

# 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."  
 Visit us on the Web <http://www.cninc.navy.mil/Naples/index.htm> • Like us on Facebook U.S. Naval Support Activity Naples

55TH YEAR, NO. 27

Serving the NATO, Naples and Gaeta military communities in Italy  
 SPEDIZIONE IN A.P. - 45% - ART. 2 COMMA 20/B LEGGE 662/96 - FILIALE DI NAPOLI

FRIDAY, JULY 9, 2010

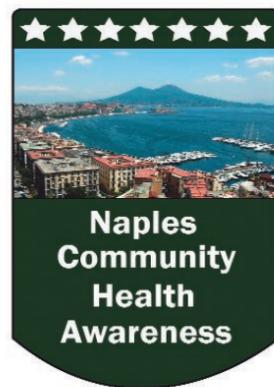
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## HEALTH UPDATE

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

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



**PLACES TO SEE**  
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## Actor Gary Sinise arrives at NSA Naples for free concert



Gary Sinise, who is known for his roles as Detective Mac Taylor in CBS' "CSI: New York" and Lt. Dan in "Forrest Gump," visits with sailors after his arrival at NSA Naples July 7. He is in town with the Lt. Dan Band to perform a concert organized by the USO and MWR.

Story and photo by MCI Terry Vick  
 Navy Public Affairs Support Element  
 East Detachment Europe

Academy Award winner Gary Sinise, known for his roles as Detective Mac Taylor in CBS' "CSI: New York" and Lt. Dan Taylor in the 1994 movie "Forrest Gump," arrived at Naval Support Activity (NSA) Naples July 7.

"It is such a great honor to have him here," said Luisa Mazzella, USO Naples' program coordinator. "We rarely see celebrities of this stature here in Naples, and I could not be more excited or more pleased to host Mr. Sinise and his band."

The Lt. Dan Band, Sinise's cover band, is scheduled to perform at the Support Site Central Park July 10 at 8 p.m. in a joint USO and MWR event. The 14-person band covers a wide range of artists, from Jimi Hendrix to Linkin Park. They have toured in support of the USO since 2004

and perform an average of 30 to 40 shows per year. According to the band's website, around 75 percent of those concerts for are performed for USO, charities and benefits.

Sinise started working with the USO after 9/11 and has visited several U.S. military installations and numerous war zones with his band to support American armed forces. Many of his own family members have served in the military, and the band's electric guitarist and co-founder, Kimo Williams, is a Vietnam War veteran.

"[Sinise] is very involved with the USO and has a long history of supporting the troops," said Mazzella. In December 2008, he was awarded the Presidential Citizen Medal, the second highest civilian medal awarded to U.S. civilians, by President George W. Bush for his humanitarian contributions to Iraqi school children and his involvement in the USO.



The skies over Carney Park exploded with beautiful colors during the Star Spangled Celebration.

## Star Spangled Celebration

Story and photos by  
 MCI (NAO) John Parker  
 NSA Naples Deputy PAO

Naval Support Activity Naples celebrated Independence Day weekend with the Star Spangled Celebration, a two-day festival at Carney Park. The celebration began July 3 with the U.S. and Italian national anthems and ended the following night with a beautiful fireworks show that lasted over 40 minutes. More than 10,000 people, including families from as far away as Germany, enjoyed events like the performance given by country music singer Natalie Stovall, the

see STAR SPANGLED Page 4



Erik, Jaret and Chris from Bowling for Soup rock the stage during the Star Spangled Celebration July 4 at Carney Park.

### Events around town this weekend

- **10** – Gary Sinise and the Lt. Dan Band perform at the Support Site Central Park at 8 p.m.
  - **Through 10** – Ischia Film Festival. An event with photo exhibitions, movie costumes, workshops, screenings and previews of films set in Italy.
  - **Through 11** – Quintana Storica in Melizzano (northeast of Caserta). Dive into the past with parades and jousting. For the Palio della Quintana Sunday evening, knights on horseback compete in a jousting tournament.
  - **Through 11** – Premio Made in Italy in Sant'Agata de Goti (east of Caserta) celebrates Italian culture through art, music, food, wine and technology.
- Book your tickets to Neapolis Rock Fest July 15 and 16. Performances by Fat Boy Slim and Jamiroquai.
- Check out <http://wikinapoli.com/events> for more information.

### Naples' weekend forecast

	<b>FRIDAY</b> High 88 Low 72 SUNNY		<b>SATURDAY</b> High 84 Low 70 SUNNY		<b>SUNDAY</b> High 84 Low 72 SUNNY
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# Captain's Corner

By Capt. Robert Rabuse  
NSA Naples Commanding Officer



First off, I want to thank MWR, Security and all the community organizations and volunteers who helped make the 4th of July celebration at Carney Park one of the best events I've ever attended. Special thanks to our MCs, Z Kekuewa and Kristina Douglas, for two solid days of energetic announcing and fun. For those of you who missed it or skipped it because you were afraid of the crowds, the traffic or whatever else, you sure missed a fantastic county fair-style 4th of July. It was a great time for all. I went in and out several times on Saturday without a lick of traffic. Of course, there was some on the 4th, but I've never been to a community celebration or fireworks display in the U.S. where there hasn't been traffic and crowds. Try driving on I-95 in Washington, D.C. during the National Mall fireworks show!

We've got another great community event this weekend sponsored by the USO and MWR. Be sure to come to Central Park at the Support Site in Gricignano for Gary Sinise and the Lt. Dan Band this Saturday at 8 p.m. Come early and bring your chairs, as Z and Kristina will start the festivities around 7 p.m.

Summer is PCS season, and I've said it before to sponsors: please help out your incoming personnel. We all remember first getting here and the hand-holding we needed (or didn't get), and sponsors ought to be dragging their incoming personnel around to ensure they get a taste of Italy and all the information they need to live here. Also, if you're departing and you have pets, remember pet passports. Contact the vet on base for the most up-to-date information, but don't wait until the last minute. There has been a reduction in office hours by local authorities who grant those pet passports to one day per week. I'd hate to have personnel who can't travel as scheduled because their pets don't have the proper documentation.

We have a lot of great services on our bases, and if you live and spend most of your time on the Support Site, you could almost forget that we actually do live in a foreign country. But we do, and as such, we are all guests of the Italian people and should conduct ourselves as individual ambassadors of the United States. Some base facilities serve the NATO community as well. I won't list all the nations that are members of NATO, but you're living in one, so I ask my American residents and patrons to be mindful of that fact. We all encounter situations every day here that are different from our experiences in CONUS, so I encourage everyone to take advantage of the exposure to other cultures and to learn from these situations. Each of us always has something to learn from those around us, so please encourage each other to enjoy the overseas experience and see the way things are done around the world. And, as always, if there are situations or issues that need to be addressed, please talk to a manager or supervisor on the spot, use the ICE comments, come to a town hall, or contact your chain of command. I welcome that feedback to help provide the community with quality services.

We had a strike this week, and another one is scheduled for July 14, so expect a similar reduction of services this coming Wednesday. The declared demonstration is set to take place in Rome, but it is a national strike and I anticipate our Italian employees will be exercising their right to strike that day. Remember, avoid the crowds and any confrontations, and listen for updates on closures and delays. We'll keep services going with as little disruption as possible.

We have 5,000 guests coming in this week: the crew of the aircraft carrier USS Eisenhower (CVN 69) will be ashore touring the area, using many of our services, and having a good time as they return home from their deployment. Please be mindful of their presence, patient with delays, and make them feel welcome.

Finally, safety is paramount as we continue to enjoy the summer. Please slow down on base near construction areas and in parking lots. Stop signs mean STOP. Have a plan before you start your recreational activities, and if you plan on drinking, don't drive.

*See you all Saturday in Central Park for Gary Sinise and the Lt. Dan Band. Have a safe and happy weekend!*

# Base Notes

From Panorama staff reports

## EDIS offices undergoing renovation

The Educational and Developmental Intervention Services (EDIS) of USNH Naples will be undergoing renovation from July 9-23 in their offices located in the TLA Building (Village Forum). Professionals will still be available to provide assessment and treatment of children (birth to 36 months) for developmental concerns. If you have a question, please contact Kendall Kluthe or Maria Matheson at 081-811-4676 or kendall.kluthe@med.navy.mil or maria.matheson@med.navy.mil for additional information.

## The Lieutenant Dan Band to perform at Support Site

Gary Sinise and the Lieutenant Dan Band will perform at the Support Site Central Park Saturday, July 10 at 8 p.m. Pets and glass containers are not allowed at this event.

## Increased Italian Army presence at Support Site

As a result of policy changes within the Italian Ministry of Defense and Ministry of the Interior, the Italian Army is providing a presence at the NSA Naples Support Site in Gricignano. The soldiers are armed in accordance with Italian law and SOFA agreements and comply with all requisite safety measures. Their presence is not a result of any specific threat or scenario, and is similar to the presence at Carney Park, JFC and the Receiver Site in Lago Patria.

## NLSO closed for all services

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

## ASC Summer Soccer Skills Camp

The American Soccer Club of Napoli will offer a Summer Skills Camp July 26-30 from 5-7 p.m. at the north soccer fields on the Support Site. The cost per player is \$75, which includes a t-shirt. Participants are divided into two groups: juniors ages 7-12 and seniors ages 13-18.

This camp, hosted by the American Soccer Club of Napoli (ASC) FIFA Level 1 certified trainers, ensures the development of young players to help prepare them for the next level.

## Officer detailer visit

Learn about the state of your community, officer placement and speak face-to-face with YOUR detailer.

Navy Personnel Command officer placement and detailers will be presenting briefs July 27. On July 27 and 28, they will conduct one-on-one counseling sessions for Naples area officers in the following communities: Surface Warfare Officer (PERS-411C), Aviation (PERS-432), Information Professional/METOC/Intel (PERS-471) - All 16xx/18xx, and Submarine Junior Officer (PERS-421E) (LCDR & below). In addition, the Director, Distribution Management Division (PERS-45) will provide an officer distribution management overview brief.

*The July 27 briefs will be conducted at the Capodichino Theater at the following times:*

PERS-45	All Officers	8:30-9:30 a.m.
PERS-411C	SWOs	9:40-10:40 a.m.
PERS-432	Aviators	10:50 a.m.-12:30 p.m.
PERS-471	IP/METOC/INTEL	1:30-2:30 p.m.
PERS-421E	Submariners	2:40-3:40 p.m.

One-on-one sessions for both days will be by appointment only. If interested, please contact Lt. Tony Pabon at 081-568-3151 or CWO2 Sean Jones at 081-568-4816 to schedule an appointment no later than July 22. All Naples area officers are strongly encouraged to take advantage of this special event—don't miss out.

## CNE-C6F/CNREURAFSWA HOTLINE

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

### Office of the Inspector General

Phone 081-568-2983 - Fax: 081-568-6354  
E-mail ighotline@eu.navy.mil  
Web site http://www.cnic.navy.mil/europe/index.htm

*You can choose to remain anonymous*

## FYI POSSIBLE STRIKES

**July 9** - Trenitalia personnel will strike for 24 hours, from 9 p.m. July 8 to 9 p.m. July 9.

**July 9** - All local public transportation personnel will strike for 24 hours.

**July 9** - Airport personnel at the Padova airport will strike from noon to 4 p.m.

# Panorama

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## Your pet can't read!

Pets are an extended part of our families. They can enrich our lives and be loving companions. However, they can also be a nuisance. Recently, there has been a tremendous increase in the number of Animal Incident Reports (AIRs) filed at the Support Site.

As a pet owner, it is your responsibility to abide by the pet policy which was created for the safety and comfort of all personnel living in government-leased quarters in Naples. Please respect your neighbors and abide by the rules which include, but are not limited to the following:

- ❑ Pets taken outside are restricted from playgrounds, must be cleaned up after, and must be kept on a leash and under the control of a capable handler at all times.
- ❑ Pets cannot be tied up to any facility, porch, fence or stationary/non-stationary object while the handler is taking part in another event.
- ❑ All unattended pets in housing must be kept indoors and may not be left unattended on balconies or patios.
- ❑ Register your pet at the veterinary clinic and the housing welcome center within the first 30 days of your arrival in Italy. Provide proof of vaccinations and microchip. Unregistered pets are ineligible for veterinary services and are not permitted in government quarters until properly registered.
- ❑ Maintain current vaccinations as determined necessary by the installation veterinarian and host nation laws.
- ❑ Members living in pet-designated government housing may have two pets (i.e., dog, cat, bird, hamster, gerbil, guinea pig). Pets must weigh less than 70 pounds. Any dog of a breed (including mixed breeds) that has the potential for harm or may be hazardous to others is forbidden. These breeds are defined as Pit Bulls (American Stafford Bull Terriers or English Stafford Bull Terriers), Rottweilers, Doberman Pinschers and wolf hybrids.
- ❑ Pets are prohibited from entering any "human areas" such as pavilions, ball fields and courts, offices, playgrounds, schools, and the hospital, the NEX and Commissary.
- ❑ All dogs and cats must wear collars with proper identification tags. Pets should also wear the blue Carney Park access tag that is issued by the veterinarian.
- ❑ Owners must carry pet liability insurance for their animals.
- ❑ Animals are considered a nuisance when causing annoyance to the community. Examples of bothersome actions include, but are not limited to incessant barking, owner's failure to clean up animal feces, pets destroying property and bite incidents. Reports of nuisances should be made to the Naples Emergency Dispatch at 081-568-5638/39.

If you have any questions for concerns about the pet policy, please contact SHC (SW) Ricky Sizemore, housing dept. military liaison, at 081-811-4431 or 335-122-2591.

## Importance of weight management

According to the Center for Disease Control, obesity is the second leading cause of preventable death in the U.S. Approximately 127 million adults in the U.S. are overweight and 60 million are obese. Upon closer examination, approximately 63 percent of men and 47 percent of women are overweight, while 19 percent of men and 19.5 percent of women are obese. The numbers continue to increase significantly every year.

The diagnosis of "overweight" is determined by a body mass index (BMI) of 25 or greater and "obese" is defined as a BMI of 30 or more. BMI is a measure of body weight relative to height. To calculate: multiply weight in pounds by 703, divide by height in inches, divide again by height in inches. For an easy-

to-use calculator, visit <http://www.nhlbisupport.com/bmi>.

Being overweight or obese increases your risk of illness for approximately 30 serious medical conditions, including cardiovascular issues, diabetes, cancers and impaired mobility.

If you are overweight or obese, there are ways to get help. The American Obesity Association recommends a combination of diet, exercise and behavior modification. You can take the first steps to losing weight all by yourself! Head outside for a walk each day, eat a healthy lunch instead of fast food and trade in your soda for a bottle of water.

At U.S. Naval Hospital Naples, Health Promotions offers Ship Shape, a weight loss and weight maintenance class that helps participants establish a routine for a healthy lifestyle grounded in healthy eating and physical fitness.

The hospital also has a registered dietician on staff to assist you to plan healthy meals and to educate you on healthy eating habits.

Contact Health Promotions for more information at 081-811-6315 or [napleshealthpromotions@med.navy.mil](mailto:napleshealthpromotions@med.navy.mil).

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## THE INSIDE PAGE...

### FFSC EVENTS

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

- JULY 12, 19, 26 – LOVE AND LOGIC FOR PARENTS** (11 a.m.–1 p.m.) A seven-week introduction to parenting. Come to one class or all classes. Bring your lunch. To register, contact Louise Cappiello 081-811-6533.
- JULY 13 – EASY ITALIAN I** (9:30 a.m.-12 p.m.) Introduction to basic Italian language conversation.
- JULY 14 – NEAPOLITAN ESPRESSO** (11:30a.m.-1 p.m.) Learn about the origins of coffee, a few secrets on how to make an authentic homemade espresso and more.
- JULY 14 – SPONSORSHIP TRAINING** (9-11:30 a.m.) To be a sponsor is a duty; to be a great one is to make a difference!
- JULY 15 – EXPLORING AVERSA** (9 a.m.-2 p.m.) This field trip will help you learn how to venture to Aversa. Visit the cathedral and popular shopping areas.
- JULY 16 – DUOMO CATHEDRAL** (8 a.m.-2:30 p.m.) Visit the Duomo Cathedral in Naples. Departs from JFC.

### JULY

- 9, 13 AND 16 CLEP/DSST TESTS.** CLEP/DSST tests are given on Tuesdays and Fridays in the National Test Center at Capo, Admin II. Make an appointment at the University of Maryland University College office by calling 081-568-6673/6675. You will receive an Instant Score Report after you have completed the test.
- 22 MONTHLY BABY BASICS CLASS,** 9 a.m. to noon, offered by NCMRS Visiting Nurse. The class is in the Navy-Marine Corps Relief Society office, Admin II, G 016. Topics include newborn care (i.e. bundling, diapering & bathing); feeding, crying and comforting; health and safety; etc. Contact NCMRS 081-568-3913 for registration and information.
- 23 ACT TEST -** The Navy College Office will administer the ACT test on Friday, July 23. Sign up now. Score reports will arrive Naples about six to eight weeks after the test date. Visit the Navy College Learning Center in ADMIN II, DSN: 626-4006, and learn how to prepare for the ACT Test.
- 24 CPR/AED ADULT, CHILD & INFANT.** 10:15 a.m. to 5:30 p.m. at Support Site Fitness Forum conference room, cost \$40.00. Registration and payment due by July 21 at the American Red Cross office located at Capo. FMI, call 081-568-4788.

### AUGUST

- 2 REGISTER FOR UNDERGRADUATE ON-SITE COLLEGE CLASSES.** Registration is ongoing from August 2 to 20. Most classes start the week of August 23 and run through October 17. Visit the on-site office of each college: University of Maryland University College, Central Texas College, Embry-Riddle Aeronautical University. Call or visit the Navy College Office 081-568-6673/6675 for more information.
- 6 60TH BIRTHDAY OF UNIVERSITY OF MARYLAND UNIVERSITY COLLEGE.** Free lunch/barbecue at Support Site. Instant scholarships. Open to everyone. Come out and join the birthday celebration for the University of Maryland University College.
- 9-13 - VACATION BIBLE SCHOOL AT THE SUPPORT SITE CHAPEL.** To register or for more information, contact VBS Director Jennifer Martin at [naplesvbs10@yahoo.com](mailto:naplesvbs10@yahoo.com) or 081-811-4617/4600.

### VOLUNTEERS NEEDED

- NAPLES COMMUNITY GIRL SCOUTS NEEDS LEADERS AND CO-LEADERS.** FMI or to volunteer, contact Staci Gelb at 081-811-5038 or [naplesgs@yahoo.com](mailto:naplesgs@yahoo.com).
- THE ALLIED SPOUSES CLUB AMERICAN STORE** needs volunteers for the International Bazaar held in October at JFC. If you would like to help, please contact Cindy Frano at 081-854-1906 or [franoinnaples@gmail.com](mailto:franoinnaples@gmail.com).
- NAVY BALL COMMITTEE NEEDS VOLUNTEERS TO HELP WITH FUNDRAISING.** No experience necessary, all services and nationalities welcome. Help us raise enough money to make the celebration of the U.S. Navy's 235th birthday the best yet! Contact PSC Cassie-Leach at [joy.cassieleach@eu.navy.mil](mailto:joy.cassieleach@eu.navy.mil) or Lt. Ebony Ferguson at [ebony.ferguson@med.navy.mil](mailto:ebony.ferguson@med.navy.mil).
- THE ALLIED SPOUSES CLUB (ASC) IS LOOKING FOR VOLUNTEERS.** For more information on ASC, e-mail [el\\_karniati@hotmail.com](mailto:el_karniati@hotmail.com) or visit <http://www.alliedspousesclub.50webs.com/>.
- NAVY LEAGUE OF THE U.S./NAPLES COUNCIL** is seeking board members. Those interested, contact Betty Reese at 081-526-8051 or [breesec@cybernet.it](mailto:breesec@cybernet.it).
- NAPLES AMERICAN RED CROSS (ARC) NEEDS VOLUNTEER INSTRUCTORS.** The Fundamentals of Instructor Training (F.I.T.) is a pre-requisite course to the Instructor Training course. FMI or to sign up, contact the office at 081-568-4788.
- TEEN BABYSITTERS CAN EARN MONEY.** All American Red Cross certified babysitters interested in babysitting can post a business card at the Fleet and Family Support Center. FMI, contact FFSC at 081-811-6551/6552/6555.
- NAPLES OFFICIALS ASSOCIATION NEEDS REFEREES.** Anyone interested should contact Nigel Alexander at 081-721-5413 or 346-680-3282 or by e-mail to [nalexander@afsouth.nato.int](mailto:nalexander@afsouth.nato.int).

More "Inside Page" on Page 5



The NAVEUR-NAVAF Allied Forces Band wows the crowd July 4 at Carney Park. (Photo by MC1 (NAO) John Parker, NSA Naples Deputy Public Affairs Officer)

## Star Spangled Continued from Page 1

a softball tournament, food and carnival rides over the weekend. Usually the fireworks take center stage, but this year, Bowling for Soup rocked Carney Park. Fans of all ages lined the stage, dancing and singing along with the Grammy-nominated band.

While the main events ended around 1 a.m. each night, some festival-goers continued the fun by camping at Carney Park. The amount of fun he had camping surprised Petty Officer 1st Class Dan Mennuto. "My wife and I have been in Naples for about a month. When our friends asked us if we wanted to stay with them in a cabin and celebrate the Fourth of July, we could not resist." Mennuto added, "We thought the Fourth of July would simply be a few fireworks. We were completely blown away at how much time and effort went into the whole weekend."



Kids of all ages enjoyed the carnival rides and games at Carney Park. (Photo by MC3 Anthony Curtis)



Country music star Natalie Stovall performs one of her hit singles, "Standing My Ground." (Photo by MC1 (NAO) John Parker, NSA Naples Deputy Public Affairs Officer)



Kids love bumper cars! This little girl enjoys a Sunday drive during the Star Spangled Celebration. (Photo by MC1 (NAO) John Parker, NSA Naples Deputy Public Affairs Officer)



"The Big Kahuna Z, the dope MC," gets the crowd going during this year's Fourth of July celebration at Carney Park. (Photo by MC1 (NAO) John Parker, NSA Naples Deputy Public Affairs Officer)

**MORE INSIDE PAGE...**

**VOLUNTEERS NEEDED continued**

**NAPLES FRIENDS OF ANIMALS** is currently seeking volunteers for board member positions, fundraiser events, and to foster animals and transport them to and from the off-base vet. FMI, visit <http://www.naplesfriendsofanimals.org> or e-mail [nfoa.publicaffairs@gmail.com](mailto:nfoa.publicaffairs@gmail.com). They also need a volunteer to update, maintain and occasionally redesign the NFOA website.

**NAVY-MARINE CORPS RELIEF SOCIETY OPERATION CLIP & SAVE (coupons):** 081-568-3913.

**NAPLES OVERSEAS SPOUSES CLUB (NOSC).** Volunteer opportunities with mileage and child care reimbursement. NOSC needs volunteers to work at their Forgotten Treasures Thrift Store during the summer, weekends, nights, and on a daily basis. FMI, e-mail [nosctshop@gmail.com](mailto:nosctshop@gmail.com) or call 081-811-4200.

**ONGOING/ON THE HORIZON**

**HARRY S. TRUMAN LODGE** No. 649 meets every Friday at 7:30 p.m. FMI, contact Carlos Mina at 340-657-8820 or [Carlos.mina@med.navy.mil](mailto:Carlos.mina@med.navy.mil). Visit <http://www.hst649.org>.

**THE FFSC CAPO OFFICE** located on the first floor of Admin II is open Thursdays and Fridays from 7:30 a.m.-4 p.m. A licensed clinician and an Information & Referral/Intercultural & Relations Specialist is available to service the needs of the Capo community. Please call for further details, questions or to schedule an appointment at 081-568-3761.

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

**CHRISTIAN DRAMA CLUB** meets 2:45-4 p.m. every Thursday at the Support Site Chapel. Students in K-8th grade are invited to join. Ages 4-5 are also welcomed to attend along with a parent. FMI, please call 081-811-4617.

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

**SURE START IS A PROGRAM FOR COMMAND-SPONSORED CHILDREN** of enlisted personnel (priority to E1's-E4's) who are 4 years old by September 1st. Sure Start applications for the 2010/2011 school year can be picked up at the Naples Elementary School front office. FMI, call Karen Rodrigues at 081-811-4682 or the Naples Elementary School at 081-811-4037.

**CONNECT THE TOTS CLUB,** a support and social group created for NSA Naples and NATO parents with small children (infancy through "preschoolerhood"), hosts weekly walks and play dates, as well as a monthly open house and other activities located on the Support Site, at Carney Park and in town throughout the month. For more information and to become a member, visit [www.meetup.com/Connect-the-Tots-Club/](http://www.meetup.com/Connect-the-Tots-Club/).

**Reel 2 Times cinema**

<b>Friday, July 9</b>		6 p.m. Knight and Day, PG-13
Noon	Shrek Forever After, PG	7 p.m. Grown Ups, PG-13
3 p.m.	Twilight Saga: Eclipse PG-13, <i>Premiere Showing</i>	9 p.m. The A-Team, PG-13
4 p.m.	Letters to Juliet, PG	
5:45 p.m.	Twilight Saga: Eclipse, PG-13	<b>Wednesday, July 14</b>
6:45 p.m.	Toy Story 3, G	Noon Twilight Saga: Eclipse PG-13, <i>Family Matinee</i>
8:30 p.m.	Twilight Saga: Eclipse, PG-13	3 p.m. Furry Vengeance, PG <i>Last Showing</i>
9 p.m.	MacGruber, R, <i>21 Plus Movie Premiere Showing</i>	5:30 p.m. Just Wright, PG
		6 p.m. The Karate Kid, PG
		8:30 p.m. Twilight Saga: Eclipse PG-13
		9 p.m. A Nightmare on Elm Street R <i>Last Showing</i>
	<b>Saturday, July 10</b>	
Noon	Shrek Forever After, PG	<b>Thursday, July 15</b>
1:30 p.m.	Twilight Saga: Eclipse, PG-13	Noon Toy Story 3, G
3 p.m.	The Last Airbender, PG <i>Premiere Showing</i>	2:30 p.m. Twilight Saga: Eclipse, PG-13
5 p.m.	Twilight Saga: Eclipse, PG-13	4:30 p.m. Grown Ups, PG-13
6 p.m.	Knight and Day, PG-13	5:30 p.m. The Karate Kid, PG <i>Last Showing</i>
8:30 p.m.	Twilight Saga: Eclipse, PG-13	6:30 p.m. Knight and Day, PG-13
9 p.m.	Grown Ups, PG-13	8:30 p.m. Grown Ups, PG-13
		9 p.m. The A-Team, PG-13 <i>Last Showing</i>
	<b>Sunday, July 11</b>	
Noon	The Last Airbender, PG	<b>Friday, July 16</b>
3 p.m.	The A-Team, PG-13	Noon Toy Story 3, G
3:30 p.m.	Twilight Saga: Eclipse, PG-13	3 p.m. Prince of Persia: The Sands of Time, PG-13
5:30 p.m.	The Karate Kid, PG	4:30 p.m. Shrek Forever After, PG
6 p.m.	The Last Airbender, PG	6 p.m. Letters to Juliet, PG
8:30 p.m.	MacGruber, R	6:30 p.m. Twilight Saga: Eclipse, PG-13
9 p.m.	Twilight Saga: Eclipse PG-13	8:30 p.m. Grown Ups, PG-13
		9 p.m. Sex and the City 2, R <i>21 Plus Movie</i>
	<b>Monday, July 12</b>	
4 p.m.	Toy Story 3, G	
6 p.m.	Letters to Juliet, PG	
7 p.m.	Grown Ups, PG-13	
9 p.m.	A Nightmare on Elm Street, R	
	<b>Tuesday, July 13</b>	
4 p.m.	Twilight Saga: Eclipse, PG-13	



**Friday, July 9**  
7 p.m.: The A-Team, PG-13  
**Sunday, July 11**  
2:30 p.m.: Letters to Juliet, PG



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

**USO DAILY TOURS**

**July 10** Island of Capri ..... €68  
**July 10** Mini Cruise of the Amalfi Coast ..... €60  
**July 11** Imperial Rome city tour .... €52  
**July 14** Ruins of Pompeii and wine tasting lunch ..... €57

**WEEKEND TOURS**

**July 24-25** Summer weekend in Florence and Pisa ..... €165  
**Sept. 2-6** Labor Day in Corfu, Greece . €452  
**Sept. 5-6** Labor Day in a Tuscan spa . €181  
**Sept. 29-Oct. 3** Oktoberfest in Munich . €338  
**Oct. 8-11** Columbus Day in Venice . . . €197  
**Oct. 8-12** Columbus Day in Slovenia ..... €338  
**Oct. 16-17** Eurochocolate Festival in Perugia ..... €145

**Movie descriptions**

No Children Under 10  
Admitted to R-Rated Movies

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

**PRINCE OF PERSIA: THE SANDS OF TIME, PG-13.** Action/Adventure, Science Fiction/Fantasy and Adaptation, 116 min. Cast: Jake Gyllenhaal, Gemma Arterton, Alfred Molina, Ben Kingsley, Steve Toussaint. Ubisoft's popular video game series of the same name gets adapted for the big screen in this sweeping fantasy adventure. The setting is sixth century Persia. A nefarious nobleman covets the Sands of Time, a legendary gift from the gods that allows its possessor to turn back time. Whoever owns the Sands of Time has the power to rule the world, and this villainous lord would use that power to enslave all of humanity. The only person capable of defeating this tyrant and saving the world is Dastan (Gyllenhaal), a youthful prince. Now, with plucky princess Tamina (Gemma Arterton) by his side, Dastan will attempt to prevent the Sands of Time from falling into the wrong hands.

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

**THE LAST AIRBENDER, PG.** Kids/Family, Science Fiction/Fantasy and Adaptation, 103 min. First Run Over Seas in Theaters (FROST). Cast: Noah Ringer, Nicole Peltz, Jackson Rathbone, Dev Patel, Aasif Mandvi. Air, Water, Earth, Fire. Four nations tied by destiny when the Fire Nation launches a brutal war against the others. A century has passed with no hope in sight to change the path of this destruction. Caught between combat and courage, Aang discovers he is the lone Avatar with the power to manipulate all four elements. Aang teams with Katara, a Waterbender and her brother Sokka to restore balance to their war-torn world.

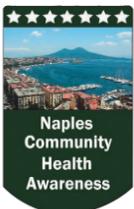
**GROWN UPS, PG-13** for sexual content including references, some crude material and language. Comedy, 102 min. First Run Over Seas in Theaters (FROST). Cast: Adam Sandler, Kevin James, Chris Rock, David Spade, Rob Schneider. Five friends and former teammates reunite years later to honor the passing of their childhood basketball coach. With their wives and kids in tow, they spend the Fourth of July holiday weekend together at the lake house where they celebrated their championship years earlier. Picking up where they left off, they discover why growing older doesn't mean growing up.

## Naples Public Health Evaluation

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

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

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



## Fourth of July concert at Pompeii dedicated to Americans



Story and photo by Jamie Monk  
"Panorama" Editor

During a special evening performance dedicated to the American community in Naples and Italy, Milan's La Scala Academy Orchestra performed the celebrated arias of Verdi and Mendelssohn's Symphony No. 4 in A major—more commonly known as "the Italian."

Pompeii's Teatro Grande may have been a little unconventional for a traditional Fourth of July celebration. However, several members of the U.S. and NATO communities opted for Pompeii's ancient stone benches and velvet cushions instead of customary picnic blankets and lawn chairs July 4. In true Neapolitan style, at least six fireworks displays could be seen in the distance. When the ruins are not packed with tourists, but illuminated by fireworks and stars, the atmosphere is magical.

Tickets for future performances at the newly restored theater can be purchased through the San Carlo Theater by calling 081-797-2331.

## Every Drop Counts contest: Win a 1GB thumb drive

By UT2 (SCW)  
Michael Labeau



### Contest rules:

1. Entries are accepted through July 23, 2010.
2. Submit any fixture or plumbing leaks at NSA Naples Capodichino via e-mail to Petty Officer 2nd Class Labeau at [Michael.labeau@eu.navy.mil](mailto:Michael.labeau@eu.navy.mil), Subject: Water Leak Contest. Be sure to include the building, room number, leak type and your contact phone and email.
3. Each leak will have a determined flow rate with its fixture/application in the secured position.
4. The top three leaks will win a 1GB thumb drive.

For further contest rules contact Petty Officer 2nd Class Labeau. Contest rules and criteria are subject to the discretion and interpretation of the Public Works assistant energy conservation manager.

## COLORI/COLORS

### Answer to last week's puzzle

```

+ + + + + M R + + + + +
+ + + + + A O + + + + +
+ O + R + S + V U L B +
+ + C R + + A + A I + + +
+ + O N + + + + R + O + +
+ N + + A + + + + A + L +
E + + + + I + + + N + + A
V E R D E + B + + C + + +
+ + + + + O H + + + N
+ + + + + I + I + E +
O L L A I G O + G + O + R + +
+ + + + + S + I + N O + + +
+ + + + + S + + R + E + + +
+ + O + + + + G + + + + +
+ R + + + + + + + + + + +
    
```

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

## Summer sports dangers: hiking and rock climbing

*The second story of a five-part series on the hazards associated with summer activities*

Story by MC 2 (SW/AW)  
Marc Rockwell-Pate

Hiking and rock climbing, which have origins seeded in the alpine regions throughout Europe, are two sports that evolved from survival skills into popular summer activities. The natural beauty and endless supply of ever-changing trails and routes in Europe lures thousands of military members to challenge the rugged terrain of the Alps each year. Still, people thirsting for hiking or rock climbing adventures should be aware that these sports are two of the most dangerous summertime activities on Earth.

"It's not too easy to get medical help when you're 1,000 feet up and there's nowhere to land a chopper," wrote Phil McCauley in his article entitled "The Ten Most Dangerous Sports on the World!" "In the insurance world, rock climbing is classed as a Category 5 sport. The only things more dangerous are Category 6 sports, which include...knife fighting and blind archery."

According to the Naval Safety Center, falling is one of the leading causes of injury for military personnel participating in summer activities. Though most falls do not occur during hiking and rock climbing, a majority of the most serious incidents do. Corpsman Neil Oliver, a petty officer second class who leads physical therapy at U.S. Naval Hospital Naples, Italy stresses the need for proper protective equipment and training on how to use all of it. For hikers and rock climbers, a helmet can be the difference between a headache and a serious injury.

Common injuries suffered from



Lt. T.J. Surbella scales new heights along the pristine Path of the Gods on the Amalfi Coast. (Photo by Jacques Goerk)

these sports are ankle and wrist sprains, knee and elbow abrasions, blisters and muscle strains. Because of the hazards associated with isolation and environmental factors, hikers and rock climbers also tend to suffer from elevation and heat related injuries.

To help reduce the chances of any injuries or mishaps, personnel can take simple, yet effective, precautions before hiking or rock climbing. First, use a checklist to ensure all necessary equipment, food and clothing are packed. Also, provide someone with an itinerary before departing. Carry a whistle as a lightweight communication device in case of an emergency. Know the hazards in the area and stay within abilities of everyone in the group. Preparation is the key to having a safe, fun experience while mountaineering.

"Always make sure you have stretched out before beginning an

activity—a good goal is a minimum of 5-10 minutes for warm-up," said Oliver. "ABC's for ankles help warm up the joints while simple push-ups can help warm and loosen the upper body muscles you'll be using for climbing. And as any medical professional will say, stay hydrated.... Dehydration is the number one source of summer injuries."

If someone does suffer an injury, remember R.I.C.E.—rest, ice, compress, and elevate. "After treatment and depending on severity, we would begin with stretching progressing towards strengthening, followed by education on how to prevent these [types of injuries] in the future," Oliver explained.

The Naval Safety Center's 2010 summer safety campaign, Live to Play, Play to Live, provides additional information about hiking and rock climbing safety on its website [www.safetycenter.navy.mil](http://www.safetycenter.navy.mil).

## ESTATE/SUMMER

Practice your vocabulary. Find the Italian words.

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

ACQUA	Water
ANGURIA	Watermelon
CREMA PROTETTIVA	Sunscreen
GELATO	Ice cream
OCCHIALI DA SOLE	Sunglasses
OMBRELLONE	Beach umbrella
SABBIA	Sand
SANDALI	Sandals
SPIAGGIA	Beach
VACANZA	Vacation

## Michelangelo and Da Vinci exhibits, concerts, "Tosca," dances, light and sound shows, wine tastings and more during July



Leonardo da Vinci's 44 x 59 cm unrestored self-portrait, done in grassa tempera on a poplar panel, is presently exhibited in Villa Fiorentina as part of the exhibition on the artist and the Renaissance. After a year of analysis by various da Vinci experts, the Sorrento Foundation confirmed the work is an original from the turn of the 14th century. (Photo courtesy of the Sorrento Foundation)

By Lou Freed

In July's warm weather, outdoor fun abounds. This month, the calendar brims with concerts, opera and dance spectacles at three of Campania's treasures: Pompeii's Grand Theater, Caserta's Bourbon Belvedere at San Leucio and Paestum's temple grounds. There are also evening walking tours complete with light and sound shows. For those who prefer daytime activities, visit the marvelous exhibits on Italy's prized artists, Michelangelo and Leonardo da Vinci.

Or, if you're interested in food and wine, there are plenty of opportunities to enjoy both this month. Enrich your knowledge of local and international wines at Pompeii's evening tastings. Go ahead, savor culture at a mid-month medieval festival. If you like colorful food markets, the Neapolitan city council just initiated rotating Sunday farmers markets to encourage direct contact with food producers.

### ARCHAEOLOGY

*"Naples: The City and the Sea" casts light on Byzantine Naples*  
The exhibition in the Naples Archaeological Museum atrium showcases artifacts uncovered during the Metro Line 1 excavations. The exhibition also sheds light on Naples's Byzantine days—a period when the city's waterfront underwent significant urban transformation. At the heart of the exhibition is a recon-

structed tower found in Piazza Bovio and Imperial Age architectural decorations from an ancient warehouse. A video documents the discovery, retrieval and restoration of the marble treasures. Ends September 20.

### ART

*"Life of Michelangelo" features fascinating memorabilia*

The Naples Archeological Museum presents the Buonarroti Archives, a collection of documents recounting the 89 years of the artist's life. The display ranges from Michelangelo's youthful poems to correspondence from his twilight years. Exhibit highlights include several sketches from his time in Florence and Rome, including plans of two of his masterpieces: Pope Julius II's tomb (which the clergyman hoped would be placed in St. Peter's Cathedral) and Florence's St. Lawrence Basilica (the façade the drawings show never materialized). Don't miss one of Michelangelo's greatest graphic productions, the "San Giovanni dei Fiorentini" map. Ends August 8.

*Sorrento hosts "Leonardo da Vinci and the Fantastic Renaissance: Naples and the Mediterranean Route"*

An exhibition at Villa Fiorentina spotlights the life of one of the world's geniuses and provides a broad picture of the Renaissance. The centerpiece of the exhibit is a self-portrait by da Vinci on loan from the Museum of the Ancient People of Lucania. In November 2008, Nicola Barbatelli, a medieval scholar, discovered the portrait. Following a year of scientific, historical, artistic and documentary research and analysis by various Leonardo professors, art historians and experts, the Sorrento Foundation confirmed the work is an original from the turn of the 14th century. Leonardo's genius is also displayed in the copies of his mechanical inventions.

The sumptuous Renaissance period is gleaned through the important works gathered from public and private collections, including Donatello's Bust of a Lady, Giovanni della Robbia's "St. John," Tintoretto's "Crucifixion" and Raphael's copy of the "Baptist Preaching." More information is available through the Sorrento Foundation at 081-878-2284 or <http://www.fondazione-sorrento.com>. Ends October 24.

*Final stage of "Transit 4" at MADRE*

Following successful exhibits at the MADRE Museum of collabora-

tive art projects between young Italian artists and their counterparts in Cairo, Istanbul and Tel Aviv, comes the latest collaboration between a Cuneo-native, Eugenio Tibaldi, and a duo from Thessaloniki, Greece, Dimitri Kotsaras and Jennifer Nelson. The final stage of the project underscores similarities between Naples and Thessaloniki as "crossroads of peoples and cultures" and as "historic hubs between East and West," due to their strategic geographical location. While Tibaldi integrates the cities' similarities in a two-headed hybrid boat made of diverse materials from both locations, Kotsaras and Nelson developed a project that focuses on the environmental issues both cities face. See exhibit details on <http://www.museomadre.it>. Ends September 13.

*Ravello brings on "The Madness of Art" at 2010 festival*

Is there a relationship between art and madness? At Villa Rufolo, during Ravello's annual music festival, explore 20 contemporary artists' treatment of the topic. Some of the featured artists include Francesco Clemente, Jan Fabre, Nam June Paik, Joseph Beuys and John MacRae. Also, take in some of the evening musical offerings in the town's churches, chapels, hotels' and villas' gardens. More information at <http://www.ravellofestival.com>. Ends September 26.

### CAMPANIA THEATER FESTIVAL ITALY

Sponsored by the Campania Festival Foundation, this new festival integrates theater activities from Naples, San Leucio (Caserta), Paestum, Benevento and Bagnoli. With the San Carlo Theater, the organization's main partner, the Campania Festival Foundation has devised the performances below at regional venues. Performances begin at 9 p.m. For booking details, call the San Carlo ticket office at 081-797-2331. For more information, view <http://www.teatrosancarlo.it> and <http://www.teatrofestivalitalia.it>. After July, the festival resumes in September.

### - Concerts

"Omaggio al melodramma italiano" ("A Tribute to Italian Melodrama"), will be performed July 16 in San Leucio and July 18 in Paestum. On July 22, Carl Orff's "Carmina Burana" for soloists, chorus and orchestra will take center stage in Pompeii's Grand Theater. In the final piece, "Hecho en Chile" ("Made in Chile"), the San Carlo Orchestra and Chorus team up with Chilean artists at the same venue.

### - Dance

"Le Sacre du Printemps" ("The Rite of Spring"), set to music by Igor Stravinsky and performed by



Renowned for its Greek temples, Paestum is among the regional venues used in the newly-formed Campania Theater Festival. More information is available at <http://www.teatrosancarlo.it> and <http://www.teatrofestivalitalia.it>. (Photo by J. Freed)

the Danseurs Napolitains, a new dance group founded by Brazilian choreographer Ismael Ivo, will premiere July 16. Repeat performances take place July 18 in San Leucio (Caserta) and July 26 at Pompeii's Grand Theater. The San Carlo Theater Ballet Company, directed by Giuseppe Carbone, will present "Gala di Danza" ("Dance Gala") in San Leucio July 19, in Paestum July 20, and in Pompeii's Grand Theater July 25 and 27.

### - Opera

*Pompeii's Grand Theater sets stage for "Tosca"*

Giacomo Puccini's three-act masterpiece comes to Pompeii July 13, 15 and 17. "Tosca" ranks among the world's most renowned arias. The work recounts the death of the painter, Lorenzo Decaro (Mario Cavaradossi) and his sweetheart, Flora Tosca (Oksana Dika). Luca De Fusco directs and Pietro Mianiti's conducts the San Carlo Orchestra.

### ENOGASTRONOMY

*Sparkling and rosé wines at Fabbrica dei Sapori July 13-14*

Forty winemakers will showcase and offer free tastings of their creations at the "Taste Factory" in Battipaglia, at 84 C. via Spineta. As an added attraction, Giovanni Ascione, a wine connoisseur, will conduct a tasting of French champagne and rosé wines at €15 per session. Activities begin at 8 p.m. Battipaglia is about an hour's drive from Capodichino, so make sure you arrange a designated driver. Book through [comunica@lafabbricadeisapori.it](mailto:comunica@lafabbricadeisapori.it) or call 347 468-9312.

### Pompeii's "Ancient Wine Route"

The Museo degli Argenti in Florence will present "Vinum Nostrum: Art, Science and Wine Myths of in Ancient Mediterranean Civilizations" from July 20, 2010 to May 15, 2011. Original showpieces, sculptures, frescoes and mosaics, accompanied by multimedia and video

installations, will recount the history of the grapevine and wine, and the important influence they exerted on ancient cultures.

The particular case of Pompeii's vineyards will be illustrated, as well as the extraordinary contributions of the Greeks, Phoenicians and Etruscans, who played an essential role in spreading the cultivation of the "vitis vinifera" throughout the Mediterranean. A wine cellar, constructed based on artifacts uncovered at Pompeii, will enable visitors to delve into the past, as they walk amidst tools for cultivating vines and making wine.

To experience Florence's museum exhibit, visitors to Pompeii can follow the vineyard's "Ancient Wine Route" after July 20. The route consists mainly of Sciacinoso and Piediroso vine varieties, determined to be close relatives of ancient Pompeii specimens. Today, Antonio Mastroberardino, Campania's most famous winemaker, grows these vines in the ruins and makes them into his wine: Villa dei Misteri.

### FOOD FESTS TO CHECK OUT

Savor local countryside flavors and culture at low cost

July 22-25 – During "Fiera La Maddalena" in Caiazzo (Caserta), the town residents celebrate the town's patron saint and sell crafts and other merchandise. On July 23, Slow Food will set up a "Piazza del Gusto" to showcase the produce and local flavors of "Citta Slow" members. Event details are available in Italian at <http://www.fieralamaddalena.it>.

July 23-25 – "Sagra del fungo porcino" in Montoro Superiore (Avellino). Read more at <http://www.sagraporcino.com>.

Certified and affordable produce at new city farmers markets

Until December 19, at rotating locations around Naples, farmers markets provide great opportunities to purchase vegetables,

see JULY EVENTS Page 13



To have a live experience of "Vinum Nostrum: Art, Science and Wine Myths of in Ancient Mediterranean Civilizations," an exhibit that includes Pompeii's vineyards in the Museo degli Argenti at Palazzo Pitti in Florence, follow the "Ancient Wine Route" at Pompeii from July 20. The route will show the results of replanted ancient vines, grown by Antonio Mastroberardino, Campania's most famous winemaker. (Photo by J. Freed)



### NATO Office of Resources director visits JFC

Adm. Mark Fitzgerald, Commander, Allied Joint Force Command, welcomes Wayne Bush, NATO Office of Resources director, to JFC Naples July 6. Fitzgerald and Bush discussed topics of mutual interest. Bush is responsible to the secretary-general for the leadership and direction of all NATO international staff working on military resource issues. He ensures the delivery of integrated policy, technical advice and support to NATO resource committees. (Photo by Staff Sgt. Hillary Stonemetz, JFC Naples Public Affairs)

## 2010 Captain's Cup kicks off with a marathon



Petty Officer 2nd Class Keith Jeronimus prepares to cross the finish line in first place as he finishes the last leg of the 26-mile marathon relay race, while other sailors cheer him on.

Story and photos by  
MC2 (SW) Sylvia Nealy, USS Mount Whitney

Sixty sailors aboard USS Mount Whitney (LCC/JCC 20) kicked off the first event of the 2010 Captain's Cup competition with a marathon relay June 30. Sailors cheered as six teams of ten ran the 26-mile relay, which consisted of 130 laps around the main deck. "I thought it would be appropriate to start off with the team marathon considering we were transiting through the Danish Straits, and it would give everyone a chance to run in a very scenic part of the world," said Capt. Karl Thomas, commanding officer of Mount Whitney.

"As I started off the first leg, I paced myself and stayed with other runners to get a feel of what the race was going to be like," said Petty Officer 3rd Class Clint Kear. "I felt nothing but positive energy from all participants, not just from specific teams, and that helped me push through."

As the race continued, different strategies were exercised to gain the lead. However, by the end of the 3 hour, 22 minute race, three of the six teams were on the same final lap, working toward the win.

"During the marathon, everyone showed a lot of enthusiasm and truly enjoyed the competition. After running twice before, I felt honored to finish up the race and run the last leg," said Petty Officer 2nd Class (NAC) Keith Jeronimus, whose team won first place. "It felt great to represent the Air DET aboard the ship while still scoring points for the team."

Thomas explained, "Captain's Cup is an opportunity to build team spirit in a friendly competitive environment." Designed to challenge sailors and

boost morale, Captain's Cup features a total of 14 events over four months. Other events include FIFA World Cup, Rock Band, Madden and Ultimate Fighter played on PlayStation 3 and Xbox 360; a triathlon consisting of nine miles on the elliptical trainer and bike and a nine-mile run; Damage Control Olympics; basketball games; bench press and pistol softball competitions; dart, Foosball, chess, spades and Texas Hold 'em tournaments.

"I'll participate in as many events as the departments will let me; I think sometimes you have to show your sailors how to have a good time," Thomas added.

The 2010 Captain's Cup trophy will be presented to the winning team at Mount Whitney's holiday party at the end of the year.

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



As Kevin Murphy (left), chief cryptologic technician, starts to run, he receives the baton from Jahny Perez (right), cryptologic technician, during the 2010 Captain's Cup 26-mile marathon relay held aboard USS Mount Whitney (LCC/JCC 20).

## NSA Naples Receives "Hands for Soldiers"

Story and photo by MC3 Kristopher Regan, Navy Public Affairs Support Element East Detachment Europe

What time of year is better to show patriotism for your country than July? Whether it's proudly flying the American flag, participating in local parades and events, or just enjoying a local fireworks show, this time of year seems to bring out the pride in Americans across the world.

Naval Support Activity (NSA) Naples Public Affairs Office recently received a package from Easley High School students in South Carolina, who demonstrated their patriotism by sending more than 50 "Hands for Soldiers" to the service members in the Naples area.

"We received this package June 30th, just in time for the July 4th holiday," said Petty Officer 1st Class John Parker, NSA Naples assistant public affairs officer. "It is always nice to see that the people back home care about the sailors who are serving overseas. Many of the people who work together gathering these supplies have sons and daughters—some may even be in the Navy serving overseas. They know that just a simple hello or even a tiny gift means the world; it



Yeoman 2nd Class Victor Howard grabs a Hands for Soldiers package from the Naval Support Activity (NSA) Naples Liberty Center July 7. Hands for Soldiers, a non-profit organization created by Janey Turner, sends care packages to service members all over the world.

shows the sailors that someone someplace is thinking about them."

The box of care bags was given to the NSA Naples Liberty Center on the Capodichino base to be distributed to the service members who utilize the facility.

"This is a very thoughtful and considerate thing to do. It's really nice knowing that we are being thought about and thanked for what we are doing out here," said Petty Officer 2nd Class Dominique Jackson, a recipient of one of the care packages.

Hands for Soldiers is a non-profit organization started by

Janey Turner, 14, who wanted to send care packages to service members around the world. They are called "Hands for Soldiers" because the small packages are in the shape of hands.

Each care bag contains different items ranging from shampoo to candy and includes a hand written note showing the appreciation of the donor to the service member who receives it.

"We receive stuff like this now and then; it is always great to see how the public supports the troops, and it really raises the morale around here," said Elinor Johnson, Morale, Welfare and Recreation director.

## Sojourner Permit information

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

As part of the Area Orientation process, the U.S. Region Legal Serviceoffice, Europe Africa, Southwest Asia (RLSO EURAFSWA) assists in the preparation and oversees the acquisition of the Sojourner Permit for all personnel attached to U.S. Navy commands in the Naples area. Army and Air Force personnel stationed at JFC must apply for Sojourner Permits through the Carabinieri at the JFC Provost Marshall's Office, Building L.

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

## Safety Tips

### Protection that matters: A PPE checklist

In many occupations, workers need appropriate safety gear for the tasks they perform. Personal protective equipment (PPE) acts as a barrier against injuries. Without it, we would be plagued by lost-time injuries and fatalities.

#### HERE IS A PPE CHECKLIST TO USE AT WORK:

##### Eye protection

- Maintain your protective eyewear, like safety goggles, by frequently inspecting for dirt and scratches.

- Ensure all protective eyewear is clean before use and take time to clean the eyewear as required throughout each workday.
- If scratched, make sure that you replace your eyewear with a clean, unscratched pair.

##### Face protection

- Face protection, like masks, should be inspected for dirt and scratches on a regular basis.
- If face protection becomes dirty or scratched, it should be cleaned or replaced.

##### Head protection

- Hardhats must be properly adjusted to ensure the suspension system will distribute the impact evenly over your entire head.
- The hardhat should fit securely on your head to prevent it from slipping or falling off.
- Wear your hardhat directly on top of your head, with the brim facing forward.
- Hardhats must be inspected regularly and replaced if the shell or suspension is damaged.
- Hardhats will last longer if they are not stored in sunlight or heat.

##### Hearing protection

- Wear your hearing protection, like ear plugs, in posted areas.
- Wash your hands thoroughly before inserting hearing protection and make sure that earplugs are clean.

##### Hand protection

- Inspect your gloves prior to use and replace them if they are torn, cracked, worn thin or have holes.
- Check the material safety data sheet (MSDS) or speak with your supervisor before handling hazardous materials.
- Wear the right type of glove for the task.

##### Foot protection

- Inspect your footwear often to ensure the sole is still providing good traction and the rest of the boot or shoe meets safety standards.
- Replace the boot when the steel toe insert becomes exposed, the treads are worn or any part of the boot is cracked or worn thin.

Personal protective equipment is your armor against workplace "war wounds." Wear it with confidence.



# Rethinking recycling

Story and photos by Abigail Pfeiffer

At the town hall meeting June 30, Capt. Rabuse addressed the trash issue on the Support Site, which has been exacerbated by lack of recycling. According to Cdr. Erin Sanders of Public Works, "Recycling and the problem at the Support Site are so interconnected it's hard to talk about one without addressing the other." Most Americans have been recycling for years, so it might surprise some that recycling is such an issue on base. The majority of us know recycling is vital for saving natural resources, energy and landfill space. For example, the energy conserved from recycling a single can powers a TV for three hours. With figures like that, who wouldn't take the time to throw their sports drink bottle in the plastic bin?

However, three major problems continue to stymie those looking to help clean up the Support Site. If it were merely laziness or a refusal to participate in environmental conservation, education focusing on the tangible and intrinsic benefits of recycling would probably benefit the community. However, recycling levels at Capodichino base reach almost 70 percent, one of the highest levels in the military. Clearly, service members and their families know how to recycle. Yet, the problems on the Support Site stem from a variety of causes—all resolvable—leading to a mountain of trash that wouldn't look out of place in "WALL-E."

The three challenges facing the Support Site are:

1. Sorting at the source
2. How and what to recycle
3. Reducing volume

The first problem is sorting. "We have to change the general mindset of our American public to sort at the source," asserts Sanders. "People refuse to get used to it." Unlike America, where all recyclables are collected together and sorted at a plant, Italian collection consortiums require recyclable materials to be sorted into different categories. Those living and working on base should separate plastic, glass, paper and metal. Base housing provides colored recycling bins at move-in. Simple measures to sort recyclables would improve everyone's life. "If just 20-30 percent more recyclables were actually recycled, we could reduce the volume of waste to normal levels," Sanders explained. "Only around 40 percent of recyclables on the Support Site are being recycled."

Problem number two is closely related to the sorting issue because not everyone knows what or how to recycle. Although the basic plastic and glass sorting is intuitive, would you know what to do with an item that mixed materials, or wasn't immediately identifiable as recyclable, like a yogurt container? You'd be surprised how many people don't know that paper that has been contaminated by food or bodily fluids is not recyclable. These uncertainties could be eliminated if people took the time to look up the instructions readily available on how and what to recycle. For example, people should use clear plastic bags for their recycling. "Unless the folks recycling can tell it's properly segregated recycling, it's considered mixed," Sanders affirms.

Finally, the easiest problem to solve: reducing volume. As Capt. Rabuse emphasized in his town hall response, by crushing boxes and bottles, you can save available space for nonrecyclables, and conserve large amounts of energy and time in recycling plants. As Sanders stressed, "Plastic bottles and cans don't get crushed. Ten plastic water bottles fill up an entire can. If you crushed them down, you could have fit 50 bottles." At the Support Site, a few uncrushed boxes bol-



A 2 liter bottle takes up unnecessary space in the trash. Crushing the bottle reduces its volume by up to 80 percent, making storage and pick up of recyclables more efficient.

ster up a mound of garbage. Why not take the time to break down that box, or twist that bottle when it means eliminating the piles of trash? "We've done everything we can as an organization, without enforcing rules on a family-by-family basis," Sanders said. "I'd say 90 percent of the problem is separating and crushing bottles and breaking down cardboard boxes."

Being aware of a problem is the first step toward solving it. There are easy, pain-free changes that could alleviate or eliminate the recycling problem on the Support Site. If you need proof, look at the success story at Capodichino—two years ago, no one recycled. Now, general refuse cans are mini-sized because of the amount of waste that is recycled. Start small—next time you have that empty water bottle in your hand, take the extra ten seconds to crush it down and throw it in the plastic bin. You're not only helping keep the bases clean—you're saving the world!

Here are some tips:

- Wash and squash! Scrape out food remains and pour away excess liquids. Rinse afterward. If you'd don't, you could contaminate an entire batch of recyclables.
- If you use a lot of paper at work or school, try having a recycling bin under your desk
- Do some research on items you can recycle. Did you know you can recycle:
  - Batteries (car batteries, equipment batteries, flashlight—there are boxes for small batteries at central base locations like SS gym or outside the NEX. For car batteries, try the auto shop)
  - Beer and wine bottles, jars, other glass items
  - Paper and plastic bags (reuse first if possible)
  - Magazines, newspapers, phonebooks and thin cardboard boxes, like food packaging
  - Plastic bottles, plastic containers
  - Cans
  - Any items with the recycle symbol on them
  - Find new uses for your waste—recycling can also mean using old newspaper as wrapping paper or old shirts as polishing rags! Save packing peanuts too, to use when you're shipping holiday presents or PCSing home.
  - Try to remove labels and lids when possible.
  - Get your family involved. The more people involved, the smaller everyone's individual task becomes easier.

## JULY EVENTS Continued from Page 10

fruits, fine wines, cheeses, sausages, processed and extra virgin olive oil directly from participating Campania producers. For the market locations and schedule, click the .pdf link at: <http://www.comune.napoli.it/flex/cm/pages/ServeBLOB.php/L/IT/IDPagina/12587>.

### MEDIEVAL FEST

Five Melizzano districts compete July 11

Flag bearers, archers and musketeers will accompany medieval-costumed townsfolk as they parade preceding the "Giostra della Quintana" (Country Joust). The village's stone houses, narrow streets and old churches evoke medieval charm. Adding to the mix of color and excitement are oil and wine tastings held in the town's historical cellars. The costume parade is scheduled to begin at 3:30 p.m. and the joust is at 6:30 p.m. Go to [http://www.quintanastorica.it/Quintana\\_Storica/La\\_Quintana.html](http://www.quintanastorica.it/Quintana_Storica/La_Quintana.html) for more information.

### WALKING TOURS

Caserta Royal Palace's "New Paths of Light"

Sounds, lights, colors, fauna and flora combine to create a magical atmosphere at the palace park every weekend until September. An hour-and-a-half long walking tour departs from the stairway by the statue of Hercules before following a path to the recently restored "castelluccia" (small castle). The walk culminates around the "pescheria grande" (large fish pond), where King Ferdinand IV carried out mock sea battles. At the end of the tour, a fasci-

nating "dance of fire and water at nightfall" is staged to Baroque music to recall the royal custom of lighting fireworks after major festivals. For the schedule, bookings and cost, call 0823-329-607 or log onto <http://www.nuovipercorsidiluce.it>.

"Moons of Pompeii" a nighttime light and sound walk

Experience magic and mystery as actor Luke Ward guides a nighttime walk around the ancient city's seven "moons" or attractions. The itinerary begins at the Porta Nocera necropolis (Moon of Death), followed by stops at Hercules' house and garden (Moon of Hope). Next stop is the ancient city walls, where sophisticated projections reveal the site's former landscape (Virtual Moon). Then, it is onto the House of Perfumers (Moon of Success), Via Abbondanza for its ancient vitality (Moon of Life) and the Amphitheater, which replicates the noise and tumult it once witnessed (Absent Moon). The last stop is at the Moon of Fun. Ends in October. For details visit <http://www.lalunedipompei.it>.

View Pozzuoli lakes before visiting a wine cellar

Join a free guided morning walk (in Italian only) July 17, focusing on the intriguing Averno and Lucrino lakes. The tour, part of the "2010 Litorale Flegreo Sapere & Saporì Internazionale" program, promotes the area's tourist attractions. The two-hour tour leaves from Bar Piazzetta Lucrino at 11 a.m. Parking is available at the public swimming pool near the front of the restaurant. Call or e-mail Prof. Mario Del Noce at 081-526-8880, 348-825-2470 or [mariodelnoce@tin.it](mailto:mariodelnoce@tin.it) to sign up.

Buon divertimento!

# Jobs

## HUMAN RESOURCES OFFICE (HRO)

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

The Human Resources Office is located at Capo Admin I, first floor. The customer service hours are **Monday through Friday from 8 a.m. to 3:30 p.m.**

Applications are accepted at the Security Pass and ID Office at Capodichino and Gricignano, OR at the HRO, located in Admin 1, Capodichino, OR by mailing to: HRO, PSC 817 Box 29, FPO AE 09622, OR at Fleet and Family Support Center (FFSC) located on the TLA first floor at Support Site. HRO must receive mailed applications by closing date of the vacancy announcement.

## 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 15 JUL 10

**Secretary (O/A)**, GS-0318-07, ANN#EUR10-726913-AG, Full-time permanent  
**Information Technology Specialist (SYSADMIN/CUSTSPT)**, GS-2210-11 KPP 12 or GS-2210-12, ANN#EUR10-734405-AV, Full-time permanent

**Supervisory HR Specialist (Employee Relations/Employee Benefits)**, GS-0201-12, ANN#EUR10-704197-SC, Full-time permanent

CLOSING 22 JUL 10

**Supervisory Distribution Facilities Specialist** GS-2030-11, ANN#EUR10-728625-AG, Full-time permanent

## OPEN CONTINUOUS ANNOUNCEMENT

**Education and Training Tech (CDC)**, GS-1702-02 KPP 03 KPP 04, ANN#EUR10-709145-AG, (Multiple Positions), Full-time permanent. Next cut-off date is July 22.

## COURTESY US VACANCY ANNOUNCEMENT

**Community Bank, Banking Center Service Supervisor**, Capodichino U.S. Navy

Base, Naples, Italy. To apply online, please use the "Careers" link at: [www.dodcommunitybank.com](http://www.dodcommunitybank.com), or submit your resume at HR Europe: [pia.krucker@dodcommunitybank.com](mailto:pia.krucker@dodcommunitybank.com).

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

**Educational Facilitator**, Navy College Learning Center. Call Melissa or Tiffany at 081-568-4006 or stop by Capo, Admin II, Room G006 for information on how to apply for this position.

**Field Representative**, Central Texas College Office-Naples. Call Sue Andrews at DSN: 634-7162 or CIV: 39-0444-717162 on how to apply for this position.

## Contract Dental Assistant

The U.S. Naval Hospital is seeking a full-time contract dental assistant for the dental clinic at the Support Site. If you are interested in the position, please contact Ms. Paola Gargiulo at 081-811-6117 or e-mail: [Paola.gargiulo@med.navy.mil](mailto:Paola.gargiulo@med.navy.mil). The position will remain open through July 15.

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

## LOCAL NATIONALS (LN) POSITIONS

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>.

## NO VACANCIES

If you have any questions/comments with regard to HRO Naples services, please contact the director's office at 081-568-5770. You can also submit your questions/comments to the HRO website at [www.CNIC.navy.mil/Naples/index.htm](http://www.CNIC.navy.mil/Naples/index.htm); click on "CNR-EURAFSWA Human Resources Office." Under the HRO page, click "Contact Us"; a form will appear. Please complete the short form and submit. You will be contacted within 24 hours, so please be sure to provide your contact information. Thank you and we appreciate your input—negative or positive—so that we can find ways to improve the HRO services, or continue to provide excellent service. As a reminder, an HRO representative is available for the bi-weekly "Meet & Greet" at the NSA Support Site, Navy Exchange food court

area from 8 to 9 a.m. Please feel free to come by, pick up a copy of a vacancy announcement that you may be interested in applying for, or ask questions. If the HRO representative is unable to provide you a response, he/she will bring the question back to HRO and you will be provided an answer or a call back the same day. The next "Meet & Greet" is July 19, 2010.

## NON-APPROPRIATED FUND (NAF) POSITIONS

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

*The necessary application forms are also available online. For any questions, you may reach us at 081-568-5612/4164.*

## NSA NAPLES POSITIONS, MWR OPEN CONTINUOUS POSITIONS

**Child Program Assistant**, CY-1702-I/II, ANN#10-007, (Multiple Positions) flexible, Child Development Centers, School Age Care, Capodichino and Support Site. Job Summary: Performs routine, day-to-day care of infants and children ranging from 6 weeks to 5 years old.

**Youth Program Assistant**, CY-1702-I/II, ANN#10-069, (Multiple Positions) flexible/regular Youth Programs, Support Site and Carney Park. Job Summary: Assembles materials and equipment necessary to execute School Age Care for children ranging from 7th to 12th grade and Youth Center programs for children ranging from 6 to 12 years old. Receives and releases children to/from authorized parents/guardian.

**Recreation Aid**, NF-0189-01, ANN#10-021, flexible, Fitness Forum, Support Site. Job Summary: Assists 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 maintains recreation and athletic equipment issue.

**Recreation Aid**, NF-0189-01 ANN#10-064, flexible part-time, Bowling Center, Support Site. Job Summary: Provides oversight of activities and necessary services to authorized patrons.

**Recreation Aid**, NF-0189-01 ANN#10-065, flexible part-time, Liberty Division, Capodichino. Job Summary: Helps customers in the recreation center with recreational events.

**Recreation Assistant**, NF-0189-02, ANN#10-020, flexible, Fitness Forum, Support Site. Job Summary: Provides instructions to patrons in a variety of physical fitness classes.  
**Motion Picture Projectionist**, NA-3910-07, ANN#10-084 flexible part-time, Reel Time Theater II, Support Site. Job Summary: Operates permanently installed 35 mm motion picture projectors, insuring a standard quality of sound and picture projection. Closing date: 07/09/2010.

## NEX EMPLOYMENT OPPORTUNITIES

**Gricignano, Building 2091-B**  
Call 081-813-5252/5253/5254  
Monday through Friday  
8 a.m. to 3:30 p.m.

NEX job opportunities are now posted on the Web at <http://www.navy-nex.com>. Submit completed applications to NEX

Human Resources Office located above the main Exchange.

If you have questions, please call the above numbers.

## U.S. NAF POSITIONS AVAILABLE

CURRENT U.S. FLEXIBLE POSITIONS  
MAY BE NON-COMPETITIVELY  
CHANGED TO REGULAR POSITIONS

**GRICIGNANO MAIN STORE**  
Ann#038-10 Lead Cashier Checker/CC/NF-01/RFT - Closes: 07/09/10.

**GRICIGNANO MINI MART**  
Ann#010-10 Sales Clerk/MM/NF-01/FLEX - Closes: 07/16/10.

**DISTRIBUTION CENTER, GRICIGNANO**

No Vacancies

**CAPODICHINO NEX MART**

No Vacancies

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

No Vacancies

**GRICIGNANO NAVY LODGE**

No Vacancies

**JFC-NATO MINI MART**

No Vacancies

## LOCAL POSITION

No Vacancies



The fishing town of Sant'Angelo is perched on cliffs on the southern coast of Ischia.  
Page 1: The town of Lacco Ameno provides one of the many stunning views from the summit of Monte Epomeo.

## A visit to Ischia in the Bay of Naples

Story and photos by Gary Rice

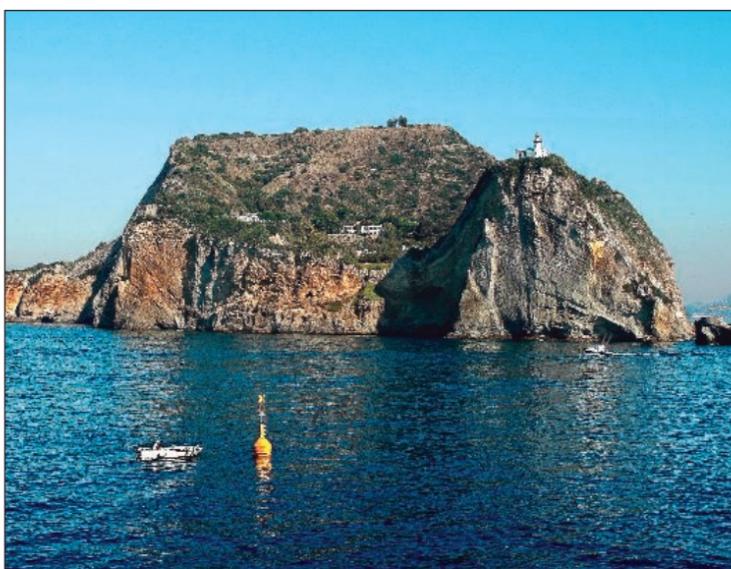
One of the great benefits of living in the Naples area is the wide range of interesting and scenic places that can be visited without having to travel very far. For example, check out the island of Ischia, the largest island in the Bay of Naples. Ischia has been famous for its spas since ancient times, and for many people the hot springs in places like Sorgeto are still its main attractions. But there are many other things to see and do for those who are looking for a bit of adventure.

My trip to Ischia began in the port town of Pozzuoli, where I boarded a ferry. The ferry ride across the Bay of Baia, around Capo Miseno, and past the island of Procida takes a little more than an hour.

Ischia is a scenic place with a green and rugged landscape. I stayed in a hotel near the town of Forio on the west coast of the island and did not have a car, but I was able to get around using the buses that circle the island all day long. The roads on the island are narrow and curvy, so I was happy to leave the driving to someone else.

After getting settled in my hotel room, I took a bus to the beach at Citara, which is considered to be the most beautiful beach on the island. It is a great place for a swim, nestled at the foot of Mount Epomeo—the highest mountain in the Bay of Naples at 2,580 feet—with huge boulders strewn about in the clear blue water. I wanted to climb to the top of this extinct volcano. So from Citara, I took a taxi to the village of Fontana, about halfway up the mountain. The rest of the way was on foot, and it was a tough 30 to 45 minute trek up a steep rocky trail to the top. The summit of Monte Epomeo is an open rock acropolis, and there are fantastic panoramic views across the bay and up the Tyrrhenian coast.

The next day, I rode buses around the island, hopping off here and there to visit a few choice locations. I visited the town of Lacco Ameno on the north



Capo Miseno, the rocky promontory at the end of the Baia Peninsula, is one of the scenic sights of the ferry boat trip to Ischia.

shore, where I saw the famous Fungo (mushroom) landmark, a massive hunk of volcanic rock thrown out from an eruption of Monte Epomeo that landed in the water just off shore. The highlight of the day was a visit to Castello Aragonese, a huge medieval castle complex built on an acropolis of rock off the east coast of the island. The acropolis is connected to the main island by a causeway built in 1438. The castle, which was featured in the movie "The Talented Mr. Ripley," is a composite of several architectural styles and includes a monastery within

its walls. There are stunning views from the battlements. After leaving the castle, I strolled through the island's main town of Ischia Porto, where there are many shops and restaurants. I finished the day with a visit to the seaside town of Sant'Angelo. The town was originally a fishing village and is now a thermal spa resort.

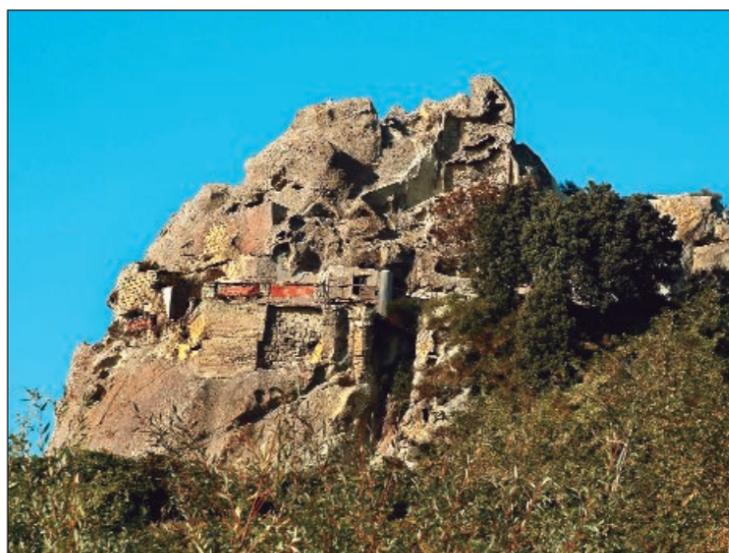
If you are looking for a great place to spend a day or weekend, where you can swim, hike, shop for souvenirs, and see some scenic sights without having to do any driving, Ischia is a great place to go.



The Fungo (mushroom) rock in the water just off the beach at Lacco Ameno is one of Ischia's most prominent landmarks.



The Medmar ferry Benito Buono makes the trip from Pozzuoli to Ischia in about an hour.



The summit of Monte Epomeo, the highest mountain in the Bay of Naples, is an open rocky acropolis that offers great panoramic views in all directions.