

# MY COUNTRY

PAESE MIO



FREE MONTHLY MAGAZINE - NAPLES, ITALY OCTOBER 2020

## WHAT'S ON NAPOLI

**MY** WORLD HEALTH  
**MY** HEALTH & DIET  
**MY** TASTE OF NAPLES  
**MY** VISIT NAPOLI  
**MY** GETTING AROUND  
@ *Museo di Capodimonte*  
@ *Palazzo Reale di Napoli*



since  
2013

Vincenzo Gemito - GEMITO DALLA SCULTURA AL DISEGNO @Museo di Capodimonte, Napoli - Italia

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**MY COUNTRY FREE MONTHLY MAGAZINE**

**N° 75 - OCTOBER 2020**

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10.000 FREE COPIES Print: Grafica Montese

"Paese Mio" Authorized Reg.: 5265-20/12/2001

Copyright: NA2002C000078 Publisher: Sole Edizioni  
 (Dott.ssa Angela Fabozzi) - via M. Serao, 28 - Quarto, Napoli

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**THIS MONTH**  
**WELCOME TO NAPOLI, ITALY**

DISCOVER the **MY COUNTRY**  
**OCTOBER 2020** edition

**THIS MONTH** Following last month's great selection of events, concerts and exhibitions we have taken a different route for October. *What could be a better time to think about health?* We'll travel from World Health to prevention and diet - with some interesting facts. Meet the man - *Ance! Keys* - on his expedition to Naples, survival *WWII K-rations* and the renowned healthy Mediterranean Diet. The **Taste of Naples** includes just some of the fantastic products on offer throughout the *Campania* region.



CAPODIMONTE PAGE 9

**What's On Napoli** takes us to the Park and Museum of *Capodimonte* and we are back once again to visit the magnificent Royal Palace *Palazzo Reale di Napoli*. Last but not least **Getting around Naples** includes info regarding the new bus-route 3M - connecting the three museums of *Capodimonte*, *Catacombe di Napoli* and the national archaeological museum *MANN*.

**Buon Viaggio!**



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**CAMPANIA (September 24th 2020)** The regional President *Vincenzo De Luca* signed an ordinance at the Crisis Unit meeting containing further measures to be respected for prevention and safety. Obligation to wear facemasks throughout the Campania region is once again obligatory also outdoors - in effect from September 24th 2020 to October 4th 2020.

**«It is necessary - declared De Luca - to immediately restore responsible behaviour, even more so with the opening of schools. If we want to avoid generalized closures, then utmost rigor is required.**

## When Covid-19 struck Europe...

**When Covid-19 struck Europe**, Lombardy's flooded hospitals and spiralling death toll provided a grim template for Italy's neighbours. In the past weeks, however, it is offering a more upbeat path: while Spain, France and the UK are experiencing a second surge in infections after loosening lockdown restrictions, Italy has kept the disease under control. New daily cases are on the rise to 1,535 from the low hundreds in June, when restrictions started easing. But this compares with more than 10,000 new cases in Spain and France. Life feels normal in most of Italy: restaurants and bars are open, people enjoy late-summer trips to the beach and most children have returned to school. Experts highlight three main reasons for Italy's resilience. Fabrizio Pregliasco, a virologist at the University of Milan, *"Italy is in a better situation than other countries such as the United Kingdom, Spain or France because we were among the first in the world to face the Covid hurricane."* Its health system and government have had more time to plan its post-lockdown response and the lifting of restrictions has been more gradual, allowing the government greater agility in reintroducing restrictions when needed. Prime minister Giuseppe Conte has kept on reminding Italians to remain vigilant. Under Italy's Covid-19 state of emergency he has the power to rule by decree, meaning his government was able to react swiftly to an uptick in new cases over the summer. By contrast, Spain's state of alert, which granted the central government emergency powers over the regions, lapsed on June 21. In August, Rome ordered a closure of discos and introduced a rule that face masks must be worn in all crowded places between 6pm and 6am. The measures, which were initially in place for a month, were extended for a further month early September. Companies have been encouraged to extend remote working arrangements into the autumn. Those that have reopened have strict protocols including the wearing of face masks all day, daily body temperature scans, social distancing and Covid-19 swabs. Public health officials cite the high public acceptance of restrictions,

Italy's harsh lessons help keep second wave at bay while Spain, France and UK suffer Covid-19 surge, the country has adapted since the brutal first phase. Italy's health officials cite the high public acceptance of restrictions such as compulsory mask wearing. Italy was one of the first countries to experience a large outbreak outside China, and in many ways was a pioneer for other countries. **Italy took hard decisions based on the evidence and persisted with them, which reduced transmission and saved many lives.** (see page 5)

such as compulsory mask wearing in shops and on public transport. Visitors to restaurants must write down their names and contact numbers, a measure largely complied with during the summer. According to a survey conducted by Imperial College London, 84% of Italians surveyed said they would be "very or quite willing" to wear a face mask advised to by their government. This compares to 76 per cent in the UK. Italy's public health response has focused on mass testing and effective track and trace surveillance. Those in breach of rules are punished. Businesses can be held responsible for Covid-19 infections in their premises and staff can claim damages.

Individual behaviour, although hard to quantify, has played an important role, said Ferdinando Luca Lorini, director of intensive care at a hospital in Bergamo. *"We have gone from the most affected country to one of the virtuous countries in the management of the pandemic thanks to the clarity of the rules from the very beginning, and the willingness of everyone to respect them,"* he said. *About 2 per cent of tests give a positive result, compared with about 13 per cent of tests performed in Spain, suggesting the virus is way more widespread in the latter. "Once there is a positive we test all those who may have come into contact with them. The real problem of the epidemic are the cases with no symptoms, if you do not intercept these, you do not come out of it,"* he said.

In August, when the island of Sardinia, a popular holiday destination for Italians, emerged as a hotspot for the virus - authorities introduced drive-through testing at the port of Civitavecchia, the ferries hub on the mainland. Positive cases were isolated more quickly, preventing the outbreak in Sardinia from spreading to other regions. While few want to tempt fate ahead of winter, there is confidence that Italy's efforts can continue to keep the virus under control. *"If Italians, who have been very diligent so far with regard to all the measures, keep holding on then we should be able to manage the situation and get used to coexisting with the problem until a vaccine arrives."*

main text source: © THE FINANCIAL TIMES LTD 2020

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## WORLD HEALTH ORGANISATION

WHO Director-General's opening remarks  
at the media briefing on COVID-19 September 2020

**Good morning, good afternoon and good evening.  
COVID-19 is teaching all of us many lessons.  
One of them is that health is not a luxury item for those who  
can afford it; it's a necessity, and a human right.  
Public health is the foundation of social, economic and political  
stability. That means investing in population-based services  
for preventing, detecting and responding to disease**

This will not be the last pandemic. History teaches us that outbreaks and pandemics are a fact of life. But when the next pandemic comes, the world must be ready - more ready than it was this time. In recent years, many countries have made enormous advances in medicine, but too many have neglected their basic public health systems, which are the foundation for responding to infectious disease outbreaks. Part of every country's commitment to build back better must therefore be to invest in public health, as an investment in a healthier and safer future. In fact, there are many examples of countries that have done exactly that. Thailand is reaping the benefits of 40 years of health system strengthening. A robust and well-resourced medical and public health system, allied with strong leadership informed by the best available scientific advice, a trained and committed community workforce with 1 million village health volunteers, and consistent and accurate communication, have built trust and increased public confidence and compliance.

**Italy was one of the first countries to experience a large outbreak outside China, and in many ways was a pioneer for other countries.**

**Italy took hard decisions based on the evidence and persisted with them, which reduced transmission and saved many lives. National unity and solidarity, combined with the dedication and sacrifice of health workers, and the engagement of the Italian people, brought the outbreak under control**

Mongolia acted very early, activating its State Emergency Committee in January. As a result, despite neighbouring China, Mongolia's first case was not reported until March and it still has no reported deaths. Mauritius has high population density, with high rates of non-communicable diseases and many international travellers, which meant it was at high-risk. But quick, comprehensive action, initiated in January, and previous experience with contact tracing paid off.

Although the Americas has been the most-affected region, Uruguay has reported the lowest number of cases and deaths in Latin America, both in total and on a per capita basis.

***This is not an accident.***



Uruguay has one of the most robust and resilient health systems in Latin America, with sustainable investment based on political consensus on the importance of investing in public health.

Pakistan deployed the infrastructure built up over many years for polio to combat COVID-19. Community health workers who have been trained to go door-to-door vaccinating children for polio have been utilized for surveillance, contact tracing and care.

There are many other examples we could give, including Cambodia, Japan, New Zealand, the Republic of Korea, Rwanda, Senegal, Spain, Viet Nam and more. Many of these countries have done well because they learned lessons from previous outbreaks of SARS, MERS, measles, polio, Ebola, flu and other diseases.

That's why it's vital that we all learn the lessons this pandemic is teaching us. Although Germany's response was strong, it is also learning lessons. I welcome the announcement by Chancellor Angela Merkel over the weekend that her government will invest 4 billion euros by 2026 to strengthen Germany's public health system. I call on all countries to invest in public health, and especially in primary health care, and follow Germany's example.

The International Health Regulations is the most important legal instrument in global health security. As a reminder, the review committee will evaluate the functioning of the IHR during the pandemic so far, and recommend any changes it believes are necessary. It will review the convening of the Emergency Committee, the declaration of a public health emergency of international concern, the role and functioning of national IHR focal points, and will examine progress made in implementing the recommendations of previous International Health Regulations review committees. Depending on progress made, the committee may present an interim progress report to the resumed World Health Assembly in November, and a final report to the Assembly in May next year. The committee will also communicate as needed with other review bodies, including the Independent Panel for Pandemic Preparedness and Response - IPPR - and the Independent Oversight Advisory Committee - IOAC - for the WHO Health Emergencies Programme.

Finally, today is the first International Day of Clean Air for Blue Skies. The pandemic - and the measures taken in many countries to contain it - have taken a heavy toll on lives, livelihoods and economies. But there have also been some unexpected benefits. In many places, we have seen a significant drop in air pollution. We have been reminded of how starved our lungs have been of clean, unpolluted air.

We have had a glimpse of our world as it could be. And that is the world we must strive for.

**Ultimately, we are not just fighting a virus. We're fighting for a healthier, safer, cleaner and more sustainable future. I thank you.** Dr. T. A. Ghebreyesus

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## DOCTOR'S CORNER

### Periodontitis - an "invisible" risk

**What is periodontitis?** Periodontitis is an infectious gum disease caused by a combination of bacteria and viruses and it is the leading cause of tooth loss, affecting 75/80% of adults. Such microorganisms invade the tooth supporting tissue structures (Periodontium) causing inflammation that becomes chronic over time if left untreated. The affected tissues (bone, root cementum, periodontal ligament and gums) suffer serious damage which has proven to lead to tooth loss also depending on individual immune defence. Periodontal disease may develop faster due to contributing causes such as poor oral health habits, heavy smoking tobacco or vaping, vitamin D deficiency, bad eating-habits or inadequate nutrition, occlusal trauma, certain diseases including diabetes and rheumatoid arthritis, neutropenia, genetic factors and stress.



### disease's symptoms

**Why an "invisible" risk?** Unfortunately, periodontitis has no apparently obvious symptoms and therefore the "invisible" risk of the disease can progress in silence. So, it is useful to note some clinical signs: gum redness, swelling or bleeding; bad breath; increased tooth mobility; pain or difficulty in biting and chewing foods; gum recession pus formation.

**Can periodontitis be cured?** Today the treatment of periodontitis is made possible by the combined use of operating microscopes and laser techniques. These procedures allow the diseased gums to be treated without using traditional surgery - that has proven to not fully ensure the effective resolution of the disease. The *operating microscope* allows the roots to be smoothened without resorting to surgery, while the *NdYag Laser* reaches the pathogenic bacteria nested in zones unreachable by the use of medicines or traditional cutting instruments. In fact, periodontic therapy using traditional surgery is incapable of radically eliminating these microorganisms. The results of these innovative techniques are fully verified by performing the bacterial analysis of the gums both before and after treatments.

**What is the best way to prevent periodontitis?** By following a correct programme of oral hygiene, beginning early and practising accurately throughout life. Good oral hygiene prevents the development of an environment favourable to specific bacteria - so brush your teeth frequently and make regular dental check-ups. Remember that risk factors regarding the development of periodontal disease increase if you take certain medications or smoke, therefore professional cleaning is required more often than usual.

original text source: Doctor Giovanni Iuorio

## ANCEL KEYS Expedition to Naples

We just had to learn more about the American scientist *Ancel Keys* after hearing about the **expedition to Naples** back in 1952. *Keys* may be considered as one of the 20th-century's most controversial scientists, physiologists and epidemiologists. He married *Margaret Haney* in 1939 - she played an essential professional role starting from the earliest scientific pursuits and also proved crucial regarding the southern Africa research project and during the 1956 expedition to Japan. *Ancel and Margaret's* trip to *Naples* actually began the greatest ever study regarding human lifestyle and heart attacks, which led to one of the best-known works; the "**Seven Countries Study**".

**Going back 50 years...** It's December, 1960 and the *American Heart Association* has just "sanctioned" **Ancel Keys** theories on diet, fat, cholesterol & heart disease. Here's what "**Mr. Cholesterol**" was saying about the state of American Health back then:

*"Americans eat too much. Americans eat too much fat. With meat, milk, butter and ice cream, the calorie-heavy U.S. diet is 40% fat, and most of that is saturated fat-the insidious kind, that increases blood cholesterol, damages arteries, and leads to coronary disease".*

*"The only sure way to control blood cholesterol effectively is to reduce fat calories in the U.S. diet from 40% to 15% of total calories, and cut saturated fat from 17% to 4% of total calories,"* according to *Keys*.

*Time Magazine*, January 13, 1961, "Medicine: The Fat of the Land"

*Ancel Keys* - pages 6-7-8

**DOCTOR**

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# ANCEL KEYS

## THE 1952 EXPEDITION TO NAPLES DURING WWII - THE K-RATION THE MEDITERRANEAN DIET AND HEART DISEASE



After studying starvation in 1950 and publishing “*The Biology of Human Starvation*” Keys tested cardiovascular disease with two specific diets: The *K-rations* (originally formulated for combat soldiers in World War II) and the renowned **Mediterranean diet**. During World War II Keys and his team were drafted by the US War Department to test physiologic effects due to stress, heat, cold and restricted nutrients. The assignment with the Army Quartermaster Corps developed a portable and non-perishable ration to provide enough calories to sustain active soldiers for up to two weeks, the **survival K-ration**. These rations were light to carry but could provide up to 3,200 daily calories and the Navy eventually funded the testing on its soldiers to determine feasibility as both a temporary and mobile nutritional source. But this development did not begin without some turbulence.

His colleague, *Dr. Elsworth Buskirk*, noted:

*“When it appeared that the U.S. would be in World War II, Keys went to the Quartermaster Food and Container Institute in Chicago to inquire about emergency rations. The story goes that he was told to go home and leave such things to the professionals. Instead, he went to William Wrigley’s office and secured \$10,000 for the development of an emergency ration. Then, he went to the Cracker Jacks Company. They couldn’t supply money, but did provide the waterproof small box concept. The result was the K-ration in sealed Cracker Jacks boxes.”*

During WWII, Keys developed various studies related to human physical performance and in this period Keys and his team focused upon the importance of treating widespread starvation. After observing the highest concentration of centenarians in southern Italy, Keys suggested that the low-fat **Mediterranean**-style diet was a defence towards heart disease whereas a diet high in animal fats could actually lead to heart disease. These results developed into the “*Seven Countries Study*” and **Naples** was the first proven case study able to support his theories. The countries originally involved were *Italy, United States of America, Finland, Yugoslavia, Japan, Holland and Greece*. The three Mediterranean countries following a diet based on pasta, fish, fruit and vegetables with olive oil showed an extremely lower percentage of heart related deaths.

Ancel Keys pages 6-7-8 AS PICTURED 1931

Ancel Keys - pages 6-7-8

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## ANCEL KEYS

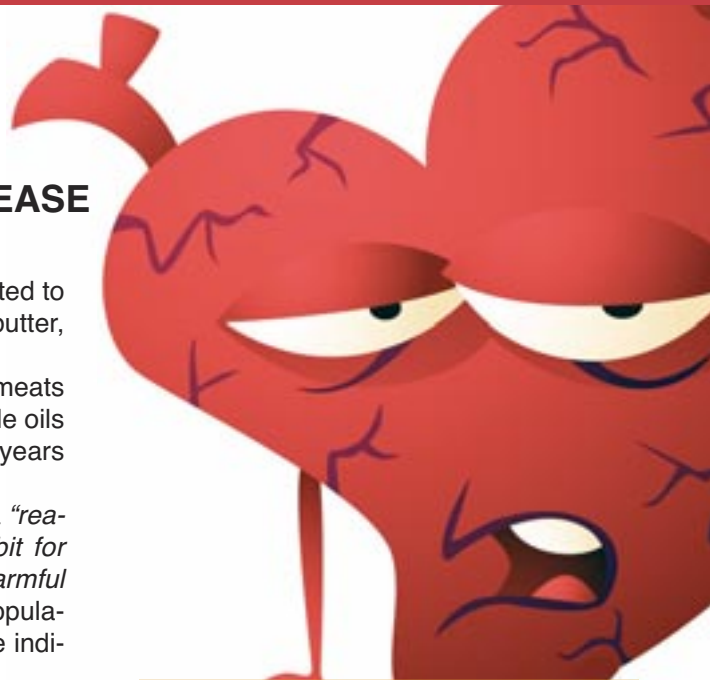
### THE 1952 EXPEDITION TO NAPLES DURING WWII - THE K-RATION

### THE MEDITERRANEAN DIET & HEART DISEASE

In 1956 representatives of the **American Heart Foundation** started to inform the public that a diet including large quantities of eggs, butter, lard and beef could lead to coronary heart disease.

*Ancel Keys* had found that saturated fats as found in milk and meats have different effects - whilst unsaturated fats present in vegetable oils have beneficial effects. This message was actually obscured for years from 1985 when all dietary fats were considered as "unhealthy".

*Keys* shunned numerous food fads and promoted benefits from a "reasonably low-fat diet" contrasting with "the North American habit for making the stomach the garbage disposal unit for a long list of harmful foods". *Keys* established that the predominant determinants of population rates heart attacks are socio-cultural in contrast to risk in the individual, which shares both genetic and cultural origins.



Though *Keys*' theory did gain sanction from the *American Heart Association* it is still questioned by some other researchers with conflicting ideas of what actually causes coronary disease. The main difference is that they variously blame hypertension, stress, smoking and physical inactivity, while *Keys* gives these causes as only minor roles.

*Keys*' chief weapon has been the sheer weight of solid statistics.

Says one *Philadelphia* physician: "**Every time you question this man Keys, he says, 'I've got 5,000 cases. How many do you have?'**"

#### Keys' biggest hurdle:

It's difficult for a physician to convince a patient who feels fine that he must give up something he likes, to preserve his health - but according to *Keys* - that's exactly what many Americans need to do. (and may we say Europe) "*The average blood cholesterol count among middle-aged (40-60) U.S. men,*" says *Keys*, "*is an uncomfortable 240. People should know the facts. Then if they want to eat themselves to death, let them.*"

*Ancel* and *Margaret* also co-authored three interesting books: "Eat Well and Stay Well" (1959) "The Benevolent Bean" (1967) and "How to Eat Well and Stay Well the Mediterranean Way" (1975). "Adventures of a Medical Scientist: Sixty Years of Research in Thirteen Countries" was published privately in 1999. *Ancel* and *Margaret* travelled the world but built their dream villa named "Minnelea" situated south of Naples at "Pioppi" in Cilento - where they lived after retirement for 28 years. *Ancel Keys* wrote the magnum opus on coronary disease in the *Seven Countries study* aged 75 - thanks also to *Margaret*'s strength and awareness regarding his physical decline and unaccustomed struggles regarding reading and writing. *Ancel Keys* passed away after returning to his birthplace in *Minnesota* just two months before his 101st Birthday on November 20th, 2004.

*Ancel Keys* - pages 6-7-8



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# @MUSEO E REAL BOSCO DI CAPODIMONTE

## Gemito, dalla scultura al disegno on display until NOVEMBER 15th 2020



Capodimonte  
Museo e Real Bosco

**Vincenzo Gemito** was a figurative sculptor born in Naples in 1852. Although considered as the most important Italian sculptor of the late 19th century his origins were not so promising. He was a street-orphan adopted by a poor artisan and already assisting the sculptor *Emanuele Caggiano* aged nine, moving on to work with *Stanislao Lista*. After acquiring high skills modelling clay and wax he independently exhibited a sculpture at *Belle Arti di Napoli* - "Il Giocatore" (The Card Player - as pictured left) - a Neapolitan urchin studying a hand of playing cards. The bronze-cast of the same work was purchased for the Capodimonte collection - *Vincenzo Gemito* was only sixteen years old. Commonly known in Naples as the crazy sculptor "o scultore pazzo" he was victim of a psychological collapse in 1887 remaining a recluse who was forced to take long pauses from creative activity - but continued to draw. He went back to sculpting in 1910 - eccentrically leaving realism to concentrate on mythological subjects. *Gemito* worked small-scale using precious metals in the 1920's when he created portraits of Alexander the Great and Medusa. *Vincenzo Gemito* passed away in Naples in 1929.

The exhibition "**Gemito, dalla scultura al disegno**" - from sculpture to drawings - is a collection of over 150 works divided into 9 sections - co-organised with the *Petit Palais* in Paris, where it was on display last autumn and curated by: *Jean-Loup Champion*, *Maria Tamajo Contarini*, *Carmine Romano*. The exhibition cleverly reveals *Gemito's* virtuosic realism and the evident thread of love and madness in his thoughts. The collection has been enriched with an addition of a number of un-seen works - recently acquired by the *Capodimonte Museum* from various private collections.



Getting there - see page 14 for details

**EXHIBITIONS:** Not to be underestimated the exhibition by the Spanish architect *Santiago Calatrava* - extended opening dates until January 2021 - as fully highlighted in our recent editions. *Calatrava* created the *World Trade Center Transportation Hub* in *New York City*, completed in 2016. Another notable exhibition is on display "*Incontri Sensibili*" by the German artist *Christiane Löhr* - in collaboration with *Tucci Russo Studio per l'Arte Contemporanea*. Curators: *Jean-Loup Champion*, *Maria Tamajo Contarini*, *Carmine Romano*. "*Incontri Sensibili*" is on display from September 26th 2020 until January 10th 2021.

**INFO: Museo e Real Bosco di Capodimonte** - 2 Via Miano, Napoli. **Infoline:** +39 081 7499130 (10 am to 6 pm)

Ticket Reservations/purchase and guided tours - 848 800 288 +39 06 399 67050 (from Mobiles/outside Italy)

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**OCTOBER 2nd, 9th, 16th, 23rd, 30th 2020**

**Special Open-evenings** on Fridays from 7.30 pm to 10.30 pm **Special Ticket fee:** € 1 - (last admission by 9.30 pm)

Admission to the Park **Real Bosco di Capodimonte** is free-of-charge and currently open from 7 am to 7.30 pm.

**Standard opening times throughout the year:**

October, February and March 7 am to 6 pm.

November, December and January 7 am to 5 pm.

April, May, June, July, August and September 7 am to 7.30 pm.

Both the Park and Museum fully respect all anti-Covid19 regulations - to ensure the well-being of all visitors and staff.

**Getting there by public transport:** Capodimonte Shuttle-bus Line A; Anm Bus Line 3M (see page 14 for full details)

wildbuffalolagopatria.it





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# LOCAL FRUIT & VEG - *Campania* Frutta e Ortaggi

The fascinating territory of Naples not only has so much to offer regarding Art, Culture and Archaeology but also a never-ending array of local products and delicious traditional dishes - just waiting to be discovered!

If you are lucky enough to be visiting a different country then what better than to experience some local culinary delights?

The ancient agricultural territory of the **Phlegraean Fields** (*Campi Flegrei*) has been clearly depicted over the years, ranging from the archaeological areas of both *Pompeii* and *Herculaneum* (*Ercolano*) illustrating products still cultivated today - including traditional winter apples, aubergines/eggplants, walnuts, peaches and ancient grapevines amongst many.

During the times when freezers didn't exist and crops went "out of season" the need to conserve fruits and vegetables led to the development of many traditional recipes using many different methods of conservation used throughout Italy. These natural methods are still commonly used today excluding the use of preservatives or synthetic additives.

**So, what's sott'olio?** The aubergine conserves (*melanzane sott'olio*) are amazing!... Spices and herbs, chilli peppers and garlic are combined with olive oil and vinegar (aceto) in aid to conserve vegetables - whilst sugar is used for marmalade jams - carefully conserved in hermetic glass jars following accurate sterilization procedures using high temperatures.

Many of these local products are considered a precious "rare" such as the *friarello-frigiarielli* (*cime di rapa*); a leafy green vegetable with a strong bitter taste - known locally and teamed with sausages forming a typical famous Neapolitan dish "*Salsiccia e friarelli*" - try it to believe it! Another perfect match? Why not try some succulent Buffalo milk Mozzarella Cheese and some seasoned cheese selections such as *Caciocavallo* or *Pecorino* together with a glass of deep red *Asprinio* wine. This full-bodied red is commonly served with slices of local peaches "*percocche*" - a custom apparently popular long before what we may know today as the renowned Spanish "*Sangria*". *Falanghina* and *Piedirosso* wines are currently produced throughout the territory of which still today produced using traditional methods.

Both the Mediterranean climate and the areas rich volcanic earth seem to enhance fertility - especially throughout the *Phlegraean Fields-Campi Flegrei* and the areas surrounding the *Vesuvius*. The **Campania** region is classed as the first Italian region regarding horticulture - also thanks to the wide selection of fresh and seasoned products on offer.

*Continues on page 11*

PICTURED ABOVE: Pozzuoli - J.P. Hackert (1798)





# LOCAL FRUIT & VEG - *Campania* Frutta e Ortaggi

Both producers and consumers have become very aware of the importance of controlled quality and the **Campania** region boasts numerous registered agricultural products together with many waiting approval - including the top tomato varieties - **pomodoro San Marzano dell'Agro Nocerino-Sarnese DOP** - of protected origin and the characteristic tomato - **Pomodoro del Piennolo del Vesuvio**.

**Mela Annurca** - or precisely certified as **Melanurca** by the *EU* is an ancient winter apple cultivated without direct sunlight throughout the territory of *Naples* and the provinces of *Giuglianese-Flegrea, Caserta and Benevento*. This traditional fruit was also depicted centuries ago - present in various paintings also discovered at what is today's Archaeological site of *Herculaneum - Ercolano*. The *Melanurca Campania* is rich in fibre, vitamins (B1, B2 PP and C) and minerals (potassium, iron, phosphorus and manganese)

and considered as perfect for all ages including the sick, diabetics and elderly. Remember the saying? **An apple a day...**



**CAMPANIA recommended produce:** Winter Apples (*mele Annurche IGP, Valle di Maddaloni*), yellow peaches (*percoche gialle*), golden plums (*susine goccia d'oro*), walnuts and chestnuts (*noci e castagne*), cherries (*ciliegia Recca*), round beans from *Villaricca (fagioli tondini Villaricca)*, cime di rapa (*friarelli/frigiarelli*), green beans (*fave*), violet eggplants (*melanzana violetta*), mushrooms (*funghi*), seasoned meats (*Capiccoli*), salami meats (*salame Napoli*), rolled bacon (*pancetta arrotolata*), *Mozzarella* and *ricotta* - *bufala Campana DOP*, mussels and oysters (*cozze and ostriche*), wooden-oven baked bread (*pane cafone*), *Olives*, *Wines (vini Falanghina-Piedirosso-Asprinio DOC)*



## *Pomodoro San Marzano dell'Agro Nocerino-Sarnese*

The **San Marzano** tomato is a variety that holds a worldwide reputation and is considered as one of the major products linked to the healthy concept forming the typical Mediterranean Diet. This hand-picked tomato is transformed to "*pelati*" - peeled and canned - and obtained certification of protected origin recognized by the *European Union* as DOP back in 1996.

## *Pomodoro del Piennolo del Vesuvio*

One of the main features of the smaller tomato "*Pomodoro del Piennolo*" is how they are stored. *Al Piennolo* is an old but effective traditional technique where small bunches of tomatoes are tied to form a large bunch - usually hung to last for the entire winter season. This characteristic variety may be considered as the most typically ancient agricultural product still cultivated today in the *Campania* region. If you are visiting **Naples** during December then you may note the presence of "*O'Piennolo*" in many Neapolitan Nativity scenes during Christmas celebrations. Horticulture throughout the *Campania* region is one of many ancient and priceless heritages and supplies a major economic resource - thanks to a selection of highest quality products characterized by the land. Over recent years - following negatively alarming reports, the territory has undergone various tests and a number of these typical products follow strict certification also guaranteeing genuine flavours - clearly without comparison to any standard industrial market. Keep in mind that these products are classic ingredients which form part of the Mediterranean diet, which has been defined the right recipe that prolongs life (Thanks also to Keys! see pages 6-7) obviously matched with a correct lifestyle!... So, **Buon Appetito!**

**Here's just a small list of some top Certified products on offer throughout the territory of Naples and the Campania region:**

*Olio extravergine di Oliva* - *EVO Oils*, *Cozze e ostriche da Fusaro/Miseno* - *Mussels and Oysters from Fusaro/Miseno*, *Capiccoli e Salame* - *Seasoned Meats and Salami*, *Pancetta Arrotolata* - *Rolled Bacon*, *Mozzarella e Ricotta di Bufala Campana DOC* - *Certified Buffalo milk cheeses*, *Fagioli tondini* - *Round beans*, *Funghi Pioppini* - *Mushrooms*, *Melanzane Violetta* - *violet eggplants*, *Friarelli* - *Broccoli vegetables*, *Noci di Sorrento* - *Walnuts from Sorrento*, *Limone Amalfi/Sorrento* - *Lemons*, the perfect *Pizza Napoletana*, *Mele Annurche IGP* - *Winter Apples*, *Susine Goccia d'Oro* - *Golden Plums*, *Ciliegia Recca* - *Cherries*, *Percoche gialle* - *yellow peaches*, and a fantastic selection of *Wines* many of which certified including: *Falanghina* (*DOC Campi Flegrei* and the nearby islands of *Ischia* and *Capri*), *Lacryma Christi del Vesuvio*, *Greco di Tufo*, *Coda di Volpe*, *Taurasi*, *Fiano*, *Biancolella*, *Piedirosso/Per'e Palummo*, *Aglianico*, *Falerno del Massico*, *Asprinio* and many more!







## @ PALAZZO REALE ALMOST HOME

INSTALLATION - RYAN MENDOZA

## The Rosa Parks House Project

SEPTEMBER 15th - JANUARY 6th

@ PALAZZO REALE

1, P.zza Plebiscito



The royal palace of Naples **Palazzo Reale di Napoli** is currently hosting the free installation within the central courtyard - **"Almost Home - The Rosa Parks House Project"** created by the US artist *Ryan Mendoza*.

**So, who was Rosa Parks?**

*Rosa Parks* was an Afro-American activist who became an important symbol during the struggle for civil rights in the USA during the 1950's. She refused to give her seat to a white passenger on a segregated bus in *Alabama* in 1955 and was arrested for civil disobedience. The incident led to a one-year long bus boycott throughout the city. After her famous act, *Parks* became known as the *Mother of the Civil Rights Movement* whilst losing her job and enduring death threats for years to come. She passed away in *Detroit* October 2005 - aged 92.

*Rosa Parks* house was originally located in the city of *Detroit* and was saved from demolition after her niece *Rhea McCauley* bought it from *Detroit* city

authorities. She then tried to raise funds to renovate the then long-abandoned structure. *McCauley* approached *Ryan Mendoza* on 2016 after struggling to find institutional support. *Mendoza* purchased and transported the house to his back-garden in *Berlin* in the same year.



*Ryan Mendoza* was born in *New York* in 1971 and created the projects *"The White House"* (2015), *"The Invitation"* (2016) and the renowned *"The Rosa Parks House Project"* (2017).

His art projects and paintings have been displayed in numerous museums

and galleries throughout Europe, including - *White Cube/ London*, *Galerie Lelong, Paris / New York*, and *Museo Madre/Italy Naples*.

The 2017 award-winning documentary directed by *Mendoza's* wife *Fabia* *"The White house"* offers an ample insight regarding *Mendoza's* artistic activities



and tells the story of *The Rosa Parks House project*.

**The Rosa Parks House Project** may be considered as keeping alive not only the memory of *Rosa Parks*, but of all of those who lived there - during a dramatically conflictual historical moment of American history - with an identity unfortunately still under discussion today.

**Entrance to the installation is FREE of charge - until January 6th 2021**

*"Almost Home - The Rosa Parks House Project"* promoted by:

*Fondazione Morra Greco, Regione Campania, Direzione regionale Musei Campania\**

**INFORMATION:** +39 081 19349740

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ENJOY all  
PALAZZO  
REALE

**Palazzo Reale di Napoli**

*Opening times:*

9 am - 8 pm except Wednesdays

*Info:* +39 081 580 8255

SEE FOLLOWING PAGE 13





# PALAZZO REALE ROYAL PALACE

The magnificent Royal Palace **Palazzo Reale di Napoli** is situated within the heart of Naples and has been frequently highlighted by *My Country magazine*. Well, we are back again this month with some latest updates.

The Royal Palace houses the national library *Biblioteca di Napoli* - transferred here in 1925, but seriously damaged due to WWII bombings and the subsequent military occupation. The library holds a fascinating collection of documents including a large collection of papyrus scrolls from the ancient Roman archaeological site of *Herculaneum - Ercolano (Villa dei Pisoni)* - destroyed by the eruption of *Mt. Vesuvius* in 79 AD) and original documents written by *Alfonso d'Aragona* (1455); the composer *Giuseppe Verdi* and major 19th century composers including *Gioachino Rossini*. The beautiful halls and historic apartments with paintings and tapestries... a real blast from the past.

The statues dominating the external western side of the palace facing the main square of *Piazza del Plebiscito* portray the rulers of the *Kingdom of Naples* dating from the 10th-century and are positioned in chronological order. The Palace was enriched by *Murat* and his wife *Caroline Bonaparte* with rich Neoclassic decor and furnishings during the Napoleonic occupation. Strangely enough no statue along the façade of *Palazzo Reale* refers to the Bourbon reign - not even *Carlo di Borbone*, engraved as *Carlo III* - Charles III the King of Spain. Pictured below right: The marble staircase "Scalone d'Onore"

**LATEST INFORMATION for visitors:** All visitors are obliged to follow indicated routes, to be equipped with masks and to maintain a safety distance of at least 1.2 metres from others. Current anti-Covid 19 entrance methods are placing groups of up to 8 visitors a time for a maximum of 50 visitors per hour. Admission **tickets are available directly** from the Palazzo ticket-office/info-point - but avoid the crowds! Reserve your tickets without added costs - online [https:// www.coopculture.it/](https://www.coopculture.it/)

The garden "*Giardino Romantico*" and the "*Cortili*" Courtyards are open to the public without charge from 9 am to 7 pm except Wednesdays.

The Guided Tours of the garden *Giardini Pensili* (highlighted last March) are temporarily suspended until further notice. Bag storage and the use of audio guides are also temporarily suspended.

**Ticket Fees:** Standard admission € 6,00; Reduced € 3,00; 18 - 25 yrs € 2,00; Under 18's - Free

**Opening times:** Daily from 9 am to 8 pm except Wednesdays. Last admission by 7 pm. (see page 12 - Almost Home @Palazzo Reale until next January)

## APP "ENJOY ALL PALAZZO REALE"

TOUR the MAIN WORKS: of **Palazzo Reale**, the library **Biblioteca Nazionale di Napoli** "Vittorio Emanuele III", the theatre **Teatro San Carlo** and the castle **Maschio Angioino** by Smartphone or Tablet - So just scan the QR-code and **Buon Viaggio!**

ENJOY all  
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Museo e Real Bosco di Capodimonte



Catacombe San Gennaro



MANN Archaeological Museum

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## GETTING AROUND NAPLES

## Linea 3M MUSEUM BUS ROUTE

The latest **ANM** (*Azienda Napoletana Mobilità*) bus-service "3M" is connecting the 3 museums of: **Capodimonte Real Bosco e Museo di Capodimonte**, **MANN Museo Archeologico Nazionale di Napoli** and the **Catacombs Catacombe di San Gennaro** - a requested route finally available for both local citizen's and tourists from September 12th 2020.

The **Linea 3M** minibus runs daily circular routes - from 7 am to 8.05 pm

*Ticket Fees:* ANM one-way Urban-zone tickets cost 1.10 euro

*Major info:* [www.anm.it](http://www.anm.it)

**Linea 3M - Three Museum Bus line**  
**Museo e Real Bosco di Capodimonte**  
**Catacombe San Gennaro**  
**Museo Archeologico MANN**  
**FROM SEPTEMBER 12TH 2020**

Contact Center ANM S.p.A.

Numero Verde  
**800-639525**

## Daily Circular Route:

*Departure:* Museo e Real Bosco di Capodimonte (stops: Porta Miano  
 Porta Piccola) - via Capodimonte - Catacombe San Gennaro - corso Amedeo  
 di Savoia - via S. Teresa degli Scalzi - via Pessina - via Conte di Ruvo  
 via Costantinopoli - MANN (P.za Museo Archeologico Nazionale)

## Daily departures from 7 am:

07:00 - 07:15 - 07:30 - 07:45  
 08:00 - 08:15 - 08:30 - 08:45  
 09:00 - 09:15 - 09:30 - 09:45  
 10:00 - 10:15 - 10:30 - 10:45  
 11:00 - 11:15 - 11:30 - 11:45  
 12:00 - 12:15 - 12:30 - 12:45  
 1:00 - 1:20 - 1:45  
 2:05 - 2:30 - 2:50  
 3:15 - 3:35  
 4:00 - 4:20 - 4:45  
 5:05 - 5:30 - 5:50  
 6:15 - 6:35  
 7:00 - 7:20  
 \*8:05 pm



\* FINAL RUN 8.05 pm Capodimonte to piazza Museo Archeologico Nazionale MANN

SEE PAGE 9 - Gemito, dalla scultura al disegno EXHIBITION @ CAPODIMONTE

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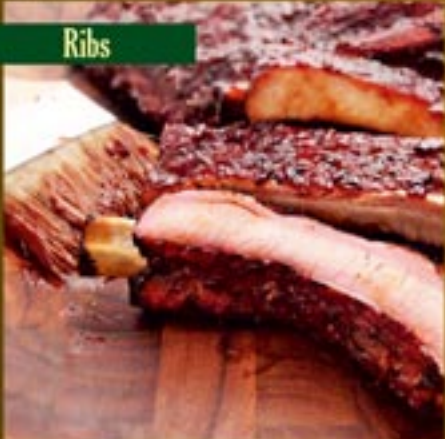
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