

THE Signature

SIGONELLA, SICILY

Vol. 25 No. 27

JULY 11, 2008

Sigonella Celebrates 4th

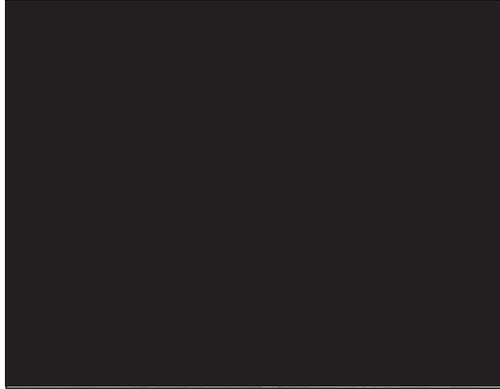
Article and photos by
MCSN Jonathan Idle
Signature Staff

Servicemembers and their families from the Sigonella community gathered to celebrate Independence Day July 4 at the Land Annex on NAS I.

The event was set up by Sigonella's Morale, Welfare and Recreation program and offered a chance for the community to celebrate the birth of America with a traditional picnic and fireworks show, John Lenz, the Sigonella MWR Leisure and Activities Director, said.

The day began early on at "Splashers" on NAS I with "Pool Follies" which consisted of games such as inner tube races where the kids could win prizes, Lenz said.

After the morning activities the
Story continued on page 12



A young teenager slides down the slip-n-slide during the July 4 celebration at the Land Annex on NAS I.

Deadlines for 2008 Absentee Ballot Voting in November Elections Announced

Article from Naval Supply
Systems Command
Public Affairs

The Navy Postal Director announced June 26 guidelines and upcoming deadlines for absentee ballot mailing. Following these guidelines and deadlines will ensure all Sailors at overseas locations and aboard deployed ships get their absentee ballots to their destinations on time.

"The ability to participate in our nation's electoral process requires advance planning and an awareness of key mailing dates and information resources," said Postal Director Alan Hass.

Guidelines and recommendations include:

- Review the 2008-09 Voting Assistance Guide for state requirements at www.fvap.gov/pubs/pub-forms.html.

- Request an absentee ballot by submitting an SF 76A (Registration and Absentee Ballot Request-Federal Post Card Application (FPCA)) from Operation Enduring Freedom (OEF) or Operation Iraqi Freedom (OIF) locations by Aug. 7. From other locations, ballots should be requested by Aug. 14.

The on-line version of the application at www.fvap.gov/pubs/fpca.html is an alternative to the cardstock Federal Post Card Application.

It is extremely important to the process to provide a correct mailing address.

- Contact the command Voting Assistance Officer (VAO) for assistance in applying for an absentee ballot.

- If deployed in support of OEF/OIF and do not receive an absentee ballot by Sept. 30, obtain a

Federal Write-in Absentee Ballot (FWAB) from the VAO.

To meet the mailing deadline from other overseas locations, Federal Write-in Ballots should be completed no later than Oct. 7, 2008.

- If deployed in support of OEF or OIF, mail a completed ballot by Oct. 7. From other overseas locations mail completed ballots by Oct. 14.

- If transferring after ordering a ballot, ensure the complete and correct forwarding address is on file at the new command to ensure the ballot arrives in a timely manner.

For additional information on the Voting Assistance Program, e-mail vote@navy.mil or telephone 901-874-6647/DSN 882-6647.

Additional information is also available at the Navy Personnel Command's Navy Voting Assistance Program Web site at https://www.cni.navy.mil/cnic_hq_site/BaseSupport/CommandStaff/NavvVotingProgram/index.htm.

The Navy Postal Director is employed by Naval Supply Systems Command (NAVSUP) Navy Family Support division. NAVSUP provides U.S. naval forces with quality supplies and services.

With headquarters in Mechanicsburg, Penn., and employing a diverse, worldwide workforce of more than 25,500 military and civilian personnel, NAVSUP oversees logistics programs in the areas of supply operations, conventional ordnance, contracting, resale, fuel, transportation and security assistance.

In addition, NAVSUP is responsible for quality of life issues for naval forces, including food service, postal services, Navy Exchanges and movement of household goods.

U.S. Naval Hospital Sigonella Welcomes Bloom, Says Farewell to Pearlman

Article by MC1 Brian Goyak,
Fleet Public Affairs Center
Detachment Sigonella

Capt. James R. Bloom, serving as the Deputy Chief of the Medical Corps Bureau of Medicine and Surgery (BUMED), is scheduled to take command as the new Commanding Officer, U.S. Naval Hospital Sigonella today at 10:00 p.m. in the U.S. Naval Air Station Sigonella Midtown Complex (NAS I) during a change of command ceremony.

Bloom will relieve Capt. Helen V. Pearlman who will report to Navy Medicine West in San Diego, CA.

Bloom graduated from the University Of Pittsburgh School Of Medicine under the Health Professions Scholarship Program in 1984.

Upon completion of a residency in Physical Medicine and Rehabilitation at St. Francis Medical Center in Pittsburgh, he reported to Naval Hospital Portsmouth where he



Capt. Helen V. Pearlman will hand over command of U.S. Naval Hospital Sigonella today to Capt. James R. Bloom.

worked in physical rehabilitation, chronic pain management and electromyography.

Next, he volunteered for a General Medical Officer tour in the Emergency Department of Naval Hospital Subic Bay, Republic of the Philippines, where he participated in

civil action projects and disaster relief efforts including those associated with the Cabanatuan earthquake.

While stationed at Naval Medical Center San Diego (NMCS), during Operation Desert Storm, he re-established an active

Story continued on page 13

WEATHER UPDATE

July 11
H:89F
L:68F



July 12
H:94F
L:74F



July 13
H:97F
L:73F



July 14
H:98F
L:75F



July 15
H:101F
L:72F



July 16
H:92F
L:69F



July 17
H:92F
L:67F



TOP STORIES

A USS Ronald Reagan (CVN 76) Sailor, Storekeeper Seaman Grace Geroche, a native of Iloilo City, Republic of the Philippines, returned home June 27 to assist the joint Armed Forces of the Philippines (AFP) and U.S. Navy humanitarian efforts and console her family.

Page 3

Nearly one in seven teenagers under the age of 18 has a credit card. And any 18-year-old can get a credit card without parental permission.

Page 5

On Monday, July 14, the entire community of Palermo will join together to celebrate its biggest event of the year: the "Festino di Santa Rosalia" (Little Saint Rosalia Festival).

Page 6

To visit Villa Romana del Casale located outside of Piazza Armerina, Sicily, is to step back in time to the height of the Roman Empire's power and decadence.

Page 8

The news today is full of disasters sweeping across the globe with ever increasing frequency. Floods, tsunamis, hurricanes, earthquakes, droughts and plagues are not just evening news sensationalisms but frightening realities.

Page 10

INSIDE

Direct Line
2

Navy News
3

Community Calendar
4

MWR Corner
11

Il Mercato
14

TRAFFIC NUMBERS

	Jan.- July '08	Jan.- July '07	Diff.
Accidents	162	140	+22
Injuries	27	14	+13
DUIs	5	3	+2
Traffic Deaths	2	0	+2

PLEASE,
DON'T BECOME
A STATISTIC!

DIRECT LINE NASSIG COMMANDING OFFICER CAPT. THOMAS J. QUINN

The 11 July Feedback Live was so successful that some of the questions couldn't be covered in the allotted time, so we are going to devote this Direct Line to answering them. Please keep sending the questions via email or phone and I will do my best to answer them.

Additionally, has someone in Housing, the Exchange or Commissary provided you Great Service? Are you excited about a base sponsored program or service?

Feedback Live is the perfect opportunity to share with the community about your positive experience. Feedback Live is held on the first Thursday of each month, from 6:30 p.m. - 7:00 p.m. To call in live on the show, please dial 624-4265 or 095-56-4265.

1. Can local hire GS employees be allowed to register vehicles with MVRO?

Answer: Vehicle registration is extended to active duty permanently assigned military and DOD employees. Family members that accompany them and enter Italy as such do not change their status in regards to vehicle registration when they are locally hired, unless their assignment is considered a state side hire. DOD employees must be part of the civilian component, and possess an official or no-fee passport containing a U. S. Government endorsement that the bearer is abroad on official U.S. Government business to register vehicles in their own name.

2. Why can we not take the registration off a vehicle here? I had 3 vehicles

and was getting a fourth but did not want to sell one of the other vehicles.

I was told that I could not take the registration of it like is possible in the States, so now I'm forced to sell it. Considering that we're not required to register motorcycles initially if we don't ride them, why can't we pull the registration to take them off our limit?

Answer: This is covered by the Italian Customs Regulations. Once a Tax-free, Duty-free vehicle is entered into their registration records it can only be removed from the owners name by one of three methods: Exportation of the vehicle out of Italy, Sale and re-registration to another authorized person, or turn-in of the vehicle for disposal via the authorized contractor.



Health WATCH

Prevent Heat Related Illnesses This Summer

Courtesy of Lt. Angela Bailey
 U.S. Naval Hospital Sigonella

The weather is heating up here in Sigonella. The beautiful, sunny days can bring loads of fun and excitement and also life threatening illnesses. Heat exhaustion and heat stroke are both heat related illnesses that can be prevented.

First, it's important to know the symptoms and differences between these two heat related illnesses, and then how they can be prevented.

Heat exhaustion is exactly what is sounds like: severe exhaustion caused by extreme body heat and lack of proper hydration. It usually occurs after physical activity. It's main cause is not drinking enough fluids to replace the water and electrolytes your body used. This condition is not life threatening but is serious and should be carefully monitored. Symptoms

include paleness, nausea, extreme fatigue, dizziness, lightheadedness, headache, weakness, fainting and profuse sweating followed by cool, clammy skin. With enough rest and water, heat exhaustion is self-correcting. It is vital to get into a cool, shady environment, and to replace electrolytes by drinking sports drinks, such as Gatorade. Putting something cool on your forehead, back of neck, and wrists can also help you cool down and feel better.

Heat Stroke is a medical emergency, and the most severe form of heat related illness. Anyone exhibiting the signs and symptoms of heat stroke should be rushed to the nearest hospital or clinic. Unlike other forms of heat illness, heat stroke does not have to be caused by

Story continued on page 13

<p>Commanding Officer Capt. Thomas J. Quinn</p> <p>Public Affairs Officer Lt. j.g. Matt Knight</p> <p>Deputy Public Affairs Officer Dott. Alberto Lunetta</p> <p>Editor MC2 Joshua Wink MCSN Jonathan Idle</p> <p>Staff Writers/ Photographers MC1 Brian Goyak MC2 Jason Poplin MC2 Joshua Wink MCSN Jonathan Idle</p> <p>Interns and Volunteers</p>	<p>endorsed by, the U.S. Government, the Department of Defense (DoD), or the U.S. Navy. The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement by the DoD or Stampa Generale S.r.l., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. A confirmed violation or rejection of this equal opportunity policy by an advertiser will result in the refusal to print advertising from that source until the violation is corrected. The Signature is published weekly by Stampa Generale S.r.l., Sig. Bruno Brandi, Publisher, Naval Support Activity, Capodichino (Naples), Italy - Tel. 081-568-7884, Fax 081-568-7887. E-mail: stampagenerale@tin.it. Editorial submissions are welcomed from all Naval Air Station Sigonella departments, divisions and tenant commands. Editorial submissions should be sent to the Public Affairs Office via thesig@nassig.sicily.navy.mil, guard mail stop #68 or hand-delivered to our office no later than the close of business on the Friday proceeding the expected publication date. All articles submitted by non-staff members will be considered contributing writers. The Signature will not publish any anonymous articles. All advertisements in this publication are the property of Stampa Generale S.r.l. Any reproduction of advertisements in The Signature is unauthorized without the written consent of the publisher.</p>
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NASSIG WORSHIP SERVICES

Chapel Office: 095-86-3975

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



Is Winning Everything?

Article by Chaplain Stephen M. Coates

Imagine yourself a wide receiver playing for the Captain's Cup. It is fourth and long; time is running out. A first down will keep the drive alive - the drive needed to win the championship. Your quarterback throws to you, and you are easily in first down territory but the throw is low. You dive and roll over with the ball held high in celebration. The referee rules it a completion, and your team goes on to win.

The truth of the matter - you trapped the ball and only pretended it was a clean catch. Though you did not catch it, did you make a good play?

In a recent article, I suggested that our ability to make choices is the single greatest

determining factor in our lives.

Unfortunately, the most common grid people use to make their choices (determining what is right) is the system known as selfishness -- whatever I happen to want without regard for others.

I used to spend every Wednesday night leading a children's activity and watching them play games.

They were fun games with no great rewards for winning and certainly no harsh consequences for losing. Nevertheless, some kids cheated every week. They simply wanted to win.

What do kids' games have to do with us? Let's go back to the football game and see who

Story continued on page 7

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

Sailor Returns Home to Assist Typhoon Victims

Article by Lt. Ron Flanders
Carrier Strike Group 7
Public Affairs

A USS Ronald Reagan (CVN 76) Sailor, Storekeeper Seaman Grace Geroche, a native of Iloilo City, Republic of the Philippines, returned home June 27 to assist the joint Armed Forces of the Philippines (AFP) and U.S. Navy humanitarian efforts and console her family, who nearly lost their lives when Typhoon Fengshen struck the area.

Geroche's mother and 5-year-old brother were among the affected when the typhoon caused water levels in the city to increase by several feet in the span of just a few hours.

"We almost lost our lives," said

Edna Geroche, Seaman Geroche's mother. "The water was up to our necks. We had to sleep in the rafters under our ceiling. We were lucky to survive, but the situation is still bad. There's mud everywhere, and there's no clean water for drinking or bathing."

Seaman Geroche is a member of Ronald Reagan's supply department, which provided more than 28,000 bottles of water and 9,060 lbs. of rice to residents of Panay, an island in the central portion of the Republic of the Philippines. Flown to her hometown aboard a C-2 Greyhound aircraft filled with non-perishable food items, Geroche -- a member of

Story continued on page 13



U.S. Navy photo by MC2 Joseph M. Buliavac

Storekeeper Seaman Grace Geroche, a native of Iloilo and Sailor assigned to the Nimitz-class aircraft carrier USS Ronald Reagan (CN 76), embraces her younger brother upon arriving as part of U.S. Navy relief operations. Her family nearly lost their lives in flooding caused by Typhoon Fengshen.

PHOTO FROM THE FLEET

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



U.S. Navy photo by MC2 Jennifer S. Kimball

Aviation Warfare Systems Operator 1st Class Brian Anderson, of Spartanburg, S.C., helps service members assigned to the Philippine Army load a C-2A Greyhound with supplies from the Nimitz-class aircraft carrier USS Ronald Reagan (CVN 76) at Iloilo Airport. The supplies will be transferred to Kalibo Airport to be distributed to those in need after the wake of Typhoon Fengshen. At the request of the government of the Republic of the Philippines, Ronald Reagan is off the coast of Panay Island providing humanitarian assistance and disaster response. Ronald Reagan and other U.S. Navy ships are operating in the 7th Fleet area of responsibility to promote peace, cooperation and stability.



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.

Medusa

				FRIDAY	SATURDAY	SUNDAY
				11 - JULY	12	13
				FFSC Developing a Spending Plan 2-3:30 p.m., x4291 Alcoholics Anonymous -7 p.m. -NAS II Chapel x9203	NMCRS Nearly New Shop Bld 318 10a.m.-1p.m., x4346 Red Cross Office CPR Class 8a.m.-5p.m. x4900	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY			
14	15	16	17	18	19	20
Alcoholics Anonymous -7 p.m. -NAS II Chapel x9203	NMCRS Vol. Orient 10-12pm,Bld319,x4212 FFSC - Smooth Move 2-4 p.m., x4291 FFSC - What about the children 8-11a.m., x4291 PMK Bldg.407 11:30a.m.-1p.m., x9203	FFSC -Mens Group 1:30-3:30pm x4291 Alcoholics Anonymous 7 pm NAS II Chapel x9203	Throwback Thursday Midtown Theater x4297 Motorcycle Safety Bldg. 407 8a.m.-3p.m., x9203 PMK Bldg.407 11:30a.m.-1p.m., x9203	Alcoholics Anonymous -7 p.m., NAS II Chapel x9203 Motorcycle Safety Bldg. 407 8a.m.-3p.m. x9203 Arrivederci Bldg. 407 8a.m.-12p.m., x9203	Red Cross Car Wash Fundraiser 10a.m.-2p.m., x4900	
21	22	23	24	25	26	27
FFSC TAP (Pre-Retirement) 8 a.m.-4p.m. x4291 Alcoholics Anonymous -7 p.m. -NAS II Chapel x9203	FFSC TAP (Pre-Retirement) 8 a.m.-4p.m. x4291 PMK Bldg.407 11:30a.m.-1p.m. x9203	FFSC TAP (Pre-Retirement) 8 a.m.-4p.m.; x4291 Alcoholics Anonymous 7 pm NAS II Chapel x9203 7 Habits of Highly Effective People Bldg. 407 8a.m.-3p.m.; x9203	FFSC TAP (Pre-Retirement) 8 a.m.-4p.m.;x4291 PMK Bldg.407 11:30a.m.-1p.m., x9203 7 Habits of Highly Effective People Bldg. 407 8a.m.-3p.m.; x9203	Alcoholics Anonymous -7 p.m., NAS II Chapel x9203 7 Habits of Highly Effective People Bldg. 407 8a.m.-3p.m.; x9203		

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All Services

Stags

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Did you know?

Volunteering at your local Navy-Marine Corps Relief Office may add years to your life? A 10-year study at the University of Michigan found that people who did no volunteer work died at an earlier age than those who volunteered at least once a week. Volunteering has added benefits: a sense of accomplishment, a dose of self-respect, and a boost of self-confidence. It can also serve as a reminder that, relatively speaking, your troubles might not be as severe as they seem. NMCRS Volunteers are men and women, civilian and military -- active duty and retired, officer and enlisted, and their family members. Maybe even you! Start volunteering today! Call 624-4212 for more information. Office Hours: Monday - Friday 0900 - 1600.



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

Introducing Your Teenagers to Credit

Article adapted from Military One Source

Nearly one in seven teenagers under the age of 18 has a credit card. And any 18-year-old can get a credit card without parental permission. Forty-two percent of college freshmen and over 90 percent of college seniors have a credit card, and they are running debt balances that range between \$1,500 and \$3,000. Many teenagers don't know how to manage credit and may run the risk of ending up in debt with a bad credit report that can prevent them from getting a job, an apartment, or a car. In order to

avoid future debt problems, teenagers need to learn how to use credit wisely. The best way to teach them is to start early.

Many experts recommend teaching teenagers about credit cards by letting them actually use one under strict parental guidelines. The exact age at which your child is ready to handle credit isn't set in stone; it will depend on your child's maturity level and demonstrated ability to handle money through an allowance, job, or other experience.

There are many ways to teach children about credit, besides giving them credit cards of their own. If your child is not used to handling money, you may want to start off with a checking account or debit card that you control. This will give them some exposure to budgeting and saving money. Teenagers who are exposed to credit cards early on may also have the opportunity to build credit or payment history, which can be very important in the future when they go to buy a car or apply for an apartment or job. Having no credit record can actually be a disadvantage; a young adult without some kind of credit history may actually find it difficult to borrow money for a car or other loan.

If you feel that your teenager is ready to begin learning about credit, you may decide to try one of these options:

Get your child a card on your account. Because any debt incurred

Story continued on page 13

Stampa

Pentagon



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 Above)Nix is a wonderful dog with a great personality, she needs a good home with patient owners who can help her break out of her shell, if you would like to visit her please stop by the Stray Animal Facility, she would love to see you.



(Left Below)Ashley is wonderful girl who would make an exceptional asset to any family. She has a great temperment, she gets along with other animals and loves to play. If you would like to meet her come and visit her at the Stray Animal Facility. **For more information contact the Stray Animal Facility at 624-3936 or Rose Cummings at 334-383-8786.**

REGISTER YOU KIDS FOR THE '08-'09 SCHOOL YEAR NOW

If you have dependants who will be attending the DODDS school next year, don't forget to pre-register them for classes and apply for the "Student Reduced Lunch Program" as soon as possible.

This is an important step that helps the school plan for the upcoming year. For more information call 624-3001 for elementary and 624-4281 for middle and high school.

Italian NEWS

Sicilian Culture, Events and Lifestyle

Alberto Lunetta
Signature Staff



Palermo celebrates Saint Rosalia



Photo by Flavio Lo Scalzo

Next week, Palermo will pay homage to its beloved city's patron saint, Santa Rosalia through a colorful and spectacular religious festival which has been celebrated since 1625. On July 14, thousands of people will crowd the streets and the squares of the historic center to see the breathtaking parade of the float depicting the saint on a boat. Don't miss to see the impressive fireworks display which is staged at midnight.

On Monday, July 14, the entire community of Palermo will join together to celebrate its biggest event of the year: the "Festino di Santa Rosalia" (Little Saint Rosalia Festival). This unique festival was first held in 1625. The evening parade is the highlight of this spectacular festival blending religion and Sicilian folklore. It revolves around the "Carro Trionfale," a majestic float on top of which a statue depicting the saint is placed.

First introduced in 1686, this gilded Baroque float is typically shaped as a boat and built new every year. At the beginning of the festival, the city mayor shouts three times "Viva Palermo e Santa Rosalia!" (Long live Saint Rosalia) kicking off the festivities.

The main float which will parade for the second year in a row, along with two other smaller floats, was created by Greek artist Jannis Kounellis and will depict a boat with a sail made of crystal.

The intense devotion displayed by Palermitani (Palermo residents) to Saint Rosalia can also be observed in popular sayings such as "Santa Rosalia, pensateci Voi!" (Saint Rosalia, please take care of it! Palermitani use it when they are puzzled about something) or "Nun mi cuntari li tri ghiorna d'u festinu." ("Don't tell me about the three-day festival," which means: "don't tell me what everybody already knows").

Santa Rosalia is indeed invoked for intercession with God in times of need. Her relics, which are kept inside the Palermo cathedral, are venerated by millions of pilgrims around the globe.

Famous travelers from the 18th century described this breathtaking festival. Scottish Patrick Brydone is one of them. He toured the south of Italy and wrote a book called "A Tour through Sicily and Malta" (dating to 1773). Here is he described the float parade: "The triumphal chariot was preceded by a party of men on horseback, with trumpets and drums, and by all the high officials of the city in full regalia. The "machine" is truly enormous: it measures seventy feet in length, thirty in width and over eighty in height; as it passes through the streets, it towers above Palermo's tallest houses. The lower part looks like a Roman galley, but it widens towards the upper part. The front part is broader and shaped like an oval amphitheatre, with seats all around: this is the great orchestra, thronged with musicians in several rows, one above the other. At the back of the orchestra rises a great cupola, supported by six Corinthian

columns and adorned with numerous figures of saints and angels, with a gigantic silver statue of Santa Rosalia on the top."

French artist and archaeologist Baron Dominique Vivant Denon wrote: "The fifth day was celebrated with a never-ending procession that began around sunset and ended one hour after midnight. Here you can see the Palermitans' predilection for "pageants" and their extreme devotion to their Saint. Each congregation brings its own pageant with a representation of scenes from the Old or the New Testament acted out by means of life-sized images or by children."

Today, modern technology has helped in making the festival a breathtaking event. Thousands among pilgrims and tourists from all over the world will attend the 384th edition of the festino which will feature parades, shows, fireworks, food stalls and religious processions.

During this vibrant festival, don't miss to check the food "bancarelle"(booths) which sell delicious local specialties and treats such as "Càlia e Simenza" (roasted chickpeas and salted pumpkin seeds), " Sfincione," (Sicilian pizza topped with tomato sauce, bread crumbs, salted sardines, onions and caciocavallo cheese), "Torrone" (nougat), "Pani e Panelli" (deep-fried chickpea fritters), "Crocchè" (potato croquettes), "Pani ca' meusa" (sandwich filled with sautéed beef spleen which could be 'schietta' when sprinkled with grated caciocavallo cheese or "married," with a fresh ricotta cheese) "Purpu Vugghiutu" (boiled octopus) and the refreshing "muluna" (watermelon) and "gelato" (icecream).

Life of Saint Rosalia

Saint Rosalia, who is nicknamed Santuzza or little Saint, was the daughter of a noble family of north-eastern Sicily and a descen-

dant of Charlemagne. She lived in the second half of the twelfth century. According to tradition, she left home when she was still young woman to live as a hermit in a cave of Mount Quisquina near Bivona and later in another of Monte Pellegrino near Palermo where a small Byzantine church was erected. She lived there all her life, and she was buried in an adjoining cave. In 1624, her remains were discovered and moved to the Cathedral of Palermo. The devotion that palermitani (Palermo's townspeople) have for Santa Rosalia (Saint Rosalia) dates back to 1624. Rosalia is believed to have averted a terrible epidemic of plague that broke out in Palermo. According to tradition, despite the Palermitani repeatedly invoked the four city copatron saints (Cristina, Ninfa, Oliva and Agata) against the terrible disease, however, plague still spread at a horrifying rate. But a miracle occurred when a soap manufacturer named Vincenzo Banelli, whose wife died because of the epidemic, urged the Palermo Cardinal to hold a procession featuring the relics of Saint Rosalia throughout the city. Tradition holds that Santa Rosalia appeared in a vision to Banelli instructing him that if her earthly remains would be taken in procession through the city,

plague would cease. Thus, on July 14, 1624, a magnificent procession featuring the saint reliquie or relics placed in a silver case of crimson velvet, and accompanied by the Royal Council, the Senate, illustrious citizens and all the clergy, took place in Palermo. At the end of it, the plague was over. Since 1624, every year, the Palermo's community has been celebrating with true devotion its patron saint.

Festival Schedule

The evening of July 14th is the highlight of the festival that is running from July 10 through 15. Around 9 p.m., the parade of the Carro Trionfale leaves from the Cathedral and proceeds towards corso (avenue) Vittorio Emanuele, the Royal Palace, the cathedral and piazza Vigliena also known as "Quattro Canti," a breathtaking octagonal square illuminated by the sun's rays from dusk to dawn in which the four oldest districts of the city intersect in one point. Later, "U jocu di focu," an impressive firework show, is performed at midnight. For more information and detailed schedules call Palermo Tourist Office at or 091-7407606 (Opening hours Mon-Fri. 8:30 a.m. / 2:45 p.m. / Wed 8:30 a.m. - 5:30 p.m.).



Photo by Sebastiano Lo Buglio

Street vendors selling Palermo's mouthwatering traditional specialties during the annual Santa Rosalia Festival are among the highlights of one of the most attractive religious celebrations held in Sicily.

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>>



G Tourist

Stadio comunale "Bonajuto Somma MASCALUCIA (CT)
INGRESSO ORE 20.00

Presentano
SILVIA VENTIMIGLIA, LILIA SCOZZARO

Venerdì 11 LUGLIO
NINE BELOW ZERO (USA)
+ Cimbaltina Blues Band (PG) - King's Tree (CA)

SABATO 12 LUGLIO
BETTY LAVETTE (USA)
+ Hot 4 Blues (CT) - Snake Drags (MA)

Domenica 13 LUGLIO
WILLY DEVILLE (USA)
& **THE MINK DEVILLE BAND**
+ Walking Trees (PG) - Marco Giak (CA)

ABONNAMENTI (Area riservata): € 25,00 - INGRESSO SINGOLE SERATE: Venerdì 11 Luglio € 6,00 - Sabato 12 Luglio € 10,00 - Domenica 13 Luglio € 15,50 - RIDOTTI: € 16,50 (incluso diritto di prevendita). Stand espositivi area gastronomica.

Signorelli & Partners, DUCATO CREDIT POINT, emmecimotors, IX EDIZIONE ETNA BLUES FESTIVAL, GIORGINI OTICA, Sicily Outlet

WWW.SICILIALBLUES.IT - 095.7273427 - TICKET'S-BOXOFFICE: 095.7225340

Momix's dance wonders, Antonio Marquez's Flamenco in Taormina

Taormina Danza Estate '08

MOMIX
THE BEST OF MOMIX
Moses Pendleton

ANTONIO MARQUEZ
Noche de Flamenco
"King of Flamenco"

23 LUGLIO
30 LUGLIO

095 7225340 Teatro Antico

Make sure you don't miss these two world-class events which will be the highlights of the upcoming summer music festivals to be held at the breathtaking Greek Theatre in Taormina.

On Wednesday, July 23, American artistic director Moses Pendleton will present: "The best of Momix," a surrealist show that will make you daydream. Pendleton, who is one of the most famous choreographers in the United States, founded this eclectic dance company in 1981. He selected a unique group of top-class performers who stage mesmerizing shows blending dance, theatre, acrobatic and illusion.

Here is what music critic Zoe Anderson wrote about

Momix: "The dancers are sleekly flexible, exactly calibrated; nothing destroys the illusion. They swing on poles and ropes, dive through frames, balance at impossible angles. Masked or shadowed, they have little chance to make an impact as individuals."

The other must-see show is the one which internationally renowned Spanish dancer Antonio Marquez and his dance company will stage on Wednesday, July 30. Marquez, who is nicknamed "King of Flamenco," returns to Sicily after last year's successful performances. He and his "Compagnia Espanola" are ready to enchant you with a taste of Flamenco passion. Marquez enchants spectators by staging "Zapateado," a powerful and emotionally exhausting foot-stomping solo dance. He interprets this technically demanding dance by alternating light, delicate steps to blunt, loud and sharp percussive foot movements. Flamenco originated in the 15th-century among the gypsies of Andalusia. It consists of a unique blend of different music and dance styles (Moorish, Jewish, Christian, Greek, Byzantine and Gipsy). Both shows will kick off at 9:30 p.m.

For more information visit www.ctbox.it or call Tickets Box Office at 095-7225340.

WINNING continued from page 2
agrees the receiver was right to deceive.

Receiver - Do you think young boys lie in bed dream of winning a game in the final moments by dropping a pass? Of course not!

They dream of making the catch. Strange - for fear of losing that dream, athletes completely alter it and lose it all the same.

Teammates, coaches, fans - If the receiver was your teammate, would you want him to be honest and admit he failed to make the catch? Not many would. People want to win; it is their desire that determines what he ought to do.

Announcers - Before the era of official reviews, such moves were applauded at the professional level by announcers. In his book "Integrity", Stephen Carter reflects on a similar situation years ago in which a broadcaster said, "What a heads-up play!" Meaning: "Wow, what a great liar this kid is! Well done!"

For some people, the only measure of right and wrong is what they want.

" If they want money, they will justify any behavior to get it.

" If they want to win, they will break any rule if they can do so without getting caught.

" If they want to advance their career, the interests of others or the priorities of the nation will not sway their will.

" If they want to violate another person for their own physical satisfaction, they will gladly deal with any residual guilt rather than deny themselves a fleeting moment of pleasure.

Many will not even experience guilt. Why? Because they are living in logical consistency with their moral framework - to get what they want. If their ethical paradigm is nothing more than raw selfishness, then being selfish will not induce any guilt.

Now, if the only issue is a football game between tenant commands, we will survive.

But if individuals follow this same ethic in matters of relationships, business and life in the military, we are in serious trouble.

Manpower and resources will regularly be spent on matters far removed from accomplishing the mission and goals of national strategic interest.

Imagine a family member on the verge of starvation while you remain well fed with adequate food in storage. Would you withhold food from your loved one for fear that you might one day run short? I doubt it.

Nevertheless, we accept it as 'business as usual' when we encounter institutional selfishness -- superiors directing subordinates to quickly obligate funds lest they be diverted to support priorities specifically outlined by the President of the United States and the Secretary of Defense.

Whether dealing with personal matters or public interests, this matter of 'how we play the game' seems to surface. We have obligated ourselves to a duty which requires appropriating our very lives. As individuals and as a nation, will we choose to rise above this most base system of ethical reasoning, namely, selfishness? I think we can. I think I will.

Kartodromo

Stampa

Ognina

Etnapolis

A Stone's

THE HUB OF THE MED IS ALSO

Villa Romana del Casale



(Above & Below) An outside view of the partially excavated Calidaria, which are the steam baths of the Villa Romana del Casale.



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

To visit Villa Romana del Casale located outside of Piazza Armerina, Sicily, is to step back in time to the height of the Roman Empire's power and decadence. Time has taken a heavy toll on most of the buildings themselves, but what makes the site truly world class are the mosaics that cover the floors of the entire complex.

The site is being actively restored and the majority of it has permanent structures and scaffolds in place which give onlookers a birds-eye view of the magnificent mosaics. Each mosaic adorning the rooms of the expansive complex depict every aspect of Roman life from the Roman gods in the entryway to the "bikini girls" demonstrating athletic abilities

in a back room.

Site:

The overall site rating is three stars. The three star rating is due to current construction at the site that has closed half of the mosaics from public viewing. When the construction is complete, Villa Romana del Casale will most certainly rate five stars.

The site contains world class mosaics in pristine condition and a view of the Roman Empire not easily found anywhere else. The sheer scale of the complex is amazing with over 4200 square yards of mosaics covering the indoor and parts of the outdoor complex. Each room offers a new experience, allowing the viewer to be pulled into the complex mosaics that convey not only an image, but a story played out throughout the villa. The villa is relatively inexpensive to



Rigattiere

...e's Throw

ED IS ALSO THE HUB FOR TRAVEL



(Above)A view of the Atrium located between the entrance arch, the latrine, the thermal baths and the tablinum leading to the centre of the villa.

(Below)The Room with Girls in Bikini is a cubicle located between the peristyle, the Corridor of the Great Hunt and the Hall of Orpheus and depicts young girls in sporting activities.



Magnolia

view with a couple Euros parking fee and a three Euros entry fee per person which is pro-rated for the construction. There are gift shops on site as well as a café and restaurant.

Family Friendly:

Villa Romana Del Casale gets a two star rating for family friendliness because of several factors. There is only one bathroom on the complex and it is a five minute walk from the villa. The only access to the villa itself is from a steep staircase which leads to a path that goes to the villa. Once at the villa several narrow stairs have to be climbed to get on the scaffolding which allows the mosaics to be seen from above. These stairs and scaffolds are neither wheel chair nor stroller friendly and could be very difficult if accompanied by young children. Due to the stairs and some gravel walking paths a good pair of walking shoes is recommended.

Accessibility:

Villa Romana Del Casale gets three stars for accessibility due to the complexity of the drive. The number one piece of advice is do not try to use a GPS to locate the site. Several individuals have reported similar frustrating experiences with Garmin and TomTom units with the newest maps and yet still became very lost while the GPS unit directed them in circles once they were within ten minutes of the villa. Also, the Garmin unit likes to suggest taking SS 288, which is extremely scenic and does offer a beautiful and winding trip through Sicily, but greatly increases the difficulty of the drive with many narrow roads, and tight winding hillside turns.

The easiest way to arrive at the villa from NAS II or I is to get on A19 towards Enna, drive 53 km to the "Mulinello" exit and follow the signs for Piazza Armerina which should lead to SP7A, SS192, then SP4 which turns into SS117bis intersecting in Piazza Armerina. If departing from Mineo hous-



(Above & Below)The central room of the Triclinium has a mosaic depicting men and animals related to the 12 Labours of Hercules and has 12 separate depictions across the room.



ing, simply continue down SS417 towards Caltagirone and take SS117bis to Piazza Armerina.

Once in Piazza Armerina follow the abundant signs to Villa Romana del Casale.

Travel Time:

The travel time rates 3 stars because it takes an hour and a half to two hours to arrive there from NAS II. The travel time for Mineo residents should be just under an hour and a half.



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.

REVIEW SUMMARY

Site:



Family Friendly:



Accessibility:



Travel Time:



These ratings are out of five stars, and are the opinion of the Signature staff and in no way constitute a professional travel review. If you have comments or questions on this review contact: THESIG@nassig.sicily.navy.mil

Housing CORNER



Preparing for Disaster

M o n d o

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

The news today is full of disasters sweeping across the globe with ever increasing frequency. Floods, tsunamis, hurricanes, earthquakes, droughts and plagues are not just evening news sensationalisms but frightening realities. According to the United Nations International Strategy for Disaster Reduction, between the year 2000 and 2005 there were 375 more natural disasters throughout the world than occurred between the year 1900 and 1980. Regardless of the cause, natural disasters are becoming a part of every single person on this planet's lives and therefore everyone's responsibility to prepare for.

The 2005 floods through Marinai Housing and NAS II brought home the fact that even in beautiful Sicily disaster can strike in a minutes notice. In order to prepare for future disasters the Red Cross recommends that every household have a Disaster Supply Kit and a Disaster Plan in order to survive any challenges the future may bring.

"I've notice that people on base are not prepared for disaster," said Christina Hood, NAS Sigonella Interim Red Cross Manager. "At most it's one to two days that people are ready for. You need to be ready for a full week."

The Red Cross recommends that every disaster kit include the following materials:

- A three day supply of water
- A three day supply of non-perishable food
- Non-prescription drugs
- First Aid Kits
- Tools and supplies
- Sanitation supplies to include toilet paper, soap, garbage bags etc.
- Clothing and bedding
- Items for family members with unique needs
- Items for babies and small children such as formula, diapers, etc.
- Prescription drugs, contacts, or spare eye glasses
- Pet supplies to include food, leashes, and water for the pet
- Entertainment items, books, games etc.
- Important family papers to include visa's, marriage license, NEO kit etc.

In addition to the Disaster Kit the Red cross also recommends that every family have a Family Disaster Plan in place that has been discussed and practiceed. To create this plan the Red Cross recommends that families discuss what kind of disasters could occur and practice what to do in each case. This plan should include the following elements:

- For every disaster there

should be two places set as meeting locations

- Every family member should know cell phone numbers and addresses
- An out of state friend should be designated as the "family contact." In the event of an emergency every family member must contact this person and tell them what their current location is.
- What to do in the case of an evacuation
- How to take care of pets during the emergency

"If you're just not prepared, it makes it so much more devastating" said Hood. She stressed that everyone should take being prepared seriously no matter if they live out in town, in housing or even in the barracks.

The Red Cross will be hosting a Disaster Action Team Meeting 11:30-12:30 July 29 on NAS I and invites anyone who wants to learn more about being prepared for a disaster to attend. To register for the class call 624-4900.

Animale

Days Inn

Armed Forces

V e c c h i a
cascina

Ipamena

MWR CORNER

Midtown 2 Theaters

Movies in the Park: July 12
Bring your blankets and chairs and join us for an outdoor theater adventure at the Marinali soccer field.

Concessions will be available for sale. Family film will be followed by an R-rated adult film (no children allowed)

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

Guitar Hero Competition
July 12 at 4 p.m.
Play in a FREE Guitar Hero Tournament for prizes. Medium level only.

LIVE BAND! Hot 4 Blues
July 18: 10:30 p.m. - 1:30 a.m.

Take 5
PlayStation 3 Tournament: July 15

Education Fair: July 16
Lunch and Learn: July 17

Liberty

Brazilian Dinner: [REDACTED]
Hangin' Out at the Beach: [REDACTED]
Murgo Winery Tour and Lunch: [REDACTED]

ITT Gear-n-Go

Summer Beach Shuttle
[REDACTED]

\$15 + bring euro for fees or pack a cooler
Taormina & Limoncello Factory
July 11: Depart: NAS 11:8 a.m., NAS 1: 8:30 a.m., Return: 6:30 p.m.

\$26 + euro for food and fees
Castiglione di Sicilia, Alicantara Valley & Torrepalino Wine Tasting
[REDACTED]

\$69, includes wine tasting and lunch
Kayaking in Sicily:
Eraclea Minoa and Turkish Steps
[REDACTED]

\$30/person, includes kayak
Palermo I & Mondello Beach
[REDACTED]

\$34 + euro for fees and food
Vendicari Nature Reserve - Family Trip
[REDACTED]

\$20 + bring euro for food and fees or pack a picnic lunch
Selinunte Temples and Ruins
[REDACTED]

\$30; bring €20 lunch, €8 entrance + euro for snacks or pack a cooler
Shopping Trip in Piazza Armerina
[REDACTED]

\$15 + bring euro for shopping and lunch
Lipari Express
[REDACTED]

\$89, includes ferry, bus tour and lunch
Cooking class at Agriturismo Trinita'
[REDACTED]

\$68 + bring swimsuits and towels (optional)
NEW TRIP! The Great Mt. Etna Experience: [REDACTED]

\$175, includes everything needed for an overnight stay on Mt. Etna!

Fitness

Tiny Tots Fitness: Tuesdays and Thursdays from 9:30 - 11:30 a.m.

Kids Power Hour: Tuesdays and Thursdays from 10 - 11 a.m. Ages 5 - 9

Tweens Power Hour: Tuesdays and Thursdays from 11 a.m. - noon

This instructor lead fun filled hour introduces both cardio and strength training for preteens. Must pre-register and parent waiver required.

Parent's Spin: Tuesdays and Thursdays from 10 - 10:45 a.m.

Put the kids in the Kid's Power Hour and ride your way to Freedom. This 45-minute class gives parents a break and a workout!

Teens Strength Training: Mondays and Wednesdays from 10 a.m. - noon

Teen Rock Climbing: Mondays from 5 - 8 p.m. Ages 13 & up

Family Rock Climbing Night
July 11: 5 - 6:30 p.m.; 6:30 - 8 p.m. at The Cave

JULY 11 - JULY 18

MIDTOWN MOVIE THEATER

MOVIE HOTLINE: 624-4248

SCHEDULE

MOVIE DESCRIPTIONS

Friday, July 11

1:00pm Chronicles of Narnia: Prince Caspian PG 144 min.
3:00pm Iron Man PG-13 126 min.
4:30pm Hancock PG-13 92 min.
5:00pm Wall-E G 98 min.
7:30pm The Strangers R 85 min.
8:00pm Made Of Honor PG-13 101 min.
9:30pm Street Kings R 108 min.

Hancock (PG-13)

Unpopular superhero Hancock saves the life of a PR executive who attempts to salvage his public image.

Wes to do but wife away the days and die in his slow, clock-punching rut. Until he met a woman named Fox. After his estranged father is murdered, the deadly sexy Fox recruits Wes into the Fraternity, a secret society that trains Wes to avenge his dad's death by unlocking his dormant powers. As she teaches him how to develop lightning-quick reflexes and phenomenal agility, Wes discovers this team lives by an ancient, unbreakable code: carry out the death orders given by fate itself. With wickedly brilliant tutors—including the Fraternity's enigmatic leader, Sloan—Wes grows to enjoy all the strength he ever wanted.

Saturday, July 12

2:00pm Speed Racer PG 135 min.
2:30pm Wall-E G 98 min.
4:30pm Chronicles of Narnia: Prince Caspian PG 144 min.
5:00pm Wanted R 110 min.
7:30pm Baby Mama PG-13 99 min.
8:00pm The Strangers R 85 min.
9:30pm MOVIE IN THE PARK: MARINALI

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.

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.

Sunday, July 13

2:00pm Iron Man PG-13 126 min.
2:30pm What Happens in Vegas PG-13 99 min.
4:30pm Hancock PG-13 92 min.
5:00pm Wanted R 110 min.
7:00pm The Strangers R 85 min.

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.

Monday, July 14

1:00pm Chronicles of Narnia: Prince Caspian PG 144 min.
3:00pm Wall-E G 98 min.
5:00pm Baby Mama PG-13 99 min.
5:30pm Made Of Honor PG-13 101 min.
7:30pm Street Kings R 108 min.
8:00pm Wanted R 110 min.

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.

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.

Tuesday, July 15

5:00pm Speed Racer PG 135 min.
5:30pm What Happens in Vegas PG-13 99 min.
7:30pm Iron Man PG-13 126 min.
8:00pm The Strangers R 85 min.

Wednesday, July 16

1:00pm Wall-E G 98 min.
3:00pm Baby Mama PG-13 99 min.
5:00pm Hancock PG-13 92 min.
5:30pm Get Smart PG-13 114 min.
7:30pm Made Of Honor PG-13 101 min.
8:00pm Street Kings R 108 min.

Sex And The City (R)

The continuing adventures of Carrie, Samantha, Charlotte and Miranda as they live their lives in Manhattan four years after the series ended.

Thursday, July 17

3:00pm Chronicles of Narnia: Prince Caspian PG 144 min.
5:00pm Speed Racer PG 135 min.
5:30pm What Happens in Vegas PG-13 99 min.
7:30pm THROWBACK THURSDAY
FREE ADMISSION
Casino Royale PG-13 144 min.
8:00pm Wanted R 110 min.

Wanted (R)

25-year-old Wes was the most disaffected, cube-dwelling drone the planet had ever known. His boss chewed him out hourly, his girlfriend ignored him routinely and his life plodded on interminably. Everyone was certain this disengaged slacker would amount to nothing. There was little else for

1:00pm Iron Man PG-13 126 min.
3:00pm Happily N'Ever After PG 87 min.
5:00pm You Don't Mess With The Zohan PG-13 120 min.
5:30pm Sex and The City R 145 min.
7:30pm Hancock PG-13 92 min.
8:00pm The Strangers R 85 min.
9:30pm Get Smart PG-13 114 min.

COMING SOON

The Dark Night

A New Sea of Blue and Gold

Article and Photos by MC2 Joshua Wink
Signature Staff

The Navy's new PT uniform has finally made its appearance at Naval Air Station Sigonella. On June 30, the display racks opened up and the first customers to the NEX "7 day" store on NAS I were able to purchase the - soon to be required - uniform items.

Already, the very next day, Sailors were out in the gym, track and streets trying out new uniforms.

"They're a lot better than the old ones," ABF 2 Joe Bailey, of Supply Fuels commented. "The shirts are a lot better material, I think, than the last ones, and I like the fact that everyone is going to look the same."

Although they are not required until the advent of the upcoming PRT, the new PT gear is already flying off of the shelves in the NEX. So far, more than half of the short sleeved shirts from the NEX's initial shipment have already been sold, and until a second shipment of the PT shorts arrives, which should be on or about July 12, the NEX is limited to only the extra-large and 2X sizes.

According to Anna Rapisarda, the uniform supervisor of the NEX, the initial shipment of the uniform PT gear included a total of 2520 short sleeved shirts, 1444 long sleeved shirts and 946 PT shorts, however, almost 1100 more shorts will be sent with the second shipment. Currently the short sleeved shirts cost \$10.99, the long sleeved shirts cost \$12.99 and the shorts are \$13.99 and are available at the NEX "7 day" store on NAS II.



(Above) The feature at the NEX displays the new PT uniforms available in Sigonella. (Below) Supply Fuels begins their PT in their new uniforms the morning after being made available at the "7 Day" store on NAS 2.



4TH continued from page 5

festivities moved over to the picnic site.

"We started this at four o'clock, and a lot is a simple American picnic style festival, not as elaborate as our other ones like spring fest or fall fest," he said. "This is just simple. We've got a nice barbeque going and some games. They can play volleyball, we've got over 50 beach balls thrown out to the crowd just to hang out and play with, a simple slip-n-slide, a lot of water activities, because as you know, in July it's very hot here so we're trying to keep the crowd comfortable and keep them entertained as well."

Other activities at the event included a potato-sack race, water-balloon toss and three-legged race.

Lenz expressed that although the event was geared towards families, there were events for everyone to enjoy.

"It is a family event, but we do provide activities for the single sailor with the live music that we have from Navy Entertainment," Lenz said.

The band was a "Santana" tribute band named "Soul Sacrifice." After the band performed, the crowd was treated a display of fireworks. He explained that the staff for the event was a compilation of volunteers and staff from the Sigonella community.

"We're fortunate to where we've got a lot of Camp Adventure staff this year, and they're the ones that are coordinating a lot of our games for us, keeping all the kids entertained and lined up, and moving from one event to the next, as well as our sports and fitness staff and a lot of our MWR staff in general is just out here along with their families," he said.



During the fireworks display a brush fire started in the area just outside the Land Annex. The fire was put out by Sigonella and Catania fire fighters.

He expressed that the event would not have been possible if not for a community effort to make it happen.

"It's not just MWR that makes this successful. It's a whole Sigonella effort, security, fire department, even our local Carabinieri, as well as some other commands that are out here helping to make sure things go smooth. It's a whole community event," he said.

During the fireworks display, portions of the surrounding brush caught fire outside of the fence line, Kurt Waeschle, the NAS Sigonella Assistant Fire Chief, said.

"The brush fire started at approximately 2135. I got a phone call at about 2215 that it was 95 percent contained," Waeschle said. "It was controlled at 2311."

Eight local nationals, two sailors and one civilian from the NAS Sigonella Fire Department responded to the fire, Waeschle said.

"We were the initial responders," he said. "Once the fire spilled out we requested the Italian fire department to respond."

He stated that there were no injuries, and there was no damage to government or civilian property.

Waeschle believes the fire could have been much worse if not for the efforts of everyone involved.

"Thanks to the cooperative efforts between our workforce and the Catania Fire Department the fire was effectively taken care of, and without their assistance and quick response the fire could be a lot more damaging, and it could have taken a lot longer to extinguish," Waeschle said.

He expressed that the response to the fire was a great demonstration the working relationship between the two agencies, and it will go on to further strengthen the ties between them in the future.

Days Inn

Chiechio

Oxidiana

Acquascivol o

Stampa

CREDIT continued from page 5

will be under your name, and you are the only person restricting how much your child spends, you should only take this route if you feel positive that he will be responsible. A card in your child's name attached to your account will help your child establish a credit history, but it won't allow him to build a payment record.

Choose a new card that lists your child as a co-signer and you as the primary borrower. This approach means that you will get the bills and be able to monitor spending. You can request a low credit limit and have the ability to monitor spending online. Your purchases will be tracked separately. As a co-signer, your child will be able to establish credit history but not a payment

HOSPITAL continued from page 1

specialty practice at. Cooperating with the Neurosurgery and Otolaryngology services, he pioneered intra-operative monitoring techniques that successfully reduced the incidence of Facial Nerve palsy during skull-base tumor surgery from 30% to 2%.

From 1994-2000, he served as principal investigator of the Navy's portion of the multi-center, tri-service, joint DoD/DVA Brain Injury research project.

In 1995, he was selected to develop NMCS's Fleet Liaison program, which later served as a model for similar programs at other Navy facilities.

From 1998-2000, he served as Director of Branch Clinics at NMCS, overseeing 7 Active Duty

record.

Set up a secured credit card account. You can open an account for your child that has a credit line based on your initial deposit. If you open the account with \$200, your child's credit limit will be \$200. You can deposit money anytime, and the card issuer will pay interest on your deposit. Your child receives and pays all the bills.

You can compare rates for regular, secured, and prepaid credit cards at <http://www.bankrate.com> or <http://www.creditcards.com>. If you do decide to take one of these steps, you will have to set clear guidelines about credit card use.

Teenagers notice how their parents act. If you truly want your child to learn how to use credit cards

and 3 Tricare clinics.

Transferring to the Bureau of Medicine and Surgery (BUMED) in 2000, he initially led the Surface Medicine program and then the operational support office. Following the Sep. 11, 2001, attacks his staff helped organize the medical deployments for Operations Noble Eagle and Enduring Freedom and initiated development of the Expeditionary Medical Program for Augmentation and Readiness Tracking System (EMPARTS).

After enjoying a tour as the Senior Medical Corps Assignment Officer at Naval Personnel Command in Millington, TN, from 2002-2004, Bloom was privileged to serve as Executive Officer at Naval Hospital Charleston. Here, he led initiatives for provider productivity, business planning, joint DVA/DoD operations,

responsibly, be a good model. Talk with your teenager about any debt problems you've had and how you worked your way out of them.

Make sure your teenager sees you saving for big purchases instead of putting them on a credit card before you can actually pay for them. Make payments on time and review your own credit report at least once a year.

Financial intelligence is learned; it's not something that children just pick up. In order to make sure your child knows how to use credit wisely, it's best to start out early and help her every step of the way.

For more information on Credit Card management contact the FFSC @ 624-4291.

and hospital reorganization in anticipation of migration to a Naval Healthcare Clinic.

After completing his XO tour he was then assigned to his last position as the Deputy Chief of the Medical Corps, BUMED.

Bloom maintains certifications from the American Board of Physical Medicine and Rehabilitation (1988) and the American Board of Electro diagnostic Medicine (1994). Additionally, he has been privileged to be underway with 13 US Navy and Military Sealift ships and provide medical support to fielded Marines. His personal awards include the Meritorious Service Medal (4 awards), the Navy Commendation Medal, the Army Commendation Medal, the Navy Achievement Medal (2 awards) and the Army Achievement Medal.

HEAT continued from page 2

exercise or exertion. High temperatures, lack of body fluids and over exposure to the elements can bring about this condition. The very young and old are especially susceptible to the hazards of this heat related illness. When heat stroke occurs, we stop sweating. Our body generates heat faster than it can be shed, causing our core temperature to rise to dangerous levels. Once our cooling mechanism (sweating) fails, our core temperature rises rapidly. Death can occur in as little as 30 minutes. When our core temperature rises, the brain, which can only function in a very narrow temperature range, begins to fail. In an effort to cool our blood and lower the core temperature, the brain will dilate all the blood vessels in the skin. As a result, the skin becomes RED and HOT. So, the first sign to look for in a victim of heat stroke is red, hot, flushed skin. Other symptoms are disorientation, combativeness, headache, rapid pulse, lack of sweating, unconsciousness and seizure. The primary goal of treating a heat stroke victim is cooling their body. Since the sweating mechanism has failed, we have to sweat for them. The simplest and most effective method is to remove

all non-cotton clothing, soak the victim with water, while fanning the skin to increase the rate of evaporation of water off the skin. Also, massage their arms and legs to encourage the return of cool blood to the core. Cooling the head and neck is top priority. If available, ice packs should be placed at the neck, armpits and groin. All heat stroke victims must be transported to the hospital as quickly as possible, continuing the cooling process during transportation.

Heat stroke victims are also dehydrated. Unfortunately, getting the victim to drink may be impossible. When a person is confused or unconscious it is inappropriate to force them to drink fluids. Continue cooling their body on the outside in hopes they will recover enough to begin drinking on their own.

Heat stroke, like all heat-related illnesses, is preventable. The guiding principle is to stay well hydrated. Do not rely on your urge to drink to tell you when and how much you need to drink. Drink before, during, and after all outdoor activities. Most doctors recommend drinking eight or more glasses of water a day during normal weather conditions and twice that during high heat periods.

TYPHOON continued from page 3

the U.S. Navy's humanitarian assistance team -- had an emotional reunion with her family before assisting U.S. Navy personnel and Philippine Army soldiers load and unload relief supplies.

"I'm so grateful to be assigned to USS Ronald Reagan right now," said Geroche. "I'm so thankful that we're here assisting the people of my hometown."

HH-60H and SH-60F Seahawk helicopters from Helicopter Anti-Submarine Squadron (HS) 4, embarked aboard USS Ronald Reagan, SH-60B Seahawk helicopters from Helicopter Anti-Submarine Squadron (Light) 43, embarked aboard the guided-missile destroyer USS Howard (DDG 83), and Helicopter Anti-Submarine Squadron (Light) 37, embarked aboard the guided-missile frigate USS Thach (FFG 43) have spent the last four days delivering relief supplies brought to Panay by the AFP and non-governmental relief organizations. C-2A Greyhound aircraft from Fleet Logistics Support Squadron (VRC) 30 have also been instrumental in shuttling relief supplies to Iloilo's Santa Barbara airport, the central hub of relief operations.

The efforts have been a portrait of teamwork; AFP personnel are in each helicopter flight, and AFP officers are aboard USS Ronald Reagan, working with the ship's Crisis Action Team (CAT), which helps respond to humanitarian emergencies.

"The AFP commanders are telling me my mission," said Rear

Adm. Phil Wisecup, commander of the U.S. Navy ships involved in the effort. "We're doing everything we can to support the Armed Forces of the Philippines. We'll stay here as long as the government of the Philippines requires it and no longer."

The mission is giving Filipino-Americans a chance to provide needed assistance in their native homeland, an emotional experience to say the least, considering the devastation caused by the typhoon, which left 540 dead on Panay and destroyed more than 100,000 homes.

"My mom saw me on TV," said Hospital Corpsman 3rd Class Robert Catre, a medic and translator for the U.S. Navy humanitarian team. "I feel great about what we're doing here."

"I was terrified for my wife," said Storekeeper 1st Class Raymond Pagua of USS Howard, whose wife Mahnee lives in Iloilo. "I was just waiting for the call, trying to get here. I'm so proud to be an American Sailor right now, doing this."

For Seaman Geroche, the emotions were strong. The 22-year-old Sailor helped load rice for delivery to her neighbors and countrymen, and was able to console her family at the same time.

"When President Bush sent us here, I was happy. I was hoping I'd get this chance to see my family. It felt good to hug my mom and tell her everything will be OK now," said Geroche.

With her mother's arms wrapped around her, tears streamed down Geroche's face. "I'm home Mommy," she said. "I'm home."

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