

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.cnic.navy.mil/Naples/index.htm> • Like us on Facebook *U.S. Naval Support Activity Naples*

55TH YEAR, NO. 30

Serving the NATO, Naples and Gaeta military communities in Italy

FRIDAY, JULY 30, 2010

SPEDIZIONE IN A.P. - 45% - ART. 2 COMMA 20/B LEGGE 662/96 - FILIALE DI NAPOLI

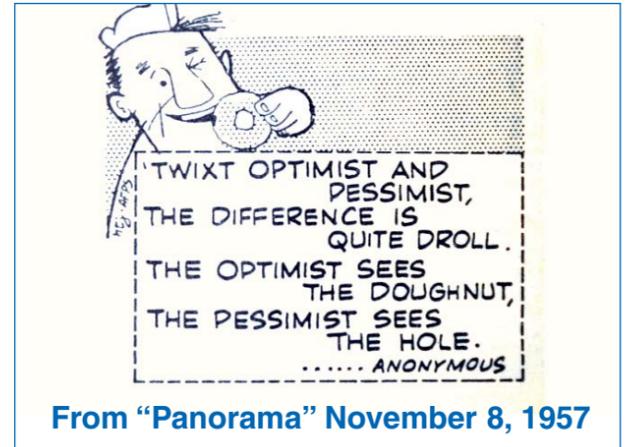


RED CROSS VOLUNTEERS

Page 6



NATIONAL NIGHT OUT AUGUST 3



From "Panorama" November 8, 1957

Calling all coaches!



Kids warm up with their volunteer coach for an MWR-sponsored game.

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

Well, it's that time of year again. Morale, Welfare, and Recreation (MWR) Youth Sports Programs (YSP) needs coaches for the upcoming soccer and flag football season. Throughout the year, many community members from Naples Support Activity (NSA) Naples volunteer their time to coach sports. They do it for various reasons: to be more hands-on with their children, to help or just because they love the sport so much. However, they're all volunteering to give back to the community, for our children. And you could, too.

You don't have to be a brilliant soccer or football player to coach. MWR is looking for anyone who enjoys working with children or is looking to help. And it's not only fun for the kids—it's fun for you too.

According to Aaron Donville, the MWR's child youth program assistant who is responsible for training coaches, about 100 to 150 volunteers sign up each year from NSA Naples to coach seasonal sports like flag football, soccer, basketball, baseball and softball.

Donville is impressed by the time and effort NSA Naples's volunteer coaches display; even though they're in a different country trying to adjust, these amazing volunteers still find time to coach.

"They're here for the kids, dedicating a lot of their time after work to help out the community, and it's great to know that commands are willing to give volunteers time off their normal schedules to coach," said Donville.

Chief Logistics Specialist Virgilio B. Gallardo is a prime example of a dedicated, volunteer coach who was hooked just by starting to volunteer. "I PCS'd into Naples last year and signed my 9 year-old son up for the MWR youth flag football season. During the coaches-parent meeting, one of the coaches informed us he was tasked for a three-week deployment, so I volunteered to help out the team," explained Gallardo.

To LSC Gallardo, coaching is not about winning, it's about teamwork and having fun. "The most rewarding thing about coaching to me is the smiles we put on our military kids' faces through the team building. I do not focus my coaching on winning; it's too much

continued on Page 6

FFSC's voluntary counseling: prevention and privacy

By Abigail Pfeiffer

"The usual stresses of life are compounded when you move overseas. What you experience in Naples—it's not just average stress," explains LT Jason Teel of the Fleet and Family Support Center (FFSC)'s Family Advocacy Program (FAP), which provides many resources, including voluntary counseling, for dealing with stress and its effects. Everything from getting groceries to buying gas takes more effort overseas, so normal stresses, like relationships and children, become exacerbated. However, instead of seeking help, many people choose to suffer in silence and let small problems escalate.

Some people avoid going to the FFSC's voluntary counseling because of the stigma attached to it—it makes people feel as if they're failing or unable to cope. Other people avoid it because they fear they'll be penalized when what is shared in a session is also shared with their command. These fears are unfounded: the mission of the clinicians at FFSC is to provide confidential support and a plan of action to deal with stresses greater than what you would probably face stateside. Going to counseling is coping, and nothing shared in a voluntary counseling session will be reported to command.

"We're here to help you," stresses Kathleen Williams, who is the supervisor for the four licensed clinicians at the FFSC. "Our main focus is pre-

vention. Issues need to be dealt with so they don't escalate to command intervention, or have a negative effect on your job performance or worse." In other words, the FFSC wants you to come to them before base security knocks on your door. The clinicians can help active duty service members, activated reservists, DoD civilians and family members of eligible beneficiaries with couple's communication, conflict resolution, parenting issues and grief and trauma recovery—or anything else you may need to cope. Their services are available without a referral, although referrals to other resources are provided as needed.

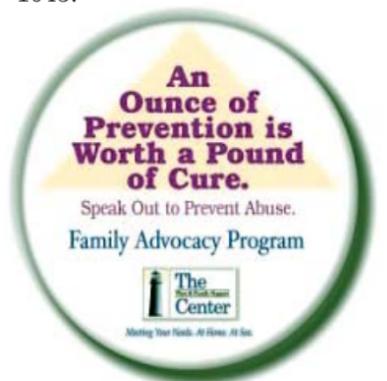
Don't let concerns about privacy stop you or someone you know from getting help, says Williams. "A lot of people still believe that if you come to the FFSC, we report it to your command. Not true." Any information you share with a clinician during voluntary counseling at the FFSC will be kept in strict confidence, and never shared with your command or anyone else without your permission. The only exceptions are if self-harm, domestic abuse or child abuse is suspected.

"One thing that isn't publicized enough is Restricted Reporting," asserts Williams. "We want victims to know they can come to us if they need help." If worries about repercussions are stopping you or someone you know from getting help, victims of domestic abuse may come and talk to a clinician under Restricted Reporting and there will be no

contact with command, unless the victim authorizes information to be shared. Restricted Reporting allows victims to disclose abuse to a FAP victim advocate, an FFSC clinical counselor, any person authorized to provide direct patient care in military medicine or a chaplain. Only reporting to the aforementioned sources guarantees any verbal, written or electronic communication is protected information unless the victim authorizes its release.

Ultimately, there shouldn't be a stigma on getting help early in a difficult environment. Prevention and privacy are what FFSC's clinicians strive to provide to everyone who comes through their doors. FFSC services are the same as any of the other resources FFSC provides—knowledge and information—so you and your family can continue to support each other and find personal satisfaction.

The FFSC operates from 7:30 a.m. to 4 p.m. Monday through Friday. It also provides services on Thursday and Friday at Capodichino, on the first floor of Admin I, Room 1045.



Events around town this weekend

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

- **Through August 1** – Enjoy prosciutto, biscotti and beans at a cuisine, sport and culture festival on Viale Monte Bellara Giovi in the commune of Salerno.
- **July 31** – Cheer for your favorite contrada at the **Palio dei somari**, the town's first donkey race, in the city of Ariano Irpino. Festivities begin at 2 p.m.
- **July 31** – Head to Praiano, along the Amalfi coast, for the **Luminaria di San Domenico**, where French acrobats and magicians will create a grand spectacle of fire starting at Via Marconi and ending

in the piazza San Gennaro. The parade begins at 10:15 p.m. Events continue through August 4.

- **July 31-August 1** – **Mercati al Borgo** celebrates the wine, history and culture of Taurasi, a small town in Campania famous for its DOCG Taurasi wine. Program includes guided tours of the historical center, music, wine tastings and market with local oils, cheeses and nougats.
- **July 31-August 1** – **Festival della Zampogna** in Polla (southwest of Potenza) features performances by zampognari folklore artists from southern Italy.

Naples' weekend forecast

	FRIDAY High 82 Low 66 T-STORMS		SATURDAY High 80 Low 68 RAIN		SUNDAY High 84 Low 68 SUNNY
--	---	--	---	--	--

Captain's Corner

By Capt. Robert Rabuse
NSA Naples Commanding Officer



We're halfway through the summer and the "slow" month of August upon us. For those new to the area, August is the month most folks take summer leave and Italy becomes a bit quieter (except for the beaches). What this means is that you should check facility and service hours for possible changes. There may be situations where lines are a bit longer or things seem to get done a little slower than they normally do. I ask for patience as you interact with personnel providing various services to you. We'll do our best to ensure the reduced workforce in the office doesn't translate into a loss of services to you this month. This is a reality for off-base establishments as well.

Summer is moving along as the sun continues to shine and the outdoor activities continue at a dizzying pace. I had a great week last week camping up north with the Boy Scouts. I know all of you are taking advantage of the warm weather and the break in the school year to take some time off and get out and take advantage of the things Naples and the rest of Europe has to offer.

We're still in the thick of PCS season, so sponsors please help out your incoming personnel. Don't leave them hanging because you planned a vacation and didn't arrange a stand-in. 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 over here. The USO, ITT, ICR and others have a host of tours aimed at getting you out of the TLA and into the local community to see some of the amazing sights in and around Naples.

PCS season also means farewells as many of our community members depart for new assignments. I'd like to bid farewell to our departing command chaplain, CDR Mark Logid and his wife Pat. I had the honor of speaking at his retirement ceremony Wednesday and I want to thank him again for his service to the NSA community and to the sailors and marines he has ministered to during his 22-year career. Fair winds, Chaps!

There are plenty of fun events going on around base and in town, so I encourage everyone to get out there and stay involved. National Night Out is Tuesday, August 3 on the Support Site. Look for event information in this issue of "Panorama" and in future PAO Notes.

Have a safe and happy weekend!

Community member in the spotlight



Despite her full workload, OS1 Marie (Isabel) Torres has volunteered over 400 hours for the American Red Cross since 2006. Isabel has also helped others volunteer; as a Red Cross disaster instructor, she has trained countless community members, including the Red Cross VolunTeens. She is also a health and safety instructor and a member of the local Red Cross advisory board. And she doesn't stop there—Isabel volunteers for extra duties within her command too. For instance, she was instrumental in helping sailors from USS Harry S. Truman (CVN 75) who were stuck in port after severe weather rolled in during Thanksgiving 2007. She sacrificed a family trip to manage a 24-hour shelter operation, aiding the Red Cross to house over 1500 service members unable to return to their ship. You have probably seen Isabel in action at one of the Red Cross's many fundraising activities or participated in a course she instructed. She is a caring and enthusiastic individual who will do anything it takes to get the job done. Many of us have been touched by the wonderful efforts of this amazing volunteer. Thank you, Isabel!

Every month a different community member will be featured in the spotlight. We invite you to submit nominations to the "Panorama" at naplespanorama@eu.navy.mil. Nominees can be anyone in the community (active duty, civilians or family members) who volunteers to better the NSA Naples community.

Base Notes

From Panorama staff reports

UMUC celebrates 60th birthday

The University of Maryland University College's (UMUC) 60th Birthday Celebration will be held August 6 from 10 a.m. to 3:30 p.m. at the Support Site Central Park. The celebration is free and open to the entire community—children are welcome. Enjoy free food, games and entertainment. Cake-cutting ceremony at noon. For more information and a schedule of events, call 081-568-6675/6674/6673.

NEX's A-OK Student Reward Program

The Navy Exchange (NEX) wants to help its customers pay for college educations through its A-OK Student Reward Program. Four times a year, four

students will be the recipients of a \$5,000, \$3,000 \$2,000 or \$1,000 U.S. savings bond, denominations at maturity. Any eligible full-time student that has a B-grade point average equivalent or better may enter the drawing. Eligible students include dependent children of active duty military members, reservists and military retirees enrolled in first through 12th grade. To enter, stop by any NEX with a current report card and have a NEX associate verify the minimum grade average. Then, fill out an entry card and obtain an A-OK ID, which entitles the student to discount coupons for NEX products and services. The next drawing will be held at the end of August. For more information, contact Kristine M. Sturkie at kristine_sturkie@nexweb.org.

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

New in and out processing location for JFC

The Facilities Management Branch In and Out Processing Center on JFC is now located in building L, next to the Pass and ID office in rooms 123, 125 and 127. The new customer service hours are Monday through Friday from 9 a.m. to noon and 1 to 4 p.m. Military and civilians assigned

continued on Page 3

C
O
N
T
A
C
T

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

N
A
P
L
E
S

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
Editorial Staff
Editor
Photojournalist
Contributors
MC1 (EXW/AW) Terry Vick
MC1 Edward Vasquez
MC2 (SW/AW) Felicito Rustique
MC3 Kristopher Regan
Volunteer Contributors
Stuart Gelb
Gary Rice
J. Freed, Lou Freed
Editorial Office:
Free Mercato Ads:
Paid Advertising:
Tel. 081/568-5335 - Fax 081/568-5112
Tel. 081/568-5856 - Fax 081/568-5112
Tel. 081/568-7884 - Fax 081/568-7887

This civilian enterprise (CE) newspaper is an authorized publication for members of the military services overseas. Contents of *Panorama* are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the U. S. Navy. The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement by the Department of Defense, or Stampa Generale S.r.l. of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user, or patron. A confirmed violation or rejection of this equal opportunity policy by an advertiser will result in the refusal to print advertising from that source until the violation is corrected.

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.

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

Base Notes

continued from Page 2

to JFC Naples who need NATO identification cards, ration cards or security badges can now do everything at one location. The FMB In and Out Processing Center averages 60 customers visiting multiple offices daily.

UMUC Europe offers new cyber security program

This fall, UMUC is offering a new B.S. degree in cybersecurity. This program is designed to provide the practical and theoretical training needed to fill the thousands of new positions projected to open in both the public and private sectors. The bachelor's

degree will prepare students to be leaders in the techniques, policies, operational procedures, and technologies that secure and defend the integrity, authentication and confidentiality of information and information systems. More information on the UMUC bachelor's degree in cybersecurity can be found at www.ed.umuc.edu/cybersecurity.

National Night Out

The 27th annual National Night Out will be held August 2 from 6 to 9 p.m. at the soccer field on the north side of the Support Site. National Night Out is designed to:

- Heighten crime and drug prevention awareness.
- Generate support for and participation in local anticrime programs.
- Strengthen neighborhood spirit and police-community partnerships.
- Send a message to criminals that neighborhoods are organized and fighting back.

Italian News Briefs

Compiled by Teresa Merola

Man's credit card stolen by wife

A man from Biella, a town near Turin, was worried his credit card may have been cloned when his bank sent him a statement showing four payments of €300 each he had no memory of making. He called the police, who discovered the payments had been made outside Biella with the man's original card, not a cloned one. The police also discovered the charges were made by the man's wife, who had been using it to go shopping. The woman, once confronted by her husband, admitted she had taken his card and PIN number and used it without permission.

12,000 publicly owned assets to be acquired by local authorities

In compliance with Italian federal property law, the Italian property agency has published a list of publicly owned assets on its website. These public assets may be handed over to municipal, provincial and regional authorities who have 60 days in which to request the transfer of assets, with a view to enhancing their value and possibly selling them off to reduce debts. The assets range from barracks to roads, schools, warehouses, industrial premises, farm residences, canals and plots of land. Among the 12,000 sites are the Palazzo Archinto in Milan, some areas of

the Superga hill in Turin and vast tracts of the Dolomites in the province of Belluno, from the Tofane to Monte Cristallo and Croda Rossa. Local authorities will also be able to acquire lighthouses, including the Spignon in Venice and the Mattinata lighthouse on the Gargano peninsula. The 12,000 properties on the website of the state property agency have been classified by province and category, and the agency will continue to update the list every fortnight. A definitive list will be incorporated into the year-end statements issued by the prime minister's office. The list excludes historic and artistic assets since the reform makes provision for these to be developed in conjunction with the ministry for the cultural heritage.

"Summer Nights Jazz" in Marcianise

The Reggia Outlet in Marcianise has organized four free "Summer Nights Jazz" shows taking place from 9 p.m. to midnight:

- July 30:** concert with singer Dionne Warwick
 - July 31:** show by the Neapolitan singer Tullio De Piscopo
 - August 1:** performance given by Neapolitan Heart, a Neapolitan jazz group
 - August 2:** concert by Avion Travel group
- FMI, email info.lareggia@mcarthurglen.com or call +39 0823510244

THE INSIDE PAGE...

AUGUST FFSC EVENTS

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

- 2, 9, 16 and 23 LOVE AND LOGIC FOR PARENTS** (11 a.m.-1 p.m.) A four-week introduction to parenting. Come to one class or all classes, and bring your lunch.
- 3 INSURANCE CLASS** (9-11 a.m.) An introduction to help you understand different types of insurance and provide insight on how to save money on premiums while financially protecting your family.
- 4 CAMEO STORE VISIT** (8 a.m.-2:30 p.m.) A visit to the Cameo factory.
- 4 INTRODUCTION TO LOVE AND LOGIC** (11:30 a.m.-12:30 p.m.)
- 5 SCHOOL LIAISON CLASS** (9:30-11:30 a.m.) Designed to give parents the tools to make their child's transition from school to school as seamless as possible.
- 5 THRIFT SAVING PLAN (TSP)** (9-11 a.m.) Focuses on retirement decisions and planning, including estimating future needs and income.
- 9 TEN STEPS TO FEDERAL JOB** (9:30-11:30 a.m.) Improve your chances of landing a federal position.
- 10 DEVELOPING YOUR SPENDING PLAN** (9-11 a.m.) Designed to enable participants to establish a personal or family spending plan.
- 10 SMOOTH MOVE** (8 a.m.-12:30 p.m.) Don't let your upcoming transfer catch you off-guard, start planning today!
- 10 EXPLORING POZZUOLI** (8 a.m.-2:30 p.m.) A tour of the town, including the port. Leaves from JFC.
- 10 STRESS MANAGEMENT** (8-11:30 a.m.) Designed to help you understand what stress is, recognize various responses to stress, and learn valuable tools and techniques to effectively manage stress. In the Fit Forum on the Support Site.

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 or 081-811-4617/4600.
- 19 MONTHLY BABY BASICS,** 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 and bathing); feeding, crying and comforting; health and safety, etc. Contact NCMRS for registration and information at 081-568-3913.

VOLUNTEERS NEEDED

NAPLES COMMUNITY GIRL SCOUTS NEEDS LEADERS AND CO-LEADERS. FMI or to volunteer, contact Staci Gelb at 081-811-5038 or naplesgs@yahoo.com.
THE ALLIED SPOUSES CLUB AMERICAN STORE needs volunteers for the International Bazaar held in October at JFC. If you would like to help, please contact Cindy Frano at 081-854-1906 or franossinnaples@gmail.com.

More "Inside Page" on Page 11

Multinational force responds during natural disaster training



In Devonport Plymouth, England, U.S. Military Sealift Command civil service mariners from USS Mount Whitney (LCC/JCC 20) and British Navy sailors from HMS Kent (F 78) combat a Class Bravo fire during the simulated disaster July 21 for FRUKUS exercise 2010.

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

Over 100 sailors and Military Sealift Command civil service mariners from Russia, France, the United Kingdom and the United States united July 21 to aid dozens of civilians left "stranded" at Bull Point Village, a realistic town constructed for disaster training during FRUKUS exercise 2010. The village was a full-size training ground, complete with the trau-

matic mock-ups of events expected to occur during a natural disaster. The sailors and civil mariners from the various countries worked together to fight fires, extract trapped "victims" and provide immediate first aid and survival supplies.

"I wanted to combine the nations and put them in a position to provide humanitarian aid and disaster relief effectively, while observing coordination between nations as they assist casualties using their tech-

niques to overcome the situation," explained Royal Navy Lt. Cmdr. John Bull.

In the scenario, there were 150 people living in Bull Point Village prior to the hurricane. However, after the four-hour long disaster training session, the count was at 11 deceased, 51 injured, 19 survivors and 69 villagers who escaped.

"This has been a new experience for me. It gave me the opportunity to see how other nations trained," said IS3 Jared Chase, a U.S. medical team member from USS Mount Whitney (LCC/JCC 20). "It forced me to react in a fast, efficient manner based on how realistic the scene was, with multiple distractions going on at once."

Royal Navy Rear Adm. Christopher Snow was observing the training. "This exercise is a great way to unite different nations, but underneath the surface it's about confidence, building trust, and understanding each other during FRUKUS exercise 2010," asserted Snow. "Today, we received a bit of experience of what life would be like in a real-life situation and during

this experience everyone can get a sense of what different navies can do together."

FRUKUS is an annual naval exercise involving the maritime forces of France, Russia, the United Kingdom, and the United States intended to formulate joint activities within a multi-national operational formation while improving inter-

operability between the nations. Mount Whitney is currently on its scheduled deployment in support of FRUKUS exercise 2010. She is the U.S. Sixth Fleet flagship homeported in Gaeta, Italy and operates with a hybrid crew of U.S. Sailors and Military Sealift Fleet Support Command civil service mariners.

Man
on the street
**What do
you do to
beat the
summer
heat?**



"Stay home, turn the air conditioning on and stay in bed all day."
Alex Archer, Subway employee



"I watch Christmas movies—I imagine myself in a colder place."
Katelyn O'Brien, dependent



"Stay inside until the sun goes down...until around 7:30."
Marsha Neeley, civilian



"Go to the pool and drink lots of water."
ETCS Bryan Welch



"I stay in. [When asked to smile for a photo] Marines don't smile."
Sgt. Herlando Gwynn



"I swim in the pool at the Hotel Agora."
AG2 (AW) Rhyhan Winbush

★★★★★ HOTEL AGORA ★★★★★

Serving U.S. and Nato Forces ★ Pet friendly ★ Apartments
Wi-Fi ★ Free Shuttle Bus to U.S. & NATO Bases
English Speaking ★ American Bar & Billiards

Daily Happy Hour ★ Special Events ★ Summer BBQ's
American Breakfast Buffet Saturday & Sunday open to public
Swimming Pool ★ 24 Hour Customer Assistance

Where you feel at home!

Please visit our website for more information and become our fan on Facebook for weekly updates! Thank You

Via Staffetta 207, Lago Patria (NA)-Tel. 081-3340594 • Fax 081-3340649
www.hotelagora.net – e-mail: info@hotelagora.net

GPS Coordinates
40.9152
14.0581

What is Autism?

Courtesy of the U.S. Naval Hospital, Naples

Autism is a term used to describe a developmental disorder affecting approximately one in every 110 children. Children affected by autism show developmental delays in various areas of function such as language, play and social interest. People with ASDs share some similar symptoms, such as problems with social interaction, but there are differences in when the symptoms start, how severe they are and the exact nature of the symptoms. Recently, the term autism spectrum disorder (ASD) has been coined to describe children with certain social, communication and play deficits. This term reflects the wide ranges of degrees of severity children who display autistic behaviors exhibit.

The incidence of ASD seems to be increasing. The cause for the increase is unknown. However, research has demonstrated how early intervention treatment services can greatly improve the skills of children who have ASD. It should be stressed that autism is not an emotional disorder. Rather, individuals with ASDs handle information differently than other people.

Types of ASD

According to the Centers for Disease Control (CDC), there are three types of ASD:

- **Autistic disorder:** People with autistic disorder usually have significant language delays, social and communication challenges and unusual behaviors and interests. Many people with autistic disorder also have intellectual disability.
- **Asperger syndrome:** People with Asperger syndrome usually have some milder symptoms of autistic disorder. They might have social challenges and unusual behaviors and interests. However, they typically do not exhibit significant delays in cognitive ability.
- **Pervasive developmental disorder—not otherwise specified (PPD-NOS, also called “atypical autism”):** People who meet some of the criteria for autistic disorder or Asperger syndrome, but

not all, may be diagnosed with PDD-NOS. People with PDD-NOS usually have fewer and milder symptoms than those with autistic disorder. The symptoms might cause only social and communication challenges.

Early Indicators of as ASD

Sometimes ASD can be detected as early as 18 months, though after age two, a diagnosis by an experienced professional can be considered reliable. In general, the sooner treatment is started, the better. The following is a list of behaviors that may be indicative of a developmental concern:

- Doesn't respond to their name by 12 months
- Doesn't point at objects (like an airplane flying over) to show interest by 14 months
- Doesn't play pretend games (“feeding” a doll) by 18 months
- Avoids eye contact and wants to be alone
- Has trouble understanding other's feelings or talking about own feelings
- Has delayed speech and language skills
- Repeats words or phrases over and over (echolalia)
- Gives unrelated answers to questions
- Gets upset by minor changes
- Has obsessive interests
- Flaps their hands, rocks their body, or spins in circles
- Has unusual reactions to the way things sound, smell, taste, look, or feel

The presence of one of these behaviors does not indicate an ASD, but rather a departure from typical development. Only a trained professional can make the diagnosis.

The Education and Developmental Intervention Services (EDIS) office, located on the Support Site, has the professionals who can screen and diagnose children under the age of 36 months with developmental disorders. The EDIS clinic uses a variety of tools to assess children for ASD. These include a standardized test, interviews with all relevant caretakers, observations in numerous settings and assessments of the child's skill level in the areas of speech and language, self-help, social skills and motor skills.

Treatment

There is currently no cure for ASDs. However, a number of treatments are available. Early intervention usually focuses on services provided by speech and language pathologists and early childhood special educators who provide specific strategies to help parents enhance their child's communication, play and social skills.

Structured preschools also provide surroundings to address some of the deficits seen in a child with autism, by creating a predictable setting to help the child understand the structure of the day and “what comes next.” In a structured preschool, there are cues and other tools that make it easier for the child to develop needed skills.

Applied Behavior Analysis (ABA) is another promising treatment for children with autism. Analytic behavior treatment for autism focuses on teaching small, measurable units of behavior systematically. Every skill the child does not exhibit (from relatively simple responses, like looking at others, to complex ones like speech and peer interaction) is broken down into small steps. Each step is taught by presenting a specific cue to be followed by an appropriate response.

EDIS provides early intervention as well as specialized diagnostic services for families with children who qualify. The ECHO program (Extended Care Health Option), a supplement to the basic TRICARE program, provides financial assistance for an integrated set of services to eligible active duty family members, including family members of activated National Guard or Reserve members. There is no enrollment fee, though family members must have an ECHO-qualifying condition, such as an ASD, a prescription from the primary care physician and enrollment in the Exceptional Family Member Program (EFMP) as provided by the sponsor's branch of service.

If you think your child might have an ASD, contact the EDIS clinic at 081-811-4676 and share your concerns. Research shows early intervention services can greatly improve a child's development. In order to make sure your child reaches his or her full potential, it's very important to get help for an ASD as soon as possible.

Summer Sports Dangers: Swimming and Boating

The Fifth Story of a Five Part Series on the Hazards Associated With Summer Activities



Story by ICE1(SW) Brian Teneyck

Summertime signals the start of long hot days, perfect for boating and swimming in cool water. Most people have experienced being around water, whether at the beach or the lake, for most of their lives. Yet, boating and swimming accidents are one of the leading causes of injury and death for service members during the summer months.

For many service members, the beach is a welcome escape from the strain of long workdays, deployments and duty. “It's one way to relieve stress,” said CS1 Vicki Boozer, a flag mess specialist assigned to U.S. 6th Fleet. “The beaches around [Naples] are beautiful.”

Yet, despite the benefits of the water, thousands of people drown each year. In fact, two marines and a sailor have drowned in unrelated incidents within the last 30 days. Even non-fatal drowning can result in long-term disabilities, such as memory problems, learning disabilities and loss of basic functions.

Drowning is not the only threat posed by the water. Millions of people visit sun-drenched beaches throughout Europe every year—some of them indulging in the alcohol readily available around most of these locations. According to the Centers for Disease Control and Prevention (CDC), alcohol is involved in up to half of all deaths associated with water recreation, and approximately one in five reported boating fatalities. Alcohol influences balance, coordination and judgment, especially during the summer, when its effects are heightened by exposure to the sun. Irresponsible use of alcohol by personnel can ruin careers and lives.

“The same rules for driving under the influence in two- and four-wheel vehicles apply to operating a boat, and the requirement to be responsible when using alcohol applies at all times,” said Steven Kalnasy, deputy region safety director. “You may still have an accident without using alcohol, but by including it in your plans you increase the likelihood that something will go wrong.”

Although not drinking alcohol will reduce the risk of injury and death, dangers cannot be eliminated completely. Service members should still be conscious of the perils associated with water recreation and take precautions to minimize the risks to themselves and others.

“Being unprepared seems to be the main factor in most mishaps in and on the water,” added Kalnasy. “Do a simple risk management drill before you go.” Kalnasy urges checking the weather and water conditions before leaving for the beach.

The CDC recommends watching for dangerous waves and rip currents. Rip currents can be identified by water that is discolored and choppy, foamy or filled with debris moving in a channel away from shore. If caught in a rip current, swim parallel to the shore until free from the current's path. Then swim safely to shore.

continued on Page 6

Red Cross volunteers help others and themselves

Photos and story by Katelyn O'Brien

It's easy to write off the person cleaning your teeth as just another dental hygienist. After all, they all wear gloves and encourage flossing. However, the person cleaning your teeth at the U.S. Naval Hospital Naples dental clinic might be part of the dental assistant training program (DAP), an effort in partnership with the American Red Cross to ensure that our community's dental services are the best that can be offered.

The Red Cross and the U.S. Naval Hospital Naples dental clinic teamed up May 3 to begin DAP, a program instructing interested volunteers in the field of dentistry. The seven-week program teaches participants an assortment of skills including customer service, CPR, dental theory and terminology, sterilization, materials and procedures, four-handed dental assisting and x-ray procedures. Participants enrolled in DAP receive top-notch dental training at zero cost—everything is done

on a volunteer basis—and, in turn, assist the community by using their skills. "It's really an amazing program that will benefit anyone who takes part in it both here and in the States," affirms Susan Miller, Red Cross volunteer coordinator.

Currently, there are five DAP participants serving the Naples community at the dental clinic. They do everything from comforting patients going through painful procedures to sterilizing tools to filing information. At the program's end, each volunteer will have completed 562 volunteer hours, adding up to 2810 total volunteer hours.

Crystal Reynolds, team leader for the current group of volunteers, describes the diverse skills acquired as one of the program's highlights. "You have a variety of different things under your belt so that if you try one part of dentistry and it doesn't work out, you can just try another," she explained. Reynolds, who already has 300 of the required 562 volunteer hours needed to graduate from the course, will be done a month and a half early.

Upon completion of the program, the graduates will have a thorough knowledge of dentistry and be prepared to take the board certification exam. Reynolds plans to use the skills gained volunteering to pursue a career as a dental hygienist. She credits the program team with providing a positive working and learning environment. "We all kind of just came together. It was team work."

The next session will begin in October, but you can sign up now at the Red Cross office, in Admin II, on the ground floor, room G-28. Any U.S. dependent over the age of 18 with a current military ID is eligible for the program. Applicants must also be registered Red Cross Volunteers and have a vested interest in participating in the program. Call 081-568-4788 for more information.



Crystal Reynolds, a Red Cross volunteer at the dental clinic, assists in a routine check-up, using the skills she learned during the Red Cross's dental assistant training program (DAP).

E-leave to begin at shore commands

By MCI (AW) LaTunya Howard, Navy Personnel Command Public Affairs

The Navy announced plans July 27 to phase-out traditional paper chit leave in favor of the new electronic leave (E-Leave) system, which allows sailors to electronically route leave chits through the chain of command for approval. All shore commands will use E-Leave to request, track and manage leave chits once their command leave administrator (CLA) completes initial setup within the Navy Standard Integrated Personnel System (NSIPS).

"All shore commands will be able to begin at once on August 1, and everything should be running smoothly by the October 31 deadline," predicts Art Tate, NSIPS/ESR implementation manager and fleet liaison.

There should be no problems with the new electronic system. "We beta-tested the E-Leave system from March 1 to April 13 and 99.3 percent of all transactions were accepted and processed," asserted Milene Wagner, NSIPS E-Leave project manager. "Because the beta went so well, we also extended the use of E-Leave to some sites in Gulfport, Miss., Keesler Air Force Base in Biloxi, Miss., Stennis Space Center, Miss., and in New Orleans. To date, all transactions were accepted and processed with a 99.7 percent pass rate for these sites."

CLAs will have the capability to manage E-Leave transactions, including corrections and cancellations. CLA or ESR self-service users will also have the ability to request an extension. E-Leave will automatically checkout Sailors on leave 24 hours after initial start date and check in Sailors 72 hours after their return date.

"It allows commands to manage their own electronic leave control log. Commands will have full visibility in the system to identify the status of any sailor's request and easily track and account for all sailors on leave at any given time by using the electronic reports capability that each CLA will have access to produce," explained John Courtney, Navy electronic leave program manager. "Once E-Leave is implemented, command's leave processing will be automated, ensuring pay and entitlements are properly accounted for with the Defense Finance and Accounting Service."

CLAs at each command will be accountable for all leave transactions processed via E-Leave. The Navy requires all personnel shore detachment (PSDs) and shore commands to be fully using E-Leave by October 31, 2010. Sailors, reviewers and approvers can access E-Leave through NSIPS at <https://nsips.nmci.navy.mil>.

For more information, E-Leave User Guides, training presentations and additional resources can be accessed via the Navy Knowledge Online website.

Sports physicals

U.S. Naval Hospital Naples

Please schedule your teenager's high school sports and scouting physicals now. Do not postpone making an appointment until school starts. Physicals are not required for MWR sports participation.

There will be appointments at the Naval Hospital Pediatrics and Family Practice clinics on select Thursday afternoons. Call 081-811-6000 to schedule an appointment as soon as possible. Stop by the school nurse's office to pick up the necessary paperwork.

End of the fiscal year contracts deadlines

The end of the fiscal year contracts deadline is approaching. Commander, Fleet and Industrial Supply Centers (COMFISCS) San Diego has established dates for acceptance of purchase or contract requests for all COMFISCS contracting departments, including FISC Sigonella (FISCSI) Code 200 Contracting Detachment Naples. Many of these deadlines have already passed and are provided for information purposes only.

Submission Date	Estimated Amount	Type of Action
April 30	over \$1 million to \$5 million	New Contract
June 1	\$100,000 to \$1 million	New Contract
June 1	over \$100,000	Annual Rental and Maintenance
June 14	over \$100,000	Delivery Order
June 28	any amount	Exercise of Option
Aug. 9	\$25,001 to \$100,000	Purchase/Delivery Order
Aug. 23	\$25,000 or less	Purchase/Delivery Order

Funding documents should be transmitted directly from CFMS to RCP/WebOTF. Customers will need to submit all supporting documents (statements of work, etc.) directly to FISC Sigonella NRCD. Submit Direct Cite funding documents to the COMFISCS Comptroller through the automated RCP/RQN at www.webotf.ahf.nmci.navy.mil. You may also fax RCPs/RQNs to (918) 272-1732 or e-mail them to rcp@ahf.nmci.navy.mil. The FISC Sigonella NRCD point of contact is Mr. Pearse McDade at 081-568-4150 or pearse.mcdade@eu.navy.mil.

Calling all coaches!

continued from Page 1

pressure on our kids at these young ages. I focus on teamwork, learning fundamentals, staying physically fit and having fun."

Volunteering is also about giving children in our community a chance to play sports. MC1 John Parker, who coached an MWR soccer team last year explains, "In a small military community it is very important to provide a chance for our kids to play organized sports. Our kids may not have a chance to go out in town and play with the Italian kids, so MWR provides them with the opportunity to play, but without volunteers to coach they would not get this chance."

If you're afraid of being sent in blind, MWR provides training for all their coaches. MWR works very hard to help dedicated volunteers become better coaches by holding events like a soccer coaches training course, Coach the Coaches, which will be held August 24-26 from 4-8 p.m. at Carney Park. This is an opportunity for volunteer coaches to learn from experienced, licensed coaches who will provide useful tips for training sessions and help set-up practice plans.

Although many amazing people are already volunteering, there always seems to be more kids than coaches. You don't have to be a parent, just someone who wants to be part of the team, helping our children explore the world of sports.

Summer Sports Dangers

continued from Page 5

The Naval Safety Center encourages service members to visit beaches with lifeguards on duty whenever possible. "Ensure you let someone where you are going and when you will return," said Kalnasy. "Never swim or boat alone."

Boating, even in company, can be especially dangerous. The U.S. Coast Guard deals with thousands of boating incidents every year. Before ever taking a boat out to sea, the Coast Guard encourages operators to take a course on safe boating practices. Knowing proper vehicle operation and right of way will allow operators to transport passengers safely through waterways. Also, an inspection to ensure the boat is seaworthy should be performed before leaving the pier.

The Naval Safety Center, CDC and Kalnasy all agree the simplest safety measure when boating is wearing a life jacket. The Coast Guard emphasizes that "properly fitted life jackets can prevent drownings and should be worn by everyone, at all times." According to the CDC, 9 out of 10 people who drown while boating do not wear life jackets. Ensuring that all passengers on board are wearing life jackets is an easy way to save lives and greatly reduced the risk of fatality.

Swimming and boating can be dangerous, but with proper precaution and planning, these activities can be safe and enjoyable for the whole family. "Be smart about your planning," stresses Kalnasy, "and the odds of returning home safely are increased."

For more information on swimming and boating safety, visit www.safetycenter.navy.mil or www.cdc.gov.

MORE INSIDE PAGE...

VOLUNTEERS NEEDED continued

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 or Lt. Ebony Ferguson at 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 or visit <http://www.alliedspousesclub.50webs.com/>.

NAVY LEAGUE OF THE U.S./NAPLES COUNCIL is seeking board members. Those interested, contact Betty Reese at 081-526-8051 or breese@cybernet.it.

NAPLES AMERICAN RED CROSS (ARC) NEEDS VOLUNTEER INSTRUCTORS. The Fundamentals of Instructor Training (F.I.T.) is a prerequisite course to the Instructor Training course. FMI or to sign up, contact the office at 081-568-4788.

TEEN BABYSITTERS CAN EARN MONEY. All American Red Cross certified babysitters interested in babysitting can post a business card at the Fleet and Family Support Center. FMI, contact FFSC at 081-811-6551/6552/6555.

NAPLES OFFICIALS ASSOCIATION NEEDS REFEREES. Anyone interested should contact Nigel Alexander at 081-721-5413 or 346-680-3282 or by e-mail to nalexander@afsouth.nato.int.

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

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

NAPLES OVERSEAS SPOUSES CLUB (NOSC). Volunteer opportunities with mileage and child care reimbursement. NOSC needs volunteers to work at their Forgotten Treasures Thrift Store during the summer, weekends, nights, and on a daily basis. FMI, e-mail 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. 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.

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/.

THE KNIGHTS OF COLUMBUS, San Gennaro council 14853, meets at 7 p.m. the second and fourth Thursday of each month at the Support Site Fleet and Family Support Center. E-mail Jaime Gonzalez at kofcnaples@gmail.com or visit <http://sites.google.com/site/kofcnaples/home>.

SECURITY NOTE. All DoD military or civilian personnel hosting an event must complete a Special Event Force Protection Plan (SEFP) 45 days in advance, regardless of organization, if held off base and involving 50 or more personnel, or a gathering where distinguished visitors are involved. FMI, contact the AT/FP Division at 081-568-6300, or visit their office in Bldg. 447 behind BEQ II at Capodichino.

THE WELFARE & RECREATION ASSOCIATION is available to meet associates every Thursday from 11 a.m. to 1 p.m. at their location on the first floor of Building 450 upstairs from Capo Landing. FMI, visit <http://www.wraitalia.it/>.

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

AMERICAN SOCCER CLUB (ASC) NAPOLI PRACTICES WEEKLY. Soccer training for players ages 8-13 is taking place from 5-7 p.m. each Wed. FMI, visit <http://www.ascnapoli.com>.

PROTESTANT WOMEN OF THE CHAPEL (PWOC) holds Bible Study every Tuesday at 9 a.m. (child care provided) or 6 p.m. (no child care) at the Support Site Fellowship Hall. FMI, contact Tammy Owens at 081-811-5056.

PRAYER JOURNAL AND CHAPEL AVAILABLE 24/7 for meditation and prayer requests. Tuesdays 12-1 p.m. "New Beginnings" Bible Study; Wednesdays 11:30 a.m.-12 p.m. Catholic Divine Mass; Thursdays 6 a.m. Men's Spiritual Prayer Group (come before work briefly).
•All services in USNH Hospital Chapel on second floor of the hospital.

NAVY COLLEGE LEARNING CENTER offers self-paced computer courseware for the ASVAB, SAT, ACT, CLEP or GED exams. FMI, contact NCLC at Capo, Admin II, or call 081-568-4006.

MEN'S BIBLE STUDY "THE EDGE" from 12-1 p.m. every Wednesday at JFC Naples in the NCCC, room 223. FMI, contact Ben Shevchuk, 347-971-8416.

RECEIVE DAILY REFLECTION an inspirational thought-for-the-day e-mailed throughout the work week. To receive Daily Reflection, e-mail Chaplain Charles Luff at charles.luff@eu.navy.mil.

MAINSTAGE ENTERTAINMENT for the performing arts. For more info., visit <http://www.naplesmainstage.org>.

RED CROSS DISASTER ACTION TEAM: 081-568-4788.

NSA CHAPEL/USNH NAPLES MEDITATION GROUP, 7 p.m., Mondays (first-timers, arrive at 6:30 p.m.) Support Site side chapel (use side door under the clock tower). FMI, send an e-mail to bzzaragoza@yahoo.com.

WOMEN, INFANTS, CHILDREN (WIC) OVERSEAS PROGRAM offered at NSA Naples. Women who are pregnant, postpartum or have an infant or child under the age of five may qualify for the WIC Overseas a nutritional education program that provides supplemental foods. For more info., contact the WIC Overseas office at 081-811-4962/60.

FILIPINO-AMERICAN ASSOCIATION OF NAPLES, ITALY meets every 1st Sunday of the month at the SS Fellowship Hall at 12 p.m. FMI, contact John Tanedo at john.tanedo@eu.navy.mil or Phil Laroya at philip.laroya@med.navy.mil.

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.

Reel 2 Times cinema

Friday, 30 July		6 p.m.	Ramona and Beezus, G <i>Premiere Showing</i>
Noon	The Sorcerer's Apprentice, PG <i>School's Out Matinee</i>	8:30 p.m.	Killers, PG-13
2:30 p.m.	The Last Airbender, PG	9 p.m.	Get Him to the Greek, R
4:45 p.m.	Despicable Me, PG	Thursday, 5 August	
5 p.m.	The Karate Kid, PG	Noon	Marmaduke, PG
6:45 p.m.	Killers, PG-13 <i>Premiere Showing</i>	3 p.m.	Ramona and Beezus, G
8:30 p.m.	Get Him to the Greek, R	5:30 p.m.	Shrek Forever After, PG <i>Last Showing</i>
9 p.m.	Splice, R <i>21 Plus Movie</i>	6 p.m.	Salt, PG-13 <i>Premiere Showing</i>
Saturday, 31 July		8:30 p.m.	Knight and Day, PG-13
Noon	Despicable Me, PG	9 p.m.	MacGruber, R <i>Last Showing</i>
2 p.m.	The Last Airbender, PG	Friday, 6 August	
3 p.m.	Marmaduke, PG	Noon	Despicable Me, PG <i>School's Out Matinee</i>
5 p.m.	Twilight Saga: Eclipse, PG-13	2:30 p.m.	The Sorcerer's Apprentice, PG
6 p.m.	The Sorcerer's Apprentice, PG	4:30 p.m.	Ramona and Beezus, G
8:30 p.m.	Killers, PG-13	5 p.m.	Cats & Dogs: Revenge of Kitty Galore, PG <i>Premiere Showing</i>
9 p.m.	MacGruber, R	6:45 p.m.	Salt, PG-13
Sunday, 1 August		8:30 p.m.	Killers, PG-13
Noon	The Last Airbender, PG	9 p.m.	Get Him to the Greek, R <i>21 Plus Movie</i>
2 p.m.	Despicable Me, PG	Saturday, 7 August	
3 p.m.	Prince of Persia: The Sands of Time, PG-13	Noon	Cats and Dogs: Revenge of Kitty Galore, PG
5 p.m.	The Sorcerer's Apprentice, PG	2 p.m.	Despicable Me, PG
6 p.m.	The Last Airbender, PG	3 p.m.	Ramona and Beezus, G
8:30 p.m.	Inception, PG-13	5 p.m.	Salt, PG-13
9 p.m.	Killers, PG-13	6 p.m.	Cats and Dogs: Revenge of Kitty Galore, PG
Monday, 2 August		8:30 p.m.	Jonah Hex, PG-13 <i>Premiere Showing</i>
4:30 p.m.	Despicable Me, PG	9 p.m.	Splice, R
6 p.m.	Twilight Saga: Eclipse, PG-13	Sunday, 8 August	
7:30 p.m.	Inception, PG-13	Noon	Cats and Dogs: Revenge of Kitty Galore, PG
9 p.m.	Splice, R	2 p.m.	Despicable Me, PG
Tuesday, 3 August		3 p.m.	Marmaduke, PG
4:30 p.m.	The Last Airbender, PG	5 p.m.	Ramona and Beezus, G
6 p.m.	The Sorcerer's Apprentice, PG	6 p.m.	Salt, PG-13
7:30 p.m.	Inception, PG-13	8:30 p.m.	Jonah Hex, PG-13
9 p.m.	The A-Team, PG-13	9 p.m.	Inception, PG-13
Wednesday, 4 August		<i>Last Showing</i>	
Noon	The Last Airbender, PG <i>Last Showing, Family Matinee</i>		
3 p.m.	The Sorcerer's Apprentice, PG		
5 p.m.	Twilight Saga: Eclipse, PG-13 <i>Last Showing</i>		



Friday, July 30
7 p.m. Inception, PG-13
Sunday, August 1
2:30 p.m. Killers, PG-13



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

USO DAILY TOURS

July 30 Naples after work with pizza dinner € 39
July 31 Ruins of Paestum and Mozzarella Factory. € 50
July 31 Mini Cruise of the Amalfi Coast € 60
Aug. 1 Mid Summer Nights Wine Tasting. € 45

WEEKEND TOURS

Sept. 2-6 Labor Day in Corfu, Greece .. € 452
Sept. 5-6 Labor Day in a Tuscan spa .. € 181
Sept. 29-Oct. 3 Oktoberfest in Munich .. € 338
Oct. 8-11 Columbus Day in Venice .. € 197
Oct. 8-12 Columbus Day in Slovenia .. € 338
Oct. 16-17 Eurochocolate Festival in Perugia € 145
Oct. 30-31 Chianti Wine Trail € 175
Nov. 24-27 Thanksgiving in Paris € TBA
24-26 Nov Thanksgiving in a Tuscan Villa € 283
22-26 Dec Christmas in Budapest € 557
24-25 Dec Christmas in Rome € 139

Movie descriptions
No Children Under 10 Admitted to R-Rated Movies
Purchase advance (up to 14 Days) tickets & enjoy relaxed early seating to avoid long lines!!
Concession stand is available every day from one hour before first Movie through one hour into the last Movie. Enjoy!

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

Jonah Hex, PG-13 for intense sequences of violence and action, disturbing images and sexual content. Action/Adventure, Science /Fantasy, Western, and Adaptation, 81 min. Cast: Josh Brolin, Megan Fox, John Malkovich, Michael Fassbender, Will Arnett. Jonah Hex is a scarred drifter and bounty hunter of last resort, a tough and stoic gunslinger who can track down anyone... and anything. Having survived death, Jonah's violent history is steeped in myth and legend, and has left him with one foot in the natural world and one on the "other side." His only human connection is with Lila, whose life in a brothel has left her with scars of her own. Jonah's past is about to catch up with him when the U.S. military makes him an offer he can't refuse: in exchange for his freedom from the warrants on his head, he must track down and stop the dangerous terrorist Quentin Turnbull. But Turnbull, who is gathering an army and preparing to unleash Hell, is also Jonah's oldest enemy and will stop at nothing until Jonah is dead.

Ramona and Beezus, G. Comedy, Kids/Family and Adaptation, 104 min. First Run Over Seas in Theaters (FROST). Cast: Joey King, Selena Gomez, John Corbett, Bridget Moynahan, Ginnifer Goodwin. The misadventures of young, irrepressible Ramona Quimby and her big sister Beezus come to life in this family adventure based on Beverly Cleary's popular children's book series.

Salt, PG-13 for intense sequences of violence. Action/Adventure, Drama and Thriller, 100 min. First Run Over Seas in Theaters (FROST) Cast: Angelina Jolie, Liev Schreiber, Chiwetel Ejiofor, Daniel Olbrychski, August Diehl. Before becoming a CIA officer, Evelyn Salt swore an oath to duty, honor, and country. She will prove loyal to these when a defector accuses her of being a Russian sleeper spy. Salt goes on the run, using all her skills and years of experience as a covert operative to elude capture, protect her husband, and stay one step ahead of her colleagues at the CIA.

Killers, PG-13 for violent action, sexual material and language. Action/Adventure and Thriller, 100 min. Cast: Ashton Kutcher, Katherine Heigl, Tom Selleck, Catherine O'Hara, Kathryn Winnick. Spencer Aimes is just your average, undercover, government-hired super-assassin accustomed to a life of exotic European locales, flashy sports cars and even flashier women. But when he meets Jen Kornfeldt, a beautiful, fun-loving computer tech recovering from a bad break-up, he finds true love and happily trades international intrigue for domestic bliss. Three years later, Spencer and Jen are still enjoying a picture-perfect marriage... that is, until the morning after Spencer's 30th birthday. That's when Spencer and Jen learn he's the target of a multi-million dollar hit. Even worse, the hired killers have been stalking the happy couple for years, and could be anyone: friends, neighbors, the grocery store clerk, even that crabby old guy shuffling across the street. Now Spencer and Jen are on the run for their lives. As their suburban paradise turns into a paranoid game of dodge-the-bullet, they must find out who wants Spencer dead and why, all the while trying to save their marriage, manage his pain-in-the-ass in-laws, keep up neighborly appearances and just plain survive. And you thought suburban life was easy.

Marmaduke, PG for some rude humor and language. Comedy, Kids/Family and Adaptation, 88 min. Cast: Lee Pace, Judy Greer, David Williams, William Macy, Frank Topol. For Phil and Debbie Winslow, moving their family from Kansas to the OC is a big deal. For their enormous Great Dane "Marmaduke" however, the move means a whole new way of life. It's chaos at home and awkward at work as the Winslows struggle to control their angsty teenage canine.

Inception, PG-13 for sequences of violence and action throughout. Action/Adventure, Drama, Science Fiction/Fantasy and Thriller, 148 min. Cast: Leonardo DiCaprio, Marion Cotillard, Cillian Murphy, Ellen Page, Joseph Gordon-Levitt. Dom Cobb is a skilled thief, the absolute best in the dangerous art of extraction, stealing valuable secrets from deep within the subconscious during the dream state when the mind is at its most vulnerable. Cobb's rare ability has made him a coveted player in this treacherous new world of corporate espionage, but it has also made him an international fugitive and cost him everything he has ever loved. Now Cobb is being offered a chance at redemption. One last job could give him his life back but only if he can accomplish the impossible -- inception. Instead of the perfect heist, Cobb and his team of specialists have to pull off the reverse: their task is not to steal an idea but to plant one. If they succeed, it could be the perfect crime. But no amount of careful planning or expertise can prepare the team for the dangerous enemy that seems to predict their every move. An enemy that only Cobb could have seen coming.

Splice, R for disturbing elements including strong sexuality, nudity, sci-fi violence and language. Science Fiction/Fantasy, Suspense/Horror and Thriller, 104 min. Cast: Adrian Brody, Sarah Polley, Delphine Chanecq, Simona Maicanescu, David Hewlett. Clive and Elsa are a pair of brilliant scientists whose cutting-edge experiments in genetic engineering make them superstars in their field. As devoted to their careers as they are to one another, they start conducting unauthorized experiments with new animal species that show great promise. Drunk with their god-like powers, they introduce human DNA into one of their creations, producing a creature that is greater than the sum of its parts: a rapidly developing animal/human hybrid that may be a step up on the evolutionary ladder. While this female creature inspires maternal feelings in Elsa, she evokes something far-from-paternal in Clive, something that poses a threat to them all. Then, when this seemingly perfect organism makes a final, shocking metamorphosis, it is mankind itself that is threatened.

The Sorcerer's Apprentice, PG for fantasy action violence, some mild rude humor and brief language. Action/Adventure, Comedy, Science Fiction / Fantasy and Adaptation, 109 min. Cast: Nicolas Cage, Jay Baruchel, Teresa Palmer, Alfred Molina, Toby Kebbell. First Run Over Seas in Theaters (FROST). Balthazar Blake is a master sorcerer in modern-day Manhattan trying to defend the city from his arch-nemesis, Maxim Horvath. Balthazar can't do it alone, so he recruits Dave Stutler, a seemingly average guy who demonstrates hidden potential, as his reluctant protégé. The sorcerer gives his unwilling accomplice a crash course in the art and science of magic, and together, these unlikely partners work to stop the forces of darkness. It'll take all the courage Dave can muster to survive his training, save the city and get the girl as he becomes "The Sorcerer's Apprentice."

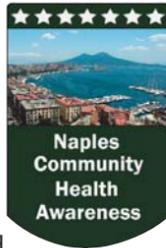
The Last Airbender, PG. Kids/Family, Science Fiction/Fantasy and Adaptation, 103 min. Cast: Noah Ringer, Nicole Peltz, Jackson Rathbone, Dev Patel, Aasif Mandvi. Air, Water, Earth, Fire. Four nations trying to defend the city from the Fire Nation launches a brutal war against the others. A century has 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.

Naples Public Health Evaluation

Phase II lab analysis, validation, report writing and review continues. The goal is to have the final Phase II report ready for public release by summer of 2010. Other PHE activities being considered include establishing new enduring processes that will continue after the PHE is complete. Personnel who have questions about their health or the Naples Public Health Evaluation should contact the Environmental Health Information Center at the U.S. Naval Hospital at

Gricignano. The phone number is 081-811-6321.

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



Safety Tip

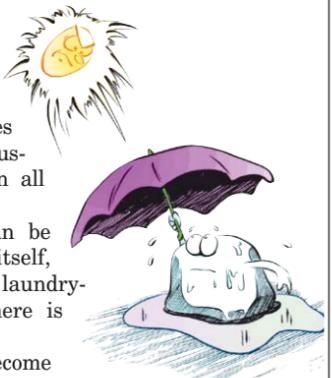
Be aware of risks posed by heat illness

Working in excessively hot environments can be grueling—and sometimes fatal. Unsafe temperatures can create a number of safety problems and result in hyperthermia. Hyperthermia includes illnesses such as heat cramps, heat exhaustion and heat stroke, all of which can all result in serious conditions.

Unsafe, excessively hot conditions can be caused by the weather or by the work itself, such as the environment produced in a laundry-room or foundry. When the atmosphere is humid, heat's effects are compounded.

Excessive heat can also cause you to become inattentive, short-tempered, dizzy and sluggish.

All of these conditions can cause you to work in an unsafe manner.



The warning signs of heat illness are:

- **Heat Cramps.** Heat cramps affect muscles used while working, such as those in the arms, legs and abdomen. These cramps may occur even after work, when the person is resting. Heat cramps are a sign the body has lost too much salt through perspiration.
- **Heat Exhaustion.** Heat exhaustion is a serious condition that requires immediate attention. A person suffering from heat exhaustion may have any or all of these symptoms: a feeling of fatigue, nausea, dizziness, pale and clammy skin, quick pulse and low blood pressure. Heat exhaustion is also a warning the body's mechanisms for controlling heat have become seriously overtaxed. Heat stroke may follow if heat exhaustion is not treated.
- **Heat Stroke.** Heat stroke is a life-threatening condition. It occurs when the body's heat control mechanism shuts down completely. Perspiration stops and body temperature rises. The heart pounds and the skin becomes flushed and hot. This condition is a medical emergency and must be treated immediately.

Some tips for preventing heat illness:

Get used to working in the heat gradually. For example, if the weather suddenly rises or you are transferred to a hot environment, take it easy until you are accustomed to the temperature.

Drink water often to avoid dehydration. The body loses water through perspiration, so you need to replenish frequently. Do not drink alcoholic or caffeinated beverages because they will cause you to lose even more water and salt. Also available are special drinks intended to replace the body's fluid and mineral levels.

Take frequent rest breaks when working in hot conditions. These breaks can consist of moving to a cooler area or switching to lighter work for a short time.

Get a physician's advice before replacing salt, particularly if your salt intake is restricted for medical reasons, such as circulatory problems. The use of salt tablets is not recommended. Eating lightly salted food—before entering the work environment—may be a better idea.

Dress lightly and in layers so that you can subtract or add clothing as the temperature changes. Be sure to shade your skin against the sun.

It is important to remain alert for signs of heat illness in yourself and in your co-workers. If signs of heat illness develop, move the victim out of the heat and cool him down as quickly as possible. If you have any reason to suspect the victim may be suffering from heat stroke, call for medical help immediately.



CAPTION THIS PHOTO!

The "Panorama" staff wanted to add a little spice to this week's paper. This photo needs a caption! You, the reader, submit a caption and we, the staff, will print the winner in next week's paper, August 6. Just submit your outline for this wacky shot by noon Wednesday, August 4 to naplespanorama@eu.navy.mil. (Photo by MC1 John Parker)

Animali / Animals

Practice your vocabulary. Find the Italian words.

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

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

Energy conservation

UT2(SCW) Labeau, NSA Energy Manager

Do you know who your BEM is? Saving energy is an all hands effort. Building Energy Monitors (BEM) are the primary points of contact for energy and utility issues, training, surveys, and energy and utility saving promotions. Their efforts will help meet Navy goals for reducing energy consumption by three percent and water consumption by two percent. So, ask who your BEM is and what you can do to conserve energy today.



Caption that photo winner!

"They're not bees, they're vuvuzelas."

Charles (Luke) Armstrong,
Community Planner

TESTA – Head	+	+	+	+	E	+	+	+	+	+	+	+	+	+	+
PIEDE – Foot	+	+	+	+	+	B	+	+	+	+	+	+	+	+	+
PELLE – Skin	+	+	+	+	+	+	M	+	+	T	+	+	+	+	+
ORECCHIO – Ear	+	+	+	+	+	+	+	A	+	+	+	+	+	+	+
OCCHIO – Eye	+	+	+	+	+	+	+	+	+	G	+	+	+	+	+
NASO – Nose	+	+	+	+	+	+	+	+	+	+	N	+	+	+	+
MANO – Hand	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
GOMITO – Elbow	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
GINOCCHIO – Knee	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
GAMBE – Leg	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
DENTI – Teeth	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
DENTI – Teeth	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
COLLO – Neck	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
CAPELLI – Hair	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
BRACCIO – Arm	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
BOCCA – Mouth	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+



Commander, U.S. Naval Forces Europe rock band 'Flag Ship,' performs a free concert July 22 in Odessa, Ukraine at Gorsad Garden during exercise Sea Breeze 2010. The concert was part of a community relations project designed to share some of the American culture with the local community. Sea Breeze, which includes 25 ships, 13 aircraft and more than 1,600 military members from Azerbaijan, Austria, Belgium, Denmark, Georgia, Germany, Greece, Moldova, Sweden, Turkey, Ukraine and United States, is the largest exercise in the Black Sea this year. (Photo by MC1 (SW) Gary Keen)

Jobs

HUMAN RESOURCES OFFICE (HRO)

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

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

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

U.S. POSITIONS

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

CLOSING 05 AUG 10

Lead Facility Operations Services, GS-1640-12, ANN#EUR10-755199-AV, Full-time permanent

CLOSING 12 AUG 10

Secretary (O/A), GS-0318-05, EUR10-588368-SC-R1, Full-time permanent

Mail and File Clerk, GS-0305-04, EUR10-748686, Full-time permanent

OPEN CONTINUOUS ANNOUNCEMENT

Education and Training Tech (CDC), GS-1702-02 KPP 03 KPP 04, ANN#EUR10-709145-AG, (Multiple positions), Full-time permanent. Next cut-off date is August 5.

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, or submit your resume at HR Europe: pia.krucker@dodcommunitybank.com.

Member Service Representative, Navy Federal Credit Union, Naples, Italy. Apply online at www.navyfederal.org.

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

Part-Time Collectors – Pembroke Occupational Health, Richmond VA. (www.pembroke.com). Submit resume to Don Czyzewski at dczyzewski@pembroke.com or don.czyz@gmail.com. To view job announcement, go to www.pembroke.com.

[cnic.navy.mil/Naples/Departments/HumanResourcesOffice/Jobs](https://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; click on "CNREURAFSWA Human Resources Office." Under the HRO page, click "Contact Us," a form will appear. Please complete the short form and submit. You will be contacted within 24 hours, so please be sure to provide your contact information. Thank you and we appreciate your input—negative or positive—so that we can find ways to improve the HRO services, or continue to provide excellent service. As a reminder, an HRO representative is available for the bi-weekly "Meet & Greet" at the NSA Support Site, Navy Exchange food court area from 8 to 9 a.m. Please feel free to come by, pick up a copy of a vacancy announcement that you may be interested in applying for or ask questions. If the HRO representative is unable to provide you a response, he/she will bring the question back to HRO and you will be provided an answer or a call back the same day. The next "Meet & Greet" is August 2, 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.

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# 08-164, flexible, Community Services, Capodichino.

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

Recreation Aid (Intramural Sports), NF-0189-01, ANN# 09-091, flexible full-time, Fitness Forum, Support Site. **Job Summary:** Assists the Sport Coordinator to plan fitness activities.

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

Job Summary: This 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 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 the customers in the recreation center with recreational events.

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

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

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

Recreation Aid, NF-0189-01, ANN # 10-051R, flexible full-time (seasonal employment) Aquatics Division, Carney Park/Support Site. **Job Summary:** Provides oversight of activities and necessary services to authorized patrons.

Recreation Aid, NF-0189-01, ANN# 10-086, flexible, Golf Course, Carney Park.

Job Summary: Collects green fees, locker fees and fees for electric cart rentals.

Closing date: 07/30/2010.

Recreation Aid, NF-0189-01, ANN# 10-091, flexible, Auto/Skills Center, Support Site.

Job Summary: Provides information

concerning facility, operation and regulations. Ensures adherence to regulations and safety procedures.

NEX EMPLOYMENT OPPORTUNITIES

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

NEX job opportunities are now posted on the Web at <http://www.navy-nex.com>. Submit completed applications to NEX Human Resources Office located above the main Exchange.

If you have questions, please call the above numbers.

U.S. NAF POSITIONS AVAILABLE

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

GRICIGNANO MAIN STORE

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

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 NATIONAL POSITION

No Vacancies



feel like a pro shooting the vistas from Cilento to Capri, and all of the donkeys and vineyards in between.

The route unwinds away from the coastal congestion, where the path can reveal a life rich with colors, perfumes, history and culture. It connects the towns of Bomerano (a district of the town of Agerola), Praiano and Positano at an average height of 500 meters above sea level. It's not a difficult climb, even if you aren't an avid hiker. The terrain is flat or descending—



Enjoy a bottle of vino admiring some of the most striking panoramas in the world, along the Amalfi coast. (Photo by MC1 John Parker)

Photos and story by Jamie Monk, "Panorama" editor

The Path of the Gods—a famous trail which snakes high along the rugged cliffs above the waves of the Amalfi Coast—lives up to its name. Nothing else could describe the amazing views offered by hiking this section of the Lattari Mountains, where it is possible to admire some of the most striking panoramas in the world. Even if you are an amateur photographer, you'll



The path plunges from Bomerano to Positano, culminating in 1,700 stairs that zigzag the way down to the coastal road.

back. You'll want to allow about three and a half hours to complete the hike—in the descending direction—from Bomerano to Positano.

Park your car in Positano and leave a change of clothes (you'll be glad to have clean clothes once you finish the hike in this posh town) at the end of the trail. Catch any of the blue coastal buses to Amalfi, and make sure you buy your day pass ticket from a tabacchi or café before boarding. No buses run directly between Positano and Bomerano, so you'll have to transfer in Amalfi, or, in the summer, catch a ferry from Positano to Amalfi. Take the SITA bus in Positano, then transfer in Amalfi to bus Quadro13, the bus to Bomerano. Ask the bus driver to let you know when the bus reaches Bomerano (it should be the third stop) or look for the grassy field and billboard for cashmere by the "Il sentiero degli dei." It's about a 35-minute ride. For detailed information on the bus schedule, visit <http://www.sitabus.it/wps/portal/OrariCampania>.

At the bus stop, cross the street to your left and look for the Bomerano's main piazza. The trail begins just to the right of the café at the far end of the piazza. This is the last man-made bathroom and eating establishment for the next few hours—although they will be some beautiful hours. Just make sure to bring some sandwiches, water (or a bottle of vino to enjoy with the sunset) and toilet paper.

If you want to enjoy the Path of the Gods a little longer, the Hotel Gentile, at the head of the trail in Bomerano,

offers reasonably priced rooms with breakfast and dinner included (081-879-1041, 40°37.8'N 014°32.4'E). The coordinates are also good for marking the trail for folks who only want to do part of the path and turn back. It should be noted there is also tasty gelato—blueberry and peach—at the gelateria by the hotel.

Or, if you want to explore, wander off the trail in Nocelle, a tiny town with a water tap, restaurants and bed and breakfasts near the end of an old mule trail and its most difficult section—the 1,700 stairs that zigzag down the mountain. The mule trail is easy to follow without a guide or a map, despite the tour companies trying to charge an arm and a leg.



Even if you are an amateur photographer, you'll feel like a pro shooting the vistas from Cilento to Capri, and all of the donkeys and vineyards along the Path of the Gods. (Photo by MC1 John Parker)