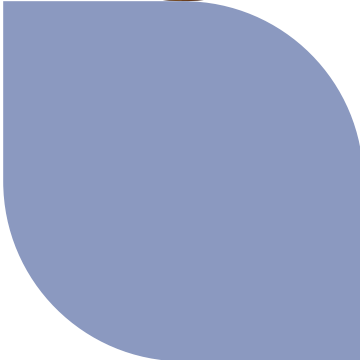


welcome to

PCS Guide 2026–2027

NAPLES





Patriot Military Automobiles

PRE-OWNED CENTER NAPLES

GUARANTEED BEST PRICES PAID TO BUY YOUR US SPEC VEHICLE WHETHER TRADING OR JUST WANT TO SELL IT!

OVER 400 US SPEC Vehicles in Stock • US Dollar Pricing • Immediate Delivery • Finance Assistance
We Take Trades • Warranties Available • Tax Free Sales • After Sales Services



Contact Your Patriot Military Autos Specialist: Andrew Carey

+ 39 366 330 30 16

a.carey@patriot-autos.net • www.patriot-autos.net
Via Boscariello - Inside the "Inn Naples Airport" Hotel



Mr. Andrew Carey



U.S. VOLVO MILITARY SALES NAPLES

Volvo Military Sales is proud to offer you the opportunity to purchase a new US specification Volvo at a **Special Military Discounted Price**. We have vehicles in stock available for **Immediate Delivery** in Naples. Or if you are leaving Italy, you can choose delivery to a Volvo dealer in the United States.

ALL WITH THESE BENEFITS:

3 YEARS FREE MAINTENANCE • 4 YEARS 50,000 MILE WARRANTY • FREE HOME SHIPMENT TO THE US



CONTACT US

+ 39 366 330 30 16 • naplesvolvo@usmilsales.com
Via Boscariello - Inside the "Inn Naples Airport" Hotel
www.usmilsales.com





Franchising

WILD BUFFALO

BBQ • SPORT • BAR

LAGO PATRIA
VIA LAGO PATRIA 244

GRICIGNANO D'AVERSA
VIA SAN SALVATORE 62

VERONA
GRAND'AFFI SHOPPING CENTER

TRENTOLA DUCENTA
JAMBO 1 SHOPPING CENTER



Europe Office

COMMANDER

Dan "DQ" Quinlan, Lt Col, USAF

BUSINESS OPERATIONS MANAGER

John Rodriguez

PUBLISHING & MEDIA DESIGN, MANAGER

Carrie Farrell

PUBLISHING & MEDIA DESIGN, LEAD EDITOR

Kat Nickola

WRITER-EDITORS

Tamala Malerk, Katie Wells

GRAPHIC ARTISTS

Daniela Gammon, Ryann Joye, Mandy Mills

ENGAGEMENT MANAGER

Kay Moncada

MARKETING COORDINATOR

Kristen Thoennes

MARKETING ASSISTANT

Victoria Avila

COMMUNITY RELATIONS COORDINATOR

Al Green

MULTIMEDIA ADVERTISING, MANAGER

Doug Dougherty

NAPLES ADVERTISING SALES REPRESENTATIVE

Sebastiano Saglimbeni

MULTIMEDIA ADVERTISING, CONSULTANTS

Sean Adams, Heidi Bayfield, Kandace Blevin,

Nate Jamison, Jennifer Kordos, Caitlin Weaver

ADMINISTRATIVE ASSISTANT

Danny Padro

ADVERTISING OFFICE

Unit 29480, APO, AE 09211

Postfach 1980, 67607

Kaiserslautern, Germany

+49(0)152-5672-5020

CONTACT US:

Telephone: +49 (0) 0631-3615-9111

or DSN: 314-583-9111

Email: memberservices@stripes.com

Washington Office

PUBLISHER

Max D. Lederer, Jr.

REVENUE DIRECTOR

Scott Foley

MULTIMEDIA ADVERTISING, CONSULTANTS

Scott Adams, Corey Henderson,

Gerard Kelly, Claudia Stier, Mary Vandenberg

ENGAGEMENT DIRECTOR

Chris Verigan

PUBLISHING & MEDIA DESIGN, DIRECTOR

Marie Woods

PUBLISHING & MEDIA DESIGN, MANAGER

Douglas Gillam, Jr.

GRAPHIC ARTISTS

Ellen Cheung, Amy Webb

CONTENT DESIGNER

Alyssa McBeth

MARKETING COORDINATOR

Saeeda Daniels

ADVERTISING OFFICE

633 3rd Street NW, Suite 116

Washington, DC 20001-3050

202-886-0003

COVER DESIGN BY

Mandy Mills

FOR PUBLICATION REQUESTS

Stars and Stripes Europe, Advertising

Unit 29480, APO AE 09211

or email dougherty.doug@stripes.com

Visit our website for more information

at www.StripesEurope.com

©2026 Stars and Stripes. All rights reserved.
All information current as of May 2026.

TABLE OF CONTENTS

Just Landed

Welcome to Naples.....	6
Get to Know Campania.....	8
Support Organizations.....	12
Living Near a Volcano.....	14

Get Your Bearings

The Best Off-Base Neighborhood for You.....	16
Driving in Naples.....	20
Schools and Programs for Kids.....	24
Top Spots Kids Love.....	26
Situational Awareness in and Around Naples.....	28
Mental Health Resources.....	32

Local Life

Holidays and Festivals in Naples.....	34
Italian Grocery Shopping Guide.....	36
Gluten Free in Napoli.....	38
Pasta Sauces of Italy.....	40
Shopping Highlights in Downtown Naples.....	42

Travel

Positano on the Amalfi Coast.....	46
Top Five Reasons to Visit Benevento.....	50
Hiking Vesuvio.....	52

FOLLOW US ON:



@STARSANDSTRIPESEUROPE

MONTESSORI SCHOOL POZZUOLI



INTERNATIONAL SCHOOL

NURSERY - KINDERGARTEN - PRIMARY SCHOOL



CITIZENSHIP EDUCATION



Whatsapp 393 9748210

Tel. 081 8042684



www.montessoripozzuoli.it



Via Montenuovo Licola Patria 105/d
Pozzuoli (NA)
across from La Schiana Hospital

WELCOME TO NAPLES



An assignment to the U.S. Naval Support Activity (NSA) Naples is an exciting opportunity for immersion into Italian Napoli culture.

NSA Naples is affiliated with multiple locations:

- **CAPODICHINO** – Adjacent to Naples airport and primarily a work site with a small selection of support facilities.
- **SUPPORT SITE** – In Gricignano di Aversa, this is where a majority of NSA Naples’s support facilities are, including family housing, DoWEA schools, hospital, commissary and NEX.
- **CARNEY PARK** – MWR recreational facility and the primary location for sporting fields.
- **GAETA** – Logistical detachment with port operations and roughly an hour and a half from Naples.
- **ALLIED JOINT FORCE COMMAND (JFC) NAPLES** – NATO base where units affiliated with the National Support Element (NSE) are supported by NSA Naples. ■

SHOP, EXPLORE AND TASTE NAPLES AT

PARCO COMMERCIALE GRANDE SUD

Stores, events and experiences
you can't miss.



120 SHOPS



A WORLD
OF FLAVOURS



LARGE
PARKING AREA



BEAUTY CENTRES
AND HAIRDRESSER



EVENTS AND
ENTERTAINMENT

Images by freepik.com



PARCO COMMERCIALE
GRANDE SUD

Via Santa Maria a Cubito, Giugliano (NA)

centrograndesud.it

seguici su  



PIAZZA ITALIA

DECATHLON

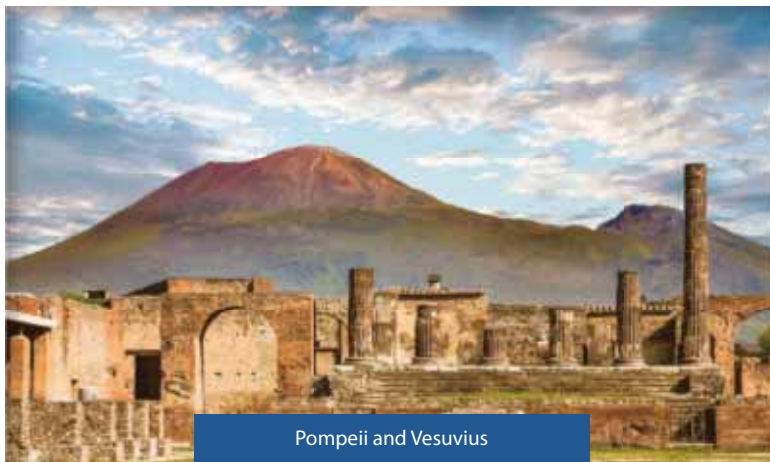
ZARA



Prenatal

GET TO KNOW CAMPANIA

By Kat Nickola



Pompeii and Vesuvius

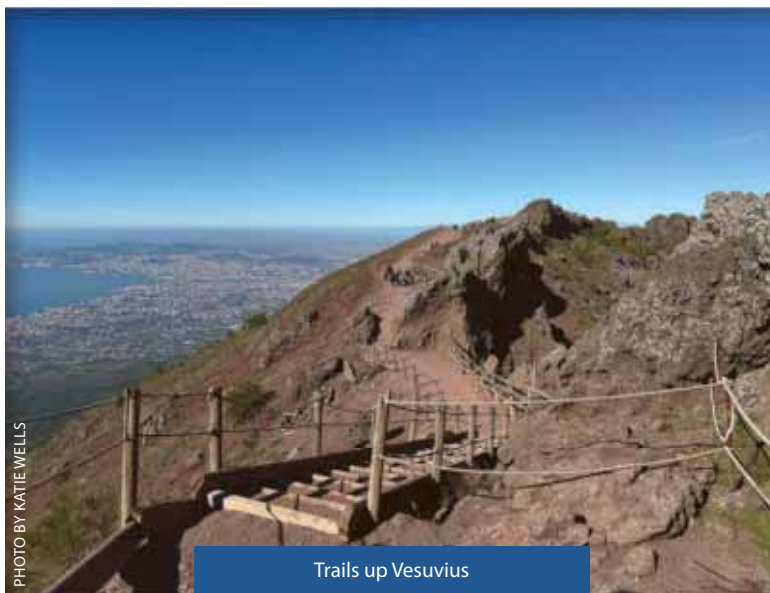


PHOTO BY KATIE WELLS

Trails up Vesuvius

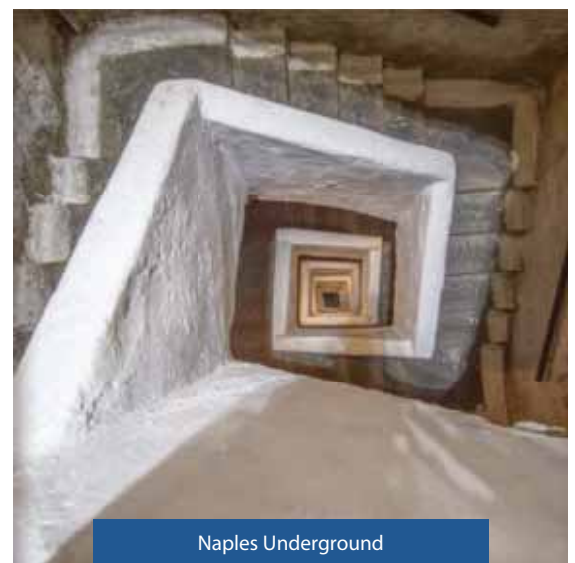
Your new home at NSA Naples is in the Campania region of Italy – a place with gorgeous dramatic coastlines, ancient Roman ruins, volcanic landscapes and the third largest city in Italy.

The name Campania comes from a people group that lived in the region from around 1000 B.C.E. The Campanians spoke the Oscan language, and you can see an inscription at the **Naples Archaeological Museum**. Colonizing began around 800 B.C.E. from Etruscans and Greeks who established the port of Naples. A visit to the **Naples Underground** can shed light on how Greek settlers quarried out blocks to build the city they named Neapolis.

Once the Roman Empire took control, the Bay of Naples area became a favorite elite destination for expansive holiday villas. One of the most notorious volcanic eruptions occurred in 79 C.E. when Mount Vesuvius buried the resort towns of **Herculaneum** and **Pompeii**. Both are now archaeological parks where you can see how wealthy Romans spent their holidays.

The volcano is now part of **Vesuvius National Park**, which offers hiking trails and incredible views. There are plenty of other routes for enjoying the mountains, forests, coastlines and unique maquis shrublands throughout Campania; find your favorite at www.hikingcampania.com.

The Middle Ages found much of Campania in dukedoms as vassals to an ever-changing selection of larger territories. The greater Naples area made up the Duchy of Naples, while most of Campania was in the Duchy of Benevento. A visit to the city of **Benevento** with its Roman relics and medieval sites is a must-do day trip.



Naples Underground

A New Home for the Dentist of Americans

Sadile Dental Clinic opens its brand-new headquarters in Aversa - steps from the train station, minutes from the NSA Support Site.



A TRUSTED LOCAL PARTNER

For more than a decade, Dr. Gennaro Sadile and his team have been a trusted reference for American military's families and expatriates in Southern Italy. The clinic-widely known as the "Dentist of Americans"-has built its reputation on fluent English communication and a deep understanding of the military community's needs.

Now, Sadile Dental Clinic has officially opened its new headquarters in Aversa, inside the modern DI Center at Via Atellana 47/a-directly opposite the Aversa train station and minutes from the NSA Support Site. More space, advanced technology, a fully redesigned patient experience.

"This office makes my treatment effortless. Professional team, fluent English, only minutes from the NSA base. Highly recommend Dr. Sadile."

Built for families, military & expats

Ample parking is on-site and the location in front of Aversa station makes the clinic easily reachable from Capodichino, Gricignano, Lago or anywhere along the Napoli-Roma line. Direct billing with TRICARE-no paperwork headaches.

Innovation at every visit

From 3D CBCT imaging and digital intraoral scanners to operating microscopes and advanced digital diagnostics-the new office brings cutting-edge technology to every appointment.

+ TRICARE DIRECT BILLING AVAILABLE

+ SERVING THE NATO NAPLES COMMUNITY
+ ENGLISH / SPANISH SPOKEN

www.studiosadile.it

▼ WATCH THE VIDEO
www.dentist-naples.it

ADVANCED TECHNOLOGY

- › 3D CBCT imaging
- › Digital intraoral scanners
- › Operating microscope
- › Advanced digital diagnostics

SERVICES

- Dental implants & oral surgery
- Orthodontics & aligners
- Cosmetic dentistry & smile design
- Preventive care & hygiene
- Pediatric dentistry

Book an appointment

SADILE DENTAL CLINIC

WhatsApp: +39 351 980 0744

Address: Via Atellana 47/a, Aversa
DI Center - opposite the train station
LARGE PARKING AVAILABLE ON SITE

200 REVIEWS ★★★★★



Scan for
WhatsApp
+39 351 980 0744

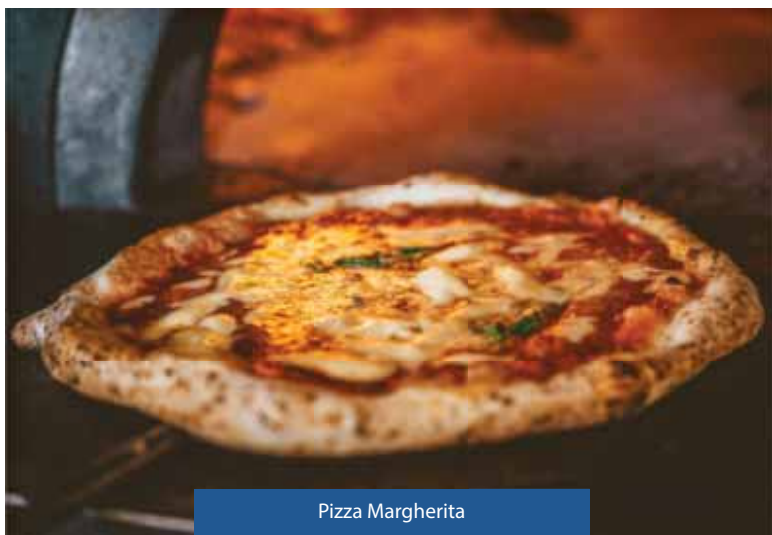
continued from page 8



Royal Palace of Caserta



Criptoportico at Royal Palace of Caserta



Pizza Margherita



Village on the Amalfi Coast

Naples became a major center of the Italian Renaissance and much of the beautiful architecture from this time can still be seen, especially in the **Royal Naples** neighborhood and north of the city at the **Royal Palace of Caserta** – often called the Versailles of Italy. For Renaissance art, you cannot beat the collection at the **Capodimonte Museum**.

In 1889, so the story goes, Queen Margherita visited Naples, and ate a special version of the local pizza, topped with local ingredients and made in her honor: **Pizza Margherita** was born! Topped flatbreads have been a staple in the region since ancient times, and using tomato has been around since the vegetables were first imported from the Americas in the 1500s. Pizza making is like a regional art, so be sure to eat your fill at the thousands of pizzerias in Campania.

During World War II, Naples was heavily bombed and the region saw heavy fighting during the Salerno Landings. Visit the **Museum of Operation Avalanche** in Eboli to delve into the history of this large amphibious assault.

Nowadays, Campania is known for its Mediterranean waterfront landscapes. Don't miss visiting the cascading, colorful, cliffside villages of the **Amalfi Coast** to wander the tiny lanes and take a boat out to the blue water-filled grottos. For a view of Naples, head across the bay for an aperitivo at a cliff top restaurant in **Sorrento**. If sandy beaches are more your style, drive out to the coastlines north of the Bay of Naples, especially near **Lago Patria**.

Naples' historic center, with its narrow cobblestoned streets, is known for its **shopping**. Find upscale fashion in the Chiaia district, head down the main shopping street of Via Toledo, build your own Christmas Nativity scene along Via San Gregorio Armeno, or try one of the city's many street markets. ■

Strategic Court-Martial
Defense in Italy



Court & Carpenter
MILITARY DEFENSE LAWYERS

**REPRESENTING U.S. SERVICEMEMBERS
WORLDWIDE IN:**

- Courts-Martial
- Boards of Inquiry
- Adverse Actions
- Command Investigations

**CONTACT US FOR A
FREE CONSULTATION**



www.militarylawfirm.com

Of Counsel near you in Pavia, Italy +39 338 876 3341

*Get your free Italy
Update from*

**STARS
AND
STRIPES.**

Scan to Signup



MEDITERRANEO®
SERVICE BOATS

RENT A BOAT - DAILY OR WEEKLY SERVICES
TOUR GUIDE ON REQUEST
BOAT AND RIB RENTALS,
WITH OR WITHOUT A LICENSE

DAILY TOURS: PROCIDA & ISCHIA
WATER TAXI TOUR SERVICES
Marina di Monte Di Procida (NA)

Cell. +39 345 9139083 / +39 339 8410732

GPS: 40°47'38" N - 14°02'34" E

www.mediterraneosb.it

**A JOURNEY THROUGH
the flavors of tradition**

*Salumeria
DEL SEGGIO*

**NATO CUSTOMERS
RECEIVE 10% OFF**

**AUTHENTIC RECIPES, HOMEMADE PIZZA, GRILLED SPECIALTIES AND WINES.
ALL IN A GARDEN, MADE TO BE SHARED.**

SALUMERIA DEL SEGGIO • VIA V. VENETO, 21 - AVERSA • +39 081 811 3296 • @SALUMERIADELSEGGIO

OPEN DAILY FROM APERITIVO TO DINNER - SUNDAY LUNCH AVAILABLE - PRIVATE EVENTS ON REQUEST

SUPPORT ORGANIZATIONS

FLEET AND FAMILY SUPPORT CENTER

www.facebook.com/NaplesFFSC

The Fleet and Family Support Center (FFSC) has counseling Services, Intercultural Relations (ICR) classes and trips, Italian language courses, spouse employment help, family readiness and transition assistance programs, the Exceptional Family Member Program (EFMP), finance classes, new parent support and more. The FFSC Loan Locker offers kitchen items to borrow during a PCS.

NAVY-MARINE CORPS RELIEF SOCIETY (NMCRS)

The NMCRS is a non-profit organization available to help with financial assistance, visiting nurses, new parent and pregnancy help and emergency travel.

- **NMCRS OFFICE**
Support Site, Bldg. 450
- **THRIFT SHOP**
Support Site, Bldg. 2088

USO

The United Services Organization (USO) offers family programs, seasonal and weekly events, local area information and much more.

- **CAPODICHINO**
AMC Terminal | +39 081-568-5713
italy.uso.org/naples-capodichino-air-terminal
- **SUPPORT SITE**
Village Forum | +39 081-811-4903
italy.uso.org/naples-gricignano

AMERICAN RED CROSS

The Red Cross offers well-being services for all members of the military community. They have training and certification courses in babysitting and CPR, blood drives, scholarships, and community programs like reading with dogs at the library and craft times for kids. In addition, the Red Cross offers assistance for other emergency needs.

- **SUPPORT SITE**
Bldg. 450 | +39 081-568-4788

CHAPEL

The chapel offers programs, religious services and other resources. 100 percent confidentiality counseling services are offered by chaplains. Please stop by the office, or call during working hours to get details or to set up an appointment.

- **SUPPORT SITE**,
Bldg. 2072 | +39 081-811-4608
- **CAPODICHINO**
+39 081-568-6817

POST OFFICE

Military postal facilities use gateways in the United States to connect your mail with the United States Postal Service (USPS). Shipping costs and procedures are roughly the same as those in the United States. All mail must have the following to be sent or received:

- First and last names of both sender and receiver; names must match those affiliated with the military postal box.
- A customs form to ensure the contents abide by local area restrictions. Visit www.usps.com/international/customs-forms.htm to fill and print a customs form.

AFN

The American Forces Network (AFN) provides access to American radio and television programming.

- **RADIO:** Broadcasts locally at 97.3 FM and via the AFN Go app available at www.afngo.net/anfeurope.
- **TV:** Streaming services are available on the AFN Now App, sign up afn-now.myafn.mil.

VOTING OVERSEAS

Register to vote overseas at the Federal Voting Assistance Program website www.FVAP.gov. Select your state of residency and request an absentee ballot. ■

Navy MWR Naples
www.navymwrnaples.com



REAL AMERICAN TV

easyTV – Your home for USA sports & entertainment



✔ over 70 live U.S. channels

✔ tune in live, recorded,
or on demand

✔ integrated cloud DVR

✔ available worldwide
outside the U.S.



Scan to sign up
and start watching



WORLDWIDE
STRATEGIC PARTNER



www.tkscable.com

TKS

A VODAFONE
COMPANY

LIVING NEAR A VOLCANO

Naples is part of a greater Mediterranean seismic zone, making earthquakes and volcanic eruption a tangible reality. The risk zones are centered on two major hot spots.

CAMPI FLEGREI

Known in English as the Phlegraean Fields, this area west of Naples is the remnant of a massive volcano that formed the Gulf of Naples thousands of years ago. It is still an active zone with small earthquakes and volcanic events happening frequently, meaning it is currently in a yellow alert status.

MOUNT VESUVIUS

This volcano east of Naples is best known for its eruption in 79 A.D. While all activity is watchfully monitored, Vesuvius has been in a rest period since 1944 and is most often in a green alert status.

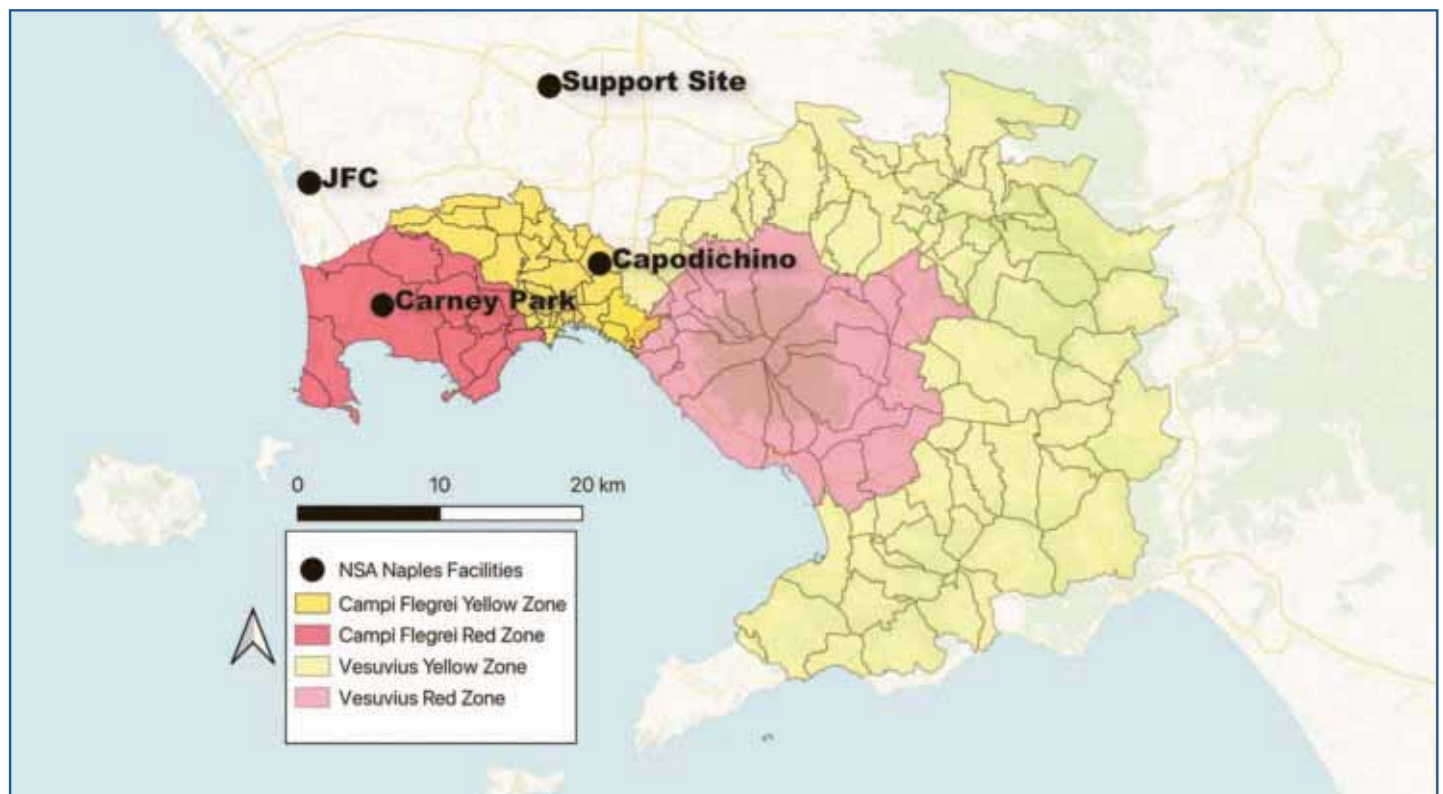
RED AND YELLOW ZONES

These locations have the potential for a large earthquake or volcanic event, and areas of greatest risk are mapped out as red and yellow zones.

For interactive maps, visit mappe.protezionecivile.gov.it/en/risks-maps-and-dashboards.

- **RED ZONE:** High risk for fast-moving volcanic flow. A declared 'allarme' (alarm) means that anyone in the area must evacuate as a preventative measure.
- **YELLOW ZONE:** Risk for significant ash fall. A temporary evacuation may be required in case of alarm.

If you choose to live in either zone, it is important to have a plan and an emergency kit so you and your family are prepared for emergencies. Consider your daily locations like work and school and ensure that all family members know your plan if you are separated when an earthquake or eruption occurs. ■





WINE & OLIVE OIL TASTING

Organic Vesuvio Lacryma Christi DOC

For additional information & reservations for individuals and private groups visit

WWW.CANTINADELVESUVIO.IT

or contact USO Naples at (USO S.Site)

629-4903 or (USO Capo) 626-5713

WINE TASTING, TOURS AND LUNCH EVERYDAY 9AM-6PM

Via Panoramica 15, Trecase, Naples 80040

All U.S. Military and their guests will receive a 10% discount on Wine & Oil sales

IG: @cantina_del_vesuvio_winery



SILVA CHIROPRACTIC



Back and neck pain relief
Sports, work, or accident injuries
Wellness and maintenance care
Treatments for expecting mothers

FOR INFORMATION
AND APPOINTMENTS CALL:

340 4806690

(ENGLISH SPEAKING SECRETARY)

Easy access and ample parking

15 min. from Capodichino

15 min. from Gricignano

3 min from A1 Caserta Sud Exit



DR. MARTIN J. SILVA
AMERICAN CHIROPRACTOR
WORKING IN ITALY
SINCE 1997
MEMBER A.I.C.

OPEN
EVERY DAY
FOR LUNCH &
DINNER

TAKE AWAY,
LAGO PATRIA,
VARCATURO

PHILLY CHEESE STEAK / NEW YORK STYLE PIZZA

: ERNYS PIZZA

VIA LAGO PATRIA, 249 - LAGO PATRIA (NA) - GPS: LAT. 40.93426 - LON. 14.04632
FOR A FAST SERVICE CALL TEL. 081 3340462 - CELL. 333 2566212

the BEST OFF-BASE NEIGHBORHOOD for you

Story and Photos By Katie Wells



AVERSA

While living on base is always convenient, especially if you have school-aged children, living off base in a new country can be one of the best ways to immerse yourself in the local culture and gain a true sense of the area and what it has to offer. You may find your new favorite place for an espresso, a local grocery store with the freshest produce or a neat pet store. These three popular areas to live near Naples all have different benefits.

Drive times for each location are approximate and listed in order of nearest to furthest. Note that traffic, especially heading towards downtown Naples, can affect drive times significantly.

This housing area is just outside the Naples Support Site. Since it is such an easy commute to NSA Gricignano Support Site (7-10 mins) and an easy walk to local grocery stores like EuroSpin, butcher shops, Pasticceria (pastry shops) and restaurants, many people choose to live here. The houses are primarily Italian townhouse or apartment style. Some homes in this area may have dual voltage, but it is not guaranteed. While homes may have their own gates, it is not a gated community. There is on-street parking, so as elsewhere in Naples, don't leave valuables in your car. For kids attending NES or NMHS DoWEA Schools, the bus ride is approximately 7-10 minutes.

Drive Times:

- Support Site in Gricignano:** 10 minutes
- DoWEA school bus ride:** 10+ minutes
- Capodichino:** 26 minutes
- Carney Park:** 32 minutes
- Downtown Naples:** 36 minutes





GIUSEPPE CAPONE, M.D.

COUNCILOR OF THE ITALIAN SOCIETY OF
PLASTIC SURGERY
AESTHETIC AND RECONSTRUCTIVE



- ▶ RHINOPLASTY
- ▶ FACE LIFT
- ▶ ABDOMINOPLASTY
- ▶ BREAST REDUCTION
- ▶ BREAST AUGMENTATION



- ▶ LIPOSUCTION

- ▶ AESTHETIC SURGERY OF THE FACE
- ▶ BOTOX AND FILLER ANTI-AGING



For appointments call: Julie 335-6124045

email: jalyoness@gmail.com

Naples - Clinica Villa del Sole - Via Tasso, 480

Cell. 335-6617660 - dr.caponegiuseppe@gmail.com

continued from page 16

PARCO EVA IN TEVEROLA

Living in Parco Eva is the best of both worlds: It is close to both the NSA Gricignano Support Site, where kids attend school, and NSA Naples Capodichino, where most service members work. It is also a blended Italian-American housing community. The homes are dual voltage, family-style and 3-4 stories. The community is gated and guarded to ensure safety. Each home also has a yard and there is a community park with areas for kids to play, people to grill and a small dog park where your pet can go off leash. Bonus for cat people: Stray cats roam around and protect the neighborhood.

Drive Times:

- Support Site in Gricignano:** 12 minutes
- DoWEA school bus ride:** 15+ minutes
- Capodichino:** 26 minutes
- Carney Park:** 32 minutes
- Downtown Naples:** 34 minutes



LAGO PATRIA

If you don't mind a slightly longer commute, Lago Patria is right by the beach, and if we are comparing Naples to the states, has Florida vibes. It is easy to walk to stores like butcher, grocery stores, cafes, espresso bars and more. The gated homes are right by the coastline, granting easy access to lidos and the beach. Homes in this area are more modern and affordable. This area is also close to U.S. Navy Carney Park, where most DoWEA and recreational sports games and practices are hosted, as well as some MWR Events. The International School of Lago Patria is also close to this residential area, for those who prefer that option.

Drive Times:

- Carney Park:** 17 minutes
- Support Site in Gricignano:** 21 minutes
- Capodichino:** 26 minutes
- DoWEA school bus ride:** 30+ minutes
- Downtown Naples:** 37 minutes ■





Cambridge
English Qualifications




New Green Garden
International School



*Welcome to the children
from all over the world*



Primary School - Kindergarten
Preschool - Nursery
Homework Club - Sport Courses
Summer School - JFC Agreement

📍 LAGO PATRIA (NA) - Via Domitiana KM 44, 200
☎ 081.5091290 📞 334.8087222
🌐 www.newgreengarden.it

Milena e Ernesto

Free service

We will assist you in finding the nicest furnished or unfurnished house or apartment your heart desires.
Your dream home can be found in Aversa, Gricignano, Succivo, Napoli, Lago Patria, Licola, all areas.



Phone: 338 3820535 - 327 9408616
(english or italian spoken)

email: ernestodevillano@yahoo.it -
ernestodevillano1965.edv@gmail.com

EQUAL HOUSING OPPORTUNITY

COME TO THE RIGHT PLACE



since 1995 **THRIFT SHOP**
franchising **MERCATINO**
Buy and sell of used items
www.mercatinousato.com

SELL YOUR USED ITEMS (see our regulations)
OR BUY THE ONES WE HAVE ON DISPLAY

Via Lago Patria 144, Lago Patria - Tel. 081-5091972
Via Domiziana 224, Varcaturro - Tel. 081-3764303
🌐 www.lagopatria.mercatinousato.com



HOTEL AGORA

★★★★★
Where you feel at home!



- Serving U.S. and NATO Personnel • Pet Friendly/Dog-Run • Fiber Optic Internet • Free Rental Vehicle Promotions
- 1-3 Bedroom Apartments • Short and Long-Term Accommodations • Daily Happy Hour • Swimming Pool/Jacuzzi
- Fitness Center • Intercontinental Breakfast Buffet • 24-Hour Customer Assistance

www.hotelagora.net
Via Staffetta 207 - Lago Patria (NA) Tel: +39 081-334-0594

DRIVING IN NAPLES

Story and Photos By Katie Wells

In Naples, you need to be simultaneously on the offensive and defensive. True to the city's nature, it can be chaotic, and rules are treated more like suggestions. Luckily, I had a friend, Victoria, already living in the area, who volunteered to drive me around.



“...get a (*very used*) car and embrace the driving culture.”

In the first seven minutes of getting in the car, we feel a push and hear a crunch.

“Did we just get hit?” I ask.

“Yep,” Victoria says as she gets out to inspect the damage in the middle of traffic.

I’m two steps behind her. The man who bumped into us shrugs and puts his arms up. Victoria makes a similar gesture, says “no damage,” waves him off and we get back into the car.

“I’m glad I didn’t take the good car today,” she chuckles.

“I guess I experienced my first Naples Kiss.”

We both crack up at this local and somewhat romantic term for minor traffic accidents. That’s when I know Victoria is someone who has adopted the Napoli attitude, a sort of “Que sera sera” mentality.

She explains how a lot of people don’t like being stationed in Naples. Often, they are afraid to damage their car, go out and explore or even drive at all. She wishes people could see how the chaos and the beauty are what make it a vibrant and beautiful place to live. Naples is overwhelming and a little bit confusing, but it also has so much life, rich history and spark. That’s why it’s important to get a (*very used*) car and embrace the driving culture.

continued on page 22



Daily cooking and wine experiences



Cortecorbo
Wines

Adopt your own wine



Contrada Torre n. 33 – 83040 Montemarano (Av) Italy
(+39) 380 5939300 | info@cortecorbo.it



FULL SERVICE CARE AND SHIPPING OF YOUR PETS

CONTACTS AND SOCIAL

 facebook.com/care.move4pets/
 www.Care-Move4Pets.com
 mobile: 345 239 2093
email: info@care-move4pets.com







Just contact us and we'll do anything to help you!!



Ask about Military Discounts

Some of our SERVICES

-  01 24/7 WORLD WIDE PET SHIPPING GROUND TRANSPORTATION
-  02 PET TAXI FOR ALL YOUR NEEDS - FROM/TO NAPLES/AIRPORTS
-  03 DOOR TO DOOR SHIPPING
-  04 ALL KIND AND SIZES OF CRATES AVAILABLE
-  05 PET SITTING

with tender loving care



continued from page 20

10 minutes later, our way is all but blocked between a service van and a parked car. Behind us, horns blare (this is normal), and we hold our breath as Victoria tries to scrape past. But we are stuck. After more hand signals, Victoria hops out of the car, and an Italian man jumps over the hood and into the driver's seat next to me. He expertly navigates the tight space with only a minor scuff and hops out. We wave and are on our way.

"At least the locals are really nice," I say.

Victoria says that these moments emphasize why the people, are what makes Naples such a special place to live.

Downtown Naples, we head to a parking garage, and like most European parking, the spaces are a tight fit. There are rarely marked spots and cars block each other in. That's because you don't park yourself. We park beside the attendant's booth, and they take Victoria's keys while we sign in and get a receipt.

After our trip downtown, I finally see where the highways are wide open and the flow of traffic is more spacious, though still jumbled, outside of Naples.



BUYING A USED CAR

I spoke with the owner of Patrick Automotors, who has been selling cars to the U.S. Military in Naples since 1985, to help me compile a list of best practices when buying a used car in Italy.

- Buy a European car like a Fiat or BMW for easy maintenance. U.S. car parts take weeks to order and parts for Japanese-brand cars are difficult to find.
- Consider diesel fuel as it is more economical.
- Manual cars are more available and affordable than automatic.
- "Look at the mileage, low mileage is a better car."
- Ask for a warranty and double-check what they cover.
- Ask whether any parts have been replaced with new ones.
- In Naples, you don't need all-season tires, but snow chains are needed if you drive to an area with winter weather.
- Only purchase a vehicle with a registration document and title (Libretto Circolazione and Foglio Complementare), along with a notarized bill of sale.
- You have the right to take the car for another inspection before purchase if you have any doubts.
- Emergency kits are required in each car.
- You do not have to pay cash when purchasing at a used car dealer.

Once a car is registered in the Allied Forces Italy (AFI) system, you must sell it to another eligible DOW ID holder, ship it to your new duty location, or scrap it through the Motor Vehicle Registration Office (MVRO). It is illegal to abandon the car or sell it to local nationals.

NSA NAPLES SHUTTLE BUS

The shuttle bus from Capodichino (Capo) to Support Site (S. Site) runs multiple times a day and is an easy way to access Naples Airport. In addition, a lot of people use the shuttle to commute the 30 minutes between base housing and their job site on Capo. Be mindful that it can get full quickly.

PUBLIC TRANSIT

Taxi apps like Uber, Freenow, and buses are great for getting around Naples, including to the Capo gate.

However, getting a taxi or public transit at Support Site is difficult because it is in a different town: Gricignano di Aversa. This is another reason to consider buying a used car. ■

PATRICK AUTOMOTORS

Used Car Sales








We sell all car models since 1986



Official USAA
auto repair shop

CAR RENTAL - TOWING SERVICE - CAR REPAIR SERVICE - TIRES SERVICE - BODY SHOP
CAR DETAILING SHOP - GLASS REPLACEMENT - ELECTRIC WORKS - CAR WASH

Via Boscariello 46, Gricignano di Aversa. Tel. 081 5026162

  Patrick cell. 335 228185 / 3402236425     

www.patrickautomotors.com • info@patrickautomotors.com

Discover
the Ancient
Roman Wines



BOSCO DE' MEDICI
WINERY & RESORT

TASTING
POMPEII
TOUR

Tasting Pompeii Tour
is a guided tour of Bosco de' Medici vineyards
and wine cellars, next the Roman Necropolis of the 79 AD.
A Journey through history, culture and culinary delicacies

SPECIAL OFFER: 10% DISCOUNT FOR U.S. MILITARY AND THEIR GUESTS ON WINE & PRODUCTS SALES.



GUIDED TOUR IN ENGLISH: INFORMATION AND BOOKINGS

Via Antonio Segni 41, Pompei (NA) - Tel. 081.856.4040 / 081.8506463 - www.boscodemedicivinery.it

SCHOOLS & PROGRAMS FOR KIDS

Children may think of moving to Italy as an exciting new adventure, or they may struggle with the big change. Luckily, every installation has resources available to help kids settle into their new home.

CHILD DEVELOPMENT CENTERS (CDC)

CAPODICHINO

Bldg. 458 | 081-568-5116

SUPPORT SITE

Adjacent to the DoWEA schools
+39 081-811-4989

These centers offer weekday childcare for children ages 6 weeks to 5 years old. Visit militarychildcare.com to get registered.

SCHOOL-AGE CARE (SAC)

SUPPORT SITE

Bldg. 2072 | Comm: +39 081-811-4722

The SAC offers before and after-school care that includes structured recreation and homework help. In addition, they offer holiday and summer camps for kids in Kindergarten through 12 years old. Fees are based on family income. Register at militarychildcare.com.

TEEN CENTER

SUPPORT SITE

Bldg. 2702 | +39 081-811-4395

The Teen Center is available for young adults in 7th–12th grades and at least 12 years old. The center offers teens a place to hang out. It has a gym, music area, pool table and video games, plus it offers clubs, field trips and special events. Registration forms are available on the navymwrnaples.com website.



Download a copy of the **Dandelions magazine**. Full of fun activities, creative crafts and interesting stories, this magazine is specially written for military-connected children stationed in Europe

SCHOOL LIAISON PROGRAM

www.navymwrnaples.com/child-youth/school-liaison

SUPPORT SITE

Bldg. 2072 | +39 081-811-6549

The School Liaison is a good first resource for school options while stationed in Italy. They can offer help and advice whether you choose DoWEA schools, home schooling, international, private or local Italian schools.

DOWEA EUROPE-SOUTH

Most students attend DoWEA schools when living in Naples. They are located on the Support Site, with busing available throughout the local region.

Enroll at: www.dodea.edu/registration

Naples Elementary School

napleses.dodea.edu

The elementary school is for students in Pre-K through sixth grade.

Naples Middle High School

naplesmhs.dodea.edu

The middle high school is for students in grades 7–12.

HOME SCHOOLING

Home schooling is a legal option open to all SOFA-sponsored active-duty military, DOW civilians and contractors. Your children may be eligible for auxiliary services offered by DoWEA-Europe. Contact the School Liaison for more information and to connect with homeschool groups.

INTERNATIONAL & PRIVATE SCHOOLS

Another option is sending your child to a private or international school. These schools will charge tuition but may offer discounts for multiple children. They typically offer English-language instruction and make a good alternative for students not eligible for DoWEA attendance. The School Liaison can provide details about international and private school options.

PUBLIC ITALIAN SCHOOLS

While stationed in Italy, you have the option to send your children to public or private Italian schools. All instruction will be in Italian. Visit the School Liaison for local school information.

Italian education stages

Pre-school: *scuola dell'infanzia* or Asilo. Ages 3 to 6.

Primary school: *scuola primaria* or *scuola elementare*. Ages 6 to 11.

Middle school: *scuola secondaria di primo grado* or *scuola media*. Ages 11 to 14.

High school: *scuola seconaria di secondo grado* or *scuola superior*. Ages 14 to 19. There are three types of high school:

- *Liceo* for high-level theoretical study and university preparation.
- *Istituto tecnico* is most common and qualifies graduates for college.
- *Istituto professionale* is a vocational school for specific trades, crafts and careers. ■





The Anglo-Italian School
(Montessori Division)

THE CHILD IS BOTH A HOPE AND A PROMISE FOR MANKIND

MARIA MONTESSORI

- NURSERY THRU MIDDLE SCHOOL
- ART & MUSIC
- SPANISH
- ITALIAN AS A SECOND LANGUAGE

Recognized and accredited by:



Viale della Liberazione 1, ex Nato Base - Bagnoli Napoli
☎ 081 570 6587 ✉ office@aischoolnaples.com 🌐 www.aischoolnaples.com



Take away or enjoy in the restaurant buffalo mozzarella and typical Campanian products



LA MARCHESA

2 minutes to Support Site

20 minutes to Capo

40 minutes to JFC



Via Appia Km. 11,800 - 81030 Teverola (CE) | lamarchesa.it

TOP SPOTS

KIDS Love

By Kat Nickola

It may seem challenging for some families to adjust to living in Naples. The urban environment can feel like just as much of a new experience as being immersed in Italian culture. Luckily, the Naples area has a lot to offer for families and can be a super kid-friendly place.

Children are welcomed almost everywhere, from public events to long, late-night dinners at restaurants; the norm is to involve kids in most aspects of daily life. That is why you will find small playgrounds near outdoor cafes, in shopping centers and even at the racetrack. Of course, there are also some great places that are especially designed for families, here are the top spots for kids in Naples.

ATTRACTIONS For a great day out, these two attractions offer a reasonable cost-to-fun ratio, even for large families.

NAPLES ZOO

This green space west of the city is full of animals in a botanical garden setting. It is compact, allowing your kids to see the 139 different species without getting too exhausted. The zoo has been voted as the Stripes Europe "Best for Kids" attraction in Naples. Bring a picnic, feed the giraffes and enjoy petting the farm animals.



LIBERTY CITY FUN

Roughly 30 minutes from the Support Site, this place has a lot going on. A local favorite, there are outdoor spaces and air-conditioned indoor areas full of small rides and arcade games. With reasonable rates, you can load up a card with credits and let the kids choose how to spend it. Great for birthday parties.

INDOOR PLAY SPACES During the heat of the summer, an air-conditioned indoor play space is ideal for helping your kids burn off some energy. It's also good to know that some shopping destinations like Medi have soft play areas where you can pay to drop-off your child while you shop.

JUMP & FLY TRAMPOLINE PARK

Not far from the Support Site, this place is great for kids and adults alike. There are trampolines for tricks, an obstacle course and drop zones with foam blocks. Entry tickets are for 55 minutes and they offer party packages.

CRAZY DREAMS

Roughly 15 minutes from Support Site, this kid's play cafe offers a safe space for toddlers and preschoolers to play supervised by employees while parents can have drinks or a meal.



BEACH TIME You are in Italy, which means there is a passionate beach culture. It's good to know that there are two kinds of beach. First are free beaches, which don't typically have infrastructure like rental lifeguards, rental loungers or toilets; they can get very crowded during summer holidays or may be empty on a random warm spring weekday. Next up are lidos, or beach clubs, which require you to hire loungers to offset the costs of lifeguards, showers, toilets and the proximity to a bar and restaurant. Note that some lidos have memberships, so if you are turned away because it's full, but you see empty loungers, they are reserved for members all season. Many Naples lidos allow you to book ahead on websites, so you won't be disappointed when you show up.

SEVEN BEACH SUNSET

This beach club is a favorite with NSA Naples families and won the Stripes Europe "Best Lido" title. Near the Allied Joint Force Command NATO installation and not far from Carney Park, the lido sits beside numerous others on a long stretch of sand in Lago Patria. ■

CARNEY PARK

A 96-acre MWR-managed facility, Carney Park is a green space located inside an extinct volcanic crater. For NSA Naples residents, there are multiple, new playgrounds and this is where many youth and team sporting events occur. It also has a 9-hole golf course and a pool with water slides. For visitors, or a fun staycation, there are campsites, yurts and cabins to rent.

DENTAL CENTER
STUDIO ODONTOIATRICO
Prof. Alfredo De Rosa



Prof. Alfredo De Rosa

*Give a new light
to your smile*

Implants



Dental Surgery



Endodontics



Crowns & Bridges



Periodontology



Pediatric Dentistry



Restorative



Hygiene & Esthetic Dentistry



FOLLOW US ON FACEBOOK STUDIO ODONTOIATRICO
PROF. ALFREDO DE ROSA CELL. 333 5250374

Via Staffetta, 51 - Lago Patria (NA)
Tel. 081 509 1319

Via Toledo, 156 - Napoli
Tel. 081 0609562

ABOUT US:



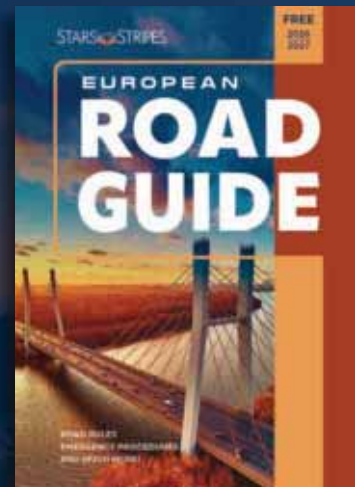
STARS STRIPES.

Ready for your next

ROAD TRIP?

GET YOUR FREE COPY

The Stripes European Road Guide will be available at your installation's M&FRC, ACS and FFSC!



Check out the digital version



SITUATIONAL AWARENESS IN & AROUND Naples

By Katie Wells

Naples is a city with a strong heartbeat; the people enjoy living life, are proud of their culture, and are willing to share it. There is so much great stuff to explore from beaches, local artwork, artisanal shops, volcanoes and more, and you should not be discouraged to do so. Like in every city, there are a few things to be aware of when out and about for situational awareness.

EVENTS AND TOURS

It is common for events not to be well-advertised. Many events are word of mouth, and they may not have a clear start time or date. Go with the flow. You might be in the city exploring when suddenly you stumble upon a parade in the Piazza del Plebiscito.

I booked my first tour in Naples a couple of weeks in advance to hike Mount Vesuvius and stop for a famous Margherita pizza. Unfortunately, the night before, it was cancelled. Apparently, last-minute tour cancellations are common, so check yours frequently. Luckily, I found a new self-guided hiking tour of Vesuvius. It was fine, but on the return trip our bus pulled into a dirt parking lot by a little shop and our driver said, "We have a special surprise today." His buddy

proceeded to get on the bus to tell us all about his famous "one of a kind" limoncello. We were then ushered off the bus into the store for a tasting, and while it could have felt a bit scammy, sometimes it's okay to lean in. I brought home some special buffalo mozzarella limoncello.

PICKPOCKETS AND PETTY THEFT

Most of the crime in Naples is petty theft. As you walk through the busy streets, it is wise to carry an anti-theft bag and to put your wallet away as soon as you finish making a purchase. Be mindful of drawing attention to yourself. I once set my camera down on a cafe table, and a very friendly-looking man got way too close for comfort, side-eyeing it, before I put my hand firmly on top of it and smiled back at him, making sure he knew that I knew he was there. He swiftly changed direction.

I kept my camera in my bag when not in use after that. As with any city, walk with purpose, be aware of your surroundings and take a buddy when you can.

CROSSING THE STREET

In Disney's "Mulan," when crossing a street full of busy carriages, Mulan's wise grandmother puts one hand over her eyes while holding up her lucky cricket companion. The traffic never fully stops, but she safely makes it to the other side. Crossing the street is a lot like this in Naples. There are a few pedestrian lights, but they are not at every intersection. Sometimes you just have to take a deep breath, step out and say, "Good luck, everybody else."



WELCOME TO YOUR COMMUNITY BANK



While You Serve Your Country, Let Us Serve You

Our Associates understand the overseas military lifestyle

Our services are designed for U.S. and overseas banking

We have dedicated locations in U.S. military communities

Let us help with your personal financial needs

Visit your nearest banking center or
DoDCommunityBank.com to find out more.

CommunityBank

Operated by  **NAVY FEDERAL CREDIT UNION.**

Community Bank is operated through a contract between a commercial financial institution and the Department of Defense. Currently the contractor is Navy Federal Credit Union. The Defense Finance and Accounting Service, in coordination with the Military Service banking representatives, is responsible for oversight of Community Bank. Your Deposits insured to \$250,000 per account by Excess Share Insurance (ESI). This institution is not federally insured. © Navy Federal Credit Union.

continued from page 28

HAWKERS

If you've visited busy tourist areas like Rome or Paris, you know not to take anything someone is offering you for free. Occasionally, in busy areas of Naples, hawkers will try to place a bracelet, flower or something of a similar nature in your hand saying, "It's free," only to then harass you for payment. It's best not to accept the item, and while it may feel rude, try not to interact and just keep walking.

PROMOTERS AT RESTAURANTS AND STORES

On busy streets near areas like Via San Gregorio Armeno (Christmas Alley) promoters stand outside restaurants trying to coax people to eat there. While harmless, they can come across as aggressive with their tactics, saying things like, "You look too hungry, come eat!" Even after you've said "no, grazie" a couple of times. It's okay to just keep walking.

Sometimes promoters for certain brands or companies set up in malls or pharmacies. Similar to kiosk workers at malls in the United States, their job is to promote their products, and they too can be pushy and not take your first "no" at face value. They may even try to get you to sample their products. You do not have to accept what they are selling even if it is the same brand you intended to buy.

UMBRELLA GIRLS

Prostitution is legal in Naples, but not for U.S. soldiers and dependents. Typically, if you mind your business, Umbrella Girls will mind theirs. For those curious, and since you will see this in areas surrounding Naples, these women are called Umbrella Girls because they sit outside, especially in the summer, under umbrellas along streets and main highways like SP15. You can also tell if someone is an Umbrella Girl through their set-up: At night, they operate with a light system. If it's on, they are available; if it's off, they are not.

ROMA CAMPS

Along Highway SS-162 NC Asse Mediano in the Municipality of Giugliano in Campania, there are Roma, or "Rom" Camps. These types of informal settlements and campgrounds house nomads known as Roma people. While some of the Roma are only in search of refuge and peace, these types of camps are historically associated with terrible living conditions, waste, protests and sometimes crime. Keep your car locked and do not stop. Some people residing there have been known to swarm the vehicles of people who stop and take everything.

CAR SAFETY

If you do not live in a gated community or on a military installation, do not leave anything valuable in your car. Locals also advise that you leave your car unlocked if you are in the grocery store or parked on an open street. This ensures that the worst someone will do is rummage, rather than break a window to get in. ■



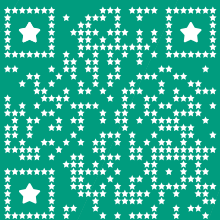
STARS AND STRIPES®

Best of ITALY

RESULTS

Find the best of the best in ITALY
with Stars and Stripes!

VISIT [EUROPE.STRIPES.COM/
BEST-OF-ITALY/](http://EUROPE.STRIPES.COM/BEST-OF-ITALY/) TODAY!



MENTAL HEALTH RESOURCES

FFSC offers counseling for individuals, children, adolescents, couples and families of military personnel, civilians, contractors and dependents.
+39 081-811-6372

Chaplains offer counseling for adults on both religious and non-religious issues for all personnel regardless of religious preference. Discussions with chaplains are 100 percent confidential.
Capodichino +39 081-568-6817
Support Site: +39 081-811-4608
After Hours Phone: +39 366-680-5972

Military & Family Life Counselors (MFLCs) provide confidential non-medical counseling, consultation and outreach services to eligible children, youth, parents, faculty and staff both on and off military installations.
Available for youth through DoWEA schools and Child and Youth Programs (CYP)
Adult MFLC contact: +39 348-119-6015

The **Behavioral Health** services at the Naval Hospital Naples offer psychiatric care, psychology evaluations, individual and group therapy services and treatment for mental health symptoms. The department also manages the Substance Abuse Rehabilitation Program (SARP). To access services, request a referral from your primary care manager.

The **Veterans Crisis Line (VCL)** and **Military Crisis Line (MCL)** are available 24/7 for free confidential mental health support.
Call: 844-702-5495
DSN: 988
Text: 838255
Online Chat: www.veteranscrisisline.net ■





**DIMENSIONE
AZZURRA** S.R.L.

Rehabilitation & Therapy Center



Living abroad and seeking specialist support for you or your child?

Dimensione Azzurra is a **multidisciplinary rehabilitation center providing personalized care to support communication, movement, independence, and emotional well-being for both children and adults.** We proudly serve U.S. service members, civilian personnel, contractors, and their families living throughout the Naples area, including Gricignano, Aversa, Carney Park, Capodichino, and surrounding communities. Our team understands the unique needs of military families living overseas and offers a welcoming, family-friendly environment. **All clinicians speak fluent English and have experience working with international patients of all ages.**

SERVICES

- Speech and Language Therapy
- Occupational Therapy
- Psychotherapy
- Physiotherapy

LOCATIONS & CARE

Our main headquarters is located in Torre del Greco (NA), where patients can receive physical therapy using specialized equipment as well as psychotherapy services. **Our Aversa (CE) office, conveniently located just minutes from the Gricignano Support Site,** provides speech therapy, physiotherapy and occupational therapy services, with easy access and parking available. We care for toddlers, school-age children, adolescents, and adults, offering early intervention, rehabilitation, and psychological support tailored to individual needs.

PAYMENT & INSURANCE

All major payment methods are accepted, including credit/debit cards and bank transfers. Insurance reimbursement support is available: we provide the documentation needed to submit claims to your health insurance provider.

WHAT OUR PATIENTS SAY

“The center is wonderful. The staff are serious, empathetic professionals who are ready to help and support you with any concerns. My experience has been extremely positive, and I highly recommend it to anyone who wants to rely on true professionalism.”

– CESARE

“My child has been attending this center for years, and we have always had a very positive experience with the entire staff. Friendliness, availability, and professionalism are guaranteed.”

– GELSOMINA

“Working with neurodiversity is not easy, especially when it involves children, and the team at Dimensione Azzurra is truly outstanding. The front office administrative staff are also excellent always helpful and welcoming.”

– SALVATORE

No matter where
life takes you:
Far from home,
but not from care.



ISO 45001
I.C. Certificata



ISO 14001
I.C. Certificata



dimensioneazzurra.it



Via Delle Forze Armate 49, Torre del Greco (NA)
Via Pelliccia 100, Aversa (CE)



+39 3759828669



care@dimensioneazzurra.it

FESTIVALS & HOLIDAYS

IN NAPLES

JAN. 1: NEW YEAR'S DAY

Businesses will be closed on *Capodanno*, a national holiday. The day is typically a rest and relaxation time after celebrations and fireworks late into the evening of Dec. 31.



JAN. 6: EPIPHANY ▲

This national and religious holiday marks the end of the Christmas season with the biblical story of magi visiting Jesus after his birth. It is marked with parades, festivals and traditions of *le Befana* – a kindly old woman, and sometimes witch, who brings gifts for children.

MARCH 21–MARCH 29, 2027: EASTER HOLIDAYS

La Pasqua, or Easter, in Italy is a religious festival that begins with a large Catholic mass and procession on Palm Sunday and lasts through *Settimana Santa*, or Holy Week. Processions will also often take place on Holy Thursday and Good Friday before an Easter candlelight vigil begins on Saturday evening, culminating with a celebratory mass on Sunday. Easter day typically finds Italians gathering with family and friends and enjoying a large, long meal. The Easter holidays culminate on *La Pasquetta*, or Easter Monday, which is often a day to get outside and enjoy family time in the country. Expect businesses to be closed from Thursday to Monday on Easter weekend.

APRIL 25: LIBERATION DAY

This day marks the success of the Italian Resistance and Allied Forces final liberation of the north of Italy from Nazi occupation and fascist control during World War II. There will be wreath-laying ceremonies at war memorials and cemeteries, plus parades and musical tributes.

APRIL 25: FEAST OF ST. MARK IN VENICE

In celebration of their patron saint, the population of Venice holds a special mass and a *Regata di Traghetto*, traditional gondola races.



MAY 1: LABOR DAY ▲

Expect closures on this national holiday that commemorates the labor movement and working-class citizens. Italians attend small local festivals or head outside for a day in nature.

MAY 14: ASCENSION DAY

The biggest local event is *Festa della Sensa* in Venice. While Ascension Day is traditionally a religious celebration of Jesus' return to heaven, in many places it has become a celebration of local identity. In Venice, the festival features a massive parade of boats, beginning of the boat racing season and a ceremony that reaffirms Venice's symbolic marriage to sea.

JUNE 2: REPUBLIC DAY ►

Businesses will be closed on this national holiday that commemorates the establishment of a new Italian government following World War II. Expect patriotic events and parades.

AUGUST: FERRAGOSTO & THE SUMMER SEASON

Ferragosto dates all the way back to 18 B.C.E. in Ancient Rome. It marked the end of hard labor during the agricultural season and honored Emperor Augustus. The name *Ferragosto* comes from the Latin phrase, *Feriae Augusti*, roughly translating to "August rest." After the fall of the Roman Empire, the holiday assumed a Christian identity as well, celebrating the Assumption of the Virgin Mary (her ascension into Heaven).

Ferragosto is not just celebrated as a single day but instead marks the Italian summer vacation season. In August, many of your favorite shops, businesses and restaurants will be closed, though tourist destinations stay open. There will be small local festivities you can attend, though you may choose to join the many Italians that head for the coast or the mountains to soak up summer fun.

In Naples, the *Restate a Napoli* festival in the Piazza del Plebiscito is held for a week in early August. This is a chance to see free musical and theatrical performances each day. For this year's event schedule and links to reserve your free tickets, visit facebook.com/restateanapoli.

On August 15, the official national holiday of Ferragosto, join others for picnics and parties on the beach, take in the religious procession of the Virgin Mary or watch the boat parades. In the evening, the sky will be filled with sparkling firework displays.



SEPT. 19: SAN GENNARO

In 305 C.E., Saint Januarius (San Gennaro), a bishop of the Catholic Church, was martyred during Diocletian's reign of the Roman Empire. He is the protector and patron saint of Naples. It is believed that he has saved the city from volcanic eruptions and plagues. San Gennaro's blood, allegedly, now sits in a special ampoule in the Naples cathedral. The blood has solidified. However, it liquifies on occasion, an action credited with miraculously stopping a magma flow in December 1631.

If the blood liquifies on San Gennaro's feast day, the church bells will ring, and it is considered a good omen of protection for the city of Naples. If the blood does not liquify it is seen as a bad omen. The day begins at the Cathedral of Naples, where the blood is brought out in a special religious ceremony and then processed through the old quarters of Naples. For the following eight days the blood remains on display in the cathedral.

**NOV. 1: ALL SAINTS' DAY ▲**

Called *Ognissanti* in Italian, this national holiday marks the remembrance of all Catholic saints and is also a day to reflect on one's family heritage. Traditions involve visiting cemeteries to light candles and place flowers like chrysanthemums. A special sweet *focaccia dei morti* (focaccia of the dead) is baked. Expect businesses to be closed for this holiday.



PHOTO BY KATIE WELLS

NOV. 4: NATIONAL UNIFICATION AND ARMED FORCES DAY ▲

Held since 1919, this day celebrates the armistice that ended World War I and paved the way for Italy's unification. It is also a day of remembrance for the lives lost. In Naples, you can expect a military parade in the Piazza del Plebiscito, with special ceremonies, Italian veteran groups and flag presentations.

DEC. 8: FEAST OF THE IMMACULATE CONCEPTION ►

A national holiday, businesses are closed on this day that celebrates Mary the mother of Jesus and marks the beginning of the Christmas season. On this day, many Italian families begin preparing for the season, including setting up their traditional *Presepe* (nativity scene), decorating with festive twinkle lights and setting up the Christmas tree. City and village Christmas decorations, festivals and markets usually begin around this time.

DECEMBER 25–26: ▼ CHRISTMAS HOLIDAYS

These two days of national holiday and business closures mark the main celebration of Christmas. What begins on Dec. 8, continues on Dec. 16 as *La Novena*, or the nine-day period leading into Christmas – a time for caroling, church programs and special performances. On Dec. 24, Christmas Eve is celebrated with a seafood dinner and attendance at mass. Christmas day is all about family time, with gift giving, games and a long, multi-course lunch. Saint Stephen's Day (Dec. 26) is a continuation of the family festivities with some down time; many folks head out to see all the *Presepe* (Nativity scenes) in windows, churches and businesses around town. The Christmas season continues after these two holy days, culminating on Epiphany in January. ■





Italian GROCERY

SHOPPING GUIDE

By Kimberly Kephart

Welcome to Italy, where the supermarkets, or *supermercati* are as full of life and color as the bustling piazzas and serene landscapes. For those who have just moved to Europe, navigating an Italian supermarket can be a delightful part of your cultural immersion. Let's take a stroll down the aisles and discover what makes shopping in Italy a unique experience.

FRESH FINDS

The produce section is a testament to Italy's rich agricultural heritage, boasting a rainbow of fresh fruits and vegetables. Here, the concept of 'kilometer zero' reigns supreme, with an emphasis on locally-sourced, seasonal produce. Do not miss the regional specialties like Roman artichokes, Sicilian oranges or San Marzano tomatoes.

Also, remember that many supermarkets require you to weigh and label your produce before checkout. You will grab a bag and a plastic glove, bag your fruits and veggies, then head to the weigh station where the associate will weigh items and tag them for you. At more traditional markets, you will weigh yourself and apply the barcode sticker.

DELI DELIGHTS

No visit to an Italian supermarket is complete without a stop at the deli counter. It is a paradise of cured meats like prosciutto di Parma, salami, and an array of cheeses from creamy burrata to sharp pecorino. It is a cheese lover's paradise here in Italy. While it is fun to shop at larger chains, don't forget to stop by your local *Negozio di formaggi* (cheese shop) or *Salumeria* (meat shop). These are the best shops as you'll have the opportunity to try locally made cheese and meats. Use Google Translate to break bread with your shop owner, I promise he will be helpful and happy to assist you.

Another moment to prepare for is the possibility of finding horse meat at the grocery store. While this may be a cultural shock to some, it is deeply rooted in parts of Italy's culture. Horse meat, or *cavallo* is especially popular in Lombardy, Apulia, the Veneto, Friuli Venezia Giulia, Trentino-Alto Adige/Süd Tirol, Parma and the islands of Sardinia and Sicily. Horse meat is used in a variety of recipes: as a stew called *pastissada* (typical of Verona), served as steaks, as carpaccio or made into bresaola.

PANTRY STAPLES

The pantry aisles are a treasure trove of Italian culinary essentials. Stock up on various pasta shapes, artisanal sauces, extra virgin olive oil, sardines, spices and aged balsamic vinegar. These staples are the backbone of Italian cuisine and will elevate your home cooking. I was shocked to find several aisles devoted to these staples, especially pasta and pasta sauces. I counted three whole aisles for pasta and two for sauces at my local IPER.



Another item that may interest you is *Pocket Coffee*! Pocket Coffee is a unique item known for combining the rich taste of chocolate with the bold flavor of espresso. Pocket Coffee consists of an individually wrapped piece of dark chocolate filled with liquid espresso, making it a popular treat for those needing a quick boost.

Italy has an abundance of sweet treats that are packaged as well. You'll find items like *cornetto*, a croissant filled with different fillings like chocolate, pistachio and crème.

BEVERAGES AND WINES

Italian supermarkets offer an impressive selection of wines and beverages. There are aisles full of wine sorted by different regions. From robust reds to sparkling Proseccos, the wine aisles are a journey through Italy's vineyards. Pay special attention because at some supermarkets you can pour your own wine. This is called *Vino Sfuso*, or "Loose Wine." Simply put it is bulk wine! Supermarkets often highlight a local producer, and you can simply bring your own bottles to fill, or they will supply the bottles for you at a low rate. There are even whole shops dedicated to *Vino Sfuso*!

CHECKOUT AND ETIQUETTE

It almost seems like it is every man for himself at checkout. You will often need to bag your own groceries. Sometimes everything is happening at an alarmingly fast rate. Take a few deep breaths and just do what you can. It is also common to bring your own reusable bags as a nod to sustainability. Patience is key in Italian supermarkets, where the pace is leisurely (except at checkout) and social interactions are savored. ■

*Embrace the Italian
supermarket as more than
just a place to shop; View
it as a vibrant part of your
European adventure.
Buon shopping!*



GLUTEN FREE in NAPOLI

Story and Photos By Katie Wells

Italy is the place to be if you are gluten-free (GF), especially if you love pastries, and Napoli (Naples) does not disappoint. On a recent trip, a new friend and resident graciously showed me around like a local. When the awkward question of what we should eat came up, I started my “well... I’m actually GF...” spiel when she glanced over at me and said, “No way!” She was newly gluten-free as well. So, on our adventures, we made it a point to try the local GF eats.



Our first stop was **Leopoldo Cafebar**. We ducked in from the chaos that is the heart of Naples, and found we had the place mostly to ourselves. The pastry case had a generous, separate selection of GF options such as cakes, sweet breads and the first item on my list—*Sfogliatella Riccia*, which was perfectly golden. We paid a small service fee to sit and have our pastries while sipping cappuccinos. The layers of my *Sfogliatella Riccia* peeled back with ease, the filling sweet and tangy with the perfect twist of lemon. It turns out there are two locations. The other shop, **Leopoldo Cafebar-Senza Glutine**, is entirely GF and located near the National Archeological Museum.

Our second stop was **120 Grammi Spaghetti Takeaway**, a ticket-based restaurant, where you get a box of pasta to go. This place was, to put it simply, cool. It’s not often I find a small hole in the wall type place with great GF options. My pasta carbonara was six euros, with simple ingredients, generous portions and freshly made. My friend and I soon realized this spot was hidden gem. We found a bench in a quiet courtyard and dug into the creamy pasta with crispy pork cheek while watching a man park his motorcycle, remove his seat and take it into a building.

Next up was an entirely GF grocery store, **Il Forno Del Celiaco** (The Oven of Celiac), just a seven minute-drive from Naples Support Site in Gricignano di Aversa. This place is a haven. It had a small cafe with freshly baked pastries and savory snacks. Italian treats, cookies, breadsticks, crackers, flour variations and differing shapes of pasta filled the aisles and there were plenty of refrigerated and freezer options. Even in October, the store already had beautiful GF Panettone for the holidays.

We visited several other grocery stores with GF sections, and in my opinion, Naples does a great job offering gluten free options. ■

AiC (Associazione Italiana Celiachia) The Italian Celiac Association has high standards for making kitchens safe from cross-contamination. Look for the red AiC logo when eating senza glutine, or gluten-free in Italy. You can often find the logo on the menus, windows and doors of an establishment. The accreditation is a sign that a food venue follows a strict process to ensure food is safe for people with celiac disease to consume. To research GF restaurants beforehand, download the app AiC Mobile.





DENTAL CLINIC & MORE

 American Staff 



www.ismilestudio.net

Register & Our Clinic:



+39 081 5091705

+39 3208724125



Via Staffetta, 143, 80014
Lago Patria NA

Pasta Sauces of Italy

By Tamala Malerk | Map Designed by Stripes Staff

Pesto Genovese Genoa

Another delicious sauce that is made of a few simple ingredients: garlic, pine nuts, basil, olive oil and cheese (typically a pecorino or Parmigiano Reggiano). This is the OG of pesto sauces. The modern version of this sauce originated in Genoa in the mid-1800s; however, some origins date it back to ancient times.



Al Burro e Salsiccia Emilia-Romagna

This sauce originated in the Emilia-Romagna area of Italy; yet no one can say when butter and sage were first combined as a sauce because of its simplistic nature. It is commonly used with pasta and gnocchi dishes.



Besciamella Tuscany

Tuscany created their own version of Bechamel sauce known as Besciamella. This is a rich sauce consisting of butter, flour and milk.



Al Tartufo Umbria and Piedmont

This is one of the more decadent sauces of Italy; however, its elegance derives partly from its simplicity. Originating from the areas of Umbria and Piedmont, its ingredients include butter, Parmigiano-Reggiano and freshly shaved truffle.



Bolognese Bologna

Known as "Ragù alla Bolognese" in Italian, this sauce typically consists of ground meat, onion, garlic, tomato sauce, carrots, stock and a variety of seasonings. It comes from Bologna. This sauce dates back to the 1700s and can be customized to taste as long as there is a base of tomato sauce and ground meat.



Gricia Grisciano

Gricia, more commonly spelled "Gricia" in the modern era, comes from the small village of Grisciano (although today, it may be more associated with Rome). This sauce consists of three ingredients: Pecorino Romano, black pepper and guanciale. Today, there is one place to get Griscia in Grisciano: La Vecchia Ruota.



Amatriciana Amatrice

This sauce, which originated in the city of Amatrice sometime in the 1600s, is very similar to carbonara and also consists of three ingredients: pecorino, guanciale and tomato sauce. It became so popular that it was served at the Pope's court in the 1800s.



Carbonara

Rome

Carbonara consists of three basic ingredients: egg, guanciale (a cured pork product) and pecorino cheese. It originated in the Rome region sometime in the 1940s or 1950s (exact origins are not clear). Although it is believed that there are no written records of it before WWII.



Cacio e Pepe

Rome

The ingredients of this sauce are entirely listed in the name: Cacio (cheese from sheep's milk) and pepe (black pepper). Water is also used to help create the saucy consistency. Like carbonara, it also originated in Rome; however, it dates back all the way to ancient Roman times.

More than marinara!

Scan below for Stripes Europe's interactive Google map and keep these locations handy during your Italian travels.



Aglio e Olio

Naples

Another sauce where the ingredients are in the name: *Aglio*, meaning garlic and *olio*, meaning oil. You can vary up your version with seasonings and cheese, but the purest form is just the two ingredients and was known in Naples' cooking as *cucina povera*. It can be traced back to Neapolitan sailors.



Alla Norma

Catania, Sicily

This sauce, made from marinara, eggplant, olive oil, spices, cheese and garlic, has musical origins dating back to 19th-century Sicily. Many believe that this sauce mixed with pasta was created for the opening night of the opera, "Norma."



Pesto Trapanese

Trapani, Sicily

Here is a Sicilian take on pesto: almonds (instead of pine nuts), tomatoes (instead of basil), Pecorino, red garlic and olive oil. This embraces the Genoese origins (whose sailors brought their sauce to the area) but adds a coastal cultural flair to the sauce.

Salsa al Limone

Campania

This is a tangy sauce that promises a little something different for dinner. Celebrating the coastal location of Campania, this zesty citrus sauce is made from lemon, herbs, garlic and oil. You can swap out the lemon for a blood orange if you really want to change things up.



Allo Scoglio

Southern Italy and Sicily

"Allo Scoglio" means from the rocks/reefs and is a perfect name for this seafood sauce that originates in the southern Italy area. Sometimes it is referred to as "frutti di mare," which means "fruits of the sea." Ingredients include squid, mussels, clams, shrimp (prawns), tomato sauce, garlic, olive oil and herbs. ■



SHOPPING

PING

Highlights

IN

DOWNTOWN

NAPLES

By Karen Bradbury and Kat Nickola

For those new to the city, here is your guide to the best shopping areas in downtown Naples.

STREET MARKETS

With around 60 street markets, it's easy to visit one of these loud, colorful places where deals await those skilled at bargaining.

Selling everything from fruit and vegetables to clothes and shoes, the **La Pignasecca** street market is open daily. Snag some local olives, cheese or pasta at one of the many stands. Local shops also line the market route along the Piazza Carita where you can find all kinds of unique things like arts and crafts, hidden treasures and electronics.

To see expert shoppers in action, visit Naples' famous **Poggioreale Market**. Open only on the weekends, this is the place to go for good deals on anything from high-end fashion to small collectibles and housewares. It is the largest market in Naples and famous for its huge shoe collection. It is a popular place so it can get crowded. Join the bustle to find a treasure of your own.

PIZZERIAS ▲

Margherita pizza, the simple but scrumptious pie topped with tomato sauce, basil and mozzarella is Naples' gift to the world. A plaque noting its birthplace in 1889 hangs next to the **Pizzeria Brandi** in the Chiaia district.

However, the must-try old pizzerias in Naples are located along the **Via dei Tribunali**. Naples has more than 800 pizzerias, roughly 100 of which are certified by the Associazione Verace Pizza Napoletana (AVPN), a regulatory body tasked with assuring makers adhere to the city's traditions. Look for the AVPN logo, or better yet, look for long lines leading out the door.



DESIGNER BOUTIQUES

Well-heeled Neapolitans splash out in the boutiques and designer shops in the **Chiaia District** where famous fashion houses purvey their coveted labels. Shop for stiletto heels in the city of their creation or seek out silk ties and artisanal leather handbags.

This affluent area lies west of the old town and extends to the beautiful waterfront park called the **Villa Comunale**. Wander the designer brand shops that line the via Chiaia during the day or visit one of the many cocktail bars that make evenings here a mainstay of Naples nightlife.

The covered **Toretta Market** is a great option if the weather isn't cooperating. Best known for the large number of eateries and cafes, it's a great place to spend a whole day. There are farmers' market stalls selling local produce and an area with a flea-market feel where you can find just about anything. It is only closed on Sundays.

PHOTO BY KATIE WELLS



B.H.B.

Explorer all our service.



Naples

Support site

081 502 7349


+39 348 175 9834

Capodichino

081 568 4280

+39 348 937 8913

 [bhb_hairsalon](#)

 [bhb hairsalon](#)



Sicily

NAS I


095 564 234


+39 342 816 1916

NAS II

095 565 951

+39 342 816 1916

 [B.h.b. Nas1](#)

 [B.h.b. Nas1 beauty](#)

Rome

Embassy


064 674 2253


+39 345 940 0711

Gaeta

077 1279 371

+39 345 940 0711

 [B.h.b_rome_gaeta](#)

 [B.h.b_rome gaeta](#)



continued from page 42

CHRISTMAS ALLEY

Deep in the heart of the city, on a pedestrian-only street, is **Via San Gregorio Armeno**. Dubbed “Christmas Alley,” this narrow, cobblestoned street is festive all year and is filled with old storefronts with ornate window displays of “presepio” or nativity scenes. In a country where 78 percent of the population identifies as Catholic, the “presepio” is a highly coveted and revered part of the holiday season.

A “presepio” is designed to be a scene that is expanded every year. While there are plenty of pre-made sets, in Christmas Alley you can tailor the nativity to your liking. If you feel like adding a figure of King Charles or Cristiano Ronaldo next to baby Jesus, you can! Many shops have been passed down through generations spanning five centuries and still make the figurines by hand. ■



DINING in Italy

The dining culture in Italy is unique, so here are some things to note.

Wait staff will generally need to be waved over if you would like service, need refills or want to order more food. They respect the socializing of their clients and don't intrude.

You will need to ask for the bill (il conto) when you are ready to go.

Not every restaurant accepts credit cards, so bring euros.

Coffee Bars are open all day and are most popular at breakfast times, afternoons and evenings. If you are just getting a coffee and snack, order at the bar and stand there to drink and eat. If you are ordering food, you can also choose to sit down for waiter service and expect an additional up charge plus tip.

Lunch times are around 1–3 p.m. Restaurants will often close between lunch and dinner.



- “Rosticceria,” “Girarrosto” and “Polleria” are shops that primarily sell rotisserie chickens, which make for quick meals.
- “Pasticceria” are pastry shops, and are often connected to a bar (coffee shop). Many serve sandwiches, or “panini.”
- “Tavola Calda,” are counter-service shops with hot food that you choose from a display case.

Dinner restaurants, or “Ristorante” may be open as early as 7 p.m., but many Italians don't begin dinner until 9:30 p.m. The restaurant will typically stay open until midnight. Expect evening meals to last two hours or more. The bill will sometimes include an additional “coperto,” or cover charge, and a “servizio,” or service charge, of about 10-15 percent. You should order each course that you are interested in receiving; they will come in this order:

- Antipasto: Appetizer, or starter
- Pasta
- Secondo: Main dish of just meat or fish, not side dishes.
- Controni: Side dishes like vegetables, fruit, cheese or salads. These will come out with the secondo.
- Coffee or liqueur
- Wine, water and bread are available throughout, but you must ask for them. ■

PHOTO BY KATIE WELLS



MILLENNIUM GOLD HOTEL *Your classy stopover in Naples*

That you're landing for a meeting important or leaving for a new adventure, the Millennium Gold Hotel is the strategic reference point for your stay in Naples.

Located within walking distance of the main hubs of the city, we offer the perfect mix between comfort, efficiency and Neapolitan hospitality.



STRATEGIC LOCATION

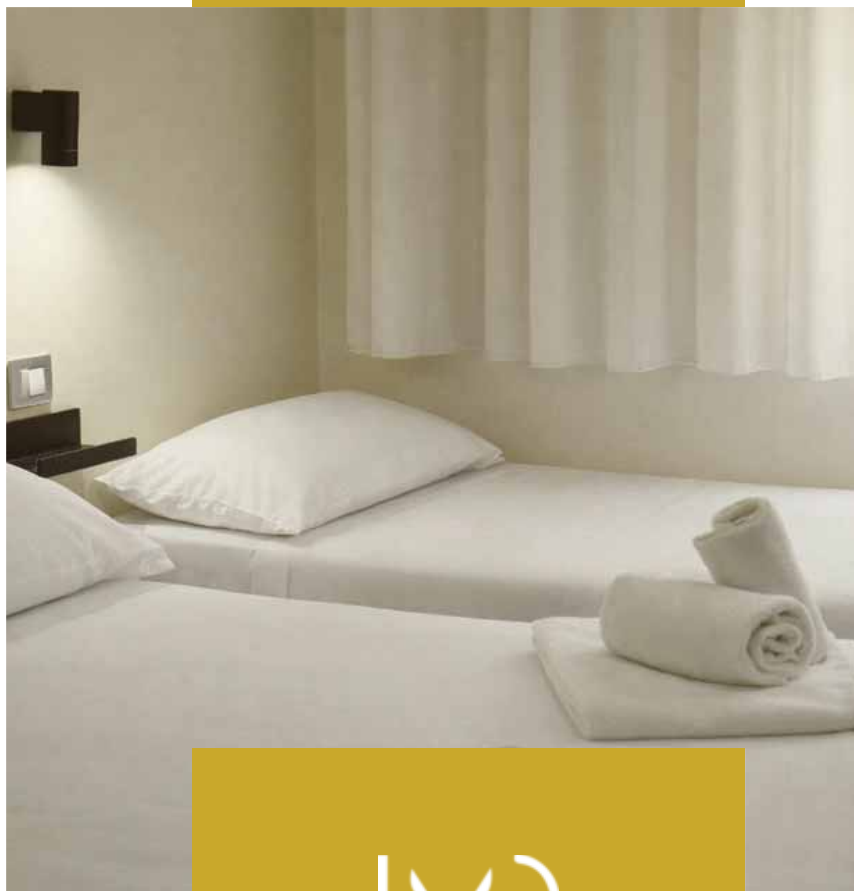
- Just 600 meters from Naples Capodichino International Airport: Forget the stress of traffic and reach your gate in just a few minutes.
- 600 meters from NSA Naples Capodichino: The ideal solution for logistical and business stays.
- At the heart of connectivity: Easy access to major roads networks to immediately explore Naples and its surroundings.

Address: Viale Comandante Umberto Maddalena, 192 - 80144 Napoli

Phone: +39 081 595 5406

Website: www.millenniumgoldhotel.it

Email: info@millenniumgoldhotel.it



MG

“

Why choose us?
That it is for a quick stop
or for a stay
extended, our rooms
are designed to guarantee
you the
maximum of relaxation in a
modern environment and
reserved

”

POSITANO

on the AMALFI COAST

By Mary Del Rosario

With multi-colored terracotta houses perched atop a cliff, bougainvillea flowers cascading down restaurants and shops, and the beautiful, sapphire Mediterranean hugging the edges, Positano is everything a picture-perfect Amalfi Coast dream is made of.

Positano is roughly an hour and a half south of Naples and makes a great getaway after settling in. It is accessible by a walk-on ferry from the downtown Naples Molo Beverello port. There is parking at the port. If you choose to drive to Positano, it's best to find lodging that includes parking. The few public parking lots are expensive.

Since Positano is an ideal city for walking, meander down the winding roads and enjoy the atmosphere. Stumbling across a cute cafe among the many unmarked roads always makes the best memories. Not the walking type? Rent a scooter instead to capture the best views of the town and coastline.

If you're into the art scene, check out the eclectic and traditional art galleries sprinkled across the village. The Art & Craft gallery highlights local painters, while just down the road Absolute Positano hosts a collection of works by local studio artists and ceramicists. If you like shopping, be on the lookout for handmade leather sandals and linen clothes that are unique to Positano.

For those who love adventure, rent a boat and explore the open, blue Mediterranean. Positano Boats, located near the beach, hires a variety of boats. It is highly recommended you opt for a skipper on board if you have no experience at sea. Be sure to visit the green, white and emerald grottos. These picturesque caves are near Positano along the Amalfi coast and are only reachable via boat. Sunset cruises are also a popular option. Other water activities include stand-up paddling (SUP), parasailing and kayaking.

One of the best things about the Amalfi coast is the ability to visit neighboring villages. The ferry from Positano to Capri is a popular route operated by three ferries with trips up to seven times per day.

continued on page 48





Mozzarella Bar
Restaurant
Steak House

Inn BUFALITO



SORRENTO

Traditional Sorrento Cuisine
Vico 1° Fuoro, 21 - Sorrento
0039 081 3656975
www.innbufalito.com



*We're going places.
Are you?*

Hidden gems. Bucket-list cities. Real travel.

Start exploring at **StripesEurope.com**—your source for resources
in your local community and across the continent.

So, what are you waiting for?

StripesEurope.com





Spiaggia di Positano Marina Grande

continued from page 46

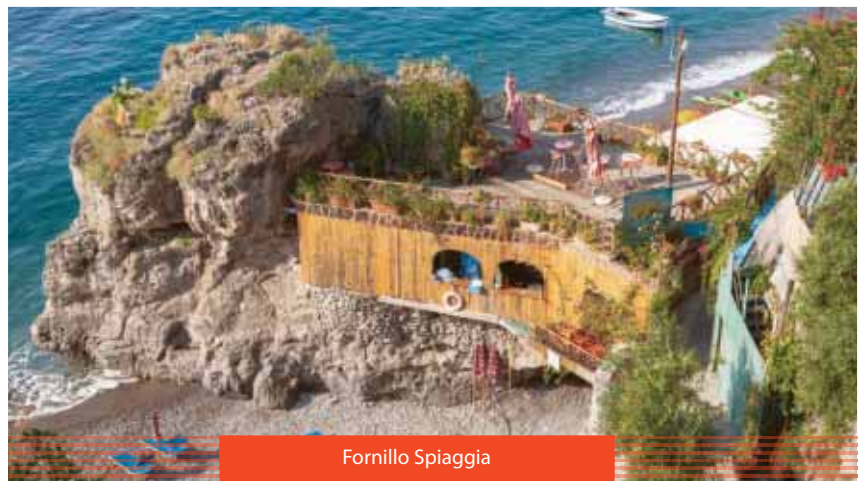
BEACHES

In Positano, there is no shortage of jaw-dropping beaches. Whether you're looking for a secluded area or want to mingle with other beachgoers, these are the top beaches to put on your itinerary.

- **Spiaggia di Positano Marina Grande**—Known as the “large beach,” this easily recognizable beach is known for its colorful rows of umbrellas dotted along the shore. In the middle is the spiaggia libera or free beach where you don't need to pay to rent an umbrella or chair. Be sure to bring your beach towel. It is one of the liveliest beaches in the area. For clubgoers, Music on the Rocks is also located here.
- **Fornillo Spiaggia**—This small and secluded beach is away from the Positano dock and can be reached by the Strada Statale.
- **Spiaggia Arienzo**—It is known as the “300 steps beach” because there are exactly that many steps beachgoers need to climb down to reach it.
- **Laurito Beach**—This small beach is Positano's best-kept secret and is popular among the locals. It is further east along the coast and has two beach restaurants. ■



Spiaggia Arienzo



Fornillo Spiaggia



**TURN YOUR
MILITARY RANK**

**INTO COLLEGE
CREDIT**

SUCCEED AGAIN

Earn up to 90 credits toward a bachelor's for prior life and work experience or transfer up to 12 credits toward a master's.

- 100+ degrees & certificates from an accredited state university
- Convenient classes on-site and online
- No-cost digital materials (most courses)

Introduction to UMGC Europe Webinar

Attend and save \$50 application fee.



**UNIVERSITY
OF MARYLAND
GLOBAL CAMPUS**
in Europe

europe.umgc.edu/stripes

The appearance of U.S. Department of Defense visual information does not imply or constitute DOD endorsement.

Top Five Reasons to Visit BENEVENTO

By Anna Delange

Roughly 40 miles northeast of Naples is the hilltop town of Benevento. From a historical perspective, this city is one of the most important cities in Southern Italy; it was once a part of the most strategic roads in ancient Rome.

If you are living in Naples, this is a city that you should definitely add to your list of places to visit. It is an easy drive or train ride away.

Benevento is also known as the “City of Witches.” It is believed to have this nickname because the first Germanic Lombards who settled the region in the early Middle Ages supposedly danced around the walnut trees, a practice disliked by the local Christians.



Here are the top five reasons to visit Benevento.

1 Benevento was an important town to the Romans, so much so that the **Arch of Trajan** was constructed there in 114 C.E. It is one of the best kept Roman structures in the Campania region.



2 The **Roman Theater** of Benevento is believed to have been built between 125 and 128 C.E. After the second World War reconstruction, the theater returned to its original function as a venue for performances. A show is a must if you visit during the spring to fall opera season.

3 There is also a fortress that has many names: **Fortress of Rectors**, Rocca dei Rettori or the Castle of Benevento. It is located on the highest point of the historical center of the city and consists of an older Lombard tower and, later, a Papal palace.

4 The **Church of Saint Sofia** is an eighth-century Lombard church, once a Benedictine abbey. It has a unique architectural plan that has both circular and hexagonal shapes.

5 After enjoying a meal in the area, try out their famous digestif, **Strega**. Strega is a yellow liquor, but it is not limoncello. The color actually comes from saffron and a large mix of herbal ingredients. ■





Welcome to Dodici

**Dodici was born
from the passion
for good food and wine.**

Our "locanda" offers two options to satisfy all palates: one is the "Pizzeria" with its traditional Neapolitan wood oven cooked pizza, the other section features a restaurant where you'll find the most prized cuts of meat and high quality.



Restaurant, Pizzeria and Tavern for tasting

The premises have inside and outside sections and a "tavern" area in a grotto where our wine tastings are organized. Our flagship is our newly opened garden, a cool and fragrant citrus grove, ideal location for any kind of events.

BOOK YOUR TABLE ON



dodici.eu
081 811 2948 | 388 155 5295



@dodiciLocanda
info@dodici.eu

MONDAY TO SUNDAY | 7:00 AM - 00:00 AM
FRIDAY TO SUNDAY | 12:00 AM - 4:00 PM

DODICI

Hiking VESUVIO

By Katie Wells

For centuries, Naples and Vesuvio (Mount Vesuvius), have had both a beautiful and fatal relationship. Neapolitans have planted vineyards on the fertile slopes, creating specialty wines. Artists like Andy Warhol have been inspired to create series of paintings. Eruptions have caused historical changes like the eruption that buried Pompeii and Herculaneum in 79 A.D., which allowed for an extensive archeological record of Roman life preserved in time.

When in Naples, I knew I had to hike this famed volcano. There are many tours to Vesuvio, and if you are military-affiliated, the simplest one would be through MWR. With limited time, I booked a tour through Viator—a half-day hike with a specialty Margherita pizza lunch and wine tasting. Unfortunately, my tour was cancelled the night before. Scrambling to find another one, I chose a simple half-day group hike, where the bus dropped us off at the beginning and picked us up at the end... or so I thought.

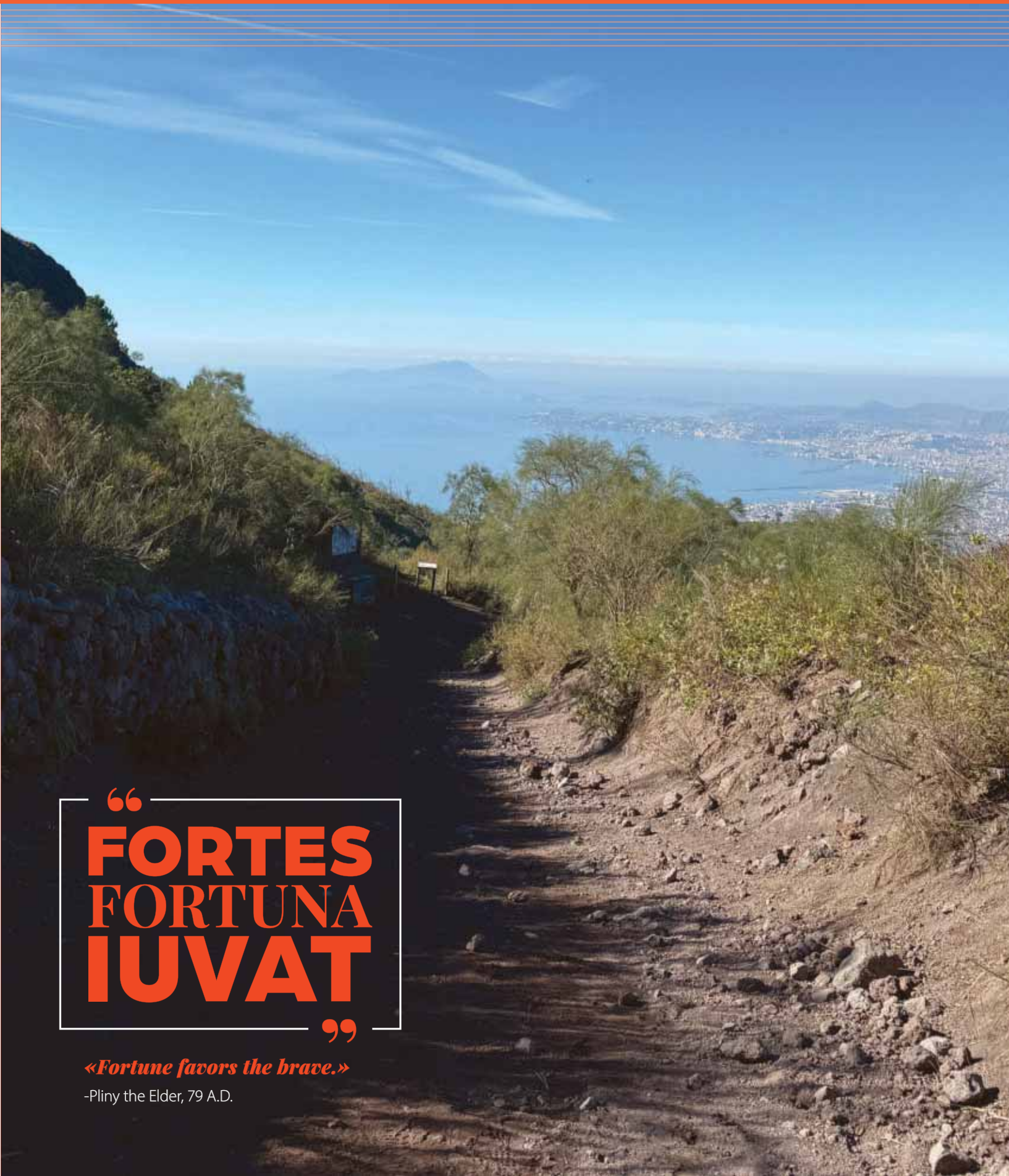
Our tour bus driver expertly navigated the skinny switchback up the volcano. I watched the city grow smaller and appreciated the scrub of evergreens and broom spreading over the mountain.

When we made it to the parking lot near the peak, we were given a time to meet back at the bus. Our driver drove away, and we were on our own to enjoy the sunny November day and hike to the top. I slowly hiked up the steep, rocky, elevated path, a faint scent of sulfur in the air, and wondered what it would be like to see this beautiful monster erupt. Yellow flowers dotted the rocky terrain on my left, and to the right was an expansive view of Naples and the bay.



PHOTO OF KATIE WELLS ▲ PHOTO BY KATIE WELLS ▼





“
**FORTES
FORTUNA
IUVAT**
”

«Fortune favors the brave.»

-Pliny the Elder, 79 A.D.

continued from page 52

Once at the top, the terrain leveled out. I took my time admiring the overlooks where I could see into the craters of Gran Cono, or Great Cone. At one point, I saw a sort of totem pole, with charms and stickers from others who made it to the top. Embedded in a rock was a dedication to the Virgin Mary. I wondered if there might be more shrines along the path, perhaps one for San Gennaro, known as the protector against eruptions of Mount Vesuvius.

The trail led a good portion around the circumference of the volcano, and along the way, there were small gift shops selling hand-crafted lava rock items, postcards, drinks and small bites to eat. I purchased a postcard, a pair of earrings made with the porous black stones and a special wine made with grapes grown in Vesuvius' soil.

After meandering back down, I sipped sparkling water and soaked in the warmth of the sun while waiting for the driver. The return bus ride was full of chatter when suddenly we pulled to the side of the road. Our driver stood up and said something like, "We have a special surprise for you all, just today." His buddy hopped on and ushered us all out of the bus and into his little shop perched on the cliffside.

In Naples, buffalo mozzarella is a specialty of the region, and in Italy it's nearly impossible not to try a sip of famous limoncello. At this little shop, the owner enthusiastically told us of his dream to create the perfect delicacy: "Buffalo Mozzarella Limoncello! The only place in the world where you can get one-of-a-kind bellissimo Buffalo Mozzarella Limoncello!" He let us sample the special liquor along with another of his inventions, buffalo mozzarella chocolate, and both were honestly delicious. I nabbed a small bottle and a couple of bars to take home to my spouse.

We piled back onto the bus thinking next stop was the drop off point, then in the middle of the highway we pulled off to the side and my name, only my name, was called. After a few scenarios ran through my head, the driver explained that, since I was the only one going to a separate drop-off point, they had hired a car to take me there. I slid into the back of a sleek black cab, and we were off. Perhaps I should have paused a bit longer. You never know what you're going to get in Naples. At nearly every part of my stay, something I hadn't planned for occurred. Yet, it was one of my most memorable trips, and the pivots almost always enriched my experience. ■



▲ ABOVE: Stairs to the top.
BELOW: Approaching the overlook.

Looking down the crater.

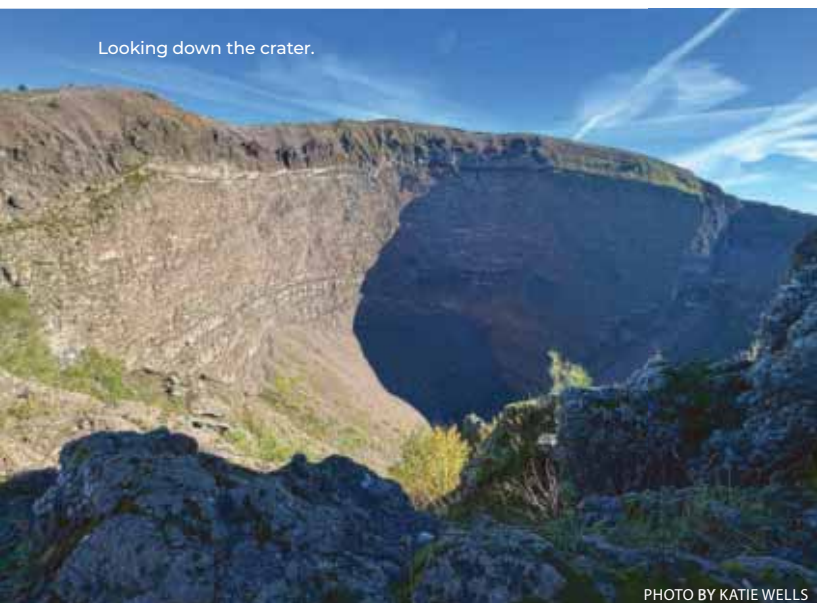


PHOTO BY KATIE WELLS



vega PALACE

BOUTIQUE HOTEL | RESTAURANT
BISTROT | CAFÉ | PASTRIES

EXECUTIVE RESTAURANT

- Fine dining experience by our Executive Chef
- Refined lunch & dinner experiences
- Contemporary Italian cuisine
- Elegant atmosphere & curated service

BISTROT & EXPRESS LUNCH

- Smart dining for everyday excellence
- Quick business lunches
- Take-away & pick-up options
- Lunch Box delivery service

CAFÉ & PASTRY

- Italian & british breakfast experience
- Fresh pastry selection daily
- Signature cakes & desserts
- "Le Dolcezze di Nonna Maria" artisanal lab

EVENTS & EXPERIENCES

- Live the restaurant beyond the table
- Cooking classes
- Dinner shows
- Wine tastings & food pairings
- Private dining experiences

PRIVATE & CORPORATE EVENTS

- Corporate events & conventions
- Birthday parties & celebrations
- Baptisms, engagements & special occasions
- Fully customized experiences
- Dedicated event planner



MOBILITY

- Luxury cars & vans
- Private transfers

YACHT EXPERIENCE

- Amalfi Coast & Sorrento tours
- Private daily charters
- Sunset & dinner experiences on board

Viale della Logistica, Carinaro (CE)
@vegarestaurantcarinaro | vegapalace.it
+39 393 556 1573 | +39 081 010 8261
Event manager: +39 333 8590046



You deserve the
Military Savings
It's yours at Navy Lodge Naples!

PCS-ing to Naples, Italy?

Make your reservations right away!

- The official TLA for PCS families.
- Onsite shops, restaurants and family support services for check in process.

Navy Lodge Naples & Apartments

- Oversize American-style rooms with fully-equipped kitchen and bath
- Apartments feature 2 bedroom / 2 bath / full kitchen/ laundry
- free local phone service • pets welcome
- Fitness room 24/7 • Professional, bilingual staff
- Continental breakfast (Mon.-Sun.)

Navy Lodge Naples & Apartments within walking distance to:

- Personal Property • Vehicle Registration
- Fleet and Family Services
- NEX and Commissary • Naval Hospital • Library
- Gymnasium • Teen Center and Child Development Center • DoD Schools • Swimming Pool • Espresso Bar
- Village Forum Cafe



Navy Lodge Naples

Comm: (39) 081-813-3443 | DSN: (314) 629-6289

Short driving distance to breathtaking views!

*Mt. Vesuvius
 Pompeii
 Island of Capri
 Sorrento
 and more!*