



EODMU/8 Sailors Learn Brazilian Jiu-Jitsu



U.S. Navy photo by MC1 Brian Goyak

Ricardo "Franjinha" Miller and Aurelio Gallegos Jr., demonstrate how to control an opponent in the side mounted position for members of Explosive Ordnance Disposal Mobile Unit 8.

Article by MC1 Brian Goyak
Fleet Public Affairs Center
Detachment Sigonella

Sailors from Explosive Ordnance Disposal Mobile Unit 8 (EODMU/8) received training in self defense from two world champion Brazilian Jiu-Jitsu (BJJ) instructors from 7-11 July.

Ricardo "Franjinha" Miller is the founder of Paragon Brazilian Jiu-Jitsu in Santa Barbara, CA. Miller has earned a black belt in BJJ and is a three time PAN AMERICAN Champion in both gi and no gi division.

"Brazilian Jiu-Jitsu gives these Sailors the skills needed to control a person with out hurting them. Some times you can not approach some one and strike him or punch him," said Miller. "Jiu-Jitsu gives them the skills to control the guy by putting him in some kind of choke hold or lock his elbow in a way that you don't need to break his arm or kill him."

Aurelio Gallegos Jr., a student of Miller's, owns and operates Paragon Brazilian Jiu-Jitsu in Corpus Christi, TX. Gallegos has also earned his black belt in BJJ and is a PAN AMERICAN champion as well.

"We're teaching these

Sailors self defense. In the event that they find themselves with out a weapon they will have tools available to defend themselves," said Gallegos. "We also teach prisoner control. How to pat down a person and make sure you get them down on the ground with out having to use excessive force."

Brazilian Jiu-Jitsu is a martial art that focuses on grappling and especially ground fighting with the goal of gaining a dominant position and using joint-locks and chokeholds to force an opponent to submit. Additionally the students learned how to search detainees and how to control prisoners both compliant and non-compliant.

"The course here over the past week was fantastic. These guys are world champions and not only are they at the top of their game but they are excellent instructors," said Lt. j.g. Jonathan Swearingen. "I've worked with some guys that are fantastic fighters but they can't teach at all and that doesn't do you any good. I loved the course and am really excited that the unit is supporting it."

The class was made up of

Story continued on page 13

Capt. Bloom Assumes Command of U.S. Naval Hospital Sigonella

Article and photo by
MCSN Jonathan Idle
Signature Staff

Capt. James R. Bloom assumed command of U.S. Naval Hospital Sigonella from Capt. Helen V. Pearlman in a Change of Command ceremony Fri. July 11 at the gymnasium in the Midtown Complex on NAS I.

The traditional Change of Command began with the arrival of the official party including Bloom, Pearlman and the special guest speaker Rear Adm. Mathew Nathan, Commander, Navy Medicine East Commander, Naval Medical Center Portsmouth.

Following the arrival of the official party, the Italian and American National Anthems were performed.

Chaplain Hank Wilson gave the traditional invocation and then turned the podium over to the guest speaker, Rear Adm. Nathan. Rear Adm. Nathan sang the praises of Pearlman for all the accomplishments she has achieved with her team at the hospital



Capt. Pearlman receives the Legion of Merit from Rear Adm. Nathan during the Change of Command ceremony.

during her tour here. He sighted most notably that the hospital was named No.1 in patient safety for the entire Department of Defense in the category of systems improvement, hospital

category. "The United States Navy and Marine Corps team is the worlds 911," Rear Adm. Nathan said.

Story continued on page 12

WW-II 82nd Airborne Division Remembered at Ponte Dirillo

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

Sailors of Naval Computer and Telecommunications Station (NAV-COMTELA) based at Naval Air Station (NAS) Sigonella, and officials from the Sicilian towns of Niscemi and Gela, gathered July 11 to honor the 39 WW II era 82nd Airborne Division service members who lost their lives near Ponte Dirillo, Sicily, July 10, 1943.

The ceremony took place next to a Sicilian farm house in the shadows of three German gun emplacements known as pillboxes. Outside the house hangs plaque inscribed with the names of the 39 men.

Story continued on page 13



Capt. Beadles and Cmdr. Creighton place a wreath at the memorial marking the spot where 39 members of the U.S. Army's 82nd Airborne Division gave their lives during Operation Husky.

WEATHER UPDATE

July 18
H:94F
L:68F



July 19
H:90F
L:71F



July 20
H:94F
L:70F



July 21
H:95F
L:67F



July 22
H:91F
L:68F



July 23
H:91F
L:68F



July 24
H:89F
L:70F



TOP STORIES

Readers of Diversity/Careers in Engineering and Information Technology magazine helped the U.S. Navy earn honors as a Best Diversity Company for 2008.

Page 3

Your credit record is an account of your personal financial history. Credit records are used to determine whether you get a car loan, apartment, mortgage, new credit card, or in some cases, a job. Your score may also determine the amount of interest you pay over the life of a loan.

Page 5

Have you ever heard the saying: "When in Rome, do as the Romans do?" This proverb advises tourists to adjust to the local culture and habits as much as they can.

Page 6

The island of Vulcano is the southernmost of the Aeolian Islands which lie off the northeastern side of Sicily in the Tyrrhenian Sea.

Page 8

On Saturday, July 11, the Sigonella Privateers finally made it past a road block that has been a thorn in their side since their inception early last year.

Page 13

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	166	140	+26
Injuries	28	14	+14
DUIs	5	3	+2
Traffic Deaths	2	0	+2

PLEASE,
DON'T BECOME
A STATISTIC!

DIRECT LINE NASSIG COMMANDING OFFICER CAPT. THOMAS J. QUINN

This past week marked the halfway point through the 101 Critical Days of Summer. This period is one of the highest risk periods of the year and I think it is a good time to remind everyone to focus on reducing risks. Risk management is something that everyone should practice on the job and at home.

Since the Critical Days of Summer began on 23 May, 11 people throughout the Navy have died in mishaps and seven of these have been in motorcycle accidents. This indicates a dangerous Navy-wide trend that we are actively addressing at NAS Sigonella to ensure the safety of all our Sailors and dependants.

This year we have already had more motorcycle accidents than any other base in the region. I have heard some say that our numbers are high because we have more motorcycle riders and more good riding days each year, allowing for more opportunities for an accident to occur. Even though this may be, it doesn't change the fact that each accident brings NAS Sigonella one step

closer to mourning the loss of a shipmate.

As a part of my initiative to lower the accident rates, all motorcycle riders should have attended the Motorcycle Safety Stand down that was held June 19-20 or the Experienced Rider Course offered July 11 in order to retain their motorcycle privileges through MVRO. Also, all riders are now required to wear reflective gear at all times, and are going to be assigned to mentoring groups where each rider has accountability to another rider. In addition to these measures I am in the process of personally re-writing the base policies on motorcycles to ensure that our personnel are safe and the accident rates drop.

I want to make it clear that I am not singling out motorcycle riders, because I have no problem with motorcycle riders. I just have a problem with irresponsible motorcycle riders who recklessly get into accidents. That was the reason I had the mentoring groups created. To allow the experienced motorcycle riders of

NAS Sigonella to pass on that experience to those who need it, and in turn make our riders safer.

No matter what type of vehicle, two wheels or four, driving in Sicily can be a challenge. Each and every one of us needs to work on defensive driving and remember that the Italians have spent entire lifetimes learning to drive the way they do. So reduce your overall risk by slowing down, watching out, and taking extra care to arrive at your destination safely.



Health WATCH

Calcium and Vitamin D Essential for Strong Bones

Article Courtesy of the American Dietetic Association Knowledge Center

Building strong bones is a lot like building a healthy balance in your "calcium bank account." Bones are living tissue and constantly in a state of turnover, making calcium deposits and withdrawals daily. Vitamin D is also essential for strong bones. Your body needs it for optimum bone strength and to help absorb calcium.

However, most people are not getting enough of either of these nutrients. Bones don't come with a lifetime guarantee. They need continuing maintenance or they can weaken and break. If your diet is low in calcium, your body will take calcium from your bones to keep blood calcium at normal levels. For a lifetime of healthy bones:

- Consume three servings of low-fat or fat-free milk or other dairy products every day.

- Supplement your diet with calcium from calcium-fortified foods and beverages if you don't or can't consume milk.

- Follow an overall healthy eating plan using the My Pyramid Food Guidance system (www.mypyramid.gov)

- Be physically active with weight bearing exercise like walking, running or weight training.

Calcium and vitamin D are both essential nutrients when it comes to bone health. Although most people link calcium to strong bones, vitamin D sometimes gets overlooked and it shouldn't. Recent research shows that vitamin D plays an important role, along with calcium, in bone health. The stronger your bones are at age 30, the more you will have "invested" in your "calcium bank account" as you get older. To maintain strong bones and get

Story continued on page 12

Commanding Officer
Capt. Thomas J. Quinn

Public Affairs Officer
Lt. j.g. Matt Knight

Deputy Public Affairs Officer
Dott. Alberto Lunetta

Editor
MCSN Jonathan Idle

Staff Writers/ Photographers
MC1 Brian Goyak
MC2 Jason Poplin
MC2 Joshua Wink
MCSN Jonathan Idle

Interns and Volunteers

The Signature editorial office is located at:
Naval Air Station Sigonella, Sicily
PSC 812 Box 3020
FPO, AE 09627
Telephone: 095-86-5440; DSN 624-5440

This civilian enterprise (CE) newspaper is an authorized publication for members of the military services overseas. Contents of The Signature are not necessarily the official views of, or

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.

NASSIG WORSHIP SERVICES

Chapel Office: 095-86-3975

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



A Day to Reconcile

Article by Chaplain Ken Rhodes

Throughout the year, we set aside many days in the yearly calendar to honor someone, call attention to an ideal or to motivate people to some positive action: Mother's Day, Independence Day, Sig Pride Day, Green Day and so on. I came across an old Ann Lander letter which suggested a wonderful day to add to the calendar, Reconciliation Day. It was written by Orlando from Vay Nuys.

"Dear Ann Landers: I have suddenly become aware that the years are flying by. Time somehow seems more precious. My parents suddenly seem old. My aunts and uncles are sick, and I fear they don't have many years left.

I haven't seen some of my cousins for several years. I really love my family, Ann, but we have grown apart.

"I am also thinking of my friends, some I've known since childhood. Those friendships become more precious as the years pass. Nothing warms the heartlike sharing a laugh with someone you've known for a long time.

"Then my thoughts turn to the dark side. I remember the feelings I've hurt, and I recall my own hurt feelings ~ the misunderstandings and unintended fences that separated us and set up barriers.

"I have a close friend in New York I

Story continued on page 12

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

Navy Earns Corporate Diversity Recognition

Article by Lt. Cmdr. Elizabeth Zimmermann
 Chief of Naval Personnel-Diversity Directorate Public Affairs

Readers of "Diversity/Careers in Engineering and Information Technology" magazine helped the U.S. Navy earn honors as a Best Diversity Company for 2008.

The Navy was one of nine government agencies in a group of 100 honorees selected from a field of more than 600 companies, government agencies and other organizations that employ technical professionals. These groups were selected by readers of "Diversity/Careers" and

visitors to its Web site: www.diversitycareers.com.

"I am committed to ensuring that we, as a Navy, are going to be one of the best places for a young person to start their career. We must all think and work as an organization to attract, recruit and retain our Nation's best and brightest now and in the future," said Chief of Naval Operations (CNO), Adm. Gary Roughead.

Readers listed the Navy as one of the best companies due to its support of minorities and women, attention to life-work balance and commitment to supplier diversity.

This recognition comes on the

heels of the Navy's receipt of the prestigious Work Life Legacy Award from the Families and Work Institute. In a ceremony in New York City June 9, the accomplishments of the Navy's Task Force Life Work were lauded. The Navy joins an elite list of honorees such as Ernst & Young, Deloitte & Touche and Xerox, companies considered to be some the best at addressing the social, personal and professional needs of their employees.

"The United States Navy is an organization like no other in the world. We have opportunities, and we give opportunities to young people in ways that no company, no other

organization will," Roughead said. "We operate the highest levels of technology. We give our young people more authority, more opportunities for them to exercise their leadership and their initiative, than any other organization that I have ever seen."

The CNO expressed his desire to be considered on par with the top 50 companies to work for in the country, and it seems the Navy is doing just that.

When compared to "Fortune's" 2008 list of the 100 Best Companies to Work For, the Navy's quality of life and compensation offerings were found to be extremely competitive.

"We are all about opportunity. We are at the heart a learning organization, built upon training and devel-

opment, the best that money can buy, in both our enlisted and our officers," said Vice Adm. John Harvey, director of Navy staff.

"What we have to do is make people aware of these opportunities, the opportunity to serve, but also the opportunity to grow, and we bring that together [in the Navy]."

Other government agencies selected as Best Diversity Companies included the Defense Intelligence Agency, National Geospatial-Intelligence Agency, National Radio Astronomy Observatory, National Security Agency, Naval Research Laboratory, Office of Naval Research, Sandia National Laboratories, U.S. Coast Guard (Civilian Careers) and U.S. Nuclear Regulatory Commission.

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 Brian P. Caracci

A Beach Master Unit (BMU) 1 Lighter Amphibious Re-supply Cargo (LARC) crashes through the surf on its way out to sea as the Military Sealift Command SS Flickertail State (T-ACS 5) is off loading equipment and supplies for Joint Logistics Over-The-Shore (JLOTS) 2008. JLOTS 2008 will establish command and control of Army and Navy units, construct a Life Support Area (LSA), conduct force protection operations, execute an in-stream offload of shipping from a sea echelon area, employ Offshore Petroleum Discharge System (OPDS), retrograde and safely redeploy allocated forces.



U.S. Navy photo by MC3 Kyle D. Gahlau

Sailors stand at attention during a "frocking" ceremony in the hangar bay of the aircraft carrier USS Kitty Hawk (CV 63).

New Hitech
 Hop

Monika

				FRIDAY	SATURDAY	SUNDAY
				18 - JULY	19	20
				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	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY			
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 NMCRS Nearly New Shop Open from 10a.m.-1p.m. x4212	
28	29	30	31	1 - AUGUST	2	3
Alcoholics Anonymous -7 p.m. -NAS II Chapel x9203	Red Cross Disaster Action Team Meeting 11:30a.m.-12:30p.m. x4900	FFSC Men's Group 1:30p.m.-3p.m. x4291 Alcoholics Anonymous 7 pm NAS II Chapel x9203		Alcoholics Anonymous -7 p.m., NAS II Chapel x9203		

Motta

All Services

Stags

Marchi

Did you know?

Junior Seabags were provided by the Navy-Marine Corps Relief Society to the parents of 6,900 new infants in 2005? Attending the two-hour Budget for Baby class provides new parents with a Volunteer-assembled layette. Junior Sea-bags include terry sleepers, handmade sweater sets or afghans, blankets, sheets, towels, and more. Let the Society help you welcome the newest member of your family. **Get a budget review**, which helps you understand the sometimes hidden costs associated with a growing family, and receive a layette for your new baby. For more information on our Budget for Baby classes, call 624-4212 today!

NMCRS: Your First Resource...
Not Your Last Resort!
www.nmcrrs.org



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

Managing Credit: Quick Facts about Your Credit Record

Article adapted from Military OneSource

Your credit record is an account of your personal financial history. Credit records are used to determine whether you get a car loan, apartment, mortgage, new credit card, or in some cases, a job. Your score may also determine the amount of interest you pay over the life of a loan. That's why it's important to check your credit record at least once a year to make sure it's correct and that you are familiar with all of the information in it.

Your credit record includes basic information: such as your name, date of birth, Social Security number, current and previous address, and employment information. It also includes a list of all the loans and credit accounts you've had for the last seven years, including every late or missed payment. Your credit record will also include financial judgments made against you in court, including bankruptcy. Companies and individuals look at

your credit report to determine whether or not you should be offered a new credit or store card, a job, a mortgage, a loan, or even a rental apartment. Your credit record shows how financially reliable you have been and gives an idea of how responsible you may be in the future.

Every U.S. citizen is entitled to a free credit report once a year from each of the three main credit reporting bureaus: Equifax, Experian, and TransUnion. Annualcreditreport.com allows you to order all three reports and view them online. Unfortunately, individuals who are assigned to an overseas location the online option does not apply. Citizens who reside outside of the U.S. can order their report over the phone, or by mail. Your credit report will be mailed within 15 days.

If you find an error in a credit report, you have the right to dispute that error and try to have it corrected. Check to see if the mistake shows up on your reports from other credit bureaus.

You will need to file separate disputes with each credit bureau that shows the mistake. Always keep detailed records of what corrections you requested, along with copies of supporting documentation. If you find any evidence of identity theft, such as an open account that you know you never opened, make sure to follow the credit bureau's instructions for reporting identity theft. The bureau will respond to your dispute in writing within four to six weeks.

For additional information on obtaining your credit report and/or disputing errors or your report contact the FFSC @ 624-4291.

Lido Nuovo

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) Bobby is a great puppy who loves to play. He is very energetic and needs a family to call his own. He is full energy and will make a great companion for the perfect family.

(Left Below) Tulsa is a very energetic dog with a love for life. He loves to run and play. His favorite toy is his red ball and will fetch it any day of the week.

If you would like to play fetch with Tulsa please come and visit him at the Stray Animal Facility.

For more information contact the Stray Animal Facility at 624-3936 or Rose Cummings at 334-383-8786.



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.*

Alberto Lunetta
Signature Staff



Italian NEWS

Sicilian Culture, Events and Lifestyle

New Catania Mayor Announces Crackdown on Illegal Parking

Have you ever heard the saying: "When in Rome, do as the Romans do?" This proverb advises tourists to adjust to the local culture and habits as much as they can. However, if this cultural tip is highly recommended when dealing with food traditions or making friends, it is should definitely not be followed when it comes to parking vehicles illegally.

Unfortunately, unauthorized parking on commercial areas and throughout the historic center is pretty common in Catania. For this reason, the new elected mayor, Senator Raffaele Stancanelli, has recently set up an "anti-parking offender's team" to tackle the problem. Here is a story that explains how sometimes foreigners could develop a bad habit as they see many local bad examples around them.

A few months ago, I got a call from an American friend of mine, whose car was towed as it was parked on a sidewalk along a curve in the vicinity of the Catania fish market. When I got there to help him, he said: "Why did they do that to me? I see local people parking there every time I come here." Yes, he was right. Unfortunately, people do that very often and, guess what, they are wrong! In that specific situation, the problem was that there were other cars illegally parked on the opposite side of the street, so his vehicle was blocking both the city bus and the traffic behind. The bus driver called a Polizia Municipale (Municipal Police) patrol and his car was towed, impounded and taken to a lot, which was located on a totally different part of the city. Thus, we drove through the chaotic Catania traffic for about two hours before getting to the lot. Once we got there, he had to pay both the impound fee and the tow bill on

the spot, and later the fine at the local post office. Bottom line, if this sounds like something you would never want to go through, don't park illegally!

Last week, Mayor Stancanelli announced that the Catania Municipal Police Department has begun a crackdown on drivers who park illegally.

The department has tasked Municipal Police patrols and Catania-based company "Sostare" parking attendants to sweep the city traffic hotspots, historic center and commercial areas by putting clamps on the tires of vehicles parked illegally or towing them, if necessary.

During a press conference held to announce the new campaign called "Lotta alla Sosta Selvaggia" (Fight Irresponsible Parking), Stancanelli said double-parked and illegally parked vehicles disrupt the flow of traffic and therefore must be fined.

"I'm working on making the city more livable. I ask the Catania residents to be patient and work closely with us to assure the success of this initiative," Stancanelli said.

Between Jan. 1 and May 31, 2008, a total of 11,023 tickets were issued for parking illegally across Catania compared to 31,941 the previous year, figures released by the Catania Municipal Police have shown.

Drivers could face a € 36 or € 74 fine for illegal parking and pay an additional €41 if the police boot a tire. Parking offenders will find the ticket and a note (with English translation) on their car windshield with instructions on how to call "Sostare" vehicle immobilization service attendants who will unlock the boot (phone number: 095-505211 or 346-0175666, the service is available



Photo by Alberto Lunetta

In a major crackdown aimed at fighting parking abuse in Catania commercial areas and historic center, motorists parked illegally will face severe fines and the chance of finding their cars immobilized with wheel boots or even having them towed.

everyday from 9 a.m. through 9 p.m.). A "booted" vehicle that remains unclaimed by 9 p.m. from Monday through Friday will be towed to the Catania Municipal Police impounded cars' lot (# 35 via Proserpina). In addition to the above-mentioned parking violation fines, the owner of a towed vehicle will also be charged towing and storage fees. Drivers who attempt to drive away or damage the wheel clamp may face criminal charges.

Mayor Stancanelli also announced a crack down on motorcycle riders not wearing helmets and a special street cleaning project.

Kartodromo

Rigattiere

Temples of Agrigento by Night



What could be more fascinating than visiting a breathtaking Greek temple from the fifth century B.C. when the sun goes down? Make sure you take advantage of this unique opportunity which will allow tourists to enjoy a different scenery and landscape of the ancient Agrigento "Valle dei Templi" (Valley of Temples) at night through August 31. Opening hours: Monday-Friday 8:30 a.m. - 10:30 p.m.; Saturday-Sunday: 8:30 - 11:30 p.m. For more information and tickets, call Agrigento tourist Office at 0922- 20454.

Caltagirone Honors St. James

The "Festa di San Giacomo" or Saint James' Feast, the city's patron celebrations, will be held in Caltagirone on July 24 and 25. The festival was first celebrated on July 25, 1090, when Count Roger the Norman liberated Caltagirone's townspeople from the Saracen rule. According to tradition, St. James appeared during the battle riding a white horse to support Roger whose armies eventually defeated the Saracens. Thus, the Norman Count erected a temple to honor the saint. In 1457, Giovanni Burgio, the Bishop of Manfredonia donated a relic of St. James, a part of the arm's bone to the city of Caltagirone. The relic is placed inside a blessing hand shaped reliquary.

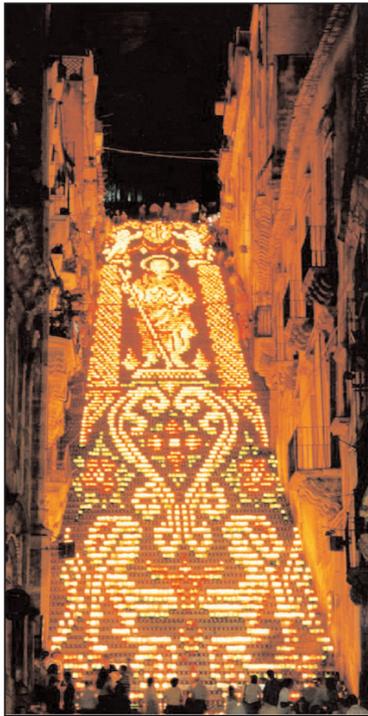
Fifteen years later, Antonello da Messina, the famous Sicilian painter, portrayed St. James, but the painting was destroyed together with the church that hosted it in a terrible earthquake that occurred in 1693. In 1518, Vincenzo Archifel, a sculptor from Catania, made a statue depicting St. James. Since that year, the celebrations for St. James are enriched by an external procession during which his statue tours the streets of Caltagirone. In 1691, the relic of St. James was moved to a magnificent silver box made by the Gagini brothers. The box is among the masterpieces of Italian sacred art.

The festival opens on July 24 at in piazza Municipio with the traditional "Corteo Storico del Senato Civico e delle Autorità Cittadine" a lavish parade in period costumes featuring actors that represent the "distinguished members" of the 18th century City's Senate. All the town military and civilian authorities take part in this event. The parade leaves from piazza Municipio (Main Square) at 7:30 p.m.

In the evening, more than 4,000 coppi (colored oil lamps or lanterns) will be lit at 9:30 p.m. to illuminate, forming a glowing shape, the magnificent stairs decorated with mesmerizing majolica tiles consisting of 142 steps. The stairs will stay lit throughout the festival. A firework show is held at 10 p.m. at the public gardens.

On July 25, the parade in period costumes is repeated throughout the city center at 10:30 a.m. The religious procession with the Saint James' relics and the statue begins at 8:30 p.m. leaving from the Church of Saint Giacomo.

Other upcoming Caltagirone Summer highlights include the following shows and events: Ceramics Fair Expo (Reburdone Palace- July 18, 5 p.m.); Baroque Dance / Requiem shows (Church of the Rosario -July 18, 9:30 p.m.); "1st Vespa Day," an event celebrating the legendary Italian scooter (July 20, 9 p.m. historic center and public gardens); Ass. Musicale "Luigi Sturzo" Band Concert (Public gardens- July 23, 10 p.m.); Fireworks show (July 23, midnight); Concerts at the Cloister of the San Luigi Convent Boarding School: Gabriella Cosentino, piano (July 22, 9 p.m.), Giuseppe Costantino (violin)



The festival celebrating Saint James in Caltagirone blends religion and folklore. It starts on the evening of July 24 with a spectacular period costume parade. The illumination of the breathtaking staircase made of majolica tiles and an array of concerts and shows to be held in the historic center are also must-go highlights of this year Caltagirone Summer Events Season.

Alessandra Toscano (piano) - (July 19, 9 p.m.) and "Jazz Lab Ensemble" Gaetano Cristofaro (tenor saxophone), Salvatore Torrisi, (conductor) - (July 27, 9 p.m.).

For more information and detailed schedules regarding summer events, call Caltagirone Tourist Office at 0933/41365 or send an email to servizio-informazioni-turistiche@comune.caltagirone.ct.it

Upcoming Concerts and Shows in Sicily



Marsala); Italian rock star "Ligabue" PICTURE 2 (July 26 - Vedodromo, Palermo); Italian rock band "Afterhours" (July 27, Tremestieri Amphitheatre, Catania province); Italian pop singer "Ron" (July 27 - Campofelice di Roccella, piazza Garibaldi, Palermo province); British artist, disc jockey, and actor "Goldie" performs dance, electronic, jungle, drums and bass music (July 30 -Mercati Generali Club, # 417 State Road (Caltagirone-Gela) - Km. 69, Catania);

Here are my top event picks for the rest of the month: Y's Club (Le Dune Hotel # 10B viale Kennedy , Playa Beach area, Catania) Concerts : "Café do Brasil" Samba & Bossa nova music - Manola Micalizzi (vocals), Sandro Sirna (classic guitar) and Massimo Costanzo (bass) - (July 19 - 10 p.m.); "Katania Quintet ex Libertango": Francesco Cali (accordion), Luigi De Vita (guitar), Marcello Leanza (saxophone); Giovanni Arena (double bass) and Ruggero Rotolo (drums) - (July 20 - 10 p.m.); "Orchestra Jazz del Mediterraneo"- (July 25 - 10 p.m.); "Extrajazz" : Antonella Pergola (vocals), Claudio Bannardo (piano), Franco Maiore (bass); Renzo Fortuna (drums) - (July 26 - 10 p.m.); "Tribute to music producer Francesco Virlinzi" featuring Simone Cristicchi , Carmen Consoli and Marina Rei and "Acappella Swingers" as special guests (July 28 - 9 p.m.- Ulisse Terrace , # 12 viale Ulisse, Catania); Pop/jazz pianist and singer Peter Cincotti (July 28 - Verdura Outdoor Theatre in Palermo); Italian singer and actor Massimo Ranieri (July 22- Palaliva Siracusa/ July 28 - Taormina Greek Theater/ July 29 Verdura Outdoor Theatre in Palermo); Italian rock band "Tinturia" (July 25 - Campo San Giovanni -Erice/ Aug. 2 San Pietro monumental district -

1 Mascalucia World Music "Festival Sete Sois Sete Luas"at the Trinità Manenti Park : Toma Castaña (Cadiz, Andalusia and Spain - July 22, 9:30 p.m.); Nancy Vieira (Cape Verde- July 23, 9:30 p.m.); "Med-Set Orchestra" (Algeria, Portugal, Sicily, Tuscany and Valencia - July 24, 9:30 p.m.); "La Gialletta" (Portugal, Sicily, Italy and Basque Country - July 25, 9:30 p.m.); "Orchestra De Harmonicas de Ponte De Sor" ((Portugal - July 26, 9 p.m.); "Orchestra 7Sois" (Andalusia, Israel, Italy, Morocco and Portugal July 26, 9:30 p.m.); "Gustafi" (Istria and Croatia - July 27, 9:30 p.m.); 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, concert details 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).

Etnapolis

THE
Signature
SIGNONELLA, SICILY

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.

Stampa

A Stone's

THE HUB OF THE MED IS ALSO

The Island of Vulcano



(Above) The warm waters of Vulcano run right up to the steps of the mud baths.
(Below) The mud baths offer a unique and relaxing experience for a small fee.
(Bottom) The man made mineral hot springs have three different pools with a range of temperatures. The club also offers many spa treatments for a price.

Article and photos by
MCSN Jonathan Idle
Signature Staff

The island of Vulcano is the southernmost of the Aeolian Islands which lie off the northeastern side of Sicily in the Tyrrhenian Sea. Vulcano is known largely for the geothermal activity which has created mud baths, hot springs and black sand beaches. The Romans named the island after the god Vulcanus, and the name for the island became the word for volcano in most modern languages. They used the island for the materials that can be found there such as sulfur, wood and alum. There are three volcanic cones on the island, and while the island is still active, there has not been an eruption since 1890.

Site:

For things to see and do, Vulcano rates four stars. The island is geared almost entirely toward tourists who come for the geothermal related attractions. The reason it only rates four stars is due to the sulfur smell

around a section of the island which some people may find unpleasant upon first arriving there. The island creates a very relaxing environment that could be compared to a day at a spa. There is a small fee to enter the mud baths, but access to the near by beaches are free. The beach that is closely linked to the mud baths is rocky, but the water is extremely warm from the sulfur gases coming up through the rocks.

A few hundred meters behind that on the other side of an isthmus, is a black sand beach made from the lava flows. The water is slightly cooler but is still relatively warm. There is a small fee for umbrellas and lounge chairs.

Down the road from the beaches, there is a club with man-made mineral pools which cost a small fee for several hours of use. The club offers full spa treatments including facials, manicures, hair cuts and other services for a price. The ITT trip to Vulcano does include two hours of

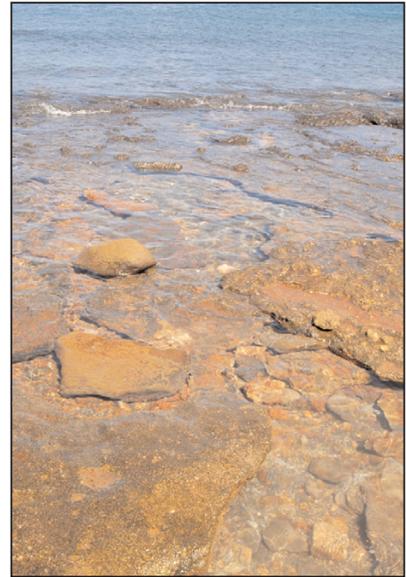


Pietro



...e's Throw

ED IS ALSO THE HUB FOR TRAVEL



(Above Left) The black sand beach on the island of Vulcano. (Above Right) The rocky beaches of Vulcano offer warm waters due to the sulfur gas escaping through the rocks. (Below Left) A view of the city as the ferry pulls in to the island. The town is small and made for tourists. (Below Right) The beach that lies next to the mud baths. This beach is where the warmest water can be found.



Belmontino

access to the mineral pools.

The island has several restaurants and bars which line the main road and the pier. There are local shops which offer the usual souvenirs and merchandise that can found in most tourist locations.

For anyone who feels like hiking up to the top of one of the volcanic cones, there is a road which leads to the top of the cone closest to the town. The hike takes approximately an hour each way and offers views of some of the other Aeolian Islands and the surrounding scenery.

Family Friendly:

In this category the island rates four stars. Almost everything to see and do is in a small area on the main road which is relatively flat. This makes getting around with young children, strollers or wheelchairs relatively easy. While there is not much specifically geared towards children, the beaches, pools and mud baths offer plenty of ways to keep kids

entertained. Not to mention that the warm water makes for very enjoyable swimming.

Accessibility:

Since this was an ITT trip, it rates five stars for accessibility. The bus leaves from base and wraps up around the highway on the eastern coast to Milazzo. From there, the ferry goes to Vulcano. There are also hydrofoils running back and forth which are quicker, but the ITT trip only covers the hydrofoil for the return trip. For those who wish to drive, take A18 toward Catania to A19 then continue on Messina/Palermo. Take the first Milazzo exit to the harbor.

Travel Time:

The trip only rates one star for travel time. It takes between two to three hours to reach Milazzo by bus, and slightly more than an hour on the ferry. The hydrofoil cuts the return time slightly, but the trip will still take three plus hours each way.

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

Ristorante Bella Etna

<p>Friday 18</p> <p>Lunch: Cream of Potato Soup, Spicy Baked Chicken, Pasta Alforno, Tossed Green Rice, Seasoned Mix Vegetables, Summer Squash, Garlic Bread, Chocolate Cake, Vanilla Pudding.</p> <p>Speed Line: Hamburger, French Fries, Baked Beans</p> <p>Dinner: French Onion Soup, Turkey Polynesian, Salisbury Steaks, Boiled Pasta, Steamed Rice, Spinach, Cauliflower, Brown Gravy, Chocolate Cake, Vanilla Pudding.</p>	<p>Saturday 19</p> <p>Lunch: Spanish Soup, Swedish Meatballs, Vegetarian Pizza, Rice Pilaf, Brown Gravy, Simmered Green Beans, Hot Spiced Beets, Snickerdoodle Cookies, Vanilla Pudding.</p> <p>Dinner: Chicken Rice Soup, Herbed Baked Fish, Smoked Ham, Mediterranean Brown Rice, Sweet Potatoes, Peas w/ Celery, Okra Melange, Pineapple Sauce, Snickerdoodle Cookies, Vanilla Pudding.</p>	<p>Sunday 20</p> <p>Brunch: Breakfast items, Cream of Mushroom Soup, Double Decker Beef & Turkey Sandwich, Chili Macaroni, Stir Fry Vegetable, Lima Beans, Peach Cobbler, Brownies.</p> <p>Dinner: French Onion Soup, Teriyaki Chicken, BBQ Beef Cubes, Egg Noodles, Pork Fried Rice, Carrots, Brussels Sprouts, Peach Cobbler, Brownies.</p>	<p>Monday 21</p> <p>Lunch: Creamed of Broccoli Soup, Vegetable Lasagna Baked Fish Fillet, Tossed Green Rice, Toasted parmesan Bread, Waxed beans, Steamed Broccoli, Sugar Cookies, Blueberry Pie</p> <p>Speed line: Sub Sandwich, Potato Chips.</p> <p>Dinner: Chicken Rice Soup, Baked Stuff Pork Chops, Beef Ravioli, Steamed Rice, Brown Gravy, Stewed Tomatoes, Vegetable Stir Fry, Sugar Cookies, Blueberry Pie, Jello</p>
<p>Tuesday 22</p> <p>Lunch: Cream of Asparagus, BBQ Spareribs, Fried Chicken, Creamy Chicken Gravy, Mashed Potatoes, Rice Beans, Corn on the Cob, Collard Green with Ham Hocks, Corn Bread, Devil's Food Cake, Pecan Pie .</p> <p>Speed line: Chicken Patties Sandwich, Onion Rings, Pasta Primavera.</p> <p>Dinner: Navy Bean Soup, Roast Beef w/ Gravy, Turkey Pot Pie, Mashed Potatoes, Buttered Noodles, Seasoned Asparagus, Steamed Cauliflower, Devil's Food Cake, Pecan Pie.</p>	<p>Wednesday 23</p> <p>Lunch: Chicken Noodle Soup, Fish Almandine, Country Fried Steak, Potatoes Au Gratin, Steamed Rice, Turnip Green, Peas w/ Celery, Brown Gravy, Oatmeal Nut Cookies, Banana Cake.</p> <p>Speed line: Grilled Cheese/ Hamburger, Baked Beans, French Fried Potatoes.</p> <p>Dinner: French Onion Soup, Baked Ham & Spaghetti Pie, Shrimp Curry, Steamed Rice, Scalloped Potatoes, Summer Squash, Harvard Beets, Toasted Garlic Bread, Oatmeal Nut Cookies, Banana Cake.</p>	<p>Thursday 24</p> <p>Lunch: Midwestern Tomato Soup, Chicken Fajitas, Beef & Bean Burritos, Mexican Rice, Mexican Corn, Steamed Broccoli, Corn Bread, German Chocolate Cake, Vanilla Cream Pudding.</p> <p>Speed line: Baked Potatoes, Assorted Pasta.</p> <p>Dinner: Cream of Asparagus Soup, Roast Turkey, Veal Parmesan, Mashed Potatoes, Bread Stuffing, Turkey gravy, Mustard Green, Eggplant Ratatouille, German Chocolate Cake, Vanilla Cream Pudding.</p>	

The Signonella Galley is open from 5:30 a.m. to 8:00 a.m. for breakfast, 11:00 a.m. to 1:00 p.m. for lunch and 4:00 p.m. to 6:00 p.m. for dinner. The galley is located on NAS II. This menu is subject to change without notice.

Military

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.pwoc-sig.com
<<http://www.pwocsig.com>> or



V e c c h i a cascina Paradise

MWR CORNER

Midtown 2 Theaters

National Lollipop Day: July 20

Free lollipop with ticket purchase

Parents Day: July 25

Parents, enjoy a night out without the kids. Adult Only showings at 7:30 & 8 p.m.

Large popcorn and two sodas - \$3.50

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 BAND! Hot 4 Blues

July 18: 10:30 p.m. - 1:30 a.m.

Take 5

Wii Tournament: July 22

Comedy Movie Marathon: July 23

Liberty

Indian Dinner: [REDACTED]

Colorama Bowling: [REDACTED]

Hangin' Out at the Beach: [REDACTED]

Movie Night Out: [REDACTED]

Mexican Dinner: [REDACTED]

ITT Gear-n-Go

Summer Beach Shuttle

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

Cooking Class at Agriturismo Trinita'

\$68 + bring swimsuits and towels (optional)

Ragusa & Marina di Ragusa Beach

\$28 or 2 for \$40 + euro for lunch and fees

Eggplant and Sun Dried Tomato Cooking Class

\$5 for transportation + bring €20 for the class

Lamponi's Cave on Mt. Etna

\$30 + bring a pack lunch and euro for rest stops

Rifugio Galvarina

\$20 + bring euro for food

Siracusa I & Fontane Bianche Beach

\$38, includes the fees for the lido + bring euro for food

Castagione Candle Lighting

\$24 + bring euro for fees and food

NEW TRIP! The Great Mt. Etna Experience:

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

Italian Language Class

Basic Italian Part II

July 23 - August 20: 5 - 7: 30 p.m. NAS I Midtown Classroom

Fitness

Navy Fitness Training Class

July 21, 22, and 23 from 8 a.m. - 4 p.m.

Calling all CFL's / ACFL's and

Command PT Leaders!

Intro to Strength Training

July 23: 3 p.m. at both fitness centers

Third Annual Mineo Hill Family Challenge Walk

July 24: Register at the ball field: 6 p.m.

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.

JULY 18 - JULY 25

MIDTOWN MOVIE THEATER

MOVIE HOTLINE: 624-4248

SCHEDULE

MOVIE DESCRIPTIONS

Friday, July 18

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

Saturday, July 19

2:00pm Wall-E G 98 min.
2:30pm Alex Rider: Operation Stormbreaker PG 93 min. 8mm
4:30pm 21 PG-13 118 min. 8mm
5:00pm Get Smart PG-13 114 min
7:30pm Sex and The City R 145 min.
8:00pm What Happens in Vegas PG-13 99 min.
9:30pm Wanted R 110 min.

Sunday, July 20

2:00pm Speed Racer PG 135 min.
2:30pm Hancock PG-13 92 min.
4:30pm You Don't Mess With The Zohan PG-13 120 min.
5:00pm Sex and The City R 145 min.
7:00pm Iron Man PG-13 126 min.

Monday, July 21

1:00pm Wall-E G 98 min.
3:00pm Speed Racer PG 135 min.
5:00pm Get Smart PG-13 114 min.
5:30pm Made Of Honor PG-13 101 min.
7:30pm What Happens in Vegas PG-13 99 min.
8:00pm The Strangers R 85 min.

Tuesday, July 22

5:00pm Chronicles of Namia: Prince Caspian PG 144 min.
5:30pm Iron Man PG-13 126 min.
7:30pm Hancock PG-13 92 min.
8:00pm Sex and The City R 145 min.

Wednesday, July 23

1:00pm Speed Racer PG 135 min.
3:00pm Wall-E G 98 min.
5:00pm Made Of Honor PG-13 101 min.
5:30pm Get Smart PG-13 114 min.
7:30pm What Happens in Vegas PG-13 99 min.
8:00pm Wanted R 110 min.

Thursday, July 24

3:00pm Chronicles of Namia: Prince Caspian PG 144 min
5:00pm Hancock PG-13 92 min.
5:30pm Iron Man PG-13 126 min.
7:30pm THROWBACK THURSDAY
FREE ADMISSION
Once R 85 min.
8:00pm Sex and The City R 145 min.

Hancock (PG-13)

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

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.

Once (R)

A tale that follows 'the Guy', who works part-time helping his father run a small, vacuum cleaner repair business, but dreams of one day having his songs recorded and landing a record deal. Emotionally vulnerable, he is still coming to terms with the recent departure of his girlfriend and lacks the conviction and passion to move on in his pedestrian life. One day, he meets 'the Girl', an Eastern European immigrant who has moved to Dublin to start a new life for herself.

The Dark Knight (PG-13)

The Caped Crusader returns, protecting Gotham City from the mad criminal mastermind, The Joker.

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.

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 Wes to do but wile 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.

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.

Iron Man (PG-13)

Tony Stark is a billionaire industrialist and genius inventor who is kidnapped and forced to build a devastating weapon. Instead, using his intelligence and ingenuity, Tony builds a high-tech suit of armor and escapes captivity. When he uncovers a nefarious plot with global implications, he dons his powerful armor and vows to protect the world as Iron Man.

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 25

1:00pm Kung Fu Panda PG 92 min.
3:00pm You Don't Mess With The Zohan PG-13 120 min.
4:30pm The Dark Knight PG-13 152 min.
5:30pm Indiana Jones and the Kingdom of the Crystal Skull PG-13 124 min.
7:30pm Last King Of Scotland R 123 min.
8:00pm Wanted R 110 min.
9:30pm The Strangers R 85 min.

COMING SOON

The Happening

RECONCILE continued from page 2

haven't spoken to in three years. Another 28-year relationship in Seattle is on the rocks. We're both 41 now, and time is marching on.

"I think of my mother and her sister, who haven't spoken to each other in five years. As a result of that argument, my cousin and I haven't spoken either. I don't know if she has children. Neither of us has met the other's husband. What a waste of precious time! I'm sure there are millions of people in your reading audience who could tell similar stories.

"Wouldn't it be terrific if a special day could be set aside to reach out and make amends? We could call it 'Reconciliation Day.' Everyone would vow to write a letter or make a phone call and mend a strained or broken relationship. It could also be the day on which we would all agree to accept the olive branch extended by a former friend. This day could be the starting place. We could go from there to heal the wounds in our hearts and rejoice in a new beginning."

Orlando's idea is certainly a good idea. Many of us have people we need to be reconciled with and in doing so we set ourselves free of the pain we carry. One teacher came up with a practical way of determining the toll that the cost of not forgiving takes on us.

The teacher told each of her students to bring a clear plastic bag and a sack of potatoes to school. For every person they refuse to forgive in their life's experience, they chose a potato, wrote on it the name and date, and put it in the plastic bag. Some of their bags were quite heavy. They were then told to carry this bag with them everywhere for one week, putting it beside their bed at night, on the car seat when driving, next to their desk at work. The hassle of lugging this around with them made it clear what a weight they were carrying spiritually, and how they had to pay attention to it all the time to not forget and keep leaving it in embarrassing places. Naturally, the condition of the potatoes deteriorated to a nasty smelly slime. This was a great metaphor for the price we pay for keeping our pain and heavy negativity! Too often, we think of forgiveness as a gift to the other person, and it clearly is for ourselves!

Louis Smedes, a Methodist minister, wrote a classic

book on the subject called "Forgive and Forget: Healing The Hurts We Don't Deserve." In it he relates: "What is forgiving? What do you do when you forgive someone who hurt you? What goes on? When is it necessary? What happens afterward? What should you expect it to do for you?"

He writes, "The act of forgiving, by itself is a wonderfully simple act; but it always happens inside a storm of complex emotions. It is the hardest trick in the whole bag of personal relationships." Then, he lists the steps to forgiveness saying we forgive in four stages. If we can travel through all four, we achieve the climax of reconciliation

HURT

The first stage is hurt: when somebody causes you pain so deep and unfair that you cannot forget it, you are pushed into the first stage of the crisis of forgiving.

HATE

The second stage is hate: you cannot shake the memory of how much you were hurt, and you cannot wish your enemy well. You sometimes want the person who hurt you to suffer as you are suffering.

HEALING

The third stage is healing: you are given the "magic eyes" to see the person who hurt you in a new light. Your memory is healed, you turn back the flow of pain and are free again.

THE COMING TOGETHER

The fourth stage is the coming together: you invite the person who hurt you back into your life; if he or she comes honestly, love can move you both toward a new and healed relationship. The fourth stage depends on the person you forgive as much as it depends on you: sometimes the other doesn't come back and you have to be healed alone.

Lewis B. Smedes *Forgive and Forget: Healing The Hurts We Don't Deserve* p. 18.

Even though we don't have a Reconciliation Day on our yearly calendar, we could certainly set aside a day on our personal calendar to mend our broken relationships and heal the wounds in our hearts. When is your Reconciliation Day?

Days Inn

Sabbiadoro

Oxidiana

BONES continued from page 2

enough calcium and vitamin D in your diet, stay active with weight bearing exercise and get 15 minutes of sunlight several times a week.

How much calcium and vitamin D do you need? (See top right chart)

Focus on Food First!

Dietitians recommend food as the primary source of vitamins; minerals and other nutrients, such as calcium and vitamin D. Dairy products, fortified cereals and calcium-fortified orange juice are good sources of calcium and vitamin D.

Are all sources of calcium absorbed efficiently?

Calcium is absorbed best if your intake of calcium-rich foods is spread out during the day. For all sources of calcium, adequate vitamin D from food or sunlight is necessary to help the absorption. The calcium in milk products is very well absorbed as is the calcium in fruit juice fortified with calcium citrate malate. Since calcium citrate malate is a patented calcium source, it is found in only certain fruit juices.

A registered dietitian can help you choose foods or a combination of foods and a supplement to meet your individual calcium and vitamin D needs, while keeping in mind that calcium intake should not exceed 2,500 milligrams per day.

More Tips for Bone Health

HOSPITAL continued from page 1

He stated that Pearlman and her team have answered that call with the highest service and results possible. He emphasized Pearlman's support of her staff as a commander, and her families support at home which allowed her to be successful here.

"This commander has been a fierce advocate for her people. She couldn't have done that without her family," he said.

He expressed to the hospital staff that losing a great commander like Pearlman can be challenging, but he said Bloom is more than capable of taking over and picking up where she left off.

Following Rear Adm. Nathan's remarks he presented Pearlman with the Legion of Merit in recognition of her accomplishments as commander of the Hospital.

Pearlman then took the podium for the ceremonial reading of the orders and her departing remarks to the command.

Pearlman spoke of numerous departments in the

- Do some weight-bearing activities daily-like walking, running, dancing, weight training.
- Avoid smoking and excessive alcohol intake.
- Ask your physician if you need a bone density test based on your risk factors for osteoporosis or if you are a woman over age 50.
- Read food labels and look for foods and beverages that provide calcium and vitamin D.
- Choose a calcium supplement if you need it-that contains vitamin D.
- See a registered dietitian for individual assistance and recommendations. Note: Sunlight causes skin to make vitamin D and, for most people, 15 minutes of sunlight several days a week (with hands and face exposed) is enough. For food and nutrition information visit: www.eatright.org.

Age (males & females)	Calcium (mg*/day)	Vitamin D (IU**/day)
1-3	500	200
4-8	800	200
9-18	1,300	200
19-50	1,000	200
51-70	1,200	400
71 and over	1,200	600

*Milligrams ** International Units
The Institute of Medicine of the National Academy of Sciences sets the dietary recommendations for the daily nutrition requirements for Americans.

Foods and Beverages	Calcium (milligrams)	Vitamin D (International Units)
Milk, low-fat or non-fat, 1 cup	301	98
Calcium & vitamin D Fortified orange juice, 1 cup	350	100
Fruit yogurt, low-fat, 1 cup	372	100
Cheddar cheese, low-fat, 2 oz.	236	*
Salmon, pink, canned with soft bones, 3 oz.	208	530

*Not a significant source of nutrient indicated.

M o n d o Animale

Stampa

hospital and highlighted many of their achievements including the Medi-Vac unit being named the best in the theater and the hospital being awarded the Gold Star Health Promotion Excellence Award.

"Not only did we have no deficiencies for the second year in a row, but we excelled in many categories," Pearlman said.

She thanked all of the staff for the work in making the hospital what it is, and she stated that it is the level of patient care that makes the hospital special.

"We care for our neighbors like family," she said. Pearlman then turned over command of hospital to Bloom who read his orders and made a short statement to his new command.

"It's a privilege and an honor to assume this command," Bloom said.

He expressed that he has never been to a place quite like Sigonella.

"I can never really remember being welcomed as one of the family as I have been at Sigonella," he said.

Privateers Rumble Through Tournament Undefeated

Article and photos by MC2 Joshua Wink
Signature Staff

On Saturday, July 11, the Sigonella Privateers finally made it past a road block that has been a thorn in their side since their inception early last year. The youthful vigor of a large cast of new players coupled with the veteran experience of returning members from their last season, the Privateers pulled through a close and heated three game tournament against their long standing adversary MisterBianco and a new challenger Rigate de Labrino, undefeated.

"It was a lot of hard hitting, pure adrenaline, the most fun I've ever had," said Aviation Structural Mechanic Second Class Stephen Kemery. "It's nice to finally beat the team [Mister Bianco] that we've played so many times before. We always seem to come up behind by one point, and to take this one by one point is a sweet reward."

The first game of the evening was played between MisterBianco and Rigate de Labrino. MisterBianco dominated the field and put up a 7-0 lead by the first half. MisterBianco went on to extend on that lead in the second half bringing the final score to 14-0.

The decision of the first match left Rigate de Labrino to face the Privateers.

In the first half of the match Explosive Ordnance Disposal Chief Ray Borja scored Sigonella's first try of the evening, followed up by a field goal from Gunners Mate Second Class Josh Cindric. MisterBianco scored a total of two field goals to bring the final score to 7-6 in favor of Sigonella.

"The first game, we did alright. It was a lot of peoples first time playing, but we all came together and pulled off a win by one point," said Information Systems Technician Third Class Sean Connors. "The second game, we faced a tougher opponent, but still won that game by one point. That leaves us undefeated right now at two and zero. This is our first undefeated tournament as well as a lot of people's first game. It just goes to show the hard work that we have been putting in, in practice."

Information Systems Technician Second Class Marcus Harris scored a try for the Privateers in their second game against MisterBianco. That try was also followed up by a successful field goal by Cindric. MisterBianco, on the other hand, scored two field goals, leaving the final score 7-6, again in favor of Sigonella.



IT3 Sean Connors makes a dash down field, moving the privateers closer to the goal.

JIU-JITSU continued from page 1

not only EOD technicians and officers but support personnel as well. EODMU/8 deploys through out U.S. Central Command, U.S. European Command, and U.S. Africa Command. Due to the nature of the commands mission it is necessary for all personnel assigned to have a basic knowledge of self defense and unarmed combat.

"This was a good opportunity to learn some new skills. Our community has recognized it as a good way to stay in shape and provide guys with skills to use in a combat environment if necessary," said Lt. Cmdr. Daniel Malatesta, EODMU/8 Executive Officer. "Not only does it help keep you in shape but it teaches the mental toughness and aggressiveness that you'll need if you're ever get put in a situation where you might need to use it."



Photo by Jenny Porter

Lt. John Porter, Operations Officer, EODMU 8, who organized the event, has EOD1 Joseph O'Brien in a lapel choke from the back during the final day of the course. This is just one of the many techniques they learned during the five-day event.

Moda Italia

PONTE continued from page 1

NAS Sigonella Executive Officer Capt. Joe Beadles and NAVCOMTELSTA Commanding Officer Cmdr. Kathy M. Creighton laid a wreath near the memorial beneath the three still-visible German pillboxes. Members of NAS Sigonella and the respective mayors of Niscemi and Gela, gave speeches honoring the events that took place.

U.S. Army Col. (Ret.) Bruce G. Clarke, whose father, Lt. Col. Arthur Gorham, the first man listed on the memorial plaque, spoke at the ceremony.

"Today I join you not only as a former warrior, but as the son of a true warrior Lt. Col. Arthur F. Gorham, who gave his life while leading his airborne soldiers against a determined foe at the beginning of the effort to rid Italy and Europe of the scourge of Fascism's two evil dictatorships," said Clarke. "I am reminded of a saying that I had to learn while a cadet at West Point that is attributed to General Douglas MacArthur. -There is no substitute for victory. The brave men and women from many countries who struggled with the foe here in Sicily 65 years ago as part of Operation Husky knew what the sweet taste of victory would be."

Operation Husky, the allied invasion of Sicily, was the largest amphibious operation of World War II, in terms of size of the landing zone and the number of divisions put ashore. A battalion of the 505th Combat Parachute Team of the 82nd Airborne Division landed on the very site 65 years ago.

"Still vivid in the Niscemi peoples memory is the glories and tragic sacrifice those young American soldiers, who fought to uphold the values of civilization, which had been trampled upon by the arrogant presence of the Fascist dictatorship," said Giovanni Dimanti, Mayor of Niscemi. "Niscemi elders still clearly

remember what happened here and tell many emotional stories about the Americans' landing to the young people of our town."

The paratroopers were forced to drop in gale-force winds and found themselves amidst the three German Army pillboxes in Ponte Dirillo, important due to the fact that it held a main road between Siracusa, Sicily, and Gela. The Americans paratroopers engaged the German and Italian troops in fierce combat before driving them out of the gun emplacements.

"It was July 10 of 65 years ago, the day when the American troops landed in Gela to begin, along with the Italian partisans and other allied troops, a long journey which would have first liberated Italy and then Europe from the Nazi-Fascist occupation," said Rosario Crocetta, Mayor of Gela. "Democratic Italy is grateful to the American people for the valuable contribution to the liberation of our country."

During the ceremony, a former member of the 82nd Airborne Division, John Hoffpaur, read the roster of those who gave their lives. After reading the list, he only had one word to add, "Airborne!"



A plaque bearing the names of 39 members of the U.S. Army's 82nd Airborne Division who gave their lives during Operation Husky

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](mailto:thesig@nassig.sicily.navy.mil)

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

Barber Shop Vento del-
l'est

Medusa Volcano

Ghebel Volcano

Class

Stampa