Field Service Record

Provided by Naples PSD

Per NAVADMIN 040/10, PSD Naples is scheduled to begin closeout of the paper service records in February 2010.

For Commands/Activities supported by PSD Memphis: In order to prepare for the Enlisted Field Service Record (EFSR) closeout and meet the established deadline, there must be 100 percent service record accountability. PSD Naples has instituted a recall of all checked out service records effective immediately, but no later than Feb. 19. Please return all checked out service records to PSD Naples Customer Service.

PSD Naples will scan and submit specific FSR documents using the Electronic Submission Application (E-Submission) for inclusion into the Official Military Personnel File (OMPF) in accordance with the EFSR Closeout Disposition Plan published by NPC (PERS-31). Upon verification, all submitted documents will be accepted into the OMPF and paper FSR jackets will be distributed to individual commands/activities to be further distributed to their Sailors with the original documents and a copy of Section 3 of the EFSR Closeout Disposition Plan. These documents should be retained by the Sailor for future reference.

Commands/activities are responsible for retention and disposition of documents outlined in Section 3 of the EFSR Closeout Disposition Plan.

#### Record Processing

The pay and personnel processes and support services currently in place will continue to be provided by PSD Naples. What will change is how and when local record documents will be forwarded to the OMPF.

Once the EFSR closeout is complete, paper records will no longer be maintained by PSD Naples and service record information will be accessed through ESR self-service or Web-Enabled Record Review (WERR). For additional information regarding EFSR closeout, EFSR disposition plan and E-Submission, go to <http://www.npc.navy.mil/CareerInfo/RecordsManagement/EFSRClOut.htm>.

Note: All requests for pay and personnel services, to include dependency changes and ESR entries must be submitted by the Command Pass Coordinator (CPC) via the Transaction Online Processing System (TOPS) as mandated by NAVADMIN 044/09. Requests submitted by other means will be returned for proper transmission via TOPS.

#### Personnel Records

There are several different types of personnel records. It is important for Sailors to understand what each is and how to access them. The online access to these records provides commands and Sailors the tools to initiate, review and verify personnel transactions and records at any time. It is the Sailor's responsibility to verify that his/her records are up-to-date and to know how to make corrections (i.e. personal awards through NDAWS authority).

**NSIPS Electronic Service Record (ESR)** — Online data and image record used for field-level service record entry and maintenance: <https://nsips.nmci.navy.mil/>

Updated data is sent to corporate pay and personnel data repositories.

Updated record "pages" are printed, signed and electronically submitted for inclusion into a Sailor's OMPF

**Official Military Personnel File (OMPF)** — Official image repository required by law and regulation to record significant events of your military career for historical purposes: <https://www.bol.navy.mil/>

Sections used in selection board deliberations  
 Sailor online view is through the Web Enabled Record Review (WERR) application accessed through BUPERS Online (BOL).

Sailors should track record electronic document submission through WERR, including the EFSR closeout documents.

**Personnel Summary Record (PSR)** — Online data summary of personnel data and evaluation/fitness report history: <https://www.bol.navy.mil/>

Sailor online access through BUPERS Online (BOL)

Used in selection board deliberations

## Presidents' Day holiday safety message

Submitted by NSA Naples Safety Office

America observes Presidents' Day next Monday, Feb. 15. The myriad contributions of each U.S. president who has guided the country through good times and bad will be celebrated. Specifically, two presidents with birthdays this month will be honored: the sixteenth president, Abraham Lincoln, Feb. 12, and the first president, George Washington, Feb. 22.

This holiday weekend will present another hazardous period for NSA Naples personnel especially traveling around the local area and within Italy. Personnel must remember that hazardous weather and hazardous road conditions will still exist in many parts of the country. Reduced day-

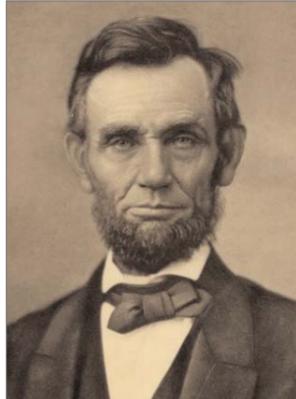


light during the winter months contributes to more night driving, thereby increasing risk of vehicular accidents. Fatigue, alcohol consumption, drug use, certain over-the-counter medications, anger, ego, and haste can all lead to serious driving deficiencies.

Leaders should remind personnel to always practice defensive driving techniques, and use restraining devices. Accident prevention is personal; the solution lies in each individual's attitude. This does not preclude leaders' responsibility to continue proactive measures to influence each individual to take responsibility for their safety, and the safety of their family and friends.

Continue the NSA Naples collective effort to maintain a safe and accident-free holiday period.

Keep safety the number one priority.



## Naples Public Health Evaluation

### Active Soil Gas Sampling

By CNREURAFSWA Public Affairs

As part of the Naples Public Health Evaluation (PHE), Navy technicians have been analyzing the tap water, air, soil and soil gas at off-base rental homes in the Campania region. In Phase I of the PHE, passive soil gas sampling was conducted. During Phase II and the 1,500-foot step-out investigation in Casal di Principe, technicians have been using a different type of sampling method known as Active Soil Gas Sampling, or ASGS. What are the main differences between the two methods? Is one better than the other?

Every type of sampling method has advantages and disadvantages; scientists select a specific study method to fit the specific conditions at the study site. Passive soil gas sampling involves burying an underground device and collecting gas over a given period of time, usually a few weeks. After the device is removed, the contents are analyzed in the lab. Passive sampling is qualitative in that it is useful for determining whether contamination exists, but does not provide quantitative information.

ASGS techniques involve physically withdrawing soil gas through probes placed in the soil. Active methods are most useful when the chemicals of concern are volatile organic compounds (VOCs).

As part of Phase II, the Naples PHE conducted ASGS testing inside homes or adjacent to them to determine whether VOCs are present in the soil and/or groundwater, and if so, to what degree. VOC gasses in contaminated soil or groundwater under homes can seep through cracks and holes in foundations or building slabs and accumulate in basements, crawl spaces and living areas. This is called vapor intrusion. If unacceptable levels of VOCs are found according to the U.S. Navy's risk management criteria for the PHE, personnel living in those homes will be relocated as necessary.

Active soil gas sampling is more invasive than passive and requires drilling one or two small holes, no larger than a two-euro coin, through a house's ground floor in an inconspicuous location. Plastic tubes are fed into the soil beneath the concrete slab. The gas is then extracted from the soil by a vacuum pump. After collection, the tube is removed and the hole is filled and patched.

Active soil gas sampling typically takes four to 11 hours. The Navy requires either the landlord or tenant to be on site at the time to sign a sampling consent form, to answer a few questions and to provide access to the home and/or yard during initial sampling.

Results of the active soil gas sam-

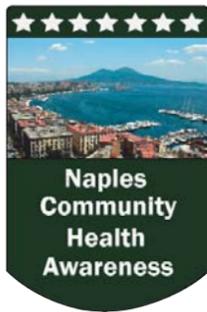
pling are usually available about 14 to 16 weeks after the samples are collected. If the sampling results reveal any specific concerns, residents will be informed, and the Navy may decide to take risk management actions.

For more specific information on ASGS, read the fact sheet at [https://www.cnic.navy.mil/navycni/groups/public/documents/document/cnicp\\_a124133.pdf](https://www.cnic.navy.mil/navycni/groups/public/documents/document/cnicp_a124133.pdf).

The U.S. Navy is committed to ensuring families are safe while serving the country at home or overseas. The Naples PHE is assessing potential short and long-term health risks associated with living in the Naples area. For important health information, watch for All Hands e-mail

messages, look for this weekly column in Panorama and review the information on the Naples Community Health Awareness Web site at <https://www.cnic.navy.mil/Naples/CommandInformation/HealthAwareness/index.htm>.

Personnel who have questions about their health or the Naples PHE should contact the Environmental Health Information Center at the U.S. Naval Hospital at Gricignano. The phone number is 081-811-6321.



## NSA Naples energy conservation

Submitted by UT2 (SCW) Michael Labeau



### Vending misers save energy

Vending misers were installed in vending machines at Capodichino to make them run more efficient. These machines have sensors on them. What is a vending miser? It is a patent pending technology that allows it to simply plug in between a vending machine's power plug and the wall outlet. Vending misers will save nearly 50 percent of \$200 to \$400 annually in electricity cost that the machine consumes. In addition, it will reduce the maintenance cost of the vending machine by reducing, by a factor of four to six, the number of compressor cycles run. This is a pilot project. There were 23 misers installed for the cost of \$2,986 and with a savings of \$6,591.50 a year.

## Lent, Easter Services

### LENT SERVICES

**Catholic**  
Ash Wednesday Mass (Feb. 17)  
11:30 a.m. Support Site (S. S.) Chapel  
noon Capo Chapel  
5 p.m. S. S. Chapel  
**Protestant**  
7 p.m. Ash Wednesday Service – S. S. Chapel

STATIONS OF THE CROSS  
Every Friday at 5 p.m. – S. S. Chapel

### EASTER TRIDUUM

**Catholic**  
Thursday, April 1, at 5 p.m., Holy Thursday Mass – S. S. Chapel  
Friday, April 2, at 5 p.m., Good Friday Mass – S. S. Chapel  
Saturday, April 3, at 8 p.m., Easter Vigil Mass – S. S. Chapel  
(There will not be Confessions or 5 p.m. Vigil Mass April 3)  
**Protestant**  
Friday, April 2, at 7 p.m. Good Friday – S. S. Chapel

### EASTER SUNDAY

6:30 a.m. Protestant Sunrise Service – S.S. Amphitheater  
8 a.m. Liturgical Protestant Service – S.S. Chapel  
8:30 a.m. Catholic Mass – Capo Chapel  
9:15 a.m. Contemporary Christian Service – S.S. Chapel  
11 a.m. Catholic Mass – S.S. Chapel  
11 a.m. General Protestant Service – Capo Chapel  
2:30 p.m. Hallelujah Full Gospel Service – S.S. Chapel  
6 p.m. Children's Easter Musical – S.S. Chapel

## Have a car with a pedal problem?

Submitted by NSA Naples Safety Office

The National Highway Traffic Safety Administration (NHTSA), Feb. 1, informed owners of certain Toyota, Lexus and Pontiac Vibe vehicles about the actions they should take if their accelerator gets stuck or is slow to return under certain conditions.

NHTSA says drivers of the more than 4.8 million vehicles recalled for accelerator pedal entrapment by the floor mat should take out all removable floor mats on the driver's side or ensure that any mats are properly secured, until the problem can be fixed.

The agency has confirmed that five individuals, in two incidents, have died as a result of pedal entrapment in the recalled vehicles.

Toyota, Lexus and Pontiac vehicles affected by the entrapment recall are:

2004-2009 Prius 2005-2010 Avalon  
2005-2010 Tacoma 2006-2010 IS 250 and IS350  
2007-2010 Camry 2007-2010 Tundra  
2007-2010 ES 350 2008-2010 Highlander  
2009-2010 Corolla 2009-2010 Venza  
2009-2010 Matrix 2009-2010 Pontiac Vibe

Toyota announced the recall of 2.3 million vehicles in January 2010 for a problem internal to the accelerator pedal that causes it to be harder to depress, slower to return to the closed position or get stuck in some partially depressed position. Some of the vehicles included in this recall are also included in the pedal entrapment recall. While they are aware of no deaths or injuries due to this condition, consumers should take the following steps prior to receiving the recall remedy. Drivers of these vehicles should pay attention to the operation of their accelerator pedals. If their accelerator pedal is harder to depress than normal or slower to return, it may be a precursor to a stuck pedal. These vehicles should be parked and a dealer immediately notified.

Toyota, Lexus and Pontiac vehicles affected by the sticky pedal recall are:

2005-2010 Avalon 2007-2008 Tundra  
2007-2010 Camry 2008-2010 Sequoia  
2009-2010 Corolla 2009-2010 Matrix  
2009-2010 RAV4 2010 Highlander  
2009-2010 Vibe

### Actions consumers can take if they can not stop their vehicle.

Regardless of the cause, if a consumer is experiencing unintended acceleration in their vehicle, they should take the following steps:

- Brake firmly and steadily – do not pump the brake pedal
- Shift the transmission into Neutral (for vehicles with automatic transmissions and the sport option, drivers should familiarize themselves with where Neutral is – the diagram may be misleading)
- Steer to a safe location
- Shut the engine off (for vehicles with keyless ignition, drivers should familiarize themselves with how to turn the vehicle off when it is moving – this may be a different action than turning the vehicle off when it is stationary).
- Call a dealer or repair shop to pick up the vehicle. Do not drive it.

Toyota has announced the repairs and will inform registered owners by mail.

For more information on the recall go to: <http://www.nhtsa.gov/>.

## TRAFFIC ACCIDENT COMPARISON

### January 2009

PMV Without Injury . . . . .26  
PMV With Injury . . . . .two  
DUI . . . . .two

### January 2010

PMV Without Injury . . . . .27  
PMV With Injury . . . . .four  
DUI . . . . .one

-All injuries were minor, no hospitalization.

-No Motorcycle Accidents.

-PMV – Private Motor Vehicle.

### Traffic Accident for the Month of January 2010:

While operating a vehicle on the SS7, a service member was traveling about 15 feet behind a second vehicle at approximately 80-100 KPH, when the second vehicle stopped abruptly and the service member was unable to stop in time, thus, causing a collision.

Remember that it takes approximately 1.5 feet per mile an hour to stop a car/motorcycle. At 80/100 KPH or 50-65 MPH, at least 120 feet is needed to stop. Slow down, back off the vehicle to the front and drive responsibly.

# Local lady 'kicks it' with her military martial arts students

Story and photo by U.S. Air Force Staff Sgt. Karla Bustamante, Joint Forces Command Naples

Maria Morra, Taekwondo instructor at Joint Force Command Naples, recently became the first Italian woman to obtain her seventh Dan Black Belt.

Morra has been a Taekwondo teacher for 28 years and has been teaching at JFC since 1991. The seventh Dan level, now gives her the title of "master." There are two more levels, totaling nine.

She is currently training some of her students for the next Neapolitan competition, which will allow them the opportunity for advancement.

"I hope to get some of them promoted to the next color rank," she said.

In order to advance from one belt to the next, students must complete a promotion test in which they demonstrate their proficiency in the various aspects of the art before a panel of judges or their teacher.

Promotion tests vary from school to school, but may include elements such as the execution of patterns, which combine various techniques in specific sequences.

Examples of the techniques and knowledge that must be tested to determine the level of comprehension of the art include: power, control, sparring, breaking boards, self-defense, terminology, concepts and history.

"For higher Dan tests, students are sometimes required to take a written test or to submit a research paper in addition to taking the practical test," said Morra.

Originating in Korea, Taekwondo is loosely translated as "the way of the foot and fist" and is known for its emphasis on kicking techniques, which distinguishes it from other martial arts such as karate or kung fu.

"The rationale is that the leg is the longest and strongest weapon we have, and kicks, therefore, have the greatest potential to execute powerful strikes without successful retaliation," said David Taylor, martial arts student.

Morra holds both adult and children's classes Tuesday and Thursday afternoons at the JFC Naples Fitness Centre in Bagnoli. For information, call the fitness centre at 081-721-2770.



Maria Morra (right), Taekwondo instructor at Joint Forces Command Naples, instructs one of her students in preparation for an upcoming competition. Morra recently became the first Italian woman to obtain her seventh Dan Black Belt in Taekwondo. Morra holds classes from 2-3 p.m. for adults and 3-4 p.m. for children, Tuesday and Thursday afternoons, in the JFC Naples Fitness Centre in Bagnoli.

## Region EURAFSWA appoints new ombudsman

By Commander Navy Region Europe, Africa, Southwest Asia

Sindy Copeland, spouse of Chief Master-at-Arms Kelan Copeland, has assumed the role as the Ombudsman for Commander Navy Region Europe, Africa, Southwest Asia.

"I've always wanted to find a way to provide support and assistance to military members and their families," said Copeland. "This is why, when the opportunity came up, I was interested and eager to take on the responsibility of CNREURAFSWA Ombudsman."

Despite being new to the responsibility of the Ombudsman, Copeland feels her experiences with military life and as a military spouse will help her successfully fill her role. "I'm not new to military life or being a military spouse. I have a total of 15 years combined experience as a military spouse and prior enlisted."

"I hope to help and provide a communication bridge between the command and our military families," added Copeland. "I also hope to decrease any sense of isolation and provide information to families."

Personnel or family members interested in contacting Sindy Copeland can do so at any time via her e-mail, cnreurfswanaples@hotmail.com.

"I look forward to working with and meeting everyone," said Copeland. "Please don't hesitate to contact me with any questions and concerns."

# CC-Air IZMIR commanders visit JFC Naples

Story and photo by CPO Chris Emes GBR RN, JFC Public Affairs Office

The newly appointed Commander Component Command Air-Headquarters Izmir (CC-Air Izmir) Lt. Gen. Ralph J. Jodice II, U.S. Air

Force and the Deputy Chief of Staff Operations Rear Adm. John R. Hines Jr., U.S. Navy visited, Jan. 19, NATO Headquarters Joint Force Command Naples.

JFC Commander Adm. Mark Fitzgerald and Deputy Commander JFC Naples Lt. Gen. Charles Bouchard greeted both CC-Air Izmir commanders. Jodice took the salute at the military Honors Cordon ceremony to mark the event.

During the visit, several current topics were discussed and both CC-Air Izmir commanders attended the NRF 16/17 Commander Conference.

Jodice, as the CC-Air Izmir commander, is responsible for the command and control of air operations, overseeing, planning, coordination and execution of all air related tasks. The command contributes to the security, peace, stability and territorial integrity of alliance member states throughout its area of operation.



Adm. Mark Fitzgerald (right) and Commander Component Command Air-Headquarters Izmir (CC-Air Izmir) Lt. Gen. Ralph J. Jodice II (left) and the CC-Air delegation arrive Jan. 19 to JFC Naples.

## Fitzgerald welcomes Hellenic Defense Forces General Staff to JFC

Adm. Mark Fitzgerald, commander Joint Force Command Naples, welcomed Lt. Gen. Alexandros Tsigaras, Hellenic Air Force Evolution Center director, Jan. 18 to JFC Naples. During the Jan. 18-20 visit, they discussed topics of mutual interest. Tsigaras graduated from the Hellenic Air Force Academy in 1975. He speaks English and Italian. (Photo by Staff Sgt. Hillary Stonemetz, JFC PAO)



## Chief of operations - Turkish General Staff comes to JFC

Lt. Gen. Mehmet Eroz, chief of operations - Turkish General Staff, meets Jan. 19 with Adm. Mark Fitzgerald, commander Joint Force Command Naples. Fitzgerald hosted Eroz for the duration of his visit, which included a briefing on national business at his headquarters in Bagnoli, Naples. Eroz graduated from War Academy in 1973 as an artillery officer. He served three years at War Academy in Ankara. Eroz was promoted August 2008 to lieutenant general and assigned as chief of operations for the Turkish General Staff. (Photo by Staff Sgt. Karla Bustamante, JFC Naples PAO)

**MORE INSIDE PAGE...**

**VOLUNTEERS NEEDED continued**

**USO NAPLES NEEDS VOLUNTEERS** at the Support Site Office one or two days a week on Wednesdays and Fridays for tours, programs and projects. To get involved and make a difference in the NSA Naples community, call 081-568-5713 or send an e-mail to sabrina.pullido@uso.it

**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 Kimmie at [nfoa.publicaffairs@gmail.com](mailto:nfoa.publicaffairs@gmail.com). They also need a volunteer to update, maintain and occasionally redesign the NFOA Web site. FMI, please contact [nfoa.publicaffairs@gmail.com](mailto:nfoa.publicaffairs@gmail.com).

**NAVY-MARINE CORPS RELIEF SOC. 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**

**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.

**SECURITY NOTE:** All DoD military or civilian personnel hosting an event must complete a Special Event Force Protection Plan (SEFPP) 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 their Web site at <http://www.wraitalia.it/>.

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

**THE KNIGHTS OF COLUMBUS,** San Gennaro council 14853, meets at 6 p.m. the fourth Wednesday of every month at the Capodichino Chapel Fellowship Hall. E-mail Jaime Gonzalez at [kofcnaples@gmail.com](mailto:kofcnaples@gmail.com) or visit <http://sites.google.com/site/kofcnaples/home> for schedule of events and more information.

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

**AMERICAN SOCCER CLUB (ASC) NAPOLI ONGOING PRACTICES WEEKLY.** Winter Soccer Training for players age 13+ is taking place from 5:30-7:30 p.m. Tuesdays and Thursdays at the South (lighted) Support Site fields. FMI, visit <http://www.ascnapoli.com> or email [ASCPrez4@yahoo.com](mailto:ASCPrez4@yahoo.com).

**ULTIMATE FRISBEE CLUB HOLDS PICK-UP GAMES,** 2 p.m., every Sunday at the Support Site Central Park (field by the pool) and 6 p.m. Thursdays at the Support Site South Park (softball field behind the school). FMI, contact Edward.Butzirus@dla.mil.

**PROTESTANT WOMEN OF THE CHAPEL (PWOC)** holds Spring Bible Study every Tuesday at 9 a.m. (childcare provided) or 6 p.m. (no childcare) at the Support Site Fellowship Hall. FMI, contact Sheryl Sandros at 333-648-9503.

**TOUCH OF HEALING PRAYER WORSHIP,** noon to 12:30 p.m., every Thursday in the U.S. Naval Hospital Naples Chapel. This is a "Healing/Anointing Prayer" worship service for patients, staff and family members; provided by Chaplain Phillip Clark.

**'NEW BEGINNINGS BIBLE STUDY,'** noon to 12:30 p.m., every Tuesday at the USNH Naples Chapel. Those hungering for spiritual food are invited to bring a bag lunch, sodas will be provided.

**HARRY S. TRUMAN LODGE NO. 649 MEETS,** every Friday at 7:30 p.m. FMI, contact Francis Villareal at 334-645-9978 or [Francis.villareal@eu.navy.mil](mailto:Francis.villareal@eu.navy.mil). Visit <http://www.hst649.org>.

**NAPLES HIGH SCHOOL ADVISORY COMMITTEE (SAC)** meets at 4:30 p.m. the first Tuesday of every month in the high school's Media Center. The meetings are open to the public. E-mail issues, questions or comments, to be addressed by the committee, to [napleshssac@yahoo.com](mailto:napleshssac@yahoo.com).

**NEW PARENT SUPPORT OFFERS WEEKLY STROLLER WALK.** Meet every Tuesday at 8 a.m. in front of Naples Elementary or Wednesday at 10 a.m. at the Village Forum circular drive (next to Navy Lodge/across from library). For more info., call FFSC at 081-811-6372.

**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, Monday-Thursday from 8 a.m. to 5 p.m. and Friday from 8 a.m. to noon, or call 081-568-4006.

**MEN'S BIBLE STUDY 'THE EDGE'** from 12:30-1:30 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 sent out by e-mail throughout the work week. To receive Daily Reflection, e-mail a request to Chaplain Charles Luff at [charles.luff@eu.navy.mil](mailto:charles.luff@eu.navy.mil).

**PRAYER LUNCH HELD,** noon to 12:30 p.m., Monday and Tuesday at the U.S. Naval Hospital Chapel. FMI, contact Chaplain Phillip Clark at 081-811-6451 or by e-mail to [phillip.clark@med.navy.mil](mailto:phillip.clark@med.navy.mil).

**TEENS INTERESTED IN BABYSITTING** bring Red Cross Certified Babysitting Course card along with a personal business card to the Fleet and Family Support Center (FFSC). FMI, call FFSC at 081-811-6372.

**MAINSTAGE ENTERTAINMENT FOR THE PERFORMING ARTS.** For more information, visit <http://www.naplesmainstage.org> or call 331-570-2879.

**QUILTERS AROUND THE WORLD MEETS** the second Thursday of every month to share ideas and inspire one another. Quilters of all levels are welcome. FMI, e-mail [qatw.napoli@yahoo.com](mailto:qatw.napoli@yahoo.com) or call 348-430-934.

**NAPLES-AREA GIRL SCOUTS:** [naplesgs@yahoo.com](mailto:naplesgs@yahoo.com).

**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](mailto:bzzaragoza@yahoo.com).

**COMPASS NAPLES NAVY SPOUSE TEAM MENTORING PROGRAM:** For information call 081-811-4606 (leave a message) or e-mail [COMPASSNaples@nsfamilyline.org](mailto:COMPASSNaples@nsfamilyline.org).

**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 program - a nutritional education program that provides supplemental foods. For more info., contact the WIC Overseas office at 081-811-4962/60.

**FILIPINO-AMERICAN ASSN MEETS EVERY SECOND WEDNESDAY,** 6 p.m., the Support Site BEQ recreation room. FMI, contact William Ratcliffe at 335-182-9669 or by e-mail to [william.ratcliffe@med.navy.mil](mailto:william.ratcliffe@med.navy.mil); Manny Manlogon at 346-079-6293 or by e-mail to [luemel.manlogon@med.navy.mil](mailto:luemel.manlogon@med.navy.mil); or Michael Dela Cruz at 346-582-3298 or by e-mail to [michael.delacruz@med.navy.mil](mailto:michael.delacruz@med.navy.mil).

**NAPLES BOY SCOUTS SIGN-UPS,** Mondays 7-8:30 p.m. at the Community Center or contact Larry Ollice at 081-892-8612, or visit <http://www.scoutingnaples.org>. Learn survival skills, and experience adventures, challenges, responsibility, friendship and the great outdoors.

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

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

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

**NAPLES CHRISTIAN HOMESCHOOL ASSOCIATION** provides support and activities throughout the school year. FMI, contact Mindy Doyle at [mindydoyle@yahoo.com](mailto:mindydoyle@yahoo.com).

**NAPLES-AREA USAF RETIREES,** get information or an invitation to upcoming events and social activities by contacting Wylie Miller, USAF Retiree Affairs representative, 329-208-7315 or [wkmiller@tin.it](mailto:wkmiller@tin.it).

**SAIL WITH THE NAPLES NATO YACHT CLUB (NNYC) AMERICAN TEAM.** We are looking for Americans interested in participating in dinghy races sailed at the NNYC facilities on the island of Nisida. Experience not required. FMI, contact Bill Carty at [wccarty@yahoo.com](mailto:wccarty@yahoo.com).

**CARNEY PARK LADIES GOLF ASSN** meets 9 a.m. Mondays. All skill levels welcome. Discounted play with membership. FMI, Carol Borkowski, 081-804-3345, or Carney Park Golf Course at 081-526-4296.

**Reel 2 Times cinema**

**Friday, February 12**  
4 p.m. Armored, PG-13  
5:45 p.m. Did You Hear About the Morgans? PG-13  
6:30 p.m. Valentine's Day, PG-13, Premiere Showing  
8:30 p.m. Brothers, R  
9 p.m. It's Complicated, R, 2100 PlusMovie

**Saturday, February 13**  
Noon Alvin and the Chipmunks: The Squeakquel, PG  
1:30 p.m. Avatar, PG-13  
3 p.m. Did You Hear About the Morgans? PG-13  
5 p.m. Valentine's Day, PG-13  
6 p.m. Alvin and the Chipmunks: The Squeakquel, PG  
8 p.m. Valentine's Day, PG-13  
8:45 p.m. The Book of Eli, R

**Sunday, February 14, Happy Valentine's Day!**  
Noon The Princess and the Frog, G  
1:30 p.m. The Time Traveler's Wife, PG-13, Free Admission  
3:30 p.m. The Holiday, PG-13, Free Admission  
5 p.m. Valentine's Day, PG-13  
6:30 p.m. Did You Hear About the Morgans? PG-13  
7:45 p.m. Valentine's Day, PG-13  
8:45 p.m. It's Complicated, R

**Monday, February 15, Holiday Hours**  
Noon Alvin and the Chipmunks: The Squeakquel, PG  
1:30 p.m. The Princess and the Frog, G  
2:30 p.m. Avatar, PG-13

4:45 p.m. Did You Hear About the Morgans? PG-13  
6 p.m. Invictus, PG-13  
7:45 p.m. Valentine's Day, PG-13  
8:45 p.m. Brothers, R

**Tuesday, February 16**  
4 p.m. Invictus, PG-13  
5 p.m. Avatar, PG-13  
7:30 p.m. Armored, PG-13  
8:45 p.m. It's Complicated, R

**Wednesday, February 17, Mid Week Family Matinee**  
Noon Alvin and the Chipmunks: The Squeakquel, PG  
2 p.m. Valentine's Day, PG-13  
4:30 p.m. Did You Hear About the Morgans? PG-13  
5:30 p.m. Armored, PG-13, Last Showing  
7:30 p.m. The Blind Side, PG-13  
8:45 p.m. Brothers, R

**Thursday, February 18**  
Noon Avatar, PG-13  
3 p.m. Valentine's Day, PG-13  
4:30 p.m. The Book of Eli, R  
5:45 p.m. The Blind Side, PG-13, Last Showing  
8 p.m. Ninja Assassin, R  
8:45 p.m. The Book of Eli, R

**Friday, February 19**  
4 p.m. Did You Hear About the Morgans? PG-13  
5 p.m. Percy Jackson & the Olympians: Lightning Thief, PG, Premiere Showing  
6:15 p.m. Nine, PG-13, Premiere Showing  
8 p.m. Percy Jackson & the Olympians: Lightning Thief, PG  
9 p.m. The Wolfman, R, 2100 Plus-Movie

**Movie descriptions**

No Children Under 10  
Admitted to R-Rated Movies

**Percy Jackson & the Olympians: The Lightning Thief,** PG, for action violence and peril, some scary images and suggestive material, and mild language, Action/Adventure, Science Fiction / Fantasy and Adaptation, 120 min. First Run Over Seas in Theaters (FROST). Cast: Logan Lerman, Brandon T. Jackson, Alexandra Daddario, Uma Thurman and Pierce Brosnan. It's the 21st century, but the gods of Mount Olympus and assorted monsters have walked out of the pages of high school student Percy Jackson's Greek mythology texts and into his life. And they're not happy: Zeus' lightning bolt has been stolen, and Percy is the prime suspect. Even more troubling is the sudden disappearance of Percy's mother. As Percy adapts to his newly discovered status as a demi-god (his father is Poseidon), he finds himself caught between the battling titans of Mt. Olympus. He and his friends embark on a cross-country adventure to catch the true lightning thief, save Percy's mom, and unravel a mystery more powerful than the gods themselves.

**The Wolfman,** R, for bloody horror, violence and gore, Suspense/Horror, Thriller and Remake, 102 min. Cast: Benicio Del Toro, Anthony Hopkins, Emily Blunt and Hugo Weaving. First Run Over Seas in Theaters (FROST). Universal Studios resurrects the classic lycanthrope with this tale of an American who experiences an unsettling transformation after returning to his ancestral home in Victorian-era Great Britain and being attacked by a rampaging werewolf. His brother having recently vanished without a trace, haunted nobleman Lawrence Talbot (Benicio Del Toro) returns to his family estate to investigate. What he discovers upon reuniting with his estranged father (Anthony Hopkins), however, is a destiny far darker than his blackest nightmares. As a young boy, the untimely death of his mother caused Talbot to grow up before his time. Though Talbot would attempt to bury his pain in the past by leaving the quiet Victorian hamlet of Blackmoor behind, the past returns with a vengeance when his brother's fiancée, Gwen Conliffe (Emily Blunt), convinces him to return home and aid the search for his missing brother. But something monstrous has been stalking the residents of Blackmoor from the nighttime shadows, something not quite human. Not even recently arrived Scotland Yard inspector Aberline (Hugo Weaving) can dream up a rational explanation for the gruesome spell that has been cast over Blackmoor, yet rumors of an ancient curse persist to this very day. According to legend, the afflicted will experience a horrific transformation by the light of the full moon, their animal rage becoming far too powerful for their human bodies to contain. Now, the woman Talbot loves is in mortal danger, and in order to protect her he must venture into the moonlit woods and destroy the beast before it destroys her. But this isn't your typical hunt, because before the beast can be slain, a simple man will uncover a primal side of himself that he never knew existed. Screenwriter Andrew Kevin Walker pens a film directed by Joe Johnston and featuring creature effects by special-effects makeup legend Rick Baker.

**Nine,** PG-13, for sexual content and smoking, Drama and Musical, 110 min. Cast: Daniel Day-Lewis, Penelope Cruz, Marion Cotillard, Nicole Kidman, Rick Tognazzi and Sofia Loren. From the creative team behind the Oscar-winning adaptation of Chicago comes a lavish feature take on the Tony award-winning musical inspired by Federico Fellini's whimsical classic 8 1/2. Directed by Rob Marshall, Nine details the effort made by world-class filmmaker Guido Contini (Daniel Day-Lewis) in realizing his latest cinematic vision while simultaneously balancing his relationships with the many passionate and influential women in his life, including his mistress, Carla (Penelope Cruz), and wife, Luisa (Marion Cotillard). Original lyricist and composer Maury Yeston serves as co-executive producer for the filmed version of his own 1982 Broadway hit. Kate Hudson, Fergie, and Judi Dench co-star.

**Valentine's Day,** PG-13, for some sexual material and brief partial nudity, Comedy Romance, 117 min. Cast: Julia Roberts, Anne Hathaway, Jessica Alba, Kathy Bates, Bradley Cooper, Jessica Biel, Eric Dane, Shirley MacLaine, Ashton Kutcher, and Topher Grace. First Run Over Seas in Theaters (FROST). Veteran director Garry Marshall (Pretty Woman) helms this ensemble comedy featuring multiple overlapping storylines set during a Valentine's Day in L.A. where a diverse group of Los Angelenos navigate their way through romance and heartbreak over the course of one Valentine's Day. Couples and singles experience the pinnacles and pitfalls of finding, keeping or ending relationships in a day in the life of love.

**It's Complicated,** R, for some drug content and sexuality, Comedy and Romance, 120 min. Cast: Meryl Streep, Steve Martin, Alec Baldwin, John Krasinski and Lake Bell. Jane is the mother of three grown kids, owns a thriving Santa Barbara bakery/restaurant and has - after a decade of divorce - an Amicable relationship with her ex-husband, attorney Jake. But when Jane and Jake find themselves out of town for their son's college graduation, things start to get complicated. An innocent meal together turns into the unimaginable - an affair. With Jake remarried to the much younger Agnes, Jane is now, of all things, the other woman. Caught in the middle of their renewed romance is Adam, an architect

hired to remodel Jane's kitchen. Healing from a divorce of his own, Adam starts to fall for Jane, but soon realizes he's become part of a love triangle. Should Jane and Jake move on with their lives, or is love truly lovelier the second time around? ..... It's—complicated.

**The Book of Eli,** R, for some brutal violence and language Action/Adventure, Science Fiction/Fantasy and Western, 118 min. Cast: Denzel Washington, Gary Oldman, Mila Kunis, Ray Stevenson and Jennifer Beals. First Run Over Seas in Theaters (FROST). A lone hero must fight his way across the wasteland of post-apocalyptic America to protect a sacred book that holds the key to saving the future of humanity. In a post-apocalyptic America where the once-picturesque countryside has become a desolate and violent wasteland, one man (Denzel Washington) fights to protect that sacred tome that could hold the key to the survival of the human race in this futuristic thriller from filmmaking duo Albert and Allen Hughes (From Hell and Dead Presidents).

**Did You Hear About the Morgans?,** PG-13, for some sexual references and momentary violence, Comedy and Romance, 103 min. Cast: Hugh Grant, Sarah Jessica Parker, Sam Elliot, Mary Steenburgen and Elisabeth Moss. Romantic-comedy regulars Hugh Grant and Sarah Jessica Parker finally unite in this fish-out-of-water laugher. The actors play Paul and Meryl Morgan, a Manhattan couple whose marriage is in danger. But it turns out all they may need is a change of scenery: when the Morgans witness a murder and are sent by the government to small-town Wyoming to hide from the killers, their marriage shows signs of recovery.

**Avatar,** PG-13, for intense epic battle sequences and warfare, language and smoking, Action Adventure and Science Fiction/Fantasy, 156 min. Cast: Sam Worthington, Zoe Saldana, Sigourney Weaver, Lola Herrera, Joel David Moore, Stephen Lang and Michelle Rodriguez. A paraplegic ex-marine war veteran is unwillingly sent to establish a human settlement on the distant planet of Pandora, only to find himself battling humankind alongside the planet's indigenous Na'vi race in this ambitious digital 3-D sci-fi epic from Academy Award-winning Titanic director James Cameron. The film, which marks Cameron's first dramatic feature since 1997's Titanic, will be shot on the proprietary FUSION digital 3-D cameras developed by Cameron in collaboration with Vince Pace, and will offer a groundbreaking mix of live-action dramatic performances and computer-generated effects. Australian actor Sam Worthington stars as the reluctant human settler, Jake Sully, with actress Zoe Saldana signing on to portray the local woman who enters into a romantic affair with the hero. The revolutionary motion-capture system created for the film allows the facial expressions of actors to be captured as a virtual camera system enables them to see what their computer-generated counterparts will be seeing in the film, and Peter Jackson's Oscar-winning Weta Digital visual-effects house has been hired to supervise Avatar's complex visual effects.

**Brothers,** R, for language and some disturbing violent content, Action /Adventure, Drama and Thriller, 110 min. Cast: Tobey Maguire, Jake Gyllenhaal, Natalie Portman, Sam Shepard and Mare Winningham. Thirty-something Captain Sam Cahill and his younger brother Tommy Cahill, are polar opposites. A Marine about to embark on his fourth tour of duty, Sam is a steadfast family man married to his high school sweetheart, the aptly named Grace, with whom he has two young daughters. Tommy, his charismatic younger brother, is a drifter just out of jail who's always gotten by on wit and charm. He slides easily into his role as family provocateur on his first night out of prison, at Sam's farewell dinner with their parents, Elsie and Hank Cahill, a retired Marine. Shipped out to Afghanistan, Sam is presumed dead when his Black Hawk helicopter is shot down in the mountains. At home in suburbia, the Cahill family suddenly faces a shocking void, and Tommy tries to fill in for his brother by assuming newfound responsibility for himself, Grace, and the children.

**Armored,** PG-13, for sequences of intense violence, some disturbing images and brief strong language, Action/Adventure, Drama and Thriller, 85 min. Cast: Matt Dillon, Jean Reno, Laurence Fishburne, Amaury Nolasco, Fred Ward. A crew of armored truck guards executes a meticulously planned robbery of their own security firm, but when their seemingly foolproof plan unravels, the men turn against each other as they desperately try to save themselves.

**The Princess and the Frog,** G, Kids/Family, Musical/Performing Arts, Romance, Science Fiction/Fantasy and Animation, 95 min. Cast: Anika Noni Rose, Keith David, Jenifer Lewis, Ritchie Montgomery and Bruno Campos. Walt Disney Animation Studios presents the musical "The Princess and the Frog," an animated comedy set in the great city of New Orleans. From the creators of "The Little Mermaid" and "Aladdin" comes a modern twist on a classic tale, featuring a beautiful girl named Tiana, a frog prince who desperately wants to be human again, and a fateful kiss that leads them both on a hilarious adventure through the mystical bayous of Louisiana.



**Friday, February 12**  
7 p.m. The Book of Eli, R  
**Sunday, February 14**  
2:30 p.m. Avatar, PG-13



Until Every One Comes Home.  
<http://www.uso.it>  
Capodichino 081-568-5713  
Support Site Office (M-W-F) 629-4903

**USO DAILY TOURS**

**Feb. 13** Naples Underground & Veiled Christ ..... €34  
**Feb. 14** Valentine's Day Dinner ... €43  
**Feb. 15** Angel Caves of Pertosa ... €34  
**Feb. 19** Friday Sushi Night ..... €36  
**Feb. 19** Sorrento Vietri and Emerald Grotto ..... €33  
**Feb. 20** Family Day at the Zoo .... €24  
**Feb. 21** Imperial Rome City Tour ... €52  
**Feb. 27** Villa D'Este, Wine Tasting in Rome .... €72  
**March 6** . . .Black & White Masquerade Ball ..... €49

**WEEKEND TOURS**

**Feb. 27-28** Florence & Pisa Weekend ..... €165  
**March 26-27** Super Italian Motors. . . €272  
**April 3-4** Easter in Florence and Pisa ..... €165  
**April 12-15** Spring Break in Barcelona ..... €452

## NASCA prepares for second uniform swap, sale

By MC3 Kristopher Regan  
Navy Public Affairs Support Element-  
East Det. Europe

The Naples Area Supply Corps Association (NASCA) is preparing for the second uniform sale, which will be held Feb. 17 at Capodichino.

The purpose of the uniform swap is to give service members the chance to purchase uniform items at a discounted price and also raise money for NASCA.

"We intend on selling used uniforms at up to 90 percent off

retail prices so service members can save a bunch of money by attending the sale," said Cmdr. Michael Benedetto, president of NASCA. "Also, service members can bring serviceable uniforms to the sale and receive a credit for purchases the same day."

The first uniform sale held last year got a very positive response from the shoppers. After the first sale Lt. James Brown said, "I was able to find uniform items for almost one-eighth the normal price."

All of the uniforms for sale have

been donated by various people and also from the Naples Overseas Spouses Club (NOSC) Forgotten Treasures Thrift Shop.

"The NOSC thrift shop receives donations all the time and NASCA takes the uniforms for the thrift shop, works out the sorting, inventory, storage, advertising and display of the uniforms for the benefit of the local community," said Benedetto.

This sale will be held from 10 a.m. to 2 p.m. just off of the Capodichino spine. Signs will be posted for the event.



### Naples Elementary School students take on the Spelling Bee

Twenty-six students from grades 3-6 competed for 'Best Speller' Jan. 27 with the winner advancing to the next level of competition in Ramstein, Germany. Participating students included: Aaron Cleveland, Erik Halenkamp, Daeshon Fields, Maddie Farrell, Kris Lager, Zack Bowe, Katherine Hernandez, Alex Lamb, Necho Webster, Ania Pasternak, Skyler Fitzgerald, Sydney Lear, Haley Borowy, Adriana Thompson, Lachlan Sims, Logan Cisneros, Nadia Zaragoza, Carly Siegel, Mattison Boveri, Emily Lavender, Liandra Lent, Claire Stone, Chase LaBenz, Jeremy Redford, Carly Sharp and Aidan Keenan. (Photo by Courtney Kellog, NES PTSA)

## NSA Naples VITA center needs volunteers

By MC2 (SW) Michael Campbell,  
Navy Public Affairs Support Element-  
East Det. Europe

Volunteers are still needed from the NSA Naples community to provide free tax assistance to the U.S. military community, DoD civilians and dependents through the Volunteer Income Tax Assistance (VITA) Program.

The volunteers will be needed at least four hours every week. Four full-time volunteers, who will be in the tax center throughout the day until the center closes, are also needed.

VITA volunteers have the opportunity to offer a free service to the community while obtaining valuable training and skills at the same time.

"While it is tough to learn the complexities of every tax return in four days of training, VITA provides a great base to build tax knowledge for volunteers to help their customers," said Kirsten Trussler, VITA volunteer.

Each volunteer will receive free VITA program training provided by an Internal Revenue Service (IRS) representative. The training, which is still required for returning volunteers, will include tax law and preparation. The use of electronic filing software will

also be covered by the tax officer. The training lasts four days, for roughly eight hours a day. All the material needed for the training will be provided. After completing the required training, volunteers will work for a minimum of four hours per week in the Tax Center.

"Our volunteers usually get five days of hands-on training from an IRS agent; however, training is available online through the IRS at <http://www.irs.gov/app/vita>, which provides hours of instruction from the very basic return to the most complex," said Lt. Jocelyn Loftus-Williams, region site coordinator. "Volunteers must attend either the face-to-face instruction with the IRS or must complete the online training in order to prepare tax returns through VITA. Each level of instruction concludes with a test, which the volunteer must pass in order to move on to the next level."

Volunteers do not have to be in any particular pay grade, but must be willing to commit to the four hours per week. It is also open to interested spouses and retirees. The schedules will be flexible, and volunteers who choose to work longer than the required four hours per week may do so.

"Volunteers do not need any special skills in order to volunteer;

however, familiarity with tax preparation is helpful," said Loftus-Williams. "We do use online-based software, so a basic ability to use a computer is necessary. Our volunteers are extremely important," said Loftus-Williams. "Last year, we prepared close to 1,000 returns in the Naples area with only one person assigned full-time to coordinate the program. Without volunteers, we would never have been able to handle that volume."

For more information, contact Lt. Loftus-Williams at 081-568-4609.



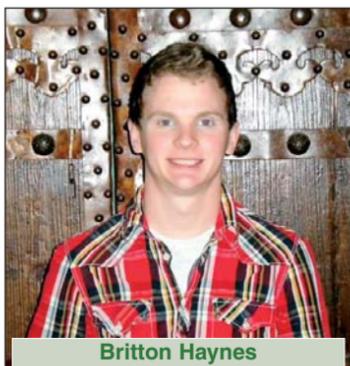
### NOSC shows off fashion for funds

RP1 Ryan Boggs struts down the aisle in his fashionable Forgotten Treasures Thrift Shop clothes Feb. 6 during the Naples Overseas Spouses' Club "Have a Heart Fashion Show" at the store. The event was held to raise funds to benefit local Italian charities. The club raised more than \$17,000 at the event.

Page 1: Participants in the fashion show dance around in their outfits Feb. 6 at the Forgotten Treasures Thrift Shop. (Photos by Mercedes Thompson)

## Naples High School Athletes of the Month for January

Provided by Naples High School Booster Club



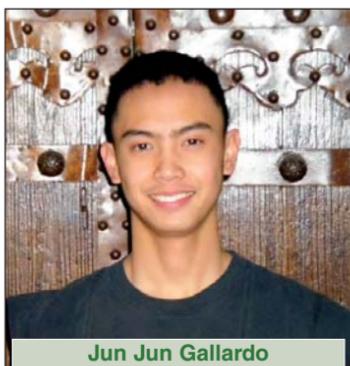
Britton Haynes

Britton Haynes, a junior, has been selected as the cheerleading team's male Athlete of the Month for January. According to his coaches, he has made endless contributions to the winter cheerleading team; is a natural leader, both by example and by encouraging and helping others; and is a well-rounded cheerleader, from motions and spirit to jumps tumbling, and stunting. Along with his cheerleading talents, Haynes boasts an "A" GPA, is the vice president of National Honor Society and plays varsity tennis and soccer. Haynes is the son of Jonathan and Sonja Haynes.



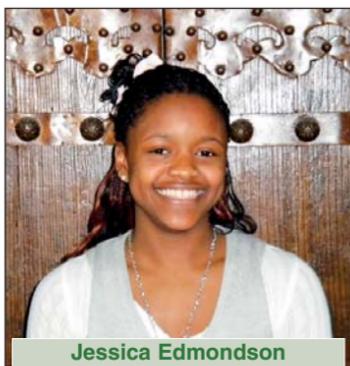
Shannon Ellis

Shannon Ellis, a sophomore, has been selected as cheerleading's female Athlete of the Month for January. According to her coaches, she has provided strong contributions to the winter cheerleading team; is an athlete who always does her best; and is an excellent role-model and leader for her teammates. Ellis is one of the team's strongest tumblers and stunters. She has mastered several tumbling sequences and is consistent and confident. Along with performing well while cheerleading, Ellis has a high GPA, is part of the NJROTC, and participates in track and gymnastics. Ellis is the daughter of Sharon McGourty.



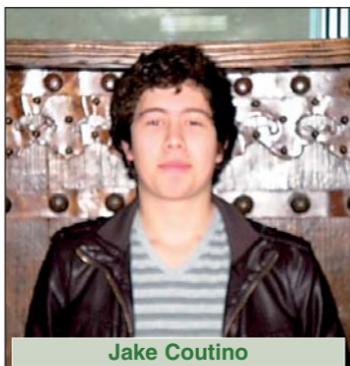
Jun Jun Gallardo

Jun Jun Gallardo, a sophomore, has been selected as the basketball Wildcats' Athlete of the Month for January. He has showed great depth as a player – going coast to coast for a layup in the last seven seconds against Vicenza, Jan. 16. The shot capped off a 13-point rally in the last 1 minute 39 seconds in the 4th-quarter to defeat Vicenza. In the same game, Gallardo also played good defense, making several steals to help the team. He is in his first year as a player at Naples and shows much promise as a shooting guard or point guard. Gallardo averages 9-points a game, has a good 3-point shot and is great at driving and dishing off. Gallardo is the son of Virgilio and Shella Gallardo.



Jessica Edmondson

Jessica Edmondson, a junior, has been selected as the basketball Lady Wildcats' Athlete of the Month for January. According to her coaches, she is an excellent student and athlete who consistently works hard in practice and in the games, often playing through nagging injuries. Edmondson has missed only one practice due to a doctor's appointment and attended all most all of the practices scheduled during winter break. Throughout the season, she has been a leader and a motivator on the court. She has also been the leading scorer in two of the last four games. While not playing basketball, she participates in cheerleading and works hard to take AP and honor courses. Edmondson is the daughter of Tyrone and Angela Nelson.



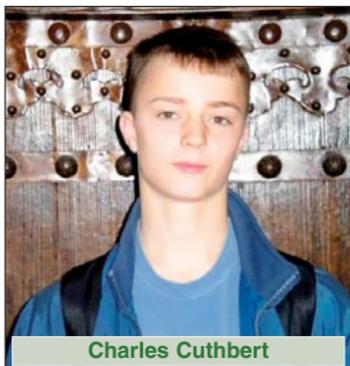
Jake Coutino

Jake Coutino, a sophomore, has been selected as the Wildcats' swimming team male Athlete of the Month for January. He is an outstanding performer and demonstrates true sportsmanship. Coutino qualified in the 200IM at the Jan. 10 meet, which brings his total to four qualified events for the European Championships. At the Southern Divisional Championship meet Jan. 24, he placed in the top two for all his individual events with the exception of the 100 meter butterfly. All of Coutino's finishes earned top points helping secure the team's two first place finishes. This is his first season swimming with the team. Aside from performing in the pool, he has an "A" GPA, plays volleyball, and represented Naples at Creative Connections and Future Educators of America. Coutino is the son of Gabriel and Maryann Coutino.



Isabel Krause

Isabel Krause, a freshman, has been selected as the Wildcats' swimming team female Athlete of the Month for January. She has been setting an example on the team over the past two seasons, proving to be a strong contender for the 13/14 girls. The swim meets during the month of January were no different. Krause's winning attitude helped her to continue dropping time, leading to first place victories in all her individual events at both meets. Her fast swimming earned her a spot on both "A" relay teams, swimming the 50 fly in the medley relay and swimming the demanding anchor leg in the free relay. Her relay teams took first place in both meets earning top points for the team, helping secure another European Southern Divisional title. Krause will be competing at the European Swim League Championships Feb. 13-14 in five individual events and two relays. According to her coaches, she is an asset to the team with contagious enthusiasm for competition. When not in the pool, Krause is part of the National Junior Honor Society as well as the school jazz band. She is the daughter of Jeff and Lourdes Krause.



Charles Cuthbert

Charles "Tiny" Cuthbert, a freshman, has been selected as the Wildcats' wrestling team Athlete of the Month for January for being a standout on the wrestling team. He is currently 13-0 and many of his wins are against seniors. Cuthbert has been a member of the wrestling team for the past three years and this is the first year he is competing as a high school student. According to his coaches, Cuthbert always attends practice, follows directions, motivates other team members, and helps the team's inexperienced wrestlers. He scored 24 team points that helped the Wildcats win their Jan. 23 home meet. When not on the wrestling mat, Cuthbert runs cross country and track, and is part of the National Junior Honor Society. He is the son of Doug, who wrestled at the Naval Academy, and Stefani Cuthbert.

# Jobs

## HRO

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

**The Human Resources Office, located at Capo Admin I first floor, customer service hours: 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 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 closing date of the vacancy announcement. Local national applicants can request status of their application through the HRO Web site "Online Contact Form" at [http://www.nsa.naples.navy.mil/hro/tell\\_us.htm](http://www.nsa.naples.navy.mil/hro/tell_us.htm).

## U.S. POSITIONS

For a current list of U.S. vacancies and application process information visit our **NEW** Web site at: <https://www.cnic.navy.mil/Naples/Departments/HumanResourcesOffice/Jobs/index.htm>

### CLOSING 18 FEB 10

**Financial Management Analyst, YA-0501-02, ANN# EUR10-593374-AG, Full Time Permanent**

**Recreation Technician, YB-0189-01, ANN# EUR10-386533-SC-R, Full Time Permanent**

**Interdisciplinary (Community Health Nurse), YH-0610-02, ANN# EUR10-586899-SC, Full Time Permanent**

**Supervisory Contract Specialist, YC-1102-02, ANN# EUR10-573684-EG, Full Time Permanent**

**Supervisory Contract Specialist, YC-1102-02, ANN# EUR10-579121-EG, Full Time Permanent**

**Procurement Technician, YB-1106-01, ANN# EUR10-600388-EG, MULTIPLE VACANCIES, Full Time Temporary**

**Administrative/Security Technician, YB-0303-02, ANN# EUR10-588397-EG, Full Time Permanent**

**Information Technology Specialist (Policy and Planning/Internet), YA-2210-02, ANN# EUR10-583848-EG, Full Time Permanent**

**Contract Specialist, YA-1102-02, ANN# EUR10-580783-EG, Full Time Permanent**

**Contract Specialist, YA-1102-02, ANN# EUR10-577697-EG, Full Time Permanent**

### CLOSING 25 FEB 10

**Training Instructor, YA-1712-02, ANN# EUR10-588364-SC, Full Time Permanent**

**Secretary (O/A), YB-0318-01, ANN# EUR10-588368-SC, Full Time Permanent**

## OPEN CONTINUOUS

**Education and Training Tech (CDC), (Multiple Positions), YB-1702-01, ANN# EUR10-535409-SC-A, Full-Time Permanent**

## COURTESY U.S. VACANCY ANNOUNCEMENT:

**Community Bank, Banking Center Service Supervisor, Capodichino U.S. Navy Base, Naples, Italy. To apply online, please use the "Careers" link at: <http://www.dodcommunitybank.com>, or submit your resume at HR Europe: [pia.krucker@dodcommunitybank.com](mailto:pia.krucker@dodcommunitybank.com)**

**Member Service Representative, Naples Italy. Apply online at <http://www.navyfederal.org>.**

**USO Naples Career Opportunity: Information Specialist, part-time permanent (2 positions available). For details and application process please go to <http://www.uso.org/careers>. Closing date: 18 Feb. 2010. For more information call Sabrina Pullido at 626-5713.**

## CONTRACT DENTAL ASSISTANT

The U.S. Naval Hospital is seeking a Contract Dental Assistant for the Dental Department, Branch Medical Clinic, Capodichino. If you are interested in the position, please contact Ms. Paola Gargiulo at Dsn: 629-6117, Comm: 081-811-6117 or e-mail: [Paola.gargiulo@med.navy.mil](mailto:Paola.gargiulo@med.navy.mil). The position will remain open from Jan. 27, 2010 thru Feb. 10, 2010.

## CONTRACT EMERGENCY ROOM PHYSICIAN

The U.S. Naval Hospital is seeking a full-time Contract Emergency Room Physician for the Emergency Room Department. If you are interested in the position, please contact Ms. Paola Gargiulo at Dsn: 629-6117, Comm: 081-811-6117 or e-mail:

[Paola.gargiulo@med.navy.mil](mailto:Paola.gargiulo@med.navy.mil). The position will remain open from 12 February 2010 thru 26 February 2010.

## LOCAL NATIONAL (LN) POSITIONS

For a current list of LN vacancies and application process information visit our **NEW** Web site at: <https://www.cnic.navy.mil/Naples/Programs/Departments/HumanResourcesOffice/Jobs/index.htm>

### CLOSING 18 FEB 10

**Telecommunications Specialist, Ua-0391-04, ANN# 70294-604885-JC, Full-Time Permanent, AOC: TEMPORARY & PERMANENT NCTS EMPLOYEES ONLY**

## 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 have you may reach us at 081-568-5612/4164.*

## NSA NAPLES POSITIONS, MWR OPEN CONTINUOUS POSITIONS

**Recreation Aid, NF-0189-01, ANN# 08-099, flexible, Fitness Forum, Support Site.**

**Job Summary:** Assist in the operations of the fitness program.

**Recreation Aid, NF-0189-01, ANN# 09-102, flexible, NOR Center, Carney Park.**

**Job Summary:** Provides and maintain recreation and athletic equipment issue.

**Recreation Aid, NF-0189-01, ANN# 08-164, flexible, Community Services, Capodichino**

**Job Summary:** Provides information concerning facility, operation and regulations.

**Recreation Aid (Intramural Sports), NF-0189-01, ANN# 09-091, flexible full time, Fitness Forum, Support Site.**

**Job Summary:** Assists the Sport Coordinator to plan the fitness activities

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

**Job Summary:** This position transacts the sale of refreshments at the theater snack bar.

**Recreation Assistant, NF-0189-02, ANN# 08-006, flexible, Fitness Forum, Support site.**

**Job Summary:** Provides instructions to patrons in a variety of physical fitness classes.

**Cook, NA-7404-05, ANN # 09-138, regular full time, Child Development Center, Capodichino**

**Job Summary:** Prepares two meals and two snacks daily for children up to 6 years of age.

**General Clerk, NF-0303-01, ANN # 10-004 flexible part time, Vet Clinic, Support Site.**

**Job Summary:** Assembles animal medical records prior to animal's visit. Completes data on a daily and monthly basis on the numbers of animals treated at the clinic. Closing Date: 02/19/2010

**Child & Youth Program Assistant, CY-1702-I/II, ANN# 10-007, flexible, Child Development Centers, School Age Care, Youth Programs, Support Site/Capodichino/Carney Park.**

**Job Summary:** Care and instruction for children and youth from 6 wks to 18 yrs.

## NEX EMPLOYMENT OPPORTUNITIES

**Gricignano, Building 2091-B Call 081-813-5252/5253/5254 DSN: 629-4774**

### Hours:

**Mon. - Fri. 8 a.m. - 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# 040-09 Lead Sales Clerk/Consumables/NF-01/RFT-Closes: 02/19/10**

**Ann# 001-10 Cashier Checker/Frontlines/NF-2091-01/FLEX - Closes: 03/05/10**

**Ann# 002-10 Sales Clerk/NF-2091-01/FLEX - Closes: 03/05/10**

**Ann# 005-10 Store Worker/NA-6914-02/FLEX - Closes: 03/05/10**

**GRICIGNANO MINI MART No Vacancies**

**DISTRIBUTION CENTER, GRICIGNANO**

No Vacancies

**CAPODICHINO NEX MART Ann# 014-10 Sales Clerk/NF-2091-01/FLEX - Closes: 03/05/10**

**Ann# 016-10 Customer Service Clerk/NF-2091-01/RFT-Closes: 02/19/10**

**EUROPE DISTRICT OFFICE (Gricignano Main Store)**

No Vacancies

**GRICIGNANO NAVY LODGE**

No Vacancies

**JFC-NATO MINI MART**

No Vacancies

## LOCAL NATIONAL POSITIONS

No Vacancies

# USO in search of a few good volunteers to help serve NSA Naples

By MC2 (SW) Michael Campbell,  
Navy Public Affairs Support  
Element-East Det. Europe

Since 1944 the United Services Organization (USO) has been serving the Naples community. As a liaison between the military and the local culture, the Naples USO offers a variety of services to

make Italy more accessible.

"Our centers not only support the naval fleet, NSA commands and local base organizations, but also offer convenient get-aways to Italy and Europe, free area information, driving directions, a lounge area for in-transit passengers at the Capo Air Terminal and complimentary snacks for active duty service

members," said Luisa Mazzella, program coordinator for USO Naples. "The Naples USO and its volunteer committee also host a variety of community events on a monthly basis, such as Free Bingo Sundays; Masquerade Balls; Christmas, Halloween and Easter bashes; the Naples Got Talent competition; and much more."

Currently, the Naples USO is looking for volunteers to help assist with the USO lounge at the NSA Naples Capodichino location. The volunteers will have the opportunity to greet service members and other members of the military community as they transit through the airport.

"There are many ways that service members and dependents can get involved with the USO," said Mazzella. "Available positions include assisting in-transit passengers during flight layovers by welcoming them to the USO lounge and offering a free cup of coffee."

On an average day, USO staff

and volunteers help assist service members with local information and travel arrangements, develop new events to entertain the community on the weekends, solicit donations from local sponsors to offset the cost of programs and markets all USO initiatives through the organization's newsletter or base notes so that everyone at NSA is able to take advantage of the services.

After 66 years of supporting service members in the Naples area, the USO continues to be a bridge between the American people and service members overseas. To become a part of the NSA Naples USO team, contact the USO at 081-568-5713.



USO volunteers celebrate the organization's 69th Birthday with a special Bingo game for the community Feb. 6 at Naples High School on the Support Site. The event included music, food and several free prizes. (Photo provided by Naples USO)

## Military OneSource offers free tax filing

By Elaine Wilson,  
American Forces Press Service

Defense officials encourage military families to once again take advantage of the free electronic tax filing services offered through Military OneSource.

People can access the H&R Block at Home program by going to Military OneSource at <http://www.militaryonesource.com/> and clicking on "Tax Filing Services."

More than 200,000 service members filed their tax returns through this resource last year, officials said.

"We have such a mobile force, and you have folks dispersed all over the world. It's a quick link for the family to link up with the [service member]," said Tommy T. Thomas, deputy

undersecretary of defense for military community and family policy. "It's a convenience for you to be able to go on that site and file that tax form."

The program is open to active duty, Guard and Reserve service members, regardless of activation status, as well as spouses, dependent children and family members standing in for a deployed service member.

Participants can e-file up to three state resident returns for each federal return, Thomas said. However, he added, they should ensure they're filing through Military OneSource. People who file through H&R Block directly may be charged for services, he cautioned.

The program is set up for basic returns. People who wish to upgrade to the premium pro-

gram also may incur charges.

For tax assistance, filers can call a Military OneSource tax consultant from 7 a.m. to 11 p.m. EST, seven days a week, at 800-730-3802.

"That's a tremendous service," Thomas said. "We feel it's important to give our military families the absolute best."

Along with the consultants, people with complicated tax returns can visit a legal assistance office on a military installation for more in-depth advice, he said.

Whether online or on base, people should file early, Thomas advised.

"Don't run up against the 15 April deadline," he said. "And when you get the return, look at it as the means to secure your family's finances," whether its paying off debts, adding to a savings account or contributing to a Thrift Savings Plan.