

# 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. 8

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 26, 2010

## Take the Cost of Living Allowance, Living Pattern Survey

Remember that all active duty U.S. military members at U.S. Navy installations throughout Italy are being asked to take part in the Living Pattern Survey (LPS) now through March 31. The survey can be found at <https://www.defensetravel.dod.mil/oscola/lps/italy/>

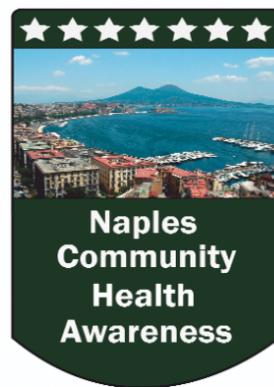
## HEALTH UPDATE

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

Visit

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



Naples  
Community  
Health  
Awareness

## NHS SPORTS



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## Naples area youth enjoy 'Non-Stop Soccer'

Story by MC3 Class Petty Officer Kristopher Regan, NPASE-E Det. Europe

Navy Child and Youth Programs (CYP) Naples Youth Sports, and The American Soccer Club of Napoli (ASC) hosted the "Non-Stop Soccer" Youth Soccer Camp during the week of Feb. 22 at the Naval Support Activity (NSA), Naples Support Site Soccer Field.

The purpose of this camp was to give the youth of the NSA Naples area the chance to learn and develop their soccer skills while building friendships with other soccer enthusiasts.

The camp was divided into two different sections according to age, ages 6-10 and 11-18. This is done to ensure all the players will be able to maximize their learning experience.

"Depending on the age and skill ability of each player we are focusing on these primary

skill sets: Dribbling moves to change direction, dribbling moves to beat a defender and penetrate, passing and receiving, heading, shooting, and game tactics," said Trip Ellis, the Director of Non-Stop Soccer and FC Richmond Director of Coaching.

This camp is a great opportunity for the young soccer players to get out and learn new skills while having a good time.

"Non-Stop Soccer allows all players the opportunity to network and train at a higher level alongside others players with varying backgrounds," said Ellis.

At the end of the camp the children were enthusiastic about everything they learned and the time they spent together. "The camp was a lot of fun, we learned some cool games and some really cool moves," said Kazuki Parker, a player in the soccer camp. "I hope that we can do it again next year."



Trip Ellis (center) the Director of Non-Stop Soccer and FC Richmond, Director of Coaching, demonstrates proper technique during the Non-Stop Soccer Camp held on the Support Site Feb. 22-26. Photo by MC1 (NAO) John Parker, NSA assistant PAO



(From left to right) Rebecca Blakeway, Susanne Creeley, Jane White, Coron King and Sonia Bennett, UK Community Members, sell baked goods during the "Haiti Cake Day" JFC Naples Feb. 16 to raise money for Haitian earthquake victims. All monies raised will be donated to the registered charity SCIAF.

## Haiti Cake Day

Story and photo by Chief Petty Officer Chris Emes GBR, JFC Public Affairs Office

United Kingdom Community Members raised money for Haitian earthquake victims by organizing a "Cake and Tea" event held at the UK Joint Support Unit Education Facility JFC Naples Feb. 16.

Lead event organizers Caron King and Rebecca Blakeway-Long said they decided that they had to do something to help people of Haiti. Alongside King and Blakeway-Long, Susanne Creeley, Jane White, Sonia Bennett and other UK community members baked cakes for sale and served hot and cold drinks to JFC personnel.

All the money raised will be donated to the registered charity Scottish Catholic International Aid Fund (SCIAF) working in conjunction with Caritas International, a global network of Catholic aid agencies whose aim is to get help to survivors.

"In the immediate aftermath, despite losing loved ones and seeing their homes reduced to rubble, Caritas Haiti began handing out tents and food supplies which they had in stock. The following day, an international Caritas emergency response team made its way to Haiti to help assess the situation and decide how best to support the relief operation. Since then, supplies have been arriving from Caritas partners around the world. Teams of staff and volunteers are distributing aid through local parishes and at temporary camps for the homeless," a SCIAF official said.

More information on the SCIAF Haiti Earthquake Appeal can be found at: [www.sciaf.org.uk](http://www.sciaf.org.uk)

## Naples Area Supply Corps Association Hosts Uniform Sale

Story by MC3 Kristopher Regan, NPASE-E Det. Europe.

Members of the Naples Area Supply Corps Association (NASCA) hosted a uniform swap on board Naval Support Activity (NSA) Naples Capodichino base Feb. 17 to give the local service members a chance to save money on uniform items.

The profits made from this swap are being used to support the Naples Area Supply Corps Association Ball. "We raise money for different causes with the uniform sales. This particular fundraiser is for the NASCA ball that is coming up," said Cmdr. Michael Benedetto, president of NASCA.

The uniform swap works to benefit everyone. A majority of the uniforms come from the Naples Overseas Spouse Club (NOSC) thrift store since they do not sell the uniforms there. "The NOSC thrift shop receives donations all the time and NASCA takes the uniforms from

the thrift shop, works out the sorting, inventory, storage, advertising and display of the uniforms for the benefit of the local community," said Benedetto.

The uniforms are then sold at a discounted price. "This sale is great for anyone interested in buying uniforms, whether you're just trying to save money or don't want to pay full price on some of the more expensive items," said Yeoman Petty Officer First Class (AW) Charles Cameron, a uniform sale shopper.

In addition to shopping at the uniform swap, service members also had the chance to come in and exchange old uniforms for credit towards other previously owned uniform items. "The whole operation really is a win-win for everyone involved," said Benedetto.

The NASCA plans to host events like this on a much more frequent basis to benefit the serv-



ice members and raise money for various causes. "We plan on holding this event about every three months," said Benedetto. "Our next sale is scheduled for May, then again in September."

## Editor's Corner

By Lisa Meeting  
Panorama Editor



Ciao,

The time has come for me to say goodbye. I am going back to the U.S., but before I leave, there are so many people I would like to thank, and I also want to share some information.

Thanks to all Panorama contributors for their continued support of our base newspaper. We have a very small staff, and it would be hard for us to produce our paper without the input our contributors provide on a weekly basis. I encourage everyone in the community to take photos of events they attend and places they visit and submit them, along with captions, to Panorama. Also, send in announcements of your organization's, club's or command's events (fundraiser announcements must be from a command sponsored group). For more information on what is required in a submission, contact the NSA Naples Public Affairs Office at 081-568-5129.

I owe a big thank you to the staff of Stampa Generale, Panorama's publisher, Bruno Brandi, Bernardo Acanfora, Gianni Ruggieri, Tiziana Datodi and Vincenzo Acanfora for all their hard work and dedication in putting out a quality product week-after-week. It has been my pleasure to work side-by-side with Bernardo doing the layout and design of Panorama since I've been with the paper. Stampa also provides all advertisement for Panorama which pays for the production of the paper. Grazie mille Stampa!

My advice to everyone is to please take advantage of the many travel, cultural and sightseeing opportunities available to you while you are here in Naples. Take a drive along the Amalfi Coast; the views are amazing. Visit underground Naples, take in an opera, go see the Veiled Christ or tour Castel Nuovo, Pompeii and Herculaneum. Take some ICR, USO and ITT trips or travel on your own. There are several airlines which fly to popular European destinations at very reasonable prices. It isn't hard to find inexpensive flights to Paris, Barcelona or London. Take a drive to Rome; the city has so much to offer. Visiting other bases in Europe might help to save money on lodging when traveling. Camp Darby in Livorno, Italy is only a few minutes away from Pisa, Italy. NAS Sigonella in Sicily, Italy is surrounded by beautiful and exciting towns. USAG Vicenza in Vicenza, Italy is about 45 minutes west of Venice. The traveling and sightseeing possibilities are endless, but you have to be willing to get out there and do it. Don't let this wonderful opportunity pass you by, because before you know it, it will be time for you to leave. My family and I have certainly enjoyed traveling during our stay here.

Another good and rewarding thing to do during your stay here is to volunteer in the NSA Naples community. Help out at the schools, the Red Cross, Panorama or coach a team. The community needs you. One person can make a difference.

I would like to thank Capt. Robert Rabuse for everything he does for the NSA Naples community. Never have I seen a commanding officer of a base work as hard or care as much as he does. He attends just about every community event. I have seen him covered in mud from running in the mud runs, running in several MWR sponsored races, playing tug of war with members of the community during Family, Fun and Fitness Day and dressed as Howard Stern at Spooktacular, just to name a few. As a member of the NSA Naples community, I really appreciate all he does to make the quality of life here the best it can be for all of us. He continues to work hard, along with so many others, to make sure we keep programs and activities which make everyone's stay here more enjoyable. So, when you see him at one of the events, be sure to thank him for all his hard work and ask what you can do to help. Take care and enjoy Europe.

Arrivederci

## Base Notes

From Panorama staff reports

### AFN Airing DoDDs Basketball Championships

AFN will air the DoDDs Europe High School Basketball Championships on the Pentagon Channel and the Internet February 27 live from Mannheim, Germany. Coverage starts at noon Central European Time. AFN Europe will broadcast the Boys and Girls Championship games in Division I, II and III, a total of six games. Teams are competing in a tournament in the days leading up to Feb. 27 to determine who will play in the Championship. AFN Europe will also air footage of the DoDDs High School Cheerleading Championships, which are taking place at the same time.

### Monthly Parenting classes

At the Fleet and Family Support Center (FFSC) we know that parenting can be stressful, and making good parenting decisions can be difficult. Each child is very unique, and can present a new set of challenges even for the most experienced parent. Beginning in March, the FFSC will be offering five monthly parenting classes, which are free to all base ID card holders. Please contact Luisa at 081-811-6533 to sign up for the classes of your choice! All participants must be registered in order to attend. Classes will be held in the FFSC and will last approximately one hour.

**March 17** 1130-1230. Ages and States of Growth for Infants and Toddlers -What to expect from your Infant or Toddler.

**March 22** 1130-1230. Understanding Feelings: Expressing Anger, Criticism and Confrontation

**March 24** 1130-1230. Building Self Worth in Children - Helping your child feel good about themselves.

**March 25** 1130-1230. Effective Discipline with Pre-School Aged Children -Sparing the rod without spoiling the child.

**March 27** 1130-1230. Learning Positive Ways to Deal with Anger and Stress.

### New Spouse Course

Fleet and Family Support Center is running a New Spouse Course on March 3 from 9:00-11:00 a.m. on the first floor of the Navy Lodge at Support Site. The class is for Spouses who are relatively new to the Navy lifestyle and would like to learn more about the Navy, the Educational and General Benefits available for Military Spouses and the community resources which are available to assist them. To register for the Spouse 101 Course visit the FFSC or call 629-4896.

### Sure Start program

Sure Start is a unique program for command-sponsored children of enlisted personnel (priority E-1 to E-4) who are 4 years old by September 1. Sure Start is committed

to providing the highest quality of education for children of enlisted personnel living at military installations overseas who would benefit from a comprehensive preschool program. For more information, call Karen Rodrigues at 629-4682 or the Elementary School at 629-4037.

### New NLSO EURAFSWA customer service hours

Effective March 1, 2010, the Naval Legal Service Office (NLSO) walk-in customer service hours will change to 9:00 a.m. - 4p.m. Monday to Friday. Powers-of-attorney and notarization services are done on a walk-in basis every day, Monday-Friday during these hours. Please note that walk-in service for emergent issues is available every Tuesday from 9:00 a.m. - 4p.m. Additionally, these same customer service hours apply to Region Legal Service Office (RLSO) functions like sojourner's permits. To make an appointment to see an attorney, please call 626-4576. Wills, domestic relations and immigration issues are by appointment only.

### Military Spouse/MY/CAA Program Temporarily Halt in Operations

The DOD My Career Advancement (MyCAA) Program for military spouses temporarily halted operation during the third week in February. This means that the only Spring Term courses that will be funded by MyCAA are where the spouse has received a MyCAA voucher to cover the tuition prior to o/a 16 February 2010. MyCAA counselors are still available for counseling at 1-800-342-9647 between 7 am and 10 pm EST. Military spouses may wish to visit the local Navy-Marine Corps Relief Society to learn more about their Spouse Tuition aid program. We encourages spouses to visit or call the Navy College Office (Admin II, main floor or DSN: 626-6681/6684/6678) to learn more about other Navy Partnership Programs that may be attractive to military spouses.

### Marriage Enrichment classes now offered at the Fleet and Family Support Center

Beginning March 2010, the Fleet and Family Support Center will offer a monthly marriage enrichment class, focusing on Gary Chapman's best seller "The Five Love Languages." Group participants will learn ways to communicate their love to each other and gain a better understanding of how to express their love and commitment. The first class will be offered on March 18, from 1100-1230. Feel free to come alone, with a friend or with your spouse. To register for the class, please contact Luisa at 629-6533. Gary Chapman's The Five love language books will be available for loan at the FFSC for class participants. Please stop by to pick up a copy.

## CNE-C6F/CNREURAFSWA HOTLINE

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

### Office of the Inspector General

Phone 081-568-2983 - Fax: 081-568-6354

E-mail ighotline@eu.navy.mil

Web site <http://www.cnic.navy.mil/europe/index.htm>

You can choose to remain anonymous

## FYI POSSIBLE STRIKE

**March 1, 2010** - SEA and SEA HANDLING airport personnel in Milano Linate and Milano Malpensa will be on strike for 24 hours.

**March 22, 2010** - HANDLING airport personnel will be on strike for 4 hours, from noon to 4 p.m.

**March 23, 2010** - Meridiana personnel will be on strike for 24 hours.

## Panorama

Associato all'USPI  
Unione Stampa Periodica Italiana

Naval Support Activity  
Capt. Robert Rabuse  
Cmdr. Stephen Schutt  
Lt. Matt Gill  
MC1 (NAO) John Parker  
Teresa Merola

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

Lisa Meeting

Editor-in-Chief/Photojournalist  
Contributors

MC2 (SW) Michael Campbell  
MC3 Kristopher Regan  
MC1 (SW/AW) Jenniffer Rivera

NPASE-E Det. Europe  
NPASE-E Det. Europe  
NPASE-E Det. Europe

Volunteer Contributors

J. Freed, Lou Freed

Editorial Office:

Tel. 081/568-5335- Fax 081/568-5112

Free Mercato Ads:

Tel. 081/568-5856- Fax 081/568-5112

Paid Advertising:

Tel. 081/568-7884- Fax 081/568-7887

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The *Panorama* editorial office is located at Naval Support Activity, Naples, Italy, PSC 817, Box 40, FPO AE 09622 - Telephone: commercial 081-568-5335/5912; DSN 626-5335/5912. E-mail: [naplespanorama@eu.navy.mil](mailto:naplespanorama@eu.navy.mil).

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## Naples January 2010 births

- 05 Jan.** Cian Dale Vellucci, 6 lbs 14 ozs son of Stephanie N. Vellucci and IS2 Joseph E. Vellucci
- 07 Jan.** Daniella Jocelyn Rodriguez, 7 lbs 3.5 ozs daughter of Amber R. Rodriguez and YN1 Darren R. Rodriguez
- 10 Jan.** Jacob Edward Heuermann, 10 lbs 3 ozs son of Dominique L. Heuermann and Mr. Lewis E. Heuermann
- 19 Jan.** Rachel Sophia Tamplen, 6 lbs 12 ozs daughter of Amy M. Tamplen and LT James A. Tamplen
- 20 Jan.** Alannah Skye Nicol, 7 lbs 9.2 ozs daughter of Colbie L. Nicol and CS1 Joshua C. Nicol
- 28 Jan.** Patrick O'Neal Lovellette Jr, 8 lbs 3 ozs son of Emily S. Lovellette and MA3 Patrick O. Lovellette

## Italian News Briefs

Compiled by Teresa Merola

### Fiat closes six car plants

The Italian car industry Fiat employs about 80,000 workers in Italy. On Monday, Fiat closed six plants across the country laying off for two weeks thirty thousand workers. Due to the falling demand of vehicles and the end of government consumer incentives, Fiat is also planning to close a factory in Sicily. In Campania region, in Avellino 1,600 workers were laid off at the Fiat plant for more than 15 months. Most of workers protested outside the plant to defense their job and to protest against the Fiat decision to restructure their production in Italy.

### Lambro River polluted by oil slick

The Lambro River, a tributary of the Po River in northern Italy was polluted by a large oil slick caused by unknown vandals from a petrol refinery on Tuesday. According to authorities, someone intentionally broke into the depot of the former Lombardi Petrol refinery near Monza and opened the valves pouring 8000 cubic meters (2 million gallons) of diesel fuel and heating oil into the river near Milan. Environmental protection authorities raised flood gates along the river in attempting to pump as much of the oil out as possible. Fire fighters and police were able to contain it quite quickly but not in time to prevent the Lambo from being contaminated. The Lombardy region asked the government to declare a state of emergency. The Po River and its tributaries are a wildlife preserve and home to over 1,000 plants and 300 various types of birds.

### Campania region continues to improve Commuter Rail Network

Legambiente, an Italian Environmental organization, reported that the Campania region invested more than any other region in improving its commuter rail network last year. According to the report, Campania earmarked 1.52 percent of its budget to buy new trains, clean and repair the

ones it had and improving service between Naples and its outlying areas. Half of all Italian regions spend less than 0.1 percent of their budgets on their local railway networks. Legambiente asked regional government to invest more of their budget in transportation with the goal of convincing 1.4 million commuters to take the train over the next five years.

### Exhibition of Caravaggio opens at Scuderie del Quirinale in Rome

The exhibition dedicated to Caravaggio opened at Scuderie del Quirinale in Rome last week under the patronage of the President of the Republic. A selection made only of 24 authenticated works of the artist's masterpieces including "The Musicians" from New York's Metropolitan Museum, the "Lute Player" from the Hermitage in St. Petersburg, and the famous "Fruit Bowl" from the Biblioteca Ambrosiana. These masterpieces are reunited at the Scuderie to celebrate the 400<sup>th</sup> anniversary of the death of Michelangelo Merisi da Caravaggio. The entire career of Caravaggio has been represented in two exhibition floors and its presentation has been displayed in comparison of themes rather than in chronological order. The exhibition runs till June 13.

### Electrical Black Out causes panic in Naples

An electrical black out in central Naples occurred on Tuesday afternoon. Emergency help lines received many phone calls. Scenes of panic were followed at metro stations when the lights went out and escalators stopped. People were trapped in elevators, and traffic lights were off. The power outage affected east side and parts of central Naples and is believed to have been caused by a downed high-tension power line. Power came back after 45 minutes.

## THE INSIDE PAGE...

### THIS WEEKEND

- 26-28 CREDO MARRIAGE ENRICHMENT WEEKEND.** FMI or to register, call 081-568-5255.
- 27 CUB SCOUTS PACK 007 FUNDRAISER:** The Pack will open up the track to the public for a fundraiser for a registration fee of \$20.00 which includes the Car Kit. Registration will be from 9-11 a.m. and the race begins at 11 a.m. Coffee and a bake sale will be available. Contact Shawn Olmstead at olmstead96@hotmail.com to arrange for payment and kit pickup.
- 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

- 1-3 ANTI-TERRORISM TRAINING FOR LOCAL NATIONAL EMPLOYEES:** March 1-2, 11:15 a.m. to 12:30 p.m. and 1-2:30 p.m., at the Support Site Reel Time Theater; March 2, from 11:15 a.m. to 12:30 p.m. and 1-2:30 p.m., at the Capodichino Theater; and March 3, 9:30-11 a.m. and 2-3:30p.m., at the Capodichino Theater. 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.
- 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.
- 4 NAPLES INSTALLATION SAFETY COUNCIL,** 1-2 p.m., 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 at donald.paglioni@eu.navy.mil.
- 4, 11, 18, 25 BEGINNING QUILTING CLASS,** 4-5 p.m., in the food court. This will be a series of four classes each Thursday in March, no experience necessary. FMI, contact qatw.napoli@yahoo.com
- 10 ALLIED SPOUSES CLUB ITALIAN LUNCHEON,** 11 a.m. to 2 p.m., at JFC Naples NCCC. Costs €20 for members and €25 for non-members, due by March 1. For more information, send an e-mail to glosappiobotta@afsouth.nato.int.
- 10 NAPLES HIGH SCHOOL 8TH-GRADE PARENTS NIGHT** (Transition to NHS) in the cafeteria. FMI, call the school at 081-811-4061.
- 11 QUILTERS AROUND THE WORLD MONTHLY MEETING,** 5-7 p.m., in the food court. FMI, contact qatw.napoli@yahoo.com
- 13 SEMI-ANNUAL ASIAN FURNITURE AUCTION** co-sponsored by the Naples High School (NHS) Athletic Booster Club and NHS PTSA at the NHS Gym. Viewing, registration and silent auction at 11 a.m. and live bidding starts at noon. Volunteers are also needed for this event. FMI or to volunteer, contact Tish Campbell at nahsauctionvol@gmail.com or 081-811-5595).
- 15-19 TERRA NOVA TESTING FOR GRADES 3-11.** Please be sure students are present at school the entire week for testing.
- 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 MONTHLY BABY BASICS CLASS** offered by Navy-Marine Corps Relief Society (NMCRS) Visiting Nurse, 9 a.m. to noon, at the NMCRS Office, Admin II, G 016. Topics include: newborn care (i.e. bundling, diapering and bathing), feeding, crying & comforting, health & safety, etc. Contact NCMRS for registration and information at 081-568-3913.
- 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

- NHS CHARITY AUCTION:** Volunteers are needed to help with the NHS Asian Furniture Auction, which will be held at 11 a.m. March 13. Help is also needed March 12 to set up. FMI and to volunteer, contact Tish Campbell at nahsauctionvol@gmail.com or 081-811-5595.
- 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 Matthews at 081-811-5599 or by e-mail to naplesgs@yahoo.com.

More "Inside Page" on Page 11

## Panorama deadlines

FOR CONSIDERATION IN NEXT FRIDAY'S EDITION

- **Free Mercato:** Noon Monday, call 081-568-5856
  - **Paid Classified:** 4 p. m. Wednesday, call 081-568-7884
  - **Job and event announcements; story and photo submissions:** 4 p. m. Friday
- For more info, visit  
<http://www.nsa.naples.navy.mil/panorama>  
 E-mail [panorama@nsa.naples.navy.mil](mailto:panorama@nsa.naples.navy.mil)  
 Call 081-568-5912



### **I want a new puppy**

Sarah McGuire-Boivin NFOA Treasurer (left) and Linda Hart NFOA Secretary (center) looks on as Mona Rajaei a student at Naples High School holds a cute puppy Napoleon, during a Naples Friends of Animals adoption day. NFOA have a Pet Adoption Day once a month on the Support Site for people who have taken in stray puppies and kittens and for military families who can no longer keep their pets. For more information please visit their website at [www.NaplesFriendsofAnimals.org](http://www.NaplesFriendsofAnimals.org).

*Photo by Stuart Gelb*

# Naples Public Health Evaluation

By CNREURAFSWA

## Tap Water Safety

As the Naples Public Health Evaluation (PHE) got underway in the summer of 2008, it quickly became apparent that there were serious concerns about the safety of some drinking water in the greater Naples area. Sampling at some residences found coliform bacteria (fecal coliform and/or total coliform) in the tap water. Later, volatile organic compounds (VOCs) were also found.

These discoveries prompted Navy leadership to issue a bottled water advisory for all U.S. personnel living off-base. This means bottled water is advised for drinking, cooking, making ice, brushing teeth and for pets.

The NSA Naples Bottled Water advisory will be lifted only if it can be determined that the water is safe to drink. At this point, there is no way to know when that determination can be made.

Water problems are certainly not unique to Campania. According to the second United Nations World Water Development Report, "more than a billion people — almost one-fifth of the world's population — lack access to safe drinking water, and 40 percent lack access to basic sanitation."

U.S. personnel living in Europe can be confident of the safety of the bottled water they buy in commissaries and base exchanges. That's because the Department of Defense has charged the U.S. Army Veterinary Command (VETCOM) with the responsibility of ensuring bottled water safety here.

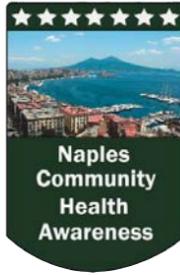
To make the Naples Bottled Water advisory easier to live with, NSA Naples Housing Office has put into place the landlord-provided containerized water program. This requires all landlords to provide containerized water (large-sized bottled water) for their U.S. tenants from a Navy-approved vendor.

Other new lease provisions include requiring landlords to clean and disinfect water holding tanks every six months, and to disconnect all illegal wells and provide proof of connection to the city water system.

*For more information about bottled water, read our fact sheet at: [https://www.cnic.navy.mil/navycni/groups/public/documents/document/cnic\\_065847.pdf](https://www.cnic.navy.mil/navycni/groups/public/documents/document/cnic_065847.pdf)*

*For information about the environment and your health, drop by the Environmental Health Information Center at Naval Hospital Naples at the Support Site in Gricignano or give them a call at 081-811-6321.*

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



## NSA Naples energy conservation

Provided by UT2 (SCW) Michael Labeau



**Use a humidifier.** Humidity makes you feel warmer in colder months. With the proper humidity level, you'll be able to turn your thermostat down to a lower temperature, save energy and still feel comfortable. About 20 percent to 40 percent relative humidity is recommended.

**Remove moisture with a dehumidifier.** Use a dehumidifier in warm, humid months. Less humidity helps you feel cooler, allowing you to use a higher air conditioner setting to save energy. A dehumidifier works best when air can circulate freely through it. Place it away from walls and bulky furniture.

**Check for frost build-up on dehumidifiers.** If your unit is running in temperatures less than 70° F, check it occasionally to see if frost is building up on the coils. If so, turn the unit off until the frost melts and the room is warmer.

**Clean the unit.** Dust or vacuum the dehumidifier at least once a year before you plug it in. A clean unit runs more efficiently.

**Purchase an ENERGY STAR dehumidifier.** ENERGY STAR dehumidifiers use 10 percent to 20 percent less energy than conventional models but still offer the same features — effective moisture removal, quiet operation and durability.

## How to Safely Use Power Strips

The supply of readily available electrical outlets is inadequate in some buildings, especially older ones. To meet power supply needs, extension cords or surge protected power strips are often interconnected, or "daisy chained," to readily provide more outlets and/or to reach greater distances. Another common solution is to create a "mixed daisy chain," interconnecting extension cords and power strips. However, interconnecting these devices is a violation of Occupational Safety and Health Administration (OSHA) regulations and the National Electrical Code because doing so can cause them to become overloaded, leading to their failure and a possible fire.

### Why daisy chaining is a problem

OSHA regulations require that conductors and electrical equipment be used in accordance with the conditions under which they are approved by a recognized testing organization (29 CFR 1910.303(a)). Most power strips are approved for providing power to a maximum of four or six individual items; however, when multiple power strips are interconnected, the one directly connected to the building outlet is often supplying power to far more than the approved number. This electrical current overload can result in a fire or can cause a circuit breaker to trip, de-energizing computers and other equipment throughout the area. The risk is magnified when another outlet in the same wall or floor receptacle is also overloaded in a similar fashion. When other outlets on the same circuit are also overloaded, the risk of fire increases.

Extension cords are sometimes used to energize power strips in locations far from outlets. Because electrical resistance increases with increased power cord length, interconnecting cords increases

the total resistance and resultant heat generation. This creates an additional risk of equipment failure and fire, particularly when paper and other combustible materials are in contact with the wires. Additionally, OSHA's regulations allow extension cords to be used only as temporary wiring for up to 90 days. Unfortunately, once in place, extension cords tend to become permanent wiring and a fire hazard.

### How to fix it:

**If adding an additional outlet where you need it is not possible, one of the following needs to be done:**

1. Replace a daisy chain with a power strip with a power cord of adequate length to reach an outlet.
2. Move desks and associated equipment so they are closer to existing outlets.
3. Use a power strip that can accommodate bulkier transformer plugs solves the problem.

### What to consider when selecting an appropriate surge protector:

1. Amount of current that it is rated to safely carry. It is important to consider the amperage requirements of the devices to be energized.
2. Length of power cord. Typical surge protector cord length can range from three to 15 feet. Choose one in a length that reaches the intended room outlet. Avoid having too much excess cord, and make sure the surge protector is set on its base.
3. Features. Some surge protectors have swivel plugs which make them easier to connect to the outlet, and helps to protect the plug and cord from damage.
4. Think about installing modular furniture that provides multiple outlets at each workstation. Interconnected modular furniture units are energized by the building's electrical supply through a single, large power cord, or "whip," providing ample power to all served workstations.

### Check these things before you use a surge protector:

1. Check that it is in good condition for use.
2. Only power strips equipped with internal fuses are acceptable as permanent wiring. Those lacking these fuses are equivalent to extension cords, and therefore may not be used as permanent wiring.
3. Make sure the power strip is installed, so that it is not suspended in mid-air by its power cord or cords plugged into it, resulting in excessive stress on electrical connections.
4. Placement of cords should avoid any need to run any wires across walkways, where they can create tripping hazards.

## Naval Hospital Corner

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

The Joint Commission and the Navy Medical Inspector General (MEDINSGEN) will conduct a joint accreditation survey 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.

### U.S. Naval Hospital Naples develops "Spouse Fit" program

By HM2(FMF) John Dragneff

The Health Promotions Department of U.S. Naval Hospital Naples, Italy in conjunction with MWR Fit Forum is in the process of developing a "Spouse Fit" program geared towards spouses in the area. The course will be designed as a social support network where professionals will facilitate a group discussion on topics such as Healthy Nutrition, Physical Activity, Psychology of Weight Management, Stress and Coping, and Healthy Maintenance.

Each discussion will be followed by classes including Yoga, Cardio Kickboxing, Pilates, Spin Class,

Introduction to Free weights and resistance training, and Introduction to the Cardio machines lead by a Fitness Professional. The goal of the class will be to provide the participants a basic understanding of how to adopt a healthy lifestyle and introduction into the variety of programs that are offered by the Fit Forum.

We aim to do this through professional discussion and by providing a sound support system within the membership group. The overall goal is for members to adopt a "Lifestyle of Fitness" through the course of the session, encouraged by each group member and the facilitators.

A focus group will be conducted on Thursday, March 4, 2010 at 1000 at the Support Site Gym, where ALL spouses are encouraged to attend. This will be their chance to provide input on what the spouses would like to receive out of the Course and to tailor the curriculum to accomplish the desired goals.

Based on the participation and feedback from the focus group, we will develop a time, place, content, and length of our new "Spouse Fit" curriculum. We are really excited to be able to provide this opportunity to local area spouses and look forward to evolving the program based off the requests. Hope to see you all there.

### Hey You...Eat Right!!!

By LCDR Bradley Karovic,  
Registered Dietitian, USNH Naples

March 1 kicks off National Nutrition Month! A month-long nutrition information and education campaign sponsored by the American Dietetic Association (ADA). According to the AOA the campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Key messages include:

- **Making your calories count-** Let's not think of food in terms of "good" or "bad" foods. Instead look at the overall picture of your diet. Are you choosing power packed-foods that are high in vitamins, minerals, fiber and other nutrients the majority of the time? Healthful choices focus on fruits, vegetables, whole grain breads, pasta, rice and crackers, lean meats, beans, legumes and low fat dairy products. Are you limiting your intake of nutrient deficient (but oh so tasty) foods such as cakes, cookies, chips and high fat meats?
- **Focus on variety-** Try choosing a variety of foods from all foods groups. Using the My Pyramid Dietary Guidelines for Americans can assist with planning meals that offer variety in food choices. Variety includes varying the color of fruits and vegetables you eat. Choose a variety of protein sources such as lean beef, fish, beans and white meat chicken.
- **Know your fats-** Look for foods low in fat and cholesterol. Understand the different types of fats. Saturated fat and trans-fat (also known as partially hydrogenated fats) increase risk

of heart disease. Monounsaturated and polyunsaturated fats have been shown to be "heart healthy" fats. Try to make the majority of fats in the diet come from these sources. Just remember ALL fats offer a caloric punch. Using the Nutrition Facts panel food labels can be helpful in making lower fat choices. Remember that 5% or less is considered low fat food, 20% or more is a high fat food.

- **Physical Activity for Fitness and Health-** Research shows that healthful eating and regular physical activity is the key to successful weight management and overall health and wellbeing. If you are currently not physically active strive for a daily goal of 30 minutes. These minutes can be broken into three small 10 minute sessions. Take the dog for a 10 minute walk. Park further away in the parking lot. Take the stairs instead of the elevator or escalator. Invest in a pedometer to begin counting your daily steps. Small goals of 3,500 steps, 5,000 steps, and 7,500 steps eventually lead to the goal of 10,000 steps per day.

The best long term weight management comes from keeping calories in check, eating foods from all foods groups, eating proper portions of food, increasing physical activity and keeping stress under control.

Eating right and staying active is not complicated. Keeping to the motto: "All foods fit in moderation" will guide you on your journey to "Eat(ing) Right" during the Nutrition Month and beyond.

For more information visit [www.eatright.org](http://www.eatright.org) and/or [www.mypyramid.gov](http://www.mypyramid.gov)

### USNH Naples Radiology Dept.

By: HMCS (SW/AW) Salazar

The Naval Hospital Radiology Department will be undergoing a major equipment installation from February 22 to March 26 with a new Computed Tomography (CT) Scanner. This will enable USNH Naples to provide state of the art imaging capabilities that will reduce patient wait times and produce better image resolution for our providers. All requests for CT studies, during this upgrade, will be directed to our preferred network providers. USNH Naples Health Care Business Office personnel will assist patients in making the appointment, offer translation services, and provide transportation to and from the local facility to have the studies completed.

## Facts about Fiber

By LCDR Bradley Karovic,  
Registered Dietitian, USNH Naples

Do you or someone you know suffer from heart disease, constipation or irregular bowel movements? Are you trying to lose weight, but feel hungry all the time? If you answered yes to any of these questions, continue reading this article. I am going to introduce a product found naturally in nature and in many of the foods we eat on a daily basis. You may be wondering what product this is. That product is fiber. According to the Food and Drug Administration, the daily recommended intake (DRI) of fiber is 20-35 grams. The average American does not consume half of this amount. There are 2 types of fiber that promotes health and wellness. They are soluble and insoluble fiber.

Soluble fiber may help to protect against coronary heart disease, colon cancer and gallstone formation. Furthermore, it can help reduce cholesterol levels by breaking up plaque buildup in the bloodstream. In order for this to be true, the food item must be low in saturated fat, cholesterol, and total fat and also provide at least 0.6 grams of soluble fiber per serving. Soluble fiber is found in fruits and vegetables as well as grain products such as Koshi Heart to Heart cereal, Cheerios and oatmeal (the regular unsweetened type)

Insoluble fiber helps with regular bowel movements. In the gastrointestinal tract, insoluble fiber attracts water, creating softer, bulkier stools. This helps with the prevention and treatment of hemorrhoids, diverticulosis and constipation. One high source of insoluble fiber include prunes which contain a laxative substance. Other sources would be the skins of fruits and vegetables as well as bran and whole-grains such as whole-wheat flour, All Bran cereal, Fiber One cereal, Fiber All cereal and Bran Flakes.

Both forms of fiber can help with weight management. Foods that are high in fiber also tend to be low in fat and simple sugars providing less total calories. Fiber aids with weight

management by accumulating fluid and slowing down the digestion and absorption process thus allowing you to feel fuller longer and not as hungry. The following food sources provide 3-5 grams of fiber per serving and are both soluble and insoluble sources: 1/3 cup All Bran cereal, 1/3 cup Fiber One cereal, 1/2 cup of cooked Barley, 1 cup whole wheat pasta, 1/2 cup dried beans, peas, or legumes, 3 cups air popped popcorn, 1 medium apple, 2 kiwi, 1/2 cup blackberries, 10 figs, 1/2 cup raspberries, 10 snow pea pods, 1oz almonds, 3 graham crackers, 3 triscuit crackers, 1 small corn on the cob, 1 TBL wheat germ, and 1 slice of pumpernickel bread.

If you are not accustomed to eating a high fiber diet on a regular basis, please don't go out and change all your food choices to high fiber options. It is recommended that you gradually increase your intake of fiber. If you do not, chances are your body won't react kindly and you may experience side effects such as gas, bloating, heartburn, diarrhea or constipation. If you gradually increase your daily intake by one serving per day for a few days and then increase that by another daily serving, your body will adapt a lot easier. When increasing your fiber intake, drink adequate amounts of fluid. If not there is a good chance constipation will result instead of regulating bowel movements. Recommended fluid intake is 8 eight ounce glasses or 64 oz daily. This does not have to be plain water. Fluid includes milk, lemonade, ice tea, soup, jello and fruit.

The DRI of fiber can be met if foods are chosen wisely. When reading a food label, a rule of thumb is 3 grams of fiber per serving is a good high fiber choice. Since both soluble and insoluble fiber have many benefits to promoting health, include a wide variety of fruits and vegetables along with whole grain products daily. Chances are if you include these food choices into all your meals, you will meet the recommended DRI of 20-35 grams per day.

### TIPSY TAXI AVAILABLE

Service members in the Naples area who have had too much to drink or whose driving ability is otherwise impaired, don't get behind the wheel. Instead, call:  
NSA CDO at 335-640-6597,  
NSA QUARTERDECK at 081-568-5547, or  
RADIO TAXI NAPOLI at 081-570-7070.



**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](mailto: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@nfoa.publicaffairs@gmail.com](mailto:kimmie@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 [JaimeGonzalez@kofcnaples@gmail.com](mailto:JaimeGonzalez@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 the American Red Cross 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](mailto:Edward.Butzirus@dla.mil).

**PROTESTANT WOMEN OF THE CHAPEL (PWOC)** holds Fall 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@333-648-9503](mailto:Sheryl.Sandros@333-648-9503).

**MORALE, WELFARE & RECREATION IN SEARCH OF A DJ.** MWR invites proposals for their DJ entertainment schedule of events. FMI, contact [Mariella.D'Amico@CNREURAF-SWA.NAF.Business.Office](mailto:Mariella.D'Amico@CNREURAF-SWA.NAF.Business.Office) at 081-568-4836 or by e-mail to [Mariella.D'Amico.it@eu.navy.mil](mailto:Mariella.D'Amico.it@eu.navy.mil). Deadline for submissions is noon Dec. 1.

**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 coursework 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](mailto: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@charles.luff@eu.navy.mil](mailto:Chaplain.Charles.Luff@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 629081-811-6372.

**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@335-182-9669](mailto:William.Ratcliffe@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 [lemuel.manlogon@med.navy.mil](mailto:lemuel.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).

**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@mindydoyle@yahoo.com](mailto:Mindy.Doyle@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](mailto: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@wccarty@yahoo.com](mailto:Bill.Carty@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](mailto:Carol.Borkowski@081-804-3345), or Carney Park Golf Course at 081-526-4296.

**TOBACCO CESSATION,** USNH Health Promotions Classroom and Capodichino. A four-week Freedom from Smoking class. To register, call 081-811-6313/6311.

**EDIS SCREENINGS NOW AVAILABLE,** Room W09, Support Site Village Forum. For eligible children who have not reached their third birthday. If you are concerned about your child's development, contact EDIS at 081-811-4676.

**Reel 2 Times cinema**

**Friday, February 26**  
1600 Nine, PG-13  
1700 Valentine's Day, PG-13  
1800 Up In The Air, R, Premiere Showing  
2000 The Wolfman, R  
2100 Up In The Air, R, 2100 PlusMovie

**Saturday, February 27**  
1200 Percy Jackson & the Olympians: Lightning Thief, PG  
1330 Avatar, PG13  
1500 Percy Jackson & the Olympians: Lightning Thief, PG  
1745 Nine, PG-13  
1800 Leap Year, PG, Premiere Showing  
2015 Up In The Air, R,  
2045 Youth in Revolt, R, Premiere Showing

**Sunday, February 28,**  
1200 Percy Jackson & the Olympians: Lightning Thief, PG  
1330 Leap Year, PG  
1530 Alvin and the Chipmunks: The Squeakquel, PG  
1700 Valentine's Day, PG-13  
1800 Leap Year, PG  
1945 Precious, R  
2045 Up In The Air, R

**Monday, March 1**  
1600 Leap Year, PG  
1800 Nine, PG-13  
1930 Avatar, PG13

2045 Youth in Revolt, R  
**Tuesday, March 2**  
1600 Percy Jackson & the Olympians: Lightning Thief, PG  
1730 Avatar, PG13  
1930 Leap Year, PG  
2045 The Wolfman, R

**Wednesday, March 3**  
1200 Percy Jackson & the Olympians: Lightning Thief, PG  
1430 Valentine's Day, PG-13  
1630 Leap Year, PG  
1730 Avatar, PG13  
1930 Up In The Air, R  
2045 Precious, R

**Thursday, March 4**  
1200 Leap Year, PG  
1430 Avatar, PG13, Last Showing  
1700 Percy Jackson & the Olympians: Lightning Thief, PG  
1800 Did You Hear About the Morgans?, PG-13, Last Showing  
2015 he Wolfman, R  
2045 Up In The Air, R

**Friday, March 5**  
1600 Percy Jackson & the Olympians: Lightning Thief, PG  
1700 Nine, PG-13  
1830 Valentine's Day, PG-13  
2000 Youth in Revolt, R  
2100 Daybreakers, R, 2100 PlusMovie & Premiere Showing



**Friday, February 26**  
1900: Youth in Revolt, R, Premiere Showing  
**Sunday, February 28**  
1430: Nine, 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. 26** Pompeii and Mt. Vesuvius €38  
**Feb. 27** Villa D'Este, Wine Tasting in Rome ... €72  
**28 Feb** Vatican & Sistine Chapel ... €52  
**05 March** Pompeii and Cameo Factory €35  
**06 March** Black & White Masquerade Ball ... €49  
**07 March** Best of the Region ... €38  
**27 March** Magical Capri Tour ... €67

**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  
**May 27-30** Paris and the Castles of Loire ... €692

**Movie descriptions**

No Children Under 10  
Admitted to R-Rated Movies

**Daybreakers,** R, for strong bloody violence, language and brief nudity. Cast: Ethan Hawke, Willem Dafoe, Isabel Lucas, Claudia Karvan, Michael Dorman. Drama, Science Fiction, Suspense/Horror and Thriller 98 min. Fresh off the success of their inventive take on the zombie genre, Undead masterminds Michael and Peter Spierig direct Ethan Hawke in an ambitious tale of a futuristic Earth populated entirely by vampires, and the efforts made by the creatures to ensure that their food supply doesn't run out as humankind is faced with extinction. The year is 2017, and a vampire plague has turned most of the planet's human population into bloodsucking ghouls. As the population of mortals fast begins to dwindle, a vampiric corporation sets out to capture and farm every remaining human while simultaneously researching a consumable blood substitute, headed by undead hematologist Edward Dalton (Ethan Hawke). His work is interrupted after stumbling onto a pocket of human survivors lead by Elvis (Willem Dafoe), a former vampire, whose past reveals a cure that could reverse the tide and save the human race. With time running out, Dalton's only hope lies in outsmarting the security forces of his boss (Sam Neill), whose goal isn't just to find a substitute, but to repopulate humanity in order to sell its blood to the highest bidder.

**The Lovely Bones,** PG-13, for mature thematic material involving disturbing violent content and images, and some language. Cast: Rachel Weisz, Mark Wahlberg, Susan Sarandon, Stanley Tucci, Michael Imperioli. Drama, Kids/Family, Science Fiction/Fantasy, Thriller and Adaptation, 135 min. Susie Salmon, a young girl who has been murdered, watches over her family - and her killer - from heaven. She must weigh her desire for vengeance against her desire for her family to heal.

**Up in the Air,** R, for language and some sexual content. Cast: George Clooney, Vera Farmiga, Anna Kendrick, Jason Bateman, Danny McBride. Comedy, Drama and Adaptation 109 min. 2010 Academy Awards Nominations for: George Clooney - Performance by an actor in a leading role, Vera Farmiga - Performance by an actress in a supporting role, Anna Kendrick - Performance by an actress in a supporting role, Directing, Best picture, Adapted screenplay. Ryan Bingham, is a corporate downsizing expert whose cherished life on the road is threatened just as he is on the cusp of reaching ten million frequent flyer miles and just after he's met the frequent-traveler woman of his dreams.

**Leap Year,** PG, for sensuality and language, Comedy and Romance 100 min. Cast: Amy Adams, Matthew Goode, Adam Scott, John Lithgow, Noel O'Donovan. A woman (Amy Adams) heads to Ireland in order to force her boyfriend (Adam Scott) to accept her wedding proposal by scheduling it on leap day, the only time when he couldn't refuse due to the country's tradition in this Spyglass Entertainment romantic comedy. Shopgirl's Anand Tucker directs from a script by Harry Elfont and Deborah Kaplan. Matthew Goode co-stars as a handsome inkeeper who throws a wrench into the woman's plans.

**Youth in Revolt,** R, for sexual content, language and drug use. Cast: Michael Cera, Portia Doubleday, Jean Smart, Zach Galifianakis, Erik Knudsen. Comedy, Drama, Adaptation and Teen 90 min. The journal of Nick Twisp, an 18-year old high school student, who goes on a quest to lose his virginity after his parent's breakup.

**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, 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.

**Nine,** PG-13, for sexual content and smokin. Cast: Daniel Day-Lewis, Penelope Cruz, Marion Cotillard, Nicole Kidman, Rick

Tognazzi, Sofia Loren. Drama and Musical 110 min. 2010 Academy Awards Nominations for: Penélope Cruz - Performance by an actress in a supporting role, Art direction, Costume design, Original song - "Take It All". 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 (Penélope 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, Nicole Kidman, Sophia Loren, Fergie, and Judi Dench co-star.

**The Wolfman,** R, for bloody horror, violence and gore, Suspense/Horror, Thriller and Remake 102 min. Cast: Benicio Del Toro, Anthony Hopkins, Emily Blunt, 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.

**Precious,** R, for child abuse including sexual assault, and pervasive language, Genre: Drama, Adaptation and Teen, 109 min. Cast: Mo'Nique, Paula Patton, Mariah Carey, Gabourey Sidibe, Sherri Shepherd. 2010 Academy Awards Nominations for: Gabourey Sidibe - Performance by an actress in a leading role, Mo'Nique - Performance by an actress in a supporting role, Directing, Film editing, Best picture, Adapted screenplay. Clareece "Precious" Jones is an overweight, illiterate African-American teen in Harlem. Just as she's about to give birth to her second child, Jones is accepted into an alternative school where a teacher helps her find a new path in her life.

**Sherlock Holmes,** PG-13, for thematic material including violence, disturbing images and suggestive material, Action/Adventure, Thriller, Adaptation and Mystery 134 min. 2010 Academy Awards Nominations for: Warner Bros. UK Services Production (Warner Bros.) Art direction, Original score. Cast: Robert Downey Jr., Jude Law, Rachel McAdams, Mark Strong, Eddie Marsan. Robert Downey Jr. brings the legendary detective to life as he has never been portrayed before. Jude Law stars as Holmes' trusted colleague, Watson, a doctor and war veteran who is a formidable ally for Sherlock Holmes. Rachel McAdams stars as Irene Adler, the only woman ever to have bested Holmes and who has maintained a tempestuous relationship with the detective. Mark Strong stars as their mysterious new adversary, Blackwood. Kelly Reilly will play Watson's love interest, Mary.



### Lending a hand

Chief Boatswain's Mate Daniel Dunham shows Fire Controlman 3rd Class William Stephens the proper way to wear a fire helmet during a general quarters drill. Both Sailors are attached to the guided missile destroyer USS Ramage (DDG-61), which is on a scheduled deployment in the 6th Fleet area of responsibility. (Photo by LS3 Octavio Henriquez)

## Sports help build partnerships

By MC3 (SW) Tracey L. Whitley,  
Africa Partnership Station East  
Public Affairs

Sailors from High Speed Vessel Swift (HSV 2) and USS Nicholas (FFG 47), supporting the mission of Africa Partnership Station (APS) East, take to the turf during their 4-day port visit here, competing in a friendly game of soccer against a French navy team.

The match, arranged a few weeks in advance, provided a unique venue for sailors from U.S., East African and French navies to participate in a military-to-military engagement and build relationships with one another.

"These activities are of vital importance to our overall mission and any time we are offered an opportunity to compete in a sporting event, we are excited," said Kenyan Capt. Philip Mulumba,

assistant training officer and sports coordinator on the APS staff. "It provides us with a chance to interact with members of other militaries and build allies in a fun environment."

The game was filled with intensity from beginning to end, with stiff competition from both sides. However, the French navy team scored a goal with little time to spare, taking home the win, 3-2. In the end, the game wasn't about wins or losses. It was about camaraderie.

"This game gave me a chance to get off the ship and enjoy some recreational time playing my favorite sport," said Culinary Specialist 3rd Class David Chamberlain. "I think everybody had a lot of fun and even though we had many people from all over the world here, it is obvious that soccer is an international lan-

guage all on its own."

With successful port visits already complete in Djibouti, Kenya, Tanzania, and Mozambique, Swift and Nicholas will continue visiting APS partner-nation ports and training with maritime professionals in support of APS East. The ships mission will take the sailors next to Mauritius, Seychelles and Comoros.

APS is a worldwide initiative in support of Naval Forces Africa which aims to unite international partners to enhance maritime safety and security throughout the African continent.

Swift and Nicholas are on regular scheduled deployments within the U.S. 6th Fleet area of responsibility. APS East is being conducted in cooperation with Commander, U.S. Naval Forces Africa and United States Africa Command (AFRICOM).



Culinary Specialist 3rd Class David Chamberlain and a sailor from the French Navy race alongside each other for the ball during a soccer match. During the High Speed Vessel Swift (HSV 2) and frigate USS Nicholas (FFG 47) port visit to Port Est Reunion. (Photo by MC3 (SW) Tracey L. Whitley).

## Region EURAFSWA selects Sailor of the Year

Story by Commander Navy Region Europe, Africa, Southwest Asia

Commander Navy Region Europe, Africa, Southwest Asia (CNREURAF-SWA) selected Master-at-Arms 1st Class (SW/AW) Johnny Ortiz as its 2009 Sailor of the Year.

"I feel blessed," said Ortiz. "It is an honor and a privilege to not only represent NAS Sigonella but also the region as the Sailor of the Year."

Ortiz, who is currently the operations department leading petty officer of Naval Air Station (NAS) Sigonella, Sicily, beat out four other Sailors from European, African and Southwest Asian regions to earn this award.

Chief Master-at-Arms Juan Cardona said "his leadership, guiding and mentoring of his peers and junior Sailors are what make him an exceptional Sailor."

"MA1 Ortiz's work ethic, leadership and personal and professional development made him very competitive for the Sailor of the Year program," said Cardona, Ortiz's leading chief petty officer.

Ortiz feels his ability to work and lead with a 'team first' attitude is what helped him reach this achievement.

"It's important to realize that every challenge I have faced has been a team effort," said Ortiz. "Without the cohesiveness and camaraderie of the team we could have never completed our goals and the mission successfully and I would have not been successful here."

Ortiz added that Sailors should also better understand what sailorization and leadership mean to them as well as believe in the Navy's core values of honor, courage and commitment if they would like to follow in his footsteps.

During the ceremony, Ortiz received a chief petty officer's cutlass and a gift certificate for the Navy Exchange. After the ceremony concluded, Ortiz told CNREURAFSWA Command Master Chief Robert L. White that his goal is to become a chief petty officer, but he "also has aspirations of someday being selected to the security limited duty officer program."

Cardona said he feels that Ortiz will be strong competition for anyone contending for the Naval Shore Activities' Sailor of the Year.

"MA1 is equally as competitive as the other outstanding Sailors nominated for the CNIC SOY," said Cardona. "He is a proven performer and has displayed nothing but outstanding leadership."

Commander, Navy Region Europe, Africa, Southwest Asia is responsible for providing efficient and effective shore service support to U.S. and allied forces operating at our installations. For more information about Navy Region Europe, visit <http://www.cnic.navy.mil/europe>.

## Naples Tiger Sharks Finish Swim Season on High Note in The Netherlands

The Naples Tiger Sharks traveled to Eindhoven, Netherlands over Valentine's Day weekend for the European Forces Swim League (EFSL) Championship Meet. Coinciding with the opening days of the 2010 Winter Olympics, this meet represented the final milestone in a season that began at the peak of last summer. Three coaches and an energetic fan club of parents, siblings and relatives traveled through rain, hail and snow to support and cheer the 42 competing swimmers.

A total of 487 swimmers, ages 6 to 19, from 20 teams competed in Eindhoven's "Nationaal Zwemcentrum de Tongelreep." Participation was limited only to those swimmers who met the qualification times for each particular event. In a few cases, swimmers close to qualifying were "pulled up" to fill out the heats in the 10-lane Olympic-sized pool. For all of the swimmers, this meet represented the culmination of their hard work throughout the season.

The Tiger Sharks achieved numerous personal best times, one new EFSL record, and two relay medals. The team's final medal count was 8 Gold, 16 Silver, and 12 Bronze, which exceeded even the coaching staff's most optimistic prediction based on seed times.

The combined performance of the Naples Tiger Sharks, the Sigonella Swordfish-who took a close second to Naples in the EFSL Southern Division Championships last month-and the Vicenza Mako Sharks made a strong statement of presence for the Southern Division in a League that is numerically dominated by Germany-based teams.

Several changes in league rules added an element of excitement to the meet. "This was the first EFSL Championship meet in which qualifying swimmers could compete in all 8 individual events plus 2 relays" said Head Coach Jane Higgins, "I thought our swimmers handled this change and the resulting tight



**Emily Patterson powers through the Breaststroke during the girls 9-Year Old 200m Individual Medley. Patterson took home one Silver Medal and four Bronze as well as a Second Place finish in the Season Pentathlon.**

schedule of events extraordinarily well. We asked the swimmers for 110 percent and they delivered, resulting in personal bests and fast times across all events and age groups. "

Most notably, Mattison Boveri broke the EFSL 8-year old Girls' Long Course record for the 50m Breaststroke, set in 2001, with a time of 52.29 seconds.

Gold Medalists were Mattison Boveri (50 BRST), Natalie Finman (50 BACK), Jonathan Higgins (100 BACK), and Lizzie Hodges (100 IM, 50 FLY, 50 FREE, 50 BACK, 100 FREE). Hodges also earned the High Points award for 12-year old Girls and placed first for her age group in the Season Pentathlon, which is the combined total of the swimmers' best times throughout the season in five select events.

Silver Medalists were Bret Baldwin(200 Free



**The Naples Tiger Sharks parade their team spirit at the opening ceremony of the 2009-2010 EFSL Championship Swimming Meet held in Eindhoven, Netherlands on February 13-14.**

Relay), Karissa Bae(50 BACK, 200 Free Relay), Mattison Boveri (100 IM, 50 FLY, 50 FREE, 50 BACK, 100 FREE), Hannah Donohue(50 BRST), Natalie Finman(100 IM, 50 FLY, 200 FREE, 200 IM, 100 FREE), Jonathon Higgins (50 FREE), Lizzie Hodges (200 Free Relay), Emily Patterson (50 FLY), Billy Yeager(200 IM), and Zane Zimmermann (200 Free Relay). Mattison Boveri (Girls 8 & under), Emily Patterson (Girls 9), Karissa Bae (Girls 11), and Billy Yeager (Boys 9) also placed second in the Season Pentathlon.

Bronze Medalist were Tanner Boles (200 Medley Relay), Mattison Boveri (200 FREE), Hannah Donohue (100 FLY), Natalie Finman (200 Medley Relay), Lizzie Hodges (200 FREE), Isabel Krause (50 FREE), Amanda Llewellyn (100 BACK), Emily Patterson (100 IM, 200 IM, 50 FREE, 50 BACK, 200 Medley Relay), Scott Rustenhaven (200 Medley Relay), and Billy Yeager (50 BACK, 100 FREE). Hannah Donohue (Girls 17-19) and Natalie Finman (Girls 10) also placed third in the Season Pentathlon.

Other Tiger Sharks who scored points for the team included (with point totals for individual events): Zach Zimmermann (63), Dorian Durig (47), Donavan Durig (30), Ben Hodges (28), Maura Patterson (28), Victoria Ward (26), Jake Coutino (25), Scott Rustenhaven (25), Lee Baldwin (24), Lane Baldwin (21), Edward Finman (21), Zachary Boveri (19), Jake Hodges (15), Troy Reeves (15), Jamilyn Chapman (12), Katrine Bouchard (11), Zoe Rice (8), Hannah Reeves (6), Klara Bouchard (4), Victoria Krause (4), Madeline Collins (3), Nicholas Angelopoulos (2), and Dylan Lewellyn (2).

Additional Tiger Sharks who competed and cheered on the team were Helena Bouchard, Johanna Bouchard, Andrew Clark, Kelsey Lynch, and Ashley Ryan.

Coach Higgins reflected on 2009-2010 season, saying "I attribute our success to outstanding teamwork from the swimmers, coaches and parents. Beginning with summer swim training in July and ending with the Championship Meet in February, it takes a special type of athlete to balance spending long hours in the pool with keeping up grades and doing other activities. Swimming promotes discipline and healthy life habits in so many ways, which is why we coaches feel a great sense of satisfaction at the end of every season. Assistant Coaches Bernd Fuerst, Justin Sullivan and Randy Baldwin volunteered a tremendous amount of hours on deck, sharing their coaching skills and time with the team. I sincerely appreciate the dedication and mentorship that each of them gave throughout the season."

For more information about the Naples Tiger Sharks, visit the team's web site at [www.naplestigersharks.com](http://www.naplestigersharks.com).



**Lizzie Hodges (center) congratulates her competitors after swimming one of eight individual events at the EFSL Championship Meet. Hodges dominated the 12-year old Girls events, earning the Highest Points award along with Five Gold Medals, one Silver, and two Bronze.**



**Trip Ellis, the Director of Non-Stop Soccer and FC Richmond Director of Coaching, talks to kids before their training session ends for the day. The American Soccer Club of Napoli (ASC) hosted the "Non Stop Soccer" Youth Soccer Camp during the week of Feb. 22 at the Naval Support Activity (NSA), Naples Support Site Soccer Field. (Photo by MC1 (NAO) John Parker, NSA Naples assistant PAO)**

# Jobs

## HUMAN RESOURCES OFFICE (HRO)

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

The Human Resources Office is located at Capo Admin I, first floor. The customer service hours are: **Monday through Friday, from 0800 to 1530.**

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 Service Center (FFSC) located on the TLA first floor, at Support Site. HRO must receive mailed applications by closing date of the vacancy announcement.

"If you have any questions/comments with regard to HRO Naples' services, please contact the Director's Office at 626-5770 or 081-568-5770. You can also submit your questions/comments to the HRO website at [www.CNIC.navy.mil/Naples/index.htm](http://www.CNIC.navy.mil/Naples/index.htm); click on "CNREURAF-SWA Human Resources Office; and under the HRO (N13) page, click "Contact Us", a form will appear. Please complete the short form and submit. You will be contacted within 24 hours, so please be sure to provide your contact information. Thank you and we appreciate your input, whether negative or positive so that we can find ways to improve the HRO services, or continue to provide excellent service. As a reminder, an HRO Representative is available for the bi-weekly "Meet & Greet" at the NSA, Support Site Base, Navy Exchange Food Court area from 0800 to 0900. Please feel free to come by, pick up a copy of a vacancy announcement that you may be interested in applying for, or ask questions. If the HRO representative is unable to provide you a response, he/she will bring the question back to the HRO office and you will be provided an answer or a call back the same day. The next "Meet & Greet" is **1 March 2010.**"

## U.S. POSITIONS

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

### CLOSING 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  
**Security Specialist**, YA-0080-01 KPP YA-02, ANN# EUR10-596905-EG, Full Time Permanent  
**Program Analyst**, YA-0343-02, ANN# EUR10-582446-EG, Full Time Permanent  
**GFM Manager/Fleet Scheduling Division Chief**, YA-0301-03, ANN# EUR10-595258-EG, Full Time Permanent

### CLOSING 4 MAR 10

**Nurse (Clinical)**, YH-0610-02, ANN# EUR10-610958-EG, Full Time Permanent  
**Supervisory Security Spe-**

**cialist**, YC-0080-02, ANN# EUR10-596910-EG, Full Time Permanent  
**Supervisory Management Analyst**, YC-0343-03, ANN# EUR10-603301-EG, Full Time Permanent  
**Program Analyst**, YA-0343-02, ANN# EUR10-606461-EG, Full Time Permanent

### CLOSING 11 MAR 10

**Training and Curriculum Specialist**, YA-1701-02, ANN# EUR10-610964-SC, Full Time Permanent  
**Security Technician (O/A)**, YB-0086-01, ANN# EUR10-610995-SC, Full Time Permanent  
**Education Services Specialist**, YA-1740-02, ANN# EUR10-572593-SC, Full Time Permanent  
(This is a courtesy announcement for the Navy College).

## 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: [www.dodcommunitybank.com](http://www.dodcommunitybank.com), or submit your resume at HR Europe: [pia.krucker@dodcommunitybank.com](mailto:pia.krucker@dodcommunitybank.com)  
**Member Service Representative**, Navy Federal Credit Union, Naples Italy. Apply online at [www.navyfederal.org](http://www.navyfederal.org)  
**USO Naples Career Opportunity: Information Specialist**, part-time permanent (2 positions available). For details and application process please go to [www.uso.org/careers](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 27 January 2010 thru 19 February 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** website 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

### CLOSING 11 MAR 10

**Safety Technician**, Ua-0019-04, ANN# 62588-615595-SC, Full-Time Permanent,  
**Financial Technician (Multiple Positions)**, UA-0503-06, ANN# 3049B-613083-AG, Full Time Temporary

## 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 on line. 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# 10-021, flexible, Fitness Forum, Support Site.

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

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

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

Forum, Support Site. **Job Summary:** Assists the Sport Coordinator to plan the fitness activities

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

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

**Recreation Aid**, NF-0189-01, ANN# 10-022, flexible, NOR Center, Carney Park.

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

**Recreation Assistant**, NF-0189-02, ANN# 10-020, flexible, Fitness Forum, Support site.

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

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

Ann# 040-09 Lead Sales Clerk/Consumables/NF-2091-01/RFT-Closes: 03/05/10

Ann# 023-10 Lead Cashier Checker/Frontlines/NF-2091-01/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: 03/05/10

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

No Vacancies  
**GRICIGNANO NAVY LODGE**

No Vacancies  
**JFC-NATO MINI MART**

No Vacancies

## LOCAL NATIONAL POSITIONS

No Vacancies

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NSA Naples CO: [townhallnsanaples@eu.navy.mil](mailto:townhallnsanaples@eu.navy.mil)  
Director, FFSC: [FFSCNSANaples@eu.navy.mil](mailto:FFSCNSANaples@eu.navy.mil)  
CMVRO: [cmvro@eu.navy.mil](mailto:cmvro@eu.navy.mil)  
Personal Property: [nsappso@eu.navy.mil](mailto:nsappso@eu.navy.mil)  
Post Office: [postoffice@eu.navy.mil](mailto:postoffice@eu.navy.mil)  
Hospital Customer Service: [nhnaples-pao@med.navy.mil](mailto:nhnaples-pao@med.navy.mil)  
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)  
Housing Director: [nsanapleshousingdirector@eu.navy.mil](mailto:nsanapleshousingdirector@eu.navy.mil)  
Commissary Director: [sharon.washington@deca.mil](mailto:sharon.washington@deca.mil)  
NEX General Manager: [nexnaples-gen1@nexweb.org](mailto:nexnaples-gen1@nexweb.org)  
MWR/ITT: [mwrmarketrequest@eu.navy.mil](mailto:mwrmarketrequest@eu.navy.mil)  
AFN: <http://www.afneurope.net/naples>  
NCTS: [nctscustsvc@eu.navy.mil](mailto:nctscustsvc@eu.navy.mil)

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# NHS Sports

Submitted by the NHS Booster Club, <http://www.napleshsboosterclub.org>

## Nine Naples Wrestlers Compete in European Wrestling Finals



Charles Cuthbert cradles his opponent from Aviano during a 119lbs match Feb. 13 at Vicenza. Cuthbert would go on to pin his opponent as well as take first place in the 119lbs weight class. The lone undefeated wrestler on the Wildcat wrestling team, "Cuthbert has consistently crushed his opponents throughout the season" said coaches. (Photo by Steve Williams)

Story By Wrestling Coaching Staff

The Naples Wildcat Wrestling Team took nine competitors to the European Finals Wrestling Tournament in Wiesbaden, Germany, Feb. 19-20, earning 3rd place in Division 2 and placing 7th overall out of 26 teams.

Representing the Wildcats at the finals were senior Justin Cave, freshman Charles Cuthbert, freshman Charles McGarrigle, senior Neil Navarra, senior Chris Scott, sophomore Ricky Sizemore, senior Brad Smith, senior Jacquan Welch, and freshman Tyler Williams. Of the nine wrestlers, five were able to come away from Germany with medals.

Neil "The Punisher" Navarra competed in the 125lbs class, one of the toughest weight classes in

the tournament. Navarra lost some close matches and placed 6th overall. Justin Cave and Brad Smith took 4th place in their classes. Smith wrestled well at 145lbs with his losses only coming from wrestlers who placed ahead of him. Cave, who weighed in at 208, wrestled in the 285 weight class. Justin wrestled well though against though wrestlers who significantly outweighed him.

Jacquan Welch took 3rd place in the 152lbs class, stunning his opponent from Kaiserslautern. Welch was losing 5-0 early and quickly pinned him to upset him in the match. According to wrestling coach Vito Vitulli, "this was a great accomplishment" as Jacquan is a second year wrestler and was 6-12 last year.

Charles Cuthbert crushed all of

his opponents throughout the two-day tournament to become the 119lbs 2009-2010 European Champion. Cuthbert, who just turned 15, was pinning seniors and "eventually made a few cry along the way," said Vitulli. Cuthbert's performance was so impressive that "I have written the Navy and have asked to prevent his dad from retiring this year so he could wrestle here for the next three years," said a joking Vitulli.

Vitulli added that this has been a great season and the wrestling team would like to thank our volunteers, Rusty Nyland, Doug Cuthbert, Sale Lilly, and Dennis Smith. The team would also like to thank the Naples High School Booster Club and the Navy Overseas Spouses Club for their support.



The Naples High School Wildcat Wrestling Team takes a team photo after finishing 7th overall at the European Finals Wrestling Tournament in Wiesbaden, Germany, Feb. 19-20.



Katie Byrnes, Tara O'Brien, and Jackie Lund lead the third and fourth graders out on the court for their halftime performance at the women's game this past Friday

night. The Wildcat Cheerleaders hosted over 75 campers, grades K-6, at the one-day cheer camp. Campers learned a cheer and a dance, and they demonstrated motions, jumps, and tumbling. This event helped the Wildcat Cheerleaders raise funds for their trip to Europeans at which the cheer squad is competing this week. (Photo by Jeff Lund)



Above: Charles Cuthbert, a freshman, puts a lock on a opponent during a 119lbs match at the European Finals Wrestling Tournament in Wiesbaden, Germany, Feb. 19-20.

Photo page 1: Jacquan Welch, a senior, looks to pin his opponent in a 152lbs match during the European Finals Wrestling Tournament in Wiesbaden, Germany, Feb. 19-20.