



Sigonella Exchange Honors Chiefs



Explosive Ordnance Disposal Technician Chief (Select) (EWS/SW/FPJ) Charles Yohnke and Air Traffic Controller Chief (Select)(AW/SW/NAC) Robert Ziegler ceremonially cut the cake as the youngest and oldest selectees as their fellow chiefs looked on at the NEX hosted CPO selectee party Sept. 4.

Article and photo by Lt. j.g. Matt Knight

Sigonella Public Affairs Officer
The Naval Air Station (NAS) Sigonella Navy Exchange (NEX) hosted a party for the chief's community and their families in honor of the new Chief Petty Officer (CPO) selectees in the NEX store on the NAS Sigonella support side 6 p.m. to 9 p.m. Sept. 4.

The NAS Sigonella NEX CPO celebration was unique because it included not only the CPO selectees and their sponsors but also the rest of the chief community and all of their family members explained Dorothy McEwan, NAS Sigonella NEX Softlines Divisional Manager. "The Navy is a family and that's why we are celebrating... The CPO's have worked hard and their families have worked right behind them."

The evening started with a photo session of the 27 CPO selectees in front of the NEX and was followed up by a buffet style

meal, CPO trivia in the furniture area of the store, a team scavenger hunt through the store, team karaoke, a ceremonial cake cutting and prizes.

While the chiefs enjoyed the festivities, the spouses enjoyed discounted shopping on select items through out the store and the children were entertained by a face painting-balloon wielding clown and "Guitar Hero" on the big screen Televisions.

"It was actually really nice to be welcomed like this. I spent the first six years of my career in the states and never saw anything like it" said EOD Chief (Select) (EWS/SW/FPJ) Charles Yohnke the youngest CPO selectee. "To actually have an organization like the Navy Exchange do this for us is really cool."

McEwan commented that this type of celebration for the CPO community and their families was started last year by the NAS Sigonella NEX and was so well received that it was planned again for this year.

Sigonella Sailors Honor Fallen on Armistice Anniversary

Article and photos by MCSN Jonathan Idle
Signature Staff

Sailors from Naval Air Station (NAS) Sigonella joined members of the local Italian military and law enforcement in remembering a historic event from World War II Sept. 3 in the town of Cassibile, Sicily.

This date marked the 65th anniversary of the signing of the armistice between Italy and the Allied Forces in the small town outside of Siracusa.

In 1943 Italian Gen. Giuseppe Castellano met with Gen. Walter Bedell Smith, acting in place of Gen. Dwight D. Eisenhower, in secret to sign the armistice and begin the immediate disarmament of the Italian fleet and aircraft.

The agreement was not announced until Sept. 8 when Italian Prime Minister Pietro Badoglio addressed the nation during a radio broadcast.

"The Italian Government, recognizing the impossibility of continuing the uneven struggle against the

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From left to right Cmdr. Tanya Ponder, U.S. Naval Hospital Sigonella, Councilor Roberto Meloni, representative of the Siracusa Regional Province, the Honorable Roberto Visentin, Mayor of Siracusa, Ms. Maria Teresa Cucinotta, Deputy Prefect of Siracusa, Italian Col. Francesco Polizzi, Italian Army Regional Commander, observe the memorial ceremony on the 65th anniversary of the armistice between Italy and the Allied Forces during World War II Sept. 3 in Cassibile, Sicily.

Sigonella Graduates 16 New Ombudsmen

Article and photos by MC2 Joshua Wink
Signature Staff

NAS Sigonella recently welcomed 16 new ombudsmen into the Sigonella ombudsman community Sept. 4 during their graduation in the Applebee's conference room, bringing the total ombudsman on base to 22.

The graduation was the conclusion to the three-day class; a class held twice a year, which spouses must take prior to becoming official ombudsmen

"At Sigonella, because we're an isolated duty station, the ombudsman program is important because it provides a good connection between people and family so that there is an

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Capt. Thomas J. Quinn addresses the graduates of the Ombudsman course.

WEATHER UPDATE	September 12	September 13	September 14	September 15	September 16	September 17	September 18
	H:93F L:70F	H:92F L:70F	H:98F L:73F	H:81F L:62F	H:85F L:58F	H:76F L:57F	H:81F L:57F

TOP STORIES	September 12	September 13	September 14	September 15	September 16	September 17	September 18
So I have this other older brother (not the one with the rubber gloves) who had this obsession with his good looks compared to my lack thereof. I never asked Gerry, "What's the good word today?" It just didn't seem appropriate in response to his chanting of the cheer above.	Hurricane Gustav spared the Gulf Coast region when it made landfall Sept. 1, but three more storms now threaten to hit the United States. To mitigate the impact these natural disasters could have, Navy personnel -- including active duty, Reservists, civilians and family members -- should make contingency plans now.	Legend has it that Saint Paul himself stopped at the Catania Ognina harbor on his trip to Rome, after he had founded a Christian community in Siracusa. Whether it is true or not, this legend proves that Christianity is deeply-rooted in this lively fishermen neighborhood of Catania.	As most people go through life they make checklists of things they want to do. Unfortunately, most people will reach the end of life filled with regrets of things they could have done but never made time for. This is the story of one of those dreams that became a reality.	Morale, Welfare and Recreation (MWR) readies to celebrate National Day for Kids on September 20 for an afternoon filled with fun and games for the whole family.			
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INSIDE	Direct Line	Navy News	Community Calendar	MWR Corner	Il Mercato
	2	3	4	11	14

TRAFFIC NUMBERS			
	Jan.- Sept. '08	Jan.- Sept. '07	Diff.
Accidents	199	203	-4
Injuries	33	30	+3
DUIs	6	7	-1
Traffic Deaths	2	0	+2

PLEASE, DON'T BECOME A STATISTIC!

DIRECT LINE NASSIG COMMANDING OFFICER CAPT. THOMAS J. QUINN

The September 4 Feedback Live was so successful that some of the questions couldn't be covered in the allotted time, so we are going to devote this Direct Line to answer them. Please keep sending the questions via email or phone and I will do my best to answer them.

Additionally, has someone in Housing, the Exchange or Commissary provided you Great Service? Are you excited about a base sponsored program or service? Feedback Live is the perfect opportunity to share with the community about your positive experience. Feedback Live is held on the first Thursday of each month, from 6:30 p.m. - 7:00 p.m. To call in live on the show, please dial 624-4265 or 095-56-4265.

Q1. What is the possibility of having a working group formed throughout the community or the NEX, and survey the community so the Exchange may carry items like those

found in Naples or Aviano. The selections are better in those exchanges especially the furniture, tools/hardware and sporting supplies.

Answer: The NEX Sigonella is working to improve those departments. We have plans on increasing some areas such as sporting goods, luggage, etc.

Over the past year, we have been transferring several different items from our store in Naples. Much of our assortment is based on sales and/or population. Unfortunately, we can not have as large of an assortment as Naples, but we can make ours the best it can be for our community. For specific information regarding those departments mentioned, or if you have any suggestions, please call A.J. Fecera, the NASSIG NEX Hardlines Divisional Manager at 624-4277.

Q2. Is there a plan or a budget to renovate or upgrade the NEX Beauty Salon?

I know the majority of Sigonella's

women go there for various services and it is looking pretty bad in those back rooms. Why not give us something beautiful or at least clean to look at?

Answer: The NEX Services operations Manager just held a meeting with this concessionaire to discuss replacement of wash stations, painting, and abatement of dividing wall, procurement of manicure/pedicure chair, and installation of improved lighting. For more information, please contact Harold Laird, Services Operations Manager at 624-4830.

Q3. Could someone clean the vent at the gym on NAS II?

Answer: All air conditioning systems are on a maintenance schedule that includes filter cleaning. This work is accomplished in order to guarantee that the building does not adversely affect the health of building occupants.



Health WATCH Back to School Lunch Ideas

Article by Lt. Cmdr. Jim McGowan
Registered Dietician,
U.S. Naval Hospital Sigonella

Children who eat nutritious foods do better in school. By packing a lunch you can ensure your child gets the nutrients he or she needs to stay energized and ready to learn.

The best lunch is a combination of foods that supply protein, fat and carbohydrates to sustain energy and concentration for several hours. Eating foods from at least three food groups gives children the nutrients and energy they need to feel good and do well in school.

What should you pack?

Children's input should be the first ingredient. Children who help select and prepare their meals tend to eat better. You may need to establish some ground rules for what goes into the lunch first. Talk to them about what they

like to eat and take them with you on your next trip to the grocery store.

Don't let packed lunches get repetitive. Try different types of bread, dips, small treats and short notes to remind them you love them or you're looking forward to an after school activity.

Here are some favorite lunches to get you started.

Sandwiches:

Spice up your typical sandwiches by using different grain products instead of plain white bread:

- Different breads (9-grain, whole-wheat, spelt, kamut, sourdough)
- Rice cakes
- Plain or flavored bagels
- Whole-wheat buns

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NASSIG WORSHIP SERVICES
Chapel Office: 095-86-3975

ROMAN CATHOLIC	PROTESTANT
Sunday	Sunday
0845 Catholic Mass (NAS I Chapel)	0900 Protestant Worship
1200 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)
	CHURCH OF CHRIST LAY SERVICE
Sunday 1530 NAS I Chapel Rooms 3 & 4 (Call 624-5128 or 335-841-8069)	

OTHER SERVICES/ACTIVITIES POINTS OF CONTACT

Latter-day Saints: Please email ldssig@gmail.com or call 624-1671 or 349-197-7119
Jewish Services: Please call 095-86-1205
AA Meetings: Monday, Wednesday, Friday - 1900, NAS II Chapel, 339-344-9332



What's the Good Word?

Article by Chaplain Stephen Coates

*U - G - L - Y, YOU AIN'T GOT NO ALIBI
YO' UGLY... NN, NN... YO' UGLY!*

So I have this other older brother (not the one with the rubber gloves) who had this obsession with his good looks compared to my lack thereof. I never asked Gerry, "What's the good word today?" It just didn't seem appropriate in response to his chanting of the cheer above.

We shared a bedroom and were good friends. Still, it was not uncommon that the first words I would hear on any given morning would be, "Steve... how come you're so ugly?" I never really knew what to say to that. No mat-

ter how many times he repeated it, I knew he didn't mean it. It was simply his sadistic, brotherly love language saying, "I'm glad you're my brother... you punk."

If, in a joking manner, I were to ask you, "What is the ugliest thing you have ever seen?" I am sure I would receive some creative replies. The well deserved smiles and laughs would be commensurate with the sophistication, subtlety or surprise of the humor offered.

But if I would ask the same question in all seriousness, neither words nor groans could possibly convey the depth of gravity, the weight of sorrow known only to your heart.

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EMERGENCY MANAGEMENT OFFICE

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

**WEEKLY TRAFFIC/
SAFETY UPDATE**
Traffic Court Results

E6 - Negligent driving. Failure to comply with NASSIG/host laws. Member was awarded 5 points and DIP.
E5 - Speeding. Member was awarded 4 point and DIP.
E4 - Other moving violation. Member was awarded 3 points.

NAVY News

Navy Families Urged to Prep Now for Hurricane Season

Article by Commander,
Navy Installations Command
Public Affairs

Hurricane Gustav spared the Gulf Coast region when it made landfall Sept. 1, but three more storms now threaten to hit the United States. To mitigate the impact these natural disasters could have, Navy personnel -- including active duty, reservists, civilians and family members -- should make contingency plans now.

"Hurricane Gustav is a good reminder for all Navy personnel and their families to be prepared, not just through the hurricane season, but at all times," said Owen McIntyre, director of CNIC's N37 Emergency Management Program.

"We must also be ready for other tropical storms (Hanna, Ike and Josephine) currently brewing in the Atlantic Ocean. Now is not the time

to take chances."

With the pending weather forecasts, personnel Navy personnel and their families may need to relocate to safe havens. Those who may be impacted by an emergency can update their contact information at the Navy Family Accountability & Assessment system (NFAAS) Web site: <https://navyfamily.navy.mil/>.

Navy Installations Command's Operation Prepare offers the following tips for Sailors, civilians and their families.

Stay Informed

- Become familiar with the full spectrum of hazards in your area and how you will be notified about them.

- Give special consideration to hazards that affect your local area, such as severe winter weather, hurricanes or earthquakes.

- Be prepared to take appropriate

actions: evacuate, move to a civilian shelter, move to a designated safe haven or temporarily shelter in place.

- Know your command's established procedures for reporting and mustering.

Develop and Practice a Family Emergency Plan

- The surest way to be prepared for an emergency is to develop and practice a family emergency plan.

- Discuss in advance what you will do during various types of emergencies, pick places to meet and have contact information for everyone.

- Formalize your preparations in a written family plan so everyone knows what to do in an emergency.

- Incorporate special concerns such as caring for very young and very old family members, protecting your property, retaining critical financial or insurance records and caring for

your pets.

- Practice your emergency plan at least once a year. Choose a disaster that would be most likely to affect your family. Describe a hypothetical event and instruct family members to follow the family emergency plan. Practice gathering your emergency kit, communicating with one another and meeting at designated places.

Make a Preparedness Kit

- Community emergency responders focus on the most critical needs when disaster strikes. It's your responsibility to ensure your family's well-being during times of crisis. Emergency preparedness kits are an essential tool for meeting that challenge.

- Gather supplies for every family member for at least three days. Main items to include are water, food, first aid supplies and critical family documents.

- Emergency preparedness kits can be bought, but the most effective kits are those you assemble yourself to suit your family's particular needs.

- Depending on your family, you may need special items for babies, medications and supplies for

pets.

- Make your kit portable in case you go to a shelter or evacuate. Make smaller emergency kits to keep at work and in your car.

- Evaluate emergency kits regularly and update them as medications and food expire.

- Visit the Operation Prepare Web Site

Operation Prepare offers a wealth of resources such as:

- Information - Nearly 40 fact sheets on a variety of hazards and emergency preparedness steps, derived from several reputable sources such as the Department of Homeland Security and the Centers for Disease Control and tailored especially for the Navy community.

- Plans - Planning checklists and printable forms for emergency contact and communications cards, including space for your command's muster information.

- Kits - Printable checklists for basic emergency supply kits that you can tailor to your own family needs.

"Be informed, make a kit and have a plan," McIntyre said in summary.

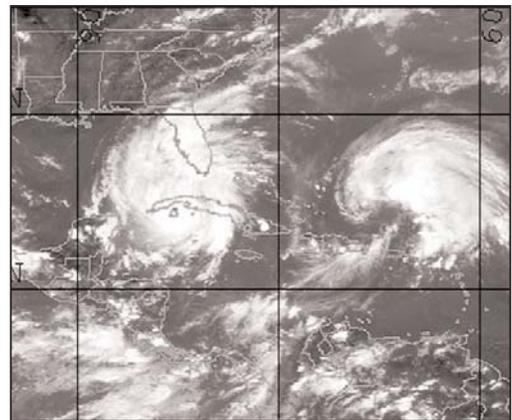
PHOTO FROM THE FLEET

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



U.S. Navy photo by IS1 Joshua Dean

Aviation Warfare 2nd Class Paul Cehr, assigned to the guided-missile destroyer USS Gridley (DDG 101), jumps 15 feet from an SH-60B Sea Hawk helicopter into the ocean during search and rescue technique training. Gridley is on a scheduled deployment conducting operations in the U.S. Naval Forces Central Command area of responsibility.



A GOES-12 infrared satellite image provided by the U.S. Naval Research Laboratory, Monterey, Calif., showing the status of Hurricane Gustav at approximately 4:15 p.m. EST. Gustav is now a category 4 storm on the Saffir-Simpson hurricane scale, with maximum sustained winds at 150 mph. The storm is moving north by northwest at 14 mph with its track taking it across the western tip of Cuba and into the Gulf of Mexico. Predictions place the storm as making landfall somewhere on the U.S. Gulf Coast by Monday evening. To the east of Gustav is Tropical Storm Hanna. Hanna has maximum sustained winds of 50 mph and is moving north by northwest at 7 mph with its track taking it across the Bahamas by Wednesday and making a possible U.S. landfall later in the week.

New Hitech
Hop

Monika

				FRIDAY	SATURDAY	SUNDAY
				12 - SEPTEMBER	13	14
<p>COMMUNITY CALENDAR</p>				<p>Alcoholics Anonymous -7 p.m. -NAS II Chapel x9203</p> <p>Red Cross CPR Class 8a.m. - 5 p.m. x4479</p> <p>Red Cross Babysitter Training 3:30 p.m. - 7 p.m. x4479</p>		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY			
15	16	17	18	19	20	21
<p>Alcoholics Anonymous -7 p.m. -NAS II Chapel x9203</p>	<p>FFSC What About the Children 8a.m. - 11:00 a.m. x4291</p> <p>NMCRS Volunteer Orientation 10 a.m. - 1 p.m. x4212</p>	<p>FFSC Survive and Thrive 8a.m. - 2:30 p.m. x4291</p> <p>Mens Group 1:30p.m. - 3 p.m. x4291</p> <p>Alcoholics Anonymous -7 p.m. -NAS II Chapel x9203</p>	<p>NMCRS Budget for Baby 5 p.m. x4212</p>	<p>Alcoholics Anonymous -7 p.m. -NAS II Chapel x9203</p> <p>FFSC Identity theft 10a.m. - 11:30 p.m. x4291</p> <p>Home Buying Strategies 1p.m. - 4:00 p.m. x4291</p>		<p>Red Cross Healthy Preg./Baby 4:30p.m. - 7 p.m. x4479</p>
22	23	24	25	26	27	28
<p>Alcoholics Anonymous -7 p.m. -NAS II Chapel x9203</p> <p>FFSC TAP (Pre-retirement) 8a.m. - 4 p.m. x4291</p>	<p>FFSC TAP (Pre-retirement) 8a.m. - 4 p.m. x4291</p> <p>Customs & Traditions 10 a.m. - 2 p.m. x4291</p>	<p>FFSC TAP (Pre-retirement) 8a.m. - 4 p.m. x4291</p> <p>Dress for Success 1 p.m. - 3 p.m. x4291</p> <p>Alcoholics Anonymous -7 p.m. -NAS II Chapel x9203</p>	<p>FFSC TAP (Pre-retirement) 8a.m. - 4 p.m. x4291</p>	<p>FFSC TAP (Pre-retirement) 8a.m. - 4 p.m.;x4291</p> <p>Alcoholics Anonymous -7 p.m. -NAS II Chapel x9203</p> <p>Red Cross Disaster Action Team 11:30am.-12:30 pm; x4479</p>		

Motta

Days Inn

Stags

Marchi

Did you know that . . .

Living beyond your means is a prescription for disaster? Does more than 25% of your take-home pay go to paying bills? Are you making only minimum payments on bills due? Are you taking out new loans to pay off old ones? Are you missing payments?

Are you stalling one creditor to pay another? Are you having frequent family arguments over money? The Navy-Marine Corps Relief Society can help you improve your financial picture.

NMCRS Volunteers and employees work hard to help Sailors, Marines, and their families pull themselves out of deficit budgets and into savings plans. Call today to schedule an appointment.

NMCRS: Service with a Smile!

www.nmcrs.org



Bldg. 319 (NAS 1)
 Monday-Friday
 7:30 a.m.-4 p.m.
 DSN 624-4291
 Commercial 095-56-4291

Time Out

Article by Patsy Troxell

Ever have the feeling that things are beginning to get out of control and you just don't know how to stop this roller coaster before it gets totally out of control? Here is a "fool proof" method of stopping things from escalating.

When you begin to feel yourself getting angry, say out loud to yourself and your partner, "I am beginning to feel angry and I need a Time-Out."

Leave your home for one hour, no longer or shorter. It is important that you have shared this technique with your partner before you actually attempt it, so he or she will not think you are just walking out on them. Likewise, it is vital that you are back in the allotted time period.

Rules for the time-out are no drinking, no driving, no hanging out with your buddies and don't allow yourself to ruminate about the issue. Why?

There is nothing worse than getting behind the wheel of a car if you're seriously upset, and although your friends mean well, they may not be able to help you deescalate.

So what can you do? Do something physical! Go for a walk or run alone. Shoot hoops, practice your golf swing, or practice batting

At the end of the hour, go directly back to your partner and if you are both in a better place, tell her or him what made you angry and ask for a meeting to revisit the issue.

Sit down in a quiet place with only your partner and attempt to talk about the issue (no kids or neighbors allowed). If you still have difficulty discussing the issue, it may be something you need a mediator to help you with. Call us at the FFSC. We will help you with communication issues before they explode into something more intense.

Sushi

Palermo

Pentagon

Protestant Women of the Chapel



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

Cold Noses



WARM HEARTS

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

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

Bianca (Right) is a beautiful girl who would love a home to call her own. She wants someone to take her for walks and give her treats.



Nix (Below) is a great girl. She needs a patient family who can show her love, affec-



tion and how to belong. She would love a warm bed to snuggle in each night.

For more information contact the Stray Animal Facility at 624-3936 or a SAWS representative at 345-502-2266.

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.

Italian NEWS

Sicilian Culture, Events and Lifestyle

Alberto Lunetta
Signature Staff



Ognina Virgin Mary Festival to be held in Catania

Legend has it that Saint Paul himself stopped at the Catania Ognina harbor on his trip to Rome after he had founded a Christian community in Siracusa. Whether it is true or not, this legend proves that Christianity is deeply-rooted in this lively fishermen neighborhood of Catania. "The exact origins of the devotion toward the Virgin Mary of Ognina are lost in time. All we know so far is that a temple honoring her was erected by this fishermen community in the 14th century," said Father Antonio Fallico, who has been in charge of Parrocchia Santuario Madonna di Ognina (Virgin Mary of Ognina Parish and Sanctuary) for more than 25 years.

The Ognina neighborhood will host the annual "Festa della Madonna di Ognina" (Feast of the Virgin Mary of Ognina), one of the most important religious events in Catania which runs through Sept. 14.

"The festival is the climax of an ongoing devotion toward our holy protector which has been celebrated for centuries. It's not just folklore, it has a deep social and religious significance," noted Father Fallico.

In ancient times, the Ognina's harbor was an important hub. Tradition has it that Christian converts had been preaching in the port area, which today hosts a sanctuary dedicated to the Virgin Mary, since ancient times, contributing to the spread of Christianity on the entire island.

The port was named "Port of Ulysses" because, according to tradition, Ulysses, the legendary hero of ancient Greek literature, landed at this port on his way to Ithaca. The harbor also housed a temple dedicated to the Goddess of war "Athena Longatis." In 1381, the harbor was partly filled by a lava eruption that reduced its size even though it created a beautiful small bay which housed the small present-day port. The Ognina community annually venerates the Virgin Mary as the protector of fishermen and Sailors. This devotion is rooted in some miracles that the Madonna has reportedly worked to protect the Ognina neighborhood and its residents. According



Photo by Ognina Virgin Mary Parish

The "Festa della Madonna di Ognina" (Feast of the Virgin Mary of Ognina), which runs in the Catania Ognina neighborhood through Sept. 14, is a unique festival which blends deep religious fervor and Sicilian folklore traditions. Highlights include a spectacular boat procession, fireworks with music, art exhibits, Sicilian food specialties, arts and crafts and entertainment.

to tradition, one of the most extraordinary events occurred on March 26, 1933 when a violent sea storm threatened the gulf of Ognina. Part of the pier and some boats were damaged.

The houses overlooking the coast were struck by 40-foot-tall waves. In order to avert the danger, local fishermen invoked Virgin Mary's help. They placed the statue of the Madonna on the church's square, after moving it from the altar of the Ognina's Sanctuary. Hours later, the sea miraculously calmed down.

Today, devotees still invoke the Virgin Mary during times of need and celebrate a yearly festival in her honor.

There are also a lot of local families who claim they were granted miracles by the Virgin Mary. "My cousin recovered from a coma after a car crash thanks to our prayers to the Virgin Mary," said Rosario Armenio, one of the festival organizers.

The origin of the modern festival dates back to the 19th century. The residents of the area and fishermen used to fund directly the festival. Money coming from their fishing activity was collected and put into pottery moneyboxes, named "Caruseddi" that were later broken during a short ceremony held on the Friday preceding the main festival day which is Sept. 8 (the Nativity of Virgin Mary). Fishermen would typically allocate half of their own weekly income, named "Menza Parti" to support the organization of the festival.

Originally, the festival featured a procession during which a statue depicting the Virgin Mary holding baby Jesus was brought in procession on a wooden float through the narrow streets of Ognina district. But on Sept 8, 1885, a fire broke out after the festival as the sacristan forgot to turn off the candles lit on the wooden carriage. So the wax melted and set both

the statue and the float on fire. Thus, a new statue was needed to replace the damaged one. While a French

monk was carving this new statue in Paris, a wax sculpture depicting a newborn Virgin Mary (named "Bammina" or girl child) was temporarily displayed in the sanctuary. In 1889, a new statue, depicting the Virgin Mary holding baby Jesus was placed in the sanctuary. The Sanctuary hosting this precious statue was erected in 1392. In a 16th century document a local notary named Merlino, wrote that the church had miraculously survived a big earthquake that destroyed the local area in 1542. Merlino also wrote that after the earthquake a group of prisoners were temporarily locked up in the church since the prison was destroyed. In 1676, historian Giovanni Andrea Massa wrote that pilgrims from all over the world came to the Ognina Sanctuary to thank the Virgin Mary for the graces (healing or other miracles) she had granted them.

After a terrible earthquake in 1693, the church was rebuilt facing north. The church has three naves and features a magnificent bronze gate. In the 17th century, Giacomo Vignero, a Raphael student, painted its interior. "Sigonellans who decide to attend our festa will be amazed to discover that it encompasses artistic, religious and cultural events" Father Fallico said.

Kartodromo

G Tourist

Festival Schedule Highlights

Tonight (Sept. 12) the Catania Bellini Opera House Orchestra will perform at 8:30 p.m. on a stage built on the sea in front of the Ognina Sanctuary.

Tomorrow, Saturday, Sept 13, a solemn High Mass is held in piazza Ognina at 4:30 p.m. Following the Mass, the "Processione della Madonna a Mare" (the procession of the Virgin Mary at sea) begins among fireworks. The statue is placed on a boat and carried in procession, accompanied by dozen of fishermen's boats, which moves along the Catania waterfront.

In the evening at 10:30 p.m., a spectacular fireworks show with music will take place by the Ognina seafont.

The last day of the festival

(Sunday, Sept. 14) features a solemn Holy Mass, which is celebrated at 4:30 p.m. Later, a procession featuring the statue of the Virgin Mary is held throughout the streets of the Ognina neighborhood. At midnight, another amazing fireworks show by the waterfront will end the festival.

Highlights also include art exhibits, food and arts and crafts vendors, as well as visits to the local sea museum. The port of Ognina is fairly easy to reach. From the Catania Train Station, take viale Africa. Once you get to piazza Europa, turn right and drive for about a mile along the seafont until you reach a little port right before the overpass that leads toward Acicastello. The Ognina Church is located under the road. For more information and detailed sched-

ules call the Italian speaking only Ognina Parish at 095- 494241.

THE
Signature
SIGONELLA, SICILIA

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

Arancino Festival in Ficcarazzi

The "Sagra dell Arancino" or Arancino Festival returns to Ficcarazzi (a district of Acicastello) this weekend (Sept. 12 through 14). This mouthwatering event, which draws annually over 15,000 visitors, celebrates arancino, one of the most popular Sicilian specialties. Arancino, a scrumptious deep-fried rice croquette, will be prepared with its classic fillings ("ragù" ground meat, cheese, mushrooms etc.) and the new mixtures (chicken, spinach, pistachio, bell peppers etc.). The festival, which is annually organized by the cultural association "l' Isola che non c'è," boasts the world record for the biggest ragù arancino (picture above) which was made last year weighing 11, 56 kilos (about 24 pounds).

Festival booths will be set up along in via Leonardo Vigo in Ficcarazzi every night at 7 p.m. Highlights will also include live music and comedian entertainment. Reaching Ficcarazzi is pretty easy. Take provincial road 114 (Catania-Acireale) until you reach Acicastello, then take via Acicastello and travel until you reach via Leonardo Vigo.

For more information and directions, call 349-1696504 / 347-2257542 / 095 3788628.

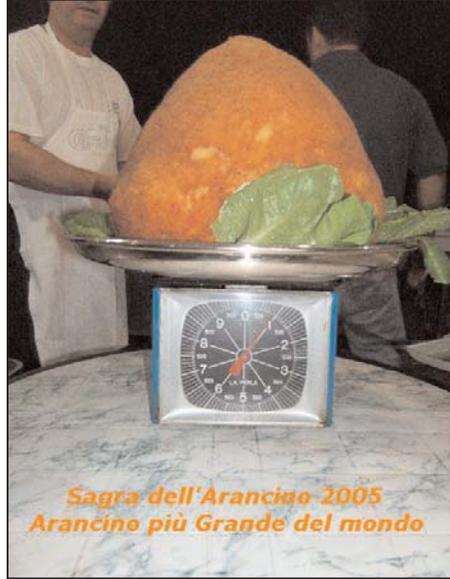


Photo by Associazione "l'Isola che non c'è"



Enjoy some good Sicilian vino this weekend! The "Vini Milo" wine festival continues in Milo, a beautiful small town located on the North-eastern flank of Etna, through Sept. 14. Festival booths will open tonight at 6 p.m. in the historic center. Highlights also include tasting programs, seminars, arts exhibits and entertainment. Milo is fairly easy to reach. Exit Giarre on A-18 highway (Catania-Messina) and follow directions towards Santa Venerina and continue through Zafferena Etnea until you reach Milo. For more information call the Milo Tourist Office at 095-955328/ 955423.



Antique Festival in Mascalucia

"Fiera Antiquaria dell'Etna," a fun-to-browse antique fair featuring a plethora of precious antiques and collectibles dealers from Sicily, will be held this weekend at the Mascalucia Villa Comunale (public gardens). Opening hours: Sept 13/14 - 10 a.m. to 10 p.m. For more information, call the Mascalucia Town Hall at 095-7271269.

American Forces

NEWS BRIEFS

Immediate Job Openings

U.S. Naval Hospital Sigonella is seeking applicants for three full-time Nurses.
 Nurse Clinical (Emergency Room Nurse)
 Nurse Consultant (Patient Safety Manager)
 Nurse Clinical (Multi-Service Ward Nurse)
 For inquiries concerning job applications, call the Human Resources Office at (095)56-4165/or DSN 624-4165 or visit: <http://www.sicily.navy.mil/> click local job vacancies.

Great News About the TRICARE Retiree Dental Program Overseas

Attention all military retirees! Enrollment into the Enhanced-Overseas TRICARE Retiree Dental Program (TRDP) is now available in the Sigonella area. Two host nation providers in Catania, Dr. Amato and Dr. Nibali, participate in the TRDP. For the first twelve months of enrollment, basic and pre-

ventive services are covered.

After twelve months of continuous enrollment, additional services are covered; however, this twelve-month waiting period will be waived if you enroll within four months of your retirement date. See www.trdp.org for specific covered services and their effective dates. Eligible beneficiaries may enroll using a credit card and can begin receiving benefits as early as the first day of the next month.

Monthly premiums are \$36.97 (single), \$71.25 (two-person), and \$118.30 (3 or more persons). Note that a two-month premium prepayment is required for enrollment in the Enhanced-Overseas TRDP. Premium prepayments are \$73.94 (single), \$142.50 (two-person), and \$236.60 (3 or more persons). For more information or to enroll in the TRDP, please go to www.trdp.org or call (800) 721-8737. You may also call the Naval Hospital TRICARE office at 624-4880 for questions.

Strike

A Stone's Throw

THE HUB OF THE MED IS ALSO THE HUB FOR TRAVEL

From Sicily to the Alps and Back in 29 Days

Article by
BMCS Scott Sandquist
Edited by Lt. j.g. Matt Knight

As most people go through life, they make checklists of things they want to do. Unfortunately, most people will reach the end of life filled with regrets of things they could have done but never made time for. This is the story of one of those dreams that became a reality. It started out as a conversation outside the Chief's mess in August of 2007 between EODCM Steve Boneau and BMCS Scott Sandquist and a comment from Boneau that "We should ride to the Arctic Circle in Norway" which resulted in a 29-day, 7,750-mile journey from Sigonella to the Arctic

Circle in Norway and back. The once-in-a-lifetime adventure began on June 14, 2008 when Boneau, Sandquist, Boneau's son Clarence (CJ) and Clarence's friend Justin Skinner departed Sigonella on their BMW motorcycles equipped with GPS, inter-bike communications, and IPODs kicking out the jams.

The trip North took them to Naples via the beautiful and treacherous Amalfi Coast, Pisa, a quick but expensive drive through Austria, Garmisch, Munich, Berlin, Copenhagen, and a special stop on the island of Orost in Sweden. The group met up with Sandquist's Swedish wife Gina and their daughter, Sarah, who both had flown to



(Above Right) The group visits the Leaning Tower of Pisa. (Above Left) The top of Stelvio. One of the highest passes in Europe. (Below) Traveling in the Fjords of Norway.



(Above) Glacier covered mountains in the mountains of Norway. (Below) EODCM Boneau, BMCS Sandquist, Clarence Boneau and Justin Skinner prepare to leave Marinal housing. (Right) The marker indicating the beginning of the Arctic Circle.

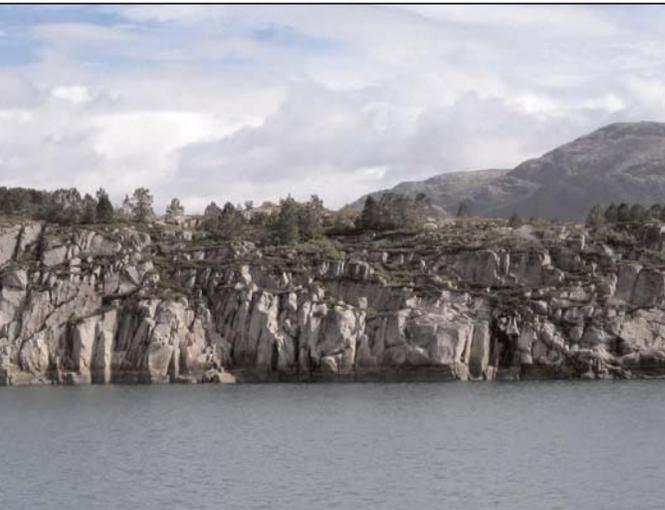




of Pisa. (Above Left) The top of Stelvio Pass in the Alps along the Swiss/Italian border. (Below) The hanging above the horizon in the Arctic Circle.



(Above) The group rides through scenic roads on their way toward the Arctic Circle. (Below) The hanging above the horizon in the Arctic Circle.



Rigattiere

Sweden while the group was riding north. There they met the rest of Gina's family to celebrate the traditional mid-Summer party on the Summer Solstice. After Sweden, it was on to Norway to visit Oslo then Bergen, and North through the fjords to the Arctic Circle. The ride through Norway included 15 ferries in three days, countless tunnels including one 24.5 kilometers long, camping out in a driveway, one night stay in an old white house, and camping off a beach above the Arctic Circle where they enjoyed a campfire until 1:30 a.m. as the sun hovered close to the horizon, but never set. The entire group agreed that the spectacular views of Norway's fjords with countless waterfalls cascading down thousands of feet of glacier scarred cliffs were forever etched in their memories.

The return trip started as the group crossed into Northern Sweden where the roads ribboned through the forested landscape as far as the eye could see. The high speeds and coarse roads quickly ate through the tires of the machines. Eventually, four of the eight tires required replacement. The trip through Sweden passed quickly as they sped toward Stockholm where Sandquist's wife, daughter and wife's family were waiting. Though not in the original plan, Sandquist and his wife were able to reunite for their 22nd wedding anniversary. The group completed the 465-mile dash through Sweden to Stockholm and arrived on the evening of the anniversary where the group and the family all stayed in a

hostel together. The next day was spent touring Stockholm, the island of Oland on the East coast of Sweden, then across the bridge from Sweden to Denmark and a ferry to Germany where they camped for the night. The next stop was Amsterdam and a day of touring the city on bicycle and visiting all of the cultural sites. After Amsterdam, it was on to Paris to enjoy a bit of the history and architecture then a brief stop in Brussels for lunch.

After three weeks on the road they finally arrived in Andermatt, Switzerland. Sandquist recalled that this was the highlight of the trip. In his words, the Alps were "God's gift to motorcyclists." After they arrived in Andermatt, the weather took a turn for the worse, raining fiercely with constant thunder and lightning. It very nearly cancelled their ride into the Alps but near mid day finally let up enough to allow the group to continue. They rode through three mountain passes in the next several hours and experienced motorcycle Nirvana. They all agreed that it was an incredible day of oneness with man and machine in the Alps. After Andermatt, it was on to Vincenza. The route to Vincenza included a trip to the claimed highest pass in Europe, Stelvio pass. It was another one of those "Take Your Breath Away" moments for the group. After Vincenza, it was a day in Venice. After camp set-up on the island of Lido, the group headed into Venice on foot to check out the sites. After Venice, it was another long trip to

Rome where Boneau lead the group on "Steve's Power-walking Tour of Rome" where several major sites were seen in about two-hours time. St. Peter's Cathedral was another breath taking experience. The return trip continued with a night in Naples and a reverse trip on the Amalfi Coast being the final stops on the journey.

They returned on schedule 29 days later. Cost of the trip - don't ask, it was pretty expensive; but the experience was definitely PRICELESS! Being in the Navy stationed in Europe was obviously the foundation of making this trip possible. The life the Navy allows is beyond what any other career could offer. You see, this was Boneau's retirement ride; he retired on 8 August, completing 30 years of honorable service.

Boneau commented that the trip was more about the destinations, the cities and sights of Europe and less about the ride. Sandquist said for him "it was about the ride, the twisty roads through the Alps and the cliffhangers of Norway." The resulting trip was about the friendships made on this incredible adventure and the stories and the people met at every stop. The entire group learned something about each other during that month. One thing that is an absolute certainty, this group of guys won't be lying on their death beds thinking about what could have been. If you ask them how their lives were spent, they'll say "Man, what a great ride."

Ristorante Bella Etna

<p>Friday 12</p> <p>Lunch: Cream of Mushroom Soup, Beef Stir Fry, Tempura Fish, Steamed Rice, Calico Cabbage, Steamed Broccoli, Tartar Sauce, Ginger Molasses Cookies, Lemon Meringue Pie.</p> <p>Speed line: Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes.</p> <p>Dinner: Bean and Bacon Soup, Veal Paprika Steak, Rice Pilaf, Southern Green Beans, Savory Squash, Ginger Molasses Cookies, Lemon Meringue Pie.</p> <p>Made to Order: Vegetarian Burger, Turkey Wrap, French Fries.</p>	<p>Saturday 13</p> <p>Lunch: Chicken Noodle Soup, Texas Hash, Roast Pork, Cottage Fried Potatoes, Green Rice, Steamed Peas, Stewed Tomatoes, Brown Gravy, Carrot Cake, Vanilla Cream Pie.</p> <p>Dinner: Vegetable Beef Soup, Baked Sausage, French Fried Portion Fish, Rice Pilaf, Glazed Carrots, Southern Collard Greens, Chicken Gravy, Carrot Cake, Vanilla Cream Pie.</p>	<p>Sunday 14</p> <p>Brunch: Breakfast items, Knickerbockers Soup, Macaroni and Cheese, Aztec Rice, Hot Spiced Beets, Green Beans, Brownies, Shortbread Cookies.</p> <p>Dinner: Chicken Rice Soup, Roast Beef Au Jus, Parmesan Fish, Mashed Potatoes, Mixed Vegetables, Steamed Asparagus, Natural Pan Gravy, Brownies, Shortbread Cookies.</p>	<p>Monday 15</p> <p>Lunch: Chicken Jumbo Soup, Beef Yakisoba, Mambo Roast Pork, Steamed Rice, Oven Brown Potatoes, Green Peas, Seasoned Summer Squash, Brown Gravy, Peanut Butter Cookies, Brownies.</p> <p>Speed line: Sub Sandwich, Cartoccia.</p> <p>Dinner: Minestrone Soup, Meatloaf, Boiled Pasta, Oriental Rice, Lima Beans, Steamed Cauliflower, Marinara, Peanut Butter Cookies, Brownies.</p> <p>Made to Order: Grilled Chicken Sandwich, Tuna Salad on Wheat Bread, Potato Chips.</p>
<p>Tuesday 16</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 Fillet Sandwich, French Fried Potatoes, Onion Rings.</p> <p>Dinner: Cream of Broccoli Soup, Braised Beef Cubes, Seasoned Pasta, Steamed Rice, Spanish Style Beans, Stewed Tomatoes, Devil's Food Cake, Pecan Pie.</p> <p>Made to Order: Vegetarian Burger, Turkey Wrap, French Fries.</p>	<p>Wednesday 17</p> <p>Lunch: Beef Noodle Soup, Pepper Steak, Chicken Pasta Prima Vera, Bruschetta, Steamed Rice, Oven Brown Potatoes, Cream Style Corn, Turnip and Bacon, Almond Cookies, Cheese Cake.</p> <p>Speed line: Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes.</p> <p>Dinner: Cream of Mushroom Soup, Roast Porkloin, Mashed Potatoes, Steamed Rice, Brown Gravy, Club Spinach, Steamed Peas and Celery, Almond Cookies, Cheese Cake.</p> <p>Made to Order: Sicilian Submarine, Grilled Cheese, Onion Rings.</p>	<p>Thursday 18</p> <p>Lunch: Chicken Rice Soup, New England Boiled Dinner, Al Forno Pasta, Mustard Sauce, Spinach w/ Mushroom, Seasoned Mix Vegetables, Oatmeal Raisin Cookies, Apple Cobbler.</p> <p>Speed Line: Baked Potatoes, Bacon Bits, Sauteed Mushroom, Shredded Cheddar Cheese, Asst. Pizza.</p> <p>Dinner: Beef Noodle Soup, Roast Beef, Red Bean w/ Rice, Chicken Gravy, Green Kale, Hot Spiced Beets, Oatmeal Raisin Cookies, Apple Cobbler.</p> <p>Made to Order: Grilled Chicken Sandwich, Tuna Salad on Wheat Bread.</p>	

The Signella 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 4:30 p.m. to 6:30 p.m. for dinner. The galley is located on NAS II. This menu is subject to change without notice.

NFC

Oxidiana

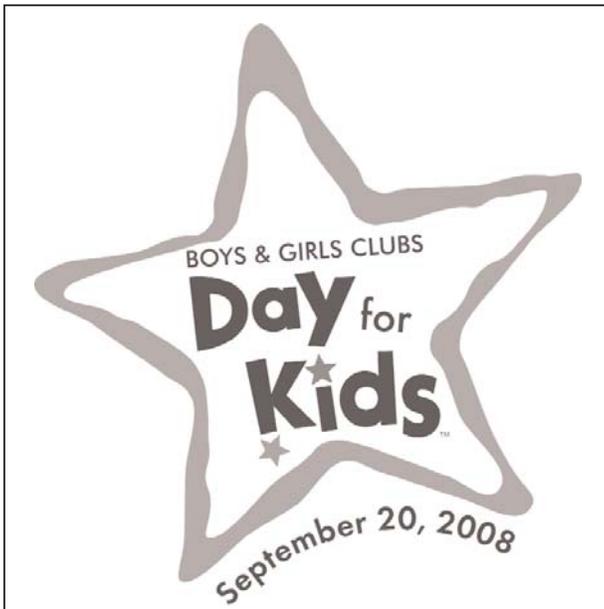
M o n d o Animale

MWR CORNER

MWR Child & Youth Program Readies for National Day for Kids

Morale, Welfare and Recreation (MWR) readies to celebrate National Day for Kids on September 20 for an afternoon filled with fun and games for the whole family. From 2 p.m. to 5 p.m. at the Chapel Piazza, the Youth & Teen Center, an affiliate of the Boys & Girls Clubs of America, have non-stop fun planned.

For food lovers, there will be watermelon and pie eating contests. Not for the faint of heart, the Teen Factor Relay will include a scavenger hunt, obstacle course, chow down contest and more. Parents and kids can plan to get wet and wild with the Sponge Relay Race, water play for toddlers and the Whip Cream Shoot & Shave. The crafty can make and break piñatas. Other activities include a bounce castle, dance area, dart balloons and free food



and refreshments.

Signonella MWR's Youth Program celebrates the importance of establishing stronger relationships between adults and youth by joining other Boys & Girls Clubs of America, thousands of families across the U.S. and on military bases worldwide with National Day for Kids festivities on September 20.

"We celebrate this annual event because we support adults and children spending meaningful time together," says Melanie Resto, MWR Youth Programs Director, "Family time has never been more fun. We hope every Signonella family will join us for the afternoon, share the day and make a few new friends." For more information or to volunteer, please contact the Youth Center at 624-3712 or 624-3715.

SEPTEMBER 12 - SEPTEMBER 19		MIDTOWN MOVIE THEATER		MOVIE HOTLINE: 624-4248
SCHEDULE		MOVIE DESCRIPTIONS		
Friday, September 12				
1:00pm	Space Chimps PG	Space Chimps (PG)	and their never-ending droid army. Anakin Skywalker and his Padawan learner Ahsoka Tano find themselves on a mission with far-reaching consequences. 100 min.	
3:00pm	Kitt Kittredge: An American Girl G			
5:00pm	Hancock PG-13			
5:30pm	Meet Dave PG			
7:30pm	X-Files: I Want to Believe PG-13			
8:00pm	Hellboy II : The Golden Army PG-13			
9:30pm	Step Brothers R			
Saturday, September 13				
2:00pm	Kitt Kittredge: An American Girl G			
2:30pm	Journey to the Center of the Earth PG			
4:30pm	Star Wars: The Clone Wars PG			
5:00pm	Mamma Mia PG-13			
7:30pm	X-Files: I Want to Believe PG-13			
8:00pm	The Dark Knight PG-13			
9:30pm	Step Brothers R			
Sunday, September 14				
2:00pm	Space Chimps PG			
2:30pm	Kitt Kittredge: An American Girl G			
4:30pm	X-Files: I Want to Believe PG-13			
5:00pm	Hellboy II : The Golden Army PG-13			
7:00pm	Step Brothers R			
Monday, September 15				
1:00pm	Journey to the Center of the Earth PG			
3:00pm	Space Chimps G			
5:00pm	Hancock PG-13			
5:30pm	Mamma Mia PG-13			
7:30pm	The Dark Knight PG-13			
8:00pm	Step Brothers R			
Tuesday, September 16				
5:00pm	Meet Dave PG			
5:30pm	Star Wars: The Clone Wars PG			
7:30pm	Hellboy II : The Golden Army PG-13			
8:00pm	SPORTS SPECIAL FREE ADMISSION The Longest Yard PG-13			
Wednesday, September 17				
1:00pm	Star Wars: The Clone Wars PG			
3:00pm	Journey to the Center of the Earth PG			
5:00pm	Space Chimps G			
5:30pm	Hancock PG-13			
7:30pm	Mamma Mia PG-13			
8:00pm	The Dark Knight PG-13			
Thursday, September 18				
3:00pm	Kitt Kittredge: An American Girl G			
5:00pm	Star Wars: The Clone Wars PG			
5:30pm	Meet Dave PG			
7:30pm	X Files: I Want to Believe PG-13			
8:00pm	SUMMER FLASHBACK FREE ADMISSION Iron Man PG-13			
		Mamma Mia (PG-13)	Raised on a Greek island by a formerly rebellious mom who never disclosed the identity of her father, a bride-to-be locates three men who might be her father and invites them to her wedding. 109 min.	
		Hellboy II: The Golden Army (PG-13)	The mythical world starts a rebellion against humanity in order to rule the Earth, so Hellboy and his team must save the world from the rebellious creatures. 120 min.	
		Journey to the Center of the Earth (PG)	A science professor's untraditional hypotheses have made him the laughing stock of the academic community. But on an expedition in Iceland, he and his nephew stumble upon a major discovery that launches them on a thrilling journey deep beneath the Earth's surface, where they travel through never-before-seen worlds and encounter a variety of unusual creatures. 93 min.	
		Kitt Kittredge: An American Girl (G)	Aspiring reporter Kit Kittredge can't resist bringing home strays, whether it's Grace, an abandoned basset hound, or Will and Countee, a pair of young hobos willing to trade work for meals. Determined to recover the stolen money and believing Will is innocent, Kit recruits her friends Ruthie and Stirling to help her track down the real culprit. 101 min.	
		Meet Dave (PG)	A massive fireball from space hits New York's Central Park and an ordinary man emerges unscathed. The man turns out to be a spaceship operated by 100 human-looking aliens who are one-quarter inch tall and seeking a way to save their planet; complications ensue when their captain falls in love with an Earth woman who's always picked losers for previous romances. 90 min.	
		Star Wars: The Clone Wars (PG)	As the Clone Wars sweep through the galaxy, the heroic Jedi Knights struggle to maintain order and restore peace. More and more systems are falling prey to the forces of the dark side as the Galactic Republic slips further and further under the sway of the Separatists	
			The Dark Knight (PG-13) The Caped Crusader returns, protecting Gotham City from the mad criminal mastermind, The Joker. 152 min.	
			X-Files: I Want To Believe (PG-13) When a group of women are abducted in the wintry hills of a rural Virginia town, the only clues of their disappearance are the grotesque human remains that begin to turn up along the highway. The truth to these horrific crimes is out there, and it will take Mulder and Scully to find out! 104 min.	
			Step Brothers (R) Brennan Huff, a sporadically employed thirty-nine-year-old, lives with his mother, Nancy. Dale Doback, a terminally unemployed forty-year-old lives with his father, Robert. When Robert and Nancy marry and move in together, Brennan and Dale are forced to live with each other as step brothers. As their narcissism and downright aggressive laziness threaten to tear the family apart, these two middle-aged, immature, overgrown boys will orchestrate an insane, elaborate plan to bring their parents back together. To pull it off, they must form an unlikely bond that maybe, just maybe, will finally get them out of the house. 98 min.	
			The Mummy: Tomb Of The Dragon Emperor (PG-13) Explorer Rick O'Connell to combat the resurrected Han Emperor in an epic that races from the catacombs of ancient China high into the frigid Himalayas. Rick is joined in this all-new adventure by son Alex, wife Evelyn and her brother, Jonathan. The O'Connells must stop a mummy, awoken from a 2,000-year-old curse, who threatens to plunge the world into his merciless, unending service. 112 min.	
SHOWING FRIDAY AUGUST 19				
			1:00pm Space Chimps PG	
			3:00pm Kitt Kittredge: An American Girl G	
			5:00pm Hancock PG-13	
			5:30pm Meet Dave PG	
			7:30pm The Mummy: Dragon Emperor PG-13	
			8:00pm Hellboy II : The Golden Army PG-13	
			9:30pm Step Brothers R FREE- E-4 AND BELOW	
COMING SOON				
Swing Vote; The Rocker; The Longshots				

LUNCH continued from page 2

English muffins
Matzo crackers
Pita bread
Dress up plain pita bread by trying something new.

Pita Pizza: Spread low-fat ricotta cheese in the inside of the pita. Then stuff sliced tomatoes (or any type of pizza toppings) and any leftover cooked meat into the pita. Drizzle with marinara sauce and top off with low-fat mozzarella.

Stir-fry Pita: Mix steamed rice, mixed vegetables, and leftover

meat with teriyaki sauce. Then stuff teriyaki mixture into pita

Wraps and More:

Usually served hot, these balanced, nutritious dishes are still tasty when eaten cold. Wrap in foil and send kids off to school with a unique lunch.

Soups:

As the weather cools down, pack a soup lunch that will bring the flush back to your child's cheeks.

To keep the soup hot until lunchtime, first warm up any leftover soup, then pour into an insulated con-

tainer. Pack a small roll of bread or some crackers to go along with this hot lunch.

Safe Food Handling Tips for Lunches and Snacks

It is especially important to take extra precautions and practice safe food handling when packing a school lunch.

If lunches are not refrigerated, they provide the perfect environment for bacteria in food to multiply rapidly and cause foodborne illness. Follow the suggestions below to reduce the risk of foodborne illness

this school year:

Encourage children to wash their hands before eating!

Include a package of moist towelettes in case soap and water is not accessible.

Use an insulated lunch bag with a commercial ice pack. Sandwiches with meat and cheese fillings will stay cool, tasty and safe.

Teach your youngsters to keep their lunch bags out of the direct sun.

Use a chilled insulated container to keep milk, juice or other per-

ishables cold.

Add a box of 100 percent fruit juice or cup of yogurt that has been frozen overnight. By lunchtime, they will be defrosted and will help keep the other foods cool.

Include foods that do not need refrigeration like peanut butter sandwiches, whole grain crackers, dried fruit, fresh fruit, granola bars and unopened cans of pudding.

Wash fruits and vegetables before packing into the lunch bag.

Wash insulated lunch bags after every use.

ARMISTICE continued from page 1

overwhelming enemy power, with intent of saving further and more serious calamities to the nation, has asked Gen. Eisenhower, commander-in-chief of the Allied Forces, for an armistice," Badoglio said. "The request has been accepted."

The Sailors participated in the parade procession down the main street of the town that ended in the city's plaza where a ceremonial wreath was laid in honor of fallen men who gave their lives during the war. Many of the local people lined the streets and plaza to see the parade and take of photos of the event.

Following the wreath ceremony, Father Vincenzo Marino, a local pastor, delivered a speech in remembrance of those who fought and died during World War II.

"We ask you to grant eternal peace and rest to all those who gave their lives for these precious gifts during

the second world war, grant to us, we pray, the strength and willingness to defend in our day, these your given gifts of freedom and peace," Marino said.

Franco Imprescia, President of the Kakiparis Cultural Association, stated that the armistice was an important turning point for Italy and much of the Western world.

"Sept. 3 is particularly significant because it was the beginning of the peace process which built the foundation of Western democracy," Imprescia said.

Lt. Cmdr. Jim McGowan, registered dietician at U.S. Naval Hospital Sigonella, expressed his appreciation for the local officials including Sigonella in the ceremony year after year.

"It's an honor to be here not only to represent the hospital or NASSIG, but we really represent the U.S. in general," McGowan said.

The Chief Petty Officer Community of Sigonella requests the pleasure of your company at the Fiscal Year 2009 Pinning of our newest Chiefs on Tuesday, the Sixteenth day of September at ten o'clock, at Naval Air Station I Main Piazza between Library and Chapel

*Uniform - Official party and Chiefs: Service Khaki with Combination Cover
Military Guests: Uniform of the Day & Civilian Guests: Informal*

*In case of inclement weather, venue will be moved to Naval Air Station I Gymnasium.
R.S.V.P. via electronic mail to William.evans@eu.navy.mil*

Days Inn

Pietro

Stampa

La Service

OMBUDSMAN

continued from page 1

automatic support group around everyone who comes to Sigonella," said Marlene Casel, Director of the Sigonella Fleet and Family Support Center.

As a follow up to the graduation, an ombudsman luncheon was held Sept. 5 to ceremoniously welcome the new ombudsmen into the community. The luncheon provided an opportunity for Sigonella to thank the new ombudsmen for taking their time to provide this service.

"Sigonella ombudsman encompasses an umbrella. It's not just NAS Sigonella, it's the tenant commands ombudsmen as well, and they are the voice from the family to commands, they are the liaison that brings the family needs to the command so the



Graduates of the Ombudsman training celebrate at graduation.

command can address them," Casel stated.

According to Casel, an ombudsman is, "somebody that is willing to give of their time to support other families and has a desire help other families solve problems that may

come along."

"When you serve the people that you do, be them the family members or the service members, you are serving the country, and there's a lot of pride that comes with that," said Capt. Thomas J. Quinn,

Commanding Officer of Naval Air Station Sigonella.

An ombudsman mission is important just as a Sailors mission is important. The two inevitably go hand in hand. To allow a Sailor to be able to meet his or her mission requirements in the Navy, the mission needs of the family must also be met, and this is the mission of an ombudsman.

To the new ombudsmen, Capt. Thomas J. Quinn said in his closing remarks, "Thank you for volunteering. Thank you for serving your country and the Sigonella community because it's folks like you that make this a great community to live in and a great community to raise a family in."



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

UGLY continued from page 2

Think about it. What is the ugliest scenario you have ever encountered? I have no doubt it is ugly indeed. If I pressed for answers, I suspect the recollections would have very little to do with visual descriptions alone. Rather, the eyes serve as lenses through which something disturbs our innermost sensitivities.

I am not a man of profound thoughts. Age old questions still stump me on the spot. However, I think I have figured this one thing out - simple though it may be. Ugliness is a negative quality understood only in contrast to something of either indescribable beauty or inestimable value.

Just as darkness is nothing in

itself, it is merely the absence of light, so ugliness seems to me to be nothing other than good things as they ought not to be. Though we could describe ugly situations in horrifying detail, we can only do so with the underlying presupposition that the persons or entities involved were intended for a far greater purpose.

The silly chant with which I began this posting is as nothing compared to the far reaching implications all too familiar to us in the following single words: cancer, abuse, rejection, war, addiction, death.

Comfort - a word that only makes sense in situations that would seem to render it inconceivable. How do you comfort one in the very midst of an ugly situation when you can't effectively remedy the ugly situation

itself? I have a proposed answer to that but it might be more appropriately addressed in another teaching context.

Where does one find comfort? Only a rumor of it has reached my ears. I think a clue is to focus on both the source and the nature of the true and enduring qualities that have been violated - health, vitality, dignity, innocence, value, loving relationship, steadfast acceptance, freedom, peace, life.

Even though I 'got no alibi,' I will dutifully and gladly devote my emaciated efforts, the anemic offerings of my humble life into defending those components of beauty. By the way, if I ever accomplish even half of what my brother Gerry has done, well . . . that would be beautiful indeed.

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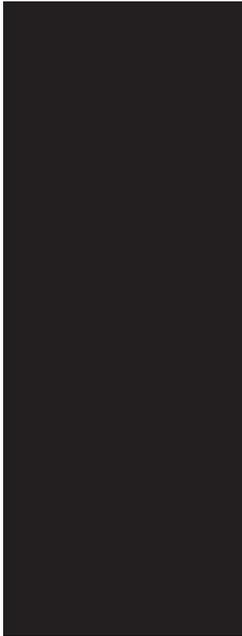
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