



Scouts Teach Sigonella Camping Basics

Article by
Lt. j.g. Matt Knight
Sigonella Public
Affairs Officer

Camping education classes taught by the Sigonella Boy Scouts, Girl Scouts and Adventures Unlimited were held monthly since Jan. at the NAS 1 Midtown complex to teach NAS Sigonella the fundamentals of camping.

The classes were a joint venture between the Boy Scouts, Girl Scouts and MWR's Adventures Unlimited to prepare Sigonella for the 2008 camping season and the Great American Backyard Campout which will be held June 28-29.

According to Meagan Yohnke, ITT Outdoor Recreation Coordinator, eight classes were held in six monthly sessions which began in Jan. and ended June 20. The classes covered the following topics: low impact "leave no trace" camping, campsite selection and setup, camping gear and proper clothing, map and compass training, wilderness first aide, fire safety and campfire cooking, knots and lashings, and celestial tracking.

"The Boy Scouts and the Girl Scouts have been an integral part of us getting these programs off the ground," said Yohnke. "There is no way we could have

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Sigonella Motorcycle Riders Undergo Safety Training

Article and photos by
MC2(AW) Jason Poplin
Fleet Public Affairs Center
Detachment Sigonella

Naval Air Station Sigonella's (NASSIG) motorcycle rider community underwent their annual safety awareness training last week. A two day event, riders received initial training at the NAS I movie theater and concluded with a trip to the Autodromo Valle Dei Templi race track outside the town of Racalmuto.

At the theater, riders were greeted by NASSIG commanding officer Capt. Thomas J. Quinn, who strongly encouraged participants to absorb all the information put out and to assist him in lowering the number of traffic incidences in the motorcycle community. Riders then proceeded to view videos which offered group riding techniques, a skill which was utilized the following day on the journey to



Motorcyclists transit to various safety course stations to undergo rider safety training.

the track.

At the track, riders reviewed

safety techniques in a variety of situations such as basic motorcycle con-

trol, quick-stops, weaving, curve negotiation, and decreasing and increasing radius.

"What we're trying here is to make it more real world," said Chief Aviation Boatswain's Mate Handling John Mabry, base lead motorcycle instructor. "Yearly we have a stand-down that we do in the theater, but this year it is completely new. This time we're actually taking them out, putting them on the road and having them ride their motorcycles. Instead of just talking about how to do it safely, we are actually doing it."

The overhaul to the safety program came to fruition when Mabry and other rider coaches re-evaluated how they were teaching their classes. The decision was made to take a proactive approach by taking their riders and putting them into an environment where they could demonstrate proper

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SAWS Volunteers Hold Adopt-A-Thon

Article and photos by
MC1(AW) Brian Goyak
Fleet Public Affairs Center
Detachment Sigonella

Volunteers with the Sigonella Animal Welfare Society (SAWS) held an Adopt-A-Thon and car-wash to raise money for the care of dogs and cats awaiting permanent homes June 21 at the NAS 1 Commissary parking lot.

"One of our main goals is to help the Stray Animal Facility (SAF), which is the military facility, adopt out the stray animals, help with food donation, dog walking, cat and dog socialization and provide them with whatever they might need to keep functioning, that they cannot provided themselves," said Rose Cummings, SAWS President.

In all, 30 volunteers from SAWS turned out to donate their time to help find homes for the animals



Cmdr. Clifford Smith and Abby sit and enjoy the day at the SAWS Adopt-A-Thon.

from the Stray Animal Facility. Along with a bake sale, the volunteers also

added a car wash to help increase donations. Over the course of four hours they raised more than \$500.00 which will be used to purchase food for the animals.

"My wife and I recently lost our dog of almost 15 yrs this past March. The head of SAWS, Rose Cummings, was extremely helpful to us during our time of sorrow," said Cdr. Clifford Smith. "We both wanted to give something back to her and all the pets up for adoption. We have donated food, old toys, and leashes."

SAWS holds their Adopt-A-Thons on a monthly basis in order to let the Sigonella community get a chance to interact with the animals and see what great dogs they are for themselves.

"We both wanted to do something more so helping out at the weekend SAWS adoption rallies was

Story continued on page 13



Lt. Cmdr. Janeth Kim and Ashley sit and enjoy the weather during the SAWS Adopt-A-Thon.

WEATHER UPDATE

June 27
H:91F
L:68F



June 28
H:90F
L:69F



June 29
H:91F
L:70F



June 30
H:91F
L:64F



July 1
H:89F
L:68F



July 2
H:92F
L:67F



July 3
H:92F
L:69F



TOP STORIES

The crew of guided missile destroyer USS Forrest Sherman (DDG 98) came to the aid of a stranded fishing vessel 20 miles off Peru's port city of Paita, June 10.

The veterinary services at Naval Air Station Sigonella will be going through a period of change in the coming weeks. The veterinary services at Naval Air Station Sigonella will be going through a period of change in the coming weeks.

Sigonella music lovers will be happy to know that the enchanting Catania Bellini Opera House has announced its prestigious summer lineup that will bring internationally renowned classic music artists to Catania.

Being the largest island in the Mediterranean Sea, Sicily covers more than 25,700 square kilometers of land, which is roughly the same size as Vermont. However, this autonomous region of Italy boasts as varied of a landscape as can be found in countries quite a bit larger than itself.

Patrol Squadron Sigonella (PATRON SIG) based at NAS Sigonella, Sicily, bolstered its longstanding relationship with the Pecorino Institute, located in San Giovanni La Punta, during the course of two recent visits June 11 and 18.

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TRAFFIC NUMBERS

	Jan.- June '08	Jan.- June '07	Diff.
Accidents	152	140	+12
Injuries	24	14	+10
DUIs	5	3	+2
Traffic Deaths	2	0	+2

PLEASE,
DON'T BECOME
A STATISTIC!

DIRECT LINE NASSIG COMMAND MASTER CHIEF ROSA L. WILSON

It isn't often that Sailors get to peek behind the curtain and get a glimpse of what the upper echelon of our Chain of Command is doing. So, what I want to do this week is give you a look, so you can better understand what is important to them.

The Senior Leadership Forum was held 25 April, 2008 at Naval Support Activity Naples - Capodichino. In attendance was Admiral Fitzgerald, VADM Winnefield, RDML Mercer, RADM Leidig, eight Navy Captains, and a Fleet, a Region, and three Command Master Chiefs. Quite an impressive roster!

So what was the major focus of this forum? You were! That's right! The central focus of this forum was the Sailors assigned within Navy Region Europe and their families.

My intent in this article is not to reveal

actual conversations or specifics about this conference, but to get across to you how your actions effect others and how important you are to the Navy team in Europe.

Maybe that isn't clear enough, so let me put it another way: The two major themes that kept recurring throughout the forum were:

- Individual Responsibility of Sailors and their Dependents-

- Quality of Life for our Sailors and their Families.

Lets start with "Individual Responsibility." The forum identified this as one of the primary concerns within the region... specifically "What can we do to improve the personal behavior of our Sailors and their dependents." This is a major concern because Navy Region Europe is experiencing an increase in per-

sonal behavior incidents that include traffic accidents, DUI incidents and disciplinary cases.

Why should that concern you? I think it is evident, that the ONLY way we can reduce these incidents through each of you taking "Individual Responsibility!" Everybody knows the difference between right and wrong, and every day we make choices. I want to remind you to make sure that you make the right choices! Only by each of you making the right choices and living within the conduct standards can we reduce and hopefully eventually eliminate this as a major concern for our Chain of Command.

The second theme is actually a good one. The Chain of Command sees the quality of life of our Sailors and their families as one of their most important issues. They

discussed a myriad of ideas designed at improving your quality of life including MWR programs, Fleet and Family Service Programs,

and lodging and housing. But the bottom line is, they need feedback! Feedback provides them with a ruler by which to measure their successes and failures. So make sure that at every opportunity you can, you provide them constructive and appropriate feedback.



Health WATCH

ADHD in Children

Article by Lt. Cmdr. Mark Woodbridge
Naval Hospital Sigonella

Attention Deficit Hyperactivity Disorder (ADHD) is a common problem in childhood, with an estimated prevalence of 3 to 5% of children, more common in boys. It can be divided into hyperactive/impulsive type, inattentive type (with an onset usually later in childhood), or combined hyperactive/impulsive and inattentive type. Symptoms may include difficulty concentrating, completing assigned tasks, frequent daydreaming, not able to follow directions, always "on the go" or having to go first, constantly talking, not sharing, and frequently interrupting and throwing temper-tantrums. Many of these behaviors are common in younger children, so it may be difficult to tell if a child has ADHD until they are older. If these symptoms are persistent until age 6, this child may have ADHD and should be screened for the disorder. Hyperactivity

usually declines by adolescence, but impulsivity and inattentiveness often persist into adulthood. There is a genetic predisposition to the disorder.

There is no lab or imaging study to confirm the diagnosis, but questionnaires are sometimes used to assist. The symptoms should be present in two or more environments (school and home for example), be persistent over time, and must interfere with the child's day-to-day functioning. The diagnosis is usually made after two or three visits to the doctor and after all information is reviewed. Other conditions are commonly associated with ADHD, such as oppositional defiant disorder (ODD), conduct disorder, anxiety and depression, and learning disorders. A physician can help sort out if any of these problems coexist.

Treatment for ADHD is generally considered safe and effective, including medications. Stimulants, like Ritalin, Adderall, and

Story continued on page 12

NASSIG WORSHIP SERVICES

Chapel Office: 095-86-3975

ROMAN CATHOLIC	PROTESTANT
Sunday	Sunday
0845 Catholic Mass (NAS I Chapel)	0900 Protestant Worship (Mineo Community Center)
1100 Catholic Mass (Mineo Community Center)	1045 Protestant Worship (NAS I Chapel)
1600 Catholic Mass (NAS II Chapel)	Wednesday
Monday - Wednesday, Friday	1700 Protestant Fellowship Dinner
1130 Catholic Mass (NAS II Chapel)	1800 Bible Studies for All Ages (NAS I Chapel)

OTHER SERVICES/ACTIVITIES

POINTS OF CONTACT

Church of Christ: Sunday - 1530, NAS I Chapel Room 4; Call 624-5128 or 335-841-8069
Latter-day Saints: Please email ldssig@gmail.com or call 624-1671 or 349-1977-119
Jewish Services: Please call 095-86-1205
AA Meetings: Monday, Wednesday, Friday - 1900, NAS II Chapel, 339-344-9332



Change is Always Tough, but Not Intolerable

Article by Chaplain Russell Wilson

'To everything there is a season, a time for every purpose under heaven.'
- Eccl. 3:1

Do you remember the movie "What about Bob?" This movie still makes me laugh. It is about a man whose whole life changes when his routine is changed because his therapist goes on vacation. It troubles him so much that he follows his therapist on vacation. For both the doctor and the patient they have to adapt to change. The family falls in love with Bob and takes him in. So, Bob has to learn to live a life without the doctor and the doctor has to learn to live a life with people in the world that are eccentric like

Bob. Both worlds are changed and new territories are chanced.

King Solomon writes to remind us that change can be expected. He says, "To everything there is a season." This tells us explicitly that there is a time when we can expect things to be the same. But implicitly he is reminding us that things are also expected to change. Everything is a season. You don't have to experience life for very long to know that things change all of the time. It can actually be expected.

If you were to continue reading this passage you might recognize it as a song made popular by The Byrds. It goes something like this:
Story continued on page 13

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EMERGENCY MANAGEMENT OFFICE

Be prepared to be on your own for at least three days. Seven is better! The BASIC FIVE: Water, Food, Heat, Cash, Radio; Family Communications Plan: Phone Numbers & Rally Points; Public Protection Strategies: Evacuation and Shelter-in-Place; Web info: Ready.gov; Emergency info: AFN 106.0 FM; Questions? Call the EM Office at 624-2630, 8265 or 2621.

WEEKLY TRAFFIC/ SAFETY UPDATE

Traffic Court Results
E3 - Reckless Driving. Member was awarded 6 points, 10 day license suspension and DIP.

NAVY News

Forrest Sherman Aids Stranded Peruvian Fishing Vessel

Article by
Lt. J.G. Thomas Berenato
Commander Destroyer Squadron
40, Public Affairs

The crew of guided missile destroyer USS Forrest Sherman (DDG 98) came to the aid of a stranded fishing vessel 20 miles off Peru's port city of Paita, June 10.

Crewmembers delivered food, fuel and water to the stranded vessel just a day before the warship pulled into Callao to begin a series of exercises with the Peruvian Navy in support of U.S. Southern Command's Partnership of the Americas 2008 (POA 08) operation.

Just after 8 a.m. Forrest Sherman's officer of the deck, Ens. Alan Cummings, was driving due south when the Salcantay, a 30-foot craft hobbling dead in the water three miles to the east, hailed him over VHF radio in insistent Spanish.

Cummings called Ens. Tomás Caveró, a Lima, Peru, native, to the pilothouse to interpret.

Salcantay, with a crew of eight, including a young boy, had run out of fuel after a night at sea and urgently requested enough gas to make the trip back to Paita, their homeport.

"When we heard the bridge-to-bridge call, I knew we had the responsibility to help these guys out," Cummings said.

He received permission from Forrest Sherman's commanding officer, Cmdr. Dean M. Vesely, to slow and approach the vessel in distress.

"We have the mariner's duty to render humanitarian assistance when necessary," Vesely said. "Forrest Sherman is sailing in the South Pacific for a number of reasons, but one of the most basic is to promote goodwill and friendship with nations in the region. This morning, this

opportunity presented itself."

Meanwhile Forrest Sherman's first lieutenant, Ens. Austin C. Roberts, loaded one of the ship's rigid hull inflatable boats with a cargo of fruit, cereal, bottled water and diesel fuel. Transferring the supplies to the Salcantay took two hours.

"The guys gave us a thumbs-up and were very gracious," Roberts said.

Before heading home, one of the fisherman addressed Forrest Sherman's captain over the radio.

"Thank you very much," he said in English. "God bless you from all our families."

Forrest Sherman, based in Norfolk, Va., has been deployed since June 1 in support of U.S. Southern Command's POA 08.

USS Farragut (DDG 99), USS Forrest Sherman (DDG 98), with embarked SH-60B helicopter from

HSL 44 Detachment 10, and USS Kauffman (FFG 59), with embarked SH-60B from HSL 42 Detachment 7, are assigned to Destroyer Squadron 40 to support POA 08 operations, which are being held April-October

throughout South America, Central America and the Caribbean. POA 08 emphasizes interoperability and cooperation between U.S. and partner nations' maritime forces through a variety of exercises and events.



U.S. Navy photo by PHAA David Danals

The guided missile destroyer USS Forrest Sherman (DDG 98) prepares to pull into its homeport of Naval Station Norfolk. The Arleigh Burke-class destroyer, Forrest Sherman is a highly capable multi-mission ship that can conduct a variety of operations, from peacetime presence and crisis management to control and power projection in support of national military strategy.

PHOTO FROM THE FLEET

Check in weekly to find out what our fellow shipmates are doing around the fleet.



U.S. Navy photo by MC3 Jonathan Snyder

Lt. Cmdr. Eric Hanks and Lt. Derrick Eastwood shoot a T-45 Goshawk from a catapult during flight operations aboard the Nimitz-class aircraft carrier USS Theodore Roosevelt (CVN 71). Theodore Roosevelt is conducting carrier qualifications.



SEXUAL ASSAULT / VICTIMS INTERVENTION

SAVI offers a Sexual Assault Hotline staffed with trained advocates who man the SAVI Hotlines 24/7.

The number is 335-642-8312 or 335-606-6146.

Mond M o n d o Etna
o Animale
Anima

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NAVAL AIR STATION SIGONELLA COMMUNITY CALENDAR					27 Alcoholics Anonymous -7 p.m. -NAS II Chapel	28
29 Over 30 pick-up Basketball - Midtown	30 Alcoholics Anonymous -7 p.m. -NAS II Chapel	1 July	2 Motta Castle Tour 0930-1130 Alcoholics Anonymous -7 p.m. -NAS II Chapel	3 Throwback Thursday Midtown Theater	4 Independence Day Alcoholics Anonymous -7 p.m. -NAS II Chapel	5
6 Over 30 pick-up Basketball - Midtown	7 Alcoholics Anonymous -7 p.m. -NAS II Chapel	8 Car Buying 1300-1430	9 Alcoholics Anonymous -7 p.m. -NAS II Chapel	10 Survive & Thrive 1430 Throwback Thursday Midtown Theater	11 Developing a Spending Plan 1400-1530 Alcoholics Anonymous -7 p.m. -NAS II Chapel	12
13 Over 30 pick-up Basketball - Midtown	14 Alcoholics Anonymous -7 p.m. -NAS II Chapel	15 Smooth Move 1400-1600	16 Mens Group 1330-1500 Alcoholics Anonymous -7 p.m. -NAS II Chapel	17 Throwback Thursday Midtown Theater	18 Alcoholics Anonymous -7 p.m. -NAS II Chapel	19
20 Over 30 pick-up Basketball - Midtown	21 TAP (Pre-Retirement) 0800-1600 Alcoholics Anonymous -7 p.m. -NAS II Chapel	22 TAP (Pre-Retirement) 0800-1600	23 TAP (Pre-Retirement) 0800-1600 Alcoholics Anonymous -7 p.m. -NAS II Chapel	24 TAP (Pre-Retirement) 0800-1600 Throwback Thursday Midtown Theater	25 Alcoholics Anonymous -7 p.m. -NAS II Chapel	26
27 Over 30 pick-up Basketball - Midtown	28 Alcoholics Anonymous -7 p.m. -NAS II Chapel	29	30 Mens Group 1330-1500 Alcoholics Anonymous -7 p.m. -NAS II Chapel	31 Throwback Thursday Midtown Theater	1 August Alcoholics Anonymous -7 p.m. -NAS II Chapel	2
3 Over 30 pick-up Basketball - Midtown	4 Alcoholics Anonymous -7 p.m. -NAS II Chapel	5	6 Alcoholics Anonymous -7 p.m. -NAS II Chapel	7 Throwback Thursday Midtown Theater	8 Alcoholics Anonymous -7 p.m. -NAS II Chapel	9

Motta

All Services

Stags

Marchi

Did you know?

Volunteering at your local Navy-Marine Corps Relief Office can be a rewarding experience. While helping clients solve their emergency needs, you can enhance your job skills and knowledge of oral and written communications, retail sales, customer service, public speaking, computer software programs, training, personnel management, and family budgeting. Opportunities for personal growth help you increase your self-confidence while you help clients achieve financial self-sufficiency. NMCRS: Service with a Smile! Contact your Sigonella NMCRS Office today! Call 624-4212 for more information. Office Hours: Monday - Friday 0900 - 1600. NMCRS: Seeking New Volunteers! *Navy-Marine Corps Relief Society*



Bldg. 319 (NAS I)
Monday-Friday
7:30 a.m.-4 p.m.
DSN 624-4291
Commercial 095-56-

An Introduction to Intercultural Communication

Article by Cinzia Spampinato

Intercultural communication is of importance to international businesses as it examines how people from different cultures, beliefs and religions come together to work and communicate with each other.

Demands for intercultural communication skills are increasing as more and more businesses go global or international. They realize that there are barriers and limitations when entering a foreign territory. Without the help of intercultural communication, they can unknowingly cause confusion and misunderstandings. For these intercultural businesses to breach the cultural barriers encountered when stepping into foreign grounds, it is vital for them to fully understand the cultural differences that exist so as to prevent damaging business relations due to intercultural communication gaps.

There are many theories that set principles to help interpret the basis of intercultural communication. These theories help to iron out possi-

ble ripples of misunderstanding by giving a basic guideline on how to address situations. These guidelines help prevent clashes between different cultures groups caused by misperceptions.

The basic skills of intercultural communication are fundamentally general communication skills that can be used universally by all cultures and races. These skills are simply tweaked in a direction that takes the cultural limitation into consideration. An example of such communication skills in the intercultural environment is to listen without judging, repeat what you understand, confirm meanings, give suggestions and acknowledge a mutual understanding.

In a nutshell, the main purpose of following such theories is to earn respect from others. Respect in all cultures in the world is a common language and by earning it through respecting other peoples culture and religion; the favor is returned.

Sushi

Pentagon

Cold
Noses



WARM HEARTS

A reminder to the community that feeding feral or wild animals on the installation is prohibited.

Signonella's Stray Animal Facility (SAWS) has many cats and dogs just looking for a warm home and someone to love. Each week the Signature will feature animals in need of adoption.



(Left) Jade is a sweet girl who would make a wonderful addition to any family.

(Below) Bianca is a beautiful dog that needs a loving home. For more information contact the Stray Animal Facility at 624-3936 or Rose Cummings at 334-383-8786.



Veterinary Services Effectuated Little During Turnover

Article by
MCSA Jonathan Idle
Signature Staff

The veterinary services at Naval Air Station Sigonella will be going through a period of change in the coming weeks.

Army Maj. Abbe Ames, the officer in charge of the Sigonella branch of veterinary services, will be preparing to hand over her duties to Army Capt. Sarah Cooper who is coming from Marine Corps. Base Camp Lejeune, N.C.

According to Ames, the turnover has become a point of concern for a number of pet owners in the Sigonella community.

"There have been a lot of people who know I'm leaving on the 11th of July, and are concerned about getting health and acclimation (certificates) for that (MAC) flight and for the next (flight) which goes out in two weeks," Ames said.

She believes a large part of the concern comes from the fact that many people don't like to take their pets to veterinarians in the local com-

munity.

"They don't feel comfortable going out in town," she said. "The availability of drugs, treatment and diagnostics is something that they feel comfortable coming here for."

Ames stated that she's working to limit the amount of time between her departure and Cooper's arrival, but pet owners should still plan ahead if they need health or acclimation certificates.

"I have made a personal commitment to the needs of the community, and I will be working up until the day before I fly out," Ames said. "So, as of the 10th of July, I will still be doing health certificates and acclimation certificates for people. Another thing that would be good for people to know is that the certificates are good for 10 days. So, if you think you're going to be needing one within that window come by before I leave, and I can take care of you."

Despite everything Ames is doing to make the transition as smooth as possible, there are still some services that will be affected

temporarily.

"It may be a period of adjustment for everybody, but we don't anticipate the significant loss of any services other than probably one week of sick call," she said.

Even with sick call being unavailable for approximately a week, the other staff will be performing other regular services, Ames said.

"I have three technicians here who are capable of doing vaccinations, routine care for ears, ear swabs, those kinds of things. They can do the preps and the incoming vet. can look at them, make the diagnosis and recommendations for treatment even without having seen the animal," she said.

Ames expressed her appreciation for the support she has received and stated she enjoyed her time at Sigonella.

"It's been an interesting tour," she said. "I definitely want to thank all the people who have been kind to us and understanding. The support we have gotten from different commands has been fantastic."

Italian NEWS

Sicilian Culture, Events and Lifestyle

Alberto Lunetta
Signature Staff



Bellini Opera House unveils Summer Season, New Guided Tours Program

Signonella music lovers will be happy to know that the enchanting Catania Bellini Opera House has announced its prestigious summer lineup that will bring internationally renowned classic music artists to Catania. "Bellini d'estate, Teatro all'aperto 2008" (Bellini Opera Outdoor Theatre in the summer) will feature four months of concerts, ballets, movies, cabaret etc. The two performance spaces for this exciting summer programming will be the square facing the theatre (piazza Vincenzo Bellini) and the Sangiorgi Theatre Terrace (# 233 Via Sanguiliano).

The season, which has recently debuted with success, will run through September and will include about 50 shows. Among them, there will be weekly performances offered by local groups. The lineup is: "Teatro delle diversità" (Theater of Diversity, a project focused on creating awareness of disability and minority issues featuring companies comprised of actors with and without disabilities - Mondays, 9 p.m. - piazza Bellini); "Piccola Opera" ("Little Opera": Shortened versions of classic operas adapted for children - Tuesdays - 8:30 p.m. piazza Bellini); "Libero Palco" ("Free Stage," most promising local young artists' shows - Tuesdays - 9:30 p.m. - piazza Bellini); "Appetizer Concerts" (Wednesdays, 8:30 p.m. Sangiorgi Theatre Terrace); "Musical movies of all time" (Thursdays - 9 p.m. - Sangiorgi Theatre Terrace). Highlights will also include Bellini Opera House Choir performances featuring Italian songs from the 1960s to the 1980s, best loved operetta hits, Viennese Waltzes etc. (July, 18 and 25, Aug. 1 and Sept.



Photos by Bellini Opera House Press Office

The start of summer at Catania Bellini Opera House means good music, operas and ballets which are performed outdoors against breathtaking historic venues. Guided tours of the Opera House will enrich your unique cultural experience.



13). Ballet roundup will include performers from different backgrounds (July 6, Aug. 5, Sept. 3 and 5). Of particular interest will be

tomorrow night's dramatic offering featuring Pietro Mascagni's "Cavalleria Rusticana," an opera telling of jealousy, passion and

vendetta which will be staged in piazza Bellini on June 28, 30 and July 2. There will also be two performances, to be held on July 19 and 28, called

"Teatro della Memoria" which will pay tribute to the memories of two victims of Mafia, judge Paolo Borsellino and Police Commissioner Beppe Montana.

Last but not least, a spectacular grand ball will be held in piazza Bellini on Aug. 7. Admission is free for performances held in piazza Bellini. Tickets for concerts at the Sangiorgi Theatre Terrace cost € 8; the ones for the "Musical Movies" are € 3.

For every Opera fan, the summer will also bring a new surprise. Starting July 1, tours of the theatre will be available on a continuous basis. Last year, the theatre was open for a few weeks during the night, an event which drew thousands of visitors.

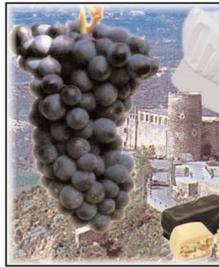
You will get to see areas normally reserved for the artists and the theatre's crews as well as discover the history of this architectural jewel which ranks among the most opera theatres in the world. "The Vincenzo Bellini Opera House will now become a premiere tourist attraction of Catania," said Bellini Opera House Superintendent Antonio Fiumefreddo, who has recently unveiled this new project to the local media. Guided tours in several languages will be facilitated by Federagit-Assoturismo guides. Hours: Mondays, Wednesdays, Fridays and Saturdays, 9:30 a.m. to 12:30 p.m.; Wednesdays and Fridays, 5 to 7 p.m.; Admission is € 5, children 11 years of age and under, seniors over 65 and disabled with a chaperon are admitted for € 3.

For guided tours of the Opera House, call 345-2134031

For more information, visit <http://www.teatromassimbellini.it/>

Protestant Women of the Chapel

Bible Study Summer Program
ALL WOMEN WELCOME!
Tuesday: 9:00-11:00 am
June 24-July 29
Nas 1 Chapel
Free childcare ages 0-12 (crafts and games for school age kids) For more info www.pwocsig.com
<<http://www.pwocsig.com>>



Wine Festival

If you like vino, make sure you don't miss the first edition of the Mamertino Wine festival which will be held this Sunday (June 29) at the Santa Lucia del Mela (Messina province) soccer field. For more information and detailed schedules visit <http://www.sagradel-mamertinodoc.it>

Sicilia blues

Kartodromo

Upcoming Concerts and Shows in Sicily



Here are my top event picks for this weekend and the upcoming week: Guitar Duro Fredy Ventura, and Matteo Condorelli (June 27 - 10 p.m., Y's Club); Jazz Concert: Giuseppe Vasapolli (piano) and Dino Rubino (trumpet), (June 28 - 10 p.m., Y's Club); "Vivaldi's Four Seasons"- Festival Euro Mediterraneo Orchestra featuring violinist Massimo Barrale (picture right) (July 3 - 8:30 p.m. Nelson's Castle Bronte - for ticket visit www.ticketone.it or www.biglietto.it) "Jazz & Wine" Raffaele Genovese Trio (June 27 -

Eunoé Bar Cantina - 10 p.m. - Siracusa); EKO (Public gardens- June 27 - 9:30 p.m. Palazzolo Acreide -Siracusa province); Please note that all the above events, performances' dates, fees and times are subject to be changed or canceled without notice. For the latest information and to get directions to the shows' venues, please contact the following tourist information offices: Catania (095-7306266/277), Palermo (091-6058111), Messina (090-674236), Enna (0935- 24007), Ragusa (0932-621421), Siracusa (0931-461477).

Comune di Aci Castello
gli approdi di Ulisse
Acitrezza - Villa Fortuna

U pisci a mari e le barche da pesca della tradizione

Mostra multimediale - Lungomare Ciclopi
20 - 29 Giugno 2008 - dalle 18,00 alle 23,00

Inaugurazione Venerdì 20 Giugno - ore 20
Info: 095.7373415 - cultura@comune.acicastello.ct.it

St. John Art Exhibit in Acitrezza

An art exhibit complementing the Acitrezza St. John the Baptist Feast will run through June 29 along the Acitrezza waterfront. The exhibition features an audio-visual presentation on the "U pisci a mari" pantomime and the Acitrezza fishermen tradition. On June 29, another traditional "U pisci a mari" pantomime will be staged at the Catania San Giovanni Li Cuti harbor at 6 p.m. and will be followed by holy masses, entertainment and fireworks.

THE Signature
SIGONELLA, SICILIA

Do you have a passion for writing or looking for a little experience in journalism? The Signature is seeking volunteers to help cover base wide events as well as feature stories. If this sounds like an opportunity for you please call the Public Affairs Office at 624-5440.

Palazzolo Honors Saint Paul



Devotion and folklore will come alive in Palazzolo Acreide this weekend as rejoicing crowds will take to the streets for the traditional Festa di San Paolo (Saint Paul Feast). Palazzolo, a pearl of the Sicilian Baroque, is a small town nestled among the hills of the Siracusa province. Every year on June 28 and 29, thousands of pilgrims gather at the church of San Paolo to honor their beloved celestial patron. Saint Paolo is depicted as a bearded man holding a sword pointing upward and a book from which a snake hangs downwards. He is considered as protector from snake bites and scorpion and tarantula stings. According to tradition, Saint Paul was bit by a viper, but the venom had no effect on him because of his supernatural powers. "San Paulu, maccia d'addauru, spina punciunti, nun muzzicari a mia e mancu a la genti " (Saint Paul, laurel tree, stinging thorn, don't bite neither me nor other people). This invocation, which was said to protect against those deadly bites, was given to devotees in return for offerings to Saint Paul by the "Ciarauli" who, according to legend, were shamans with supernatural healing powers. Typically born on the night between Jan. 24 and 25 (the night of Saint Paul's conversion), they were believed to heal the poisonous bits with saliva and prayers. According to popular credulity, Ciarauli had also physical birthmarks on their body (bumps with tarantula or snakes' shapes under their tongue or on their arms) which would "prove" their predestinated supernatural calling. Tradition holds that they attended Saint Paul festivals to collect the "dedicated gifts" which devotees had promised to give to Saint Paul to thank him for a miracle. Ciarauli were skilled in snake handling techniques which they used to impress pilgrims. Saint Paul is also invoked

for good crops and for the healing of children affected by hernias. During the festival, devotees also buy the traditional "Cudduri di San Paulu," (elaborate votive ring-shaped bread) which is offered to relatives and friends for good luck. The Saint Paul festival, which is also celebrated in several neighbouring towns such as Buccheri, Buscemi, Ferla, Cassaro, Giarratana, Monterosso, Canicattini and Solarino, is the main religious event in Palazzolo. Over the centuries, Saint Paul became more popular than Saint Sebastian, the other protector who is indeed considered as a "minor" patron saint and is celebrated on Aug. 10 just by one town's district. Supporters of Saint Paul are called "Sampaulari" while the ones upholding Saint Sebastian are named "Sammastianari." Festival Highlights: Saturday - June 28: "Giro di Galà" (parade with Florida flag wavers, Buccheri drummers, mounted Carabinieri, town bands and horse parades - 6:15 p.m.); "A Sciuta Ra Cammira" (Public unveiling ceremony of the 16th century statue depicting the venerated saint and the Holy Relic - 8:30 p.m. San Paolo Church); Italian rock Star Piero Pelù concert (10 p.m. piano Matrice). Sunday, June 29: Blessing of animals and bread (9 a.m.); Solemn Holy Mass (11 a.m.); "Sciuta" (The float with the decorated statue of Saint Paul placed on top is carried in procession by devotees screaming "Viva San Paulu patronu!" (Long live Saint Paul the patron!) throughout the town historic center among firecrackers, colored ribbons called "Nzareddi"; Blessing of the babies is also performed -1 p.m.); Holy Mass (6:30 p.m.); Evening procession (8 p.m.); Musical show (10 p.m.); Spectacular grand finale with fireworks (midnight). For more information and directions call Palazzolo Tourist Office at 0931-87111.

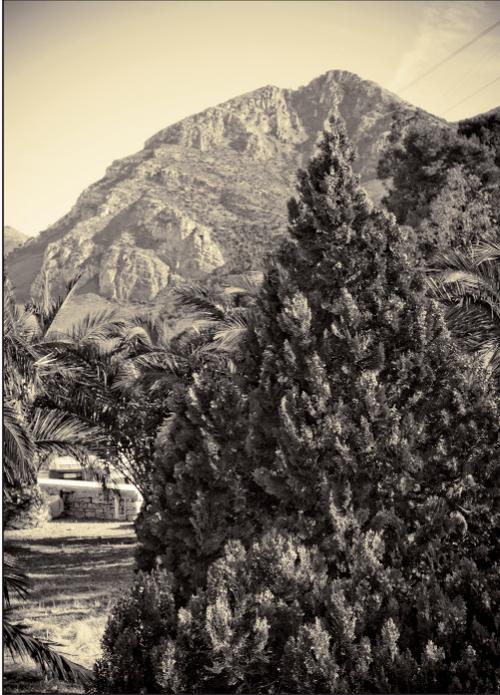
Etnaland

Diving center

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THE HUB OF THE MED IS ALSO THE HUB

The Sicilian Landscape



Article, photos and illustrations by MC2 Joshua Wink Signature Staff

Being the largest island in the Mediterranean Sea, Sicily covers more than 25,700 square kilometers of land, which is roughly the same size as Vermont. However, this autonomous region of Italy boasts as varied a landscape as can be found in countries quite a bit larger than itself.

From the towering dominance of mount Etna, Europe's largest active volcano, to the lush green valleys of the west, through the Catania plains and low lying marsh lands up through the mountainous region of Enna, the highest city of the island, Sicily and its overpowering scenery can leave any traveler spellbound by the diversity of its land.

All along the coast, staggered on the perimeter of the island, still stand castles and fortresses of days only the annals of history still recall. Deserted and abandoned, these steadfast structures still reside atop the steep cliffs overlooking the sea and the beach, seeming no longer to protect the cities they once had, but now, to guard the backdrop of the Sicilian stage.

As quickly as the waves wash up upon the beach and spray against the rocks, the scenery while departing the

coast can also change. Beaches give way to towering ridges, the mountains end in an abruptness seemingly foreshadowed by vertical cliffs that might as well have been split by a chisel. Eventually, the flat land begins to come back to life as hills start to emerge and stretch the surface into something much softer.

In the center of the island, patches of farmland seem to drift just over the top of the rolling hills, creating a vibrant quilt that hugs the ground. The ruins of ancient dwellings are the only noticeable protrusions from this organic quilt which adds to the ambiance of the countryside.

There are very few cities inhabit the mainland, leaving it to be a quite retreat from the fervor of the coast.

Here the tractors can outnumber the cars, and the cows are the copious inhabitant and just one look at the bails of hay that lie in the tracts of the farmland can leave a person with the impression that they had traveled across the ocean and back to the open lands of Nebraska. Still, an hour or two away wait the white sands and blue waters that prevent the rest of the land from escaping.

Rarely noted as typically Sicilian, extensive forests can be found near Messina. Elsewhere are palm trees, cactus's, olive groves and orange groves. A tapestry of innumerable flowers decorate even the driest of areas, and with it, it will change throughout the seasons.

The rains of the winter bring



An expansive bridge cuts through the fields and hills near Ragusa.

(Above Illustration) Conspicuously out of place amongst the dominance of palm trees, an evergreen stands alone in an otherwise tropical patch near Scopello.
(Below) A fortress stands high on a cliff, overlooking the sea, and guarding the coastal landscape near Licata.



Magnolia

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SO THE HUB FOR TRAVEL

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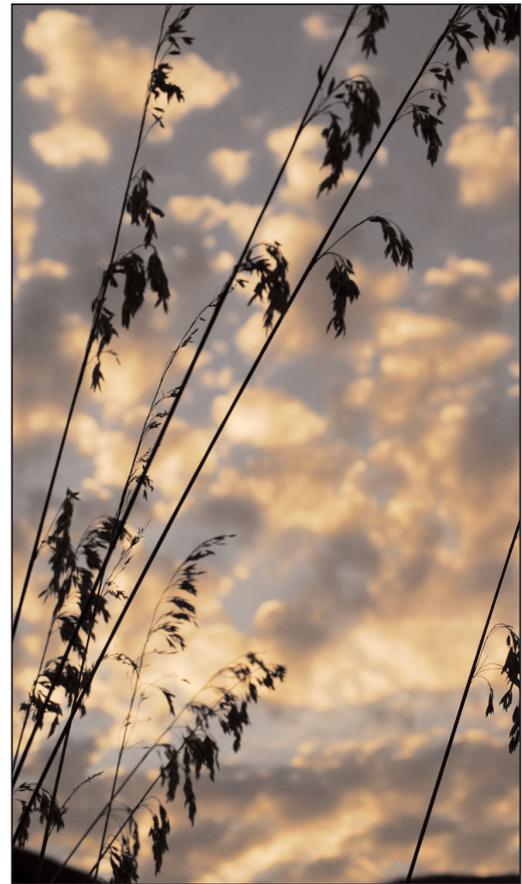
(Above) Considered some of the best coastline in Sicily, the mountains converge with the sea near Scopello.



and hills near Ragusa.

Ipanea Beach

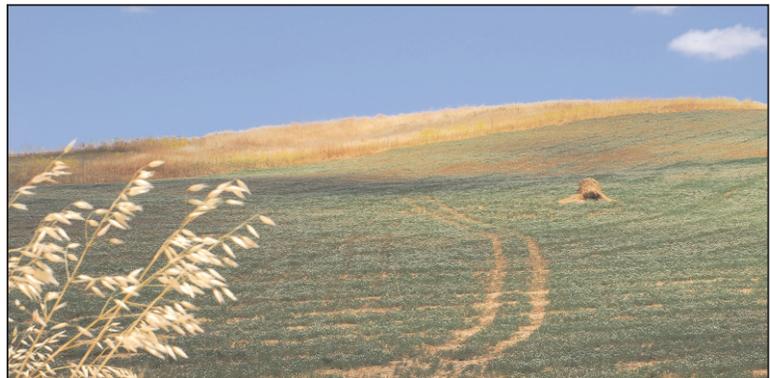
these flowers to full bloom. Fields are filled with blue flax, pink and purple clovers, yellow mustard and poppies red as wine. The summer turns the land around to golden amber glow only to give way to the fall when the cooling temperatures and the arrival of fresh rains yield the landscape lush and green once again. Sicily's natural beauty and unnoted treasures are not always



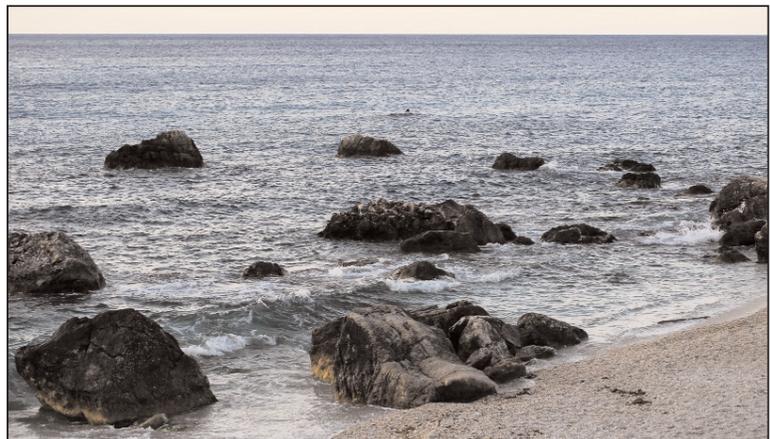
Dusk approaches over a field in Sicily.

found on a map. Sometimes the only accessible routes to these jewels are found at the end of unnamed and unpaved roads, literal diamonds in the rough. The true beauty of Sicily cannot be seen while through the guard rails that line the Autostrada. They

are blind from the all the buildings in the city. But they are no less impressive than the Roman Catholic cathedrals. They have stood the test of time longer than the temples of Agrigento, and can define Sicily in a simple sunset.



(Above) Further inland, fields roll along the lush green hillsides near Corleone.
(Below) Waves foam against the rocks on the beaches of Scopello.



PATRON Sigonella V e c c h i a Brings Charity, cascina Smiles to Institute

Article by
Lt. j.g. Kevin Harrington
PATRON SIG
Public Affairs Officer

Patrol Squadron Sigonella (PATRON SIG) based at NAS Sigonella, Sicily, bolstered its longstanding relationship with the Pecorino Institute, located in San Giovanni La Punta, during the course of two recent visits June 11 and 18.

The two visits provided an opportunity for PATRON SIG Sailors to spend time with and present clothing and toys which were donated by the NAS Sigonella Navy & Marine Corps Relief Society Thrift Shop to the children.

PATRON SIG's relationship with the Institute, which serves as an

orphanage and school for handicapped children, began in 1962. Over the span of 45 years, PATRON SIG Sailors have donated labor, materials, clothing and toys.

"Throughout the years we have been doing a lot of projects like building a playground for the children and furnishing their rooms with TV's, CD players and toys like the etch-a-sketch, so the children can play, and to help their therapy," said retired Italian Air Force Chief Master Sergeant Litterio Pappalardo who acted as liaison and translator for PATRON SIG.

Pappalardo is responsible for maintaining the relationship between the institute and the squadrons as they came and left.

PATRON SIG enjoys the warm

hospitality of the Pecorino staff and has benefited greatly from the opportunity to give something back to the local Sicilian community.

Yeoman 1st Class Djuanvonda Williams captured that spirit in saying, "It was amazing to see the faces of the children light up with joy when we arrived. It's not only about the gifts we bring; it's about giving back to those in need."

"The ongoing relationship between PATRON SIG and the Pecorino Institute reflects the strong Community Relations program that NAS Sigonella has been cultivating for years," said Lt. j.g. Matt Knight, NAS Sigonella Public Affairs Officer. "Events like this have made our program one of the best in the region."

Knowing How to Recycling Household Waste Pays Off

Article by Debbie Hallahan
Signature Volunteer

Reduce, reuse, recycle. These words are familiar to us all, but to what extent can we reduce our household waste? The answer depends upon how much creativity one is willing to put into it.

According to the U. S. Environmental Protection Agency, our country recycles 32.5 percent of all solid waste. We can do better than this.

You may ask yourself if reducing the amount of waste going to landfills is really all that important, or if recycling is even worth the effort. Statistics at the National Recycling Coalition state that for every average American, 7.5 pounds of trash are sent to landfills daily. Recycling not only reduces our waste, it creates jobs and is good for the economy. Recycling saves energy, reduces water pollution, emissions, encroachment on natural habitats and reduces the need for raw materials.

When thinking of recycling, don't limit yourself to the kitchen trash. There are a variety of recycling opportunities within the Sigonella community. Most obvious is to use the recycling bins provided both on and off base for traditional garbage such as paper, plastic bottles, aluminum cans and glass. Shopping specifically for goods which have been made from recycled materials is an important step in the recycling loop also.

Another method of recycling is by buying used items. Even goods manufactured from recycled materials create waste in shipping and manufacturing. Buying used items instead completely eliminates this waste. The Nearly New Shop sells items like clothes, house wares, toys and baby items, and accepts donations of items in good shape. Larger items can be listed in the Signature Classified section or simply given away.

Books are another great item to recycle. While e-books are growing in popularity and do not require print-

ing or shipping, sometimes there is just nothing like a good old fashioned book to read. The MWR Library offers a free book exchange program and has a large selection of books, or you can buy used ones from the Nearly New Shop.

The Commissary and NEX now have inexpensive, reusable shopping bags with which you can eliminate the need for plastic bags. Starting a compost bin for kitchen scraps can also help to reduce the amount of solid waste going to landfills, and it is good for your garden to boot. If you don't have a need for compost, there are plenty of people who would be glad to have finished compost for their yards or as starter for their own bin.

Another great resource for recycling is at the Auto Hobby Shop. Here, you can recycle used oil and antifreeze as well as oily rags, fuel filters and oil filters. The Hobby

Shop also has a parts cleaning machine which will safely clean auto parts covered with grease and road grime, and if you change your tires there, the old tires will be recycled for you.

The hardest part about recycling is developing the habit. All too often we toss recyclables into the garbage without thinking about it. Once that habit is broken, it is just a matter of giving a little extra thought to an item each time we head for the dumpster or clean the house. For example, that t-shirt your eight-year-old ruined may not be able to be donated to the thrift store, but it can be cut up to use as rags.

Recycling is a good habit to get into, but it may seem like an extra chore to add to your busy schedule at first. It helps to think of it more like a personal challenge. How far can you push your recycling habits? You just might surprise yourself!

Stampa

Casablanca

Rigattiere

Hotel Tourist

MWR CORNER

Community Events

4th of July Celebration

July 4 from 4 - 10 p.m. at the Land Annex on NAS I

Join the community in celebrating Independence Day. There will be a BBQ, live music provided by Navy Entertainment, Soul Sacrifice, a Santana Tribute band and games for the kids. Don't forget the fireworks!

Midtown 2 Theaters

Superman's Birthday

June 30 - Free showing of Superman Returns

Matinees at the Movies

June 13 - August 22

Every Monday, Wednesday, and Friday at 1 p.m. and 3 p.m.

Reduced admission: Adults: \$2, Children (6-12): \$1, Children (5 & under): Free

SpareTime Bowling Center

Colorama Glow-in-the-Dark Bowling

Saturday nights at 8 p.m., lane reservations begin at 7 p.m.

Jox Pub

LIVE Classic Rock Band - Aramjam

June 27: 10:30 p.m. - 1:30 a.m.

Latin Quarters

June 28: 9 p.m. - 3 a.m.

LIVE BAND - Dazed and Confused

Kick off July 4th Weekend!

July 3: 9 a.m. - 1 a.m.

Take 5

Decadent Drinks & Desserts: June 30

Liberty

Dinner in Taormina: June 27

Colorama Bowling: June 28

Hangin' Out at the Beach: June 29

July 4th Celebration at Land Annex: July 4

ITT Gear-n-Go

Salina "The Green Pearl of Aeolian Island" and Malvasia Wine Tasting

June 28: Depart: NAS II 5:30 a.m., NAS I 6 a.m., Return: 8:30 p.m.

\$150 + bring euro for wine and shopping

Palazzolo Acreide and St Peter Festival

June 29: Depart: NAS II 8 a.m., NAS I 8:30 a.m., Return: 8 p.m.

\$50, lunch included

Great American Backyard Campout

June 28 - June 29

Camp Registration: \$25 per tent

June 28: camp set up 9 - 10 a.m.

Competitions start at noon

Virgin Mary Festival in Enna

July 2: Depart: NAS II 2:30 p.m., NAS I 3 p.m., Return: 10 p.m.

\$30 + bring euro for fees and food

Summer Beach Shuttle

Every Wednesday & Saturday

Depart: NAS II 8:30 a.m., NAS I 9 a.m., Return: 4 p.m.

\$15 + bring euro for fees or pack a cooler

Fitness

Splash-n-Dash Personal Challenge

June 28: 9 a.m. at Splashers Pool

Registration: \$5

Youth Sports

Youth Splash-n-Dash

July 5: Splashers Pool on NAS I

Sign-ups start at 8:30 a.m.

Race begins at 9 a.m.

Pre-register at Fit District

Challenge distance for all ages

Volunteers Needed

Mineo Recreation Center

Community Movie-in-a-Box

June 27 at 5 p.m.

BBQ & Water Balloon Games

June 27: 4 - 5 p.m.

JUNE 27 - JULY 4

MIDTOWN MOVIE THEATER

MOVIE HOTLINE: 624-4248

SCHEDULE

MOVIE DESCRIPTIONS

Friday, June 27

1:00pm Kung Fu Panda PG 90 min.
3:00pm You Don't Mess With Zohan PG-13 120 min.
5:00pm Made Of Honor PG-13 101 min.
5:30pm Iron Man PG-13 126 min.
7:30pm Get Smart PG-13 111 min. 8:00pm 88 Minutes R 108 min.
9:30pm Forgetting Sarah Marshall R 111 min.

Saturday, June 28

2:00pm Forbidden Kingdom PG-13 113 min.
2:30pm Incredible Hulk PG-13 114 min.
4:30pm Get Smart PG-13 111 min.
5:00pm Prom Night PG-13 88 min.
7:30pm Baby Mama PG-13 99 min.
8:00pm Smart People R 94 min.
9:30pm Street Kings R 108 min.

Sunday, June 29

2:00pm Get Smart PG-13 111 min.
2:30pm You Don't Mess With Zohan PG-13 120 min.
4:30pm Made Of Honor PG-13 101 min.
5:00pm Iron Man PG-13 126 min.
7:00pm 88 Minutes R 108 min.

Monday, June 30

1:00pm Incredible Hulk PG-13 114 min.
3:00pm Kung Fu Panda PG 90 min.
5:00pm Iron Man PG-13 126 min.
5:30pm You Don't Mess With Zohan PG-13 120 min.
7:30pm Superman Returns PG-13 157 min.
8:00pm Prom Night PG-13 88 min.

Tuesday, July 1

5:00pm Forbidden Kingdom PG-13 113 min.
5:30pm Get Smart PG-13 111 min.
7:30pm Baby Mama PG-13 99 min.
8:00pm 88 Minutes R 108 min.

Wednesday, July 2

1:00pm Kung Fu Panda PG 90 min.
3:00pm Made Of Honor PG-13 101 min.
5:00pm Incredible Hulk PG-13 114 min.
5:30pm Shine A Light PG-13 122 min.
7:30pm Forgetting Sarah Marshall R 111 min.
8:00pm Street Kings R 108 min.

Thursday, July 3

3:00pm Get Smart PG-13 111 min.
5:00pm Baby Mama PG-13 99 min.
5:30pm Forbidden Kingdom PG-13 113 min.
7:30pm THROWBACK THURSDAY
FREE ADMISSION
Next PG-13 96 min.
8:00pm You Don't Mess With Zohan PG-13 120 min.

Baby Mama (PG-13)

Successful and single businesswoman Kate Holbrook has long put her career ahead of a personal life. Now 37, she's finally determined to have a kid on her own. But her plan is thrown a curve ball after she discovers she has only a million-to-one chance of getting pregnant. Undaunted, the driven Kate allows South Philly working girl Angie Ostrowski to become her unlikely surrogate. Simple enough. After learning from the steely head of their surrogacy center that Angie is pregnant, Kate goes into precision nesting mode: reading childcare books, baby-proofing the apartment and researching top pre-schools. But the executive's well-organized strategy is turned upside down when her Baby Mama shows up at her doorstep with no place to live.

Speed Racer (PG)

Born to race cars, Speed Racer is aggressive, instinctive and, most of all, fearless. His only real competition is the memory of the brother he idolized - the legendary Rex Racer, whose death in a race has left behind a legacy that Speed is driven to fulfill. Speed is loyal to the family racing business, led by his father, Pops Racer, the designer of Speed's thundering Mach 5. When Speed turns down a lucrative and tempting offer from Royalton Industries, he not only infuriates the company's maniacal owner but uncovers a terrible secret - some of the biggest races are being fixed by a handful of ruthless moguls who manipulate the top drivers to boost profits. If Speed won't drive for Royalton, Royalton will see to it that the Mach 5 never crosses another finish line. The only way for Speed to save his family's business and the sport he loves is to beat Royalton at his own game.

Made Of Honor (PG-13)

Tom Bailey is in love with his best friend Claire. But Tom has a fear of commitment and refuses to admit the obvious--he should propose to Claire before she finds a less procrastinating suitor. When Colin, a rich Scotsman sweeps Claire off her feet and asks for her hand in marriage, Tom must witness her unquestioned happiness up close and personal--because she's chosen him to be her Maid Of Honor.

Street Kings (R)

Tom Ludlow, a veteran LAPD Vice Detective, sets out on a quest to discover the killers of his former partner, Detective Terrance Washington. Captain

Wander's, Ludlow's supervisor, duties include keeping him within the confines of the law--and out of the clutches of Internal Affairs Captain Biggs. Ludlow teams up with a young Robbery Homicide Detective to track Washington's killers through the diverse communities of Los Angeles. Their determination pays off when the two detectives track down Washington's murderers and confront them in an attempt to bring them to justice.

Wall-E (G)

What if mankind had to leave Earth, and somebody forgot to turn the last robot off? Wall-E, spends every day doing what he was made for. But soon, he will discover what he was meant for, as he adventures across the galaxy chasing his dream.

Kung Fu Panda (PG)

When threatened by a gang of snow leopards, the jungle animals call upon an inept panda to become a kung fu master and save the Valley of Peace.

The Incredible Hulk (PG-13)

Scientist Bruce Banner desperately hunts for a cure to the gamma radiation that poisoned his cells and unleashes the unbridled force of rage within him: The Hulk. Living in the shadows--cut off from a life he knew and the woman he loves, Betty Ross--Banner struggles to avoid the obsessive pursuit of his nemesis, General Thunderbolt Ross, and the military machinery that seeks to capture him and brutally exploit his power. As all three grapple with the secrets that led to The Hulk's creation, they are confronted with a monstrous new adversary known as The Abomination, whose destructive strength exceeds even The Hulk's own.

Get Smart (PG-13)

Maxwell Smart is on a mission to thwart the latest plot for world domination by the evil crime syndicate known as KAOS.

SHOWING FRIDAY JULY 4

2:00pm Wall-E G 98 min.
3:00pm Speed Racer PG 135 min.
4:30pm What Happens In Vegas PG-13 99 min.
6:00pm Street Kings R 108 min.

COMING SOON

The Strangers

Maximize Your Exam Points: Deadline for Submitting Education Credit is Sep. 1

Article courtesy of Chief of Naval Personnel Public Affairs

Sailors with an associate's or bachelor's degree can get either two or four additional points toward

advancement for the September 2008 examination cycle.

Educational transcripts and records need to be submitted to the Navy College Office by September 1, as announced in NAVADMIN

301/07.

Sailors competing for advancement to paygrades E4-E6 will be awarded two points for an accredited associate's degree, and four points for an accredited baccalaureate degree or

above.

Education points will be awarded for the highest degree held, and will increase the overall final multiple score (FMS) points with no reduction in points from other factors.

"The implementation of these points, and the emphasis on education in precept language, reflect the importance of critical thinking skills required for a more efficient, more technically capable future force," said Jennie Humes, deputy director of Voluntary Education (VOLED) for the Navy.

Sailors must ensure transcripts with degree information are forwarded directly from their academic institution to the Navy College Center at: Navy College Center, N211 Voled Detachment, CPPD 6490 Saufley Field Road Pensacola, FL 32509-5204 Phone (877) 253-7122 or (850)

452-1828/DSN 922

Sailors are strongly encouraged to verify degrees are documented in their Sailor Marine American Council on Education Registry Transcript (SMART) by visiting <https://smart.navy.mil>. To allow sufficient time for the Navy College Center to process all documents, transcripts for Sailors competing for advancement to E4-E6 must be received no later than Sep. 1, 2008.

"By planning ahead and remaining diligent, Sailors can verify paperwork is processed promptly, reduce delays between completion and awarding of a degree, and ensure timely receipt of the transcript by the Navy College Center," said Humes.

For more information about the Navy College Program visit <https://www.navycollege.navy.mil/>.

For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/.

**The Commanding Officer, U. S. Naval Hospital Sigonella
Requests the pleasure of your company at the
Change of Command Ceremony**

at which
Captain Helen V. Pearlman, Nurse Corps, United States Navy
will be relieved by
Captain James R. Bloom, Medical Corps, United States Navy
**On Friday, the Eleventh of July, Two Thousand and Eight
at Ten o'clock,**
at the U. S. Naval Air Station Sigonella Midtown Complex (NAS I)
**Reception to follow in the
Midtown Complex Atrium**

R.S.V.P.
011-39-095-56-3852 DSN: 314-624-3852
or michaun.johnson@med.navy.mil

Uniform
Military Guests: Summer White
Civilian Guests: Civilian Informal

ADHD continued from page 2
Concerta, are paradoxically the first-line treatment for ADHD. There are possible side effects with most medications, and these medications, while considered safe in most patients, should be used with caution and after careful consideration. Two of the more common side effects from stimulants are appetite suppression and insomnia. Some studies have shown a possible decreased rate of growth, but no difference in height and weight in adulthood compared to peers. Nevertheless, height and weight, as well as the other possible side effects, should be monitored at each follow-up visit with the doctor. Strattera, in the antidepressant family,

is another medication that can be used for ADHD. Possible side effects include nausea and over-sedation. Special diets, such as low sugar, and herbal treatments have not been shown to be effective for ADHD.

Since ADHD can be a life-long problem, it is important to teach children strategies for coping with the disorder. Behavioral techniques include providing positive reinforcement, minimizing distractions, getting organized, setting small reachable goals, and finding activities in which the child can be successful.

There are many excellent resources online for parents to learn more about ADHD. Here are some particularly noteworthy ones:

Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD) (www.chadd.org), American Academy of Pediatrics (www.aap.org), American Academy of Family Physicians (www.familydoctor.org), American Academy of Child and Adolescent (video available) (www.aacap.org), and Medline Plus (www.nlm.nih.gov/medlineplus).

Acquascivolo

Stampa

Chiechio

Oxidiana

MOTORCYCLES continued from page 1

skills, show others what they could do, and to put the pressure on riders who were driving carelessly.

Utilizing the vast amount of space offered by the track, course instructors were able to host several stations at once thus breaking up the riders into groups and smoothly transitioning them from one station to the next. Approximately, 35-40 riders were working there way through the course at any given time.

Riders not on the track received Tires, Controls, Lights, Oil, Chain, Kickstand or TCLOCK inspection training. A TCLOCK inspection enables riders to safely assess the condition of their motorcycles prior to setting out the road.

"You don't know what the riding coaches are going to have set up for you next, so you have to be ready for whatever comes up," said Aviation Electronics Technician 1st Class David Steiner. "The track presents a tougher challenge and the skill sets are one right after another so it gives you more of a realistic road view of what you ride in every day."

Steiner also observed the similarities between the winding Sicilian roads and those on the course. He stressed that the track enabled riders to take a pace and to handle turns in the same fashion riders would on the street, and that obstacles would let riders become aware of maintaining throttle and break discipline.

"I've been riding since I was thirteen years old and I've taken this safety training through the military at least



A rider maneuvers through a safety course station designed to duplicate avoiding a road hazard. During the motorcycle safety training course.

a dozen times," said Steiner. "This is by far the best evolution I've been through. It was very well thought up and very well organized."

CHANGE continued from page 2

A time to be born, a time to die; A time to plant, a time to reap; A time to kill, a time to heal; A time to laugh, a time to weep . . . The point is that everything is for a season and then there will be change. It is part of our everyday life. As weird as it sounds change is the norm.

So, if we can expect change to be a normal part of life, why is it so hard for us to adapt. Well, because we are creatures of habit. We like being comfortable and enjoy things being constant.

While there are some things that are constant as pointed out in this passage . . . such as life and death . . .

it still goes without saying that change is inevitable. This dichotomy of constants and change make it difficult at various times in our lives. If we could, we would probably live life without change. It would simply be easier.

But no one said life was easy. And therefore, we should expect change. Change does not always have to be bad. Just as it is not always good, we don't have to be scared to get out of our comfort zones. It might actually strengthen our beliefs and core values to be challenged once in a while by stretching our box. We often get comfortable with our world as is and can become stale in a stagnant

stream of life as we know it.

Change is really all about your attitude. How are you going to approach the next change in your life? If you see it as a nuisance and have a bad attitude toward change, then that is what you can expect in return. But if you approach it with an expectation and a positive attitude, then maybe the outcome will be better.

Life is going to change, and it is your attitude that can make change almost seamless. Change is always tough, but it can be expected and it can lead to bigger and better things. Expect change and try getting out of your box.

SCOUTS continued from page 1

accomplished this without them." Lisa McGonagle, Sigonella Girl Scouts event coordinator and the troop leader who helped plan the classes said, "We broke down a lot of the trainings we had and came up with session topics."

McGonagle mentioned that the classes were based on the Outdoor Skills training she and other instructors had undergone, which is a 48-hour intense training class that qualifies instructors to take groups out into the wilderness.

The culmination of the camping classes is the June 28 -29 Great American Backyard Campout which will be held on the NAS I Land Annex.

According to the National Wildlife Federation, the event is "held each June and now in its fourth year.

Great American Backyard

Campout is a national event that encourages individuals, youth, friends and families to camp out together for one night."

NAS Sigonella is "the only Navy Base ever to participate, and the only overseas American population to ever participate" said Yohnke. "We are going to do all the old fashion field day events, water balloon toss, slip-and-slide, three-legged-race, all things that the adults did when we were kids."

She commented that everyone is invited to join in on the field day events on June 28 regardless of whether or not they camped out over night and even stay for the bonfire and burgers that evening.

For more information on how to volunteer with the Sigonella Girl Scouts, Boy Scouts, or to attend the Great American Backyard Campout, contact Adventures Unlimited at 624-4777.

SAWS continued from page 1

the best way for us to show our appreciation and give back to the animals and the community," added Smith.

In all, SAWS has helped twenty one dogs and five cats find homes here at NAS Sigonella.

If you have a little extra room in your home and a lot of space in your heart, stop by the Stray Animal Facility on NAS I and take a furry friend home with you.

Additionally, a donation bin is also located at the Commissary for people willing to help SAWS's with pet food, toys and treats.



AO2(AW) Timothy Perez and Tulsa, one of the many dogs available for adoption at Stray Animal Facility on NAS I take a short walk in front of the commissary.

Etnaland



KNIGHTS OF COLUMBUS
IN SERVICE TO ONE. IN SERVICE TO ALL.

Attention all good standing Catholic gentlemen!
Come join the ranks of Sigonella's newest Knights of Columbus Chapter!

We meet the first Thursday of every month at 1930 p.m. above Applebee's.

You may also contact a fellow Knight after the Sunday Mass service in the NAS I Fellowship Hall, or Mineo community Building. (Pizza and soft drinks provided at the meetings!)

For more information visit - www.kofc.org/

Belmontino

IL Mercato

All classified ads are free to the community. Their intent is for advertising personal property for sale trade or giveaway.

No commercial ads will be accepted. Ads run for two weeks. Classified ads are due no later than 2 p.m. of the Friday of the week before publication. For more information call 624-5440 or 624-2798 or 095-86-last four digits.

Requests for commercial classifieds must be made to Stampa Generale at 081-568-7884.

SEND IL MERCATO ADVERTISEMENTS TO THESIG@NASSIG.SICILY.NAVY.MIL

AUTOMOTIVE

2007 Dodge Caliber R/T FWD 7900 miles, 2.4 liter 4 cyl, 5 speed manual t355 transmission, leather interior, am/fm stereo cd player, heated front seats, \$19,000 obo if interested call Paul or Ondrea 684-0695

1989 Renault Twingo AFI plated A/C, power window, radio, alarm, good condition and gas mileage asking \$700 must sell transferring call AECS Treglia cell 349 1922421

1996 Suzuki 1400 Intruder, 8,000 miles, new tires & brakes, great shape \$4,000 Call 3486298809

1990 Mercedes Benz 200E. 2.0 L, 5 speed. Well maintained w/ records. Excellent interior/ exterior. Paint 2- years old. PWR windows, locks, rear defrost, cold A/C, delay wipers, 6 speaker Pioneer Super Tuner III CD player system. 4 new BF Goodrich Touring TA tires & rear brakes. 139,000 miles. Draws 300 liters. Must see. Asking \$3800 OBO. Ask for Eric @ 348-070-6212.

BMW 3 Series Wheels and Tires, Original Equipment off of a 2006 330i. Set of Four, 17 X 8.0 Star Spoke (Styling 159) Alloy Wheels, 225/45R-17 91H Continental ContiProContact SSR Run Flat Tires. The wheels are in PERFECT CONDITION, (No Scratches) with only 2K miles on the tires. Ready to Install, \$1,500 Call 340-789-1417 or 334-781-9873

2000 Harley Davidson Sportster 1200. Just in time for summer. 33K miles, US spec. Runs great. Good Condition. Installed screaming' eagle intake, Andrews N2 cams, Samson 2-1 exhaust, screaming' eagle ignition, Progressive suspension, and bobtail fender. This bike really moves. Take for a test ride today. Asking \$6,000 obo. Contact Mike at 624-4579 or 346 696 2117.

1991 Alfa Romeo Spider. Design by Pinin Farina. Hardtop and convertible. Great for the summer season. 130K Km, runs good. Has few blemishes. Has radio. This car has its share of bumps and bruises. Must sell, asking \$1,500. Contact Mike 624-4579 or 346 696 2117

1992 Mercedes (color: white), km 164,000, great conditions (last car review 29 mar 07): brand new tires, a/c, radio, car alarm Asking euro 2,500 o.b.o. Pls call Margherita @ 624-4875 (0730-1600) - 347/6021230

2003 Honda CBR1100XX. 16k miles, Helibar risers, Givi Wingrack II triple mounts, Ram mount, stock and Givi touring screen, US specs, California model. Runs great, extremely smooth. Selling to buy a smaller bike. \$8500 OBO. Call John at 624-1463.

Red 2002 Honda Deauville 650 NT. Sport touring bike that is European Specs. Very good running and comfortable bike to ride

around Sicily. \$2500 all offers considered. For more details and a test ride call after 9 AM or email Matt at 334-372-0240 or alfadog26@yahoo.com

1992 Audi 100-1900 C.C> engine, excellent condition, blue metallic, A/C, 4-door, 5-speed, 86,000 KM original. 2,800 euro o.b.o. call Antonio cell 339-4011979 or 624-2578

FOR SALE

29 inch. multi system TV - \$75, Stroller car seat combo with two bases - \$75, Highchair - \$25, Changing table - \$10, and Patio swing - \$40 all items are in very good condition. If interested please call 624-1343 before 7PM and ask for Anthony.

HP Pavilion Desktop, a1710N, 15" Flat Panel Monitor, 1024 MB, 320 GB, Memory Card Slots, Light Scribe cd/dvd Writer, Windows Vista, Practically New! Asking \$600 OBO. 35MM MINOLTA MAXUMM with Tamaron zoom lens. Asking 175 OBO. Dell all-in-one Printer Asking \$50 OBO. Brand New Magic Bullet in original packaging, Asking \$25 OBO. BISSELL Flip it, like new, Asking \$50.00 OBO. Rossignol, Bandit X, 177's (69") Skis. Included Salomon Ski Boots size 11.5 and carrying bag. Great Condition, freshly tuned. Will be sold as a set. Only used for one season. Asking \$550 OBO. For more information please call Aimee or Chris 624-1407, please leave message.

(5) 20in wheels and tires (Zinik Z9 Sabini black w/ chrome lip) Dimensions are Offset 15mm, Bolt Pattern 6-139 tire size is 265/50/20, \$2,000 OBO, it will fit any 6 lug truck. Call Mac at 3394194857 or 0957275032

White, Italian hanging kitchen cabinets. Includes corner unit, 3 single units, and the dish drainer unit. \$100. Two complets beds with mattresses. See photos and prices at <http://sicilyadventure.blogspot.com/>.

MISC.

AA meetings will be held Monday, Wednesday and Friday, each week, at 7 p.m. in the NAS II Chapel. For further information call the AA hot line at 346-693-6935.

PETS

Free to a fun home!!! A sweet, medium sized, light hair, light eyed, 18 month old Sicilian hound that is chipped, spayed and

up to date on all her shots. She is great with kids and other dogs both big and small and loves to play and cuddle. We are not able to give her the attention she deserves, but would make any family very happy. She comes with a kennel, her bowls, leash, food and much more! For more info call (h)624-0119/ (c)346-724-4611.

YARD SALE

1083B Mineo Housing. Saturday, 28 June, 9am to 1pm. I have a lot of computer stuff that the wife said needs to go, some dishware, jewelry, house plants and odds and ends.

JOBS

We are looking for two English or either American mother tongue baby-sitters to work in San Nicolo' (Acitrezza hill) living area. If you or someone you know can apply for this job please contact any of these phone numbers: Connie: 095/7655710

Marchi

Anyone interested in sending ads via email should leave a phone number and point of contact name at thesig@nassig.sicily.navy.mil.

Ads run for two weeks on a space available basis and must be sponsored by active duty military members, family members or Italian National/ American base employees. Ads must be 40 words or less and typed in regular upper case, lower case format.

The Signature no longer accepts ads that bring profit to a business or individual, such as maid, babysitting services or home rentals. AFRTS/AFN decoders must be sold only to another authorized individual: active duty or retired U.S. military, DoD direct-hire employees, and their spouse. If someone would like these types of services in The Signature they can call Stampa Generale @ 081-568-7884.

Centro
traslochi

Joes

Monika

(348/8130748)
Leda : 095/7210556
(347/9521534)

The Sigonella Commissary has two part time Store Worker (20 hpw) WG-04 vacancies available. Apply trough www.cpol.army.mil select Employment, click on Search for Jobs, click on Country of interest, click on Get result for a list of vacancies. For further info please contact Cristina at DSN 624-4107

Cat sitter needed for 2 cats from July 5-August 8 for some or all of that time - exact dates TBD soon. They could come to your home, or you could come here if you would are interested in house-sitting as well. Please call Laurie at 095.308.907, or email at rbrandsix@hotmail.com for more information.

Looking for a responsible person to housesit for the month of July while we travel. Duties would include feeding one inside and one outside dog twice a day. Would consider someone who could come twice a day for feeding and spending some time with the dogs without staying over. We live in the quiet countryside ten minutes from NAS 1 on an easy travel route. Our departure date is tentatively set for July 1 with return date of August 1. Please call 346-722-1224 or 346-722-1225.

Portiere stel- Vento del-
la l'est

New Hope Volcano

Ghebel Volcano

Class

Stampa