

THE Signature

SIGONELLA, SICILY



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JUNE 12, 2009

Happy 50th Anniversary. Sigonella! To celebrate the occasion, *The Signature* is stepping back in time for our front page. We'll be back to present day for the June 19 issue.

Family comes back to Sigonella

Article by Tracie Barnthouse,
The Signature Editor

In the wee hours of Jan. 3, 1993, Lisa Anthony, her husband, Petty Officer 2nd Class Bill Anthony and their daughter, Rachel, were anxiously awaiting the arrival of their son and brother.

As Bill paced up and down the hospital's hallways, the staff at Naval Hospital Sigonella were also awaiting word of the birth, for this was not just any birth, it was the birth that would determine the name of the hospital.

"I would like you to name this hospital for the first baby born here..." said Adm. Mike Boorda, speaking at U.S. Naval Hospital Sigonella's opening ceremony in Jan. 1993, "...to reflect the hope and care for the future of all the people you

will treat."

Maybe little William wanted the hospital named after him and was ready to come out and claim the title, or maybe it was for medical reasons that Lisa went in to labor that morning, but whatever the cause, two days after Adm. Boorda's speech, the Anthony's happened to be at the right place at the right time.

"It's an honor to have the hospital dedicated to my son," said now retired Senior Chief Anthony in 1993, "...it's something my family will always be proud of."

Now, 16 years after that joyous morning, the Anthony family is back in Sigonella as special guests of the hospital

ANTHONY, continued on page 12

Photo of William Anthony Jr. provided by his family.

Celebrate Sigonella's 50th birthday



Schedule of events* Friday, June 12

3 p.m. - 4 p.m.: Official 50th anniversary ceremony. Remarks by Rear Adm. Mercer, Capt. Quinn and Col. Tonello and a performance by Navy Band.

3 p.m.: Bands, rides and games kick-off at MWR's County Fair.

7:30 p.m.: Killer Tomato opens for Hinder

11 p.m.: Event closes for the night

Saturday, June 13

8:30 a.m.: 50th Anniversary Base to Base run sponsored by the NASSIG Chief Petty Officers. Free. Register at 7:45 a.m. at NAS II fitness center and finish at Midtown.

11 a.m.: Navy Band performs at Etnapolis

3 p.m.: Exposition soccer game between NASSIG and ITAF. Land Annex. Special presentation by Flag Throwers at half-time.

3 p.m.: Bands, rides and games start up at MWR's County Fair.

4 p.m.: Skate Jam kicks off at Skate Park

9 p.m.: Navy Band performs

11 p.m.: Fireworks display

Following fireworks display: Sigonella 50th Anniversary event comes to a close.

*All events on NAS I unless otherwise specified

Sigonella High School Class of '09 graduates

Article and photo by
MC3 Jonathan Idle,
The Signature Staff

Twenty-five seniors from Sigonella High School got their diplomas during a graduation ceremony held June 5 on NAS I.

Twenty-four of the graduates plan on attending college next year, and out of those students 20 of them plan on heading back to the U.S. to continue their education.

The ceremony began with the arrival of the graduates to the traditional playing of "Pomp and Circumstance" followed by the national anthems of Italy and U.S.

The graduation speaker for the ceremony was Shawn McCarthy, a Sigonella High School teacher, who grew up in the Department of Defense Departments Schools (DoDDS) system.

McCarthy offered the students advice on transitioning to life in college and shared his own experiences with returning

to the U.S. for school.

"During moments like this it's easy to lose your bearing and do what is socially convenient," McCarthy said. "I challenge you to keep your mind about you. Be aware of the imaginary boundaries that society will seek to construct around you and then break through them."

Upon the completion of speeches given by McCarthy, the class president, the valedictorian and the salutatorian, the students each presented a gift wrapped package to their parents to thank them for their love and support.

Finally, each student walked across the stage to receive their diploma and shake hands with Sonny Bertschinger, the school principal, and Capt. Thomas J. Quinn, NAS Sigonella Commanding Officer.

After the students received their diplomas Diana Ohman, Director of DoDDS Europe, gave the closing remarks for the ceremony.



Members of the graduating class walk toward the stage during the graduation ceremony June 5 on NAS I.

Following Ohman's remarks Bertschinger certified and presented the graduates, which was followed by the traditional cap throwing signifying that the students were now officially high school graduates.

The students plan on

attending various schools throughout the U.S. including the University of Notre Dame, San Diego State University, Georgia Tech, the U.S. Coast Guard Academy Prep School and many other institutions.

WEATHER UPDATE	June 12	June 13	June 14	June 15	June 16	June 17	June 18
	H:89F L:65F	H:91F L:68F	H:92F L:69F	H:92F L:68F	H:91F L:68F	H:89F L:69F	H:90F L:68F

TOP STORIES

As I sit on the stage looking out over the crowd I sit in awe. This is my second retirement ceremony in as many weeks. I have another one coming up. From my perspective on stage I see the family, fellow shipmates and co-workers, senior enlisted, junior officers, and even the Skipper.

Page 2

The peak season for arranging household goods moves is now in effect at Commander, Fleet and Industrial Supply Centers (COMPISCS) Personal Property Shipping Offices (PPSOs).

Page 3

The Olive was a native to Asia Minor and spread from Iran, Syria and Palestine to the rest of the Mediterranean basin 6,000 years ago. It is among the oldest known cultivated trees in the world - being grown before the written language was invented.

Page 5

The Festa di San Calogero is undoubtedly one of the greatest religious festivals held annually in several towns of Western Sicily. Saint Calogero is worshipped by the town of Naro for his miracle-working power which is said to have rescued the town from earthquakes and plague.

Page 6

Fleet and Family Support Center cooking class headed west of Naval Air Station Sigonella to the town of Ramacca to learn the secrets of making a great pizza. Turns out, the secret is in the dough and for best results the pizza should be cooked in a wood burning pizza oven.

Page 8

TRAFFIC NUMBERS

	Jan. 09- June 09	Jan. 08- June 08
Accidents	101	164
Injuries	11	25
DUIs	0	5
Traffic Deaths	0	2

PLEASE,
DON'T BECOME
A STATISTIC!

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

The 4 June Feedback Live was so successful that some of the questions couldn't be covered in the allotted time, so we are going to devote the 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.

Question 1. I live in the economy and my vehicle has been broken into literally at least 75 times within the two years I have been here. I think Italians do target Americans. Three other Americans live in the same area as I do and they were all violated, while the Italian vehicles were left untouched. I do not understand, especially with the current massive influx of military personnel moving into the economy, why Security does not have one patrol unit for the cities containing military. The reason this is important is because when the economy population increases, off base responses

will also increase.

Answer 1. Security does not have primary criminal jurisdiction on the economy. Security units w/Italian Liaisons respond to off-base traffic accidents and crime scenes to document the event, assist U.S. personnel as appropriate, and liaison with local law enforcement. The Security Officer tracks crime trends by geographical location to identify problem areas early and meet with area specific law enforcement to discuss mitigation strategies that decrease the likelihood of U.S. personnel being victimized. Unfortunately, tracking and requesting assistance from local law enforcement to lessen the frequency of these crimes is the extent of our authority. The vast majority of criminal incidents are petty property crime that is most effectively combated by the public themselves. Security recommends basic crime prevention strategies like ensuring you leave nothing of value in your car, parking in well lit and populated areas, locking your doors, and using secure parking areas.

Question 2. Is there a plan of putting WI-FI in BEQ and Bachelor Housing? If the answer is no, how about putting more tables and outlets in MIDTOWN wi-fi area? In my observation for being in the barracks for almost a month, I've

seen a lot of Sailors wanted to use the wi-fi area to communicate their love ones at home but not enough outlets and tables.

Answer 2. Housing does not provide internet services for any of its customers in the barracks or family housing. However those services are available through Base Communications Office. As far as more areas in Midtown; MWR has just expanded wifi services right next door at Connections. There are six desk top computers, 6 laptops for check out and 3 different gaming systems. Everyone over 18 is invited to come check out this great new facility!



Health WATCH

Vaccine preventable diseases

Article provided by
Lt. Cmdr. Lisa Peterson,
Pediatrician, Naval Hospital
Sigonella

Since the introduction of childhood vaccination programs and the expansion of the number of diseases that infants and children are vaccinated against, there has been a dramatic decrease in serious infectious diseases in young infants and children. Many diseases are almost unheard of by the general population, diseases such as Polio, Measles, Mumps, and Chickenpox. And, in the past decade, with the development of vaccines against serious bacterial diseases of infancy, it is now rare to have infants with serious systemic blood infections or bacterial meningitis (infection of the fluid surrounding the brain). The number of vaccine-preventable infections has now been reduced by 90%. Despite this data, there have been recent trends to not vaccinate infants and children due to concerns about vaccine safety and persistent media publicity over an unvalidated theoretical connection

between MMR vaccination and autism.

A proposed association between MMR vaccination and autism was made and brought to the public and media attention after a study was published on 12 children with autism in 1998. The authors based their conclusions on parent report, of eight of the 12 children, that their child's behavioral changes began sometime after MMR vaccination. Nonetheless, in large population studies in several different countries, it has been shown that the mean age of parental concern for possible autism is the same if a child has received MMR vaccination or if a child has not received MMR vaccination (approximately 19 months). And, the incidence of autism is lower in population studies of children who have received the MMR vaccination than in children who have not been vaccinated. In a population study in Yokohama, Japan from 1988 to 1996, vaccination with MMR decreased up

VACCINES, continued on page 12

NASSIG WORSHIP SERVICES
Chapel Office: 095-86-3975

<p style="text-align: center;">ROMAN CATHOLIC</p> <p style="text-align: center;"><u>Sunday</u></p> <p>0830 Catholic Mass (NAS I Chapel) 1200 Catholic Mass (Mineo Community Center) 1600 Catholic Mass (NAS II Chapel)</p> <p style="text-align: center;"><u>Monday - Wednesday, Friday</u></p> <p>1130 Catholic Mass (NAS II Chapel)</p>	<p style="text-align: center;">PROTESTANT</p> <p style="text-align: center;"><u>Sunday</u></p> <p>0900 General Protestant (Mineo Community Center) 1000 Traditional Protestant (NAS I Chapel) 1130 Contemporary Protestant (NAS I Chapel)</p>
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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



I sit in awe . . .

Article by Chaplain Hank Wilson

As I sit on the stage looking out over the crowd I sit in awe. This is my second retirement ceremony in as many weeks. I have another one coming up. From my perspective on stage I see the family, fellow shipmates and co-workers, senior enlisted, junior officers, and even the Skipper. I see a family sitting out there who have come to support, celebrate, and reflect upon a career of a fellow shipmate; a family which is not related by blood, but related through the common bond of being a part of the U.S. Navy. I see not only one, but a multitude of individuals who come to see one of their own turn the page and move on to the next chapter in their life. I sit and feel proud to be a part!

I sit thinking to myself how I came to be a part of this great organization: an organization in which people sacrifice of their time and talents in order to bring other people their freedom. I sit there looking at people who have been through deployments and hardships that many others will never experience. I see people I know well and others I do not. As the words are read and spoken to describe the great sailor who is retiring I can't help but think about how many others in the audience have experienced or will experience those same things. I sit there looking at people who are willing to lay their own

desires aside in order to provide for a populous they barely know. I sit in awe.

As the ceremony goes on and the achievements of one individual are read and reflected upon, I see others in the audience who nod in a sign of affirmation. Some nod as a sign of a shared accomplishment, others with hopes to one day accomplish these same feats. Others like myself just nod and smile in recognition of someone doing something great. Either way everyone confirms without a word the greatness that is represented in the one retiring standing on stage. I see an individual who represents many who have gone before and many who will come after. I sit in

AWE, continued on page 12

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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.

NAVY News

Plan ahead to ensure a smooth move during peak season

Article courtesy Commander, Fleet & Industrial Supply Centers Public Affairs

SAN DIEGO (NNS) -- The peak season for arranging household goods moves is now in effect at Commander, Fleet and Industrial Supply Centers (COMFISCS) Personal Property Shipping Offices (PPSOs).

PPSOs handle approximately 25,400 inbound and outbound shipments during this time of year.

Personal property staff members emphasize the importance of planning early and thoroughly to ensure the stress-free movement of personal property. It is highly recommended that customers set up a move date as soon as possible upon receipt

of permanent change of station (PCS) orders.

Moves will not be scheduled for pick-up on holidays and weekends. Follow the tips below to avoid incurring debts for government-directed moves and staying within authorized weight allowances.

*Dispose of unwanted articles. Shipping unneeded articles is needlessly expensive; shipping costs vary based on destination, region or country.

*Claim professional books, papers and equipment (PBP&E), also referred to as pro gear. Declare all PBP&E weight, even if estimate is within the weight allowance. Check to ensure the weight is reflected on the DD Form 1299 prior to pick-up.

Separate the PBP&E before the transportation service provider (carrier) arrives, as they must mark and weigh the pro gear. Check the inventory form periodically to ensure the carrier annotates PBP&E accurately.

*Pay attention to weight estimates. Remember, weight estimates made by carriers or personal property counselors are not binding; they are for planning purposes only. Excess costs are based on the actual weight of unpacked and uncrated household goods and cannot be accurately determined until the shipment is packed, picked up and weighed at a certified scale.

*Request a reweigh if the pre-move survey estimate is more than the maximum allowance. If a ship-

ment is picked up and exceeds the weight allowance, ask the destination PPO to reweigh the shipment. Reweighing the shipment will not cause any increase in excess cost.

*Overseas weight restricted areas: If moving to, from or between an administratively weight restricted area, ensure any additional weight allowances are approved before shipping. Contact the local PPO for more information.

For information concerning a move, customers may call toll free 1-800-444-7789, commercial (757) 443-1719, or DSN 646-1719 to speak to a personal property customer service representative.

COMFISCS provides an array of integrated global logistics and contracting services to Navy and Joint operational units across all warfare enterprises.

COMFISCS is responsible for

facilitating best business practices and efficiencies across the seven FISCs located in San Diego; Norfolk, Va.; Jacksonville, Fla.; Yokosuka, Japan; Pearl Harbor, Bremerton (Puget Sound), Wash.; and Sigonella, Italy; and for optimizing the performance of base supply functions and standardizing levels of service across 11 regions and 77 Navy installations.

COMFISCS comprises more than 7,500 military and civilian logistics professionals, operating as a single cohesive team providing global logistics services from nearly 135 locations worldwide.

A component of the Naval Supply Systems Command, headquartered in Mechanicsburg, Pa., COMFISCS is part of a worldwide logistics network of more than 25,000 military and civilian personnel providing combat capability through logistics.

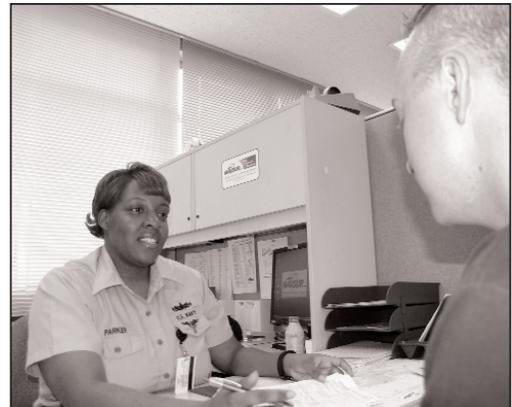
PHOTO FROM THE FLEET

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



U.S. Navy photo by MC2 Barry Riley/Released

Naval Aircrewman 2nd Class Karl Stiglbaur, assigned to Helicopter Anti-submarine Squadron Light (HSL) 51, instructs Midshipman Christi Morrissey, a junior at Harvard University, through a pre-flight inspection of an SH-60F helicopter at Naval Air Facility Atsugi. Morrissey is one of two midshipmen visiting the squadron as part of Navy-Marine Corps ROTC Career Orientation Training for Midshipmen, a four-week summer program that allows them to explore the four service selection options including surface warfare, submarines, aviation and the Marine Corps.



U.S. Navy photo by Yohsuke Onda

Storekeeper 2nd Class Vivica Parker, a household goods counselor at U.S. Fleet and Industrial Supply Center Yokosuka, helps Master-at-Arms 3rd Class Nathaniel Benjamin assigned to Commander Fleet Activities Yokosuka Security Department, plan his next permanent change of station (PCS) move through SmartWeb Move. SmartWeb allows Sailors to schedule their PCS from their own computer reducing paperwork and saving time.

NEW
Arrivals

Kalexandra & Tonaj Reynolds
Girl
Anjaiah Kasandra Reynolds
May 27, 2009
Length: 20 in
Weight: 5 lbs 15 oz

N e w **Monika**
Hope

Volcano

				FRIDAY	SATURDAY	SUNDAY
<h2>COMMUNITY CALENDAR</h2>				12 JUNE Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 Million Dollar Sailor FFSC 9 a.m. - 4 p.m. x4291 NASSIG 50th	13 NASSIG 50th	14 Flag Day
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
15 Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745	16 Effective Resume Writing FFSC 10 a.m. - 12 p.m. x4291 Stress Management FFSC 1 p.m. - 3 p.m. x4291 AAA DIP BETD 8 a.m. - 4 p.m. x2301 or x5630	17 Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 Motta Castle Tour FFSC 10:30 a.m. - 1 p.m. x4291 ERC BETD 8 a.m. - 4 p.m. x2301 or x5630	18 10 Steps to a Federal Job FFSC 12 p.m. - 4 p.m. x4291 SAVI Refresher Training FFSC 10 a.m. - 2 p.m. x4291 Weight Management Support Group Flight Line Clinic 3 p.m. - 4 p.m. x4710	19 Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745	20	21
22 Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745	23 Home Buying Strategies FFSC 9 a.m. - 12 p.m. x4291	24 Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 Anger Management FFSC 9 a.m. - 11 a.m. x4291	25 Cooking Class FFSC 9:30 a.m. - 3 p.m. x4291	26 Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745	27	28

Motta

Baseball

Magnolia

Did you know that . . .

The Navy-Marine Corps Relief Society is a resource for all active duty and retired Sailors, Marines, and their families - whether you're single, married, or divorced? A substantial amount of our financial assistance goes to service members with families because they often face more budgetary problems. However, the Society renders financial assistance to everyone - regardless of marital status.

Check out the programs and services available through your local Navy-Marine Corps Relief Society Office. We may be able to help you!

NMCRS: A Readiness Multiplier!
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

The history of olive oil

Article courtesy FFSC

The Olive was a native to Asia Minor and spread from Iran, Syria and Palestine to the rest of the Mediterranean basin 6,000 years ago. It is among the oldest known cultivated trees in the world - being grown before the written language was invented.

The Mediterranean produces ninety-five percent of the world's olive crop due to the temperate climatic conditions. Italy and Spain are now the most prolific producers of olive oil, although Greece is still very active. Apulia is the region with the highest production of olive oil in Italy. There are about 30 varieties of olives growing in Italy today, and each yields particular oil with its own unique characteristics.

Sun, stone, drought, silence and solitude: these are the five ingredients that, according to Italian folk traditions, create the ideal habitat for the olive tree. The olives contain no oil until they are green in color. At this point a chemical transformation begins to change sugars and organic acids into oil. This process continues

until the olives have fully ripened and turned black. Ripe olives are harvested from November until March. The degree of ripeness determines the taste of the olive and its oil.

Since the olives are fragile and firmly attached to the tree, they are still frequently harvested by hand. The most modern method which farmers use to collect the olives is the use of a new machine that grips onto the trunk of the olive tree and shakes it. The vibration of the tree makes the mature olives fall off and leaves behind the unripened olives.

The harvest olives are taken immediately to the oil-mill. They are placed in a vat and crushed into a paste by eight-ton granite or stainless steel millstones. Five kilograms of olives are needed to obtain one liter or 1 1/2 cups of olive oil. After the pressing, the oil must be decanted, filtered and settled. The mill technicians taste the oil for quality and measure their acidity.

Extra Virgin Olive Oil: This is the fruity oil obtained from healthy,

fresh green or ripe olives. How fruity it is depends on the variety and ripeness of the olives. This fruitiness can be perceived through both flavor and aroma. Extra virgin olive oil has no smell or taste defects.

Virgin Olive Oil: This oil has only the slightest taste and smell defects. When measured by professional tasters, the intensity of the defects must not be over a specified level. It must be perceptibly fruity.

Olive Oil: This is the name given to the blend of refined olive oil and virgin olive oil; the proportion of each depends on consumer tastes. Virgin olive oil is added to the refined oil to restore flavor, aroma, color and antioxidants that are lost during refining.

Olive-Pomace Oil: This is the name given to the oil obtained by using solvents to extract the residual oil from the olive mash (olive pomace) that is left after producing virgin olive oil. It is then refined and blended with varying proportions of virgin olive oil. Blending gives the oil the flavor, odor, color, and antioxidants of virgin olive oil.

Italian olive oil (olio di oliva) is considered by many people to be the finest in the world.

Strike

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.



NIX (below) is a great girl. She needs a patient family who can show her love, affection and how to belong. She would love a warm bed to snuggle in each night.



SKEET (above) is one of our newer dogs. He is kind and well-behaved. He is one of our larger dogs and would be a great addition to an outdoorsy family.

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

Casa delle
Rose

Alberto Lunetta
The Signature Staff



Italian NEWS

Sicilian Culture, Events and Lifestyle

Saint Calogero Festival in Naro

The Festa di San Calogero is undoubtedly one of the greatest religious festivals held annually in several towns of Western Sicily. Saint Calogero is worshipped by the town of Naro for his miracle-working power which is said to have rescued the town from earthquakes and plague.

As the local saying goes: "San Caloriu di Naro fa li grazi a cantaru" (Saint Calogero from Naro performs many miracles.)

Every year, on June 18, the population of this picturesque Norman-Arab styled small town in the Agrigento province holds a spectacular religious festival to pay tribute to their celestial patron, Saint Calogero, whose name means "beautiful elder," was born in the 5th century. He was one of the numerous monks who spread Christianity in southern Italy during that time. Those monks were very popular because they led a deeply religious and ascetic life by fasting, preaching and helping the local population. Due to Saint Calogero's popularity, his name became synonymous with "good friar" and wise man, so Byzantine monks were all nicknamed "Calogero." This explains why some historic sources tell that there were several "Saint Calogeros" in Sicily at the time. The reality is that there is only one Calogero, who was born in 466 B.C. in Chalcedon (modern Turkey) in Asia Minor. In the 17th century, as reported by local historian Salvatore Schembri, Jesuits priests confused the region of Chalcedon with the Tunisian city of Carthage so they made the world believe that Calogero was African. Ever since, Saint Calogero has always been depicted as a black saint, although he was actually white. Today, he is still nicknamed the "Il Santo Nero" (the black saint). According to Lillo Novella, another local historian, Saint Calogero's skin is indeed dark because he embodies the hard work of the peasants in the fields. That is why this religious festival is held in June during harvest time.

Saint Calogero is also known as "the hermit" for his mystic life and "the thaumaturge" as he performed several miracles.

According to tradition, he was

sent by Pope Felix II (who is a saint himself) to convert Sicilians to Christianity. Calogero, who travelled with other two saints (Gregorio and Demetrio), landed in the island of Lipari (Aeolian Archipelago) where he first settled. He then moved to Marsala, which he left right away because of a terrible anti-Christian persecution in which both his travel companions were martyred. He eventually arrived in Sciacca, in the Agrigento province, in 526 AD. There, he chose to settle in a cave on Mount Cronio, which is famous for its vapor caves (stufe di San Calogero). Saint Calogero then crisscrossed Sicily, moving from one cave to another. He stayed in both small towns such as Salemi, Termini Imerese and big cities such as Palermo, Catania and Siracusa. He also lived in a Naro cave, where townspeople erected a sanctuary to honor him.

According to tradition, the most famous legend about Saint Calogero is the one telling of the wounded doe whose milk fed the hermit during the last years of his life. One day, while Saint Calogero was praying, Ascanio, a local hunter, wounded the doe that sought shelter in the hermit's cave. Moved by pity for the suffering animal whose neck was pierced by an arrow, the saint performed a miracle by healing the doe on the spot, right in front of the astonished hunter, who fell on his knees begging for forgiveness and converting to Christianity.

On the festival eve (June 17), pilgrims come from the neighboring towns walking (some of them barefoot) for miles to throng the sanctuary. Today, walking barefoot for hours could be considered as a "physical challenging" tradition, but it is nothing compared to what happened in the old times when some pilgrims would drag their tongues from the gate of the church all they way up to the main altar.

On Thursday, June 18, the festa begins in the early morning with devoti (devotees) crowding the sanctuary, which is located in piazza Roma, to attend holy masses (which are held every half hour) and walk barefoot to fulfill a "prumisa" (the promise) vow. They bring with them votive breads shaped as the part of

the body that they believe was healed through the intercession of the beloved patron saint.

Some of the devotees come from all over the world including New York where St. Calogero is also venerated. After the traditional distribution of elaborate blessed votive breads, the procession begins. Devotees participate in the festival to express gratitude to the saint for a recovery from an illness or for having survived a natural disaster. According to tradition, Calogero is said to be particularly invoked by people affected by hernias as well as by the hearing and speech impaired.

Later, around 11 a.m. the beautiful chalk statue which is covered by silver, is placed on a carriage called "straula," which is then pulled by hundreds of crying devotees from all ages and social status, who scream "Viva Diu e San Calò!" (Long live God and Saint Calogero!) along viale Umberto (main street) for about an hour until it reaches the matrice main church.

In the evening, a shorter procession, during which the statue is transported on a mechanized float, begins at 6 p.m. from the main church to the Church of San Francesco in via Dante. Tradition has it that devotees bring a handkerchief with which they wipe the "sweat" from the saint's statue (which is "tired" for the long procession) and keep it as a talisman against illnesses.

Before you leave the festival don't forget to visit the town's architectural attractions. Naro boasts breathtaking Baroque and medieval historic sites and buildings. Some of the main highlights include the Church of San Nicolò di Bari, the Chiaramonte Castle, the Churches of Saint Agostino and Saint Francesco, the Malfitano Giacchetto Palace, the "Golden Gate" and the Church of Santa Caterina.

Naro is fairly easy to reach and it is located about one hour and a half from Sigonella. Take A-19 (Catania Palermo) and exit Caltanissetta and then follow the signs to Canicatti and eventually follow directions towards Naro. For more information, call the Naro Tourist Office at 0922-953021.



Photo by Giuseppe Stimolo

Every year, on June 18, Saint Calogero is revered by the community of Naro, a small village in the Agrigento province, through a spectacular religious festival which blends pagan and Christian elements.

T a b e r a n Sarvana

Sushi

Medusa

Taormina Film Fest begins tomorrow

The 55th edition of the "Taormina Film Fest" will kick off tomorrow. This year the festival, which runs from June 13 to 20, will be held in several venues across Sicily. Internationally acclaimed American film critic Deborah Young, who has been the festival director

since 2007, said she's "committed to strengthen Taormina's identity as a Mediterranean festival with strong ties to the US and world cinema." After celebrating the centennial of Egyptian cinema in 2007, this year's "Guest of Honor" will be France. Legendary French actresses

Dominique Sanda and Catherine Deneuve will be awarded the prestigious Taormina Arte Award during a Gala Night to be held on June 19. For more information and detailed schedule visit <http://www.taorminafilmfest.it>



Stampa

Cin! Cin!

CELEBRATING THE FOOD & WINE OF SICILY “When the moon hits your eye, like a big pizza pie, that’s amore!” - Dean Martin

Article and photos by MCSN Whifield Palmer,
Navy Public Affairs Support
Element East Detachment
Sigonella

Fleet and Family Support
Center cooking class headed west of
Naval Air Station Sigonella to the
town of Ramacca to learn the secrets

of making a great pizza. Turns out, the secret is in the dough and for best results the pizza should be cooked in a wood burning pizza oven. Since most of us don't have kitchens equipped with a wood burning pizza oven much less the time to chop wood, here is a great recipe for pizza dough and a recipe for a rich sauce to put on top.

Step 2: Make a hole on top of the mound of flour and the water you mixed together earlier (do not add the yeast water just yet. This will be done later.)

Ingredients:

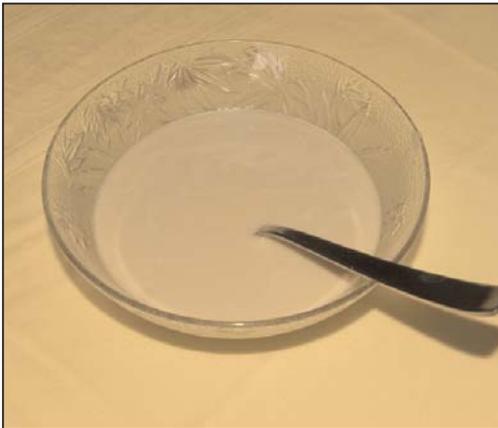
For dough (yields approximately four 10-inch pizzas)
1 kilo grano duro ramacinato Sicilian flour (found at Carrefour)
sugar
yeast
sea salt
olive oil
water

Preparation:

Combine two tablespoons of salt and one tablespoon of sugar with one liter of water that’s at room temperature.
Mix a 1/2 cube of yeast in about a cup of water that’s at room temperature. Set aside.



Step 3: With your hands, mix the flour together with the water, until the water is blended in well with the flour.



Step 1: Divide the flour into four parts and place one part onto a plate.



New Place

Brasil

SEXUAL ASSAULT /
VICTIMS
INTERVENTION
SAVI offers a Sexual
Assault Hotline
staffed with trained advo-
cates
who man the SAVI
Hotlines 24/7.
The number is 335-642-
8312 or
335-606-6146.

Step 4: Reform the dough again so it is somewhat cone shaped. Add enough yeast water to fill the opening (no more than one or two tablespoons).



Step 5: Mix the dough and yeast water thoroughly. Continue kneading the dough to ensure the yeast is properly distributed. If the dough is too dry, add more water from the yeast water mixture. If the dough is too wet, feel free to add more flour. Proper consistency of the dough is achieved when there is no crumbling or there is no dough sticking to your hands.



Step 6: Allow the dough to rise for at least 40 minutes. While dough is rising, make tomato sauce.



Alphio

Ingredients and Method

For tomato sauce:
Blend two cans of whole peeled tomatoes in a blender until chunky. Add olive oil, salt, and a bit of sugar to taste. The reason for the sugar is that it cuts out any bitterness the tomatoes may have. Add basil or oregano as desired.

Step 7: After dough has risen, on a floured counter top, flatten into a round shape.



Step 8: Cover the pizza with the tomato sauce and your favorite topping: salami, artichokes, mushrooms, prosciutto, olives, etc.

Step 9: Bake in a very hot oven until crust is golden, usually about 10 minutes.



Step 10: Enjoy!



For more information about monthly cooking classes or other trips offered by Fleet and Family Support Center, contact them at 624-4291. The next cooking class is June 25th from 9 am to 3 pm.

Funny Island

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/>.

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.

Leaving the military?

Thinking about leaving the military? Do you know about the broad range of programs and services provided by the Department of Veterans Affairs?

If not, make plans to attend the upcoming Veterans Affairs Benefit brief, provided by Lyn Cammack.

Date: June 25, 2009
Place: Midtown Theater
Time: 0800-1100

For more information or to schedule 1 on 1 appointment please contact the FFSC at 624-4291.

Naval Inspector General SEC-NAV Directed Sexual Assault Study Team Visit

A team from the Office of the Naval Inspector General, Washington, DC will visit NAS Sigonella on 23-25 June 2009 to study incidences of sexual assault within the Department of Navy, and determine the responsiveness of the Sexual Assault Victim Intervention (SAVI) program.

As part of their visit, they will facilitate focus group discussions to gain more insight, from a Fleet perspective, into the occurrences and command support during incidences of sexual assault. Each focus group will be composed of a cross section of personnel and consist of approximately 20 people.

Selection will be made based on a stratified and random basis, using the last digit of social security numbers. If you are selected to participate, you will be notified by your chain of command. Your views and honest input will be helpful as the Navy attempts to understand the scope and response to incidences of sexual assault.

All military personnel are encouraged to participate in the IG's on-line survey regardless of whether they are selected to participate in a focus group or not.

The survey address is <http://www.ig.navy.mil/sastudy.htm> and will be accessible until 30 September 2009.

Go Green Sigonella!

Reduce air conditioner usage

Information provided by saveenergy.com

Summertime means running the air conditioner non-stop. When the temperatures heat up, the efficiency of our air conditioners drop dramatically. There are some steps that you can take for your home's air conditioner to help it run more efficiently.

1. Leave the Thermostat Alone
Many people are good about leaving the air conditioner at 78 degrees. Some even take it upon themselves to set the temperature even higher when there is no one at home. Make sure that no one drops the temperature below 78 in order to cool the house down faster. The air conditioner cools at the same rate no

matter the setting. Adjusting the temperature to 70 degrees will not help your house get to 78 degrees any faster than if it were left at 78.

2. Keep The Curtains Closed
Natural light can help reduce your lighting costs, however when no one is in a room it is best to keep the curtains closed during the day. Keeping the sun's direct rays from entering the house helps reduce the amount of effort your air conditioner puts forth to keep the house cool. To maximize this, open the drapes, blinds, or curtains in the evening to allow heat to escape through the windows of your house.

3. Turn On a Fan
In some climates, you can turn

the air conditioner off at night and just let ceiling or floor fans provide cool air for your comfort. The energy used by a fan is far less than that of the air conditioner. If you live in a warmer climate, fans can still provide a comfortable breeze. Using the fans at night may allow you to set the air conditioner above 78 degrees saving a great deal of energy. Fans can also help move cool air around the house to ease the work load of the air conditioner.

4. Get Rid of Hot Air
Use an exhaust fan when cooking to help expel hot air from the house. If you don't have an exhaust fan, cool the room by setting up a floor fan in the kitchen while cooking. The fan not only cools the air, but can also help move it out of the kitchen.

5. Use the Dehumidifier
When people say, "it's not the heat, it's the humidity," they are right. If you have a dehumidifier turn it on when the temperature rises. Ridding your house of the humidity will help make your family feel more comfortable. You may even be able to set your air conditioner above 78 degrees when using a dehumidifier combined with fans.

6. Save Chores for the Right Time

While cooking can heat up the kitchen, so can using the dishwasher to dry the dishes. Clothes dryers located in the house can have the same effect. These tasks are better left for the evening time or, better yet, when no one is home. Taking on labor intensive tasks can also make you feel uncomfortable during the hottest times of the day. If possible, do them in the evening or the early morning when the heat isn't so bad.



Galley Menu Hours

Monday-Friday	Saturday-Sunday-Holiday
Breakfast 0600-0830	Breakfast 0700-0900
Lunch 1100-1300	Brunch 1000-1300
Dinner 1630-1830	Dinner 1630-1830

12 **Lunch:** New England Clam Chowder, Fried/Baked Fish, Grilled Pork Chops, Penne Ala Norma, Mushroom Gravy, Steamed Rice, Roasted Garlic Potatoes, Steamed Asparagus, Fried Okra, Lemon Cookies, Cheese Cake, Chocolate Cream Pudding.
Speed line: Grilled Cheese/Hamburger, Turkey Burger, Pork and Beans, French Fried Potatoes.
Dinner: Cream Of Mushroom Soup, Cantonese Spare ribs, Grilled Chicken Breast Sandwich, Pork Fried Rice, Steamed Whole Corn, Seasoned Spinach, Lemon Cookies, Cheese Cake, Chocolate Cream Pudding.

13 **Breakfast:** Farina, Grilled Ham Slices, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Asstd Doughnuts, Butterhorns.
Brunch: Breakfast Items, Beef Vegetable Soup, BBQ Beef Sandwich, Chicken Nuggets, French Fries, Mixed Vegetables, Broccoli, Sweet & Sour Sauce, Chocolate Drop Cookies, Apple Crisp.
Dinner: Manhattan Clam Chowder, El Rancho Stew, Southern Fried Chicken, Mashed Potatoes, Chicken Gravy, Steamed Rice, Green Kales, Peas & Mushroom, Chocolate Drop Cookies, Apple Crisp.

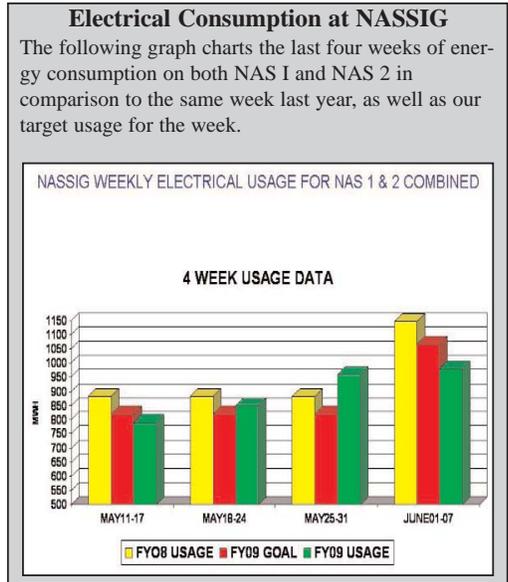
14 **Breakfast:** Rolled Oats, Grilled Minute Steak, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Asstd Doughnuts, Kolaches.
Brunch: Breakfast Items, Bean & Bacon Soup, Grilled Reuben Sandwiches, Chili Conquistador, Italian Roasted Potatoes, Seasoned Green Beans, Glazed Carrots, Yellow Cake w/ Frosting, Hermits.
Dinner: Split Pea Soup, Kielbasa w/ Sauerkraut & Apples, Turkey Ala King, Aztec Rice, Blackeye Peas, Fried Cauliflower, Yellow Cake w/ Frosting, Hermits.

15 **Lunch:** Chicken Noodle Soup, Rosemary Roast Turkey, Baked Ham, Shrimp Farfalle w/ Tomato Sauce, Mashed Potatoes, Sweet Potatoes, Seasoned Summer Squash, Steamed Peas, Turkey Gravy, Cranberry Sauce, Oatmeal Raisin Cookies, Banana Cake, Dutch Apple Pie.
Speed line: Sub Sandwich, Cartoccia, Pasta Primavera.
Dinner: Pepper Pot Soup, Steak w/ Onions, Grilled Chicken Breast Sandwich, Baked Potatoes, Collard Greens, Calico Cabbage, Brown Gravy, Oatmeal Raisin Cookies, Banana Cake, Dutch Apple Pie.

16 **Lunch:** Cream of Asparagus Soup, BBQ Spare ribs, Southern Fried Chicken, Spaghetti Carbonata, Chicken Gravy, Mashed Potatoes, Hopping John, Corn on the Cob, Southern Style Greens, Jalapeno Corn Bread, German Chocolate Cake, Cherry Pie.
Speed line: Philly Cheese Steak Sandwich, Hotdogs, Onion Rings, Macaroni & Cheese.
Dinner: Beef Rice Soup, Roast Veal w/ Herbs, Spaghetti w/ Meatballs, Lyonnaise Rice, Vegetable Stir Fry, Steamed Asparagus, Brown Gravy, German Chocolate Cake, Cherry Pie.

17 **Lunch:** Beef Vegetable Soup, Breaded Pork Steaks, Savory Baked Chicken, Rigatoni Zucchini Eggplant, Potatoes Au Gratin, Oriental Rice, Eggplant Parmesan, Tangy Spinach, Cherry Cheese Cake, Chewy Nut Bars, Cream Puffs.
Speed line: Grilled Cheese/Hamburger, Turkey burger, Baked Beans, French Fried Potatoes.
Dinner: Minestrone Soup, Salisbury Steak, Sicilian Submarine, Steamed Rice, Brown Gravy, Peas & Carrots, Wax Beans, Cherry Cheese Cake, Chewy Nut Bars, Cream Puffs.

18 **Breakfast:** Hominy Grits, Oven Fried Bacon, Corned Beef Hash, Asst Omelets, Eggs to Order, Roasted Potatoes, French Toast, Asstd Doughnuts, Raisin Muffin.
Lunch: Onion Soup, Asian Barbecue Turkey, Beef Stroganoff, Mashed Potatoes, far-falle Pesto, Boiled Pasta, Chicken Gravy, Mix Vegetables, Simmered Cauliflower, Vanilla Cookies, Devil's Food Cake.
Speedline: Hotdogs, Assorted Pizza, Baked Potatoes, Sautéed Mushrooms, Bacon Bits, Shredded Cheese, Fishwich.
Dinner: Chicken Noodle Soup, Spinach Lasagna, Grilled Chicken Breast, Oven Browned Potatoes, Corn O' Brien, Simmered Carrots, Vanilla Cookies, Devil's Food Cake.



Gecomotors

Jones University

ON THE GO WITH MWR

mwr weekly island life fitness in June

monday	tuesday	wednesday	thursday	friday	saturday
NAS I Spin w/ Anna 7 - 8 am Kickboxing 8:30 - 9:30 am Pilates w/ Danielle 9:30 - 10:30 am Pilates w/ Danielle 4:30 - 5:30 pm Step w/ Angelica 5:30 - 6:30 pm NAS II Spin w/ Lorrie 7 - 8 am Pump it Up w/ Zee 4:30 - 5:30 pm Yoga w/ Luisa 5:30 - 6:30 pm	NAS I Spin w/ Dr. Hall 6 - 7 am Pump it Up w/ Zee 8:30 - 9:30 am Spin w/ Jill 9:30 - 10:30 am Spin w/ Lisa 5:15 - 6:15 pm Cardio Jam w/ Danielle 4:30 - 5:30 pm Yoga w/ Luisa 5:30 - 6:30 pm NAS II Spin w/ Anna 6 - 7 am MINEO Cardio w/ Melinda 5:30 - 6:30 pm	NAS I Spin w/ Anna 7 - 8 am Kickboxing 8:30 - 9:30 Pilates w/ Danielle 9:30 - 10:30 am Pilates w/ Danielle 4:30 - 5:30 pm Step w/ Angelica 5:30 - 6:30 pm NAS II Pump it up w/ Zee 4:30 - 5:30 pm Yoga w/ Luisa 5:30 - 6:30 pm	NAS I Spin w/ Dr Hall 6 - 7 am Pump it Up w/ Zee 8:30 - 9:30 am Pilates w/ Jill 9:30 - 10:30 am Spin w/ Lisa 5:15 - 6:15 pm Cardio Jam w/ Danielle 4:30 - 5:30 pm Yoga w/ Luisa 5:30 - 6:30 pm NAS II Spin w/ Anna 6 - 7 am MINEO Cardio w/ Melinda 5:30 - 6:30 pm	NAS I Yoga 8:30 - 9:30 am NAS II Spin w/ Lorrie 7 - 8 am	NAS I Kickboxing w/ Angelica 9 - 10 am



MIDTOWN MOVIE THEATERS

SCHEDULE & DESCRIPTIONS

Due to an electrical issue, Midtown 2 Theaters is operating on one theater. This has caused a change in the Midtown 2 Theaters weekly schedule with limited amount of premieres and movies being offered. We apologize for this inconvenience. We hope to have the problem resolved in the upcoming weeks ahead. Please call the movie hotline at 624-4248 to verify that day's movie schedule. Thank you.

Friday, June 12

12:00pm Race to Witch Mountain PG FREE
1:00pm X-Men: Wolverine PG-13
3:00pm Night at the Museum PG-13
5:00pm Angels and Demons PG-13
5:30pm Up PG

Saturday, June 13

2:00pm Terminator Salvation PG-13
2:30pm Hannah Montana G
4:30pm Up PG
5:00pm Night at the Museum PG-13
6:30pm 17 Again PG-13
7:30pm Haunting in Connecticut PG-13

Sunday, June 14

2:00pm Fighting PG-13
2:30pm The Hangover R
4:30pm I Love You, Man R
5:00pm Terminator Salvation PG-13
7:00pm Fast and Furious 4 PG-13

Monday, June 15

12:00pm Up PG
1:00pm Terminator Salvation PG-13
3:00pm 17 Again PG-13
5:00pm Night at the Museum PG-13
5:30pm The Hangover R
7:00pm Angels and Demons PG-13
7:30pm Observe and Report R

Tuesday, June 16

1:00pm Hannah Montana G
3:00pm X-Men: Wolverine PG-13
5:00pm Up PG
5:30pm Fast and Furious 4 PG-13
7:30pm The Hangover R
8:00pm Fighting PG-13

Wednesday, June 17

5:00pm Haunting in Connecticut PG-13
5:30pm Angels and Demons PG-13
7:30pm I Love You, Man R
8:00pm Fast and Furious 4 PG-13

Thursday, June 18

12:00pm Dragonball Evolution PG
1:00pm Up PG
3:00pm 12 Rounds PG-13
5:00pm Terminator Salvation PG-13
5:30pm Duplicity PG-13
7:30pm The Hangover R
8:00pm Lions for Lambs R
FREE - Throwback Thursday

17 Again (PG-13)

Zac Elron, Leslie Mann, Matthew Perry, Michelle Trachtenberg
Class of 1989, Mike O'Donnell is a star on his high school basketball court with a college scout in the stands and a bright future in his grasp. But instead, he decides to throw it all away to share his life with his girlfriend Scarlett and the baby he just learned they are expecting. 20 years later, his marriage to Scarlett has fallen apart, and his teenage kids think he is a loser. Mike is given another chance when he is transformed back to the age of 17. Mike may look 17 again, but his thirtysomething outlook is uncool in the class of 2009. And in trying to recapture his best years, Mike could lose the best things that ever happened to him. (102 min.)

Up (PG)

Edward Asner, Jordan Nagai, Christopher Plummer
At age 78, life seems to have passed Carl Fredrickson by, until a twist of fate and a persistent 8-year old named Russell gives him a new lease on life. (96 min.)

Ghosts of Girlfriends Past (PG-13)

Matthew McConaughey, Jennifer Garner, Breckin Meyer, Lacey Chabert
Celebrity photographer Connor Mead loves freedom, fun and women... in that order. A committed bachelor who thinks nothing of breaking up with multiple women on a conference call, Connor's mockery of romance proves a real buzzkill for his kid brother, Paul, and a houseful of well wishers on the eve of Paul's wedding. Just when it looks like Connor may single-handedly ruin the wedding, he is visited by the ghosts of his former jilted girlfriends, who take him on a revealing and hilarious odyssey through his failed relationships - past, present and future. Together they attempt to find out what turned Connor into such an insensitive jerk and whether there is still hope for him to find true love... or if he really is the lost cause everyone thinks he is. (100 min.)

Fighting (PG-13)

Channing Tatum, Terrence Howard, Zulay Henao, Michael Rivera
Small-town boy Shawn MacArthur has come to New York City with nothing. Barely earning a living, selling counterfeit goods on the streets, his luck changes when scam artist Harvey Boarden sees that he has a natural talent for street fighting. As Shawn's manager, Harvey introduces him to the corrupt bare-knuckle circuit, where rich men bet on disposable pawns. Almost overnight, he becomes a star brawler, taking down professional boxers, mixed martial arts champs and ultimate fighters in a series of staggeringly intense bouts. But if Shawn ever hopes to escape the dark world in which he's found himself, he must now face the toughest fight of his life. (105 min.)

Movie dates and times are subject to change.

SHOWING FRIDAY, JUNE 19

12:00pm Up PG
1:00pm X-Men Origins: Wolverine PG-13
3:00pm Night at the Museum PG-13
5:00pm State of Play PG-13
5:30pm Ghosts of Girlfriends Past PG-13
7:30pm Crank: High Voltage R
8:00pm The Hangover R
9:00pm Sunshine Cleaning R FREE to E4 & below

COMING SOON

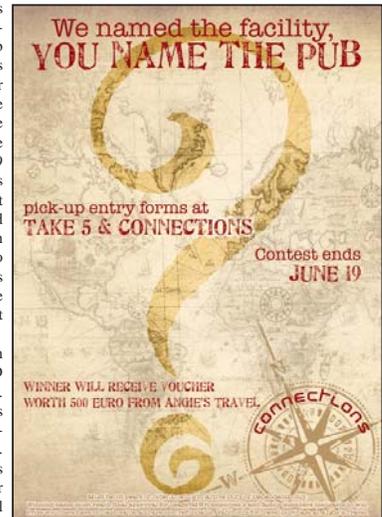
The Soloist, Obsessed

"Name that Pub" Contest!

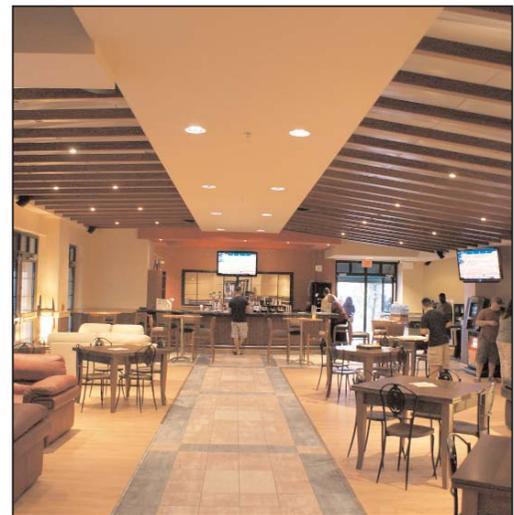
Signonellans have an opportunity to name the pub in Connections and have their name used as the official logo of the pub! Deadline entry is June 19 and entry forms are available at Connections and Take 5 Recreation Center. A 500euro voucher to Angie's Travel goes to the winning contest winner.

Contest open to US ID Cardholders only. MWR employees and family members are ineligible. Must be 18 years or older. Voucher valid for travel through Angie's Travel purchase only. Nonrefundable, nontransferable. Winning name subject to use pending final approval.

For more information call Connections at 624-4264.



Connections opens its doors



NAS SIGONELLA's newest recreation center, Connections, has opened its doors!

MWR has created a new facility supporting the Liberty Program for Sailors E1-E5 and unaccompanied military personnel and also serves as a center catering to all hands 18-years-old or over and family member children 19-years-old or over. The facility features free WI-FI, a gaming room, computer room with a photolab, theater room, food, beverage service and more!

Connections is located across from Midtown on NAS I (Old

Applebee's Pub location) and the hours of operation are:

Sunday - Thursday 10:30 a.m. to 11:30 p.m.

Friday - Saturday 10:30 a.m. - 1 a.m.

Bar opens daily at 4 p.m.

Piazza Pizza will deliver food to Connections in 30 minutes or less during the following hours:

Monday - Saturday 10:30 a.m. - 9 p.m.

Sunday 11 a.m. - 6 p.m.

For more information call Connections at 624-4264.



When you're off duty, MWR is on the job with more than 30 programs and services. MWR is your access point for fun, fitness and travel. For more about MWR's programs and services, hot jobs, and special events, call 624-3968.

MOVIE HOTLINE:
624-4248

VACCINES, continued from page 2

until 1992 and was stopped in 1993. However, the incidence of autism increased in the population during the time period that MMR was no longer being administered, and amongst the children who did not receive MMR vaccination. Early detection of autism and autism spectrum disorders has a significant impact on the health and development of children and will be discussed further in the next article.

Due to the overwhelming scientific evidence showing that there is no link between autism and MMR vaccination, in February 2009 there were 3 court decisions (U.S. Court of Federal Claims) that found that MMR vaccination is not linked to the development of autism.

Although vaccination has made many diseases much less common, it is still important for all children to be fully vaccinated. Recently, due to decreased vaccination with Hib (Haemophilus influenzae type B) there have been outbreaks of invasive Hib disease in Minnesota and other states causing meningitis, pneumonia, and severe infection of the airway. Further, it is important to realize that while some diseases may not have severe effects for a child at the time of disease they can have serious long term effects several years later. Chickenpox can lead to reactivations of shingles at any point in life, as well as a recurrence of chickenpox if one becomes immunosuppressed at an older age. Infection with mumps can lead to sterility in males. And, measles infection in young infants and children can lead to an incurable encephalitis (infection of the brain causing swelling) 5-10 years after the infection has resolved.

Resources:

aap.org/healthtopics/immunizations.cfm

cdc.gov/vaccines/vaccineinformation.org/

AWE, continued from page 2

awe.

I sit in awe of a group of individuals who represent a larger group of individuals, but who represent the

best of the best. I sit and see around me nothing but greatness. I see those who have been away from their families for an extended time. I see those who have seen combat or have been in harms way. I see those who have been where many back home dare not to go. I see these individuals do this is the name of freedom, for their God, and for their country. I am amazed at how a ceremony can help us reflect on such greatness of so many individuals by celebrating the accomplishments of one individual. I sit in awe at the greatness that surrounds me. I sit in awe and say thank you to each and everyone for what you have done, are doing, and will do. I sit in awe.

ANTHONY, continued from page 1

to help celebrate the base's 50th anniversary.

"It's an honor and amazing because this doesn't happen to everybody and I'm thankful it happened to me," said 16-year old William Jr. (who goes by BJ), who will be a junior at Trinity Christian Academy in Jacksonville, Florida in the fall.

BJ's days back in Jacksonville, are spent doing typical teenage activities; hanging out playing basketball, going to the pool and making funny videos with his friends, but he is also a star football player, has aspirations to score a college scholarship in the future, and is being scouted by a number of schools.

He says he's glad to be back at Sigonella to take part of the anniversary celebrations. "It's great," he said. "I've not been the special guest of anything, so it'll be pretty cool." His dad echoes that sentiment, "[It is] overwhelming and joyful all rolled into one feeling," he said.

While at Sigonella, the Anthony's will attend various anniversary celebration events, as well as take a look at the plaque that was dedicated to BJ in April 1993 that says, "This building is dedicated to William J. Anthony Jr., the first child born within, to reflect the hope and care for the future of all that follow - to reflect what will come, not what is past."

Sigonella High School chemistry students earn final grade

Article and photos by MCSN Whitfield Palmer, Navy Public Affairs Support Element East Detachment Sigonella

High School students from Sigonella Middle School/High School conducted their final chemistry exams of the school year by demonstrating various chemical reactions on the school's track Tuesday, June 2.

The students presented their experiments to children from the Child Development Center and students from the Steven Decatur Elementary School, as well as their peers at the middle school and high school.

Volunteers from the audience helped conduct the various experiments that included polymer replacement by bouncing balls and exploding bottles filled with Meal Ready to Eat (MRE) heating packs and water to show combustion reaction. In addition, students demonstrated increasing surface tension by creating a solution of glycerin, soap, and water to blow bubbles. Deposition and sublimation was shown by changing compressed air to ice and then back to gas. Volunteers from the audience popped corks off of Erlenmeyer flasks containing acetic acid and sodium bicarbonate to demonstrate replacement reaction. A similar reaction was used for the proverbial science fair favorite of lava from a volcano, in the form of Mount Etna.

"It's been fun to come out here and see what the high school kids are learning," said X, a sixth grade middle school student. "I like science and chemistry and I'll be here next year. It's exciting that I might get to do something like this."

"The students and the kids in the audience had a fun time today, and besides the grades, that was the objective," said Jennifer Bunyan, the students' chemistry teacher and organizer of the event. "We wanted to show that chemistry is fun and that it's in our everyday lives."

The students were graded on their assignments using a rubric,



Steven Decatur Elementary School students demonstrate replacement reaction by using a mixture vinegar, water, and sodium bicarbonate to pop the corks off of Erlenmeyer flasks during the final exam presentation of the Sigonella Middle School/High School senior class June 2. The high school students presented their experiments to children from the CDC, Steven Decatur Elementary School, and fellow classmates. Volunteers from the audience helped conduct the various demonstrations.

which is a simplified way of grading and students earn their final grade by complicated projects. Criteria from adding up the points achieved from the experiments are assigned points each area.

Marricru

Marchi

Oxidiana

Hospital

Strawberry Festival kicks off in Maletto

Article by **Alberto Lunetta**, Deputy Public Affairs Officer, Naval Air Station, Sigonella

Treat your entire family to a weekend of fun and delicious strawberry tasting! The "Sagra della Fragola" (Strawberry Festival) is back in Maletto, the highest town in the Catania province.

The festival, which takes place in the town historic center, celebrates the history and the future of the strawberry industry which has been flourishing in Maletto since the 1950's. Each year tens of thousands of tourists flood Maletto ("The Strawberry Capital of Sicily") to attend the festival. This evening (June 12), the festival kicks off in piazza XXIV Maggio at 6 p.m. where market booths are traditionally set up. The highlight of the festival is undoubtedly the giant 6,600-pound strawberry cake that will be offered to festival goers on Sunday, June 14

at 6 p.m. in piazza IV Novembre.

Other not-to-be-missed events include "Cinderella" Musical (staged by a local middle school on June 12, 8 p.m.); guided tour of the town historic center and the remains of the ancient "Rocca Castello" stronghold that provides breathtaking views of the surrounding landscape (June 13, 5 p.m.); "Degustazione Risotto alla Fragola" or strawberry risotto tasting (June 14, 12:30 p.m.); Beauty contest "Miss Fragola 2009" (June 14, 9 p.m./via Emanuele Steps). There will also be fine traditional Sicilian food, local produce, artisan cheese and other dairy products, as well as arts and crafts vendors. Tomorrow, festival booths will open at 9 a.m. On Sunday, June 14 the festival will kick off at 10 a.m.

For more information and detailed schedules, call Maletto Tourist Office at 095-7720600



Stampa

Jaguar Boys travel to Germany

Article by **MCPO James Burke, CTF-67**

The Sigonella boys' varsity soccer team traveled to Ramstein, Germany as the #2 seed in Division IV. Placed in group B, along with defending Division IV champion Rota, were teams from Incerlik and Brussels.

In the first of three round robin games, the Jags battled to a 1-1 draw with Rota, after much grit and determination from the team.

Up next for the boys was the team from Incerlik. Not wasting any time, the pumped up Sig boys dominated the overmatched team, with 34 shots on goal. The final score was 5-0. Coach Andre said, "The team played really well and unselfishly. If not for the great play by the Incerlik keeper, the score could have been nine or ten to nil." Junior midfielder X led the team with two goals and three assists. X had two goals and X had one. Senior X assisted on two goals.

The next match against the 3rd seeded Brussels team would determine who would move out of pool B. Fortunately the boys' team controlled their own destiny; win and they would advance. Sparked by two goals by junior forward X and tremendous goaltending by X, the Jags won a hard-fought victory over the Brussels team.

In the semi-final match, Sigonella played the #2 team in pool A, Menwith Hill of England. The England team decided to play a defense game and placed all but one player in the defensive box. They were able to shut down the powerful

Sigonella offense holding them scoreless at halftime. The second half opened the same way. Head coach Phil Andre said, "The defensive tactic frustrated our players. I told them to just keep pressuring the goalie and the ball will eventually go in." Sigonella caught a break when a defender misplayed an X pass to X and X drilled the ball into the net for a 1-0 lead. Five minutes later a penalty resulted in a Sigonella penalty kick. Junior defender X fired the ball past the goalie for his first goal of the season. The Jags final goal came on a corner kick by X that was headed into the net by freshman defensive stand-out X. Final score 3-0 Sigonella.

On Friday morning before a packed Ramstein crowd, the boys faced the overall # 1 seeded team from Alconbury, England. The Jags came out fast and had several scoring opportunities, but no goals. Ten minutes into the first half, Alconbury countered with offensive pressure. There was a scramble in front of the Jags net and the ball made its way into the goal. With Alconbury leading 1-0, the Jags continued to pressure the defensive zone. X and X had scoring opportunities denied by the

much bigger Alconbury defense. In the second half, the Sigonella boys had the wind at their back and tried to wear down the Alconbury goalie only to be deprived of the tying goal. Alconbury came away with the win, 1-0.

A disappointed Sigonella team left all they had on the field. The fans were treated to a great match. Said Coach Andre, "This is the second year in a row we played in the championship game only to come up just short. I couldn't be more proud of the way the boys played this game, as well as the entire season." The Jags placed four players on the All-Tournament team.

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