

Panorama

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

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56TH YEAR, NO. 16

Serving the NATO, Naples and Gaeta military communities in Italy

FRIDAY, APRIL 22, 2011

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

NSA Naples celebrates 41st Earth Day with environmental festival

By MC1 (EXW/AW) Terry Vick
Navy Public Affairs Support Element-East
Detachment Europe

Naval Support Activity (NSA) Naples Public Works Department (PWD) Environmental Division will observe the 41st anniversary of Earth Day by hosting an environmental fair today at the Support Site. The event, co-hosted by Morale, Welfare and Recreation (MWR), is designed to increase public awareness of environmental issues and encourage the community to do their part to protect the Earth by incorporating green habits, such as recycling and conserving energy and water, into their lifestyles.

"We're hoping people come celebrate the 41st Earth Day this Friday after-



Kids from the Child Development Center (CDC) at Capodicino check on their plants, while helping to plant the seed in all of our minds about how important it is to keep Mother Earth clean, growing and happy. Children are our future, so let's help them out by planting a tree, reducing the amount of trash we make and recycling what we can. (Photo by MC1 John Parker)

noon at Support Site," said Elizabeth Barr, a physical scientist with PWD Environmental. "There will be a family fun run with participant check-in at 4 p.m. The fun run start time is at 5 p.m., followed by an environmental fair with informational booths, food and a bounce house for the kids from 6-8 p.m. There will also be live music with karaoke."

April 22, 1970 marks what many consider, the birth of the modern

environmental movement. "Earth Day was started 41 years ago in order to give environmental awareness national attention," said Barr. "That first event was a major success. Millions of people celebrated the first Earth Day across the nation and the result was the environmental laws and agencies we are familiar with today."

PWD Environmental and MWR hope this year's the Earth Day celebration will make a lasting impression on you and help you on your way to becoming a good steward of our environment, too!

For more information about Earth Day, visit www.Earthday.org.

TIPS TO SAVE ENERGY TODAY AND EVERY DAY



From energy.gov

How will you celebrate Earth Day? What little actions will you take to improve our world?

Today is the 41st Earth Day, and there has never been a better time to start saving energy! Making small changes in your everyday routine will not only help you save money, you will also leave a positive impact on the environment. It's easy to make energy conservation routine, and you don't have to live in total darkness to make a difference. Just try these easy low-cost and no-cost ways to save energy:

- ☑ Use compact fluorescent light bulbs with the ENERGY STAR® label.
- ☑ Air dry dishes instead of using your dish washer's drying cycle.
- ☑ Turn off your computer and monitor when not in use.
- ☑ Plug home electronics, such as TVs and DVD players, into power strips; turn the power strips off when the equipment is not in use (TVs and DVDs in standby mode still use several watts of power).
- ☑ Take short showers instead of baths.
- ☑ Wash only full loads of dishes and clothes.
- ☑ Drive sensibly. Aggressive driving (speeding, rapid acceleration and braking) wastes gasoline.
- ☑ Clear out your car; extra weight decreases gas mileage by one to two percent for every 100 pounds.
- ☑ Select energy-efficient office equipment: personal computers (PCs), monitors, copiers, printers and fax machines. Turning off machines when they are not in use can result in enormous energy savings.
- ☑ Look for the ENERGY STAR® label on home appliances and products. ENERGY STAR® products meet strict efficiency guidelines set by the U.S. Department of Energy and the Environmental Protection Agency.



Morgan Barris learns about recycling at the Capo CDC. If everybody pitches in, children and adults alike, we can definitely help out our Earth! Remember: reduce, reuse and recycle! (Photo by MC1 Terry Vick)

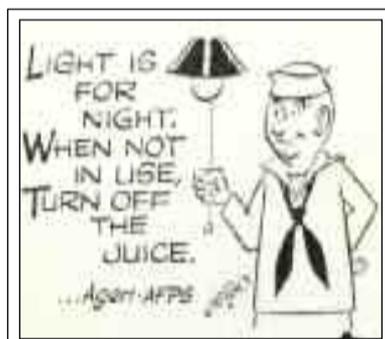


Image from "Panorama" Sept. 15, 1961

NSA Naples Commanding Officer Capt. Robert Rabuse will host a town hall meeting Wednesday, April 27 at 6:30 p.m. in the Support Site Reel Times 2 Theater. Department heads will also be available to address your questions and concerns.

HAPPY EASTER EGGSTRAVANZA



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Last week to give!

There is just one week left to give to the Navy-Marine Corps Relief Society (NMCRS) Fund Drive. Contact your command's representative to make a donation today! (Photo courtesy of NMCRS)

Naples' weekend forecast

	FRIDAY High 66 Low 54 MOSTLY CLOUDY		SATURDAY High 64 Low 55 MOSTLY CLOUDY		SUNDAY High 63 Low 55 MOSTLY CLOUDY
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Events around town this weekend

- **22** -Relive the last moments of the life of Jesus Christ. Many towns, including Sessa Aurunca in Caserta Province, Calitri in Avellino Province, and Minori and Nocera Superiore in Salerno Province, celebrate Holy Week with a live Passion play.
- **22** -The San Carlo Orchestra brings the music of Johannes Brahms to life tonight at 6 p.m. at Teatro San Carlo.
- **23-24** - Stroll along Villa Comunale as you hunt for treasures at Naples' Antique Fair from 8 a.m. to 2 p.m.
- **Through May 1** - Museo Archeologico Virtuale in Ercolano pays homage to artistic genius Stanley Kubrick.

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

Captain's Corner

By **Capt. Robert Rabuse**
NSA Commanding Officer



Welcome back from spring break. My family and I had a great time with the Scouts touring Northern France and being inspired by the courage and selfless acts of those who came ashore on the beaches of Normandy in June of 1944. I'm hearing plenty of other stories from community members who enjoyed their travels as well. The school year is nearing an end, but it's not over yet, so students make sure to keep the press on 'til June. (Are you reading this, Nat and Will?)

School re-registration started this past week, and I want to put a plug in for DoDDS by asking all of you who have returning students to please re-register them as soon as possible. Re-registration is extremely important for the schools to ensure your children have adequate classroom space, teachers, desks, etc., so please don't put it off. Forms are available online or in the schools and must be dropped off in person.

Here's my final plug for the Navy-Marine Corps Relief Society Fund Drive, which ends April 30. NMCRS has been there for our community for years, and will continue to be there in times of need, so I encourage everyone who has not yet participated to consider giving to this worthy cause. See your command representative to donate.

It's busy around town this weekend with Good Friday today and Easter on Sunday. Pasqua is a significant holiday in Italy, as I'm sure many of you have noticed, and there are plenty of events going on in the communities in the way of Passion plays, Masses, etc. Our chapels have a full Easter service schedule as well, starting tonight at 5:30 p.m. and including a Sunrise Service at 6:30 a.m. Sunday. Remember that Monday is an Italian national holiday, and it's tradition to enjoy a large family picnic, so expect traffic on the roads and crowded parks.

Today is also Earth Day, so I encourage everyone to take some time to do something nice for the Earth. Pick up some trash, plant (or pot) a garden or tree, or discuss better ways to recycle. Stop by the Earth Day celebration at the Support Site Amphitheater this evening for plenty of tips on how to be good stewards of the environment and how to have fun while doing it. Today is the day we celebrate it, but we should treat every day we live on this planet as Earth Day.

Happy weekend and Buona Pasqua!

Base Notes

From Panorama staff reports

Easter Monday Italian national holiday

April 25, Easter Monday, is a national holiday in Italy. Traditionally this is a day for getting outside and having a picnic, so expect congestion on the roads and crowds at public parks. Expect minor service reductions or interruptions on base, some of which are listed below.

- Motor Vehicle Registration Offices (MVRO) at JFC and Capodichino will be closed April 25 in observance of Easter Monday. MVRO at the Support Site will be open for emergency services only. The Capodichino Tax-Free Office will be closed, but emergency issuance of "G" coupon authorizations will be available at Support Site MVRO.
- Support Site Personal Property Shipping Office (PPSO) will be open normal hours April 25 with limited services in observance of Easter Monday. Please contact PPSO at 081-811-6778 or send an e-mail to nsappso@eu.navy.mil for additional information.

Prom and Summer Parent Forum at NHS April 27

The Adolescent Substance Abuse Counseling Service (ASACS) program at Naples High School invites all interested parents to attend a Prom and Summer Parent Forum April 27 at 5:45 p.m. in the school library. The forum will be hosted by ASACS, the PTSA, MWR Teen Center, the SLO and other community resources, and will present issues of concern as well as discussion about how to keep your teens safe during prom season and involved in healthy, productive activities during the summer. There will be a prom discount coupon offered to all parents who attend the forum. Contact the ASACS counselors for more information: Kristin Himmler at 081-811-4181 or Jessica Thomas at 081-811-4521.

Red Cross CPR/AED Class April 25

The American Red Cross is offering a CPR/Automated External Defibrillator (AED) class Monday, April 25, from 8:30 a.m. to

4:30 p.m. at the Capo Red Cross office. Students will receive a two-year certification upon completion of the class. Cost is \$40 per student. Call 081-568-4789 to register.

NLSO walk-in services April 26

The Naval Legal Service Office (NLSO) will NOT be offering walk-in legal services Tuesday, April 26, except for Powers of Attorney and other notary services. Walk-in services will be offered Thursday, April 28. Please contact NLSO at 081-568-4576 for more information. NLSO appreciates your understanding.

Graduate Degree Information Luncheon April 27

Thinking about earning a graduate degree—want to learn what graduate programs are offered on site and via distance education through the on-base colleges? If so, attend the Graduate Degree Information Luncheon April 27 from 11 a.m. to 12 p.m. at Capo, Admin II, Room G-044. Lunch will be served. Make a reservation at 081-568-6670. Representatives from Embry-Riddle Aeronautical University, University of Maryland University College, University of Oklahoma and the University of Phoenix will be at the luncheon to answer your questions and to provide information about graduate programs.

Looking for graduates for June 3 graduation/recognition ceremony

The Navy College Office is looking for college graduates who have graduated in the last year or who will graduate in the next two months from colleges throughout the world. All graduates are invited to participate in the annual graduation/recognition ceremony on Friday, June 3 at 10:30 a.m. in the Capo theater. For more information, contact the Navy College Office at 081-568-6678/6683/6681 or nco.naples@eu.navy.mil.

CNE-CNA-C6F/CNREURAFSWA IG HOTLINE

Report fraud, waste, abuse and mismanagement in Navy activities to:

Office of the Inspector General, Naples, Italy

Leave a recorded message 24/7:.....081-568-2983
Speak to the IG Investigator:.....081-568-2964

E-mail: ighotline@eu.navy.mil
Website: www.cnic.navy.mil/europe/index.htm

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AFN: http://www.afneurope.net/naples
NCTS: nctscustsvc@eu.navy.mil

N A P L E S

FYI POSSIBLE STRIKES

May 6 - A general strike is scheduled for four hours: air travel (10 a.m. to 2 p.m.); trains (2 to 6 p.m.); local transport (time to be determined locally) and ferries (departures will be delayed for four hours).

May 21-22 - TRENITALIA personnel will strike from 9 p.m. May 21 to 9 p.m. May 22.

Panorama

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Italian students set sights on working at NSA Naples

Middle school students and teachers from Istituto Comprensivo Statale G. Bruno in Nola paid a visit to Naval Support Activity (NSA) Naples Capodichino last Friday. The Italian students were amazed and enthusiastic about the facilities, and some of them didn't want to leave the base—wishing to work here one day. (Photo by MCSN Caitlin Conroy)



Italian News Briefs

Compiled by Teresa Merola

Buona Pasqua!

“Pasqua” or Easter is one of the most important and celebrated holidays in Italy. The “Settimana Santa” (Holy Week) is celebrated in Italy with events and religious processions that take place in nearly every town.

In Campania, one of the most impressive Easter processions takes place in Sorrento on “Giovedì Santo” (Holy Thursday) at 3:30 a.m. with the procession of the Addolorata, where hundreds of men dressed in hooded white gowns carry a statue of the grieving Mary dressed in black and depicted as Our Lady of Sorrows. This procession, accompanied by a choir and band, continues all day and night through the streets of Sorrento until 5:30 a.m. on “Venerdì Santo” (Good Friday). After dark, at 8 p.m., a procession of men dressed in black hooded robes leads the “Processione del Cristo Morto” and carries a statue of Christ after he was taken down from the cross. The procession is accompanied by the choir of the Madonna’s mourning as she finds her son dead.

The Procession of the “Fujenti” is very popular for Neapolitans. It is held on Easter Monday in Santa Anastasia, a small town near Naples. The “fujenti” (people who run) are dressed in white, and used to be barefoot (not anymore these days). They run in a frantic way for the last part of the procession, bringing to the Madonna ex-voto for the grace received. This ancient tradition dates back to the 16th century when a pall-mall player was defeated and then got so furious he hit the votive image of the Madonna, who afterwards started bleeding. After this incident, the man started running and jumping uncontrollably. He was hanged in punishment.

In Campania, as well as the rest of Italy, people used to visit different churches—always an odd number of churches—to pray on Holy Thursday. This tradition is known as the “Sepolcri” (tombs).

In Italy, Easter holidays are traditionally spent with family and friends. On Easter Sunday, families reunite. The head of the household blesses the entire family before lunch begins. The meal often starts with antipasti, while the first course is traditionally a “minestra maritata,” a Neapolitan soup made with meat and greens, such as chicory, cabbage and escarole. A pasta dish follows the soup. The second course is roasted lamb served with potatoes, artichokes and other spring vegetables. Dessert is a must at the end of the meal. The traditional Neapolitan “Pastiera” is a cake made with pastry crust filled with ricotta cheese, cooked wheat grain, eggs, candied fruits and delicately scented with orange blossom. The “Colomba” (dove-shaped) is a traditional sweet bread

studded with citrus peel or dried fruits, gilded with a shiny coat of sugar-nut syrup and then sprinkled with almonds and pearl sugar. Nowadays there are many varieties, including chocolate, limoncello, etc. Another tradition is to give gifts—especially to children—of chocolate eggs with a surprise inside. On Easter Monday, Italians usually go out for picnic or reserve a table at a restaurant in a special place, like a beach resort or the countryside. Traffic can be quite heavy on this day. *Buona Pasqua!*

Ancient road reopens in Herculaneum

An ancient Roman road in Herculaneum was reopened to the public thanks to the Special Superintendent for Archeology in Naples and Pompeii, the British School and the Packard Humanities Institute in an initiative known as the Herculaneum Conservation Project. David Packard, an American entrepreneur, invested €15 million in the project. The conservation project recovered 880 meters of Roman sewers and repaired many damaged buildings’ roofs. By the end of 2012, thanks to the project, two-thirds of Herculaneum will be open to the public. Archaeologists hope to reopen the House of the Telephus Relief, a 1,800 square meter home, and the ancient shoreline which will be linked by a tourist route to the Villa of the Papyri, which is famous for its 1,800 papyrus scrolls.

Bridge of Music commemorates 2764th anniversary of Rome’s founding

Yesterday, April 21, Rome celebrated the 2764th anniversary of its founding—which according to legend took place in 753 B.C. thanks to Remus and Romulus—with the opening of a new bridge across the Tiber River, called the Ponte della Musica. The bridge links the Parco della Musica Auditorium to the Foro Italico sports complex. It is 18 meters wide and 190 meters long, and is held up by two steel arches.

Ancient mausoleum buried under illegally-dumped garbage

Police found an ancient Roman mausoleum from the 2nd century buried under illegal toxic waste dumped in Pozzuoli. Police dug to clear off the top level of garbage and found an underground tunnel leading into the stucco-decorated tomb. The owner of the site and the man who leased it from him have been cited for crimes against the environment and Italy’s cultural heritage.

THE INSIDE PAGE...

APRIL FFSC EVENTS

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

- 22 **LEGAL ASSISTANCE AT FFSC** (9 a.m.-3 p.m.) Legal assistance appointments will be performed by a NLSO attorney two times per month at the FFSC service center. The attorneys are available for the usual legal assistance services—powers of attorney, immigration, consumer law, creditor/debtor issues, divorce, etc. Please contact 081-568-4576 for more information or to make an appointment.
- 22 **THE 5 LOVE LANGUAGES** (11 a.m.-12 p.m.) Class participants will learn ways to better understand, communicate and express love toward their partner.
- 25 **BECOMING A LOVE & LOGIC PARENT** (11 a.m.-1 p.m.) An introduction to parenting with “Love and Logic.”
- 26 **FAMILIES & SOCIAL MEDIA** (10 a.m.-12 p.m.) This parenting class teaches parents about the social media their kids are using.
- 27 **RETIREMENT PLANNING** (9-11 a.m.) The TSP provides all service members with the opportunity to get an immediate tax break while saving for their family’s future.
- 27 **BECOMING A LOVE & LOGIC PARENT** (6-8 p.m.) An introduction to parenting with “Love and Logic.”
- 28 **STRESS MANAGEMENT** (8-9:30 a.m. at the Support Site Fitness Forum) Followed by a Yoga session.
- 28 **SHAPING SELF CONCEPT IN CHILDREN** (12:30-2 p.m.) This parenting class is being offered for Month of the Military Child.

APRIL

- 27 **BUDGET-4-BABY** Navy-Marine Corps Relief Society offers this class from 10:30 a.m.-12:30 p.m. at the NMCRS Office at Capo. Parents welcoming a new child into their family will learn the financial impact a new baby has on the family budget and tools to develop a spending plan. Participants will receive a layette with basic necessities for baby.
- 27 **PRAXIS TEST** - Last day to submit your registration for the July 26 test. Call the NCO at 081-568-6681 for more info.
- 28 **QUILT MEETING** 5-7 p.m. at the Support Site Fitness Forum conference room. Quilters Around the World welcomes all levels of quilters. Bring your UFO or help them work on a quilt for charity. Call 081-811-4532 for more information.
- 29 **ACT TEST** - Test scores will be returned to sailors approximately 6-8 weeks after the test date. Call the Navy College Office at 081-568-6678 to sign up now.

MAY

- 13 **PREP: MARRIAGE COMMUNICATION/ENRICHMENT WORKSHOP** “Never Fight with Your Spouse Again!” PREP is a workshop for couples, married or engaged, that helps develop communication skills within a relationship and that provides valuable marriage enrichment information. Register by Tuesday, May 10 by calling the Chaplains’ Office at 081-568-3539.
- 19 **MONTHLY BABY BASICS CLASS** (9 a.m.-12 p.m.) offered by the Navy-Marine Corps Relief Society visiting nurses. The course is in the NMCRS Officer at Capo, Admin II, Room G-016. Topics include newborn care (i.e. bundling, diapering & bathing); feeding, crying & comforting; health & safety; etc. Contact NCMRS at 081-568-3913 to register.

JUNE

- 3-5 **CREDO PERSONAL RESILIENCY WEEKEND** This weekend will help service members cope with stress in a healthy way by enhancing resiliency and increasing one’s ability to withstand increasingly powerful or persistent stressors. All transportation to and from the retreat site, meals and lodging are all provided for. For more information or to sign up, call the CREDO Office at 081-568-5255.

VOLUNTEERS NEEDED

THE ALLIED SPOUSES CLUB (ASC) IS LOOKING FOR VOLUNTEERS. For more information on ASC, e-mail el_karniati@hotmail.com or visit <http://www.alliedspousesclub.50webs.com/>.

DEFY NEEDS ADULT/JUNIOR MENTORS! Drug Education for Youth (DEFY) is seeking active duty personnel and/or DoD civilians to fill volunteer positions. Participants must be committed for a year (five-day summer leadership camp and a school-year mentoring program). All applicants must be at least 13 years old and complete a volunteer application no later than May 29. For more info., e-mail yolanda.daniel@eu.navy.mil or sylbert.daniel@eu.navy.mil.

THE PTSA (PARENT TEACHER STUDENT ASSOCIATION) BOARD is seeking new officers for the 2011-12 school year. Positions open include president, vice president, treasurer, teacher representative, membership, publicity and secretary. Monthly meetings determine activity and funding requests, event sponsorships, event planning, fundraising and other important topics vital to our middle and high school! For more info. or to apply, e-mail nhptsa@gmail.com.

FORGOTTEN TREASURES THRIFT STORE needs the right person(s) to fill the important role of manager/co-manager. This is a fulfilling and rewarding role that makes such a difference in our community. The store’s profits are what make NOSC’s charitable donations possible. The volunteer should be organized, able to motivate others and must possess a strong work ethic. For information contact noscpresident4@gmail.com or tstoreschedule@gmail.com.

More “Inside Page” on Page 11



(Photos by Lt. Matt Gill)

Happy Easter Eggstravanza!

*Children hopped to Carney Park
To see the Easter Bunny.
The food was hot, the breeze was cool
The weather it was sunny.*

*They hopped into a tiny train
And thought it kinda funny
That scattered all across the plain
Were eggs from the Easter Bunny.*

*Some eggs were chocolate, some were cream,
some sweetened up with honey,
Some melted in their hiding place
And got a little runny.*

*But fun was had by one and all.
For very little money
At Carney Park we had a ball
With him, our Easter Bunny.*



(This photo and Page 1 photo by Caitlyn Knapp)



Celebrate Month of the Military Child

April 22 Earth Day Celebration This Earth Day make a pledge to do your best to recycle and conserve energy and water all year long. The Earth Day Celebration, hosted by MWR and PWD Environmental, begins today at 4 p.m. at the Support Site Amphitheater. Participate in the fun run, enjoy live music and at the environmental fair, learn about the benefits of being environmentally responsible.

April 23 Hike the Rim Take the trail winding through the woods and upto the rim of the crater during this two-hour hike. Catch a glimpse of the bay of Pozzuoli, and, if the sky is clear, the Sorrento Peninsula and the islands of Capri, Procida and Ischia. The hike is free and begins at 9:30 a.m.

April 24 Cosmic Egg Bowl Enjoy two-hours of Cosmic Bowling from 3 to 5 p.m. or 6 to 8 p.m. Cost is \$20 with advance booking or \$25 and includes shoes, a large pizza with one topping and a pitcher of soda. Call 081-811-6976 for more information.

April 28 Shaping Self Concept for Children This workshop, offered at FFSC from 12:30 to 2 p.m., will teach parents skills and techniques they can use to help children learn "how to keep going when the going gets tough." Call 081-811-6372 to reserve your spot.

April 28 Story Time at the Support Site Library for preschoolers.

April 30 Girls Only Pajama Party Triple Feature Bring your blankets and pillows to snuggle and watch movies all evening with your girlfriends! From 5:30 to 11 p.m. at the Support Site Reel Times 2 Cinema, catch "Hannah Montana The Movie," "The Princess and the Frog" and "Up." Children up to 12 must be accompanied by a responsible adult (limit 10 children per adult). Includes medium pop corn, medium soda, hot dog, ice cream and chance to win prizes! Show up dressed in pajamas and save a dollar! \$7. SORRY, NO BOYS ALLOWED!

More fun!

Library: Design a bookmark contest. Kids, ages three to 12, are invited to create a new, original bookmark for the community's libraries. Be featured on the Navy Library Facebook page! Win a tote bag to carry your books and a travel mug! Pick up your entry at either library.

Aquatics: All swim lesson participants receive a free swim bag!

Family Golf Promotion at the Golf Course: Military children will get one free bucket of range balls when their parent purchases same size bucket of range balls. This will be offered the entire month of April.

Strikers Bowling Center: Children bowl one game and get one free on Mondays!

Fairways Bar and Grill: Children under 10 eat free (from the kids' menu) with the purchase of an adult meal on Mondays during April

School age kids have a blast at spring camp

Story by Staci Dietrich

During spring break, School Age Care (SAC) was far from closed, offering a week-long spring camp that was full of exciting activities and field trips.

To kick off the fun, SAC campers enjoyed a field trip to the commissary in honor of Health Promotions Month. Wong Kan, grocery manager, graciously led the kids on a tour of the store, sharing information about the different places from which food comes. The children asked a lot of questions and received some great answers and guidance about health and nutrition. At the end of the tour, all participants received a complimentary DECA gift bag, which contained food items from each of the food groups.

Midway through camp, the children



Wong Kan, Commissary grocery manager, talks to SAC spring break campers about health and nutrition during a commissary tour. (Photo courtesy of MWR)

dren enjoyed a trip to the Support Site Library in celebration of National Library Week. While there, they learned about all of the services the library has to offer and even made bookmarks as part of a "design a bookmark" contest. To conclude their tour, the kids were given goody bags from the friendly library staff.

At the end of the week, the children held a Luau for their parents. They spent the week learning about the Hawaiian culture and its rich history. The Luau included a hula dance by SAC

girls and a Hawaiian history presentation by the "Hawaii Kids." The children made all the decorations themselves and enjoyed sharing what they had learned. After they were done with the presentations, children and parents alike enjoyed the food the kids had prepared, took pictures in the kid-photo booth and played games led by the enthusiastic SAC staff.

The SAC spring camp activities were made possible by the great kids involved, as well as by Commissary and library staff.



Rock your dirty socks off

Children at the Capodichino Child Development Center jump at a whiff of the Dirty Sock Funtime Band during a special one-song preview performance April 20. (Photo by MC1 (NAO) John Parker, NSA Naples Deputy PAO)

Connecting with your teen

From childwelfare.gov

What's happening

Many teens spend less time with their families than they did as younger children. As they become more independent and learn to think for themselves, relationships with friends become very important. Sometimes it may feel like your teen doesn't need you anymore. But teens still need their parents' love, support and guidance.

What you might be seeing

Normal teens...

- Crave independence;
- Question rules and authority;
- Test limits;
- Can be impulsive;
- Make mature decisions at some times, and childish ones at others.

What you can do

Simple, everyday activities can reinforce the connection between you and your teen. Make room in your schedule for special times when you can show that you care, but also take advantage of routine activities.

- Have family meals. If it's impossible to do every night, schedule a regular weekly family dinner night that accommodates your child's schedule.

- Share "ordinary" time. Look for everyday opportunities to bond with your teen. Even times spent driving or walking the dog together offer chances for your teen to talk about what's on his or her mind.
- Get involved, be involved and stay involved. Go to games and practices when you can. Ask about homework and school projects. Look for chances to learn about your teen's latest hobby.
- Be interested. Make it clear that you care about your teen's ideas, feelings and experiences. If you listen to what he or she is saying, you'll get a better sense of the guidance and support needed. Get to know your teen's friends and their parents, too, when possible.
- Set clear limits. Teens still need your guidance, but you can involve your teen in setting rules and consequences. Make sure consequences are related to the behavior, and be consistent in following through. Choose your battles. Try to provide choices in the matters that are less important.

Your words and actions help your teen feel secure. Don't forget to say and show how much you love your teen!

These tips, which were created with input from experts in national organizations that work to protect children and strengthen families, are aimed at everyone, not just parents who are at risk to abuse or neglect their children. These are helpful tips for parents and caregivers to try to strengthen their parenting skills and their families. For more parenting tips, go to www.childwelfare.gov/preventing/promoting/parenting.



Armed Forces Olympics spikes into action

Calling all commands: Get your team together for the 17th Armed Forces Olympics! An organizational meeting will be held at the Capo FitZone conference room Thursday, April 28 at 1 p.m. For more information, call 081-811-6528. (Photo by MC1 John Parker)

Twenty days, two marathons and a Boston qualification later!

By U.S. Air Force Staff Sgt. Jessica Pigott, Joint Force Command Naples

As every other runner, I've had a lot of challenging goals in sight. But as an American athlete, I always dreamt of running the oldest marathon in the world: the Boston Marathon.

The Boston Marathon, first run in 1887, is also one of the most popular marathons for runners, and as a result, the Boston Athletic Association (B.A.A.), USA Track and Field or foreign equivalent. Minimum times for age and gender must be recorded and met from other competitions to qualify for the Boston Marathon. The qualification times for the 2013 Boston Marathon will be more stringent with an average of five minutes less in every age group. For details, visit <http://www.baa.org/races/boston-marathon.aspx>

I've been running long distance races, including marathons and half marathons, for about 11 years. Until recently, my marathon time was far from the qualifying standards for Boston. My personal best was 3 hours, 49 minutes at the Air Force Marathon at Wright-Patterson Air Force Base, Ohio in 2010.

Driving back from the Rome Marathon, Roberto Romero (a running buddy of mine) asked, "Hey Jess, you are properly trained and fit enough, do you want to run another marathon just for you?" He told me the Milano Marathon was set for April 10, and advertised as the "fastest course in Italy." After I considered it seriously, I called him and said, "I'm in." Since the course is advertised as the "fastest," I thought why not try and shave nine minutes off my personal best to qualify for Boston.

On race day, I lined up with 8,000 other runners in Rho, a small county in the vicinity of Milan. As soon as the starting gun was fired, Roberto and I took off on the course toward



Dreams do come true. With a little encouragement from her running buddy, Roberto Romero, a warrant officer in the Spanish military, U.S. Air Force Staff Sgt. Jessica Pigott qualified for the 2012 Boston Marathon during the Milano Marathon April 10 with an official race time of 3:31:28, ending 716th in the general ranking, 35th in the women ranking and fourth in her age group. This year, she is looking forward to competing in the Half Ironman Austria May 22 and Ironman Frankfurt July 24. (Photo courtesy of Jessica Pigott)

Milan. Once in the city, the course took us alongside the main sites and monuments—running by the Duomo is something to remember.

True to the advertisement, the Milano course was very fast. There were a lot of spectators cheering in the streets and from balconies; it was great motivation to keep going. Roberto told me several times "don't look at your watch," so I didn't and ran with no time references at all.

I just kept running—past mile markers 22, 23, 24, 25 and finally mile 26. I was so happy to finish, I sprinted for the last 800 yards. I ran straight ahead to a red arch with a clock on

top, with the stunning Castello Sforzesco behind it. Then, there were only 50 yards to go when I finally got to see the digits on the clock: 3 hours, 31 minutes; I couldn't believe it!

I crossed the finish line and literally stopped trying to catch my breath. Roberto congratulated me and said, "You got it! You are officially a Boston qualifier." I was on cloud nine, a dream that I never thought would of happened, just unexpectedly came true.

Now all I need is a plane ticket to Boston for the April 16, 2012 marathon. If anyone from the area is competing, just let me know, and I'll be waiting for you on the starting line.

Take your workout to the next level with TRX



Certified TRX force trainer and former Navy Seal, "Doc" Joe Martin, instructs a group of command fitness leaders and the MWR fitness staff during an initial TRX Force Level 1 Trainer Course that was held at the Capo FitZone April 15.

Story and photo from MWR

The TRX Training Suspension System is an innovative fitness tool that forges peak performance and total body fitness while utilizing minimal equipment. The system can be mounted anywhere, even on a ship or chin-up bar. Designed by military members for military members, TRX utilizes nylon straps, non-slip cam buckles, industrial grade grips, neoprene padding and a sturdy carabiner with locking tooth to ensure a safe and comfortable workout experience.

The TRX Suspension Training equipment, complete with instructional diagrams, is available for patron use after sign in at the Capo FitZone front desk. Individuals with an interest in receiving a demonstration on how to use the equipment should contact Jeffrey Harris or Donatella Carafa at 081-568-4266/4264.

DoD launches new helpline to support victims of sexual assault

From Department of Defense Public Affairs

The Department of Defense launched its newest initiative to support victims of sexual assault April 15.

Using DoD Safe Helpline, service members can "click, call or text" for victim support services for themselves or others. The free, anonymous and confidential resource can be accessed worldwide.

In addition to improving victim care, secure and confidential access to Safe Helpline was developed to encourage victims to come forward when they might not otherwise.

"The underreporting of sexual assault poses a serious challenge to military readiness," said Clifford L. Stanley, under secretary of defense for personnel and readiness. "We believe the Safe Helpline will provide DoD sexual assault victims with a variety of support outlets, which will lead victims to report sexual assault, seek needed information, and receive care."

Safe Helpline offers three access options designed for service members:

Users can log on to <http://www.SafeHelpline.org> to receive live, one-on-one confidential help with a trained professional through a secure instant-messaging format. The website also provides vital information about recovering from and reporting sexual assault.

A second option is to call the telephone hotline at 877-995-5247 to speak with Safe Helpline staff for personalized advice and support. (Note: To use this number from overseas, first dial country code 001. The call will not be toll free.) Safe Helpline staff can also transfer callers to installation-based sexual assault response coordinators (SARC), on-call victim advocates, civilian rape crisis centers, or to the Suicide Prevention Lifeline.

The third option is for users to text their location to 55247 inside the United States or 202-470-5546 outside of the United States to receive automated contact information for the SARC at their installation or base.

Further information on Safe Helpline can be found on <http://www.SafeHelpline.org> or at <http://www.sapr.mil>.

A S.A.P.R. victim advocate is available 24/7 at NSA Naples; call 335-640-6621 for information and support.

NATO pounds Qadhafi regime command and control centers

From Allied Joint Force Command Naples Public Affairs Office

NATO conducted deliberate, multiple strikes against command and control facilities of the Qadhafi regime Monday, including communications infrastructure used to coordinate attacks against civilians, and the headquarters of the 32nd Brigade located 10 km south of Tripoli.

The 32nd Brigade headquarters has been used to lead and coordinate military actions against the Libyan civilian population.

"NATO will continue its campaign to degrade the Qadhafi regime forces that are involved in the ongoing attacks on civilians. We do so in accordance with the United Nations Security Council Mandate 1973 in order to protect, by any means, the civilian population from attack," said Lt. Gen. Charles Bouchard, the commander of Operation Unified Protector.



Leadership seminar for spouses of senior enlisted

From Command Leadership School

The Command Leadership School (CLS) is presenting "Highlights in Leadership" seminars for spouses of senior enlisted (E6-E9) from May 3 through 5.

These seminars were constructed to meet and train spouses of senior enlisted personnel who have the potential in the future to attend the Command Leadership School (CLS) in Newport, RI or who were unable to attend the course when with their service member attended.

The seminars will be held at the Fleet and Family Support Center free of charge. The schedule includes three one-day (8:30 a.m.-2 p.m.) and one evening (5:30-9 p.m.) presentation that covers topics such as teambuilding, communication, command support team relationships, conflict resolution, personal and operational stress and personal vision. Command Master Chief Spouse Leadership Course Lead Instructor Robin Witcher will help students develop the resources and tools that will aid in family readiness. Robin has been instructing for five years at CLS and has a master's degree in organizational leadership.

"By building upon the success of the Command Master Chief Spouse Leadership Course Highlights in Leadership seminars, we have extended our ability to educate and provide the tools our attendees need to succeed during their spouses' command tours," said Capt. Bill Nault, the director of Command Leadership School.

The Command Leadership School has been conducting "Highlights in Leadership" in order to ensure command leaders get the latest information on important family readiness topics and network with other spouses in their area.

"The Highlights in Leadership seminars offer a unique and intense opportunity to get a glimpse inside the course of instruction currently being offered at the Command Leadership School in Newport, Rhode Island," stated Nault. "The CMC spouse seminars have received rave reviews in other fleet concentration areas, and I am convinced that everyone who attends will be equally energized and informed about leading our fleet and our sailors."

Senior enlisted spouses wishing to participate in this free seminar can contact the seminar coordinator Amy LeVault at 081-568-5051 or check out the Facebook page Highlights In Leadership Naples, Italy.

For more information about the Command Leadership School, visit <https://www.netc.navy.mil/centers/cppd/cls> or e-mail robin.witcher.ctr@navy.mil.



Special visitors tour DoDDS Naples

Members of Naples High School's Navy Junior Reserve Officers Training Corps Honor Guard welcome Mrs. Laura Stavridis and Mrs. Pam Locklear to the school April 19. Locklear and Stavridis toured Naples High and Elementary schools and observed students learning in the classroom during their visit. (Photo by Rich Walrath)

111th birthday of submarine force

Rear Adm. Jamie Foggo III, commander, Submarine Group Eight (left), and guest speaker Vice Adm. John M. Richardson, commander, Submarine Forces (right), applaud as Lt. Tim Lindsey and Cmdr. (ret.) Larry Galvin, the youngest and oldest submariners, cut the cake at the 111th submarine force birthday celebration. The festivities, held at Il Gabbiano in Baia April 15, celebrated the submarine force's history, heritage and its contributions to the U.S. Navy. (U.S. Navy photo by MC2 Stephen Oleksiak)



Senior naval officers discuss anti-submarine warfare

Story and photo by MC2 Daniel Viramontes, Commander, U.S. Naval Forces Europe-Africa/Commander, U.S. 6th Fleet Public Affairs

Staff members of Commander, U.S. Naval Forces Europe-Africa hosted their first Theater Anti-Submarine Warfare Summit on Naval Support Activity Naples, April 19.

During the summit, senior naval officers focused their efforts on improving the efficiency and effectiveness of anti-submarine warfare (ASW) in the European Command area of operation. ASW uses naval assets such as ships, aircraft and submarines to understand the underwater battle space.

"Globally proliferating undersea warfare technologies, particularly submarines, are a national security concern," said Vice Adm. John M. Richardson, commander, Submarine Forces. "Our undersea superiority

and free access to the global commons is at risk if we don't maintain our edge with the best people, training, and equipment to address this growing threat."

Adm. James G. Stavridis, commander, U.S. European Command (EUCOM) and NATO's supreme allied commander Europe, also attended the summit, where he discussed topics such as current and future operations and partner capabilities.

During the conference, Stavridis spoke about "building stronger alliances" and how this can be seen in exercises with NATO, like Noble Manta, Proud Manta and Bold Monarch. These exercises demonstrate NATO's determination to maintain proficiency and improve

interoperability in coordinated ASW and coastal surveillance operations.

Stavridis also spoke about the great contributions the submarine force made during Operation Odyssey Dawn. "I would like to give a classic Bravo Zulu to the excellent submarine force during Odyssey Dawn," said Stavridis. "You all did terrific work out there, well done."

Although it was only a one-day summit, the group of 15 senior officers felt the gathering was beneficial. "There is nothing better than meeting with our leaders face-to-face and receiving guidance and direction from them personally as we all continue to focus on this very important branch of naval warfare," said Capt. Mark Davis, commander, Task Force 69.



From left to right: Rear Adm. David W. Titley, oceanographer and navigator of the Navy; Vice Adm. John M. Richardson, commander, Submarine Forces; Adm. Samuel J. Locklear III, commander, U.S. Naval Forces Europe-Africa; and Adm. James G. Stavridis, commander, U.S. European Command and NATO's supreme allied commander Europe; speak together during the Theater Anti-Submarine Warfare Summit on Naval Support Activity Naples. The summit was hosted by Commander, U.S. Naval Forces Europe-Africa and was designed to improve the efficiency and effectiveness of Anti-Submarine Warfare in the European Command area of operation.

Single sailors take advantage of their privileges

Story and photo by Lisa Julian, MWR Marketing



Tommy Madera signs up for his Liberty Discount Card during the Gaeta MWR ship visit onboard USS Mt. Whitney (LCC-20) April 20.

Gaeta Morale, Welfare and Recreation (MWR) representatives visited sailors onboard the USS Mt. Whitney (LCC-20), Sixth Fleet flagship to bring information regarding upcoming Gaeta and Naples MWR events and programs.

While onboard, 11 single sailors took advantage of MWR's Liberty Discount Card program by signing up and getting their photos taken. The card is free to E1-E6 single sailors or geographical bachelors and gives various freebies and discounts at all MWR facilities in the Naples and Gaeta areas.

If you are a single sailor and don't have a Liberty Card yet, visit the Naples Liberty office or the Gaeta Fleet Recreation Center. Find out more about the Liberty program or the discount card by clicking onto <https://cnic.navy.mil/Naples/Recreation/LibertyProgram/index.htm>.

MORE INSIDE PAGE...

VOLUNTEERS NEEDED continued

GIRL SCOUTS NEED YOUR HELP! PCS season is coming and the new Girl Scout fiscal year is approaching. We need two vital roles filled in our Overseas Committee Member Team in order to keep Girl Scouts in the Naples area. If these roles are not filled, there will not be Girl Scouts! If you would be interested in becoming the Overseas Committee Chairperson or Secretary, e-mail naplesgs@yahoo.com with a brief description of yourself. Come help build girls of "courage, character, and confidence!"

NAPLES HIGH SCHOOL MUSIC BOOSTERS is looking for volunteers to fill board member positions. If you're looking for a way to make a positive impact in our community, then this is your opportunity. You don't need any special musical talent; just the desire to help! Contact Mike Maschmeier at crash-masch@gmail.com.

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.

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.

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

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 OVERSEAS SPOUSES CLUB (NOSC). Volunteer opportunities with mileage and child care reimbursement. NOSC needs volunteers to work at their Forgotten Treasures Thrift Store. FMI, e-mail nosctshop@gmail.com or call 081-811-4200.

ONGOING/ON THE HORIZON

THE CONNECT THE TOTS CLUB hosts events, crafts and outings designed for you and your child (infancy through preschool). For more information about the club, visit www.meetup.com/Connect-the-Tots-Club/.

RELIGIOUS SERVICES AT U.S. NAVAL HOSPITAL NAPLES Tuesday Meditation & Prayer (7:15-7:45 a.m.) in the hospital chapel. Traditional hymn and praise and worship music will be provided during this time. Wednesday Roman Catholic Mass (11:30 a.m.-12 p.m.) in the hospital chapel. Call 081-811-6451 to confirm that Mass is being held. Thursday Men's Fellowship and Bible Study (6-7 a.m.) in the hospital galley.

FILIPINO-AMERICAN ASSOCIATION OF NAPLES, ITALY meets every 1st Sunday of the month at the SS Fellowship Hall at 12 p.m. FMI, contact Catherine Katimbang at catherine.katimbang@eu.dodea.edu or visit their Facebook page: Fil-Am Naples.

CATHOLIC WOMEN OF THE CHAPEL meets monthly in the Support Site Fellowship Hall for prayer and fellowship. Child care provided. For information about this month's meeting contact Eileen Mayette at cwcnaples@gmail.com.

AMERICAN RED CROSS IS LOOKING FOR INTERNS TO FULFILL LEADERSHIP POSITIONS. Opportunities include publicity, volunteer administration, youth volunteer administration, marketing/fundraising, and they will also work with people looking for experience in a specific field. Interns must be at least 18 years old. Apply at their office at Capo, Admin II, Room G028.1 or contact them via phone 081-568-4788 or e-mail lambertg@usa.redcross.org.

CUB SCOUT PACK 007 Want to camp in Nettuno, hike in Cuma, go bowling or participate in swimming and archery? Then Cub Scouts is the place for you! Boys in first through fifth grade meet three times per month to learn skills that they apply on hiking, camping and service outings. FMI, contact naplescubmaster@gmail.com or visit www.cubscoutingnaples.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 are 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 COMMUNITY GIRL SCOUTS: To join Girl Scouts or to get more information, e-mail naplesgs@yahoo.com.

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

NAPLES CHRISTIAN HOMESCHOOL ASSOCIATION meets regularly to support families on their homeschooling journey. FMI, contact Susan Van Cleave at sdwvanleave@msn.com.

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

BOY SCOUT TROOP 007 holds troop meetings every Monday from 6:30-8 p.m. in the Support Site Community Center. FMI, contact Scoutmaster Dennis Smith at 081-811-5585 or dennis@sulfurcreek.com.

HARRY S. TRUMAN LODGE No. 649 meets every Friday at 7:30 p.m. FMI, contact Kevin Baker at 338-479-7023 or hst649sec@yahoo.com. Visit <http://www.hst649.org>.

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

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

MONTHLY CHILD FIND SCREENINGS AT NES. Ongoing identification of children with special needs as part of Naples Child Find, which identifies children between the ages of three and five who may have developmental delays and may need special education and related services. If you are concerned about your child's motor, cognitive, speech, language and/or social-emotional development, call 081-811-4037 for an appointment.

NAPLES AMERICAN RED CROSS holds orientation from 8:30-10 a.m. the first Wednesday of every month. For more info. call 081-568-4788.

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/>.

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

PROTESTANT WOMEN OF THE CHAPEL (PWOC) holds Bible Study every Tuesday at 9 a.m. (child care provided) at the Support Site Fellowship Hall. FMI, contact Tammy Owens at 081-811-5056.

SECURITY NOTE All DoD military and civilian personnel hosting an event must complete a Special Event Force Protection Plan (SEFPP) 45 days in advance, regardless of organization, if held off base and involving 50 or more personnel, distinguished visitors, or where military uniforms will be worn. For more information, contact Anti-Terrorism/Force Protection at 081-568-5525 or 081-568-5595, or visit their office in the Capodichino Security Precinct in Bldg. 403.

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>.



Friday, April 22
 4:30 p.m. Hop, PG
 5 p.m. Rio, G, *Premiere Showing*
 8 p.m. I Am Number 4, PG-13
 9 p.m. Take Me Home Tonight, R
21Plus Movie & Premiere Showing

Saturday, April 23
 Noon Rio, G
 2:45 p.m. Hop, PG
 5 p.m. Gnomeo and Juliet, G
 6 p.m. Rio, G
 8:30 p.m. The Adjustment Bureau
 PG-13, *Premiere Showing*
 9 p.m. Take Me Home Tonight, R

Sunday, April 24
 Noon Hop, PG
 2:45 p.m. Rio, G
 5:30 p.m. Beastly, PG-13
Premiere Showing
 6 p.m. Rio, G
 8:30 p.m. Take Me Home Tonight, R
 9 p.m. The Adjustment Bureau
 PG-13

Monday, April 25
 4:30 p.m. Gnomeo and Juliet, G
 6 p.m. The King's Speech, R
Free Admission
 8:30 p.m. Black Swan, R
Free Admission
 9 p.m. Take Me Home Tonight, R

Tuesday, April 26
 4:30 p.m. Diary of a Wimpy Kid:
 Rodrick Rules, PG
 6 p.m. Black Swan, R
Free Admission

8:30 p.m. The King's Speech, R
Free Admission
 9 p.m. Big Momma's: Like
 Father Like Son, PG-13

Wednesday, April 27
 Noon The Adjustment Bureau
 PG-13
 2:45 p.m. Rio, G
 5 p.m. Justin Bieber:
 Never Say Never, G
Last Showing
 6 p.m. Unknown, PG-13
 8:30 p.m. I Am Number 4, PG-13
 9 p.m. The Eagle, PG-13
Last Showing

Thursday, April 28
 Noon Gnomeo and Juliet, G
 2:45 p.m. Diary of a Wimpy Kid:
 Rodrick Rules, PG
Last Showing
 5 p.m. The Adjustment Bureau
 PG-13
 6 p.m. Beastly, PG-13
 8:30 p.m. Just Go With It, PG-13
Last Showing
 9 p.m. Take Me Home Tonight, R

Friday, April 29
 4:30 p.m. Rio, G
 5 p.m. Mars Needs Moms, PG
Premiere Showing
 8 p.m. The Adjustment Bureau
 PG-13
 9 p.m. Beastly, PG-13
21 Plus Movie

Movie descriptions

No Children Under 10
 Admitted to R-Rated Movies

MARS NEEDS MOMS, PG for sci-fi action and peril. Action/Adventure, Comedy, Science Fiction/Fantasy, Animation and Adaptation, 88 min. Cast: Seth Green, Dan Fogler, Elisabeth Harnois, Mindy Sterling, Joan Cusack. Take out the trash, eat your broccoli—who needs moms, anyway? Nine-year-old Milo finds out just how much he needs his mom when she's nabbed by Martians who plan to steal her "momness" for their own young. Milo embarks on a quest to save his mom—a wild adventure that involves stowing away on a spaceship, navigating an elaborate, multi-level planet and taking on the alien nation and their leader. With the help of a tech-savvy, underground earthman named Gribble and a rebel Martian girl called Ki, Milo just might find his way back to his mom...in more ways than one.

THE KING'S SPEECH, R for some language. Drama and Biopic, 118 min. Cast: Colin Firth, Geoffrey Rush, Helena Bonham Carter, Guy Pearce, Timothy Spall. George VI, also known as Bertie, reluctantly takes the throne of England when his brother Edward abdicates in 1936. The unprepared king turns to a radical speech therapist, Lionel Logue, to help overcome his nervous stutter and the two forge a friendship.

BLACK SWAN, R for strong sexual content, disturbing violent images, language and some drug use. Drama and Thriller, 103 min. Cast: Natalie Portman, Vincent Cassel, Mila Kunis, Barbara Hershey, Winona Ryder. Nina is a featured dancer in the New York City Ballet who finds herself locked in a web of competitive intrigue with a new rival at the company.

RIO, G. Action/Adventure, Comedy and Animation, 96 min. Cast: Jesse Eisenberg, Anne Hathaway, George Lopez, Tracy Morgan, Jemaine Clement. First Run Over Seas in Theaters (FROST). From the makers of the hit "Ice Age" series comes "Rio," a comedy adventure about taking a walk on the wild

side. Blu is a domesticated Macaw who never learned to fly, living a comfortable life with his owner and best friend Linda in the small town of Moose Lake, Minnesota. Blu and Linda think he's the last of his kind, but when they learn about another Macaw who lives in Rio de Janeiro, they head to the faraway and exotic land to find Jewel, Blu's female counterpart. Not long after they arrive, Blu and Jewel are kidnapped by a group of bungling animal smugglers. With the help of street-smart Jewel and a group of wise-cracking and smooth-talking city birds, Blu escapes. Now, with his new friends by his side, Blu will have to find the courage to learn to fly, thwart the kidnapers who are hot on their trail, and return to Linda, the best friend a bird ever had.

THE ADJUSTMENT BUREAU, PG-13 for brief strong language, some sexuality and a violent image. Romance, Science Fiction/Fantasy, Thriller, Adaptation and Politics/Religion, 106 min. Cast: Matt Damon, Emily Blunt, Anthony Mackie, John Slattery, Michael Kelly. On the brink of winning a seat in the U.S. Senate, ambitious politician David Norris meets beautiful contemporary ballet dancer Elise Sellas—a woman like none he's ever known. But just as he realizes he's falling for her, mysterious men conspire to keep the two apart. David learns he is up against the agents of fate itself—the men of The Adjustment Bureau, who will do everything in their considerable power to prevent David and Elise from being together. In the face of overwhelming odds, he must either let her go and accept a predetermined path...or risk everything to defy fate and be with her.

TAKE ME HOME TONIGHT, R for language, sexual content and drug use. Comedy and Drama, 97 min. Cast: Topher Grace, Anna Faris, Dan Fogler, Teresa Palmer, Chris Pratt. Recent MIT grad Matt Franklin should be working for a Fortune 500 company and starting his upward climb to full-fledged yuppie-hood. Instead, the directionless 23-year-old confounds family and friends by taking a part-time job at a video store. But Matt's silent protest against maturity comes to a screeching halt once his unrequited high school crush, Tori Frederking, walks into the store. When she invites him to an epic, end-of-summer party, Matt thinks he finally might have a chance with the girl of his dreams. With his cynical twin sister Wendy and best friend Barry, Matt embarks on a once-in-a-lifetime evening. From stealing a car to a marriage proposal to an indescribable, no-holds-barred dance-off, these friends share experiences that will change the course of their lives.

BIG MOMMA'S: LIKE FATHER LIKE SON, PG-13 for some sexual humor and brief violence. Comedy, Crime/Gangster and Sequel, 108 min. Cast: Martin Lawrence, Brandon Jackson, Jessica Lucas, Faizon Love, Emily Rios. FBI Agent Malcolm Turner and his 17-year-old stepson Trent go undercover at an all-girls' school for the arts after Trent witnesses a murder. They pose, respectively, as Big Momma and Charmaine, in order to find evidence incriminating the murderer before he finds them.

HOP, PG for some mild rude humor and mischief. Comedy, Kids/Family, 96 min. Cast: Russell Brand, James Marsden, Kaley Cuoco, Elizabeth Perkins, Hugh Laurie. Fred is an out-of-work slacker who accidentally injures the Easter Bunny and must take him in as he recovers. As Fred struggles with the world's worst houseguest, both will learn what it takes to finally grow up.

If you have been sexually assaulted or need to speak with a S.A.P.R. victim advocate, call 335-640-6621 24/7 for information and support.

Drug Education For Youth

OVERNIGHT 5-DAY SUMMER LEADERSHIP CAMP

20-25 June at Carney Park

Ages: 9 - 12 yrs

FREE PROGRAM!

Spaces limited to 30 kids only

FOR INFORMATION CONTACT US AT: 21 April and 10 May: CAPO SPAN, 081-568-4788. 1 May and 21 May: SUPPORT SITE FOOD COURT, 081-568-4788. Please Register on-line at: www.deey.org and space is limited.

DEEY is a Child Volunteer or Mentor

WWW.DEEY.ORG | Naples Senior Center | 800-235-2333

Friday, April 22
 7 p.m.: Beastly, PG-13
Sunday, April 24
 2:30 p.m.: The Adjustment Bureau, PG-13

Visit Every One Comes Home

<http://www.uso.it>
 Capodichino 081-568-5713
 Support Site 081-811-4903

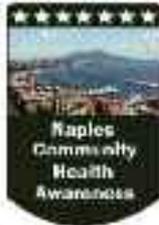
USO DAILY TOURS

April 23 Make your own Neapolitan pizza.....€25
April 24 Easter wine tasting and lunch...€45
April 27 Vatican Museums and Sistine Chapel.....€40

WEEKEND TOURS

May 6-8 Memorial Day in Ischia.....€229
May 26-30 Memorial Day in Corfu.....€564
May 27-30 Family getaway in Gardaland.€266
May 27-June 3 Moscow & St. Petersburg.....€1,605
June 4-5 Florence & Pisa Weekend.....€165
Jun 18-19 Father's Day weekend in Maranello.....€230
June 30-July 4 4th of July in Switzerland.....€543
Sept. 1-5 Labor Day at the Cinque Terre€429
Sept. 21-26 Oktoberfest 2011.....€385
Oct. 15-16 Perugia Euro Chocolate Festival.....€187

Naples Public Health Evaluation



The final Phase II report will be ready for public release in 2011. Enduring processes 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 Grignano. 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 "Panorama" and visit the Naples Community Health Awareness website at <https://www.cnic.navy.mil/Naples/CommandInformation/HealthAwareness/index.htm>.

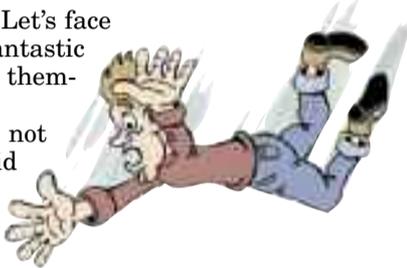
Safety tip

There's nothing funny about falls

Slips, trips and falls do provide for a bit of comedy relief. Let's face it—we often end up in the horizontal in some of the most fantastic ways imaginable. Human beings have been falling over themselves ever since they first began to walk.

However, except in slapstick comedy, falls are really not funny. In fact, the subject of falls is extremely serious. Did you know that falls account for a high number of accidental deaths?

In case you are thinking that falls only present hazard to people who work on scaffolds and steel girders up in the sky, think again. Most falls actually occur on the same level and are caused by just tripping over an obstacle or slipping on something.



Here are some ways to prevent falls:

- Keep walkways and floors free of obstacles such as boxes, cords and litter. Even objects, such as pencils on the floor, have caused serious falls.
- Flooring surfaces must be even and secure. Watch out for obstacles such as loose tiles or carpeting.
- Close cabinet drawers and doors as soon as you are through with them. Do not leave your bags on the floor in your office or next to your cubicle in such a manner that it obstructs the route you or your co-workers take. Many serious injuries have occurred when people fell over unexpected obstacles, like an open desk drawer or articles intentionally left on the floor.
- Don't run or walk too fast around the office. This is especially true when negotiating ladder wells (stairs).
- Adjust your walking speed and style to the surface on which you are traveling. If the surface is rough, cluttered, slippery or at an angle, such as a ramp, you need to slow down and take small careful steps.
- Wear safe footwear, with low heels and a good fit. Keep your shoelaces tied. Avoid slippery soles and be sure to wear shoes with adequate tread when walking on icy, greasy or wet surfaces. Keep shoes in good repair. A defect such as a nail coming through the heel can cause a person to slip.
- Make sure wet or slippery spots on the floor get cleaned up. If you are uncertain whom to contact, at a minimum contact your safety office.
- Make sure you can see over or around any load you are carrying.
- Take your near-misses seriously. Let's say you have just skidded across a slick patch of flooring or tripped over an extension cord. You are not injured, but just a little shaken and embarrassed. Take the time to see why the incident occurred in the first place and identify what can be done to prevent it from happening again. Does the floor need non-skid matting? Should the cord be moved or taped down? Were you hurrying or daydreaming?

It is important to stay alert to slipping and tripping hazards in your work area and the routes which you travel in the course of your shift. Watch out for hazards that might put you in danger of a fall. Think of the other person, too. You might know that the corner of the rug is loose or that the floor around that leak is always wet. But some other unsuspecting person might fall victim to these hazards.

Lo shopping / Shopping

Practice your vocabulary. Find the Italian words.

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

AVETE / Do you have?
BORSE / Bags
CAMERINI / Dressing room
CARO / Expensive
CARTA DI CREDITO / Credit card
CONTANTI / Cash
ECONOMICO / Cheap
LO PRENDO / I'll take it.

POSSO PROVARLA / Can I try it?
QUANTO COSTA / How much?
SALDI / Sales
SCONTO / Discount
SCONTRINO / Receipt
STO CERCANDO / I'm looking for
TAGLIA / Size

NOVA / Egg supper	E N O E I S I F I C O R O C + +
ULTIMA CENA / Last Holy Week	+ + O + + + + + + + + + S
SETTIMANA SANTA / Resurrection	+ + T + + + + + + + + + E +
RESURREZIONE / PRIMAVERA / Spring Monday	+ + E + + + + + + + + + T + +
PASQUETTA / Easter PACE / Peace Crucifixion	+ + A T E U O S A P N A + + A +
CROCEFISSIONE / bunny	+ + I G + O + + + + I + + + + V
CONIGLIETTO / Easter cake	+ + L N + I + + E N I + + C + C +
COLOMBA / Easter AGNELLO / Lamb	+ + O + + + + + + + + + + + +
	+ + + + + + + + + + + + + + +

Answer to last week's puzzle

Buona Pasqua / Happy Easter

NSA Naples Holy Week service schedule

Catholic

- **April 22**
Good Friday
5:30 p.m. at Support Site Chapel
- **April 23**
Easter Vigil Mass
8 p.m. at Support Site Chapel
- **April 24**
Easter Sunday Mass
8:30 a.m. at Capo Chapel
11 a.m. at Support Site Chapel

Protestant

- **April 24**
Easter Sunday Services
6:30 a.m. Protestant Sunrise Service at Support Site Amphitheater
8 a.m. Liturgical Protestant Service at Support Site Chapel
9:15 a.m. Contemporary Christian Service at Support Site Chapel
11 a.m. Protestant Service at Capo Chapel
1 p.m. Hallelujah Full Gospel Service at Support Site Chapel

Eastern Orthodox

- **April 24**
8 a.m. Eastern Orthodox Paschal Divine Liturgy at Support Site Chapel

Special Event

- **April 24**
6 p.m. Children's Easter Musical at Support Site Chapel



Image from "Panorama" April 5, 1963

For those not celebrating Easter, call the NSA Naples Chapel at 081-568-3539 for information on additional worship opportunities.



The crowd lined up to watch members of the C4I FCPOA get pied in the face April 8. For just a \$2 donation, participants could choose their favorite first class to pie.



The C4I FCPOA raised over \$900 during the event in support of a first annual March for Babies 5K Run/Walk and Awareness Festival, scheduled for May 28 at the Support Site.

FCPOA takes pies in the face for babies

Story and photos by MCI Gary Keen

The C4I First Class Petty Officer Association (FCPOA) took whip cream pies in their faces as part of a fundraiser for babies and a morale booster at U.S. Sixth Fleet

headquarters on Naval Support Activity Naples Capodichino.

This fundraiser was one of many the C4I FCPOA has hosted to raise more than \$1,800 in support of a first annual March for Babies 5K Run/Walk and Awareness Festival, scheduled for May 28.

“The C4I FCPOA has been personally affected by the tragedy of premature birth when a shipmate of ours lost his twins late last year,” said Intelligence Specialist 1st Class Brandon Aube, vice president of the C4I FCPOA.

“In honor of this tragic event, we decided to sponsor a 5K similar to last year’s Susan G. Komen 5K held on the Support Site. We want to raise awareness of the tragedy of premature birth and support a foundation like the March of Dimes, whose mission is to improve the health of babies by preventing birth defects, premature birth and infant mortality.”

During the pie-in-the-face fundraiser, shipmates from the U.S. Naval Forces Europe-Africa and U.S. Sixth Fleet donated \$2 to throw one pie in the face of any first class petty officer of their choosing. Early on, the target was clear; people were eager to donate and pie the top 15 first classes in front of the whole command.

“This event helped us raise more than \$900 alone,” said Cryptologic Technician Thomas Parker, an active member of C4I FCPOA. “Our goal is to raise \$5,000 for March for Babies. We have already raised \$1,600 through donations from our family and friends, but the real fundraising will come from the 5K run/walk and Awareness Festival.”

The March for Babies 5K Run/Walk will start at 9 a.m. May 28, outside of the Support Site Fitness Forum. The Awareness Festival will begin after and will include live music, food, and a bounce house and face painting for kids. Sign up for the race in front of the Capo Mini-NEX during the week, and during the weekend in front of the Support Site Navy Exchange from 11 a.m. to 1 p.m. through May 1.

To learn more, visit their Facebook page: First Annual March for Babies 5K Run/Walk and Awareness Festival.



Sailors targeted the top 15 first class petty officers during the pie-in-the-face fundraiser.

Jobs

HUMAN RESOURCES OFFICE (HRO)

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

U.S. POSITIONS

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

CLOSING 28 APRIL

Lead Educational Tech (CYP), GS-1702-05, ANN#EUR11-997205-AG, Full-time permanent
Training Instructor, GS-1712-09, ANN#EUR11-946638-AG-R1 Full-time permanent
Management Analyst, GS-0343-12, ANN#EUR11-007609-AV, Full-time permanent
Interdisciplinary, GS-08XX/0020-13, ANN#EUR11-006607-AV, Full-time permanent
Mechanical Engineer, GS-0830-13, ANN#EUR11-005312-AV, Full-time permanent
General Marine Surveyor, GS-0873-12, ANN#EUR11-002966-SC, Full-time permanent
Administrative Support Assistant, GS-0303-06, ANN#EUR11-998059-AG Full-time permanent
Security Specialist, GS-0080-07 KPP 09, ANN#EUR11-002911-EG Full-time permanent
Supervisory Training Instructor, GS-1712-11, ANN#EUR 11-008919-AG Full-time permanent. AOC: NSA current employees only.

CLOSING 05 MAY

Architect, GS-0808-13, ANN#EUR11-009889-AV, Full-time permanent
Contract Specialist (Multiple positions), GS-1102-13, ANN#EUR11-008821-AV, Full-time permanent
Motor Vehicle Registration Assistant, GS-0303-06, ANN#EUR11-006017-AG, Full-time permanent
Clinical Practitioner-Interdisciplinary, GS-0185/0180-11, ANN#EUR11-009146-AG, Full-time permanent
Fire Protection Specialist, GS-0081-10, ANN#EUR11-988825-AG, Full-time permanent

OPEN CONTINUOUS ANNOUNCEMENT

Education and Training Tech (CDC/CYP), GS-1702-02 KPP 03 KPP 04, ANN#EUR11-920861-AG, (multiple positions), Full-time permanent. Next cut-off date is April 28.

COURTESY US VACANCY ANNOUNCEMENTS

Naples Religious Ministries is hiring a Catholic Coordinator of Religious Education. The position will be available June 1. A detailed Statement of Work is available at both the Support Site and Capodichino Chaplains' Offices. Résumés need to be turned in no later than Wednesday, April 27. For more information, contact the NSA Chaplain Office at 081-811-4600 or 081-568-3539. **Marketing Plus** is seeking an independent contractor to call on the NEX. They are looking for a person to merchandise as well as

demonstrate lines (SHARP LED and LCD panels, CONAIR, CUISINART, HASBRO and more) carried in the Exchange. Weekends are mandatory. Pay: \$14/hour, 15 hours/week. Contact Peter Grasser at pgrasser@marketingplus.cc.

Tessada Associates, Inc. is seeking a facility management database specialist (database sustainment specialist) to work at U.S. Naval Hospital Naples, Italy. Apply online at www.tessada.com. **Member Service Representative** at Navy Federal Credit Union Naples, Italy, Job: ID 218. Apply online at www.navyfederal.org. **Temporary Assistance Needed CSC** is seeking individuals to assist with laptop and desktop software loads and configurations. We anticipate 2-3 weeks of work with the potential opportunity for additional week(s) and/or travel. Active duty personnel are also encouraged to apply. For more information, contact Andrea Rumpler at arumpler@csc.com or +49.711.620.4765.

LOCAL NATIONALS (LN) POSITIONS

CLOSING 28 APRIL

Electrical Engineer, Q-0850-Q2, ANN#44308-924669-AV, Full-time permanent
Water Treatment Equipment Mechanic, UC-2601-05, ANN#44308-975225-AV-R1, Full-time temporary

CLOSING 05 MAY

Tax Free Product Clerk, UA-0303-05, ANN#62588-986423-AG, Full-time permanent

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

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 www.CNIC.navy.mil/Naples/index.htm; click on "CNREURAFSWA Human Resources Office." Under the HRO page, click "Contact Us" and a form will appear. Please complete the short form and submit. You will be contacted within 24 hours, so please be sure to provide your contact information. Thank you and we appreciate your input—whether negative or positive—so that we can find ways to improve the HRO services, or continue to provide excellent service. As a reminder, an HRO representative is available for the bi-weekly "Meet & Greet" at the NSA Support Site, Navy Exchange food court from 8 to 9 a.m. Please feel free to come by, pick up a copy of a vacancy announcement that you may be interested in applying for or ask questions. If the HRO representative is unable to provide you a response, he/she will bring the question back to HRO, and you will be provided an answer or a call back the same day. The next "Meet & Greet" is April 25.

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, call 081-568-5612/4164.

NSA NAPLES POSITIONS, MWR OPEN CONTINUOUS POSITIONS

Child Program Assistant, CY-1702-III, ANN#11-024, (Multiple positions) flexible, Child Development Centers, School Age Care, Capodichino/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-III, ANN#10-069, (Multiple positions) flexible/regular, Youth Programs, Support Site and Carney Park. Job Summary:

Assembles materials and equipment necessary to execute School Age Care for children ranging from 6 to 9 years old; School Age Care Pre-Teen for children ranging from 10 to 12 years old; Teen Center Program for children ranging from 13 to 18 years old. Receives and releases children to/from authorized parents and guardians.

Recreation Aid, NF-0189-01, ANN#10-022, flexible, NOR Center, Carney Park. Job Summary: Provides and maintains recreation and athletic equipment issue.

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

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

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

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

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

Recreation Aid, NF-0189-01, ANN#10-127, flexible, Fitness Forum, Support Site. Job Summary: Assists in the operations of the fitness program.

Recreation Assistant (Travel Agent), NF-0189-02 KPP 03, ANN#10-137, flexible full-time, ITT division, Support Site and Capodichino. Job Summary: Quotes prices, makes reservations, places orders and issues airline tickets. Open until filled.

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

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

Recreation Aid, NF-0189-01, ANN#11-048, flexible part-time. Aquatics, Support Site/Carney Park (seasonal employment). Job Summary: Oversees activities and necessary services to authorized patrons, including general information on the use of equipment.

Open until filled.

Recreation Aid (Lifeguard), NF-0189-01, ANN#11-040, flexible part-time, Aquatics, Support Site/Carney Park. Job Summary: Safeguards and supervises swimmers and bathers in pool areas and enforces swimming and bathing regulations. Continuously observes patrons, warns swimmers of unsafe conditions and actions, rescues those in trouble and administers emergency first aid if necessary. Open until filled.

NAF LOCAL NATIONAL POSITIONS

Recreation Aid (Lifeguard), Ua-0189-07, ANN#11-037, multiple positions, temporary part-time, Aquatics Division, Support Site/Carney Park. Area of Consideration: Italian citizens and citizens of other European Union (EU) countries. Open until filled.

Recreation Aid, Ua-0189-07, ANN#11-053, multiple positions, temporary part-time, Aquatics Division, Support Site/Carney Park (Seasonal employment). Area of Consideration: Italian citizens and citizens of other European Union (EU) countries. Open until filled.

Recreation Assistant (Lead Lifeguard), Ua-0189-06, ANN#11-032, multiple positions, temporary part-time, Aquatics Division, Support Site/Carney Park. Area of Consideration: Italian citizens and citizens of other European Union (EU) countries. Open until filled.

NEX EMPLOYMENT OPPORTUNITIES

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

NEX job opportunities are 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#033-11 Supervisory Sales

Clerk/CL/NF-02/RFT- Closes: 04/22/11
Ann#023-11 Lead Cashier Checker/CC/NF-01/RFT- Closes: 04/22/11
Ann#006-11 Sales Clerk/A6A/ NF-01/Flex- Closes: 04/22/11

GRICIGNANO MINI MART
Ann#010-11 Sales Clerk/MM/ NF-01/RFT- Closes: 04/22/11

DIST. CTR, GRICIGNANO
Ann#012-11 Warehouse Worker /NA-05/Flex- Closes: 04/29/11

CAPODICHINO NEX MART
No Vacancies

JFC-NATO MINI MART
Ann#018-11 Sales Clerk/MM/ NF-01/Flex- Closes: 04/22/11

DISTRICT PROCUREMENT OFFICE, GRICIGNANO
Ann#030-11 Procurement Asst./ H9/NF-02/RFT- Closes: 04/29/11

LOCAL POSITIONS

No Vacancies

MORE INSIDE PAGE...

ONGOING/ON THE HORIZON continued

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 Laura Hitchcock at laura.poodle@gmail.com.

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

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

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

LATINOS UNIDOS WELCOMES NEW MEMBERS Meetings are at 2 p.m. the first Sunday of every month at the Support Site park. For more info, contact Michael Cortez, Michael.cortez@eu.navy.mil, 334-6771-0327, or Gabriel Sermenó, Gabriel.sermenó@eu.navy.mil, 081-811-5554.

Yearly physical health assessments keep sailors and marines prepared



Hospitalman Christopher Rinker draws blood from Cmdr. Thomas Moore as a part of his annual PHA. Completing the PHA annually is mandatory to pass the PFA. Service members should schedule an appointment during their birth month.

Story and photo by MCI (SW/AW) Jenniffer Rivera,
Navy Public Affairs Support Element-East Detachment
Europe

An initiative to keep all active duty sailors and marines fit, healthy and ready to deploy requires them to complete a yearly physical health assessment (PHA). This assessment consolidates medical, dental, occupational health and risk screening services, medical record review, preventative counseling and risk communication into a single annual appointment.

During a PHA, a service member meets face-to-face with healthcare professionals during his birth month. "The PHA is designed to maintain total health," said Cmdr. Jaye Bayles, head of the community health depart-

ment at U.S. Naval Hospital Naples. "It is our way to evaluate and support the service member's physical and mental health needs by trying to address every aspect we can during the appointment."

According to Kendall Natrop, a hospital corpsman, it takes a full hour to prepare for each service member's PHA appointment, in order to ensure that the appointment runs smoothly. "To prepare for a PHA, we pull all the patient's records, verify them and see exactly what the service member needs to take care of during

his appointment, such as immunizations, cholesterol testing, hearing exams and dental checkups," explained Natrop. "A yearly PHA is very important to do on time because not only does it keep the service member healthy, but it can also help catch issues that some people are unaware of."

"The PHA is also designed to help prevent the time crunch that some service members experience around the biannual physical fitness assessment (PFA) time frame. Completing your PHA is mandatory to pass the PFA, so taking care of it in your birth month helps service members meet the requirement on time," Bayles advised.

The PHA provides service members with the optimal physical and mental health care they need in order to stay healthy and fit for duty.