

# THE Signature

SIGONELLA, SICILY

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SEPTEMBER 4, 2009

## 2009-2010 school year begins



Photo by Tracie Barnhouse, The Signature Editor

Students of DoDDS Sigonella return for the 2009-2010 school year on Monday, Aug. 31. Military bases around Europe started school this week.

## TRICARE Europe and USNH Sigonella offers 24/7 appointment cancellation

By Lt. Andrew T. Westrum  
Director of Quality and Network Management

On June 15, 2009, U.S. Naval Hospital Sigonella started offering its patients the opportunity to cancel their medical appointments 24 hours a day, seven days a week by calling the Military Treatment Facility telephone number at 624-CARE (2273) and selecting option No. 3, or toll-free in Italy, 800877660. This will connect the patient to a live clerk who can immediately cancel the medical appointment.

Lt. John McAfee, Head of Patient Administration, said the new process is part of a 90-day pilot study project sponsored by TRICARE Europe. This study has been successfully piloted in Germany at the Landstuhl Regional Medical Center and the Ramstein Clinic.

"Looking at the options we have traditionally offered our patients to cancel an appointment, we had only two, and that was to call the appointment line from 7:30 a.m. to 4 p.m., Monday through Friday or walk up to our appointment window during normal business hours. Having only two options doesn't give our patients any flexibility," Lt. McAfee said.

What are the potential cost savings for the Navy? Each no-show appointment costs, on average, approximately \$80. "If patients call and cancel their appointment, more appointments available for other patients to be scheduled into," said Lt. McAfee. "If we could reduce the no-show appointments by half through this service, USNH could realize a substantial amount of savings, to be better spent in other areas of patient care."

## Motorcycle builders teach safety to Sigonella riders

By MC3 Jonathan Idle  
The Signature Staff

Celebrity motorcycle builders Cole Foster and Jose de Miguel served as guest speakers and distinguished guests during a two-day motorcycle safety event Aug. 27-28 on NAS I.

The two-day event included safety briefs, instructional videos, riding competitions, a group ride and dinner with the bike builders.

Aviation Support Equipment Technician 1st Class Jason Block, NAS Sigonella Motorcycle Safety Lead Instructor, believes events like this do a lot to raise awareness of motorcycle safety for service members.

"We check tires, we check controls and we check lights," said Block. "All the [motorcycle safety coaches] are checking the bikes all the way through to make sure they're safe for riding. We're not going to see these guys for another six months. So, until that time, we want to make sure, 'Do we see any dry-rot in the tires?' Do we see any control issues?"



Sigonella riders prepare to go for a group ride during the two-day motorcycle safety event, Aug. 27-28 on NAS I. Celebrity motorcycle builders Cole Foster and Jose de Miguel visited Sigonella as a part of the event.

Do we see any lighting issues? After that's done we're just doing some fun events."

Block believes that mixing in some entertainment value among topics such as the proper use of personal protective equipment (PPE) helps to keep service members engaged

throughout the training.

"What we wanted to do this time was to bring out a couple of bike builders to add a little bit of entertainment into the safety issue," said Block. "We're not taking anything

**MOTORCYCLE, continued on page 12**

## Missoula Children's Theater students wow Sigonella crowd

By Tracie Barnhouse  
The Signature Editor



A NAS Sigonella dependent, gets into character as "The Pea" during a rehearsal for the Missoula Theater performance of "The Princess and the Pea." Staff from the Missoula Children's Theater visited Sigonella and put on a week-long camp for youth interested in the performing arts.

The week before schools starts, students can usually be found lounging by the pool, soaking up those last few rays of sunshine, or shopping for back to school clothes and materials, but for 50 Naval Air Station Sigonella students ages 6 to 18, the week before school started was spent in an intensive theater camp put together by directors from the Missoula Children's Theater. During the week-long camp, the students learned all about the art of theater production, and prepared a full-scale musical for the NAS Sigonella community.

The Missoula Children's Theater is an organization based out of Missoula, Montana. The company sends everything needed to put on a musical production, except for the cast. That's where NAS Sigonella youth came in. On Monday, Aug. 24, the children were assigned their various roles in the production of "The

**THEATER, continued on page 12**

WEATHER UPDATE	September 4	September 5	September 6	September 7	September 8	September 9	September 10
	H:92F L:71F	H:91F L:71F	H:92F L:74F	H:89F L:69F	H:88F L:70F	H:86F L:64F	H:85F L:66F

TOP STORIES	It has been said that "leadership has less to do with position than it does with disposition." However, too oftentimes our society places great importance on position, and less significance upon disposition.		The Defense Department has launched a blog called "Family Matters" that is dedicated to providing resources and support to military families.		The Navy's philosophy of developing healthy, self-reliant families is epitomized through the Navy Family Ombudsman Program. The ombudsman concept originated in Scandinavian countries where they investigated citizens' complaints against the government.		It's that time of the year again. Ognina, a Catania lively fishermen neighborhood of Catania is ready to host another spectacular religious festival honoring the Madonna di Ognina (Virgin Mary of Ognina).		This month's FFSC cooking class teaches students how to make a popular appetizer, as well as Eggplant Parmesan.	
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## TRAFFIC NUMBERS

Jan. 09- Sept. 09     Jan. 08- Sept. 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

NAS Sigonella has made it our goal to not only lower energy usage but also our water usage. Lowering water usage is really a matter of changing habits and having situational awareness of wasteful practices that occur every day. Additionally, we can change the way we do business and make a major impact on our water usage both as individuals and as a base.

As part of an eight month, one million dollar landscape irrigation project on NAS II, NASSIG is combating wasteful practices by integrating water recycling systems into the base irrigation design. The new system that just recently came online thanks to the hard work of our Public Works Department uses treated waste water to irrigate about one half of the landscaping on NAS II. This is resulting in a massive water usage savings, because previously this landscaping was irrigated with drinking water. During the hot summer months when water conservation is most important, the base will save approximately 100,000 gallons

of water per day; about 25% of normal daily usage. Systems like this are common in the States, but a major change in the way we do business here at Sigonella, changing our wasteful practices for the better.

As individuals we can collectively make a major difference in the amount of water we use each day. A few key figures to keep in mind:

- A leaky faucet can waste 100 gallons a day.
  - A five-minute shower takes 15-25 gallons of water.
  - Assuming the water is left running, the average person uses five gallons of water just brushing their teeth.
  - One flush of the toilet uses six and a half gallons.
- Just by doing things like reporting a leaky faucet to PW, not taking long showers at the gym, only running the water to rinse a toothbrush, and only flushing the toilet when it is used and not to dispose of tissues or other items that can be thrown away, we will make a big difference. If every single one of us on NAS

Sigonella took strides to change the items I just listed, we would collectively save thousands of gallons of water.

Water conservation along with energy conservation is all about using our resources as efficiently as possible. The base is making major strides towards improving our business practices and becoming more efficient, but we all need to remember that those improvements are meaningless if each one of us doesn't change our habits as well.



# Health WATCH

## Vitamin D

Article by Lt. Lynn Skinner

Naval Hospital Sigonella  
Public Affairs Officer

Vitamin D is a fat soluble vitamin that is essential for bone health.

It is not found in many foods naturally, but is often added and supplemented in many over the counter products. Sunlight assists the body to produce vitamin D, however, skin protection such as sun block and clothing diminish gaining vitamin D from the sun.

The best natural sources of vitamin D are found in salmon, tuna, mackerel and fish liver oils. Smaller amounts of vitamin D can be found in beef liver, cheese and egg yolks. Some mushrooms even contain a form of vitamin D, but in variable amounts.

So, how do we know if we are getting enough? New recommendations are anticipated as the controversy continues. In the meantime, be a label reader to see which products you use are fortified with vitamin D, such as cereals, juice and yogurt.

The best way to ensure you are getting enough vitamin D is getting it through a variety of sources. Allow

for some sun exposure without sun protection for short periods during the day unless contra-indicated for other health related issues. Please consult your health care provider.

Vitamin D must be activated by the body through a process performed by the liver and kidneys. It is an essential nutrient that not only makes it possible for the body to absorb calcium, but also plays a significant role in reducing osteoporosis and other bone ailments.

Your health care provider can obtain a serum concentration to assess your vitamin D status. Certain medications can also interfere with the metabolism of vitamin D such as steroids, weight loss and cholesterol medications.

Your recommended daily allowance for vitamin D is as follows:

Birth to 50 years	200 IU
51-70 years	400 IU
71 plus years	600 IU

For more information, check out CDC website [www.cdc.gov](http://www.cdc.gov) and your health care team at Naval Hospital Sigonella who is here to assist you in your wellness goals and plans.

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## NASSIG WORSHIP SERVICES

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

### ROMAN CATHOLIC

<b>Sunday</b>	
0830	Catholic Mass (NAS I Chapel)
1200	Catholic Mass (Mineo Community Center)
1600	Catholic Mass (NAS II Chapel)

<b>Monday - Thursday</b>	
1130	Catholic Mass (NAS II Chapel)

### PROTESTANT

<b>Sunday</b>	
0900	General Protestant (Mineo Community Center)
1000	Traditional Protestant (NAS I Chapel)
1130	Contemporary Protestant (NAS I Chapel)

### CHURCH OF CHRIST LAY SERVICE

<b>Sunday</b>	1530	NAS I Chapel Rooms 3 & 4 (Call 624-5128 or 335-841-8069)
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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](mailto:ldssig@gmail.com) or call 624-1314 or 349-1977-116  
**AA Meetings:** Monday, Wednesday, Friday - 1900, NAS II Chapel, 346-840-7745



## The one string we have

**By Chaplain Ron Kennedy**

It has been said that "leadership has less to do with position than it does with disposition." However, too oftentimes our society places great importance on position, and less significance upon disposition.

Nevertheless, as humans we tend to admire people with engaging personalities. For example, think about a friend whom you deeply admire. What is the one characteristic that you admire most about him or her?

I'd like to take a moment and contemplate on this idea. The chances are rather high that the one thing you greatly admire about this friend has to do with his or her attitude.

Chuck Swindoll, pastor and former president of Dallas Theological Seminary, said this about our attitudes: "We cannot change the inevitable. The only thing that we can do is play on the one string we have, and that is our attitude. I am convinced that life is 10 percent what happens to me and 90 percent how I react to it. And so it is with you—we are in charge of our attitudes."

Several years ago, the Carnegie Institute analyzed the records of over ten thousand people and discovered that 15 percent of success is due to technical training. The other 85 percent is due to personality, and the primary characteristic trait identified in the study was the attitude of the individual. Thus, our attitude is "the one string we have."

Maybe you need a new string. Maybe you believe and feel like a broken string or at least really out of tune. John

Maxwell, an expert in the field of leadership wrote:

The pessimist complains about the wind.

The optimist expects the wind to change.

The leader adjusts the sails.

This all has to do with attitude. There is enough human wreckage in this life to make us all pessimists; however, we must fight and rise above these feelings (I'm not saying it's easy either).

One striking example from my personal experience was my oldest sister's fight against ovarian cancer, a fight she eventually lost.

From the time of her diagnosis at the age of 43 to the day she crossed the threshold of eternity, she maintained a very good attitude. She couldn't change the inevitable. She

**LEADERSHIP, continued on page 12**

## CORRECTION

*In the FISC Change of Command (CoC) article published in the Aug. 28 issue of The Signature, we stated that the CoC was held on Aug. 18 when it was held on Aug. 20. Also, the title of Rear Adm. Mark F. Heinrich is Supply Corps, United States Navy, Commander, Fleet and Industrial Supply Centers. We also mistakenly referred to the Rear Adm. as a Capt. We apologize for these errors.*

# NAVY News

## Blog offers support to military families

By American Forces Press Service

WASHINGTON, Aug. 25, 2009 – The Defense Department has launched a blog called “Family Matters” that is dedicated to providing resources and support to military families.

The blog – which can be found at <http://afps.dodlive.mil> – features tips from experts, and military-related topics that run the gamut from deployments and separations to education benefits and child care.

“Our goal is to touch on topics that are important and relevant to military families,” said Elaine Wilson, the blog’s author and an editor for American Forces Press Service. “Military families confront unique challenges and issues, and we’re hoping people can turn to this blog for

information and support.”

Wilson served for nearly eight years in the active-duty Air Force and three years in the Air Force Reserve before becoming a defense civilian, experience she brings to the blog.

“I remember those early morning PT runs, the late-night calls and the constant juggling of mission and family,” she said. “It was tough. I was married to a military member and, one day, became a divorced single parent of two. Balancing that with military life, particularly overseas, presented some tough challenges.”

Wilson said she will share many of her stories in hopes of starting a dialogue with others who are dealing with the same types of issues. This two-way communication will be vital to the blog’s success, she said.

“We read every comment, and

respond when appropriate to the person writing in,” she said.

Many comments are forwarded to defense experts for response, she said. “A great aspect of this blog is that many readers will have the opportunity to have their comments and ideas viewed by defense officials.”

Wilson noted that a recent comment was elevated to the desk of the Army secretary. “A military spouse made some great suggestions and comments, and we felt they could make an impact, so we forwarded them to higher-level officials,” she said. “Anyone can make a difference, and it can start with something as simple as a blog comment.”

A heartfelt comment can make more of an impact among the blog’s readers than the blog entries them-

selves, Wilson said.

“We had a reader make a comment about suicides among family members,” she said. “That sparked other comments on the same topic that offered everything from support to helping resources. I then dedicated a blog to helping resources. It had a positive snowball effect.”

The blog has received numerous comments since its launch in early August, including some positive feedback. “Thanks for the new blog, looks great and useful,” a comment says. And another: “This is another

great resource by [the Defense Department].”

Perhaps most importantly, Wilson said, the blog is aimed at letting people know they’re not alone in their everyday struggles.

“Whether dealing with the after-effects of a deployment or the challenges of home life, we’re hoping this blog will help create a common bond among military family members,” Wilson said. “And also convey the ongoing caring and concern defense officials have for our military families.”

### PHOTO FROM THE FLEET

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



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

Chief petty officer selects sing Anchors Aweigh to Secretary of the Navy (SECNAV) the Honorable Ray Mabus after an all-hands call aboard the aircraft carrier USS Nimitz (CVN 68).



Courtesy photo

Elaine Wilson, “Family Matters” blog author and an editor for American Forces Press Service, poses with her children, Antonia and Jacob. The Defense Department launched the new blog to engage military families on topics ranging from deployments to everyday life.

### NEW ARRIVALS

Coree and Ryan Mahan  
Boy

Devin Robert Mahan  
August 19, 2009  
Weight: 6 lbs 11.6 oz  
Length: 19.5 in

Meghann and John O’Weger  
Boy

John Dodge O’Weger IV  
August 21, 2009  
Weight: 5 lbs 15 oz  
Length: 20.5 in

Sonja and William Hurt  
Girl

Kendra Rose Hurt  
August 23, 2009  
Weight: 6 lbs 2 oz  
Length: 19 in

New Hope  
Monika

Volcano



## COMMUNITY CALENDAR

				FRIDAY	SATURDAY	SUNDAY
				<b>4 SEPTEMBER</b> Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745	<b>5</b> Nearly New Shop Open NMCRS 10 a.m. - 1 p.m. x4212	<b>6</b>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY			
<b>7</b> Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745	<b>8</b> Tobacco Cessation Flight Line Clinic 12 p.m. - 1 p.m. x4710  Volunteer Orientation NMCRS 10 a.m. - 11:30 a.m. x4212	<b>9</b> Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745  Budget for Baby Above Connections 5 p.m. - 7 p.m. x4212	<b>10</b> Dental Assistant Program Orientation Red Cross 9:30 a.m. - 10:30 a.m. x4900	<b>11</b> Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745	<b>12</b> Babysitting Training American Red Cross 9 a.m. - 4 p.m. x4900	<b>13</b>
<b>14</b> Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745  Infant & Child CPR Red Cross 3 p.m. - 5 p.m. x4900	<b>15</b> Tobacco Cessation Flight Line Clinic 12 p.m. - 1 p.m. x4710  Breastfeeding Class FFSC Conf. Room 9 a.m. - 11 a.m. x4212	<b>16</b> Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745	<b>17</b> Station Advisory Council Red Cross 11:30 a.m. - 12:30 p.m. x4900	<b>18</b> Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745	<b>19</b> First Aid/CPR/AED Red Cross 8 a.m. - 5 p.m. x4900	<b>20</b>

Motta

Maricru

Funny Island

Magnolia

*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.nmcrcs.org](http://www.nmcrcs.org)



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

With information from Navy Family Ombudsman Program Manual 2007

The Navy's philosophy of developing healthy, self-reliant families is epitomized through the Navy Family Ombudsman Program. The ombudsman concept originated in Scandinavian countries where they investigated citizens' complaints against the government. Today the concept is widely utilized in the fields of government, business, and health-care.

Adm. Elmo Zumwalt, Jr. created the Navy Family Ombudsman Program on 14 September 1970 by issuing Z Gram 24. Adm. Michael G. Mullen, CNO, reemphasized the importance of the program in 2007, signing an updated instruction and highlighting the requirement that all Navy families have access to a Navy Family Ombudsman.

What is an Ombudsman? Ombudsmen are volunteers, appointed by the commanding officer, to serve as an information link between command leadership

and Navy families. They are trained to disseminate information both up and down the chain of command, including official Department of the Navy and command information, command climate issues, local quality of life improvement opportunities, and "good deals" around the community. They also provide resource referrals when needed, and are instrumental in resolving family issues before they require extensive command attention. The command ombudsman program is shaped by the commanding officer's perceived needs of his/her command. The command ombudsman is appointed by and works under the guidance of the commanding officer who determines the priorities of the program, the roles and relationships of those involved in it, and the type and level of support it will receive.

The Navy Family Ombudsman Program Ensures a responsive and

accurate source of information between commands and families

Provides an effective, well-trained information and referral service

Provides, a proactive information and education resource via newsletters, telephone/email tress and briefings

Delivers a positive spokesperson and role model for family members

In conjunction with the Navy's sponsor program can facilitate the smooth transition of Sailors and their families during PCS moves

Has proved to be invaluable during natural and man-made disasters

Serve as a critical link for families during mobilization or geographic separation

The Navy Family Ombudsman Program enables service members to be more focused and productive at work because their families have a support system. Since the Navy recruits Sailors, but retains families, families who are satisfied with the Navy lifestyle will more likely choose to stay Navy.

The Ombudsman Program is here for you. If you need an Ombudsman please contact 624-4291 during duty hours and 335-580-1269 after hours.

The FFSC and the Sigonella community will be recognizing all local Ombudsman at the annual Ombudsmen Appreciation Luncheon on September 23, 2009 from 1100-1230. Please join us in celebrating this very effective group of volunteers. Please call 624-4291 to reserve your space at the luncheon.

# Agip

# Tattoo

## Cold Noses

WARM  
HEARTS



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

**Sigonella'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.**



**NASH (above) is a playful dog. He likes to run around and play in the grass. He also loves your attention and will do anything for a little treat.**

**AJAX (below) is a growing puppy. He is still rather shy and quiet, but he does enjoy your attention. He enjoys running around outside and having you chase after him.**



**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.*

# Wittenberg

Alberto Lunetta  
The Signature Staff

# Italian NEWS



*Sicilian Culture, Events and Lifestyle*

## Ognina Virgin Mary Festival begins in Catania

It's that time of the year again. Ognina, a Catania lively fishermen neighborhood of Catania is ready to host another spectacular religious festival honoring the Madonna di Ognina (Virgin Mary of Ognina).

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

Running through Sept. 13, the annual "Festa della Madonna di Ognina" (Feast of the Virgin Mary of Ognina), is one of the most important religious events in Catania.

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

In ancient times, the Ognina's harbor was an important hub.

Tradition has it that Christian converts had been preaching in the port area, which today hosts a sanctuary dedicated to the Virgin Mary, since ancient times, contributing to the spread of Christianity on the entire island. The port was named "Port of Ulysses" because, according to tradition, Ulysses, the legendary hero of ancient Greek literature, landed at this port on his way to Ithaca. The harbor also housed a temple dedicated to the Goddess of war "Athena Longatis." In 1381, the harbor was partly filled by a lava eruption



Photo by Parrocchia Santuario Madonna di Ognina Press Office

The statue of the Virgin Mary of Ognina is carried shoulder-high in procession touring the streets of the Ognina fishermen's neighborhood in Catania during the traditional annual religious festival.

tion that reduced its size even though it created a beautiful small bay which housed the small present-day port.

The Ognina community annually venerates the Virgin Mary as the protector of fishermen and Sailors. This devotion is rooted in some miracles that the Madonna has reportedly worked to protect the Ognina neighborhood and its residents.

According to tradition, one of the most extraordinary events occurred on March 26, 1933 when a violent sea storm threatened the gulf of Ognina. Part of the pier and some boats were damaged. The houses overlooking the coast were struck by 40-foot-tall waves. In order to avert the danger, local fishermen invoked Virgin Mary's help. They placed the statue of the Madonna on the church's square, after moving it from the altar of the Ognina's Sanctuary. Hours later, the sea

miraculously calmed down. Today, devotees still invoke the Virgin Mary during times of need and celebrate a yearly festival in her honor. There are also a lot of local families who claim they were granted miracles by the Virgin Mary. "My cousin recovered from a coma after a car crash thanks to our prayers to the Virgin Mary," said Rosario Armenio, one of the festival organizers. The origin of the modern festival dates back to the 19th century. The residents of the area and fishermen used to fund directly the festival. Money coming from their fishing activity was collected and put into pottery moneyboxes, named "Caruseddi" that were later broken during a short ceremony held on the Friday preceding the main festival day which is Sept. 8 (the Nativity of Virgin Mary). Fishermen would typically allocate half of

## Medusa

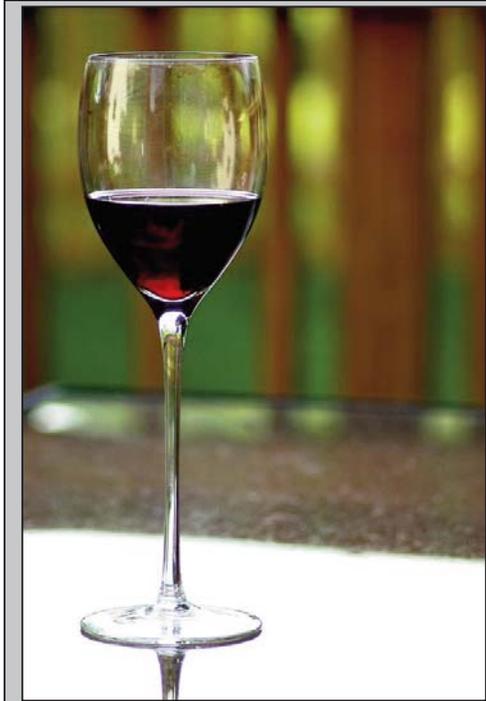
their own weekly income, named "Menza Parti" to support the organization of the festival. Originally, the festival featured a procession during which a statue depicting the Virgin Mary holding baby Jesus was brought in procession on a wooden float through the narrow streets of Ognina district. But on Sept 8, 1885, a fire broke out after the festival as the sacristan forgot to turn off the candles lit on the wooden carriage.

So the wax melted and set both the statue and the float on fire. Thus, a new statue was needed to replace the damaged one. While a French monk was carving this new statue in Paris, a wax sculpture depicting a newborn Virgin Mary (named "Bammina" or girl child) was temporarily displayed in the sanctuary. In 1889, a new statue, depicting the Virgin Mary holding baby Jesus was placed in the sanctuary. The sanctuary hosting this precious statue was erected in 1392. In a 16th century document a local notary named Merlino, wrote that the church had miraculously survived a big earthquake that destroyed the local area in 1542. Merlino also wrote that after the earthquake a group of prisoners were temporarily locked up in the church since

the prison was destroyed. In 1676, historian Giovanni Andrea Massa wrote that pilgrims from all over the world came to the Ognina Sanctuary to thank the Virgin Mary for the graces (healing or other miracles) she had granted them. After a terrible earthquake in 1693, the church was rebuilt facing north. The church has three naves and features a magnificent bronze gate. In the 17th century, Giacomo Vignerio, a Raphael student, painted its interior. "Sigonellans who decide to attend our festa will be amazed to discover that it encompasses artistic, religious and cultural events" Father Fallico said.

**Festival schedule**

The festival opens with the mouthwatering Sagra del Tonno Rosso (Red Tuna Festival) that will take place on Sept. 5/6 at 8 p.m. On Sept. 10, there will be a performance of Sicilian folklore band Lautari and, just like it happened last year, on Sept. 11, the Bellini Opera House Orchestra will bring a night of classic music and opera. Both concerts will be performed on the stage built on the sea in front of the Ognina Sanctuary.



**Wine festival begins in Milo**

On the weekends high quality tradition of Sept. 5-6 and Sept. in the Etna region 12-13, Milo will host winemaking industry. "Vinimilo," the annual festival featuring detailed schedules and Sicilian food, wines and arts & crafts in the town historic center. Milo boasts a

**NEWS BRIEFS**

**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 McKinny at [amber.mckinney@eu.navy.mil](mailto:amber.mckinney@eu.navy.mil) or 624-1259.

**Sushi**

**Alphio's Garden**

**Wheat festival in Raddusa**



Photo by Giuseppe Cirignotta

Make sure you don't miss the annual Festa del Grano (Wheat Festival) running in Raddusa from Sept. 11 through 13. Festival goers will discover how threshing was performed in rural

Sicily in the 1950s (Pisatura or threshing with horses). The festival will be held in the historic center featuring Sicilian Carts parade, town bands concerts, arts and crafts, freshly-baked

dressed bread tasting, flag throwers shows and traditional Sicilian food. For more information, directions and detailed schedules visit <http://www.festadel-grano.it/>

# Cin! Cin!

CELEBRATING THE FOOD & WINE OF SICILY

Need an easy appetizer?



**Bell Pepper Salad for four**  
**Ingredients:**

- 4 peppers, grilled whole on BBQ
- Diced fresh garlic
- Finely chopped parsley
- Olive Oil



Grill peppers until the outside skin is almost totally black. Let cool for approximately 30 minutes in a covered dish or pot (which helps tenderize the peppers)  
Peel the outside skin of the pepper and then open it and remove seeds and stem  
Cut into strips approximately two finger-widths apart  
Add dressing:  
-Salt (2-3 pinches)  
-3 Cloves of garlic  
-Good sprinkle of parsley  
-Approximately 6-8 tablespoons of olive oil  
Let marinate for a few hours  
Mix well before serving.  
Optional: A few drops of Balsamic vinegar or lemon juice.



## Eggplant Parmesan for four

By MC2 Jason Poplin  
Navy Public Affairs  
Support Element East  
Detachment Sigonella

This month's FFSC cooking class teaches the art of Eggplant Parmesan.

**What will you need?**

- Sliced and fried eggplant (slices should be less than a finger-width wide. Fry until golden in color)
- Cooked tomato sauce:
  - Puree ½ carrot, small stem of celery, and ¼ onion
  - After pureeing, sauté in olive oil and add ½ liter of tomato sauce for 15 minutes.
- Add salt to taste.
- Grated parmigian cheese
- Casserole dish



## Navy Lodge



## Oxidiana



**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.

Spoon a light layer of tomato sauce, just enough to cover bottom of dish. Add a couple slices of eggplant on top of the tomato sauce, then coat tops of eggplant with more sauce.



Add cheese, then basil. Add another layer of eggplant. Repeat the process until there are three tiers of sauce and eggplant. The top layer will be tomato sauce and cheese.

Protestant  
Women of  
the Chapel



**ALL WOMEN  
WELCOME!  
Women's  
Ministries  
Tuesdays  
9:15 a.m. -  
11:30 a.m.  
NAS I Chapel  
Fellowship Hall  
Childcare Provided  
For more info.  
www.pwocsig.com**



# Morobishi

Bake until thoroughly heated. A crust should form on top of the sauce. Buon Appetito!

Are you interested in learning more about traditional Sicilian cooking? Learn the fine art of pasta or pizza dough making, or how to make popular Sicilian dishes. The Fleet and Family Support Center holds monthly cooking classes at various restaurants around the island. For more information on the next class, call 624-4291.

# Agip

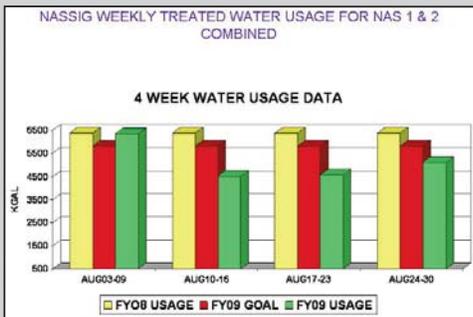


Do you have a passion for writing or are you looking for a little experience in journalism? *The Signature* is seeking volunteers to help cover base wide events as well as feature stories. If this sounds like an opportunity for you please call the Public Affairs Office at 624-5440.

# Go Green Sigonella!

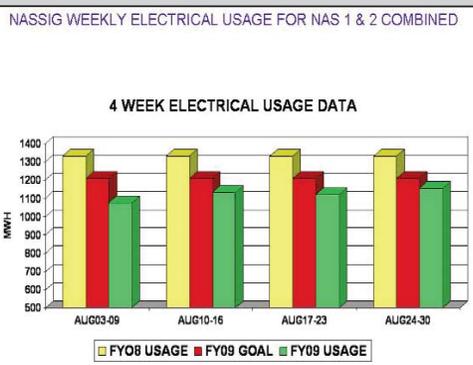
## Water Consumption at NASSIG

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.



- 4 **Lunch:** Chicken Corn Chowder, Tempura Fish, Beef & Broccoli, Penne Ala Norma, Paprika Buttered Potatoes, Glazed Carrots, Fried Okra, Spiced Cake w/ Frosting, Crisp Drop Cookies.  
**Speed line:** Grilled Cheese/Hamburger, Turkey Burger, Pork & Beans, French Fried Potatoes, RIKPAK.  
**Dinner:** Chicken Noodle Soup, Baked Fish, Grilled Steaks, Tossed Green Rice, Corn O'Brien, Lima Beans, Spiced Cake w/ Frosting, Crisp Drop Cookies, RIKPAK.
- 5 **Brunch:** Breakfast Items, Creole Soup, Grilled Reuben Sandwich, Teriyaki Chicken, Beef Fried Rice, Steamed Broccoli, Calico Corn, Cherry Pie, Abracadabra Bars.  
**Dinner:** Vegetable Soup, Baked Lasagna, Roast Veal w/ Herbs, Steamed Rice, Seasoned Asparagus, Steamed Cauliflower, Garlic Bread, Cherry Pie, and Abracadabra Bars.
- 6 **Brunch:** Breakfast Items, Puree Mongole Soup, Cheddar Chicken Broccoli, Fishwich Sandwich, Onion Rings, Eggplant Ratatouille, Southwestern Rice, Club Spinach, Almond Cake, Crisp Toffee Bars.  
**Dinner:** Chicken Vegetable Soup, Sauerbraten, Mustard Dill Baked Fish, Spring Garden Rice, Mashed Potatoes, Natural Pan Gravy, Steamed Cut Green Beans, Seasoned Carrots, Almond Cake, Crisp Toffee Bars.
- 7 **Lunch:** Creamed of Broccoli Soup, Roast Beef, Lemon Baked Catfish, Steamed Rice, Mixed Vegetables, Eggplant Parmesan, Yellow Cake w/ Icing, Fruit Ambrosia.  
**Speed line:** Sub Sandwich, Pasta Primavera, RIKPAK.  
**Dinner:** Mulligatawny Soup, Cajun Meatloaf, Grilled Chicken Breast, Rice Pilaf, Brown Gravy, Peas & Onions, Corn on the Cob, Yellow Cake w/ Icing, Fruit Ambrosia, RIKPAK.
- 8 **Lunch:** Chicken Vegetable Soup, Roast Turkey, Braised Beef Cubes, Steamed Rice, Mashed Potatoes, Turkey Gravy, Carrots and Orange Amandine, Club Spinach, Fruit Cocktail Upside Down Cake, Oatmeal Cookies.  
**Speed Line:** Philly Cheese Steak Sandwich, Onion Rings, Macaroni and Cheese, RIKPAK.  
**Dinner:** Zesty Bean Soup, Baked Stuffed Fish, Baked Lasagna, Orange Rice, Southern Greens, Seasoned Mixed Vegetables, Fruit Cocktail Upside Down Cake, Oatmeal Cookies, RIKPAK.
- 9 **Lunch:** Beef Rice Soup, Blackened Catfish, Honey Ginger Chicken, Farfalle Alfredo, Garlic Cheese Potatoes, Rice Pilaf, Eggplant Parmesan, Brussels Sprouts Polonaise, Cheese Cake, Chocolate Pudding.  
**Speed Line:** Grilled Cheese/Hamburger, Turkey burger, Baked Beans, French Fried Potatoes, RIKPAK.  
**Dinner:** Cream of Chicken Soup, St. Louis BBQ Pork Ribs, Sicilian Submarine, Macaroni and Cheese, Greens Beans Nicoise, Steamed Peas, Cheese Cake, Chocolate Pudding, RIKPAK.
- 10 **Lunch:** Corn Chowder Soup, Roast Pork, Chinese Five Spice Chicken, Mashed Potatoes, Brown Gravy, Steamed Rice, Seasoned Carrots, Asparagus, Peanut Butter Cookies, Cherry Pie.  
**Speed Line:** Baked Potatoes, Sautéed Mushroom, Assorted Pizza, Baked Italian Sausage, Sautéed Pepper and Onions, RIKPAK.  
**Dinner:** Minestrone Soup, Stuffed Cabbage Rolls, French Fried Shrimp, Ginger Rice, Mexican Corn, Steamed Broccoli, Cherry Pie, Peanut Butter Cookies, RIKPAK.

## Galley News

Ristorante Bella Etna has been selected to represent Commander, Navy Region Europe, Africa, Southwest Asia in the FY10 Captain Edward F Ney Memorial Awards competition for food service excellence. CSCM David Robertson and Mr. Michael Bowlin were onboard Monday to inspect our outstanding facility for finalist selection. Ney Finalists will be announced no later than 15 September, 2009.

### RIKPAK's are the galley's new Urban Meal with Warriors Appeal!

They are designed to be to-go meals that are perfect for people unable to dine at the galley. The meals consist of fresh Ham or Turkey Sandwich on fresh baked white or wheat bread, Chips, Sweet Treat, Beverage, Fruit and Mint. The price is the same as a regular meal, \$4.25. RIKPAKs are available from 10 a.m. to 6 p.m. Monday through Friday. Please contact the galley for more information or to advance order at ext: 2061 or 5738.

# Stampa

# ON THE GO WITH MWR

Fit District on NAS I		SEPTEMBER FITNESS SCHEDULE				
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-7 am		Spin w/ Sarah		Spin w/ Sarah		
7-8 am	Spin w/ Miki		Spin w/ Miki			
8-9 am	Aqua w/ Jill		Aqua w/ Jill			
8:30-9:30 am	Kickboxing w/ Jill B	ABC w/ Lisa	Kickboxing w/ Jill B	ABC w/ Lisa	Yoga w/ Danielle	
9:30-10:30 am	Pilates w/ Danielle	Spin w/ Jill	Pilates w/ Danielle	Spin w/ Jill		Kickboxing w/ Angelica
4:30-5:30 pm	Cardio Jam w/ Danielle	Pilates w/ Danielle	Cardio Jam w/ Danielle	Pilates w/ Danielle		
5:15-6:15 pm		Spin w/ Lisa		Spin w/ Lisa		
5:30-6:30 pm	Yoga w/ Luisa	20/20/20 w/ Angelica	Yoga w/ Luisa	Zumba w/ Angelica		

Flight Line Fitness Center on NAS II		Monday	Tuesday	Wednesday	Thursday	Friday
6-7 am	Spin w/ Lorrie			Spin w/ Lorrie		Spin w/ Lorrie
7-8 am		Spin w/ Anna		Spin w/ Anna		
5:15-6:15 pm	Pump It Up w/ Angelica			Pump It Up w/ Angelica		
5:30-6:30 pm		Yoga w/ Luisa		Yoga w/ Luisa		

Mineo Community Center		Monday	Tuesday	Wednesday	Thursday
5:30-6:30 pm			Triple Shot w/ Melinda		Triple Shot w/ Melinda

## Follow the Flag in Remembrance

Join the Sigonella community in recognizing our MIA/POW and the fallen of Sept. 11, on Friday Sept. 11, in a 5K formation run. Runners will follow the American Flag. Run begins at 7:10 a.m. at the Flight Line Fitness Center on NAS II. No pre-registration required. For more information, call 624-4301.

## National Day for Kids comes to Sigonella



Sigonella youth participate in the watermelon eating contest during last year's National Day For Kids.

Saturday, Sept. 12 is Boys & Girls Clubs of America™ National Day for Kids. Sigonellans can join Child and Youth Programs in celebration of our nation's youth with a fun-filled day sure to add miles of smiles to all the young faces. Kids don't have to go far to have a great time. There will be watermelon and pie eating contests, water-play activities, nail and face painting, can shooting and more. Parents can join in the fun too. Volunteers are always welcome. Festivities are held in the Piazza behind the Youth Center from Noon to 3 p.m. For more information, call the Youth Center at 624-3712.

## 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.)

#### Orphan (R)

Vera Farmiga, Peter Sarsgaard, Isabella Fuhrman, CCh Pounder

The tragic loss of their unborn child has devastated Kate and John, taking a toll on both their marriage and Kate's fragile psyche as she is plagued by nightmares and haunted by demons from her past. Struggling to regain some semblance of normalcy in their lives, the couple decides to adopt another child. At the local orphanage, both John and Kate find themselves strangely drawn to a young girl named Esther. Almost as soon as they welcome Esther into their home, however, an alarming series of events begins to unfold, leading Kate to believe that there's something wrong with Esther - this seemingly angelic little girl is not what she appears to be. Concerned for the safety of her family, Kate tries to get John and others to see past Esther's sweet facade. But her warning goes unheeded until it may be too late - for everyone. (123 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, September 4**  
3:00pm Transformers Revenge PG-13  
5:00pm Harry Potter Half Blood Prince PG  
5:30pm I Love You, Beth Cooper PG-13  
7:30pm Orphan R  
8:00pm Away We Go R

**Saturday, September 5**  
2:00pm I Love You, Beth Cooper PG-13  
2:30pm GI Joe: Rise of Cobra PG-13  
5:00pm Orphan R  
5:30pm Ice Age: Dawn of the Dinosaurs PG  
7:00pm Away We Go R  
7:30pm My Sister's Keeper PG-13

**Sunday, September 6**  
2:00pm Transformers Revenge PG-13  
2:30pm GI Joe: Rise of Cobra PG-13  
5:00pm Harry Potter Half Blood Prince PG  
5:30pm Away We Go R  
7:00pm I Love You, Beth Cooper PG-13  
7:30pm Public Enemies R

**Monday, September 7**  
1:00pm Night at the Museum 2 PG FREE  
3:00pm GI Joe: Rise of Cobra PG-13  
5:00pm Transformers Revenge PG-13  
5:30pm The Hangover R FREE  
7:30pm I Love You, Beth Cooper PG-13  
8:00pm Orphan R

**Tuesday, September 8**  
5:00pm Harry Potter Half Blood Prince PG  
5:30pm My Sister's Keeper PG-13  
7:30pm Away We Go R  
8:00pm Public Enemies R

**Wednesday, September 9**  
3:00pm Open Season PG FREE  
5:00pm Ice Age: Dawn of Dinosaurs PG  
5:30pm I Love You, Beth Cooper PG-13  
7:00pm GI Joe: Rise of Cobra PG-13  
7:30pm Away We Go R

**Thursday, September 10**  
5:00pm Transformers Revenge PG-13  
5:30pm GI Joe: Rise of Cobra PG-13  
7:00pm My Sister's Keeper PG-13  
8:00pm Public Enemies R

Movie dates and times are subject to change.

SHOWING FRIDAY, SEPTEMBER 11

3:00pm Ice Age: Dawn of Dinosaurs PG  
5:00pm Harry Potter and the Half Blood Prince PG  
5:30pm G-Force PG  
7:30pm The Ugly Truth R  
8:00pm Orphan R

COMING BACK

Funny People, Aliens in the Attic

MOVIE HOTLINE:  
624-4248

## Miles of smiles for all!

September marks the return of Sigonella's annual Triathlon. This year, MWR fitness has added a youth triathlon to the triathlon program. The Kids Triathlon is the kick-off event for National Day for Kids, Saturday, Sept. 12. Kids will challenge themselves to a swim, bike and run in this free event. Pre-registration available now at the Fit District desk. The event will begin at 8 a.m. at Splashers pool on NAS I. There are difficulty levels available for every age group. For the bike portion, all participants are required to wear a bicycle helmet.

The Adult Triathlon is Saturday, Sept. 19. Participants can either compete individually or put a team together to compete in a 500-meter swim, 12-mile bike ride and 5K run. The race starts at 7:30 a.m. at Splashers pool on NAS I. The event is free and open to anyone 18 or older. Need a bike? ITT Gear-n-Go has bicycle rentals available. Be sure to arrive early to hear course rules and layout as well as allow time to set up your transition area.

Pre-registration is highly encouraged for both events. Stop by Fit District or call 624-4483 for more information.

For more information on MWR's programs and services, call 624-3968.

**THEATER, continued from page 1**

Princess and the Pea," and by the time the curtain rose on Saturday, Aug. 29, they had gained a new understanding about theater and themselves. The organization's mission is "the development of life skills in children, through participation in the performing arts." During the week-long camp, the team from Missoula teaches the children how to work with scenery, costumes, props, make-up and basic lighting. The students also have the task of learning lines, songs and choreography to perform in a full-length musical.

Erica Zintek and Jeremiah Henriksen flew in to Sigonella as a part of the Missoula Children's Theater staff. This stop is the final one in their eight-week tour of Europe. Zintek and Henriksen agree that putting together a one-hour long production takes a lot of commitment from the kids who are cast in the ensemble. The duo flew in to Sigonella on Sunday night and by Monday morning were holding auditions for the following Saturday's production. "We look for people who can be loud and clear, with big and expressive bodies, and most importantly, kids who can listen and follow directions," said Henriksen.

Both directors stress that the skill of acting comes secondary to the other skills students need to succeed in the play. "Our goal through the week is to teach the kids life skills using theater, so they get that confidence that if they can do a play in one week, then they won't have any problem learning math equations for a test, or when they get older, they can run for student body president without feeling self-conscious about it," said Henriksen. "It's really more important for them to get that confidence than their acting abilities in our minds."

The job, they say, is a rewarding one, and they relish seeing the students work together to put on a show for their friends and family. "The most rewarding thing for me is; I personally love when you get a parent or a teacher who says, 'That kid's not going to be able to do this' during the week and then the kid does it and shows them they can. There's just an extreme pride at the end of the week and it's so worth the job," said Zintek.

A student who was cast as The Princess, is not new to the theater scene. She has been cast in "Singing in the Rain," "Grease," "The Crucible," and "Rumors" and really enjoyed the learning experience that "The Princess and the Pea" brought her. "It's harder than you think it's going to be," she said. "But, it's going really well and I'm excited about how it's all worked out."

One of her co-stars auditioned for and got the role of The Pea. In the past, she has taken the stage in "The Music Man" and "The Frog Prince." "I just like being able to be a different character," she said. "It's something cool." She says that her nerves usually kick in five minutes prior to the show starting, and to combat that, she just closes her eyes and pretends it's just another rehearsal.

Melanie Resto, from Morale, Welfare and Recreation's Child & Youth Programs said that the Missoula Children's Theater provides an excellent tool for Sigonella youth. "Sigonella is an isolated community," she said. "We are a part of many other military installations, so I think that having Missoula here is just another tool that has helped us to unite this community and provide something that is new and fresh. It reminds the community that that aren't forgotten out here."

**LEADERSHIP, continued from page 2**

was totally in God's hands. The doctors gave her no hope of survival. She adjusted her sails each step of the way. Even when she was extremely sick from chemotherapy, she still had a sense of humor and a healthy attitude. Although she was leaving behind a great husband and three children, her mental outlook amazed me. Sure, she had bad days during her fight with this malady, we all have bad days. But, her disposition was guided by her attitude. Even in the end when I could barely recognize my big sister anymore, she stayed positive.

So if we've been dealt some of life's blows, let's keep our heads up and shoulders squared. Let's consider these words from the apostle Paul to the Philippian church, "And now, dear brothers and sisters, let me say one more thing as I close this letter. Fix your thoughts on what is true and honorable and right. Think about such things that are pure and lovely and admirable. Think about things that are excellent and worthy of praise" (Phil 4:8, New Living Translation).

We cannot change the inevitable. However, we can all play on the one string we have - our attitude.

**MOTORCYCLE, continued from page 1**

away from the safety. We're actually adding to it."

Foster was impressed with the overall training the Navy provides its riders.

"The Navy training seems really comprehensive compared to the States, which was really nice to hear," Foster said. "I tried to fill in a few spots that I didn't hear from their talks. I'm not formally trained in safety, but I definitely wear my PPE at home."

Foster urged all in attendance to take a personal interest in learning about their motorcycles and proper maintenance.

"The factories build almost race bikes right out of the showroom that are so good they give you false confidence, and they make you feel like you're Superman on them," Foster said. "They handle so well and they break so well, but without some time under your belt, they're so good that you don't even know how fast you're going. You can get in trouble super

fast." Proper training is imperative for riders of all experience levels, Foster said.

"If you learn one thing in these meetings, even if you've been riding a long time, and it makes you stop and think about something that maybe you take for granted, then that's great," said Foster. "You really never stop learning. When you do, that's when you're in trouble."

Overall, Foster appreciated the chance to interact with Sigonella riders and impart some of the knowledge he has learned from his lifetime of working with motorcycles.

"It's really been a pleasure. I appreciate what [service members] do for me," Foster said. "I'm proud of them. What a great group of men and women. It makes me really confident in my country."



Photo by Lt. Matt Knight, NAS Sigonella Public Affairs Officer  
NAS Sigonella dependents portray the "Storm Queen," "Storm King," "Prince Ice Man," and "Jack Frost" as part of the Missoula Children's Theater production of "The Princess and the Pea." Dependents ages 6-18 from NAS Sigonella took part in the Missoula Children's Theater week-long visit to NAS Sigonella. Staff from the Missoula Children's Theater put on the week long camp for youth interested in the performing arts which ended in a full performance open to the community.



Attention all good standing Catholic gentlemen! Come join the ranks of Sigonella's newest Knights of Columbus Chapter! We meet the first Sunday of

every month at 1000 a.m. (after Catholic Mass) at the NAS I Chapel. You may also contact a fellow Knight after the Sunday Mass service in the NAS I Fellowship Hall, or Mineo community Building. (Pizza and soft drinks provided at the meetings!) For more information visit - [www.kofc.org/](http://www.kofc.org/)



Agip

Kartodromo

Marchi

**That Guy.com**



\*The That Guy campaign is sponsored by the Department of Defense.

# THE SPORTS LINE

## PIGSKIN PICKS

Introducing your panel of prognosticators

	#14 Oregon at #16 Boise State	Navy at #6 Ohio State	#13 Georgia at #11 Oklahoma State	Missouri at Illinois	#24 BYU at #3 Oklahoma	#5 Alabama at #7 Virginia Tech	Maryland at #12 California	#9 LSU at Washington
 <p><b>Overall Record:</b> NFL: NCAA: Capt. Jaeger, USNH Sigonella</p>	Boise State	Ohio State	Georgia	Missouri	OU	Bama	Cal	LSU
 <p><b>Overall Record:</b> NFL: NCAA: D Day</p>	Oregon	Ohio State	OK State	Missouri	OU	Bama	Cal	LSU
 <p><b>Overall Record:</b> NFL: NCAA: Chief Payne, Weapons</p>	Oregon	Ohio State	Georgia	Illinois	OU	Bama	Cal	LSU
 <p><b>Overall Record:</b> NFL: NCAA: MC3 Idle, Exec Admin</p>	Oregon	Ohio State	OK State	Illinois	OU	Bama	Cal	LSU
 <p><b>Overall Record:</b> NFL: NCAA: SN Kaminski, PSD</p>	Boise State	Ohio State	OK State	Illinois	OU	Bama	Cal	LSU
 <p><b>Overall Record:</b> NFL: NCAA: Joe Cunningham, NCTS</p>	Boise State	Ohio State	OK State	Missouri	OU	Bama	Maryland	LSU

# Maryland

**Capt. Gina Jaeger:**

I am from the state of Pennsylvania, home of many great football teams including my #1, the Philadelphia Eagles! Football season is my favorite time of year - I am ready for some football! E-A-G-L-E-S EAGLES!

**D-Day (The Signature's Wild Card Pick):**

I've been pickin' winners since many of you readers were in diapers. So strap yourselves into your car seats kiddies!

**GMC Jason Payne:**

I work at the Weapons Department, soon to be Navy Munitions Command A.K.A NAS III. I'm a huge Buckeyes fan, but I will be the first to tell you, as an alumni, I scrutinize them harder than any other fan. No Sugar coating here. I seriously hope the Bucks go 0-11 this year, because I feel that a certain QB on the team is a repeat of Maurice Clarrett, for those of you old enough to remember. I will still probably pick them to win a few. I hate the fact we are 0-11 in Bowl games against the second best conference in NCAA Division I Football (The SEC). Go away PAC-10 fans, get some credibility year in and year out from your other nine teams. You might as well call it the USC conference. To all you WKBW's (Whiney Kiddie Baby Whiners) wake up!!!! Your conferences have old has-beens that need to retire and let others step in and change things (ACC, Big East). Oh by the way, I really despise Michigan. To all those who love your maize and blue, that one is a career killer for both coaches. So, good luck U of M on next year's new

coach. I look forward to having fun and a lil trash talking this year. Good luck to all the fans here in Sigonella and I look forward to watching some LATE LATE night football with some of you. Be safe and remember don't drink and drive. Peace Ya'll.

**MC3 Jon Idle:**

I'm a fanatical sports fan who follows football, baseball and basketball religiously. I love football season more than any other time of the year. In the off-season I'm relegated to following college recruiting and the NFL draft to get my football fix. I grew up in California so I'm a die-hard fan of the A's, Raiders, Warriors and USC Trojans. I'm looking forward to a great season, maybe not so much for the Raiders. At least I have the Trojans though.

**PSSN John Kaminski:**

This year should be interesting to watch now that we have (Colt) McCoy, (Tim) Tebow, and (Sam) Bradford back for their final seasons. We'll see how my Golden Gophers do this year in a tough Big Ten conference. Thanks for stopping by.

**Joe Cunningham:**

I am a contractor working for the Raytheon Technical Services Company (RTSC) here at Sigonella in support of the Global Broadcast Service (GBS). I relocated to Sigonella from Reston, Virginia, 18 months ago. As far as football is concerned, it's the American game: there's nothing like a fall Friday night at home going to the local high school game. College and the NFL are just extensions of that!

# Stella

# Days Inn

# 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](mailto:thesig@eu.navy.mil)

If you are transferring to Sigonella and would like to see the classified section in full, email us at [thesig@eu.navy.mil](mailto:thesig@eu.navy.mil) to verify your affiliation with the U.S. Military. If you are stationed at NAS Sigonella, you can find copies of The Signature on both NAS I and NAS II.

Anyone interested in sending ads via email should leave a phone number and point of contact name at [thesig@eu.navy.mil](mailto:thesig@eu.navy.mil). Ads run for two weeks on a space available basis and must be sponsored by active duty military members, family members or Italian/American base employees. Ad must be 40 words or less and typed in regular upper case, lower case format. *The Signature* does not accept ads that bring profit to a business or individual, such as maid, babysitting services or home rentals. AFRTS/AFN decoders must be sold only to another authorized individual: active duty or retired U.S. military, DoD direct-hire employees, and their spouse. If someone would like these types of services in *The Signature*, call Stampa Generale @ 081-568-7884.

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