

Patriot Express Sigonella runway closure

Article with information provided by Lt. Brian Donovan

If you are planning on taking the Patriot Express, also known as the CatB this summer, you should probably read this.

The Patriot Express, or CatB will be flying into the Catania Airport instead of Sigonella starting on June 10 until July 10. According to the Air Terminal, the reason behind this change is so that they can repair the primary runway. This redirection only applies to the Patriot Express. All other flights with travel possibilities will remain the same. If you plan to use this flight, here are some simple rules that you must follow, as well as a couple suggestions to make your travel plans go smoothly.

The show time for the CatB will be changed in order to allow time for a bus transfer to the Catania Airport. The required show times will be published in advance, and they are not the same for every departure. If you are a booked passenger, your show time at the Naval Air Station (NAS) Sigonella Air Terminal will be three hours and 30 minutes prior to the scheduled aircraft departure. For those

travelling on a space available basis, you will be required to be in the NAS Sigonella Air Terminal four hours prior to the scheduled aircraft departure. It's always a good idea to contact the passenger terminal the evening prior to departure for show time confirmation. The passenger terminal phone number is 624-5576/6725/2761.

All passengers and baggage will be processed at NAS Sigonella's passenger terminal. No one will be allowed to report directly to the Catania Airport. If you report directly to the Catania Airport, you will be directed back to Sigonella and may miss your flight.

All documentation will be completed at Sigonella and you and your baggage will be transported to the airport. The air terminal strongly suggests to check your baggage in the night prior to your departure, keeping only your hand carried baggage with you. Don't forget, you will be screened by the Catania Airport security officials, and the 3-1-1 rule applies as it would in Sigonella. For more information about the 3-1-1 rule, go to www.tsa.gov/311.

Here's how it all works. Once you check in, you will be given a boarding pass and a time of boarding the bus at the Sigonella Air Terminal. This boarding pass (along with your ID or passport when required), will be your permission to go through the security check point at the Catania Airport. It acts much like a normal boarding pass. You will then board the bus at the Sigonella terminal and be transported to the Catania Airport. From there, you will disembark the bus and go directly to the security check point. There will be people throughout the Catania Airport directing you where you need to be and to answer any questions you may have.

Your baggage will be transported separately. Once you check in, don't worry; your baggage will meet you on arrival in Norfolk.

If you are holding a departmental meeting soon that will reach a large number of personnel, the Air Terminal is offering for one of its personnel to attend and answer any questions. If this is something you'd like, contact Casey Johnson at casey.johnson@eu.navy.mil.

Gear up for NAS Sigonella's 50th Anniversary celebration

Naval Air Station (NAS) miss it.

Sigonella is celebrating its bicentennial this June and there are many exciting events and activities planned to commemorate the event.



On June 13, the Chief's Mess is hosting a commemorative 50th anniversary base-to-base run and there will be an event.

Official guests, such as previous Commanding Officers, will arrive on June 10. The events officially kick-off on June 12 with an official ceremony on NAS Sigonella's support base and the Navy Band performing. The 12th of June also marks the beginning of Morale, Welfare and Recreation's (MWR) County Fair, which will feature a car show, carnival games, food, and more. You won't want to

exposition soccer game at the Land Annex between NASSIG and the Italian Air Force. MWR's County Fair will continue into the evening, which will be capped off by a fireworks display to close out the events.

Make sure to pick up your commemorative 50th anniversary booklet to read up on what NASSIG was like 50 years ago, and how it's grown to be what it is today.

Jaguar soccer season comes to an end

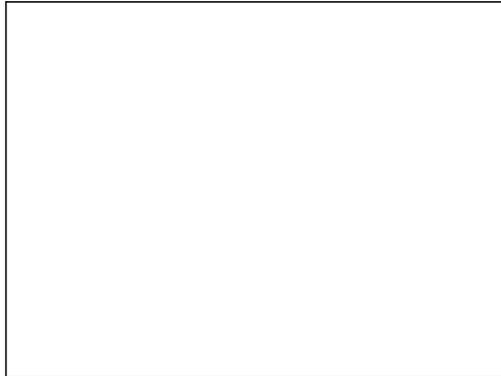


Photo by MC1 Denise Martin, American Forces Network Sigonella

The Sigonella Jaguars boys and girls soccer teams competed in their final game of the season on May 16. The boys and girls teams, both in division IV, had a strong showing during the tournament. The boys team finished in second place, and the girls in fourth.

Beach clean-up draws 40 volunteers

Article and photos by MC2 Jason Poplin, Navy Public Affairs Support Element-East Detachment Sigonella

Surfing and ocean enthusiast volunteers from Naval Air Station Sigonella came together with like-minded Italian local nationals to conduct a beach cleanup May 15, near Catania's Albergo D'Arancia.

Approximately 40 volunteers gathered together and patrolled the sand during the community event that yielded the removal and safe disposal of several bags of trash.

The event was the first official action of Surfrider and was designed to recognize the establishment and the foundation in Sicily after a need for such action was realized for beaches on the island. This new organization is committed to raise community awareness to the protection and conservation of the Sicily's ocean and its shores, according to William Isaac Kanakanui Congdon, event coordinator.

"Today we all got together and



Participants of Surfrider Foundation Sicily's first official action team pick up trash during a beach cleanup. A group of 40 plus volunteers came together to patrol three kilometers of sand near Catania's Albergo D'Arancia.

cleaned about three kilometers of the beach," said Congdon. "Now we're all going over to a barbecue hosted by a local community surf shop that

sponsored the event."

As stated on their website, the

SURFRIDER, continued on page 12

WEATHER UPDATE

May 29
H:84F
L:67F



May 30
H:84F
L:65F



May 31
H:81F
L:66F



June 1
H:84F
L:62F



June 2
H:83F
L:67F



June 3
H:80F
L:62F



June 4
H:83F
L:64F



TOP STORIES

May brings in the breath of spring and everyone starts to think about getting into summer fitness. Let's follow Mother Natures lead and not take short cuts.

Ray Mabus, former Mississippi governor and U.S. ambassador to the Kingdom of Saudi Arabia, was sworn in May 19 as the 75th secretary of the Navy.

Positive psychology is about how to improve the quality of our lives and feel better and happier. Experts call this the "science of happiness." In this article, you'll read about four ways to achieve greater happiness in your life, based on the teachings of Tal Ben-Shahar, the author of *Happier* (McGraw-Hill, 2007).

One of the most spectacular Sicilian medieval battle reenactments will be held tomorrow evening in Scicli, an enchanting Baroque town of the Ragusa province, as part of the religious festival celebrating the local patron saint "Madonna delle Milizie" (Virgin Mary of the Armies), the local patron saint.

Catania, second century B.C., the crowd is rushing into the newly built amphitheatre to witness the circus games. They cross the gorgeous marble and columns that decorate the entrance admiring the astonishing beauty surrounding them. They take their seats around the arena waiting for the show to begin.

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TRAFFIC NUMBERS

Jan. 09- Jan. 08-
May 09 May 08

Accidents	89	143
Injuries	10	22
DUIs	0	5
Traffic Deaths	0	2

PLEASE,
DON'T BECOME
A STATISTIC!

DIRECT LINE NASSIG COMMANDING OFFICER, CAPT. THOMAS J. QUINN

The 14 May Feedback Live was so successful that some of the questions couldn't be covered in the allotted time, so this and the last Direct Lines were dedicated to answering them. Please keep sending the questions via email or phone and I will make sure they are answered.

Q1. Why is the mail such an issue here? Why is package pick up changing from the Fleet Mail Center to the commands without notice?

A1. The package pick up service at the FMC was shifted from the FMC and the Post Offices to individual commands and departments back in 2004, when we began using the Mail Orderly system and removed personal boxes from the Post Offices. Out of 45 commands/departments we serve at the FMC, only 6 of them continued to be served at the FMC to allow them time to prepare for the change. The 6 commands/departments in question were formally notified via letter in February that effective 1 April 09 they were going to go begin using the Mail Orderly system as well. All commands in the CNREURAFSWA region now use this program.

This is actually a customer service improvement. Service members now can get all their mail right at their command rather than having to walk or drive to the FMC. Only excep-

tion is any accountable mail that requires a signature from the customer prior to delivery. This type of mail will continue to be held at the FMC for customers to pick up.

Be advised that all packages for deployed personnel will continue to be held at the FMC to allow family members without access to their spouse's work centers to pick up mail every day. A package notification will be sent to the commands to deliver to the family members, just like it has in the past.

For questions and concerns, contact PCCS Gonzalez @ X5558 or PCC Healy at X2023.

Q3. The NEX Laundromat on NAS I has most of the washing machines out of service. There were only 5 or six machines working. This is difficult for persons in the Navy Lodge to do their laundry. How long till they are repaired?

A3. The NEX Laundromat is back into business. The NEX has one repair tech on board and he was out for surgery. However, the Navy Lodge also has a set of washing machines and dryers for guest use.

Q4. What is the reasoning behind no power from 0800 to 2000 on a Saturday in the barracks? Also, why does it take so long for hot water to be reestablished in the barracks? To me this seems to be a huge quality of life issue.

A4. All full day outages to the barracks are part of larger base outages. In order to not heavily affect operations, this work needs to be conducted on Saturdays. Unfortunately, due to safety requirements, the large power systems that are being replaced have to be worked on while the electricity is turned off. Every effort is made to maximize the work being accomplished during these power outages so that we can minimize down time. The hot water systems are turned on immediately after power is restored, but the tanks are large and the boilers take time to heat back up. Weekend work should be greatly reduced starting in July.



Health WATCH

Why I became a nurse

Article by Lt. Skinner,
Naval Hospital Sigonella

Why did I become a nurse? Nursing for me is not just a job or a career, it is a passion. Pursuing a career in nursing has always been a goal of mine, and it has proven to be even more fulfilling and rewarding than I ever imagined. I decided to join the Navy as a nurse for numerous reasons. The main reason was that I wanted to support this great nation that we live in and care for the service members and their families that sacrifice so much to protect our country each and every day. This has been the most rewarding aspect of being a Navy nurse for me thus far in my career. Educational opportunities are endless in the Navy and I enjoy the challenges that are placed in front of me every day.

The Navy Nurse Corps has also given me the opportunity to work with, teach and mentor the corps staff of the Navy. It is great to share knowledge and experiences with the

corpsmen and teach them the skills that they will need to provide care for our soldiers. I love to watch the corpsmen grow professionally and become confident in the skills that they obtain.

In the two short years that I have been a Navy nurse, I have grown both personally and professionally. I am extremely lucky to work with such an elite population of Navy nurses that are knowledgeable, talented and motivated to teach and mentor not only me but all of the young Nurse Corps officers. I hope to carry out and sustain the values and ideals that that made the Navy Nurse Corps the distinguished and highly applauded sector of Navy medicine that it is today.

For more information about nursing as a career, please contact the American Nurse's Association and/or Navy Nursing <http://www.navy.com/healthcareopportunities/>



Springtime brings more than change of season

Article by Chaplain Al Concha

Spring is a time in which new life comes into being, flowers blossom in glory, seeds sprout. Life seems more exciting, marriages take place in abundance, school terms come to an end, graduations are celebrated, change of duty stations are happening and new beginnings commence.

How is it that these wonderful signs of God's creative power seem to end in the so-called Spring-cleaning? Perhaps, spring and cleaning go hand-in-hand. It is the time to be free from dirt, stain, and foreign objects.

Take this opportunity to clean your 'house'. Take a look at the place where you live and do something to change it. Things, of course, can get better. However, I am looking for another meaning of the word house. It is about your 'own' personal house. It is about yourself.

Take a look at you and check what areas may need to be changed. Do you have some issues in your life you aren't

happy with? Are there things that you need to get rid of? Do you live with habits that prevent you from keeping yourself clean?

It is time to start all over again. It is spring. It is a time to change. Even our major faith groups invite humanity to a fresh new start. Christians celebrate Easter, Jewish faith groups celebrate God's gift of preserving during the historical times of persecution and Muslims encourage pilgrimage to their holy shrines.

Whichever way you may

SPRING continued on page 12

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NASSIG WORSHIP SERVICES

Chapel Office: 095-86-3975

ROMAN CATHOLIC

Sunday
0830 Catholic Mass (NAS I Chapel)
1200 Catholic Mass
(Mineo Community Center)
1600 Catholic Mass (NAS II Chapel)

Monday - Wednesday, Friday

1130 Catholic Mass (NAS II Chapel)

PROTESTANT

This Sunday, May 31st

1000 Mineo Sports Field

This is an outdoor worship service (bring a chair) followed by a picnic lunch (bring a side dish). There will be no regularly scheduled services at the NAS I Chapel.

CHURCH OF CHRIST LAY SERVICE

Sunday 1530 NAS I Chapel Rooms 3 & 4 (Call 624-5128 or 335-841-8069)

JEWISH SERVICES: Please call 095-86-1205

OTHER SERVICES/ACTIVITIES POINTS OF CONTACT

Latter-day Saints: Please email ldssig@gmail.com or call 624-1314 or 349-1977-116
AA Meetings: Monday, Wednesday, Friday - 1900, NAS II Chapel, 346-840-7745

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.

NAVY News

Mabus sworn in as new Navy Secretary

Article courtesy of Department of Defense

WASHINGTON (NNS) -- Ray Mabus, former Mississippi governor and U.S. ambassador to the Kingdom of Saudi Arabia, was sworn in May 19 as the 75th secretary of the Navy.

Leading the Navy and Marine Corps, Mabus will be responsible for an annual budget in excess of \$150 billion and almost 900,000 people.

The secretary of the Navy is

responsible for conducting all the affairs of the Department of the Navy, including recruiting, organizing, supplying, equipping, training and mobilizing. Additionally, he oversees the construction, outfitting and repair of naval ships, equipment and facilities and is responsible for the formulation and implementation of policies and programs that are consistent with the national security policies and objectives established by the president and the secretary of defense.

Prior to joining the administration of President Barack Obama, Mabus served in a variety of top posts in government and the private sector. In 1988, Mabus was elected governor of Mississippi where he stressed education and job creation. In 1994, he was appointed ambassador to Saudi Arabia, where during his tenure, the Kingdom officially abandoned the boycott of U.S. businesses that traded with Israel. Mabus also was chairman and chief executive officer of

Foamex, a large manufacturing company, and also served as a Navy surface warfare officer aboard the cruiser USS Little Rock.

Mabus is a native of Ackerman, Miss., and received a bachelor's degree from the University of

Mississippi, a master's degree from Johns Hopkins University, and a law degree from Harvard Law School.

For more news from the fleet, visit www.navy.mil.

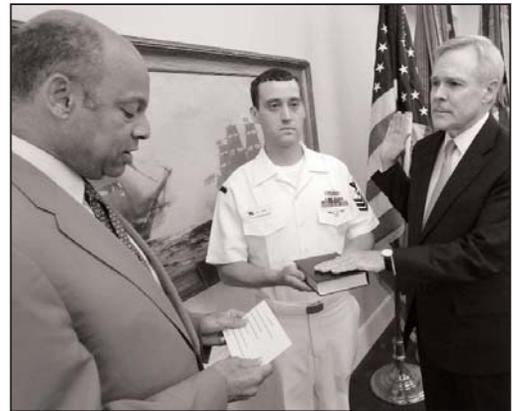
PHOTO FROM THE FLEET

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



U.S. Navy photo by Paul Farley

Sailors open an American flag before a Naval Support Activity Souda Bay Memorial Day event. The day's activities included a personnel inspection, Memorial Day ceremony, and a command photo.



U.S. Navy photo by MC2 Kevin S. O'Brien/Released

The Honorable Ray Mabus is sworn in as the 75th Secretary of the Navy (SECNAV) by Jeh Johnson, General Counsel for the Department of Defense, during a ceremony at the Pentagon. Holding the Bible for Mabus is Yeoman 1st Class Timothy James, a member of the Secretary of the Navy staff.

NEW Arrivals



Susan and Eduardo Perez Girl Alessandra Suzanne Perez May 12, 2009 Weight: 7 lbs 14 oz Length: 21 1/4 in	Tracy and Jonathan Bragg Boy Braxton Michael Bragg May 15, 2009 Weight: 7 lbs 10 oz Length: 20.4 in
Loredana and Robert Kelly Boy Robert David Kelly Jr. May 13, 2009 Weight: 6 lbs 13 oz Length: 20.4 in	Deborah and Derrick Frazier Boy D'Angelo Austin Frazier May 5, 2009 Weight: 6 lbs Length - 19 inches
Micah and Patrick Gaines Girl Ava Julianne Gaines May 14, 2009 Weight: 6.2 lbs Length: 18 in	Kelly and Christopher Hughes Boy Braydon Michael Hughes May 7, 2009 Weight: 9lbs 11 oz Length - 21 inches

Calvary Monika

Volcano

				FRIDAY	SATURDAY	SUNDAY
				29 MAY	30	31
				Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745		
COMMUNITY CALENDAR						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY			
1 JUNE	2	3	4	5	6	7
Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745	Italian Holiday Republic Day	Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 Men's Group FFSC 1:30 p.m. - 3 p.m. x4291		Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 Arrivederci Class FFSC 8 a.m. - 11:30 a.m. x4291	Nearly New Shop Open NMCRS 10 a.m. - 1 p.m. x4212	
8	9	10	11	12	13	14
Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745	Volunteer Orientation NMCRS 10 a.m. x4212	Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 Survive & Thrive FFSC 8 a.m. - 3 p.m. x4291 Budget for Baby NMCRS 5 p.m. x4212	Ombudsmen Assembly FFSC 9 a.m. - 11 a.m. x4291 Million Dollar Sailor FFSC 9 a.m. - 4 p.m. x4291	Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 Million Dollar Sailor FFSC 9 a.m. - 4 p.m. x4291		

Motta

Baseball

Alphio

Did you know that . . .

The Navy-Marine Corps Relief Society has a Vision? "We are a private, non-profit, Volunteer, service organization. As a Center of Excellence, we are committed to ensure that all available resources are used to assist personnel of the Naval Service - active, retired, and their eligible family members - to achieve financial self-sufficiency and find solutions to emergency needs."

Located at approximately 250 offices ashore and afloat throughout the world, the Society's work is accomplished mainly by its 3,600 dedicated, trained and caring Volunteers who are supported by a small cadre of employees.

NMCRS: A Helping Hand!
www.nmcrs.org



The Fleet & Family Support Center

Fleet and Family Support Center
Administration Building 319
NAS I
Monday-Friday 0730-1630
DSN 624-4291
Commercial 095-56-4291

Four ways to achieve greater happiness in your life

Article courtesy
Military One Source

Positive psychology is about how to improve the quality of our lives and feel better and happier. Experts call this the "science of happiness." In this article, you'll read about four ways to achieve greater happiness in your life, based on the teachings of Tal Ben-Shahar, the author of *Happier* (McGraw-Hill, 2007).

Give yourself permission to be human.

Giving yourself permission to be human means allowing yourself to fully experience all of your emotions -- the positive and the negative. "We think that if we experience anxiety, sadness, fear, or envy, that there must be something wrong with us," says Dr. Ben-Shahar. "Actually, the opposite is true. There is something wrong with us if we don't, at times, experience envy, anger, disappointment, sadness, or anxiety."

Accept that painful emotions are a natural part of life. Don't try to block them, avoid feeling them, or pretend they're not there. Recognize that feeling down, disappointed, or unhappy at times is normal and natu-

ral. Similarly, emotions such as joy and pleasure and delight are also natural, so accept and embrace them as well.

Admit to yourself and to those you are close with when you are feeling unhappy. Be sincere and open with yourself and those who are close to you when you are feeling down, feeling afraid, or experiencing other difficult emotions.

Allow yourself to experience negative feelings but not to give up, lose hope, or feel resigned. "Practice active acceptance rather than passive resignation," says Dr. Ben-Shahar. For example, if you find yourself feeling anxious before a conversation with your manager or a customer, that's OK. Many people feel this way. But you can still choose to go ahead with the conversation, accept your nervousness, and proceed with your work responsibility.

Focus on your emotions by practicing the "unconditional acceptance" exercise. Here is what to do: Sit comfortably in a chair or lie down if you prefer. Close your eyes. Focus on your breathing. Now shift your focus

to your emotions and how you are feeling -- whether it is sad, happy, anxious, nervous, joyous, or bored. Allow yourself to feel whatever emotions come up. For the next few minutes, take deep breaths and allow whatever you are feeling to flow through you. Gradually and calmly open your eyes.

Simplify your life.

We often feel too busy, as if we're trying to squeeze in more and more activities into less and less time. As a result, we sometimes fail to enjoy the potential sources of happiness all around us -- feeling happiness at work, with a friend, with a loved one, or with a child; listening to music; noticing a beautiful landscape. Time pressure leads to feelings of frustration and can have a negative effect on productivity and creativity.

Here are tips from Dr. Ben-Shahar on ways to simplify your life, do "less rather than more," and achieve more happiness as a result:

Look within yourself and examine how your life feels. Are you constantly rushed? Stressed? Always behind? Do you have sufficient time to pursue activities that are personal-

HAPPINESS, continued on page 12

Mondo Animale

Pentagon

Cold Noses

WARM
HEARTS



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

Signonella's Stray Animal Facility (SAWS) has many cats and dogs looking for a warm home and someone to love. Each week,

The Signature will feature animals in need of adoption.



BOBBY (left) is still a puppy and he's grown so much in the short time that he has been with us. He loves to play with his toys as well as other dogs. Bobby is extremely sportive and would be the perfect addition to any active family.



ED (right) is one of our newest dogs. He is very playful and would really complement an active family as well.

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.

Alberto Lunetta
The Signature Staff

Italian NEWS

Sicilian Culture, Events and Lifestyle

Scicli honors Virgin Mary of the Armies

One of the most spectacular Sicilian medieval battle reenactments will be held tomorrow evening in Scicli, an enchanting Baroque town of the Ragusa province, as part of the religious festival celebrating the local patron saint "Madonna delle Milizie" (Virgin Mary of the Armies), the local patron saint.

In the spring of 1091, Norman Count Roger was ready to drive out the Saracen invaders from Sicily. Led by the powerful Egyptian Emir Badr Al Gamali, the Moors were determined to land in the shore of Donnalucata near Scicli and fight against the Christians to take control of the area. According to legend, they boasted a fleet of 400 ships and 60,000 troops. A scenario which was pretty common at that time as the island was constantly raided by Moorish pirates and barbarians.

In the Italian language, there are still some idiomatic expressions recalling the fear that the local population had towards those Saracen invasions such as "Mamma li Turchi!" (Mum, the Turks are coming!), or "Sugnu Pigghiati de tucchi" (The Turks got me), an exclamation which Sicilians utter when they are very confused about something. However, those expressions should not be taken verbatim but they are just a cultural legacy of a past time during which the Ottoman Empire tried to expand its territory to the West by conquering Italian ports.

According to legend, Roger's troops were hard-pressed and outnumbered. Suddenly, the Virgin Mary appeared in the middle of the fight riding a white horse and wielding a flaming sword whose glittering was, according to tradition, so dazzling that it blinded the Moorish troops, pushing them back to sea and paving the way for the Christians' victory. Even though there is no historic evidence that the Virgin Mary appeared for real in the battlefield, Scicli townspeople have faith in her divine intervention and therefore they made her the patron saint of their town, giving her the name "Madonna delle Milizie or Virgin Mary of the Armies."

"Besides St George, there is no record of any Catholic saints who are depicted on horseback, holding a weapon. So this is a rather unique tradition which can only be seen in Scicli," said Dr. Gino Savarino, the director of the battle's historic reenactment and the Scicli Department of Cultural Affairs Manager.

A few years after the battle, a sanctuary was erected on the site of the fight to celebrate the miraculous apparition of the beloved Madonna who rescued the community from the invaders. The sanctuary, which hosts a holy rock on which the Virgin Mary's horse is said to have left a hoof-print, was then enlarged in 1391 and further restructured in 1721 after a terrible earthquake that had destroyed the town in 1693. Later in

1736, the religious authorities ruled that a festival honoring the Madonna would be held every year on the Saturday preceding Passion Sunday. Every since, this festival has been Scicli's most-awaited religious event of the year, drawing thousands of visitors.

Today, the prodigious events occurred during the battle are brought back to life through a spectacular historic re-enactment that will be staged tomorrow night (May 30). The performance is a must-see show because it features elaborate medieval costumes and a breathtaking background setting. It begins around 8 p.m. in piazza Italia, the main square. The apparition of a precious 19th century papier-mâché statue depicting Virgin Mary on a horseback is undoubtedly the highlight of the show. The statue is kept in Scicli's cathedral. The drama also features the landing of the Saracen pirate ship named "Stambul," as well as spectacular battle scenes.

Scicli is a beautiful picturesque Baroque town located on a valley in the Ragusa province. For more information, directions and detailed schedules call Scicli Tourist Office at 0932-839608.

Scicli can be easily reached by taking SR 194 (Catania-Ragusa). Once in Ragusa, continue southward following directions for Modica and then Scicli.



Photo by Isolainfesta

You won't want to miss the spectacular May 30 medieval reenactment taking place in Scicli during the town patron saint's festival and featuring the legendary fierce battle which saw the Christian troops defeating the Saracen army thanks to the supernatural intervention of the Virgin Mary.

Marchi

Palermo Opera presents Mozart's "Cosi Fan Tutte"

Wolfgang Amadeus Mozart's "Cosi Fan Tutte" is to make its Sicilian debut at the Palermo Opera House on Wednesday, June 10. First performed at the Vienna Burgtheater on January 26, 1790, "Cosi fan tutte" (They're All Like That) is an intricate "opera buffa" (19th century Italian comic opera) which tells about the unpredictability of love. The opera will be given for six performances: June 10, 12, 13, 14, 16, and 17. The Palermo Opera Orchestra and choir will be conducted by maestro Hubert Soudant. Sharing the role of Fiordiligi are soprano Maria Luigia Borsi and Yolanda Auyanet. Other performers include sopranos Elena Zhidkova and Damiana Pinti (Dorabella), baritones Vincenzo Taormina and Giovanni Bellavia (Guglielmo), tenors Celso Abelo and Andreas Wagner (Ferrando), soprano Laura Giordano and Giovanna Donadini (Despina) and basses Andrea Concetti and Ugo Guagliardo (Don Alfonso); set designer Italo Grassi, lighting designer Marco Filibeck, costume designer Silvia Aymonino and direction Marco Gandini. Choir Master is Andrea Faidutti. This opera is a production of the Israeli Opera Tel-Aviv. For more information check <http://www.teatro-massimo.it>; tickets may be purchased on line at <http://www.vivat-icket.it/>



Motoexplora

Antique Fair this weekend in Riposto

Get ready to wear comfortable shoes to browse “Riposto Antiquaria,” an open-air antique market featuring quality antiques & collectibles such as antique and majolica pottery, furniture, silver, glassware, jewelry, books, accessories, and rare paintings. The market will be held on Saturday, May 30 and Sunday, May 31 in piazza del Commercio. Opening hours: 10 a.m. – 9:30 p.m. Admission is free. Riposto can be reached by exiting Giarre on the A-18 Catania-Messina highway.



Spring events begin in Caltagirone

Bring your family and enjoy springtime in Caltagirone! Upcoming Caltagirone spring events and activities include a religious festival celebrating the Virgin Mary “Madonna Conadomini,” and “Infiorata,” a magnificent masterpiece of floral and horticultural art as well as photographic exhibitions, sports activities, concerts, guided tours of local monuments and other events which will take place in the historic heart of the town. The religious festival will honor the “Conadomini” Virgin Mary whose 15th century painting is kept in the Chiesa di Santa Maria del Monte, a beautiful church sitting atop the famous Scala di Santa Maria del Monte, a flight of 142 steps decorated with multicolored ceramic tiles. This breathtaking 17th century scala, which is the town’s landmark, will feature elegant flower decorations (Infiorata) through June 7. During the festival, devotees set up edicole (little temple-like structures intended as a shrine or votive offering) featuring an image of the Virgin Mary and say a special rosary in Sicilian. Tomorrow (May 30), a spectacular parade, honoring the Virgin Mary leaves from the local soccer stadium at 3:30 p.m. and arrives about two hours later at the Church of Conadomini (the church nestled atop the steps). This parade is named “A Rusedda” (rose plant), as it features

farm tractors and floats decorated with these beautiful plants and holy pictures. In the past, Rusedda plants, which grow in the neighboring Bosco of San Pietro (Saint Peter’s Wood), were used to fuel the ovens of the local ceramic craftsmen’s workshops. Caltagirone farmers would sell these plants to the craftsmen to gather funds for the local churches.

On Monday, June 1, the religious festival (Festa di Conadomini) is celebrated with Holy Masses that are held at Chiesa di Santa Maria del Monte throughout the morning. In the evening, the festival ends with fireworks shows.

For more information on spring events schedules, call Caltagirone Tourist Office at 0933-53809. For

guided tours of the town, call “Associazione Sikelia” 0933-24234 or 333-9712114 or Calatina Tours 0933-27213/59903.

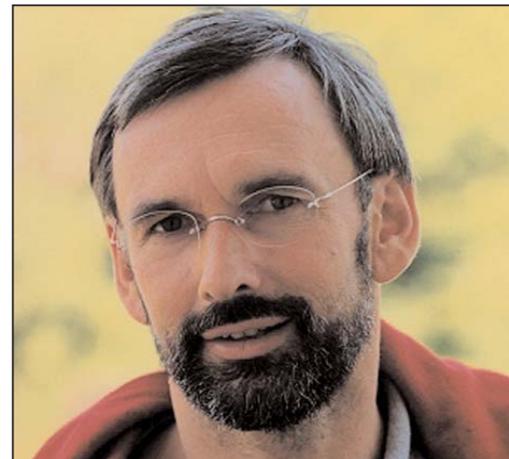


Symphonic Concert this weekend in Catania

German conductor Will Humburg was forced to cancel his May 15 and May 16 concerts due to a Catania Bellini Opera House technicians’ strike. One concert has been rescheduled for this afternoon at 5:30 p.m. The concert program will include Symphony No. 4 in E-flat major (WAB 104), one of Bruckner’s most popular works that will be performed by the Catania Bellini Opera Orchestra. Humburg boasts an impressive repertoire of

over 80 operas and interpretations of both classic and contemporary music which earned him a reputation as one of world’s most distinguished conductors. For more information and tickets visit www.teatro-massimobellini.it

Hospital



M i s t e r
Cialdina

Kartodromo

A Stone's Throw

THE HUB OF THE MED IS ALSO THE HUB FOR TRAVEL

Catania at your fingertips

Article and Photos by
Lt J.g. Glen Sanders
The Signature Staff

The second largest city in Sicily is located a mere 20 minutes from base, and it's a treasure trove of history and culture. Catania is big, and can be a labyrinth at times, but knowing a few key places can make for great sightseeing. The best place to start exploring the city is Piazza Duomo. It contains the main cathedral and the famous Elephant Fountain, which is known as the symbol of Catania. Greek and Roman ruins are located throughout the city; some as close as a walk down Via Etna, the main thoroughfare through

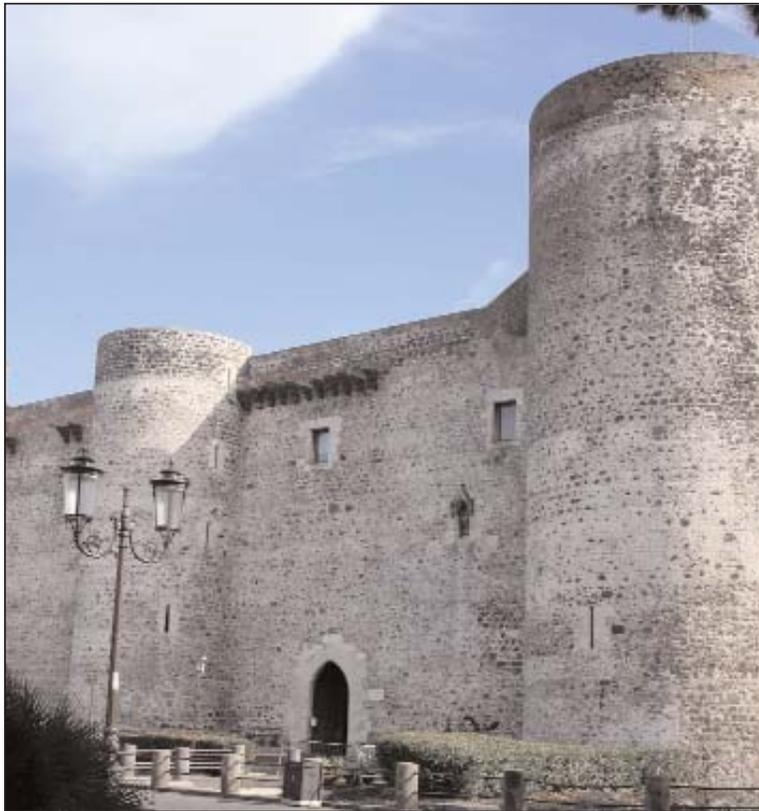
Catania. Ursino Castle, which means "Castle of the Gulf" in Latin, is a massive structure that once towered along the coast but now rests in the middle of the city due to Etna's eruptions during the late 1600's.

Site: 5 stars

Catania rates all five stars due to its rich history and culture. Several tours start in Piazza Duomo. A tourist train departs from the Piazza where Via Vittorio Emanuele meets Via Etna. The route covers several areas of interest to include the Greek and Roman amphitheaters, Piazza Roma, Piazza Dante and Villa Bellini Gardens, just to name a few. The tour lasts roughly 30 minutes.



Piazza Bellini is located off Via Vittorio Emanuele. It houses the theatre named after famed Sicilian Composer Vincenzo Bellini.



Ursino Castle, built in the mid thirteenth century, is one of the only remaining medieval structures in Catania. Today the castle houses the Museo Civico.

The Museo Diocesano offers a nine stop tour, highlighting the churches and locations important to Agatha, patron saint of Catania. The tour begins in the Museo Diocesano, located in the cathedral's seminary. The churches on the tour can be visited from 9 a.m. until 12 p.m., and 4 p.m. to 6 p.m., Monday through Friday, and 9 a.m. to 12 p.m. on Saturday. The museum itself is open from 9 a.m. to 8 p.m. Tuesday through Saturday.

famous Sicilian composer, is another location worth visiting. The principal theater of Catania is located here and shares the piazza's namesake. A variety of symphonies and operas are performed at the theater every year. Guided tours are offered Monday, Wednesday, Friday and Saturday 10 a.m. to 11:30 a.m., and 5:30 p.m. to 6:30 p.m. Wednesdays and Fridays. The cost is 5 Euro for adults and 3 Euro for children under 12.

Piazza Bellini, named after the

Ursino Castle, built between 1239 and 1250, was one of the only

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Oxidiana



Catania's cathedral located in Piazza Duomo includes a Seminary and the Museo Diocesano. A tour of the city's churches begins at the Museo Diocesano.



The Elephant Fountain, symbol of Catania, is located in the middle of Piazza Duomo. The main cathedral lies in the background.

buildings in Catania that survived the devastating earthquake triggered by Etna's eruption in 1693. As such, the structure offers a unique opportunity to see medieval architecture in the city. Ursino Castle has housed the Museo Civico since 1934 and contains exhibits of paintings, sculptures and ceramics from multiple eras. Entrance to the museum is free of charge.

Family Friendly: 4 stars

Catania rates 4 out of 5 stars for this category. One star was detracted because exploring the city can require a good amount of walking and this can prove tedious for younger children.

Accessibility: 4 stars

The city gets 4 out of 5 stars in this category. One star was detracted because driving and parking in Catania requires vigilance and patience in equal parts. Parking by the city's arches, near the port, provides a central location from which to venture. There are several parking lots near the bus station and McDonalds. Offer the attendant two to three Euros after parking as a small fee for watching the lot and your car.

Travel Time: 5 stars

Catania rates 5 out of 5 stars because the travel time is only 20 minutes by car, making it a perfect location for an easy day trip.

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@eu.sicily.navy.mil



This tourist train departs from Piazza Duomo and covers historic areas along Via Etna and Via Vittorio Emanuele. Attractions include Greek and Roman ruins and the Villa Bellini Gardens.

Medusa

Protestant Women of the Chapel



Protestant Women of the Chapel
Summer Program
June 23-July 28
10 a.m. - 11:30 a.m.
NAS I Chapel
Childcare Provided to age 12!
www.pwocsig.com

NEWS BRIEFS

Job Opportunities

Naval Hospital Sigonella
 U.S. Naval Hospital Sigonella is seeking applicants for a full-time Mail and File Clerk. Applicant must be a U.S. citizen. For inquiries concerning job applications, please call the Human Resources Office at (095) 56-4165/ or DSN 624-4165 or visit: <http://www.sicily.navy.mil/positions/hro/>.

NCTS Sicily

Computer technician needed!!!
 NCTS Sicily has an opening for a Command Sponsored Dependent to support the computer systems in Sigonella. If you have computer skills and want to put them to work, please submit your application @ the local HRO office. If you have any questions, please call Agatina @ 624-4177.

The Navy Exchange is hiring!

Current openings:
 Supervisory Sales Clerk, Sales Clerk, Security Guard, Cash Verifier

Be a part of a team committed to supporting the USN and your family. Navy Exchange Sigonella is currently looking for prospective associates to fill these positions.

Cafe Brasil

Go Green Sigonella!



NEX turns off the lights

When cruising through the NEX on base, you might have noticed that the vending machines are no longer lit up. This may cause you to wonder if that soft drink you're about to buy is cold or not. Well, wonder no longer. This is part of the way the NEX is helping to reduce energy conservation on base. If you look at the machine close, you'll see a sticker that says "The lights are off, but we're still... ICE COLD," on machines around the store.

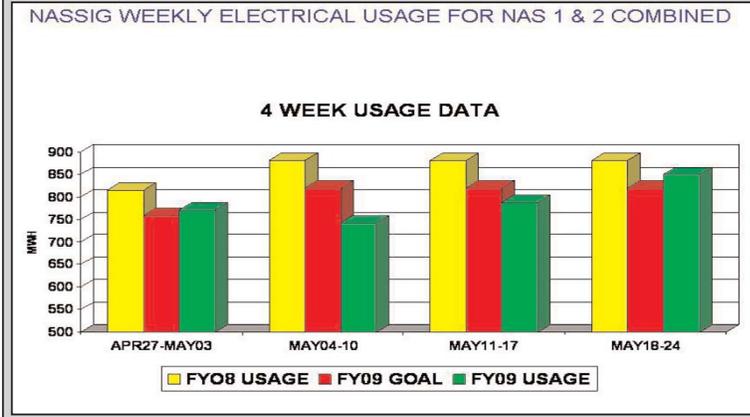
Laird, Services Manager for the NEX, the reason was to help with NAS Sigonella's mission to lower energy output, but also because the NEX cares about the Earth. "We are extremely concerned about our environment and saving energy is at the top of our list," says Laird. Turning the lamps off in all 84 of the NEX units will save around \$3,250 a month.

Have a great energy saving idea? Email us at thesig@eu.navy.mil and let us know!

According to Harold

Electrical Consumption at NASSIG

The following graph charts the last four weeks of energy consumption on both NAS 1 and NAS 2 in comparison to the same week last year, as well as our target usage for the week.



Exchange New Car Sales

Ristorante Bella Etna

29 Lunch: Cream of Potato Soup, Beef with Broccoli, Baked Fish, Tempura Fish, Penne Ala Norma, Tossed Green Rice, Seasoned Mix Vegetables, Summer Squash, Oatmeal Raisin Cookies, Chocolate Cake, Vanilla Pudding.
Speed Line: Grilled Hamburger/ Cheeseburger, Turkey burger, French Fried Potatoes, Baked Beans.
Dinner: French Onion Soup, Oriental Pepper Steak, Grilled Chicken Breast, Tuna Salad on Wheat Bread, Potato Chips, Steamed Rice, Spinach, Cauliflower Polonaise, Oatmeal Raisin Cookies, Chocolate Cake, Vanilla Pudding.

30 Breakfast: Farina, Grilled Ham Slices, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Buttermilk Pancakes, Asstd Doughnuts, Crumb Cake.
Brunch: Breakfast Items, Beef Barley Soup, Swedish Meatballs, Chicken Caesar Roll Up, Buttered Pasta, Brown Gravy, Sprouts Superba, Fried Cabbage w/ Bacon, Snickerdoodle Cookies, Apple Crisp.
Dinner: Pepper Pot Soup, Baked Parmesan Fish, El Rancho Stew, Meditteranean Brown Rice, O'Brien Potatoes, Peas w/ Celery, Okra Meltage, Snickerdoodle Cookies, Apple Crisp.

31 Breakfast: Rolled Oats, Grilled Minute Steak, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, French Toast Puff, Asstd Doughnuts, Italian Croissant.
Brunch: Breakfast items, Chicken Gumbo Soup, Beef & Turkey Sandwich, Chili Macaroni, Stir Fry Vegetable, Lima Beans, Peach Cobbler, White Cake w/ Frosting.
Dinner: Manhattan Clam Chowder Soup, Teriyaki Chicken, Ginger Pot Roast, Paprika Buttered Potatoes, Pork Fried Rice, Normandy Carrots, Cream Style Corn, Peach Cobbler, White Cake w/ Frosting.

1 Breakfast: Hot Grits, Mincd Beef on Toast, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, French Toast, Asstd Doughnuts, Butterfly Rolls.
Lunch: Creole Soup, Turkey Curry, Baked Fish Fillet, Vegetable Lasagna, Steamed Rice, Savory Style Beans, Cauliflower, Crisp Drop Cookies, Cherry Crumble Pie, Strawberry Gelatin.
Speed line: Sub Sandwich, Pasta Primavera, Cartoccia.
Dinner: Tomato Bouillon Soup, Baked Stuff Pork Chops, Grilled Chicken Breast, Steamed Rice, Brown Gravy, Green Beans Nicoise, Carrot Slices, Crisp Drop Cookies, Cherry Crumble Pie, Strawberry Gelatin.

2 Lunch: Spanish Soup, Beef and Fish Tacos, Burritos, Chicken Fajitas, Penne Arrabiata, Mexican Rice, Refried Beans, Calico Corn, Herbed Broccoli, Jalapeno Cornbread, Raspberry Filled Cake, Pecan Pie.
Speed line: Philly Cheese Steak Sandwich, Hotdogs, Onion Rings, Macaroni and Cheese.
Dinner: Navy Bean Soup, Barbecued Beef Cubes, Roast Turkey, Steamed Rice, Mashed Potatoes, Chicken Gravy, Seasoned Asparagus, Honey Dijon Vegetables, Raspberry Filled Cake, Pecan Pie.

3 Lunch: Puree Mongole Soup, Fish Amantine, Country Fried Steak w/ Gravy, Farfalle Al Pesto Genovese, Potatoes Au Gratin, Steamed Rice, Turnip Greens, Peas w/ Carrots, Strawberry Shortcake, Vanilla Cookies, Tapioca Pudding.
Speed line: Grilled Hamburger/Cheeseburger, Turkey Burger, French Fries, Pork and Beans.
Dinner: Beef Barley Soup, Shrimp Curry, Sicilian Submarine, Onion Rings, Steamed Rice, Savory Squash, Club Spinach, Vanilla Cookies, Strawberry Shortcake, Tapioca Pudding.

4 Lunch: Velvet Corn Soup, Shrimp Jambalaya, Braised Beef and Onions, Rigatoni Zucchini and Eggplant, Oriental Rice, Oven Browned Potatoes, Steamed Cabbage, Cauliflower AuGratin, Easy Chocolate Cake, Crisp Drop Cookies.
Speed line: Baked Potatoes, Bacon Bits, Sautéed Mushroom, Sour Cream, Shredder Cheese, Hotdogs, Assorted Pizza, Fishwich.
Dinner: Cream of Asparagus Soup, Chicken Tetrazzini, Baked Italian Sausage, Ratatouille Eggplant, Lyonnaise Rice, Mustard Greens, Easy Chocolate, Crisp Drop Cookies.

ON THE GO WITH MWR

Sigonellan loses 75 pounds, make fitness a passion

X, aerobics coordinator and spin instructor for MWR, has made fitness her personal mission. Just three years ago she weighed 260 pounds and had hit bottom.

A glimpse at a photo of herself and she was shocked at the toll that Sicily's pasta, pizza and gelati had taken. It was time to make a change.

Her first step towards a healthier body and longer life began with mindful eating. "Being honest about what I ate every day and being held accountable became second nature," says X. Making better food choices was something she stuck with. And joining a diet program became key.

Exercise didn't come as easily. Intimidating equipment, a gym full of fitness buffs and classes full of coordinated people kept her away. Eventually, she made an appointment to learn about safe, strength training and a routine was born.

After about 6 months, boredom with her routine set in. She conquered her fear of fitness classes and joined cardio. Her spot in the fitness room has moved from hiding in the back of the class to the front to see the instructor better. Later a friend in Sicily talked her in to trying an indoor spin class, and she found her passion.

Fitness has become one of the most important parts of X's life who has lost 75 pounds and works out daily walking the Mineo hill or at the gym. Forging friendships with others has helped her find workout partners to keep her motivated. She received her AFAA Primary Group Exercise Certification through MWR.

X before at 260 lbs.

X after shedding 75 lbs.

MIDTOWN MOVIE THEATERS

SCHEDULE & DESCRIPTIONS



Friday, May 29

- 3:00pm Hannah Montana The Movie G
- 5:00pm Fast and Furious 4 PG-13
- 5:30pm Star Trek PG-13
- 7:00pm Sunshine Clearing R
- 8:00pm Observe and Report R
- 9:00pm Good Luck Chuck R **FREE**

Saturday, May 30

- 2:00pm Terminator Salvation PG-13
- 2:30pm Fast and Furious 4 PG-13
- 4:30pm Observe and Report R
- 5:00pm X-Men: Wolverine PG-13
- 6:30pm Sunshine Clearing R
- 7:00pm The Haunting in Connecticut PG-13
- 8:00pm Iron Man PG-13 **FREE**

Sunday, May 31

- 2:00pm Night at the Museum PG-13
- 2:30pm Hannah Montana The Movie G
- 4:30pm Terminator Salvation PG-13
- 5:00pm Observe and Report R
- 7:00pm I Love You, Man R

Monday, June 1

- 3:00pm Terminator Salvation PG-13
- 5:00pm Night at the Museum PG-13
- 5:30pm Angels and Demons PG-13
- 7:00pm X-Men Origins: Wolverine PG-13
- 8:00pm Observe and Report R

Tuesday, June 2

- 3:00pm Hannah Montana The Movie G
- 5:00pm Star Trek PG-13
- 5:30pm Fast and Furious 4 PG-13
- 7:30pm I Love You, Man R
- 8:00pm Adventureland R

Wednesday, June 3

- 5:00pm Haunting in Connecticut PG-13
- 5:30pm Angels and Demons PG-13
- 7:30pm Knowing PG-13
- 8:00pm Sunshine Clearing R

Thursday, June 4

- 3:00pm Monsters vs. Aliens PG
- 5:00pm Terminator Salvation PG-13
- 5:30pm X-Men Origins: Wolverine PG-13
- 7:30pm Angels and Demons PG-13
- 8:00pm Cast Away PG-13

FREE - Throwback Thursday

Observe and Report (R)

Seth Rogan, Ray Liotta, Michael Pena, Anna Faris
At the Forest Ridge Mall, head of security Ronnie Barnhardt patrols his jurisdiction with an iron fist, combating skateboarders, shoplifters, and the occasional unruly customer while dreaming of the day when he can swap his flashlight for a badge and a gun. Driven to protect and serve the mall and its patrons, Ronnie seizes the opportunity to showcase his underappreciated law enforcement talents on a grand scale, hoping his solution of a crime will earn a coveted spot at the police academy and the heart of his elusive dream girl, Brandi, the hot make-up counter clerk who won't give him the time of day. (88 min.)

Terminator Salvation: The Future Begins (PG-13)

Christian Bale, Sam Worthington, Anton Yelchin, Bryce Johnson
John Conner is fated to lead humanity's war against the machines, but the arrival of a stranger alters the future of mankind. (120 min.)

Sunshine Clearing (R)

Amy Adams, Emily Blunt, Alan Arkin, Steve Zahn
Rose Lorkowski finds herself a thirty something single mother working as a maid. Desperate to get her son into a better school, Rose persuades her sister to go into the crime scene clean-up business with her to make some quick cash. In no time, the girls are up to their elbows in murders, suicides, and other... specialized situations. As they climb the ranks in a very dirty job, the sisters find a true respect for one another and the closeness they have always craved finally blossoms. (99 min.)

I Love You, Man (R)

Paul Rudd, Jason Segal, Rashida Jones, Jaime Pressly
Peter Klaven is a successful real estate agent who, upon getting engaged to the woman of his dream, Zooey, discovers, to his dismay and chagrin, that he has no male friend close enough to serve as his Best Man. Peter immediately sets out to rectify the situation, embarking on a series of bizarre and awkward "man-dates," before meeting Sydney Fife, a charming, opinionated man with whom he instantly bonds. But the closer the two men get, the more Peter's relationship with Zooey suffers, ultimately forcing him to choose between his fiancée and his no found "bro," in a story that comically expresses what it truly means to be a "friend."

Angels and Demons (PG-13)

Tom Hanks, Ewan McGregor, Ayelet Zurer
Symbolologist Robert Langdon once again finds that forces with ancient roots are willing to stop at nothing, even murder, to advance their goals. (138 min.)

Night at the Museum (PG-13)

Ben Stiller, Amy Adams, Hank Azaria, Owen Wilson
Ben Stiller returns to the role of night watchman Larry Daly. This adventure takes him to Washington D.C. (10-4 min.)

Movie dates and times are subject to change.

SHOWING FRIDAY, JUNE 5

- 3:00pm Star Trek PG-13
- 5:00pm Observe and Report R
- 5:30pm State of Play PG-13
- 7:00pm 17 Again PG-13
- 8:00pm Fast and Furious 4 PG-13
- 9:00pm Duplicity PG-13 **FREE**

COMING SOON

Fighting

New motorcycle lift

The Auto Skills Center (ASC) has a brand new motorcycle lift. This lift can hold the capacity of 1100 lb. motorcycles. Cost is \$3 per hour to use.

This month, ASC offers two classes for those interested in do-it-yourself car maintenance.

Tire Rotation and Balance class will be on June 5 and participants will learn how to rotate and balance tires to maximize wear rate.

Battery Maintenance & Jump class will be on June 19 and participants can how to maintain car batteries and how to jump-start a vehicle.

Both classes are held at 2 p.m. and shouldn't run longer than an hour. Pre-registration is highly encouraged and maximum



capacity of each class is 10 people. Sign up at 624-5244.

Swimming Lesson Schedule



Lessons are five, two-week sessions. Each session consists of eight, 45-minute classes held Tuesday through Friday. A Red Cross Learn to Swim card or an MWR Swim Lesson Level card is required to register. Registration is one session at a time and cost is \$20. Registration for classes is shown below. Sign-ups are on a first-come, first-served basis at Splashers Pool on NAS 1.

Session 1 (Starts June 16): Register June 11, 8 a.m.

Session 2 (Starts June 30): Register June 25, 8 a.m.

Session 3 (Starts July 14): Register July 9, 8 a.m.

Session 4 (Starts July 28): Register July 23, 8 a.m.

Session 5 (Aug. 11): Register Aug. 6, 8 a.m.

For more information call Splashers pool at 624-4334.

MOVIE HOTLINE:
624-4248

SPRING, continued from page 2

approach the Almighty, now is the time to begin anew. Now is the time to put away things in your life. Treasure the values, learn from the past experiences and try to always do the right thing. Focus on your inner self and find the good within. Enjoy springtime.

HAPPINESS, continued from page 5

ly meaningful to you?

Reduce the time pressure in your life. Reduce the overall number of activities in your day and reduce the number of things you do all at once. For example, if you can, when spending time with loved ones, don't answer the phone or check your e-mail. You'll be happier and more effective in all realms of your life.

Be careful about over-committing yourself and about taking on new projects. Learn to say "no" to extra demands on your time.

Turn off distractions during times of leisure. Cell phones, e-mail, computers, and the rising complexity of modern life -- these all contribute to the constant time pressures we feel. And they can contribute to our feeling distracted from fully enjoying the time we spend with family and friends.

As much as possible, give yourself uninterrupted time at work as well. When we can focus on a single activity without distractions, we are not only happier -- we are also more effective, productive, and creative.

Simplify your life to achieve a healthier love relationship. Researchers have found that stress and overwork are significant barriers to a healthy love relationship.

Recognize the importance of the mind-body connection.

Physical exercise, meditation, and deep breathing are essential for our physical and emotional health. They help alleviate symptoms of depression, stress, and anxiety, and help improve relationships, work, sleep, and levels of happiness. Many of us know about the importance of getting physical exercise, but we often ignore the importance of the mind-body connection.

Here are two tips from Dr. Ben-Shahar:

Practice deep breathing. Focus on breathing more deeply for five breaths on your way to work, while sitting in front of the computer, before an important meeting, or whenever you want a moment of calm. Breathe in, fill your lungs with air until you see your belly rising, and then exhale. Practice this exercise regularly. And practice deep breathing for longer periods to achieve a greater sense of inner calm and relaxation.

Meditate. Meditation is the exercise of bringing your full attention to one thing. It might be your breathing, candlelight, music, or word chanting. Here is how to get started, focusing on your breathing as you meditate. Find a quiet spot at home or elsewhere where you will not have distractions. Sit comfortably in a chair or lie down if you prefer. Close your eyes or leave them open. Shift your focus to your breath. Now breathe deeply into your belly. Feel your belly expanding as you breathe in and then lowering as you slowly and gently breathe out.

For the next couple of minutes, focus on your belly being filled and then being emptied. If your mind wanders to other places, simply and gently bring it back and focus it on your belly filling up and emptying. Breathe in deeply and then slowly and gently breathe out. Return to your breath.

As you continue with your deep breathing, scan your body. If any part

is tense, release it by breathing into it and then breathing out from it. Continue to scan your body and if any other part feels tense, once again breathe into it and breathe out from it. Take a few more deep breaths. Your focus, again, is on your rising and falling belly.

Focus on the positive.

Our happiness depends not only on what we have but also on whether we appreciate what we have. This is why a person who seems to have everything may be unhappy, whereas a person with relatively little may be living a full and happy life. Research shows that by focusing on the positive and learning to be grateful for the things you have, you'll achieve greater levels of happiness.

Be grateful for what you have. "One of the main barriers to happiness is that we tend to take for granted the good things in our lives," says Dr. Ben-Shahar. "We rarely consciously think about how blessed we are to have our health, or our friends, or the food on our table." What can you be grateful for today? Is it your family? Your health? Your work?

Make gratefulness a habit and a way of life. Take a few minutes each day to remind yourself of the people and things you have to be grateful for in your life. You might write down your thoughts. Doing this each day will help you appreciate all that you have and will help you make gratefulness a lifelong habit.

This article is based on a February 2007 presentation by Tal Ben-Shahar, a psychologist and author who teaches at Harvard University and consults around the world. His new book, *Happier*, is published by McGraw-Hill. Ben-Shahar obtained his Ph.D. in organizational behavior and B.A. in philosophy and psychology from Harvard.

SURFRIDER, continued from page 1

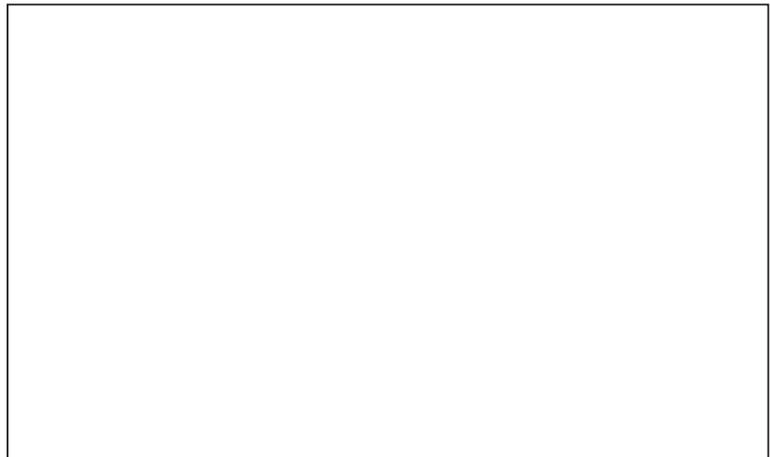
Surfrider Foundation is a non-profit environmental organization dedicated to the protection and enjoyment of the world's oceans, waves and beaches for all people through conservation, activism, research and education.

"I've heard about this foundation back home and I've always tried to be a part of it but there was nothing really in the area," said Seaman Recruit Kaila Snaza. "I grew up on the beach and I live on the beach, and I think it's great to help out in the community especially in another country. It was all volunteers today and there were a lot of people out here so it shows that people really do care."

The success of the clean-up efforts was measured by what harmful substances were taken from the area. Among the rubbish, volunteers removed several plastic and broken glass bottles, syringes, and various aquatic debris.



Lt. Bryce Espiritu stops to pick up trash during Surfrider Foundation Sicily's first official action. A group of 40 plus volunteers came together to patrol three kilometers of sand near Catania's Albergo D'Arancia.



Participants of Surfrider Foundation Sicily's first official action remove bags of trash at the conclusion of a beach cleanup. A group of 40 plus volunteers came together to patrol 3 kilometers of sand near Catania's Albergo D'Arancia.

Lirosi

Magnolia



Do you have a passion for writing or are you looking for a little experience in journalism? Do you ever read the stories here and think you'd like to add to our growing archive of travel articles? Does your command have something special going on that you think deserves to be in the paper? If so, The Signature is looking for you! We are seeking volunteers to help cover base wide events as well as feature stories. If this sounds like an opportunity for you please call the Public Affairs Office at 624-5440.

Stampa

Navy Lodge guests can now PCS with a pet

Article courtesy of NEXCOM Public Affairs Office

Moving to a new location just got a lot easier when traveling with a family pet. Most Navy Lodge's worldwide now allow dogs and cats up to 50 pounds in weight to stay when traveling with its owners.

"Over 60 percent of all Americans have pets and the military is no different," said Michael Bockelman, NEXCOM Vice President and Director, Navy Lodge Program. "Navy Lodge guests often stay with us during a permanent change of station move. Before, guests had to board their pet until they could move into their new home. Now, the pet can stay with the rest of the family at the Navy Lodge. This will make a military move much easier for the entire family."

Military families need to come to the Navy Lodge prepared in order to stay with their pet. First, keep in mind how long you will be gone and bring appropriate food and other supplies and always travel with a pet carrier. Before you leave town, schedule a visit with your veterinarian to update all medications or treatments required and bring a copy of each pet's vaccination record. It is also a good idea to carry a health certificate for each animal traveling with you if traveling state to state or crossing inter-

national borders.

Finally, when you are at the Navy Lodge, treat the area where you walk as if it were your own yard and always clean up after your pet, using the bags provided.

Navy Lodges are on average 43 percent less expensive than comparable civilian accommodations, and still have the same and more amenities. Every guest room is oversized with cable TV with Showtime, a DVD/CD player, direct-dial telephone service, high-speed Internet access, and a kitchenette complete with microwave, refrigerator, and utensils. Navy Lodges also have housekeeping service, vending machines, DVD rental service and guest laundry facilities as well as handicapped accessible and non-smoking rooms. Free local calls, free in-room coffee and newspapers as well as convenient on-base parking are also available during your stay.

To make a reservation toll free at 1-800-NAVY-INN or log onto www.navy-lodge.com. Once you make a reservation, you cannot be bumped from your room. Reservation and room assignments are accepted on an as-received basis without regard to rank, rate or time of reservation.

Visit dodlodging.com for more information.

Gegomotor

Class of 2009 prepares to graduate

Article by X

This was the challenge faced by Sigonella's senior class: You must get every senior through the jump rope to the other side, including those spinning the rope. There cannot be a rotation without someone jumping, and the rope cannot stop turning.

The class of 2009 faced the problem and every one decided to run through at the same time. It didn't work. After a few attempts using this method, the group finally found a solution that worked. They had to move in groups of one, two or three to make it through the rope.

After graduation, most seniors will face this problem again. Everyone must move on in some way or another. It would be unreasonable to assume that everyone will band together as best friends forever. Instead, they will move individually, or with a few friends. They will always have each other for support, but the mem-

bers of the senior class will find their own paths.

embarked on a scavenger hunt around Catania, searching for various obscure monuments and objects.

This class has quite a bit to be proud of. These seniors were part of championship-winning basketball and cross-country teams, and a 2nd place cheerleading squad. Its members boast drill



This year alone has been a whirlwind of preparation for life after graduation. Through college fairs, career seminars, and team-building exercises, these students have tried to unify as a group towards a common goal: graduation.

However, it would be a lie to say that all the steps taken to graduate have been intensive labor. This year's senior class has had its fair share of good times. Recently, the seniors were "rented" to various members of the school and community and performed various tasks as a fundraiser. One senior even performed a cheerleading routine at the request of her younger sisters. They also

competition awards, and hundreds of hours of community service. The class is made of athletes, musicians, and artists; each unique.

For a select few, June 5th won't be marked by the headlines in the newspapers or by a date on a calendar. For Sigonella High School's class of 2009, the memories created on this day will begin a new chapter of their lives.

These students will soon move on to the University of Notre Dame, University of Dubuque, Georgia Tech, or wherever else life will take them. To the class of '09: good luck and thanks for a great year.

Palermo

Sushi

Mericiu

NAS Sigonella

Ombudsman Program

Our Mission:

- Primary liaison between families and the command
- To be an advocate for families and single sailors
- To disseminate information regarding command policies, services available, deployments, and Individual Augmentee (IA) support
- To be the primary POC for families and single sailors and to refer them to the appropriate agency for questions, concerns, help, or intervention

Our Commitment:

- We are committed to representing and supporting the command as well as the families and single sailors
- We are committed to presenting accurate and up-to-date information for referrals
- We are committed to COM-PASSIONATE and CONFIDENTIAL advocacy within the guidelines of OPNAVINST 1750.1F
- We are committed to being available 24/7. Please keep calls between 0900-2000 unless you are experiencing an emergency.

Call us at 624-4291 or 24/7 at 335-580-1269 for more information.

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 5 p.m. of the Friday before the week of publication. For more information, call 624-5440, 624-2798 or 095-86-5440/2798. Requests for commercial classifieds must be made to Stampa Generale at 081-568-7884.

Send Il Mercato advertisements to thesig@eu.navy.mil

If you are transferring to Sigonella and would like to see the Il Mercato section in its entirety, email us at thesig@eu.navy.mil from your .mil account to verify your affiliation with the U.S. military.

Anyone interested in sending ads via email should leave a phone number and point of contact name at thesig@eu.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/American base employees. Ad must be 40 words or less and typed in regular upper case, lower case format. *The Signature* does not accept 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*, call Stampa Generale @ 081-568-7884.

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