



## Beat the Heat at Splasher's

Article and photos by  
MC2 Joshua Wink  
Signature Staff

The sun is out and summer is

heating up. Already, in Sigonella, there have been multiple 90-plus-degree days. Just how are residents suppose to keep their cool in this kind

of heat?

Well, Master at Arms Chief Juan Cardona and his daughter decided to beat the heat by making a visit to one of Sigonella's more popular niche's, Splasher's pool.

"I think that this is a great place,"

said Juan Cardona. "We're out here about three times a week."

As the temperatures climb, Splasher's pool gives relief to many residents of Sigonella.

From youngsters in the kiddie pool, complete with its own miniature slide, waterfall and fireman's hose, to the pool lanes and larger slides for patrons little older, it's no wonder that so many come here on

the hot summer days.

"I like the slides the most," said Juan's daughter. "And the water is cooold."

For [redacted] it was her last day of swimming practice, and her class was having a barbecue. Her father, along with other parents and staff, were making the most of a day at the pool by taking their children down the water slides and enjoying some time in the pool.

"This pool is one of the best things that MWR has put here. It's close and convenient and saves us the trouble of going all the way out to the beach. It's really easy and allows us to enjoy the water and have fun with the family."

Keeping cool while still being active and having fun is important during the hot days of summer. Temperatures are climbing, and with the average temperature for this time of year near the low 90s, and days that can creep up to 100 or more, it makes it all the more necessary to keep cool.



(Left and Right) Children at Splasher's pool cool off during hot summer days by riding the water slides and swimming.

### EODMU 8 Remembers Fallen Sailor



Photo by HM2 Benjamin Taylor

The Sailors of Explosive Ordnance Mobile Unit 8 remembered Electrician's Mate 2nd Class (EOD) Edward Austin Koth, who gave his life in service to his country in Iraq on July 26, 2006, by holding a memorial run in his honor, July 25.

Before starting the run Lt. Cmdr. Daniel Malatesta read from Koth's Bronze Star award citation "For meritorious achievement in connection with combat operations against the enemy while serving as an Explosive Ordnance Disposal (EOD) Technician, EOD Mobile Unit 8, Detachment 8, Camp Liberty, Iraq in support of Operation IRAQI FREEDOM from Feb. 26-July 26, 2006".

### EODMU 8 Sailors Learn to Instruct Fire Arms Training

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

Sailors from Explosive Ordnance Disposal Mobile Unit (EODMU) 8 received small arms instructor training from National

Story continued on page 13



EOD1 Timothy Garmann coaches EODC Raymond Borja who fires from the kneeling position during a drill designed to teach the student to effective use of cover.

#### WEATHER UPDATE

August 1  
H:90F  
L:69F



August 2  
H:91F  
L:70F



August 3  
H:93F  
L:71F



August 4  
H:93F  
L:71F



August 5  
H:95F  
L:70F



August 6  
H:95F  
L:68F



August 7  
H:95F  
L:72F



#### TOP STORIES

The 2008 Sailors of the Year (SOY) were advanced to chief petty officers during ceremony at the Navy Memorial July 17. Master Chief Petty Officer of the Navy (MCPON)(SW/FMF) Joe R. Campa Jr. hosted the ceremony.

Personal Financial Management Classes "Retirement Planning" August 5, 1000-1200. Retirement has changed significantly from the past. Many people are spending 20, 30 or even more years retired.

Mineo residents who happened to go to any of their town hall offices last Wed. couldn't probably believe their eyes when they saw a group of U.S. Navy Sailors, resplendent in their impeccable and gleaming Navy Dress Whites, lined up in the town government's courtyard.

Lipari is the largest of the seven Aeolian Islands lying off the coast of Sicily in the Tyrrhenian Sea. Lipari also happens to be the name of the biggest town on the island which also has four smaller villages.

The Boohya Tribe won their fourth straight Captain's Cup Softball Tournament after they defeated the team from U.S. Naval Hospital Sigonella 15-1 in the championship Sat. July 19 at the softball field in the Marinarai housing complex.

Page 3

Page 5

Page 6

Page 8

Page 12

#### 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

The fall Physical Fitness Assessment is right around the corner, and everyone should be fine tuning their workouts as the scheduled day approaches. Regular exercise should be a part of everyone's routines and not just something that is thought about twice of year around the biannual PFA.

The advantages to incorporating regular exercise into your weekly routine extend beyond just passing the PFA and can include some surprising benefits. According to the Navy and Marine Corps Public Health Center (NMCPHC), individuals who exercise regularly are less likely to develop certain diseases including heart disease, diabetes, high blood pressure and high cholesterol. Lowering the risk for these diseases translates to lowering your future healthcare costs, insurance costs and

improving and extending your life into your later years.

Furthermore, there are some immediate advantages that make it worth the extra effort each day. The NMCPHC states that individuals who exercise regularly are more likely to maintain a healthy body weight, increase energy levels, decrease fatigue, improve mood, improve ability to focus and concentrate, and ultimately reduce and counter the effects of stress on the body.

Considering the constant and high operations tempo all the services are now maintaining and the constant need to become more efficient and do more with less, job-related stress is a part of the military life. Utilizing the fitness programs and equipment available to service members

and their dependants is an excellent way to lower your stress level and improve your quality of life.

If you choose to exercise outside remember to always consider how the temperature will affect your body and your performance. Stay hydrated and pay attention to the flag conditions that are indicated around base. The best times to exercise are in green and yellow flag conditions. Only individuals who have been on station greater than 12 weeks and are fully acclimated to the temperature should consider exercising during red flag conditions and no one should be exercising during black flag conditions. Following these guidelines will limit your risk to heat exhaustion and heat stroke and allow you to get the most out of your workout.



# Health WATCH

## Pre-Conceptual Counseling

Article by Lt. Cmdr. Chris Tatro  
 Staff Physician, OB/GYN Department  
 Naval Hospital Sigonella

Why wait until you are pregnant to have your questions answered? You can always ask to speak with a doctor about any concerns you may have. In fact, it's often preferred that you do see a doctor beforehand because sometimes, you can improve the health of the pregnancy by finding the answers early.

The goals of pre-conception care are to identify risks of pregnancy for the mother and fetus and educate couples about these risks. In some cases, appropriate interventions can then be instituted before conception. Along these

lines, any couple who is trying to conceive, or even just thinking about trying in the future, can schedule an appointment to see a doctor. The counseling session is a chance to answer any questions a couple may have, and hopefully, it will alleviate some stress by dealing with the uncertainty of conception and pregnancy.

Generally, at a pre-conception appointment, a thorough history is taken so that any specific areas that need addressing can be identified. Specific areas of focus include:

**Medications/drugs**

Many medications are safe to take throughout pregnancy, while some are best

*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**  
 MC2 Joshua Wink  
 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

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

**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



# On Our Honor

Article by Chaplain Paul Rumery

On that continued quest to get a handle on moral character, I would like to explore the concept and meaning of honor. Let us look into honor that first part of the Navy Core Values triad of, Honor, Courage and Commitment. Alexander Hamilton in Early America said, "There is in every breast a sensibility to marks of honor..." and Robert Ashley wrote a book entitled "Of Honour" between 1596-1603, which was the earliest attempt in English to provide a systematic study on the subject of honor. Ashley believed that honor would bind all the

other character traits of a person, maintaining that, "Personal honor binds the other virtues into a whole moral character." Honor is defined by "Webster's Collegiate Dictionary" as a good name or public esteem: reputation, and later states that it is one whose worth brings respect or fame (credit) to the profession.

In regards to the first portion of the definition given by Webster, a good name or one's reputation is in direct correlation to honor. We who serve in the U.S. Military have high standards to maintain; and our own name, or

*Story continued on page 15*

**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.*

**ALL CHAPEL VACATION BIBLE SCHOOL**

Registration is underway for the All Chapel Vacation Bible School. Come join us for a "Beach Party Surfin' Through the Scriptures!" August 11 - 15th 0830-1200 at the NAS I Chapel. Teen and Adult volunteers are needed. Please stop by the NAS I Chapel office to register your child for Vacation Bible School. For questions regarding this lively program please contact [redacted]

# NAVY News

## Sailors of the Year Advanced to Chief

**Article by  
 MCCS (SW/AW) Bill Houlihan  
 Master Chief Petty Officer of  
 the Navy Public Affairs**

The 2008 Sailors of the Year (SOY) were advanced to chief petty officers during ceremony at the Navy Memorial July 17. Master Chief Petty Officer of the Navy (MCPON)(SW/FMF) Joe R. Campa Jr hosted the ceremony.

Chief of Naval Operations (CNO) Shore SOY, Intelligence Specialist 1st Class (SW/AW) Heather Strow; Fleet Forces Command Sea SOY, Explosive Ordnance Disposal 1st Class (EOD) Tyrone Logan; Pacific Fleet Sea SOY and Aviation Boatswain's Mate (Fuels) 1st Class (AW/SW) Justin

Melton each received the Navy Commendation Medal prior to receiving their chief's anchors. The Navy Reserve Sailor of the Year, Aviation Electronics Technician 1st Class (AW) Kathleen A. Reilly, could not attend and will advance at a later date.

Throughout the week, the Sailors of the Year and their families met with Department of Defense and Navy leaders, visited historical sites and enjoyed special events held in their honor in the Washington area.

Prior to the pinning, Campa explained that narrowing down a field of Sailors from across the Navy was difficult. But he added that, in the end, each of the four chosen displayed specific attributes that led to

their selections.

"In a maritime service that breeds leaders and patriots, these Sailors have stood out because they best represent the qualities we value most in our people: first line leadership, rating expertise and, above all, a true desire to positively affect our Navy and our Sailors."

Chief of Navy Reserve, Vice Adm. John Cotton, presented each Sailor Navy Commendation medals then offered remarks regarding their meritorious advancement to chief and their new roles in the Navy.

He referred to the six-week induction they will participate in later this summer and then recalled a conversation he had two years ago during Sailor of the Year week. At the time,

as he took the Sailors of the Year around the Pentagon, they happened to run into Secretary of Defense Don Rumsfeld.

Cotton said that Rumsfeld told the Sailors of a brief period during World War II when he was placed in command of a ship as a lieutenant junior grade. One Sailor asked Rumsfeld what such a junior officer was doing in command.

"Command? I didn't command anything. The chiefs ran that ship," he said.

Shortly after Cotton's remarks Strow, Logan and Melton stepped forward. Anchors were pinned to their collars and combination covers placed on their heads.

"As chiefs, you will provide a traditional brand of leadership that our Navy has come to rely on, a

brand of leadership that is grounded in 115 years of rich heritage," Campa said.

"Never again will individual accomplishments define your effectiveness. From this day forward, the number one indicator of your success will be the success of the Sailors who look to you for leadership."

CNO Adm. Elmo Zumwalt and MCPON Jack Whitte initiated the Sailor of the Year program in 1972 to recognize outstanding Atlantic and Pacific Fleet Sailors.

The next year, the program honored the top Shore Sailor of the Year. Sponsored by the CNO, the program annually provides recognition to the Navy's outstanding Sailors through numerous presentations, awards and meritorious advancement to the next pay grade.

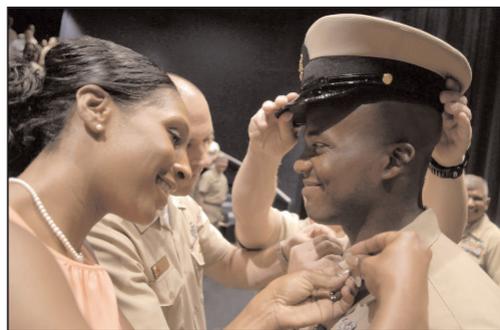
### PHOTO FROM THE FLEET

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



U.S Navy photo by MC2 Walter Pels

Divers assigned to Mobile Underwater Diving Salvage Unit (MUDSU) 1 and Australian Clearance Diving Team 4 (AUSCDT) 4 secure wreckage to a shipboard crane during an underwater salvage training evolution off the shores of Pearl Harbor during the Rim Of The Pacific (RIMPAC) 2008. RIMPAC is the world's largest multinational exercise and is scheduled biennially by the U.S. Pacific Fleet. Participants include the U.S., Australia, Canada, Chile, Japan, Netherlands, Peru, Republic of Korea, Singapore and the United Kingdom.



U.S. Navy photo by MC1 Jennifer A. Villalovos

The wife of Explosive Ordnance Disposal 1st Class Tyrone Logan, 2008 U.S. Fleet Forces Command Sea Sailor of the Year, pins chief's anchors onto his uniform. Logan and the other Sailors of the Year are being meritoriously promoted to chief petty officer during the Sailor of the Year ceremony at the Navy Memorial.

### NEW Arrivals

New Hitech  
 Hop

Monika

				FRIDAY	SATURDAY	SUNDAY
				<b>1- AUGUST</b>	<b>2</b>	<b>3</b>
				Alcoholics Anonymous -7 p.m., NAS II Chapel x9203	NMCRS Nearly New Shop Open from 10a.m.-1p.m. x4212	
<b>COMMUNITY CALENDAR</b>						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY			
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
FFSC <b>TAP (Pre-Retirement)</b> 8 a.m.-4p.m.; x4291  Alcoholics Anonymous -7 p.m. -NAS II Chapel x9203	FFSC <b>TAP (Pre-Retirement)</b> 8 a.m.-4p.m. x4291  FFSC <b>Retirement Planning</b> 10a.m.-12p.m. x4291	Alcoholics Anonymous -7 p.m. -NAS II Chapel x9203  FFSC <b>TAP (Pre-Retirement)</b> 8 a.m.-4p.m.; x4291  Red Cross <b>Volunteer Orientation</b> 10a.m.-1p.m.; x4900	FFSC <b>TAP (Pre-Retirement)</b> 8 a.m.-4p.m. x4291	Alcoholics Anonymous -7 p.m. -NAS II Chapel x9203  NADAP <b>Alcohol/Drug                  Prevention Summit</b> Midtown Theater 8a.m., 10a.m., 12p.m. x9203	Red Cross <b>CPR Class</b> NAS I and Mineo 8a.m.-5p.m. x4900	
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Alcoholics Anonymous -7 p.m. -NAS II Chapel x9203	FFSC <b>Anger &amp; Stress                  Management</b> 8a.m.-11a.m. x4291  Red Cross <b>Healthy                  Pregnancy/Baby</b> 4:30p.m.-7p.m.; x4900	Alcoholics Anonymous -7 p.m. -NAS II Chapel x9203  FFSC <b>Men's Group</b> 9a.m.-11a.m. x4291	FFSC <b>Ombudsmen Assembly</b> 9a.m.-11a.m. x4291	Italian Holiday <b>Ferragosto</b>  Alcoholics Anonymous -7 p.m. -NAS II Chapel x9203		

Motta

All Services

Stags

Marchi

*Did you know?*

Navy-Marine Corps Relief Society is a resource for all active duty and retired Sailors, Marines, and their families - whether you're single, married, or divorced? A substantial amount of our financial assistance goes to service members with families because they often face more budgetary problems. However, the Society renders financial assistance to everyone - regardless of marital status. Check out the programs and services available to you. We may be able to help you! Call Sigonella's NMCRS Office at 624-4212 for more information!

NMCRS: A Readiness Multiplier!  
[www.nmcrs.org](http://www.nmcrs.org)



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

## August at the Center

Article courtesy of FFSC

### Personal Financial Management Classes

"Retirement Planning" Aug. 5, 1000-1200. Retirement has changed significantly from the past. Many people are spending 20, 30 or even more years retired. They retire younger, live longer and are usually quite healthy. Retirees not only live independently, but they also enjoy more of the fruits of their labors. Retirement income may need to equal or, depending on activities, even exceed pre-retirement income. Planning your retirement should start today. Retirement income is typically from three sources. A Defined Benefit Plan (Military Retirement Pay), a Contribution Plan (Savings and Investing - 401K, TSP) and Social Security.

"CSB/Redux" Aug. 19, 0900-1030

During your 14th year of active duty service you are given the option to select your military retirement plan. The decision is irrevocable and will greatly affect the amount of retired pay you receive over your lifetime. This class compares your retirement options so you can make a more informed decision on which is better for you.

"Predatory Lending" Aug. 22, 1500-1600

Beware of the small print when getting a short-term loan! Payday Lending (sometimes called a "cash

advance") is the practice of using a post-dated check or electronic checking account information as collateral for a short-term loan. This class with provide information and tips to keep you from falling prey to the "debt traps" associated with payday lending.

"Credit Management" Aug. 26, 1300-1400

How do credit cards determine monthly finance charges? What is a grace period, annual fee, APR? If you have always wanted to know and never had the time to investigate, this is the class for you. Not only will we discuss the common fees associated with credit cards but also the hidden ones as well. We also discuss the importance of credit reports and scores, how to get and correct them, and where to go to get credit help.

"Home Buying Strategies" Aug. 27, 1300-1600

If you're not an expert on property values, financing or tax and real estate law and your life savings are on the line, not understanding what is involved in buying a home can be scary. This course teaches the basics of home buying, the associated costs, unfamiliar terms and the important players involved in the process.

### Transition Assistance Classes

"TAP Pre-Separation Aug. 4-7, 0800-1600

TAP is for separating and retir-

ing military members and their spouses. Topics include skill assessment, resume writing, job search methods, interview techniques and review of veteran's benefits.

### Intercultural Relations Classes

"ICR for new comers" Aug. 4-5, 18-19, 0800-1530

Provides understanding of Italian culture, language, culture adaptation and culture shock. Includes a field trip on the last day of the training, and it's offered every other week.

"Motta Castle Tour" Aug. 13, 27 0930-1130

It offers an historical tour of the medieval part of Motta. The class helps participants familiarize with the local area and its history.

"Cooking Class" Aug. 28, 0930-1500

The ICR Cooking Classes are designed to be a total hands-on cooking experience. The class helps the participants familiarize with the simple, yet exquisite Italian Cuisine with respect to Italian cooking traditions. Every month, a different local restaurant to discover!

### Information & Referral Classes

"Survive & Thrive" Aug. 6, 20 0800-1430

It's always exciting to arrive at a new Duty Station. As you begin this new journey, you will have many questions. We have created this spouse orientation class to help you during this introductory period. We know that if we provide you information and helpful hints, your tour in Sigonella will be successful and rewarding. Our goal is to help you!

### Clinical Classes

"Men's Group" Aug. 6, 13, 20, 27 1330-1500

The Men's Group is for men only. The focus of the group is to improve and learn new skills in understanding partners, communication and problem solving. The goals are to: balance the demands of work and family, bring harmony into relationships and marriage, increase satisfaction with relationships and marriage, understanding and relating to partners.

Cold Noses



WARM HEARTS

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

**Sigonella'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) 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.



(Right) 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 [redacted] at 334-383-8786.**

promotes wellness.

"What About the Children" Aug. 19, 0800-1100

This is a program offered to any parents. The purpose of this program is to: provide parents with an understanding of the effects of deployment, separation and family crisis on children.

### Relocation Classes

"Smooth Move" Aug. 12, 1400-1600

Is a monthly workshop with a target audience of families that are six to nine months from PCS. The workshop offers an overview of proven tips and techniques for service members and their families through the use of the internet and various resources to ensure a smooth move. The workshop includes a breakout session for children to discuss reverse culture shock, roles and expectations.

### Deployment Classes

"IA Discussion group" Aug. 25,

*Story continued on page 15*

Ognina

Mondo

Pentagon

# Italian NEWS

Sicilian Culture, Events and Lifestyle

Alberto Lunetta  
Signature Staff



## Navy Chief Retirement Ceremony Held in Mineo

Mineo residents who happened to go to any of their town hall offices last Wed. couldn't probably believe their eyes when they saw a group of U.S. Navy Sailors, resplendent in their impeccable and gleaming Navy Dress Whites, lined up in the town government's courtyard. As they got closer, they surely realized that they were witnessing a quite historic event. For the first time in the history of the Navy, a retirement ceremony was held in the heart of a Sicilian town. The local residents got indeed a unique chance to see how the Navy pays equal tribute to all its service members, no matter what rank they hold. During the reception which followed the ceremony, a Sicilian guest, who was impressed by the solemnity of the ceremony, told me: "It looked like a three-star admiral retirement ceremony!"

After twenty-four years of honored service, Electronics Technician Chief Petty Officer (Surface Warfare) David Kader decided to "go ashore" by landing in his beloved Sicilian town. If you are asking yourself "Why?" then the answer is simple: it's all about friendship. During his three-year tour at Niscemi Chief Kader and his wife [redacted] have indeed built special bonds of friendship that unite Italy and United States. This American military family has created strong "bridges of affection" with the population of this small picturesque Sicilian town to the point that they decided to make their home in Mineo.

"It's kind of a sad day as well as a happy day. I'm apprehensive on one hand and, I'm excited about what the future might hold for us. We're both excited about coming back to Mineo, living here and immersing ourselves into the Sicilian culture. The relationship with this town is very strong; the people here have been very receptive, warm and welcoming. They helped us buy a house, and any time we asked for any assistance, they were right there to help us," Kader said.

His wife [redacted] echoed what her husband said about their Sicilian intercultural experience: "I'm very emotional and apprehensive today, but I know our future is secured because we have a house in Mineo and also a house in Kansas, so we have two choices and we chose Mineo," [redacted] said.

The day following the ceremony, top-circulation Sicilian daily "Giornale di Sicilia" carried the following headline: "Mineo, family 'adopts' American enlisted service member." Doing so, the reporter unveiled the Sicilian "counterpart key players" of this beautiful story of friendship which fosters intercultural understanding and community relations. The Sicilian family which "adopted" David and [redacted] is the one of Mineo's Cultural Councilor Rosanna Leggio. That is why this "energetic" town official was also at the podium to share this significant and symbolic moment with the American military community. Leggio, who also presented the folded Italian flag to the retiring chief, couldn't hide her emotions. "I feel personally involved in this retirement ceremony because I'm here both as a town official and a friend. To me, David is like an adopted brother. My family and I met him and his wife in May 2005, and ever since we have been sharing all our happy and sorrowful moments with each other. We discovered that it is not difficult to go across cultural barriers because we are all the same. There is much that we have in common as we agree on many ways of looking at the reality of the world," Leggio said.

"I don't speak any American, but I have been always cooking pasta for them to celebrate our friendship. David and [redacted] are just like my children. They are good and loyal people," noted Emanuela Buccieri, the mother of Councilor Leggio, who has opened the gates of her house to this American family.

During the ceremony, Cmdr. Kathy Creighton, Naval Computer and Telecommunications (NCTS)



Photos by Giuseppe Stimolo

**Chief Kader's retirement ceremony, which was attended by the Sigonella NCTS leadership and Mineo town officials, drew a crowd of coworkers and both Italian and American friends, including the members of Town Cultural Councilor Rosanna Leggio family, with whom the retiring Navy Chief and his wife [redacted] have built a strong bond of friendship.**

Commanding Officer awarded a Navy Commendation Medal to Chief Kader for his distinguished career. The retiring chief was also presented with a certificate of appreciation from President George W. Bush and a letter of appreciation from ex-president Bill Clinton.

"NCTS Command, Sicily greatly appreciated the gracious hospitality shown by the town of Mineo in allowing Chief Petty Officer Kader to hold his retirement ceremony in their beautiful town hall courtyard. It meant the world to Chief Kader and his wife as they truly feel like they are citizens of Mineo and greatly value all the friendships that they have made there," Creighton said.

"I think the ceremony went very well, there was a lot of turnout from the town of Mineo and the Navy as well, they all came here today to bid farewell after 24 years of service. I hope that he has the best of luck in his civilian life especially when he comes back to live in Mineo," Lt. Terry Traweek, Niscemi Naval Radio Transmitter Facility (NRTF) OIC and former Chief Kader's supervisor, noted.



Photos by Giuseppe Stimolo

**During a retirement ceremony held in the Sicilian town of Mineo, Chief Kader was recognized for his outstanding 24-year career by Cmdr. Kathy Creighton, Naval Computer and Telecommunications (NCTS) Commanding Officer.**

## Summer Carnival in Acireale

Carnevale (Carnival) merry-making will return to this beautiful Baroque town this weekend featuring majestic allegoric and flower-decorated floats that will parade throughout the streets of the historic center. Tomorrow, (Aug. 2) Sicilian carts' parades will begin at 6 p.m. in piazza Duomo. Later at 9 p.m., must-see allegoric and flower-decorated will start parading at 9 p.m. On Sunday, Aug. 3, parades will kick off at 7 p.m.

Complementing the fun, there will be arts and crafts (via Cavour - piazza San Domenico), art exhibitions, live music and more. Sicilian puppets shows will be held in piazza Mazzini on both Carnival days at 7:30 and 9 p.m. For more info and detailed schedules call Acireale Tourist office at 095-895273 / 895272/895248.

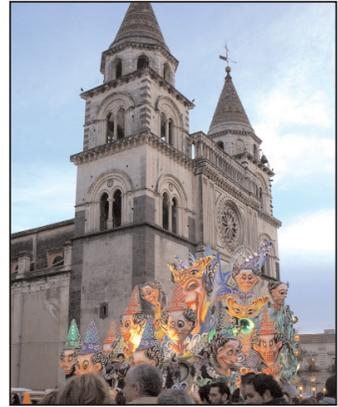


Photo from The Signature Archive

## Food Festivals in Sicily

Don't miss these mouthwatering food festivals taking place this weekend: "Sagra dei maccheroni" (Maccheroni pasta festival), Librizzi (Messina province), Aug. 2 (6:30 p.m.) / Aug. 3 (8:30 p.m.).

"Sagra del Tonno Bianco" (White Tuna fish festival), Stazzo (Acireale), Aug. 2 and 3. / 8 p.m. piazza Mantova.

"Sagra del Castrato e dei prodotti della Montagna" (Mutton and Mountain Produce Festival) / Aug. 1 and 2, 8 p.m. Caltabellotta (Agrigento province) main square.

"Sagra della Fava" (Broad Bean

Festival) / Campofiorito (Palermo province) Aug. 2, 9 p.m. main square. Fish festivals: Scoglitti (a fishermen village which is part of the town of Vittoria in the Ragusa province) - Piazza Sorelle Arduino, Aug. 1 through 3, 8 p.m. Medieval festival in Rometta (messina province) Aug. 3. Festival's detailed schedule available at <http://www.comunediriometta.it/>

Please note that all events times and locations are tentative and subject to cancellation or change without notice.

Call local tourist offices to confirm dates and times.

## Kartodromo

## Rigattiere

# Navy Participates in Gela, Licata WWII Memorial Ceremonies



Photo Courtesy of Gela Town Hall

As it happens every year, the Navy took part in Sicilian WWII ceremonies which are traditionally held in July in local Sicilian towns in which the Allied Troops landed during "Operation Husky" in the summer of 1943.

This year, commemorations were particularly significant as they marked the 65th anniversary of the liberation of Sicily.

On July 10, Gela-based cultural association "Salvatore Aldisio," whose president, Prof. Giorgio Romano, is a local WWII history expert, hosted a full-day event which was designed to raise public awareness to remember the service members who died serving their country to liberate Europe from the Nazi-Fascist occupation.

The event, attended by the Gela military and civilian authorities and by British Embassy officials and a NASSIG delegation led by Lt. Cmdr. Joaquin Correia, NCTS Executive Officer, consisted of a holy mass held at the local Chiesa del Rosario, a

solemn parade through the streets of the historic center, a wreath laying ceremony at the memorial placed by the Gela waterfront, and eventually, the presentation of a book on the July 10/11, 1943 battle between the Allied and the Axis troops, which was written by Italian Army Captain Giovanni Iacono.

"I was humbled and proud to participate in the celebration commemorating the 65th anniversary of the Allied Landing in Sicily. The Gela Historic Society and Community of Gela put together a great event. Sicilians have a real sense of history. It was

wonderful to see it in action and visit the beautiful town of Gela," Correia said.

The Licata Memorial was held the following day (July 11).

Local civilian and military authorities marched in parade to the two town's memorial sites remembering the civilian victims of the war and honoring the soldiers who died in combat.

Lt. Terry Traweek, Niscemi Naval Radio Transmitter Facility

(NRTF) OIC, was the first Navy officer to attend such a ceremony in Licata. He was invited to lay a wreath at the memorial sites together with the newly-elected Licata mayor Angelo Graci.

The ceremony was organized by Licata town officials and the members of cultural association "Memento."

"We were honored to host a U.S. Navy delegation at our remembrance ceremony. We wanted to raise awareness for all the Licata people of the sacrifices made during the liberation of Sicily by the American Soldiers from the 3rd Infantry Division for them," Carmela Zangara, president of the "Memento" association said.

"It was an honor to be invited to participate in the memorial wreath laying procession in Licata. It is very important that we never forget the many lives lost, both Italian and American, in the fight for freedom during WWII. Their sacrifices helped to allow us all to live the kind of life we enjoy today. I sincerely appreciated the opportunity to represent the United States military in such an important and memorable event. It truly was an honor for me," Traweek said.



Photo Courtesy of Licata Town Hall

# Taormina Music & Dance Festival



Photo Courtesy of Taormina Arte Press Office

The lineup for the 2008 edition of the prestigious "Taormina Musica e Danza" (Taormina Music and Dance Festival), which will be staged at the enchanting Greek Theatre and at the Duchi di Santo Stefano Palace, will feature some of the most famous international opera and classic music artists. The festival's main program consists of a schedule of 14 events which will be held at 2 venues from Aug. 8 through 25.

Heading the lineup will definitely be Lorin Maazel (Above Left), one of the world's greatest conductors who will be performing all nine of Beethoven's symphonies (Tuesday, Aug. 19: No. 1 and 3 "Eroica," Symphonies/ Wednesday, Aug. 20: No. 2 and 5 Symphonies/ Thursday, Aug. 21: No. 4 and 6 "Pastoral" Symphonies/ Friday, Aug. 22: No. 8 and 7 Symphonies/ Saturday, Aug. 23: No. 9 "Coral").

Giacomo Puccini's "Tosca" Opera (Above Right) will open the festival on Friday, August 8 at the Greek Theatre. "Tosca" is based on the 1887 play that Victorien Sardou wrote for Sarah Bernhardt. It tells about the dramatic story of Tosca, a popular and beautiful opera singer. Soprano Martina Serafin will play the title

role. Tenor Marcello Giordani will play Cavaradossi, and baritone Renato Bruson will be Scarpia. The orchestra will be conducted by maestro Eugene Kohn. The show will be repeated on Sunday Aug. 10.

Other highlights to be held at the Greek Theatre include: "Tango Sensual" (Wednesday, Aug. 13 - Anzelika Cholina Dance Theatre Company); "Beatles Symphony" (Thursday, Aug. 14 -with soprano Carmen Avellone and the Accademia Musicale di Palermo Symphonic Orchestra, conductor Salvatore Percacciolo); "Noche Flamenca" (Saturday, Aug. 16 -Compania de Baile Flamenco de Barcelona "Arte Y Duende"); - "Bernstein on Broadway" (Monday, Aug 25- tribute to Leonard Bernstein). The Duchi di Santo Stefano Palace will host the following shows: "Midnight Summer Music" (Vincenzo Pavone, piano - Music by Chopin and Rachmaninov - Tuesday, Aug. 12); "Tribute to Miles Davis" (The St. Luke Big Band Orchestra- Friday, Aug. 15); "Souvenirs" (Alexander Fiterstein, clarinet and Stephen Beck, piano-Music by Debussy, Berio, Rota, Gershwin, Bernstein and Morricone). All shows will begin at 9:30 p.m. For

# strike

# Etnapolis

# New Place

# A Stone's

THE HUB OF THE MED IS ALSO

## The Island of Lipari



(Above) A view of the natural archways on Lipari with the island of Vulcano in the background.  
(Below) The old defenses built above the main harbor on Lipari.  
(Bottom) A small Catholic church sits on a pier extending out into the water.

Article and photos by  
MCSN Jonathan Idle  
Signature Staff

Lipari is the largest of the seven Aeolian Islands lying off the coast of Sicily in the Tyrrhenian Sea. Lipari also happens to be the name of the biggest town on the island which also has four smaller villages. The town is mainly geared toward tourists who visit from May to Sep. every year. Many of the local people, who don't make a living from tourism, rely on mining and export of pumice and obsidian. The island slopes up into a volcanic cone which dominates the majority of the island.

Site: Lipari rates four stars for things to see and do. The reason it only rates four stars is because the mining equipment for pumice stone detracts from the view on certain parts of the island. Upon arriving in the port, the most notable site is a

large Norman cathedral sitting above the port. The cathedral offers great overviews of the entire city and the port.

The island is also home to the Aeolian Islands Museum which offers a view into the history of the entire chain and boasts an impressive collection of ceramic masks. There are several options for getting around the island including bus tours and numerous places to rent scooters. The ITT trip to Lipari includes a bus tour around the entire island and plenty of opportunities to take photographs. On a clear day, Sicily and Mt. Etna are both visible as well as the other islands. The town is full of shops with items including local ceramics, jewelry and designer clothing. There are also numerous restaurants along the port which offer fresh seafood and Italian cuisine.

Lipari also boasts numerous

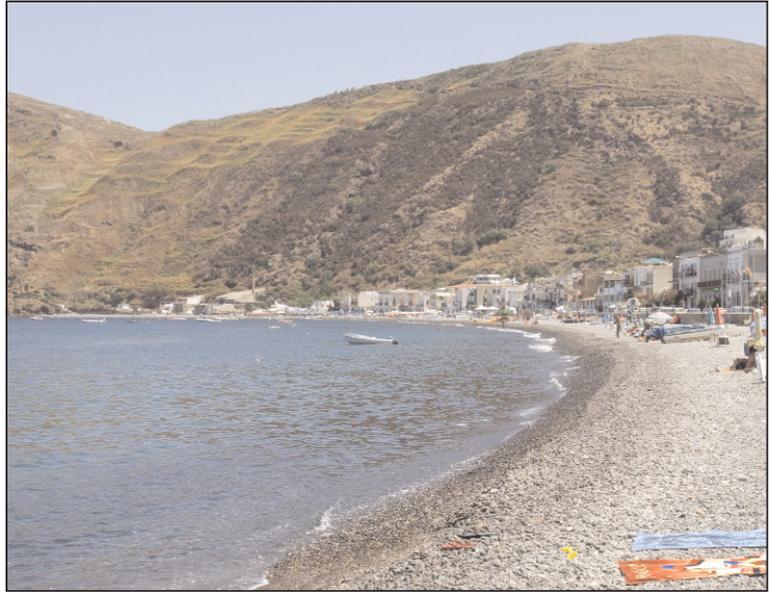


### Pietro



# ...e's Throw

ED IS ALSO THE HUB FOR TRAVEL



(Left Above) The cobble stone streets are lined with numerous shops.  
 (Left Below) A view of the volcano on Stromboli from Lipari.  
 (Above) The stoney beaches of Lipari offer visitors a chance to relax and take a dip in the water.  
 (Below) A church sits directly on the water inside one of the small harbors on the island.

## Belmontino



beaches around the perimeter of the island. For the most part, the beaches consist of small pebbles and pumice rock. The water is relatively warm and makes for enjoyable swimming. Due to the amount of beaches on the island, they are not very crowded which allows for some more privacy and space than more well-known beaches in Sicily.

**Family Friendly:** Lipari only rates three stars in this category. The island has a lot of slopping streets which make getting around with strollers, wheelchairs or small children difficult. There are not many things for children to do on the island outside of the beaches and tours. Families with very small children may find it difficult to keep them entertained with the historical locations, but the beaches offer plenty of room and safe swimming conditions.

**Accessibility:** As an ITT trip

this rates five stars for accessibility. The bus heads from the base early in the morning and drives up to Milazzo. From Milazzo, the ferry goes on to Lipari. The ferry stops in Vulcano before it gets to Lipari so beware of the loud speaker announcing which port it is pulling into. Hydrofoils are available to and from the islands if you are not going on an ITT trip. The ITT does include a hydrofoil ride on the return trip to Milazzo. 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 to the island. 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

The Sigonella 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.

## Friday 1

**Lunch:** New England Clam Chowder, Vegetable Lasagna, Pork Chops w/ Mushroom Gravy, Steamed Rice, Garlic Roasted Potatoes, Steamed Asparagus, Seasoned Okra, Lemon Cookies, Carrot Cake.

**Speed line:** Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes.

**Dinner:** Cream Of Mushroom Soup, Cantonese Spareribs, Baked Fish Scandia, Pork Fried Rice, Steamed Whole Corn, Seasoned Spinach, Lemon Cookies, Carrot Cake.

## Saturday 2

**Lunch:** Vegetable Beef Soup, Baked Tuna & Noodles, Chicken Nuggets, Cajun Fries, Mixed Vegetables, Hot Beets, Sweet & Sour Sauce, Chocolate Drop Cookies, Apple Crisp.

**Dinner:** Manhattan Clam Chowder, Beef & Corn Pie, Jamaican Chicken, Steamed Rice, Green Kales, Peas & Mushroom, Chocolate Drop Cookies, Apple Crisp.

## Sunday 3

**Brunch:** Breakfast Items, Bean & Bacon Soup, Reuben Sandwiches, Italian Roasted Potatoes, Seasoned Green Beans, Glazed Carrots, Yellow Cake w/ Frosting, Hermits.

**Dinner:** Split Pea Soup, Kielbasa w/ Sauerkraut & Apples, Jaegerschnitzel, Aztec Rice, Steamed Broccoli, Turnip & Bacon, Yellow Cake w/ Frosting, Hermits.

## Monday 4

**Lunch:** Chicken Noodle Soup, Rosemary Turkey Roast, Baked Ham, Mashed Potatoes, Sweet Potatoes w/ Syrup, Seasoned Summer Squash, Steamed Peas, Turkey Gravy, Cranberry Sauce, Oatmeal Raisin Cookies, Banana Cake.

**Speed line:** Sub Sandwich & Vegetarian Spaghetti.

**Dinner:** Spanish Soup, Steak w/ Onions, Pasta Prima Vera, Baked Potatoes, Vegetable Stir Fry, Collard Greens, Brown Gravy, Oatmeal Raisin Cookies, Banana Cake.

## Tuesday 5

**Lunch:** New England Clam Chowder, Roast Pork, Chicken Lemon Sauce, Aloha Sweet Potatoes, Harvest Rice, Brown Gravy, Baked Beans, Glazed Carrots, Pineapple Upside Down Cake, Hawaiian Ambrosia.

**Speed line:** Chicken Fillet Sandwich, Onion Rings.

**Dinner:** Beef Rice Soup, Roast Veal w/ Herbs, Italian Sausage, Garlic Cheese Potatoes, Steamed Rice, Vegetable Stir Fry, Steamed Asparagus, Brown Gravy, Pineapple Upside Down Cake, Hawaiian Ambrosia.

## Wednesday 6

**Lunch:** Vegetable Beef Soup, Pasta Carbonata, Lemon Baked Fish, Potatoes Au Gratin, Oriental Rice, Eggplant Parmesan, Steamed Spinach, Cherry Cheese Cake, Chewy Nut Bars.

**Speed line:** Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes.

**Dinner:** Minestrone Soup, Salisbury Steak, Baked Chicken, Tossed Green Rice, Mashed Potatoes, Brown Gravy, Steamed Beans, Stewed Tomatoes, Cherry Cheese Cake, Chewy Nut Bars.

## Thursday 7

**Lunch:** Egg Drop Soup, Chicken Cacciatore, Beef Stroganoff, Mashed Potatoes, Steamed Pasta, Seasoned Mix Vegetables, Steamed Cauliflower, Chicken Gravy, Vanilla Cookies, Devils Food Cake.

**Speed Line:** Baked Potatoes, Bacon Bits, Sautéed Mushroom, Cheddar Cheese, Asst. Pizza.

**Dinner:** Chicken Noodle Soup, Meat Loaf, Spinach Lasagna, Oven Brown Potatoes, Corn O'Brien, Simmered Carrots, Brown Gravy Garlic Herb Roll, Vanilla Cookies, Devils Food Cake.

## Stampa x Vacanze

# MWR CORNER

## Midtown 2 Theaters

### Matinees at the Movies

June 13 -August 22

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

### American Family Day

Sunday, August 3

### Dollar Day

Wednesday, August 8

## Jox Pub

Latin Quarters: July 26

9 p.m. - 3 a.m.

Aramjam: August 2

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

## Take 5

Happy B-day August Babies: August 4

Trivial Pursuit Tournament: August 5

## Liberty

Dinner in Taormina: August 1

Movie Night Out: August 2

Murgo Winery Tour & Lunch: August 3

Dinner in Catania: August 8

## ITT Gear-n-Go

Summer Beach Shuttle

Taormina & Limoncello Factory

Acibonaccorsi and Fireworks Extravaganza

Etnaland Shuttle

Castiglione di Sicilia, Alcantara Valley & Torrepalino Wine Tasting

Taormina, Forza D'agro' & Savoca "Godfather Tour"

Kayaking in Sicily: Giardini Naxos & Taormina

Catania and Outdoor Bellini Concerts

The Bellini Opera House is organizing "The Free Classic Summer Concert" in the Main Square Vincenzo Bellini, just in front of the Opera house. Overtures and Chores of Operetta

Tango!

Gran Ballo under the August Stars

## Sports

Youth Sports Soccer Registration

August 1 -August 30

Register at Fit District

Ages groups: \*5-6, 7-8, 9-10, 11-13

\$35 registration fee

Youth Splash-n-Dash

August 2 at Splashers Pool

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

Race begins at 9 a.m.

Pre-register at Fit District

## Fitness

Intro to Cardio: August 6

3 p.m. at both fitness centers

Marinai Family Housing Rolling into fitness!

August 7 Register in front of the Housing Office: 6

p.m. Run starts: 6:30 p.m.

Mineo Recreation Center

Craft Day

August 5 at 3 p.m.

Ice Cream Floats

August 6 at 3 p.m.

Free Chocolate Chip Cookie Day

August 8 at 3 p.m.

AUGUST 1 - AUGUST 8

## MIDTOWN MOVIE THEATER

MOVIE HOTLINE: 624-4248

### SCHEDULE

### MOVIE DESCRIPTIONS

#### Friday, August 1

1:00pm Chronicles of Narnia: Prince Caspian PG 144 min.  
3:00pm You Don't Mess With The Zohan PG-13 120 min.  
5:00pm Hancock PG-13 92 min.  
5:30pm The Strangers R 85 min.  
7:30pm The Happening R 90 min.  
8:00pm Sex and The City R 145 min.  
9:30pm Incredible Hulk PG-13 114 min.

#### Saturday, August 2

2:00pm Kung Fu Panda PG 92 min.  
2:30pm The Happening R 90 min.  
4:30pm Everyone's Hero G 87 min.  
5:00pm Indiana Jones and the Kingdom of the Crystal Skull PG-13 124 min.  
7:30pm Wanted R 110 min.  
8:00pm Incredible Hulk PG-13 114 min.  
9:30pm The Dark Knight PG-13 152 min.

#### Sunday, August 3

2:00pm Chronicles of Narnia: Prince Caspian PG 144 min.  
2:30pm You Don't Mess With The Zohan PG-13 120 min.  
4:30pm Incredible Hulk PG-13 114 min.  
5:00pm Sex and The City R 145 min.  
7:00pm The Happening R 90 min.

#### Monday, August 4

1:00pm Kung Fu Panda PG 92 min.  
3:00pm Chronicles of Narnia: Prince Caspian PG 144 min.  
5:00pm Indiana Jones and the Kingdom of the Crystal Skull PG-13 124 min.  
5:30pm Incredible Hulk PG-13 114 min.  
7:30pm The Strangers R 85 min.  
8:00pm Sex and The City R 145 min.

#### Tuesday, August 5

5:00pm Hancock PG-13 92 min.  
5:30pm You Don't Mess With The Zohan PG-13 120 min.  
7:30pm The Dark Knight PG-13 152 min.  
8:00pm Wanted R 110 min.

#### Wednesday, August 6

1:00pm Chronicles of Narnia: Prince Caspian PG 144 min.  
3:00pm Kung Fu Panda PG 92 min.  
5:00pm Incredible Hulk PG-13 114 min.  
5:30pm Indiana Jones and the Kingdom of the Crystal Skull PG-13 124 min.  
7:30pm Sex and The City R 145 min.  
8:00pm The Strangers R 85 min.

#### Thursday, August 7

3:00pm Madagascar PG 80 min.  
5:00pm You Don't Mess With The Zohan PG-13 120 min.  
5:30pm Hancock PG-13 92 min.  
7:30pm THROWBACK THURSDAY  
FREE ADMISSION  
A Mighty Heart R 102 min.  
8:00pm Wanted R 110 min.

#### Hancock (PG-13)

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

#### Kung Fu Panda (PG)

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

#### The Happening (R)

A family is on the run from an inexplicable and unstoppable event that threatens not only humankind—but the most basic human instinct of them all: survival.

#### Indiana Jones And The Kingdom Of The Crystal Skull (PG-13)

In 1957, Indiana Jones is thrust back in action, venturing into the jungles of South America in a race against Soviet agents to find the mystical Crystal Skull.

#### 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.

#### The Strangers (R)

Three mysterious strangers terrorize a young couple in a remote house after they return from a wedding.

#### 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.

#### The Love Guru (PG-13)

Pitka is an American who was left at the gates of an ashram in India as a child and raised by gurus. He moves back to the U.S. to seek fame and fortune in the world of self-help and spirituality. His unorthodox methods are put to the test when he must settle a rift between Toronto Maple Leafs star hockey player Darren Roanoke and his estranged wife. After the split, Roanoke's wife starts dating L.A. Kings star Jacques Grande out of revenge, sending her husband into a major professional skid - to the horror of the teams' owner Jane Bullard and Coach Cherkov. Pitka must return the couple to marital nirvana and get Roanoke back on his game so the team can break the 40-year-old "Bullard Curse" and win the Stanley Cup.

#### You Don't Mess With The Zohan (PG-13)

Zohan, an Israeli commando, fakes his own death in order to pursue his dream: becoming a hairstylist in New York.

#### SHOWING FRIDAY AUGUST 8

1:00pm Kung Fu Panda PG 92 min.  
3:00pm Incredible Hulk PG-13 114 min.  
5:00pm Get Smart PG-13 111 min.  
5:30pm The Love Guru PG-13 89 min.  
7:30pm The Mummy: Tomb Of The Dragon Emperor PG-13 112 min.  
8:00pm The Dark Knight PG-13 152 min.  
9:30pm The Happening R 90 min.

# Boohya Tribe Wins 4th Straight Softball Title

Article MGSN Jonathan Idle  
Signature Staff

The Boohya Tribe won their fourth straight Captain's Cup Softball Tournament after they defeated the team from U.S. Naval Hospital Sigonella 15-1 in the championship Sat. July 19 at the softball field in the Marinai housing complex.

The tournament began in the early afternoon and carried on into the evening as the four participating teams played for the top three spots in the tournament.

The first game between the Hospital and the Swamp Donkeys, consisting of members from Security, got underway at 5 p.m. The Hospital put several runs up in the first inning, and the Swamp Donkeys never recovered from the early deficit. The Hospital won the game easily with a final score of 12-4.

In the second game, Boohya Tribe faced off against the team from COMSTA. The Boohya Tribe got out to an early lead and never looked back handily defeating COMSTA 12-2.

COMSTA and the Swamp Donkeys met in the next game to determine who would take home third place for the tournament. It was a one sided contest from the outset and COMSTA defeated the Swamp Donkeys easily in the end. For finishing third, COMSTA took home individual medals and a team trophy for their efforts.

The Championship game pitted the Boohya tribe against the Hospital for the right to take home the Captain's Cup. The Boohya Tribe put up a dominating performance from the beginning, finishing off the



Photo by [redacted]

(Above) The Boohya Tribe celebrate their fourth consecutive Captain's Cup Tournament championship. (Below) Master at Arms 2nd Class Mike Leslie hits a line drive during the Captain's Cup Tournament.



Photo by MGSN Jonathan Idle

Hospital with a final score of 15-1.

The Captain's Cup Tournament came just two weeks after the final games of the intramural softball season. The Boohya Tribe also walked away with the best record for intramural play after they defeated the

team from the Public Works Department in the final game of the season.

Several other teams from the intramural league including Public Works did not compete in the tournament.

volvo

Oxidiana

Acquascivol  
o

Angolo di  
Dodo

Ipamena

# Sabbiadoro

# Stampa

# Tourist

# Avis

*TRAINING continued from page 1*  
Rifle Association (NRA) July 21-25.

Wes Doss and Ronald Flowers, adjunct instructors with the NRA's Law Enforcement Activities Division (LEAD) bring extensive real-world experience from both civil and military law enforcement careers. The LEAD adjunct staff is made up of highly-trained instructors from around the country who are frequently called upon to conduct and assist the NRA with fire arms instructor courses.

"I think it's the experience that the NRA provides that makes this course different than what the military normally has," Doss said. "The NRA's Law Enforcement Activities Division is the only nationally certified fire arms instructor program that's out there, and it is consistent across the board. It's real heavy on the instructor development so these guys are not just learning to come out and shoot on the range but also instructional techniques, methods of instruction and how to maximize the training event for the personnel they are trusted to teach."

*COUNSEL continued from page 2*

avoided just in early pregnancy, or for the entire pregnancy. During the pre-conceptual appointment, a thorough review of all prescription and over-the-counter medications, including vitamins and alternative or herbal products, is taken. Sometimes medications are safest to stop taking before conception, and sometimes medications (such as for seizures or psychiatric issues) can be switched to similar and safer alternatives.

**Age and reproductive history**

As women age, many of the risks involving fertility and pregnancy increase. Though all risks generally increase gradually, around the age of 35, many issues become more relevant. Also, if a woman has a history of gynecologic problems, infertility, or miscarriages, it's a good idea to speak with a doctor before trying again to conceive.

**Medical history**

Pre-conceptual counseling is helpful for maternal medical condi-

The Handgun/Shotgun Instructor course consists of a minimum of forty-four contact hours during a five-day school, during which the Sailors are taught effective classroom instructional methods, to successfully teach firearms handling and to develop practical range training drills applicable to their units needs.

"For this course, we contacted the NRA and requested two instructors to teach a five-day pistol shotgun instructor course. The OPNAV Instruction 3591, which deals with small arms training and qualification authorizes the NRA course as an option to be able to teach small arms courses in the Navy," said EODCS(EXW) Jarrod Deines. "Being forward deployed here, it is easier and more cost effective to bring these guys here vice sending 16 guys from the unit back to the states. With our high deployment tempo, any time we can get training here and have our guys at home in their own beds at night is generally a good thing."

Additionally, range drills are conducted to reinforce skills in the

areas of coaching, accurate shot placement, multiple threats, decision-making, shooting while moving, identifying threats and firing in reduced light, tactical use of cover, one-handed malfunction clearing, and use of verbal commands.

"This is a pretty good course in comparison to a lot of the other ones we get because we're actually learning how to teach other people on our team, where most other fire arms courses just focus on the shooting," said EODI(EWX/SW/FPJ) Charles Yohnke. "It's a nice tool to bring to the team."

To complete the course, each student must demonstrate his understanding of the course content through a written exam and pass a shooting skills proficiency course.

"In this situation, what we have here is across the board a better than average to superior operator ability with their weapons system. These guys are well trained, shoot well and take training very seriously," Flowers said. "This allows us to focus on teaching them to instruct. I'm enjoying that."

tions not only to see if a change in management can help before pregnancy, but also so the mom can get an idea of what to expect during pregnancy. Conditions such as diabetes, high blood pressure, thyroid disease, seizure disorders or autoimmune disorders (like Lupus) have special bearing on pregnancy courses, and they are managed differently than uncomplicated situations. Here at Sigonella, some more serious medical issues have to be sent out in town or even back to CONUS for management, and of course it's best to know about this sooner rather than later.

**Family history**

Evaluation of the couple's family history helps to identify genetic risks to the baby as well as maternal medical risks that may not have been anticipated.

As an example, a woman may not be aware that a family history of blood clots can put her at risk for pregnancy complications. On the other hand, there are many family

medical problems which do not have a bearing on pregnancy and fertility, and it can help to receive reassurance.

**Mom's weight, diet and exercise routine**

If overweight or obese, patients are strongly encouraged to start a diet and exercise program well before pregnancy.

Maternal obesity has been associated with reduced fertility and several pregnancy complications, such as increased risks of gestational diabetes, preeclampsia, and having a child with a birth defect. Reviewing habits with a doctor is helpful as well, especially with regard to smoking. Moms who are ready to quit smoking can likely improve their pregnancy outcomes the most by quitting months before conception.

If you already know you may have an issue with one of the above topics, or just have some questions of your own, feel free to call us at the hospital, and we will gladly do what we can to help.

# Maryland

# 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](mailto: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



Vento del-  
l'est

Volcano

**HONOR continued from page 2**  
organization's reputation, and our country's honor is affected by our actions, for good or bad. An illustration of this was when I was serving with the Seabees during a deployment to Guam. My battalion was the only active-duty battalion to send Seabees into Afghanistan shortly following September 11, 2001. The 56 Seabees performed many outstanding deeds and accomplished great missions in and around Kandahar. They worked long hours even made the news on a couple of occasions. Toward the end of our stressful and successful deployment, a story was broadcast on CNN regarding the actions of a dozen Seabees in another battalion in our homeport of Gulfport, Mississippi. Although many of the accusations later proved false, the main story reported that U.S. Navy Seabees had been involved with drinking and underage girls at a party. Our Skipper called an all-hands Captain's call to address some moral character issues. I remember I had broken the story to him that I had just seen on the news and shared with him a passage of Scripture that my mother always recited to us as her children. It was

from Proverbs 22:1, and the CO used this same passage in his talk to the troops from the modern "Good News Bible," "If you have a choice between a good reputation and great wealth, choose a good reputation." The Skipper went on to say that all the good work we had accomplished was now marred by the actions of a few in our homeport. And so it is even now. Today, many great things are being done by the U.S. Military all over the world. But no matter how much goodwill and success we achieve, it can be destroyed, seemingly overnight, by actions of fellow service members at Abu Ghraib prison or in the streets of Haditha. Although it is a small percentage of military personnel who break the Code of Conduct and Roles Of Engagement, it affects the reputation and honor of us all.

It was a Roman Statesman from this part of the world who said it best, "Ability without honor is useless."- Marcus Tullius Cicero. May we always remember and portray the moral virtue of honor during work hours and during free time, in the office or at home, on deployment or on leave because it is our sacred honor that is on the line!

**EVENTS continued from page 5**

1100-1300

Is a monthly Discussion Group for all personnel and their families. The group provides an opportunity for IAs and spouses to meet and discuss topics related to deployment. Various topics and speakers present information about resources and support services available to help manage the challenges that can occur during a deployment phase.

This group is open to all IAs, service members who have deployed or will deploy, as well as spouses and family members...and lunch is provided!



Attention all good standing Catholic gentlemen!  
Come join the ranks of Sigonella's newest Knights of Columbus Chapter!  
We meet the first Thursday of every month at 1930 p.m. above Applebee's.  
You may also contact a fellow Knight after the Sunday Mass service in the NAS 1 Fellowship Hall, or Mineo community Building. (Pizza and soft drinks provided at the meetings!)  
For more information visit - [www.kofc.org/](http://www.kofc.org/)

Volcano

Ghebel

Class

Medusa

Barber Shop

# Stampa