

# THE Signature

## SIGONELLA, SICILY



Vol. 26 No. 32

The Signature Online - [www.cnic.navy.mil/sigonella](http://www.cnic.navy.mil/sigonella)

AUGUST 28, 2009

### Sigonella gets ready for back to school



Photo by MC2 Jason Poplin, Navy Public Affairs Support Element East Detachment Sigonella

Dependents of Naval Air Station Sigonella draw numbers and select their favorite backpack during the 2nd annual Sigonella Masonic PHamily back to school backpack giveaway, held on Aug. 21 at the NEX. The Sigonella Masonic PHamily collected donations from organization members and purchased over 60 backpacks to distribute, each of which included spiral notebooks, pens, pencils, and crayons.

### FISC holds change of command ceremony

By MCSN Whitfield Palmer  
Navy Public Affairs Support Element East Detachment Sigonella

Personnel from the Fleet and Industrial Supply Center (FISC) Sigonella met at the Naval Air Station (NAS) Sigonella's Fit District on NAS I to celebrate a change of command ceremony that saw Capt. John W. Camuso relinquishing his leadership responsibilities to Capt. Dana S. Weiner Thursday, Aug. 20.

After the arrival of the official party through the established side-boys, a parade of colors, and an invocation by Chaplain Alfonso Concha, Rear Adm. Mark F. Heinrich, Supply Corps, United States Navy, Commander, Fleet and Industrial Supply Centers, praised the accomplishments of the command under Capt. Camuso.

"FISC Sigonella is the newest member of the team and it has huge responsibilities in Europe, Africa and the Middle East. From day one John has taken on this huge mission and he has taken it on effectively," said Rear FISC, continued on page 12



Supply Corps, United States Navy, Commander, Fleet and Industrial Supply Centers Rear Admiral Mark F. Heinrich pins the Legion of Merit medal on outgoing Fleet and Industrial Supply Center (FISC) Sigonella Commanding Officer Capt. John W. Camuso during a change of command (COC) ceremony. Capt. Camuso relinquishes his responsibilities to Capt. Dana S. Weiner. FISC Sigonella provides logistics, business, and support services to the Navy, Coast Guard, and Military Sealift Command as well as other joint and allied forces.

### NMCRS volunteers recognized



Photo by MC3 Jonathan Idle, The Signature Staff

An NMCRS volunteer receives a certificate of appreciation from Capt. Thomas J. Quinn, NAS Sigonella Commanding Officer at the NMCRS Volunteer Summer Appreciation Ceremony Aug. 21 at the bowling alley on NAS I. She volunteered over 1,500 hours of her time to NMCRS, and she was one of approximately 50 volunteers honored at the ceremony. Volunteers and their family enjoyed free food and bowling following the ceremony.

### ETD celebrates 50 years at Sigonella

By Executive Transport Detachment Sigonella

This year Executive Transport Detachment (ETD) Sigonella celebrates its fiftieth anniversary as the sole forward-deployed Navy executive transport unit operating in the European theater. ETD Sigonella prides itself on service to the fleet with safety, dependability and professionalism. ETD is comprised of five officers, five Chief Petty Officers, 16 enlisted personnel, and eight M-7 contract maintenance professionals.

Over the last 12 months, the ETD team executed an extremely unpredictable and demanding flight schedule while operating the oldest C-20A in the military inventory. Through the extraordinary professionalism and teamwork of the ETD and M7 maintenance team, CAT-BIRD, despite its age, is maintained to the highest standards of material condition and safety. Although the detachment only flew 620 flight hours this last year, they successfully



U.S. Navy photo

launched over 340 sorties to over 36 separate countries over four continents in support of ongoing peace-keeping operations.

As an instrument of our nation's

military power projection, CATBIRD aircrews provide the first impression of the U.S. Navy to leaders and dignitaries throughout the world. ETD

ETD, continued on page 12

#### WEATHER UPDATE

August 28  
H:91F  
L:71F



August 29  
H:90F  
L:72F



August 30  
H:91F  
L:71F



August 31  
H:90F  
L:67F



September 1  
H:87F  
L:65F



September 2  
H:88F  
L:68F



September 3  
H:89F  
L:66F



#### TOP STORIES

If you have traveled overseas chances are you have encountered the temporary disorder, named Jet lag. You can experience a variety of symptoms the most common, fatigue or serious case that can bring on headache, nausea, dizziness, vertigo and sleep disturbances lasting several days after flying.

Page 2

The chief of naval personnel (CNP) released an update in NAVADMIN 236/09 on permanent change of station (PCS) orders indicating that some Sailors set to move in the first quarter of fiscal year 2010 (FY10) will receive their orders after Oct. 1.

Page 3

You've both got jobs to do, a household to run, and maybe even children to raise. So the time you spend alone together is limited. How can busy spouses, especially those dealing with a military lifestyle, build a sound, lasting relationship in such a high-speed, ever changing world?

Page 5

Make sure you mark on your calendar two must-see religious festivals celebrating the patron saints of Mineo and Noto. Visitors attending those feste will discover the true soul of Sicily's religious and folkloristic traditions.

Page 6

"Valle Dell Anapo" or Valley of Anapo is a beautiful Sicilian reserve that was created through a "tracks to trails" project from the remnants of an old train track which winds alongside and over the Anapo River.

Page 8

#### 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!

#### INSIDE

Direct Line  
2

Navy News  
3

Community Calendar  
4

MWR Corner  
11

Il Mercato  
14

# DIRECT LINE NASSIG EXECUTIVE OFFICER, CAPT. JOSPEH W. BEADLES

If there is one thing that I am sure of, it's this - drinking and driving do not mix. Alcohol slows a driver's reaction time and turns any vehicle into a several ton projectile capable of doing damage not only to the drunk driver but also those around them.

From January to June of this year, NAS Sigonella proved we were capable of doing the right thing by not having a single DUI or "near miss" alcohol incident for six straight months. Unfortunately over the last few months, this has not been the case. This trend needs to stop. Capt. Quinn had put out several weeks ago that NAS Sigonella would have a four-day weekend over Labor Day as long as there were no DUIs. Due to a recent DUI, September 4 is now a normal work day and NAS Sigonella will only be getting the federally authorized three-day weekend.

NAS Sigonella has come a long way in the past decade with reference to drinking and driving, but we still have room for improvement. Every single DUI that occurs is one too many. The impact that a drinking

and driving event has on personal and professional readiness is just too great - not to mention the potentially devastating negative effect on community safety.

Every single person at NAS Sigonella needs to step up and make the right choices and if need be, help shipmates to make right choices too. If a friend has been drinking and they are considering driving, help them make the right decision. Now more than ever there are plenty of options available so that drinking and driving is not even a concern. If you want to enjoy yourself at either the new MWR facility, Connections, on NAS I, or Jox Pub on NAS II, there is the base shuttle system to get you back and forth to housing or the barracks. MWR has a taxi service that can come on base which really simplifies things, and for a group, a 13 passenger van with driver can be arranged through ITT's "Create a Trip" program to take you and your friends anywhere you want. Lastly, Public Works just worked out an agreement with the Catania bus system so that a city bus now stops at NAS II and Marinai,

which allows anyone with a ticket to get anywhere the bus goes in Catania.

So remember to do the right thing, have a plan, and never ever drink and drive. Make the right choices, look out for your shipmates and remember the Skipper's philosophy - when it comes to drinking and driving - the magic number is ZERO! Let's keep to the principles that brought us through the first half of 2009 without incident and make the last few months incident free.



# Health WATCH

## Jet Lag

By Lt. Lynn Skinner  
Naval Hospital Sigonella  
Public Affairs Officer

If you have traveled overseas chances are you have encountered the temporary disorder, named Jet lag. You can experience a variety of symptoms the most common, fatigue or serious case that can bring on headache, nausea, dizziness, vertigo and sleep disturbances lasting several days after flying.

Jet lag occurs when your internal body clock does not reset quickly enough to correlate with new time zone. Delays occur, especially if you cross three or more. Our body clock adjusts to solar information and rhythmic cues from our environment with the help of hormones and melatonin receptors.

Risk to travelers includes number of time zones crossed, direction of travel and ability to sleep during flight. Flying eastward one can expect difficulty falling asleep at the destinations bedtime and being groggy the following morning. Westward travel is suspect for early evening sleepiness and predawn awakening.

You may not be able to avoid jet lag but you can combat it!

Before your flight try and maintain a healthy routine of sound nutrition, rest and exercise.

When making your travel plans break up the flying pattern if possible allowing for a period of rest to adjust to time zone. During your travel experience, avoid large meals, alcohol and caffeine. Drink plenty of water throughout the flight. Move around on the plane as allowed and do simple stretches with range of motion exercises from your seat. Wear comfortable loose clothing and try to sleep during long flights.

Once you have arrived try to delay important meetings and critical decision-making functions until the day after arrival. Do your best to maintain sleep and meal patterns appropriate to new location. Get some sunlight to help your internal body clock reset.

Some people use sleep aids and over the counter supplements to deter or treat jet lag.

Please see your provider before utilizing and know what your reaction to these products will be before taking on a plane or in foreign surroundings.

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

<p style="text-align: center;"><b>ROMAN CATHOLIC</b></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;"><b>PROTESTANT</b></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;"><b>CHURCH OF CHRIST LAY SERVICE</b></p> <p style="text-align: center;"><u>Sunday</u> 1530 NAS I Chapel Rooms 3 &amp; 4 (Call 624-5128 or 335-841-8069)</p>
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**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



## Free to choose - not to determine

By Chaplain Steven Coates

NAS Sigonella Chapel  
Editor's note: This is the final in a series of eight on character.

I have based this series of articles on the premise that the quality of life you and others experience in Sigonella is largely dependent upon the choices we make. We have considered a variety of methods good people have used to decide the best course of action in tough situations. This, my final piece in this particular effort, may be the most controversial. For me, it is the most important.

I believe in human freedom. You have the capacity to forge your character, your future, and the welfare of others by choices you make. However, there are things you cannot determine.

You cannot choose to be President of the United States. You may aspire to that position and you may even attain it because of other choices you make throughout life but you cannot choose to assume the office. That decision lies with the Electoral College.

You do not have the option of choosing the core values of the Navy - honor, courage, and commitment. You had the choice of whether or not to enlist. Now, as a sailor, you have other choices. You can choose to live in accordance with the core values. You can choose to honor the oath you took. On the other hand, you have the freedom to live in direct violation

of the core values. You might even be able to still draw your paycheck and wear the uniform like it means something.

In your power to choose, you even have the freedom to select what system of ethics you will utilize in making decisions. You may base your ethics on results or rules or self-interest or care of others. In other words, you have the freedom to choose how you personally settle on right and wrong. However, in my opinion - and it is my editorial - you have absolutely no freedom to determine what actually is right and wrong. And here, the controversy begins.

Some hold to a system of ethics known as Divine Command Theory - behavior is right because God commands it or wrong because God forbids it. I do not care for that

**CHARACTER, continued on page 12**

<p><b>Commanding Officer</b> Capt. Thomas J. Quinn</p> <p><b>Public Affairs Officer</b> Lt. Matt Knight</p> <p><b>Deputy Public Affairs Officer</b> Dott. Alberto Lunetta</p> <p><b>Editor</b> Tracie Barnthouse</p> <p><b>Staff Writers/ Photographers</b> MC2 Jason Poplin MC3 Jonathan Idle MCSN Whitfield Palmer</p> <p><b>The Signature editorial office is located at:</b> Naval Air Station Sigonella, Sicily PSC 812 Box 3020 FPO, AE 09627 Telephone: 095-86-5440; DSN 624-5440</p> <p>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</p>	<p>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.</p>
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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

## Some sailors may experience compressed PCS timelines this fall

By MC1 (AW) LaTunya Howard  
Naval Personnel Command  
Public Affairs

**MILLINGTON, Tenn. (NNS)** -- The chief of naval personnel (CNP) released an update in NAVADMIN 236/09 on permanent change of station (PCS) orders indicating that some Sailors set to move in the first quarter of fiscal year 2010 (FY10) will receive their orders after Oct. 1.

The recent supplemental funding from Congress allowed Navy Personnel Command (NPC) to resume normal order writing for the fourth quarter this fiscal year. This followed a temporary hold initiated in April.

"Using the prioritization

strategy developed in Millington, we mitigated the impact of the initial PCS shortfall and were largely successful in minimizing the impacts on Sailors and their families," said Rear Adm. Don Quinn, commander NPC and deputy CNP. "One of the mitigation actions was to shift a number of projected rotation dates (PRDs) to FY10."

Although funds were restored for those receiving orders through September, the majority of PRDs that were shifted to FY10 will remain adjusted.

Current funding levels support all identified fourth quarter FY09 moves. However, a PCS obligation policy change

that went into effect earlier this year means that PCS funds must be obligated when orders are released, instead of when the Sailor detaches. The result is that some of the FY10 orders cannot be released until the new fiscal year.

"Because of the additional FY09 funding, approximately 4,000 Sailors scheduled to detach in the first quarter of FY10 will receive orders soon," said Quinn.

"However, up to 14,000 Sailors slated to detach during the first quarter of FY10 will not receive orders until after 1 Oct."

For more news from Navy Personnel Command, visit [www.navy.mil/local/npc](http://www.navy.mil/local/npc).



U.S. Navy photo by MC3 Rialyn Rodrigo/Released  
**Chief Storekeeper Abraham Racela, assigned to Space and Naval Warfare Systems Command (SPAWAR), from San Diego, unpacks dishes after moving into the Pacific Beacon bachelor housing at Naval Base San Diego. Pacific Beacon is the largest-private venture bachelor housing project in the United States for single Sailors, E-4 through E-9.**

## PHOTO FROM THE FLEET

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



U.S. Navy photo by Chief Petty Officer J.C. Ledbetter

U.S. Navy Chief Petty Officer Justin Gauny parachutes above Chicago during a practice jump for the 51st Annual Chicago Sea and Air Show, Aug. 14, 2009. Gauny is a Navy SEAL assigned to the U.S. Navy Parachute Team, the Leap Frogs, which performed a jump alongside the U.S. Army Parachute Team, the Golden Knights. The Leap Frogs are based in San Diego and perform at various locations across the country to showcase Navy excellence and raise awareness about Naval Special Warfare.

## NEW ARRIVALS



Nicole and Matt Knight  
Boy  
William Ethan Knight  
July 25, 2009  
Weight: 8 lbs 3 oz  
Length: 20.5 in

K'Ray and Jason Pippenger  
Girl  
Julionna Grace Pippenger  
August 4, 2009  
Weight: 8 lbs 9 oz  
Length: 19 in

Peggy and William Hicks  
Boy  
Oliver K Hicks  
July 28, 2009  
Weight: 8 lbs 1.5 oz  
Length: 19.25 in

Ernesto Perez and Melissa Gallant  
Boy  
Dominique Anthony Perez  
August 5, 2009  
Weight: 8 lbs 14 oz  
Length: 21 in

Felicia and Robert Barksdale  
Boy  
Maddox Mason Barksdale  
July 31, 2009  
Weight: 5 lbs 2 oz  
Length: 17.5 in

Angela and Marcello Moccia  
Boy  
Daniel Moccia  
August 7, 2009  
Weight: 8 lbs 7.5 oz  
Length: 20.1 in

Samantha and John Rogerson  
Boy  
John Calloway Rogerson Jr.  
August 1, 2009  
Weight: 6 lbs 13 oz  
Length: 21 in

Juana Garcia Ruiz and Guadalupe Gonzalez  
Boy  
Jonathan Gonzalez  
August 14, 2009  
Weight: 7 lbs 8 oz  
Length: 20.5 in

Shannon Williams  
Boy  
Preston Jordan Williams  
August 3, 2009  
Weight: 9 lbs 5 oz  
Length: 21.3 in

Kristie and John Pierre  
Boy  
Nehemiah Airdy Pierre  
August 15, 2009  
Weight: 8 lbs 0.4 oz  
Length: 21 in

New Monika  
Hope

Volcano

				FRIDAY	SATURDAY	SUNDAY
				28 AUGUST	29	30
<p style="text-align: center;"><b>COMMUNITY CALENDAR</b></p>				Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY			
31	1 SEPTEMBER	2	3	4	5	6
Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745	Tobacco Cessation Flight Line Clinic 12 p.m. - 1 p.m. x4710	Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745	ARC Orientation American Red Cross 10 a.m. - 1 p.m. 624-4900	Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745	Nearly New Shop Open NMCRS 10 a.m. - 1 p.m. x4212	
7	8	9	10	11	12	13
Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745	Tobacco Cessation Flight Line Clinic 12 p.m. - 1 p.m. x4710  Volunteer Orientation NMCRS 10 a.m. - 11:30 a.m. x4212	Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745  Budget for Baby Above Connections 5 p.m. - 7 p.m. x4212		Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745	Babysitting Training American Red Cross 9 a.m. - 4 p.m. x4900	

Marricriu

Motta

Funny Island

Magnolia

*Did you know that . . .*

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

The Navy-Marine Corps Relief Society can help you improve your financial picture. NMCRS Volunteers and employees work hard to help Sailors, Marines, and their families pull themselves out of deficit budgets and into spending plans. Call today to schedule an appointment.

**NMCRS: Service with a Smile!**

[www.nmcrrs.org](http://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

### Building a positive relationship with your spouse

Article from **Military One Source**

You've both got jobs to do, a household to run, and maybe even children to raise. So the time you spend alone together is limited. How can busy spouses, especially those dealing with a military lifestyle, build a sound, lasting relationship in such a high-speed, ever changing world? A loving relationship needs careful attention and constant nurturing. But it's easy to lose sight of that when you're racing through the day, trying to meet so many other demands. Here are some suggestions to help you cultivate quality and endurance in your marriage, so that it will go the distance.

What makes you a great couple? It may begin with knowing yourselves and not trying to change each other. Loving, long-term partnerships

aren't born. They grow from a rich feeding on acceptance, commitment, ritual, and empathy. Here are some strategies to help you strengthen your connection:

Adjust your expectations. Accept yourself and your spouse as you are now. It's natural to want the "honeymoon phase" to last forever. But it doesn't. Over time, both you and your spouse will change, and the relationship itself will change as your lives become more complicated -- after you start a family, for instance, or experience your first extended separation due to deployment. You may find that you've lost some of the spontaneity that you once enjoyed, or perhaps your emotional needs have shifted because work takes more of

your energy. If you accept that relationships evolve, you won't be disappointed when the honeymoon phase ends and another stage in your real life as a couple begins.

Date each other. Spend time alone together to re-ignite the intimacy and romance in your relationship. It will help you remember what brought you together in the first place. It's important to "make" the time to be alone together, because you are unlikely, especially with the unique demands of a military lifestyle, just to "find" it. Once a week or once a month, schedule the kind of date you had when you were single or before you began your family. Agree not to discuss the children, the in-laws, or finances. Dress up and go out to dinner, see a movie, or spend a "quality" evening at home with the phone turned off.

Become friends. It's not enough to love your spouse, and it's never too late to become true companions. For long-term happiness, couples need to genuinely like each other -- to be both lovers and friends. Friendship develops from shared values and mutual empathy. Spend more time having fun. Get involved in a "joint venture" that interests you both -- gardening, making home improvements, or volunteering at church. Or take up a new hobby together, like dancing, jogging, or coaching your child's softball team.

Partnerships take maintenance. "Maintenance" might sound like something for your car, but in fact anything you value and that you want to last needs attention and care. And you want your relationship to stay solid and run smoothly for years to come. Here are a few practical tips from the relationship maintenance manual:

Discuss how you're feeling about the time you spend together. Is it enough? Do you wish it were a higher priority for your spouse? Are you communicating clearly, honestly,

**RELATIONSHIP, continued on page 12**

# Marchi

# Navy Lodge

## 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 (above) 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 (below) 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.**

## SEXUAL ASSAULT / VICTIMS INTERVENTION

*SAVI offers a Sexual Assault Hotline staffed with trained advocates who man the SAVI Hotlines 24/7.*

*The number is 335-642-8312 or 335-606-6146.*

# Agip Area

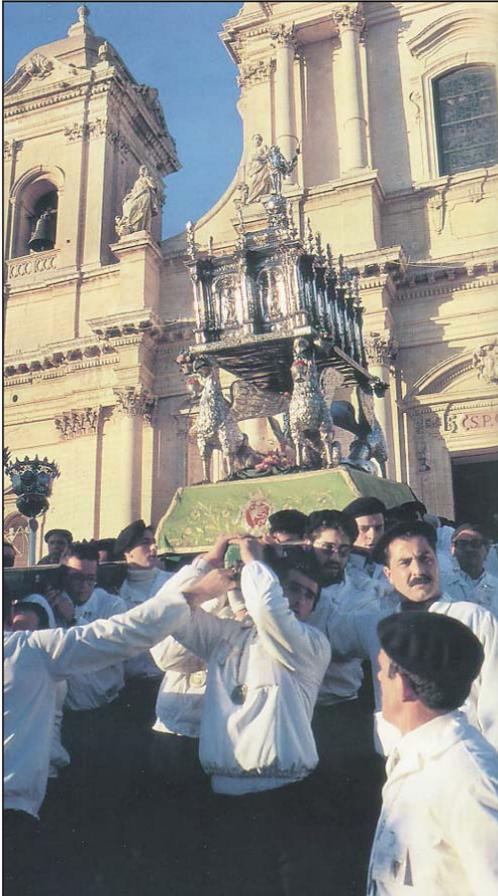
# Mondo Animale

By Alberto Lunetta  
The Signature Staff

# Italian NEWS

Sicilian Culture, Events and Lifestyle

## Religious festivals in Mineo and Noto



The Aug. 30 street procession of the Arca, the precious silver casket which contains the relics of San Corrado or St. Conrad, is one of the highlights of the festival celebrating the Noto patron saint.

## Medusa

Make sure you mark on your calendar two must-see religious festivals celebrating the patron saints of Mineo and Noto. Visitors attending those feste will discover the true soul of Sicily's religious and folkloristic traditions.

St. Agrippina Festival in Mineo

On the last two weekends of August, Mineo will pay tribute to Santa Agrippina, (Saint Agrippina) its beloved patron saint, with religious processions, holy masses and a combination of fireworks and music shows.

Saint Agrippina was a princess who was martyred by Roman Emperor Valerian in 256 AD because she was a Christian. According to tradition, the holy relics of Saint Agrippina arrived in Mineo on May 17, in the year 261 AD.

The statue of the patron saint, which is preserved inside the cathedral, is carried through the city streets for veneration on Sunday, Aug. 23 at 9 a.m. until noon and on Sunday, Aug. 30 at 8 p.m. until midnight.

The "Pellegrinaggio dei Nudi" (Pilgrimage of the naked ones), which takes place in the town's center on Aug. 29 at 7 p.m., is another highlight of this lively festival. Nudi are barefoot devotees dressed in white shorts and t-shirts with a red sash and a black velvet belt. They are called "naked ones" because in the past they attended the processions by wearing only white "causi a tila" (underpants) and carrying a holy picture of the saint and a bunch of flowers. The reason for such a simple dress relates to a legend telling about a night when a terrible earthquake woke up Mineo's townspeople from their sleeps in 1693. Hundreds rushed into the streets wearing only their nightshirts and invoked Saint Agrippina for the cessation of the earthquake tremors.

At the beginning of last century, the bishop of Siracusa prohibited devotees from wearing only underpants during the festival, as he believed it was an inappropriate outfit

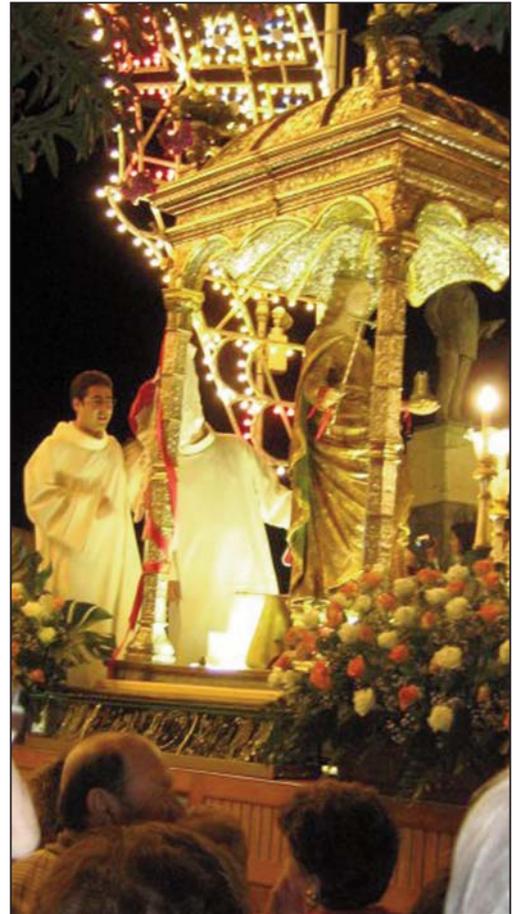


Photo by Gino Salerno

The community of Mineo will host two solemn festivity days (Sunday, Aug. 23 and Sunday, Aug. 30) to honor Santa Agrippina, (Saint Agrippina) its beloved patron saint, with religious processions, holy masses as well as fireworks and music.

for a religious procession. During this fascinating religious parade, devotees scream in Sicilian: "Viva la nostra patrona Sant'Agrippina!" (Long live Saint Agrippina, our patron saint!).

They also recite the rosary and sing hymns in Sicilian. After the World Wars, many Mineo residents who survived the fighting made a vow to go on a pilgrimage every year in Mineo for the rest of their lives. Saint Agrippina is also venerated for having protected Mineo against a devastating earthquake that hit the town in 1975. The festival's entertainment includes will also include fireworks and music shows. Saint Agrippina is also celebrated in Boston a spec-

tacular festival. For more information and detailed festival schedules, contact Mineo town tourist office at 095-989010.

St. Conrad Festival in Noto

The annual "Festa di San Corrado" or St. Conrad Festival will return to Noto on Sunday, Aug. 30 and Monday, Aug. 31. Noto is one of the most beautiful Baroque towns in Sicily. The town is part of UNESCO World Heritage List. The summer feast honoring St. Conrad is one of the four traditional yearly celebrations celebrating the town patron saint. Saint Conrad has been venerated in Noto since the 16th century. In 1515, Pope Leo X permitted the town of Noto to annually cele-

brate a San Corrado festival on the anniversary of his death. One hundred and fifteen years later, Pope Urban VIII proclaimed him a saint.

The strong devotion and gratitude shown to San Corrado by the Noto community is due to the intercessions that he granted them on several occasions throughout the centuries.

One of the concerns is the miracle that San Corrado worked in 1855 when Noto residents summoned him to protect the town against a deadly cholera epidemic. According to tradition, San Corrado interceded and the city was spared by the illness. Tradition also holds that, in 1943, World War II bombings spared Noto as granted through the intercession of San Corrado. The mayor of the time also promised he would offer a candle every year to thank him.

**Life of San Corrado**  
According to legend, Corrado Confalonieri, a wealthy aristocrat, was born in Piacenza in 1290. Corrado loved hunting. One day in 1313, an episode changed his life. During his usual pastime, Corrado ordered his attendants to set fire to some bushes to flush out game. But a prevailing wind caused the flames to spread rapidly devastating nearby fields, forests, towns and villages. Corrado fled panicking. An innocent peasant was accused of being the arsonist. Thus, he was tortured to confess a crime he did not commit, and eventually he was sentenced to death. As the poor man was ready to be executed, Conrad was stricken with remorse and confessed

his guilt saving the poor man's life. Because of his noble origins, Corrado was spared death penalty. But he had to sell all his possessions to pay off the damaged property. Thus, Corrado became poor and retired as a Franciscan monk to a lonely hermitage near Piacenza, while his wife entered the Order of Poor Clares. Later, he went to Rome to meet with Pope and eventually to Sicily. There, he settled in the Noto Valley where he led a penitential life for 30 years using a cave for meditation.

According to tradition, Corrado worked several miracles during his long hermitage. A legend tells that the most famous miracle occurred when the Siracusa Bishop visited Corrado in his humble home. When the Bishop asked Corrado if he had anything to offer to his guests, the hermit replied he would check in his cell.

Right after, he came back bringing some fresh bread out of the oven. Therefore, the bishop became convinced that Corrado was a saint.

On Aug. 30, the festival starts with a solemn Holy Mass celebrated by the Noto Bishop at 10:30 a.m. at the Cathedral. Later in the evening, the Arca, a silver urn containing the saint remains is carried shoulder high along the streets of Noto historic center. The procession begins at 7 p.m. from the Cathedral and proceeds throughout the historic heart of the city until the Crocifisso Church. A spectacular firework with music show will be held in piazza Municipio at 10 p.m.

On Monday, Aug. 31, the

festival will move to the "Lido di Noto," the coastal district of the town, with a concert featuring Italian pop star Genny B at 10 p.m. Later, at midnight, the festival will end with a breathtaking fireworks show on the water. The magnificent Arc is a priceless piece of art Giovanni Manuella, a Sicilian architect, designed the Arca in 1525. Throughout the centuries, several generations of Sicilian goldsmiths and silversmiths added fine decorations to the original model. The urn was eventually completed in 1848. The Arca is 6.2 feet tall and 24 inches wide. It weighs 880 pounds. It contains the saint's body and it is usually kept

inside the Noto cathedral. After the 1990 earthquake, the Arca was moved to the nearby Church of San Carlo al Corso as the cathedral was damaged by the tremors. It will be preserved there until the cathedral is restored. Members from the local Confraternite (Confraternities) bring the traditional Cili and banners in procession while they are dressed in traditional costumes. A continuous stream of more than 4,000 people follows the procession. Cili are decorated iron bowls supported by a tall wooden stick, which contains a candle. They have been symbolizing the devotion shown to the saint after the fulfillment of a vow

or pledge since the 1500s. Some fervent devotees still perform the traditional "Viaggio Scausu or "Barefoot Itinerary" both on the night before the festival and during the procession. That is a real proof of devotion and physical resistance, as it consists of following the main procession barefoot and walking for miles from the surrounding towns to the cathedral. Some residents, leaving from the surrounding cities, walk up to 15 miles to reach Noto and take part in the procession. For more information contact the Noto Tourist Office at Tourist Office at 0931-573779.

## Concert in Agrigento



Legendary Italian pop musician/songwriter Claudio Baglioni will perform in Agrigento Aug. 28 and Ragusa and Aug. 30. For more information and tickets, visit [www.ctbox.it](http://www.ctbox.it).

## Kartodromo

## Alphio's Garden

# A Stone's Thro

## THE HUB OF THE MED IS ALSO THE HUB FOR TRAVEL

Article and photos by Lt. Matt Knight

NAS Sigonella Public Affairs Officer

"Valle Dell Anapo" or Valley of Anapo is a beautiful Sicilian reserve that was created through a "tracks to trails" project from the remnants of an old train track which winds alongside and over the Anapo River. The reserve is located near the town of Sortino, Sicily and offers amazing views of the Anapo Valley which is filled with flowers, trees, wildlife and crystal clear fish filled pools alongside the Anapo River. In addition to the scenic views, alongside the path is the "Necropolis de Pantalica," a seemingly limitless number of tombs carved out of the sheer cliff walls dating back several thousand years. This trip can make a wonderful solo adventure or can be taken through Adventures Unlimited.

**Site:** The site earns a solid five star rating for the diverse hiking and walking trails as well as the scenery and history that accompanies them. The highlights of this location include a lack of people, peaceful surroundings, and wide open spaces that allow for a relaxing stroll. There are several places along the trail that allow hikers to get off the central path and hike side trails which criss-cross through the woods. The central trail is where the train tracks used to be, leaving a wide gradual sloping path which winds through the valley. The central trail stretches several miles from the entrance, but conveniently located at the 1.75 mile point is an abandoned train station. This station has out house style restroom facilities and benches to rest on, making it an ideal turn-around point. There is no fee to enter the reserve and the hike from the entrance to the train station is a gradual incline gaining 600 ft. in altitude. Bicycles are only allowed on certain days or by special request. For planning purposes, the reserve is closed for three days after a rain to ensure no rocks have dislodged onto the trail. Several items



The Valle Del Anapo hiking trail was built on the remains of an old train line leaving a wide and level path for the entire hike.



needed on this hike include: plenty of water, snacks, some comfortable shoes or boots, and a flashlight since the central path goes through several very long train tunnels which are nearly pitch black at their midpoints. There is no place to purchase any items once you are at the reserve. The reserve's offices may be contacted at 0931-95-4805.

**Family Friendly:** This site rates four out of five stars for family friendliness. The main reason for the one star loss is the lack of bathroom facilities along the path which may make

the trail uncomfortable for some hikers. However, the paths are perfectly accessible for sturdy wheel chairs or strollers as well and the reserve offers more challenging opportunities immediately off of the main trail for those who want variety.

**Accessibility:** This site rates five stars for accessibility because it is offered by Adventures Unlimited making the drive there simple.

However, if attempting to find this location on one's own it is closer to a two star rating due to the challenging hair-pin alpine

turns, complex directions, and I at the site. The basic direction reserve from NAS II are to take Catania then get on A18 towards will turn into SS114. Stay on August exit and take the Sortino reserve is located outside of Sortino Contact Adventures Unlimited the reserve's office at 0931-95-4 details.

**Travel Time:** This location out of five stars because the drive is approximately an hour and thirty

**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 SIGONELLA, 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.

# Sushi

# Magnolia

# Throw

OR TRAVEL



In addition to the main trail, there are many side trails which allow hikers to see the raw beauty of the reserve.



An abandoned train station makes a unique point to turn around. It's 1.75 miles from the entrance of the reserve and offers limited restroom facilities.

turns, complex directions, and limited parking at the site. The basic directions to reach the reserve from NAS II are to take SS417 towards Catania then get on A18 towards Augusta. A18 will turn into SS114. Stay on SS114 past the August exit and take the Sortino exit. The reserve is located outside of Sortino, Sicily. Contact Adventures Unlimited at 624-4177 or the reserve's office at 0931-95-4805 for further details.

**Travel Time:** This location rates three out of five stars because the travel time is approximately an hour and thirty minutes.

## Morobishi

Protestant  
Women of  
the Chapel



Join us for our fall  
kick-off!

Tuesday, Sept. 1

9:15 a.m. - 11:30

a.m.

NAS I Chapel

Fellowship Hall

Childcare

Provided

For more info,

[www.pwocsig.com](http://www.pwocsig.com)

## Chichio

### NEWS BRIEFS

#### Help Support the Navy Ball

If you are craving an American breakfast on a Saturday morning, the Navy Ball Committee is proud to provide this for you on the 29th of August from 8 a.m. until 11 a.m. at the NAS I Chapel Fellowship Hall. You can buy tickets every Saturday in August, through August 15 at the Commissary during lunch time. The following is the breakfast menu:

1. Pancake breakfast: 3 pancakes, scrambled eggs, 2 sausage links (\$5)
2. Biscuits n Gravy: 2 biscuits n gravy, scrambled eggs, 2 sausage links (\$5)
3. Hungry Man's breakfast: 3 pancakes, 2 biscuits n gravy, scrambled eggs, 2 sausage links (\$7)
4. Drinks: Coffee, water, juice, milk

Buy your tickets and enjoy a wonderful weekend morning breakfast!

#### Job Opportunity

FISC Department, Sigonella, is soliciting for two personalized service contracts for the following positions:

1 Registered Nurse or 1 LPN/LVN for the Flight Line Clinic, NAS II

1 Registered Nurse for the Primary Care Clinic, NAS I

Closing date 11 September 2009. Sources must be eligible for U.S. employment. Solicitation packages are available at the FISC Dept. and at the MMD, NAVHOSPITAL. Point of contacts are Mr. LaColla (624-5727), Ms. Barone (624-3791), and Lt. Cmdr. Mitchell (624-4587).

#### Navy Ball Craft Bazaar & Flea Market

Do you enjoy arts and crafts, scrapbooking, or browsing through open markets? The Navy Ball Committee is sponsoring a Craft Bazaar & Flea Market on Sept. 19 at the NAS I gym from 9 a.m. - 2 p.m. This is your opportunity to display your talent to Sigonella and make some money. Tables will be available for rent. If you would like some more information about the event, or how you can become a part of it, contact Amber McKinney at [amber.mckinney@eu.navy.mil](mailto:amber.mckinney@eu.navy.mil) or 624-1259.

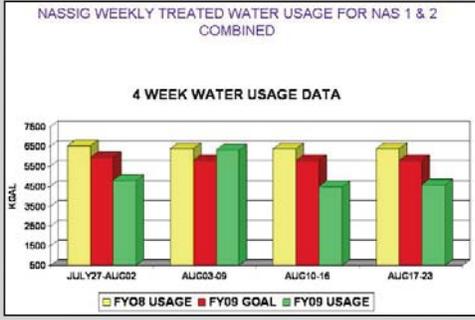
#### Sailors encouraged to participate in study on sexual assault prevention

The Navy is encouraging active-duty Sailors to participate in a Sexual Assault Study to assess the effectiveness of the Navy's Sexual Assault Victim Intervention (SAVI) program. The Office of the Naval Inspector General is conducting the survey, which is available online at [www.ig.navy.mil/sastudy.htm](http://www.ig.navy.mil/sastudy.htm). The survey was designed for active-duty personnel, is confidential, anonymous, and will be available for participation through September 30, 2009.

# Go Green Sigonella!

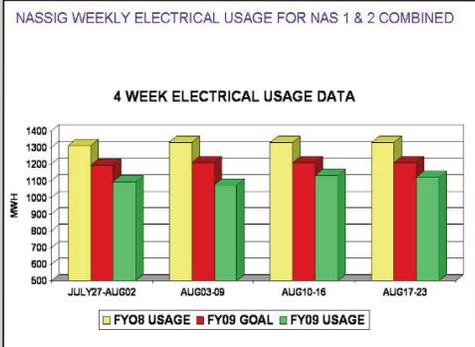
## Water Consumption at NASSIG

The following graph charts the last four weeks of water 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.



## 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.



# Navy Federal

## Ristorante Bella Etna

- 28

**Lunch:** Cream of Mushroom Soup, Beef Stir Fry, Tempura Fish, Baked Fish, Steamed Rice, Calico Cabbage, Herbed Broccoli, Strawberry Cake, Lemon Meringue Pie, Fruit Gelatin.  
**Speed line:** Grilled Cheese/Hamburger, Turkey burger, Baked Beans, French Fried Potatoes, RIKPAK.  
**Dinner:** Egg Drop Soup, Chicken Cacciatore, Beef Cordon Bleu, Rice Pilaf, Southern Green Beans, Savory Squash, Strawberry Cake, Lemon Meringue Pie, Fruit Gelatin, RIKPAK.
- 29

**Breakfast:** Farina, Grilled Ham Slices, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Buttermilk Pancakes, Asstd Doughnuts, Crumb Cake.  
**Brunch:** Breakfast Items, Chicken Gumbo Soup, Texas Hash, Roast Pork, Cottage Fried Potatoes, Tossed Green Rice, Peas w/ Carrots, Cauliflower Au Gratin, Brown Gravy, Velvet Pound Cake, Vanilla Cream Pie.  
**Dinner:** Zesty Bean Soup, Baked Italian Sausage, Veal Steak, Steamed Rice, Home Fried Potatoes, Glazed Carrots, Savory Style Beans, Chicken Gravy, Velvet Pound Cake, Vanilla Cream Pie.
- 30

**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, Knickerbockers Soup, Creole Pork Chops, Macaroni and Cheese, Islander Rice, Corn O'Brien, Green Beans, Marble Cake, Sugar Cookies.  
**Dinner:** Nutty Split Pea Soup, Roast Beef, Baked Fish, Mashed Potatoes, Steamed Rice, Mixed Vegetables, Steamed Asparagus, Natural Pan Gravy, Marble Cake, Sugar Cookies.
- 31

**Lunch:** Chicken Gumbo Soup, Beef Yakisoba, Veal Parmesan, Farfalle w/ Tomato Sauce & Shrimp, Steamed Rice, Oven Browned Potatoes, Green Peas, Seasoned Summer Squash, Spice Cake w/ Frosting, Vanilla Cookies, Fruit Gelatin.  
**Speed line:** Sub Sandwich, Cartoccia, Pasta Primavera, RIKPAK.  
**Dinner:** Minestrone Soup, Cantonese Spareribs, Cranberry Glazed Chicken, Pork Fried Rice, Lima Beans, Broccoli Parmesan, Spice Sake w/ Frosting, Vanilla Cookies, Fruit Gelatin, RIKPAK.
- 1

**Breakfast:** Farina, Oven Fried Bacon, Baked Sausage Patties, Asstd Omelets, Eggs to Order, Roasted Potatoes, Waffles, Asstd Doughnuts, Blueberry Muffins.  
**Lunch:** Egg Drop Soup, Sweet & Sour Pork, Chicken Chopsuey, Egg Foo Young, Chinese Fried Rice, Chow Mein Noodles, Oriental Fried Cabbage, Corn Kernel, Fruit Cocktail Upside Down Cake, Blueberry Pie.  
**Speed line:** Philly Cheese Steak Sandwich, Onion Rings, Macaroni & Cheese, RIKPAK.  
**Dinner:** Cream of Broccoli Soup, Braised Beef Cubes, Shrimp Scampi, Seasoned Boiled Pasta, Spanish Style Beans, Carrots Slices, Fruit Cocktail Upside Down Cake, Blueberry Pie, RIKPAK.
- 2

**Breakfast:** Rolled Oats, Creamed Ground Beef, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Blueberry Pancakes, Biscuits, Asstd Doughnuts, Bear Claw.  
**Lunch:** Beef Noodle Soup, Pepper Steak, Chipper Fish, Spaghetti Carbonara, Bruschetta, Steamed Rice, Franconia Potatoes, Cream Style Corn, Eggplant Parmesan, Almond Cookies, Carrot Cake, Chocolate Pudding.  
**Speed line:** Grilled Cheese/Hamburger, Turkey Burger, Pork & Beans, French Fried Potatoes, RIKPAK.  
**Dinner:** French Onion Soup, Corned Beef & Cabbage, Baked Chicken, Steamed Rice, Potatoes Au Gratin, Club Spinach, Steamed Peas & Carrots, Almond Cookies, Carrot Cake, Chocolate Pudding, RIKPAK.
- 3

**Breakfast:** Hominy Grits, Corned Beef Hash, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, French Toast, Asstd Doughnuts, Raisin Muffin.  
**Lunch:** Vegetable Supreme Soup, Roast Porkloin, Honey Glazed Chicken, Steamed Rice, Roasted Garlic Potatoes, Seasoned Mix Vegetables, Club Spinach, Oatmeal Raisin Cookies, Cherry Cobbler.  
**Speed line:** Assorted Pizza, Sautéed Mushroom, Baked Potatoes, Sourcream, Bacon Bits, Baked Italian Sausage, Sautéed Pepper & Onions, RIKPAK.  
**Dinner:** Tomato Bouillon Soup, Roast Turkey, Swedish Meatballs, Red Beans w/ Rice, Mashed Potatoes, Natural Pan Gravy, Creole Green Beans, Corn Kernel, Oatmeal Raisin Cookies, Cherry Cobbler, RIKPAK.

# ON THE GO WITH MWR

## Final summer Splash-n-Dash



Splash-n-Dash participants find their mark at the start of the race.

Bring the kids to the final Youth Splash-n-Dash of the summer. Saturday, Aug. 29 at Splashers pool, youths of all ages can jump in the water and hit the road. Start time is 9 a.m. Fruit and water is provided and all participants receive a finishers medal. Pre-registration is encouraged. Call 624-4483 for more details.

## MWR wants to be your Friend

MWR Sigonella has gone global by becoming one of the thousands worldwide already a part of the massive social-networking web sites Facebook and Twitter. In addition to providing up-to-the-minute information about events and activities in the community, MWR Sigonella's home page also features the monthly fitness and Liberty calendars, weekly movie schedules and Preview magazine.

"We wanted to find a way to get information out to family members



living in housing and those living out on the economy who don't have access to the base on a daily basis," said Marketing Director, Jenni James. Facebook is a live feed for

relaying news, events, and important information for the community.

"In addition to a Facebook page, MWR has set up a Twitter account as well, for the Tweeting population we have here in Sigonella," said James. "Some people prefer the 140-character-or-less service. It's yet another terrific promotional tool for MWR."

Anyone looking to add MWR on Facebook can find us at Facebook.com/mwrsigonella. Want to follow us on Twitter? We're at Twitter.com/mwrsigonella.

## Hold'em Tournament at Connections

Calling all Card-Sharks: Ante-up and be a part of Connections Texas Hold'em Tournament. This nine-week Round Robin Tournament runs every Thursday from Sept. 3 to Nov. 5. First and second place advance to the final table Thursday,

Nov. 5. Final table prizes include NEX gift cards, poker sets, \$300 toward ITT Day trips and the Grand Prize of a 500 euro Travel Voucher with Angie's Travel.

Sign-ups start Monday prior to Thursday games at Connections.

Entry fee is \$10 per week, which includes food and prizes. Games begin at 5 p.m.; all players must be present 30 minutes prior to game time.

For more information, call Connections at 624-4264.

## MIDTOWN MOVIE THEATERS

### SCHEDULE & DESCRIPTIONS



#### Away We Go (R)

John Krasinski, Maya Rudolph, Cheryl Hines, Allison Janney

A young couple travels around the United States searching for a place to put down roots. (98 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.)

#### Year One (PG-13)

Jack Black, Michael Cera, Oliver Platt, David Cross, Hank Azaria

When a couple of lazy hunter-gatherers are banished from their primitive village, they set off on an epic journey through the ancient world. (97 min.)

#### My Sister's Keeper (PG-13)

Cameron Diaz, Abigail Breslin, Alec Baldwin, Jason Patric, Joan Cusack

After their daughter is stricken with leukemia, a couple conceives a younger sister who can provide a donor match, but the family is torn apart when, after years of medical procedures, the healthy younger sibling sues her parents for the right to decide how her body is used. (110 min.)

#### I Love You, Beth Cooper (PG-13)

Lauren Landon, Paul Rust, Lauren Storm, Jack Carpenter

A nerdy valedictorian proclaims his love for the hottest and most popular girl in school, Beth Cooper, during his graduation speech. Much to his surprise, Beth shows up at his door that very night and decides to show him the best night of his life. (102 min.)

**Friday, August 28**  
1:00pm The Tale of Despereaux G FREE  
3:00pm Transformers Revenge PG-13  
5:00pm Ice Age: Dawn of Dinosaurs PG  
5:30pm I Love You, Beth Cooper PG-13  
7:00pm Away We Go R  
7:30pm Year One PG-13

**Saturday, August 29**  
2:00pm I Love You, Beth Cooper PG-13  
2:30pm GI Joe: Rise of Cobra PG-13  
5:00pm Ice Age: Dawn of Dinosaurs PG  
5:30pm Year One PG-13  
7:00pm Away We Go R  
7:30pm The Proposal PG-13

**Sunday, August 30**  
2:00pm Transformers Revenge PG-13  
2:30pm GI Joe: Rise of Cobra PG-13  
5:00pm I Love You, Beth Cooper PG-13  
5:30pm Away We Go R  
7:00pm Year One PG-13  
7:30pm Public Enemies R

**Monday, August 31**  
3:00pm Robots PG FREE  
5:00pm My Sister's Keeper PG-13  
5:30pm Year One PG-13  
7:00pm I Love You, Beth Cooper PG-13  
7:30pm The Proposal PG-13

**Tuesday, September 1**  
5:00pm Transformers Revenge PG-13  
5:30pm Away We Go R  
7:30pm GI Joe: Rise of Cobra PG-13  
8:00pm Year One PG-13

**Wednesday, September 2**  
3:00pm Monsters vs. Aliens PG FREE  
5:00pm Ice Age: Dawn of Dinosaurs PG  
5:30pm I Love You, Beth Cooper PG-13  
7:00pm My Sister's Keeper PG-13  
7:30pm The Proposal PG-13

**Thursday, September 3**  
5:00pm Transformers Revenge PG-13  
5:30pm Away We Go R  
7:00pm Year One PG-13  
8:00pm Public Enemies R

MOVIE HOTLINE:  
624-4248

### Movie dates and times are subject to change.

SHOWING FRIDAY, SEPTEMBER 4

3:00pm Transformers Revenge PG-13  
5:00pm Harry Potter and the Half Blood Prince PG  
5:30pm I Love You, Beth Cooper PG-13  
7:30pm Orphan R  
8:00pm Away We Go R

COMING SOON

G-Force, The Ugly Truth

## Roll into fall with a league

Break out the matching shirts, grab some friends and be a part of the Sigonella Bowling League. Stop by SpareTime Bowling Center and sign up for the fall league. Game nights are Fridays beginning Sept. 11. The season runs three months. Teams are required to be co-ed with six players

per team. The league is limited to 10 teams. There is a sign up and information meeting Wednesday, Sept. 2 at 6 p.m. at SpareTime. Teams will discuss game times, fees, and more. For more information, call 624-4302.

## Part-Day Pre-School at the CDC

There is still time to sign up for the Child Development Center's Part-Day Pre-school Program. Children, ages 3 to 4, can come to the CDC for fun and learning. Classes for 3-year-olds are Tuesdays and Thursdays

from 8:30-11 a.m. Classes for 4-year-olds are Mondays, Wednesdays and Fridays from 8:30-11 a.m. Both classes begin mid-September. Sign up at the CDC or call 624-3736 for more info.

## Talk the Talk with the Library

Whether you're new to Italy or a student who wants to get a jumpstart on language studies before heading back to school, MWR Library has the ideal tool for you: Rosetta Stone™ language learning software.

Rosetta Stone™ is an award-winning language program that uses a "total-immersion" method of learning. More than 30 languages are available and it is used by thousands of schools and organizations, including the U.S. State Department and NASA.

Prospective users fill out the application for a user account, and then are able to use the software, either at the library or from their home computers. The MWR Library has a small number of user accounts available, so accounts will be closely managed and deactivated if not used for an extended period of time.

To try Rosetta Stone™ or for more information, stop by the library or call 624-3875.



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.

**ETD, continued from page 1**

Sigonella has continued to excel in supporting the war on terrorism by providing executive transport for our nation's most important and influential dignitaries in Europe. ETD Sigonella's men and women are at the forefront of the Navy, performing one of the most critical of all missions. The safe and reliable movement of distinguished visitors has to be a 'zero defect' program. The ETD professionals have successfully met this endeavor for the last 50 years and eagerly look forward to the next 50.

**THE ORIGIN OF THE CAT-BIRD INSIGNIA**

On December 29th 1959, Lt. David Young wrote to Walt Disney's public relations director and asked if the art department could provide him with several sketches of both a "leaping" and "Halloween" type cat because of a lack of artistic ability in his unit. In February 1960, Hazel Garner of the Walt Disney Public Relations Department replied and sent two sketches of cats along with two separate licenses for each sketch. These licenses gave the U.S. Government exclusive use and the right to reproduce the sketches as long as the Walt Disney Copyright notice appeared along with the design. This cost the government \$1.00 for each drawing.

In March of 1960, after a little arm twisting, the Admiral agreed to have the Cat insignia painted on both sides of the vertical stabilizer. After this, the "CATBIRD" became well-known around various U.S. and NATO airfields around Europe.

In addition to celebrating their 50th anniversary, ETD recently had a Change of Charge with Cmdr. Andrew J. Wegman relieving Lt. Cmdr. Grant D. Haskin July 26, 2009. In July 2007, Lt. Cmdr. Haskin was selected to serve as Officer in Charge (OIC) of Executive Transport Detachment Sigonella, taking charge in October 2007.

Lt. Cmdr. Haskin is married to the former Kathleen Marie McLeod of Altus, Oklahoma. They have two children, Hannah and Gage. Lt. Cmdr. Haskin has three year, follow-on orders to VR-59.

Cmdr. Wegman is married to the former Kari Kathleen O'Malley of Aurora, Illinois. They have three children, Jack, Mitch, and Colin.

**CHARACTER, continued from page 2**

definition because it beckons the inquiries, "Why does God command this and forbid that? You mean to tell me we are morally governed by the authoritarian decrees of some capricious, powerful deity just because he/she/it said so?"

I believe a stronger theory rests on Divine Character. Right behavior is simply that which is in line with who God is. That which is wrong stands in opposition to ultimate reality - God's nature. Loving others is right, not because God commands it, but because it is in line with God's being. Racism is wrong because God is not defined by race. Discrimination against women is immoral because God is not limited by human sexuality.

I do not have space to adequately defend how we as humans can properly discern God's nature. I cannot write in a few lines how we resolve the tensions between diverse religious understandings of God. I contend we use the same criteria we hold for other matters of truth: logical consistency, empirical adequacy, experiential relevance, etc. For now, I can only state my belief, without apology, that right and wrong are determined by an objective, unchanging absolute - that would be God.

By any standard, I have proven

I am not good. I have violated every ethical system I know. Therefore, I am not the standard. My personal convictions are not the measure. At best, I believe we are granted the privilege of discerning, but not establishing, what actually is good.

I hope you can tell that I am making every attempt so as not to write coercively. I am simply setting forth one of the most prominent grids real people use in seeking what is right and wrong - the belief in One who is absolutely good.

We do not determine right and wrong. We simply choose how to conduct ourselves. This truth embraces both freedom and its limits. As for me, I am thankful for both the privileges and restrictions of conducting my life here with you in Sigonella - clearly, the Command of Choice.

**FISC, continued from page 1**

Adm. Heinrich. "He has shown visionary leadership and has charted a course that has allowed this organization to evolve effectively. This organization has continued to deliver responsive tailorable logistic support to our forward-deployed war fighters. His team supported simultaneous operations in addition to various exercises, ship visits, and an area of responsibility of over 30 million square miles."

Adm. Heinrich then presented the Legion of Merit medal to Capt. Camuso who then took time to offer his thanks to his command and to welcome Capt. Weiner.

"The biggest value I've seen FISC Sigonella add over the past few years is the ability to bring people together from different commands to talk about how we deliver logistics in theater," said Capt. Camuso. "FISC Sigonella has really made a reputation for itself among many of our customers at the fleet level, the expeditionary level, and at the installation shield level by bringing logisticians together from these different organizations to drive improvement."

Capt. Camuso is heading to Naples, where he will serve as the Commander, Deputy Director of Logistics for U.S. Naval Forces Europe & Africa - Commander, Sixth Fleet.

Following Capt. Camuso's speech, the outgoing and incoming commanding officers then read their orders and Capt. Weiner addressed the attendees.

"I am honored and humbled for the opportunity to lead FISC Sigonella, the finest FISC in the Navy," said Weiner. "FISC has and will continue to be an extremely relevant player in providing combat capability to operational forces around the world. Be assured that the professionals at FISC Sigonella will continue to meet every challenge head on and delivery world class support to our global customer base."

Capt. Weiner's most recent duty station was on the staff of Commander, Naval Surface Force Atlantic as force supply officer and assistant chief of staff for supply and financial management.

Capt. Weiner concluded the ceremony with an offer of thanks to all who have come before him and all who welcomed his family, followed by a benediction from Chaplain Concha, the exit of the official party and a celebratory reception.

**RELATIONSHIP, continued from page 5**

and frequently about things that bother you? Or are you seething in silence about something that happened weeks, months, or maybe even years ago? Put all the issues on the table and begin making the compromises that will bring you into more harmony.

Make a habit of talking frequently. Just a quick phone call from work to "touch base" can help remind you of the priority of your relationship and give you both a sense of continuity. Some people use a phone call during the day as a way to settle family business, so that when they do get home they are freer to simply enjoy each other's company. If deployed, be creative. As phone calls can be costly or simply not an option, use e-mail or write notes of love and support in advance. Make sure notes are sealed in separate envelopes to be opened on specified dates. This small gesture can play a major role in assur-

ing your spouse that he or she is loved and appreciated.

Plan in advance for getting around roadblocks. It's helpful to "pre-discuss" situations that you already know cause friction between you. For example, you may have disagreements about who stays home from work when a child is sick or how you want to celebrate the holidays. Mapping out a game plan in advance will help you deal with such occasions when they arrive. Remember that compromise and teamwork are key. Ask yourselves, "What are the two of us going to do to solve this problem?"

Share household chores. Research shows that women spend more time on household chores than men do. Working women can feel as if they have two jobs -- the one they go to and the one they come home to each day. The result is often a mountain of resentment. Running the household together takes work on the part of both partners. Men may need to play a bigger role, and women may

need to stop criticizing their partners for doing chores "the wrong way." (After all, there may be more than one way to scrub the sink or do the laundry.) Try rotating chores to minimize the boredom and drudgery factors. For example, suggest, "I'll cook if you'll clean up tonight."

Be flexible. No matter how well you and your spouse talk about your differences, you won't agree on everything. And that's normal. In fact, your differences are probably part of what attracted you to each other in the first place. Recognize that not all differences of opinion have to be resolved. Sometimes you just need to agree to disagree -- and be willing to listen to your spouse's point of view.

Give each other space. Your relationship will be stronger and more interesting if you give your spouse time and space without you. Remember that one person can't possibly meet all your needs. Both you and your spouse must keep and nurture outside friendships and interests.

## Official Lodging Program brands Navy Gateway Inns and Suites

**By Fleet and Family Readiness Marketing, CNIC****Millington Detachment**

**MILLINGTON, Tenn.** - The Navy Gateway Inns and Suites (NGIS) branding initiative is underway, supporting the fleet, fighter and family by providing standardized, quality facilities and lodging services for a mobile military community. Originally known as Visitors Quarters, the Navy's official lodging program has changed significantly from its days when it used to be part of the Housing division.

"We want our customers to know our program by its new name, Navy Gateway Inns and Suites, which became our brand name in 2006," said Tamara Davis, head, Navy Lodging Policy and Programs, Commander, Navy Installations Command (CNIC). "Throughout the years, we've been called everything from VQ, BOQ and BEQ to CBQ and BH. Visitors Quarters and Bachelor Housing were part of the same division until 2005, when the VQ program separated from Housing and became a part of the CNIC Fleet Readiness program. The separation has brought greater visibility to the lodging program."

While a few NGIS and Housing operations still co-exist, most NGIS operations are now a separate operation and maintain a separate front desk.

"Just look for the Navy Gateway Inns and Suites logo at a Navy installation to help you locate our facilities," said Davis. "With more than 24,000 rooms at 77 facilities worldwide, NGIS is the primary lodging facility for travelers in a TDY status, but don't forget to check out space-available reservations for your leisure and vacation plans. Great prices and consistently great service will put NGIS at the top of the list for your lodging needs."

The "Navy Gateway Inns and Suites" program-wide branding initiative has been implemented at more than 40 percent of NGIS operations, with standardized furnishings, amenities and training that provide customers with quality services and accommodations.

Space-available reservations can be made 30 days in advance, and are based on availability. Military and civilian travelers may make reservations for NGIS operations by using the [www.dodlodging.net](http://www.dodlodging.net) Web site or by calling 1-877-NAVYBED.

In February 2008, NGIS collaborated with the Fleet and Family

Readiness Training Branch to standardize NGIS employee development, such as performance and behavior, to align with the new NGIS brand.

"Standardized operating procedures for housekeeping, front desk and maintenance staff and other training initiatives have been developed," said Davis. "And, these training requirements will be incorporated into the NGIS accreditation process."

A thorough and detailed accreditation process is mandatory for all NGIS operations, and includes unannounced validation visits by a CNIC accreditation team, as well as specific performance standards for facilities, services and fiscal management. The CNIC accreditation team visits

each naval installation every two years to evaluate NGIS operations and determine the overall standards of service being provided to all customers.

For reservations or more information on NGIS, visit [www.dodlodging.net](http://www.dodlodging.net).

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# THE SPORTS LINE

## International team wins MWR volleyball tournament

By MC3 Jonathan Idle

The Signature Staff

The International volleyball team went undefeated in competition to win Morale, Welfare and Recreation's "Sun n' Sand" 4-on-4 volleyball tournament Aug. 13 at the volleyball court on NAS II.

The tournament began Aug. 12 with five teams playing in a round-robin format to determine a ranking system for the double elimination tournament the following day.

Each set was played to 15 points with each game being a best of three sets.

The number four ranked Joint Mobile Ashore Support Terminal (JMAST) was set to play the number five ranked team from Executive Transportation Department (ETD), but ETD was a no-show on the second day, allowing JMAST to move on due to forfeit.

The second scheduled game pit the number two ranked team from the Transit Line (T-Line) against M-Dub/P-Dub, a team consisting of members from Public Works and MWR. M-Dub/P-Dub took the first set easily 15-4, but the second set was much tighter.

After going back and forth for set point, M-Dub/P-Dub finished off T-Line 19-17 to move onto the next round.

The third game featured the top



Aviation Boatswain's Mate Airman Matthew Johnsondrink, from the Transit Line volleyball team, spikes the ball over the net during the MWR "Sun n' Sand" 4-on-4 volleyball tournament Aug. 13 on NAS II.

ranked International, consisting of several local nationals and several sailors, against JMAST. International easily dispatched JMAST in straight sets 15-4 and 15-11.

Following their first loss, JMAST moved into the loser's bracket

to face T-Line in the first elimination game. JMAST made both sets close, but T-Line was able to put them down in straight sets 15-12 and 15-10 eliminating JMAST.

The two teams remaining in the winner's bracket, International and

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M-Dub/P-Dub, faced off next for the right to move into the finals. The game ended up going the full three sets with International losing the first set 10-15, but taking the next two sets 15-5 and 15-11 to punch their ticket to the championship.

The loss moved M-Dub/P-Dub into the loser's bracket to play T-Line in an elimination game. M-Dub/P-Dub jumped out to an early lead and never looked back. They took the game in straight sets 15-9 and 16-14

setting up a rematch against International in the finals.

The championship proved to be even more closely contested than the first game the two teams played. International took the first set 15-8, but M-Dub/P-Dub rallied in the second set to win it 15-11. The third set was a tight race all the way through. The two teams went back and forth on points until International was finally able to pull the set out 15-12 and clinch the championship.

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