

THE Signature

SIGONELLA, SICILY



Vol. 26 No. 31

The Signature Online - www.cnic.navy.mil/sigonella

AUGUST 7, 2009

Due to our printer taking leave to celebrate Ferragosto, *The Signature* will only be available online Aug. 14 and out of production Aug. 21. We will be back with a new issue on Aug. 28.

EODMU8 runs to remember fallen heroes



Members of Explosive Ordnance Disposal Mobile Unit (EODMU) 8 run through Naval Air Station Sigonella to honor Explosive Ordnance Disposal Technician 2nd Class Tony Randolph and Explosive Ordnance Disposal Technician 2nd Class Edward Koth. Randolph was killed while supporting Operation Enduring Freedom July 6, 2009 and Koth was killed July 26, 2006 while supporting Operation Iraqi Freedom.

Article and photo by MC3 Jonathan Idle, *The Signature* Staff

Members of Explosive Ordnance Disposal Mobile Unit EIGHT (EODMU8) came together for a command run to honor the memories of two of their fallen shipmates July 29 at Naval Air Station (NAS) Sigonella.

Explosive Ordnance Disposal

Technician (EOD) 2nd Class Tony Randolph was killed in action July 6, 2009 while supporting Operation Enduring Freedom and EOD2 Edward Koth was killed July 26, 2006 while supporting Operation Iraqi Freedom.

EODMU8 began the run in front of their command and ran in formation throughout the base while

EOD, continued on page 13

U.S. Fleet Forces celebrates change of command

Article by MC1 Amie Gonzales, Navy Public Affairs Support Element-East

NORFOLK, Va. (NNS) -- Adm. John C. Harvey Jr., relieved Adm. Jonathan W. Greenert as commander of U.S. Fleet Forces Command during a ceremony July 24 held aboard USS Harry S Truman (CVN 75).

Guest speaker, Chief of Naval Operations Adm. Gary Roughead, said Sailors, their families and Navy civilians are among the most important things at Fleet Forces Command. "This change of command is great for our Sailors who are with us today and who are serving around the world and for their families, because these are the types of leaders that we need in our Navy," said Roughead.

Greenert assumed command of U.S. Fleet Forces Command in October 2007. He led the command with a strategic focus on the new maritime strategy, with an emphasis on individual augmentee programs and policies. Greenert's next assignment will be as the vice chief of naval

CHANGE, continued on page 12



U.S. Navy photo by MC2 Todd Frantom/Released

Adm. John C. Harvey, Jr., right, relieves Adm. Jonathan W. Greenert, left, as Commander, U.S. Fleet Forces, during a change of command ceremony aboard USS Harry S. Truman (CVN 75) at Naval Station Norfolk, July 24, 2009. The Chief of Naval Operations, Adm. Gary Roughead, center, presided over the ceremony. As his follow-on assignment, Adm. Greenert becomes the Navy's Vice Chief of Naval Operations, Pentagon, Washington, D.C.

Pet Grooming shop opens at NAS Sigonella

Article and photo by Tracie Barnthouse, *The Signature* Editor

Is your dog feeling neglected because her teeth don't sparkle and her fur doesn't shine like others around Marina? Don't let her be the barking stalk of base, take her to Naval Air Station (NAS) Sigonella's Navy Exchange's new Pet Grooming Shop, where she can get washed, dried, and sent away looking spiffy. The Navy Exchange officially opened their Pet Grooming Shop, located behind the NEX main store, with a ribbon cutting on July 31.

The Pet Grooming Shop was NEX Services Ops Manager, Harold Laird's vision. The shop started from scratch and much research was put into opening the Navy's first and only on base pet grooming shop. Laird went to the vet on base a couple years ago and found out that there were 1800 dogs and 700 cats in housing.

GROOMING, continued on page 12



NAS Sigonella Commanding Officer, Capt. Thomas J. Quinn, contractor Christina Evans, Mondo Animale contractor Ottavio Mercuri and NEX Services Ops Manager Harold Laird cut the ribbon to open the first-ever NEX Pet Grooming Shop, located on NAS I behind the NEX Main Store.

WEATHER UPDATE	August 7	August 8	August 9	August 10	August 11	August 12	August 13
	H:92F L:68F	H:93F L:69F	H:93F L:71F	H:93F L:69F	H:95F L:69F	H:94F L:72F	H:91F L:69F

TOP STORIES	Page 2	Page 3	Page 5	Page 7	Page 8
Mosquito season is here once again! As you know, mosquitoes are very annoying pests. They can also transmit a variety of diseases, including the Chikungunya virus. Whether at home or traveling, there are many things you can do to reduce your chances of contracting an illness spread by the bite of infected mosquitoes.					
The chief of Naval Operations (CNO) welcomed the Navy's first Joint Strike Fighter, the F-35C Lightning II, to the fleet in a ceremony July 28.					
During times of change, including a change of command, deployment preparation, or relocation, we often bring our worries home with us. Children pick up on our feelings, and can tell when we are anxious or under stress.					
Make sure you mark this one on your calendar! The Sagra delle Pesche e delle Pere (Peach and Pear Festival) returns to Maniace this weekend to celebrate the Etna "Tabacchiera" (white pulp) and "Vesuvio" (yellow pulp) peach varieties and pear industry.					
Taormina is a beautiful and historic town located on the northeastern part of Sicily. Settled the hill of Monte Tauro, Taormina overlooks two beautiful, expansive bays below and on the southern side, settled beneath Mount Etna.					

INSIDE	Direct Line	Navy News	Community Calendar	MWR Corner	Il Mercato
	2	3	4	11	14

TRAFFIC NUMBERS		
Jan. 09- August 09	Jan. 08- August 08	
Accidents	146	201
Injuries	13	32
DUIs	1	5
Traffic Deaths	0	2

PLEASE, DON'T BECOME A STATISTIC!

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

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

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

Furthermore, there are some immediate advantages that make it worth the extra effort each day.

The NMCPHC states that individuals who exercise regularly are more likely to maintain a healthy body weight, increase energy levels, decrease fatigue, improve mood, improve ability to focus and concentrate, and ultimately reduce and counter the effects of stress on the body.

Considering the constant and high operations tempo all the services are now maintaining and the constant need to become more efficient and do more with less, job-related stress is a part of the military life. Utilizing the fitness programs and equipment available to service members and their dependants is an excellent way to lower your stress level and improve your quality of life.

If you choose to exercise outside remember to always consider how the temperature will affect your body and your performance. Stay hydrated and pay attention to the flag conditions that are indicated around base. The best times to exercise are in

green and yellow flag conditions. Only individuals who have been on station greater than 12 weeks and are fully acclimated to the temperature should consider exercising during red flag conditions and no one should be exercising during black flag conditions.

Following these guidelines will limit your risk to heat exhaustion and heat stroke and allow you to get the most out of your workout.



Health WATCH

Protect your family from mosquitoes

Article provided by
Naval Hospital Sigonella
Public Affairs Office

Mosquito season is here once again! As you know, mosquitoes are very annoying pests. They can also transmit a variety of diseases, including the Chikungunya virus. A couple years ago, Northern Italy experienced an outbreak of this mosquito-borne illness. Whether at home or traveling, there are many things you can do to reduce your chances of contracting an illness spread by the bite of infected mosquitoes.

Avoid unnecessary outdoor activities at dusk and dawn when mosquitoes are most active, but be wary during the day as some mosquitoes are day biters.

If you go outdoors while mosquitoes are biting, wear long, loose, light-colored clothing and use a mosquito repellent.

Repellent products containing DEET or picaridin typically provide longer lasting protection rather than herbal products. DEET is the most studied repellent and travelers (military and civilian) have had the most experience with it. Follow product instructions.

Remove standing water that may accumulate near your house (lawn ornaments, flower pots, old tires, and buckets).

Empty and change the water in birdbaths, fountains, pet dishes, and potted plant trays twice a week.

Clean rain gutters so they drain properly. Remove standing water under or around structures or on flat roofs. Check around faucets and air conditioner units and repair leaks or puddles that remain for several days.

Turn over wheelbarrows, wading pools, canoes, and pails. Ensure garbage cans have tight fitting lids.

Keep swimming pools treated and circulating. If covered, make sure water does not collect on the cover. Empty wading pools immediately after use.

Adult mosquitoes rest on weeds and other vegetation. Reduce the areas where adult mosquitoes rest by removing brushy areas around structures. Keep the lawn mowed.

Make sure window screens are "bug tight" and replace outdoor lights with yellow "bug" lights which tend to attract less mosquitoes than

MOSQUITOES, continued on page 12

NASSIG WORSHIP SERVICES
Chapel Offices: NAS I 095-56-3975, NAS II 095-86-9049

<p style="text-align: center;">ROMAN CATHOLIC</p> <p style="text-align: center;"><u>Sunday</u></p> <p>0830 Catholic Mass (NAS I Chapel) 1100 Catholic Mass (Mineo Community Center) 1600 Catholic Mass (NAS II Chapel)</p> <p style="text-align: center;"><u>Monday - Thursday</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> <p style="text-align: center;">CHURCH OF CHRIST LAY SERVICE</p> <p style="text-align: center;"><u>Sunday</u> 1530 NAS I Chapel Rooms 3 & 4 (Call 624-5128 or 335-841-8069)</p>
---	--

JEWISH SERVICES: Please call 095-86-1205

OTHER SERVICES/ACTIVITIES POINTS OF CONTACT

Letter-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



Suicide: You can make a difference!

Article by Chaplain Russell Wilson

A few articles ago I talked about awareness as a community when it comes to suicide. I began by encouraging you to talk about it in order to provide a suicide safer community. A suicide safer community is one that is equipped to discuss the situation when it arises and has a plan for helping people with suicidal thoughts. In my last article we talked about listening to people who are having suicidal thoughts and paying attention to the invitations they give us. By being aware of these invitations and being comfortable with talking about dying and living we can be a suicide safer community.

Today I want us to continue to look at how we can be a part of a group of people who are standing ready to help an individual who is contemplating suicide. You might be the one individual who is asked to help someone with suicidal thoughts. What do you do when you have found yourself in a conversation in which you hear the invitations? You now feel confident that the individual you are talking to is having suicidal thoughts. The next thing you have to realize is that you are now the person who can help this individual. You have to make a choice. You either have to ask the question or ignore it an walk away.

What would you do if someone you knew was walking out into the street into oncoming traffic? I am sure most of us would act in some way to try and divert them from being hurt. When we are faced with someone who is having suicidal thoughts it is the same. They are in danger, they are hurting, and at that

moment the only way they may see out of their emotional state is suicide. It is up to you to take action and help this individual.

So, what do you do? Well, it is simple; you ask the question. It may sound difficult and weird, but you ask the individual directly about their thoughts of suicide. You should ask them if they are considering acting on their thoughts. This is a crucial step in the helping process. If you have heard the invitations and you are genuinely concerned you should ask the individual if they are considering suicide. It can sound something like this: "Are you considering suicide?" or "Are you thinking of killing yourself?" However you word it, it should be direct and to the point.

You may be concerned that the person might get mad if you ask.

DIFFERENCE, continued on page 12

Commanding Officer
Capt. Thomas J. Quinn

Public Affairs Officer
Lt. Matt Knight

Deputy Public Affairs Officer
Dott. Alberto Lunetta

Editor
Tracie Barnthouse

Staff Writers/ Photographers
MC2 Jason Poplin
MC3 Jonathan Idle

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

This civilian enterprise (CE) newspaper is an authorized publication for members of the military services overseas. Contents of The Signature are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense (DoD), or the U.S. Navy. The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement by the DoD or

Stampa Generale S.r.l., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. A confirmed violation or rejection of this equal opportunity policy by an advertiser will result in the refusal to print advertising from that source until the violation is corrected. The Signature is published weekly by Stampa Generale S.r.l., Sig. Bruno Brandi, Publisher, Naval Support Activity, Capodichino (Naples), Italy - Tel. 081-568-7884, Fax 081-568-7887. E-mail: stampagenerale@tin.it. Editorial submissions are welcomed from all Naval Air Station Sigonella departments, divisions and tenant commands. Editorial submissions should be sent to the Public Affairs Office via thesig@eu.navy.mil, guard mail stop #68 or hand-delivered to our office no later than the close of business on the Friday preceding the expected publication date. All articles submitted by non-staff members will be considered contributing writers. The Signature will not publish any anonymous articles. All advertisements in this publication are the property of Stampa Generale S.r.l. Any reproduction of advertisements in The Signature is unauthorized without the written consent of the publisher.

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

Navy rolls out joint strike fighter

Article by
MC2 (SW) Rebekah Blowers,
 Chief of Naval Operations Public
 Affairs

FORT WORTH, Texas (NNS) --
 The chief of Naval Operations
 (CNO) welcomed the Navy's first
 Joint Strike Fighter, the F-35C
 Lightning II, to the fleet in a ceremony
 July 28.

The F-35C is the Navy's first

stealth fighter and enables the Navy
 to decrease the time from threat to
 response at sea. The aircraft possesses
 uncompromised carrier suitability
 and low-maintenance stealth materials
 designed for long-term durability
 in the carrier environment.

Adm. Gary Roughead, CNO,
 said this aircraft adds tremendous
 capability to the fleet.

"Our Sailors will never be in a
 fair fight because this airplane will

top anything that comes its way. It
 will give our Sailors and pilots the
 tactical and technical advantage in
 the skies and it will relieve our aircraft
 as they age out," Roughead said.

CNO said the pace of operations
 has not been easy on Sailors,
 Soldiers, Airmen, and Marines, nor
 on the ships and aircraft they rely on.
 He said the F-35 Joint Strike Fighter
 is essential to addressing the Navy,
 and more importantly the nation's,

strike fighter needs.

"It is most exciting for me to
 think about the young men and
 women who look to this uniform,
 who look to naval aviation and see a
 fulfillment in their lives and an
 excitement in their lives that is
 unmatched in any other profession in
 the world," Roughead said. "I thank
 you for what you have done and
 thank you for what you are going to
 do. It is indeed a great honor to be

here."

The F-35C is on schedule to
 meet the Navy's initial operational
 capability in 2015, and combines
 stealth with supersonic speed and
 high agility. The Lightning II
 employs the most powerful and comprehensive
 sensor package ever
 incorporated into a fighter.

For more news from Chief of
 Naval Operations, visit
www.navy.mil/local/cno/.

PHOTO FROM THE FLEET

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



U.S. Navy photo by Petty Officer 2nd Class Daniel Barker

U.S. Navy sailors serving as gunners mates aboard the guided-missile cruiser
 USS Lake Champlain fire a .50 caliber machine gun during a live-fire exercise in
 the Pacific Ocean, July 25, 2009. The Lake Champlain is on a scheduled deployment
 as part of the Boxer Amphibious Ready Group in the U.S. 3rd Fleet area of
 responsibility.



U.S. Navy photo by MC1 Tiffini Jones Vanderwyst/Released

Adm. Gary Roughead delivers remarks during the rollout ceremony
 for the F-35C Lightning II, the Navy's first-ever stealth fighter.
 The aircraft will enable the Navy to possess 5th generation fighter
 capabilities at sea, extending America's reach and reducing the
 timeline from threat to response.



Calvary Monika

Volcano

				FRIDAY	SATURDAY	SUNDAY
				7 AUGUST	8	9
				Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 Shelter-in-Place Info Booth Marinai Community Center 5 p.m. - 6:30 p.m. x4900	Nearly New Shop Open NMCRS 10 a.m. - 1 p.m. x4212	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY			
10	11	12	13	14	15	16
Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 Basic Rider Course Firehouse Bldg. 406 8 a.m. - 4 p.m. x5630	Tobacco Cessation Flight Line Clinic 12 p.m. - 1 p.m. x4710 Volunteer Orientation NMCRS 10:30 a.m. x4212	Budget for Baby NMCRS 5 p.m. - 7 p.m. x4212 Experienced Rider Course Range 8 a.m. - 4 p.m. x5630	Ombudsman Assembly FFSC 9 a.m. - 11 a.m. x4291 Credit Management FFSC 10 a.m. - 11 a.m. x4291	Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745	Ferragosto	
17	18	19	20	21	22	23
Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745	Tobacco Cessation Flight Line Clinic 12 p.m. - 1 p.m. x4710	Budget for Baby in Mineo NMCRS 6 p.m. - 8 p.m. x4212 Survive & Thrive FFSC 8 a.m. - 3 p.m. x4291	Weight Management Support Group NAS II Flight Line Clinic 3 p.m. - 4 p.m. x4950 AAA DIP Driver's Improvement BETD Bldg. 407 8 a.m. - 4 p.m. x5630	Car Buying Strategies FFSC 11 a.m. - 12 p.m. x4291 Resume Writing Workshop FFSC 1 p.m. - 3 p.m. x4291	Nearly New Shop Open NMCRS 10 a.m. - 1 p.m. x4212	

Motta

Maricru

Funny Island Angolo di
dodo

Did you know that . . .

Registered Nurses are available at no cost to the service member or family members to make home, clinic or hospital visits to Navy and Marine Corps personnel and/or their family members? They provide health education and resource information and promote continuity between patient, doctors and military or community resources. They can address questions about newborn care; post-surgical follow-up care; ongoing medical conditions such as diabetes, high blood pressure, respiratory conditions; child development, parenting issues or normal childhood illnesses; medications and nutrition and more.

NMCRS: A Helping Hand!
www.nmcrrs.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
---	---

Connecting with your child during times of change

Article provided by
Military One Source

During times of change, including a change of command, deployment preparation, or relocation, we often bring our worries home with us. Children pick up on our feelings, and can tell when we are anxious or under stress. Connecting with your child during times like these can help reduce stress at home. Your child will feel better, and you will, too.

Ways for you to connect with your child

Make time to be with your children. Be open to their questions, and maintain family routines. This can help keep stress at home to a minimum.

Reassure your children. Let them know that even though there may be change and uncertainty about your military work situation, you will

continue to be there to care and provide for them and that you love them.

Find ways to be close and to show your love. Hugs, cuddling, and reading aloud together are all ways to show your love and to offer children reassurance.

Offer opportunities to talk. Let your children know that it's OK to talk about what's happening. You might say, "I've been worried lately about some things, but there is nothing you need to do about that. It's my job to take care of problems." And then ask your child, "Have you been worried?" The more you let your child know that it's OK to talk with you and to ask questions, the better equipped your child will be to handle the situation.

Let your children know that it's

important to ask questions if they have them.. Then listen carefully when your children speak. (Don't answer the phone while you're talking to them, and don't talk with others.)

Remember that questions and concerns may come up at unexpected moments. Children have a way of asking questions at unplanned times - when you are least expecting it. If you are not prepared to answer at that moment, try to offer a brief reply and then resume your conversation at another time when you have thought through the question or concern.

Present only what is specific and what you know about the situation. Although we want to be honest and open with children, we also want to limit undue anxiety or fears. Share only those changes that will affect your child's routine. Provide simple, accurate information. Do not ramble on with detail. While it is OK to have children take on a role of caretaker for a brief time, it is unhealthy to burden a child with adult worries. Make sure that you seek support from adult family members and friends, and, if needed, seek professional assistance to handle extremely stressful times.

Plan what you are going to say if you have important news to share about upcoming changes. If you will be changing positions, relocating, or if you will be deploying, you may want to plan a special time to sit down with your child to talk or hold a family meeting.

Avoid false assurances such as, "Everything will be just fine." Children are better served when they are made aware of a family challenge and encouraged to participate, in an age-appropriate way, in dealing with it.

Acknowledge your own feelings in an appropriate way. For example, don't deny that you're feeling uncertain or insecure. You might want to say, "I'm having a hard time preparing for some of these changes, but I'm trying my best to figure out what to do." While it's important not

Marchi

Medusa

Sushi



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 (above) has grown so much in the 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 (below) is very playful and would really complement an active family.



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

to shut your child out, don't be afraid to say that you need some time to yourself to think and plan.

Maintain routines at home. Play together, read together, attend school activities -- make it clear that just because things are changing in the military workplace it doesn't mean they have to change significantly at home. Demonstrate parental strength and leadership. Show that you have some degree of control over your future. With older children, share your ideas and plans; with younger children, remain in charge and stick to daily routines.

Inform teachers and caregivers that changes are occurring, and ask for their help if you feel you need it. If they know what's going on, they may be able to offer guidance and support, and work with you to help your child adjust to the situation. If you are a single parent and you share custody, be sure to alert your former spouse to the changes that are going on in your life. Seek help and support

from family members and close friends as well.

Try not to let the worry or strain you feel affect the kind of parent you are. Unintentionally, you may direct your feelings, frustrations, and criticism toward your child. This happens even to the best parents. Make an effort not to be overly critical, demanding, or impatient with your child.

Be realistic about finances. If any upcoming changes may affect your family's financial situation, assure your children that they will have what they need even though all family members may have to be more careful about spending money for a while. Talk together as a family about creative ways to do things more economically.

Keep talking together as a family. Provide opportunities for your child to bring his questions and concerns to you.

Plan special times together as a
CHANGE, continued on page 12

Mondo Animale

Alberto Lunetta
The Signature Staff

Italian NEWS

Sicilian Culture, Events and Lifestyle

Motta Medieval Festival brings to life the spirit of the Middle Ages

If you ask Mottesi (Motta residents) where they are from, they will first tell you that they are from one of the three rioni or districts. The Motta Sant'Anastasia town plan is divided into three neighborhoods hosting three citizens' associations: "Vecchia Matrice", "Giovani Maestri" and "Panzera." Each district, which is overlooked by the magnificent medieval castle, is a world apart, just like it happens in the medieval town of Siena. Mottesi are very proud of their belonging to the rione and are very competitive, especially when it comes to organizing the annual Feste Medievali or medieval festivals which will take place this year from Aug. 13 through Aug. 22. If you have an Italian friend from Motta taking you around during those festivities, you'll end up eating your "medieval" dinner in his/her district and, of course, you will be told that the food you are sampling is the best in town. The festival blends religious and pagan traditions. "It all started as a complement to the religious celebrations honoring Sant'Anastasia the beloved town's patron saint, whose festival, which falls on August 25, has been celebrated since the 17 century when the relics of the saints were brought to Motta. The confraternities which used to organize the festival were the predecessors of today's rioni associations," said Arturo Tinnirello, the Presidente of the Rione Maestri. The Presidente is an elected club leader who is highly reputed in his rione.

Preparation for the annual medieval celebrations is actually an ongoing activity because every four years it's "Festa Ranni" or grand festival. The three festivals preceding the big celebration are typically lower-key, but still exciting, events if compared to the Festa Ranni which features a spectacular historic re-enactment.

Craftsmen and tailors from the three rioni are very busy throughout the year to create wonderful period costumes and artifacts.

Since their young age, all Mottesi are expected to devote part of their time to contribute to the festival's organization and to support the Sbandieratori (flag throwers) teams' activity. The art of flag throwing is another serious business in Motta. The town boasts a "Scuola della Bandiera" a 40-year old school which trained performers since they were children. There are three teams that hold independent acrobatic shows throughout Italy and abroad (Europe, the United States and even the United Arab Emirates).

"We've been organizing the patron saint festival and the historic re-enactments for thirteen years. We are committed to keeping alive the Norman heritage, especially the traditional Discesa delle Quatine banners parade" said Franco Guamerà, the Presidente of Rione Vecchia Matrice.

"As we did last year we will recreate the atmosphere of a Middle



Photo by Alberto Lunetta

Every summer, Motta is turned into a medieval village to honor a century-old tradition celebrating its past. Attractions due to take place Aug. 13 - 22 include medieval cooking, craft displays, music, jousting, jesters, minstrels and other street entertainers. Bring the entire family to be transported back in time to the days of medieval Sicily!

Age town by staging flag throwers shows and medieval food," noted Rino Pugliesi, the Presidente of Rione Panzera. Medieval food is another highlight of the festivals. Strolling throughout the cobblestone streets of the historic center you can sample medieval specialties prepared according to ancient recipes at the Taberne, the food stands which will dot the festival area.

This year's festival will be kicked off by the Vecchia Matrice Rione on August 13. Three days later, the other two will follow along with their celebrations through Aug. 22. Every night, festival grounds will open at 8 p.m. with entertainment and food displays.

On Sunday, Aug. 16, the Rione Maestri will host at 8 p.m. in viale Carmine Caruso the traditional Palio dei Martini, a must-see, nail biting medieval mounted skill-at-arms competition featuring competitors from all the Sicilian towns that hold medieval festivals. Each town will be represented by one knight; this is the only time when the three Motta rioni join forces to win this exciting medieval re-enactment. "As we live in a globalized world, it's important to protect our unique cultural traditions. That is why we keep alive the history of the Spanish kings of Aragon who ruled Sicily at the end of the 14th century by organizing the annual Palio that is based on a joust on horses held in Catania on Nov. 1, 1425," Tinnirello said.

The festa will also feature jesters, jugglers, minstrels, medieval music, stilt walkers, flag throwers, children activities, crafts and games and other street entertainers. For more information and detailed schedules contact the Motta Pro Loco Tourist Office at 095-308161.

Volvo

Peach and Pear Festival this weekend in Maniace

Make sure you mark this one on your calendar! The Sagra delle Pesche e delle Pere (Peach and Pear Festival) returns to Maniace this weekend to celebrate the Etna "Tabacchiera" (white pulp) and "Vesuvio" (yellow pulp) peach varieties and pear industry. Festival attractions also include a rifle shooting competition (Aug. 8 - 9 a.m. to 7 p.m. / Aug. 9 - 8:30 a.m. -12:30 p.m.), as well as arts and crafts and activities taking place in the town historic center through August 9. The festival will open every morning at 10 a.m. In the evening, there will be live concerts at 9 p.m. The highlight of the festival is the traditional free sampling of the huge peach and pear pie weighing over 1,300 pounds (Sunday, Aug. 9 - 7 p.m.). Before leaving the festival, check the Nelson Castle (the Sicilian estate of the legendary Admiral Lord Nelson) which is located in the town surroundings (information & tickets: phone 095-690018.



For more information and detailed schedules call Maniace Tourist Office at 095/690823.

Trecastagni Summer Music Festival to begin this weekend

The lineup for the 2009 edition of the Trecastagni Music Festival, which is organized by the town's Assessorato alla Cultura (Culture Department), was recently announced. The festival which will be held at Largo Abate Ferrara (historic center, via Vittorio Emanuele) and Gaglianesi district (southern part of the town) will feature famous international opera and classical music artists. The festival's main program consists of a schedule of nine events which will be held from Aug. 7 through Sept. 4. Heading the lineup will be internationally acclaimed pianist Giuseppina Maria Sangiorgio, who will perform on Friday, August 14 at Largo Abate Ferrara. The concert program will feature Beethoven's Sonata Op. 10 No 3 in D major, Liszt's Petrarca Sonnets (No. 47, 104 and 123), Chopin' Sonata in B Flat Minor, Op. 35, "Funeral March," Waltzes op. 69 no 1 and 2 and Ballade Op.23 n.1 in G minor.

Catania-born pianist Ms Sangiorgio began studying the piano at age eight and completed her studies at the prestigious Rome's "Santa Cecilia" Conservatory. In 1991 she made her debut with the Greenville Symphony Orchestra, South Carolina.

In 1992, she was a recipient of a two-year scholarship award from the Peabody Conservatory of Music (Baltimore, USA) where she studied under the guidance of Lilian Freundlich as well as a prize for best Bach performance from the Klavierhaus of New York City. In 1993, Ms Sangiorgio performed as soloist at the World Bank in Washington D.C., USA, playing music by Scarlatti, Beethoven, Chopin and Rachmaninoff.

During her career, she has recorded Chopin music for RAI Corporation-Steinway Hall, (New York City) and "SGM record." Ms Sangiorgio teaches music and performs regularly at important venues

in Sicily, Europe and the United States.

The festival schedule is as follows: Concerts to be held at Largo Abate Ferrara at 9 p.m. : Aug. 7 - Nancy Calà (soprano) and Elda Laro (piano); Aug. 8 - Salvo Di Salvo (baritone), Lyudmyla Porvatova (soprano) and Alessandro Riggi (Piano); Aug 11 - Vincenzo Pavone (piano); Aug. 12 Piera Grifasi (soprano), Diego Cristofaro (piano) and Andrea Siragusa (tenor); Concerts to be held at the Gaglianesi District at 8:30 p.m.: Aug. 25 Ensemble Enjouée - Aug. 26 - Angelo Lo Nigro (classic guitar) ; Aug. 28 Deodato, Genovese Duo (vocals and classic guitar); Sept. 4 - ERSU Symphonic Orchestra (concert to be held in piazza A. Moro). Admission to the concerts is free; however, there is a one Euro charge for the seat.

For more information and detailed schedules call the Town Tourist Office 095-7020008.

Swordfish Festival kicks off in Acitrezza



Photo by Angelo Fragala

Bring the entire family for a weekend of fish delicacies and entertainment! The 3rd edition of the Acitrezza Sagra del pesce spada (swordfish festival) begins tonight at 8 p.m. at the Alaggio slip on the town waterfront of this enchanting fishermen village. Last year, local chefs cooked more than 1,000 pounds of

swordfish which were served to 4,000 festival goers. The festival is part of the annual celebrations honoring the Madonna della Buona Nuova, the town's co-patron, that will take place from Sept. 2 through 6. For more information contact the festival press officer at 339-8406880 or 347-4355678.

Kartodromo

Alphio

Morobishi

A Stone's Throw

THE HUB OF THE MED IS ALSO THE HUB FOR CULTURE

Taormina

Article and photos by

Lt. Matt Knight

NASSIG Public Affairs Officer

Taormina is a beautiful and historic town located on the northeastern part of Sicily.

Settled the hill of Monte Tauro, Taormina overlooks two beautiful,

expansive bays below and on the southern side, settled beneath Mount Etna.

Taormina's original residents include the Sicels, Greeks, Romans, Byzantines, Saracens, Arabs, Normans and Spaniards who chose it



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.navy.mil

THE Signature SIGNONELLA, SICILY

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

Oxidiana

Gelso Bianco

as their residential site thanks to its excellent position, mild climate and delightful atmosphere.

Site: Taormina earns a full five-star rating for a combination of beautiful sites to see, excellent historic structures to visit, plenty of food and clothing vendors as well as a full spectrum of entertainment options available. The site is virtually vehicle free because the only vehicles that are allowed in the town itself are motorcycles, scooters and taxi's. The only caveat is that environment is very much centered on tourism, and therefore the prices are higher than would be found on average in Sicily. However, this should not limit those who want to have a wonderful afternoon excursion. Considering the amount of things to see and do, from the ancient Greek amphitheater to the golf, beachfront activities and shopping, this site is truly a pleasure to visit.

Family Friendly: Taormina gets a four-star rating for family friendliness. The one-star loss is due to the fact that it is primarily a walking town, and to get between the garages and the town there are free public shuttles that can be a challenge to on and off load wheelchairs or

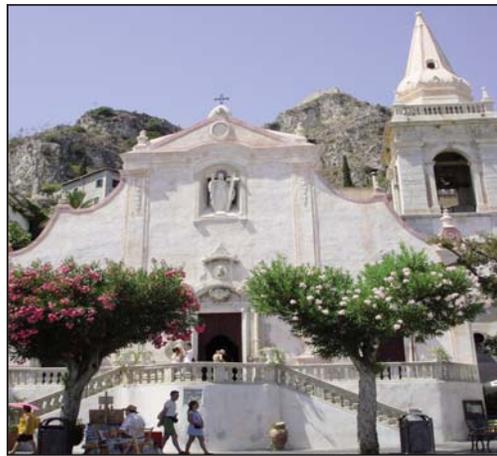
strollers. However, the town itself is very accessible and easy to traverse with plenty of restaurants with rest-room facilities and places to sit and enjoy the view.

Accessibility: Taormina gets a five-star rating for the ease in which it can be reached from NAS I or II and the fact that ITT regularly offers trips there. To reach Taormina in a personal vehicle, simply get on A19 Autostrada toward Catania. Follow signs to Catania/Messina and exit on A18. Take the exit for Taormina Sud for the beach areas, or Taormina Nord for the Greek Amphitheater and the town. A18 is a toll road so remember to bring along a couple euro for each leg of the trip. There is plenty of parking available just below the town itself that charges roughly 1.50 euros an hour and offers a free shuttle to up to the town above. A note on the parking garage; if driving a vehicle that is larger than a small SUV, chose the "Bus or Minibus" parking. The car parking is only accessible via a spiral ramp that a long or wide vehicle won't fit in.

Travel Time: Taormina rates four stars for travel time because the overall trip is approximately one hour from NAS I.



The Church of San Giuseppe located down Corso Umberto makes a striking background to the piazza which has an amazing view of the bay.



NAS Sigonella Ombudsman Program

Our Mission:

- Primary liasion 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 COMPASSIONATE 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.

Magnolia

Agip

NEWS BRIEFS

Job Opportunities

MWR is looking for a driver for the Weekend Liberty Shuttle. This is a contracted position. Vehicle is provided. Driver's License and/or Italian translation are required. Open to U.S. and Italian citizens. Call 624-0405 for more information or email john.lenz@eu.navy.mil.

FISC Department, Sigonella, is soliciting for one "full-time" or two "part-time" REGISTERED NURSE, personalized service contracts, for the Flight Line Clinic, NAS II. FISC Department, Sigonella is also soliciting for one "full-time" or two "part-time" REGISTERED NURSE and CERTIFIED MEDICAL ASSISTANT, personalized service contracts, for the Clinic at the U.S. Naval Hospital, NAS II. Closing date is 07 August 2009. Sources must be eligible for US employment. Solicitation packages will be available at the FISC Department, NAS II. Point of contacts are Mr. LaColla, at 095-865727 (DSN 624-5727) or Ms. Randazzo, at 095-563792 (DSN 624-3792).

Military Education Benefit Seminar

Tired of deciphering NAVADMINS, PowerPoint's, and trickled information on education benefits available to you? Want to know all your education benefits available while on active duty, your G.I. Bill and Post 9/11 G.I. Bill benefits and transferability of benefits?

Come receive first hand information from our trusted Navy College Personnel and Veterans Affair Representative.

Midtown Theater on August 26 at 12:30 p.m. Contact Petty Officer Antczak at 624-9407 for more information.

Navy College Office

Sigonella Education Fair Wednesday, August 12 at NAS II (in front of Galley) from 11 a.m. until 1 p.m. NCO Staff and the Representatives from Central Texas College, Embry-Riddle Aeronautical University, University of Maryland University College and University of Phoenix will be waiting for you! For more info: 624-4514/4516

Go Green Sigonella!

Air conditioning energy saving tips

Article courtesy airconditionerstore.com

Reducing Summer Power Bills Without Spending Money

A key to reducing air conditioning costs during hot summer days is to limit the amount of heat generated within the home or apartment during the afternoon, when temperatures are at their highest.

* Keep lights off when rooms are not in use. Lights generate heat that makes your air conditioner run more.

* Try to wash and dry clothes, iron and cook in the morning or later in the evening. Use microwave ovens, which produce much less heat than

stoves for cooking.

* Use

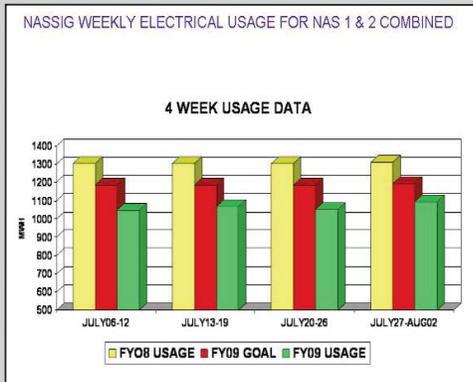
awnings, curtains, or blinds to keep out direct sunlight. This will keep your house cooler.

* Eliminate activities in the afternoon that require a great deal of in and out through the doors of your home. This allows cool air to escape and hot air to enter the home.



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.



Chiechio

Stampa

Ristorante Bella Etna

7 **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.

8 **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, Mediterranean Brown Rice, O'Brien Potatoes, Peas w/ Celery, Okra Melange, Snickerdoodle Cookies, Apple Crisp.

9 **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.

10 **Lunch:** Creole Soup, Turkey Curry, Baked Fish Filet, Vegetable Lasagna, Steamed Rice, Savory Style Beans, Cauliflower, Crisp Drop Cookies, Cherry Crumble Pie, Strawberry Gelatin.
Speed line: Sub Sandwich, Pasta Primavera.
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.

11 **Breakfast:** Farina, Oven Fried Bacon, Baked Sausage Patties, Asstd Omelets, Eggs to Order, Roasted Potatoes, Waffles, Asstd Doughnuts, Bran Muffins.
Lunch: Spanish Soup, Beef and Fish Tacos, Burritos, Chicken Fajitas, Penne Arrabiata, Mexican Rice, Refried Beans, Calico Corn, Herbed Broccoli, Jalapeno Combread, Raspberry Filled Cake, Pecan Pie.
Speed line: Philly Cheese Steak Sandwich, 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.

12 **Breakfast:** Rolled Oats, Creamed Ground Beef, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Blueberry Pancakes, Asstd Doughnuts, Danish Diamonds.
Lunch: Puree Mongole Soup, Fish Amantine, Country Fried Steak w/ Gravy, Potatoes Au Gratin, Steamed Rice, Collard Greens, Peas w/ Carrots, Strawberry Shortcake, Vanilla Cookies, Tapioca Pudding.
Speed line: Grilled Hamburger/Cheeseburger, French Fries, Baked Beans.
Dinner: Beef Barley Soup, Shrimp Curry, Sicilian Submarine, Steamed Rice, Savory Squash, Club Spinach, Vanilla Cookies, Strawberry Shortcake, Tapioca Pudding.

13 **Breakfast:** Hominy Grits, Corned Beef Hash, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, French Toast, Asstd Doughnuts, Danish Diamonds.
Lunch: Velvet Corn Soup, Shrimp Jambalaya, Braised Beef and Onions, Rigatoni Zuchine and Eggplant, Oriental Rice, Oven Browned Potatoes, Steamed Cabbage, Cauliflower AuGratin, Easy Chocolate Cake, Crisp Drop Cookies.
Speed line: Assorted Pizza, Baked Potatoes, Sautéed Mushrooms & Onions.
Dinner: Cream of Asparagus Soup, Chicken Tetrazzini, Baked Italian Sausage, Ratatouille Eggplant, Lyonnaise Rice, Mustard Greens, Easy Chocolate, Crisp Drop Cookies.

Help save a life

Register for the 2009 DoD bone marrow drive

Article by
Lt. Leslie R. Councilor,
U.S. Navy Hospital Sigonella

If you are active duty, reservist, Coast Guard, civil service, contractor between the ages 18-60, you are eligible to register for the 2009 Department of Defense Bone Marrow Drive.

There are over 500 DoD active duty and family members afflicted with life-threatening diseases that can be cured from a bone marrow transplant. Because of technology, there is virtually little pain associated with being a donor. The screening process is just a simple cheek swab. The actual bone marrow collection process takes about two hours and is equivalent to a blood or platelet donation.

From August 4-14, U.S. Naval Hospital Sigonella is sponsoring the 2009 DoD Bone Marrow Program Registration Drive. All NASSIG tenant commands are asked to provide at

least one volunteer to serve as their Bone Marrow Drive Coordinator who will register and collect samples from their respective commands. More than one volunteer is highly encouraged.

To register, the Bone Marrow Drive Coordinator will ask each person to take four cotton swabs from the inside of their cheek and complete the registration by filling out two sheets of paperwork. The entire registration process can be completed in five to ten minutes.

Each Tenant Command will be responsible for collecting specimens from their commands with a finale drive to be held at the Navy Exchange on 14 August 2009.

If you are chosen to become a donor, you and a spouse or friend will have an all-expenses paid trip to Washington D.C. for five days.

We need as many people as possible to register, to increase the odds

of finding a match. Statistically for every 300 who register one will be a match.

Flight crews and pilots can register to become possible donors. If selected as a match you will be off flight status from between 15 to 30 days.

You only have to register once. Your information is stored in a confidential national registry, never to be disclosed to the recipient.

Training for all tenant Bone Marrow Drive Coordinators will be held at the Base Theater on 4 August 2009 at 0900. The training is only one hour and supplies will be distributed to the Coordinators at that time.

For more information about the 2009 DoD Bone Marrow Registration Drive please contact Lieutenant Leslie R. Councilor at leslie.councilor@med.navy.mil or at DSN 624-4672 or 4671.

Ad

ON THE GO WITH MWR

MWR weekly Island life fitness in August

monday	tuesday	wednesday	thursday	friday	saturday
NAS I	NAS I	NAS I	NAS I	NAS I	NAS I
Spin w/ Anna 7 - 8 am	Spin w/ Dr Hall 6 - 7 am	Spin w/ Anna 7 - 8 am	Spin w/ Dr Hall 6 - 7 am	Yoga 8:30 - 9:30 am	Kickboxing 9 - 10 am
Kickboxing 8:30 - 9:30 am	Pump it Up w/ Zee 8:30 - 9:30 am	Kickboxing 8:30 - 9:30 am	Pump it Up w/ Zee 8:30 - 9:30 am	NAS II	
Pilates w/ Danielle 9:30 - 10:30 am	Spin w/ Jill 9:30 - 10:30 am	Pilates w/ Danielle 9:30 - 10:30 am	Spin w/ Jill 9:30 - 10:30 am	Spin w/ Lorrie 7 - 8 am	
Cardio Jam w/ Danielle 4:30 - 5:30 pm	Spin w/ Lisa 5:15 - 6:15 pm	Cardio Jam w/ Danielle 4:30 - 5:30 pm	Spin w/ Lisa 5:15 - 6:15 pm		
Yoga w/ Luisa 5:30 - 6:30 pm	Pilates w/ Danielle 4:30 - 5:30 pm	Yoga w/ Luisa 5:30 - 6:30 pm	Pilates w/ Danielle 4:30 - 5:30 pm		
NAS II	Aqua Aerobics 5:30 - 6:30 pm		Step 5:30 - 6:30 pm		
Spin w/ Lorrie 7 - 8 am	NAS II		Aqua Aerobics 5:30 - 6:30 pm		
	Spin w/ Anna 6 - 7 am		NAS II		
	Yoga w/ Luisa 5:30 - 6:30 pm		Spin w/ Anna 6 - 7 am		
	MINEO		Yoga w/ Luisa Level 1 4:30 - 5:30 pm Level 2 5:30 - 6:30 pm		
	Cardio w/ Melinda 5:30 - 6:30 pm		MINEO		
			Cardio w/ Melinda 5:30 - 6:30 pm		



I canyon. Can you?



Signonellans swim up the river of Alcantara Gorge.

Experience Sicily like never before! ITT Gear-n-Go has teamed up with Aquaterra for a canyoning adventure through Alcantara Gorge.

A short distance from Taormina, Alcantara Gorge features lush wild life and a massive lava rock canyon carved out by the river that runs through it. Aquaterra, an adventure club that specializes in outdoor recreation excursions, sets up canyoning trips up the river. The water of Gole Alcantara remains the same icy temperature year round, never exceeding 14° C (57° F).

Aquaterra provided Neoprene wetsuits and water shoes for all canyoning participants, which staves off the chill of the water. Guides stagger themselves down the river, as ropes float at the top of the water. The current of the river is very strong and fighting against it feels like no movement at all. The ropes make it possible to pull oneself up to the next landing point. As one zigzags up the river, it's hard not to be taken in by the way the sun-

light parts the trees high up above and filters down the silvery basalt walls.

When it is finally time to return to the mouth of the river, partakers are instructed to lay back and let the current carry them there, like a natural waterslide.

Adventurers leave the gorge happy, tired and, most importantly, hungry. After leaving the park, participants head to Agriturismo San Cataldo where they are served a six-course traditional Sicilian meal. After lunch, the agriturismo has its own tarzaning adventure park. "Tarzaning" is a combination of rope bridges, climbing and zip lines. Participants are given harnesses and gloves and are locked into steel wire that runs all through the park. They then can cross the 15 "bridges" that span the park. Routes range from easy to difficult, but be warned: shoes are necessary, so bring them along.

ITT Gear-n-Go is scheduling these extreme excursions through September. Sign up today at ITT or call 624-4777 for more information.

MIDTOWN MOVIE THEATERS SCHEDULE & DESCRIPTIONS



Drag Me to Hell (PG-13)

Loma River, Dileep Raver, Alison Lohman, Justin Long

Christine Brown is an ambitious L.A. loan officer with a charming boyfriend, professor Clay Dalton. Life is good until the mysterious Mrs. Ganush arrives at the bank to beg for an extension on her home loan. Should Christine follow her instincts and give the old woman a break? Or should she deny the extension to impress her boss, Mr. Jacks, and get a leg-up on a promotion? Christine fatefully chooses the latter, shaming Mrs. Ganush and dispossessing her of her home. In retaliation, the old woman places the powerful Curse of the Lamia on Christine, transforming her life into a living hell. Haunted by an evil spirit and misunderstood by a skeptical boyfriend, she seeks the aid of seer Rham Jas to save her soul from eternal damnation. To help the shattered Christine return her life to normal, the psychic sets her on a frantic course to reverse the spell. As evil forces close in, Christine must face the unthinkable: How far will she go to break free of the curse? (99 min.)

Harry Potter and the Half Blood Prince (PG)

Daniel Radcliffe, Emma Watson, Rupert Grint, Tom Felton

Voldemort is tightening his grip on both the Muggle and wizarding worlds and Hogwarts is no longer the safe haven it once was. Harry suspects that dangers may even lie within the castle, but Dumbledore is more intent upon preparing him for the final battle that he knows is fast approaching. Together they work to find the key to unlock Voldemort's defenses and, to this end, Dumbledore recruits his old friend and colleague, the well-connected and unsuspecting bon vivant Professor Horace Slughorn, whom he believes holds crucial information. Meanwhile, the students are under attack from a very different adversary as teenage hormones rage across the ramparts. Harry finds himself more and more drawn to Ginny, but so is Dean Thomas. And Lavender Brown has decided that Ron is the one for her, only she hadn't counted on Romilda Van's chocolates! And then there's Hermione, simmering with jealousy but determined not to show her feelings. As romance blossoms, one student remains aloof. He is determined to make his mark, albeit a dark one. Love is in the air, but tragedy lies ahead and Hogwarts may never be the same again. (153 min.)

Imagine That (PG)

Eddie Murphy, Thomas Haden Church, Martin Sheen

Evan Danielson is a successful financial executive who has more time for his blackberry than his seven year old daughter. When he has a crisis of confidence and his career starts going down the drain, however, he finds the solution to all his problems in his daughter's imaginary world. (107 min.)

Land of the Lost (PG)

Will Farrell, Anna Friel, Danny R. McBride, Jorma Taccone

On a routine expedition, Marshall, Will and Holly get sucked through a space-time vortex into an alternate universe. (101 min.)

Movie dates and times are subject to change.

SHOWING FRIDAY, AUGUST 14

- 1:00pm Hotel for Dogs PG FREE
- 3:00pm Imagine That PG
- 5:00pm Harry Potter and the Half Blood Prince PG
- 5:30pm GI Joe: Rise of Cobra PG-13
- 8:00pm Transformers: Revenge PG-13

COMING BACK

Transformers Revenge

Awesome end to a Wild Summer



MA3 Chatterton, a dog-handler with the NASSIG Security Department, shows off her Certificate of Appreciation.

The MWR Library wrapped up its summer reading camp Wednesday, July 29 with a thank you to all of its volunteers.

Over the course of the reading camp, campers have had opportunities to listen to special guest storytellers, learn about finding clues with the Military Working Dogs, and take excursions around NAS I to places like The Cave at Midtown. All of these adventures have gone hand-in-hand with the books on the 2009 Summer Reading list.

MWR Librarian, Richard Aubrey, awarded Certificates of Appreciation and t-shirts to all the volunteers.

"Volunteers were a very important part of this year's summer reading program," said Aubrey. "In past years, we've had a library tech who

takes over the program, but since this year we didn't have one, the volunteers have really stepped up and made this one of the best years ever."

A special certificate was given to the library's summer intern, Adam Byer, a senior at Stephen Decatur High School.

"I never knew working in a library could be so much fun," said Byer. "I loved working with the kids. I'm hoping to work in a library when I go off to college; I'd like to become an English teacher."

After the presentation, campers were led to Midtown 2 Theaters for a free showing of "The Wild." The 2010 Summer Reading Camp theme will be "Scare Up a Good Book." If interested in next year's program or any of the programs the library offers, call 624-3785.

MOVIE HOTLINE:
624-4248

CHANGE, continued from page 1

operations.

"Our motto is 'ready fleet, global reach' and we have to be global," said Greenert. "Our maritime strategy says maritime forces will be more dispersed; it says junior Sailors will interact more with our international partners. So we have to build the training and support to prepare these future Sailors to do exactly that and to be effective at that."

Greenert also remarked on the need to continue to improve the individual augmentee program, to ensure Sailors and their families are given the attention and treatment they need when they leave and return home.

"It was my privilege meeting these Sailors here and abroad, and that's really been the best part of the tour," said Greenert.

Roughhead also recognized Greenert's wife, Darleen, for her time and dedication put toward taking care of Navy families and presented her with the Department of the Navy Superior Public Service Award.

After reading his orders, Harvey remarked on all those who had a hand in getting him to where he is today: officer, enlisted and civilian, including his wife and two children.

"Admiral Roughhead, it means a great deal to me to have you preside over today's ceremony," said Harvey. "I wish to thank you for placing your confidence in me and giving me this extraordinary opportunity to continue to serve our Navy and our nation."

As Harvey addressed the men and women of Fleet Forces Command, he gave them primary reference points from which to take their bearings.

First, put mission accomplishment at the top. Second, maintain a relentless focus on the fundamentals of the profession by being brilliant at the basics. Third, establish the closest possible partnership with their Pacific Fleet, Marine Forces Command and Joint Forces Command counterparts.

"And finally, never forget that when all is said and done, the power of our Navy is in our people, not our platforms," said Harvey. "It is a total-force team here at Fleet Forces that fulfills the promise and the purpose of our Navy."

Harvey will be blogging on the U.S. Fleet Forces Command blog, at <http://fleetforces.dodlive.mil>. For more information visit the Fleet Forces Command Website at www.cffc.navy.mil.

For more news from Fleet Forces Command, visit www.navy.mil/local/clf.

GROOMING, continued from page 1

That number, as well as the sale of dog and cat food sold in the NEX, and the recent trend of people dressing their dogs up in outfits lit the light bulb in Laird's head. He also noticed that a lot of Americans were going to

Mondo Animale, located in Motta, for their pet grooming needs. He approached Ottavio Mercuri of Mondo Animale, and proposed a partnership between his shop and the NEX. The rest, as they say, is history.

"This [the pet grooming shop] is going to be like bread dough that you put in water. It's going to be small for now and then slowly expand," said Laird.

There were Italian pastries and doggy bags filled with pet care items available to everyone in attendance at the grand opening ceremony. "This is a great idea," said AJ Fercera. "I have two dogs that I brought from California; they are part of the family. They are short-haired dogs, but I'll bring them by the shop to get their nails clipped," he said.

NAS Sigonella Command Master Chief Rosa L. Wilson agrees that the shop is good for the community. "I think it's great," she said. "Plus for the kids for summer jobs, it's just awesome for them."

The Pet Grooming Shop has a number of services for those with furry friends. The full service includes a bath, trim/shave, ear cleaning, teeth brushing and nail clipping, and the price varies depending on how big or small your pet is. You can also choose to have individual services, such as ear cleaning or styling. "The prices are discounted compared to the prices out in town," said Laird. "There's a big savings if you come here." Pet owners can watch their pooch get pampered and groomed, as the pet grooming shop has a TV set up in the reception area for them to watch. There's also doggie treats available at the cash register for the dogs to reward good behavior.

Appointments are recommended and can be made by calling 624-4505.

DIFFERENCE, continued from page 2

reality is that if you have received all of the invitations then you can be fairly certain that will not happen. The person at risk will more than likely feel relieved that you asked and are willing to talk with them. They now know that you care and are not scared of the real potential for suicide. The worse that could happen is that they answer "no." They still know you care for them and that you are willing to discuss suicide with them. This reinforces a suicide aware community with individuals willing to help.

Are you willing to help? Are you willing to be a part of a helping community that is not afraid to talk about suicide, listen for the invitations, and then to ask the simple but tough question? By being willing to ask the question you can be the one person who helps someone with suicidal thoughts to not act on them. The fact of the matter is this: YOU can make a difference.

MOSQUITOES, continued from page 2

ordinary lights.

The Hospital's Preventive Medicine Division performs mosquito surveillance activities through September. You may notice mosquito trap equipment in our community. The equipment will be clearly labeled; please do not tamper with it. POC is Preventive Medicine: 624-6225. Info provided by US Environmental Protection Agency and US Centers for Disease Control and Prevention (CDC).

CHANGE, continued from page 5

family -- as a way to connect and as an opportunity for fun and relaxation -- both of which are critical during trying times.

Ad

Ad

Armed Forces

Sabbiadoro

EOD, continued from page 1

wearing full body armor.

Operations Specialist Senior Chief Michael Fry, attached to EODMU8, believes it's important to honor heroes like Randolph and Koth.

"I would say for myself, it helps to remember those (who have passed), and show the rest of the community the support we have within our command," Fry said. "In other words, show the esprit de corps within the EOD community. One of the thoughts that really struck me as we ran through the base was that people saw that we were all together. We started together and we finished together today, which was big for me."

EOD2 Kenny Wieners echoed Fry's sentiments.

"If you haven't been deployed or you've been sitting back for awhile getting a little lackadaisical it helps to remember the people that we've lost," Wieners said. "It gives a little wake up call."

Lt. Nicholas Parker, EODMU8 Operations Officer, said EOD is community based around readiness and fitness which is why the command chose to honor the fallen sailors with a run.

"That's why it's a run in kit as opposed to anything else," Parker said. "We have the service, but this is the annual thing. It's not an annual service, it's not the lighting of a torch, it's not putting up a plaque or putting up the black curtains. It's a hard PT, it's a unifying PT, it's something that brings everyone together, and I think that's the significance of the run."

THE SPORTS LINE

Navy edges Paterno 8-5

Article by MC3 Jonathan Idle, The Signature Staff

A strong performance from Navy pitcher Jeremy Velasquez helped the Naval Air Station (NAS) Sigonella Navy baseball team defeat the Paterno Red Sox 8-5 Aug. 1 at the Land Annex on NAS I.

Velasquez gave up only one run before exiting the game after the fifth inning with a 3-1 lead.

Navy started out the game well as Velasquez put the Red Sox down in order in the top of the first inning. However, it looked like Velasquez might have some competition on the mound. The Red Sox's starter answered back, striking out the first three batters he faced to end the first inning.

The Red Sox drew first blood in the top of the second inning. After getting the first two batters of the inning Velasquez gave up a double down the third base line. A solid single by the next batter brought in the runner from second giving the Red Sox an early 1-0 lead.

The Red Sox's pitcher looked dominant once again in the bottom of the second. The only offense Navy could muster against him was an infield hit legged out by catcher Charles Sabella. Navy was unable to move Sabella forward, and they went down once again with nothing to show.

In the top of the third, the Red Sox threatened to extend their lead when they got the bases loaded with two outs, but a strikeout by Velasquez ended the threat to keep the deficit at one.

After a lead-off walk to right fielder Pacer Sexton, the Red Sox's starter put down the next three batters he faced to continue his commanding performance through three innings.

Inexplicably, after finishing the third inning the Red Sox's starter looked at his watch, packed his equipment and left the field. He surrendered one infield hit and struck out six batters over three innings before leaving.

After Velasquez put down the Red Sox in order in the fourth inning Navy went to work on the Red Sox's new pitcher. First baseman Lance Voss jacked a solo home run dead over the center field fence to tie to the game. Sabella reached first on an error by the pitcher, and then left fielder Richard Flowers made him pay with a towering two-run home run to center field giving Navy a 3-1 lead.

Velasquez put down the Red Sox once again in his final inning on the mound with some great defensive help by short stop Dale Tyson. Navy couldn't muster any offense in the bottom half of the fifth, but maintained their two-run lead.

Voss took over the pitching duties in the sixth inning. The Red Sox got a runner into scoring position, but they were unable to capitalize on the opportunity.

Navy would tack on another run to their lead in the bottom of the sixth. An infield hit by Tyson, a walk to Flowers and a single by Sexton, who moved to first base to replace Voss, loaded the bases for substitute right fielder John O'Weger. O'Weger hit into a fielder's choice which scored Tyson from third to give Navy a 4-1 lead.

The Red Sox rallied in the top of the seventh inning to make it a close

game. After Voss got the first two batters he faced, a runner reached base on a throwing error then reached third after a steal and a wild pitch. Voss hit the next batter to put runners on the corners. A double to the center field fence brought in both base runners and cut Navy's lead to 1 run.

Navy attempted to pull further ahead in the bottom half of the inning. They loaded the bases up, but a strikeout by Tyson ended the scoring opportunity.

Once again the Red Sox threatened to cut into Navy's lead and tie the ball game after getting runners on first and third, but a close play at the plate and a strikeout preserved Navy's 4-3 lead.

Navy was finally able to put a little more breathing room between themselves and the Red Sox when they tacked on four more runs in the bottom of the eighth. Three singles loaded the bases for Navy, and fielder's choice hit by second baseman Brian Bergen brought in Sexton from third. A walk to

third baseman Anthony Neff loaded the bases once again, and Voss came through with a two-run double. Sabella followed that with a hit that scored Neff from third to make it 8-3 Navy.

Navy looked to close out the game in the top of the ninth with a comfortable five run lead to play with. After the first two batters of the inning walked and executed a double steal the Red Sox were threatening to make it an interesting finish. A fielder's choice scored the runner from third, and they followed that up with a solid single that scored another run to make it 8-5. Voss walked the next batter to load the bases and put the go ahead run at the plate, but Tyson caught a line-drive at short stop and double off the runner at third base to preserve the lead and end the game.

The Navy team is now 13-1 on the year in their first season of play in the Campionato Nazionale Baseball League.

Navy's next game is tomorrow as they travel to mainland Italy to play in Reggio Calabria.



Navy pitcher Jeremy Velasquez pitched five strong innings, and he gave up only one run against the Paterno Red Sox Aug. 1 at the Land Annex on NAS I. Navy won the game 8-5 to go 13-1 on the year in Campionato Nazionale Baseball League play.

Parc Hotel

Armed

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 full, 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.

N e w Hi Tech Stampa
Hope

Delivery Tattoo Joe

AT&T

Volcano

Geico

Stampa