

THE Signature

SIGONELLA, SICILY

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SEPTEMBER 18, 2009

Sigonella sailors remember local victims of 9/11 in Nissoria

By Whitfield Palmer

Navy Public Affairs Support Element East Detachment Sigonella

NISSORIA, Sicily – Sailors from the U.S. Naval Hospital Sigonella gathered with local nationals in Nissoria Friday, Sept. 11 to honor two locals from the town who died in the terrorist attacks on the Sept. 11, 2001.

The memorial for the two victims, Vincenzo di Fazio and Salvatore Lopes, began with a Holy Mass at the San Giuseppe Cathedral located in the town's main square. Following the Mass, the sailors joined a procession led by town officials to a small park where a wreath was laid in memory and Mayor Filippo Buscemi addressed the attendees.

dees.

"It's a pleasure and an honor to have Americans with us here today," said Buscemi. "Our community has lost two of our own in this tragedy that happened in America and it is a tragedy that we share."

Capt. Lisa Peterson, a pediatrician at the U.S. Naval Hospital Sigonella also spoke at the memorial.

"We appreciate the opportunity to be here in this joint expression of grief," said Peterson. "It's important that these feelings and expressions bring people together, Americans and Italians and the communities of Sigonella and Nissoria."

The memorial closed with the playing of the national anthems of Italy and the United States by the town's marching band.



Sailors from the U.S. Naval Hospital Sigonella, members of the Italian military, and town locals honor two victims of the Sept. 11 terrorists attacks from the town of Nissoria. The sailors have joined the town of Nissoria in remembering the attacks and the two victims, Vincenzo di Fazio and Salvatore Lopes, since 2002.

Sigonella families enjoy National Day for Kids

By MC3 Jonathan Idle

The Signature Staff

Parents and children from the Naval Air Station (NAS) Sigonella community came out to celebrate National Day for Kids Sept. 12 on NAS I.

National Day for Kids was established by the Boys and Girls Clubs of America in an attempt to bring families closer together, said Melanie Resto, Sigonella Youth Activities Director.

"It was established in 2001 to try and create a movement to have this day set aside on the national calendar just like Father's Day or Mother's Day," Resto said. "Quite often, we just don't remember to take the time out to spend a day with our children just doing fun stuff. There's no special thing attached to this day except for a reminder that this is a day we should mentor kids and just take time out for them."

The event included a number of different activities for the whole family to enjoy including parent/child pie and watermelon eating contests, Velcro games of pin the tail on the donkey and target shooting, face painting, a moon-bounce, and several



Sigonella kids feed pies to their parents during a pie-eating contest at National Day for Kids Sept. 12 at NAS I.

others. "This is just the first day of many, we hope, that we have as a reminder to parents to take a little time out away from the TV," said Resto. "We don't have anything here

that is digital or fancy. It's just good old plain fun. Sometimes you've got to remember to do that as well."

Resto expressed her desire for all members of the community to join

KIDS, continued on page 12

Sigonella remembers 9/11



Photo by MCSN Whitfield Palmer, Navy Public Affairs Support Element East Detachment Sigonella

Naval Air Station (NAS) Sigonella sailors stand at attention during a flag memorial service in honor of the memory of the victims of the Sept. 11, 2001 terrorist attacks. The memorial included an invocation, a moment of silence, and the presentation of a wreath dedicated to the victims.

WEATHER UPDATE

September 18
H:85F
L:71F



September 19
H:84F
L:67F



September 20
H:86F
L:70F



September 21
H:87F
L:71F



September 22
H:84F
L:67F



September 23
H:86F
L:70F



September 24
H:80F
L:67F



TOP STORIES

We have all experienced missed opportunities and misfortunes in life. We may have lost a job, a promotion, a PSC to a favorite place or lost a chance at romance. All these events may have led us to feel betrayed, frustrated or disheartened. But have you ever thought to be thankful for that lost opportunity?

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In today's society, energy and water conservation have become two highly discussed topics. Naval Air Station (NAS) Sigonella is embracing these challenges to become more eco-friendly by implementing new conservation practices on the base.

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In recent years, the Ombudsman Program has established communication networks for family members of individual augmentees. They have expanded services to ombudsmen serving in remote, isolated, or locations outside the close proximity of a Navy installation.

Page 5

If you have recently visited the Catania Pescheria or fish market, you have probably noticed that it looks almost empty. No don't worry, there is no strike going on.

Page 6

An 11th Century Norman Castle and rock formations made famous by the Greek poet Homer are a 45-minute drive from base. Aci Castello and Aci Trezza are neighboring seaside villages nestled along the Ionian coast just north of Catania.

Page 8

TRAFFIC NUMBERS

	Jan. 09- Sept. 09	Jan. 08- Sept. 08
Accidents	155	201
Injuries	18	32
DUIs	1	5
Traffic Deaths	0	2

PLEASE,
DON'T BECOME
A STATISTIC!

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DIRECT LINE NASSIG COMMAND MASTER CHIEF, CMDCM ROSA L. WILSON

Let me start out by saying congratulations to this year's selection to Chief Petty Officer. Making Chief is one of the best feelings in the world; it's kind of like winning an Oscar. I personally like participating in the training each year because I believe in spending time interacting with the new selectees and watching how they respond to the training. I would also like to take this time to say how proud I am of the effort the Chief Mess has put into the training this year.

To these new chiefs, I want to

offer you some words of wisdom as you go back to your workplaces.

-Chiefs communicate. Our power is in our teamwork.

-Chiefs look out for the Sailors.

-Chiefs have the answers.

-Chiefs do not stay in their comfort zone.

-Chiefs continue to strive for

improvement, and enforce policy.

-A Chief's keys to success are "HONESTY AND INTEGRITY IN EVERY ACTION."

Lastly, be the strong link in the chain of leadership.

I need someone who can lead their people through any assignment - not just assignments related to their field.

I challenge you to shoot for the stars whether they are the stars of a Master Chief or stars of an Admiral.



Sexual Assault Victim Intervention there for you

By HM2 Cassotta ed.
Naval Hospital Sigonella

A recent survey of 9,684 adults has shown that 10.6% of women reported that they had experienced a forced sexual encounter, and 2.1% of men have reported the same facts.

What is Sexual Violence? Sexual Violence is an unwelcome sexual act that has no gender or age bias.

The perpetrator is often someone who is known by the victim, and has no problem in forcing themselves on their victims. Sexual Violence is not only a physical act; it can be a threat, intimidation, harassment for sexual favors, as well as mental abuse by instilling fear and often shame in the victim.

Sexual Assault Victim Intervention (SAVI) is a program designed for those individuals who have experienced sexual violence and are in need of support. SAVI encompasses the Sexual Assault Response Coordinator (SARC) or Victim Advocate (VA) who are there to give comfort, advice and support the victim in determining which option of reporting. These advocates are available 24/7 to ensure support is provided.

In the military system, there are two reports that can be instituted; restricted report and unrestricted report. Restricted report allows for complete confidentiality and full medical support while unrestricted reporting allows the military to pursue an investigation as well as medical and additional support services.

Some simple things you can do to avoid becoming a victim:

If you consume alcohol, do so in moderation. Studies indicate that about half of all U.S. sexual assaults involve the use of alcohol by the offender, the victim, or both.

Do not leave your beverage unattended or accept a drink from an open container.

When you date someone, communicate clearly with that person to ensure he or she knows your boundaries from the beginning. Verbal and nonverbal communication can be used to ensure the message is understood.

If you go on a date with someone you do not know very well, tell a close friend what your plans are and keep the date in a public forum.

SAVI, continued on page 12

HEALTH WATCH

NASSIG WORSHIP SERVICES

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

ROMAN CATHOLIC		PROTESTANT	
Sunday		Sunday	
0830 Catholic Mass (NAS I Chapel)	0900 General Protestant (Mineo Community Center)		
1200 Catholic Mass (Mineo Community Center)	1000 Traditional Protestant (NAS I Chapel)		
1600 Catholic Mass (NAS II Chapel)	1130 Contemporary Protestant (NAS I Chapel)		
Monday - Thursday		CHURCH OF CHRIST LAY SERVICE	
1130 Catholic Mass (NAS II Chapel)	Sunday 1530 NAS I Chapel Rooms 3 & 4 (Call 624-5128 or 335-841-8069)		

JEWISH SERVICES: Please call 095-86-1205

OTHER SERVICES/ACTIVITIES POINTS OF CONTACT

Latter-day Saints: Please email ldssig@gmail.com or call 624-1314 or 349-1977-116

AA Meetings: Monday, Wednesday, Friday - 1900, NAS II Chapel, 346-840-7745

CHAPLAIN CORNER



Chaplain Concha

When one door closes, another opens

"I arrived to Sigonella but I was supposed to be in Hawaii." "My parents had plans to visit us here but I had to deploy and all our plans changed." "I was hoping to be promoted but it didn't happen." These are common remarks that may well happen to you or to me. Sometimes, even our own daily activities may not work as we plan.

Alexander Bell, telephone inventor in 1876 said, "When one door closes, another opens; but we often look so long and so regretfully upon the closed door that we do not see the one which has opened for us."

We have all experienced missed opportunities and misfortunes in life. We may have lost a job, a promotion, a PCS to a favorite place or lost a chance at romance. All these events may have led us to feel betrayed, frustrated or disheartened. But have you ever thought to be thankful for that lost opportunity? Have you ever expressed gratitude in the face of loss? It is hard to see it but it is also an excellent occasion to change for a better time.

We've all heard the saying "when one door closes, another one opens," yet we rarely keep this in mind when faced with difficult circumstances. Do we celebrate when we are turned down for a promotion, or laid off from our job?

Simply, closed doors are opportunities to move forward in our lives. They are the way of telling us to move on from a situation. New opportunities are unlimited, and many times we can find that they are wonderful new experiences we have never expected.

Of course, we cannot control events but can prepare ourselves for new experiences in life. You may want to try it. Use your imagination and willingness to survive as you look to enter the 'door' of opportunities. Accept the past but face the present. Go on searching for new options in life. Carry on your daily routine with a sense of trust in yourself and the abilities to pursue new opportunities. Ask the Almighty for help.

Your heavenly Father knows what you need most. "But seek first

OPPORTUNITY, continued on page 12

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EMERGENCY MANAGEMENT OFFICE

Be prepared to be on your own for at least three days. Seven is better! The BASIC FIVE: Water, Food, Heat, Cash, Radio; Family Communications Plan: Phone Numbers & Rally Points; Public Protection Strategies: Evacuation and Shelter-in-Place; Web info: Ready.gov; Emergency info: AFN 106.0 FM; Questions? Call the EM Office at 624-2630, 8265 or 2621.

NAVY NEWS

New irrigation system saves drinking water for NAS Sigonella

By MC3 Jonathan Idle

The Signature Staff

In today's society, energy and water conservation have become two highly discussed topics.

Naval Air Station (NAS) Sigonella is embracing these challenges to become more eco-friendly by implementing new conservation practices on the base.

One such method is the recently completed landscape irrigation project on the operational side of Sigonella.

The \$1 million project, headed up by the Public Works Department (PWD), reuses treated effluent water from the wastewater treatment plant for irrigation, said Del Renken, Utilities & Energy Management Branch Head for PWD.

"This is a common system in the United States and is frequently used as a method of irrigating golf courses," he said. "Now that the project is complete, approximately one half of the NAS II landscaping, which was previously irrigated with regular drinking water, makes use of the treated effluent."

The new system covers a large portion of the operational side of Sigonella and runs off of an automated system.

"The new irrigation system waters about three kilometers of landscaping on both sides of the main road of NAS II," said Renken. "There are 40 individual irrigation zones managed with the Base Management Direct Digital Control (DDC) system. Landscape personnel are no longer required to manually operate the sys-

tem.

Renken believes this new system is going to pay dividends during the summer.

"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," he said.

Renken stated that there were several obstacles to overcome to bring the project to fruition.

"Naturally, there are environmental concerns with using the treated effluent for irrigation. Before the system could be placed in operation, Public Works Environmental personnel worked with Italian authorities and the Navy Preventative Medicine Officer to obtain the appropriate operational

permits, and to ensure the system is in complete compliance with BUMED and U.S. Public Health standards. The treated effluent is routinely tested for bacterial contamination and continuously treated with chlorine."

However, the ecological concerns were not the only obstacle to completing the project.

"Obtaining the financing for the project was the most significant obstacle, since the project cost about \$1 million," he said. "It was funded as a CNRE special project. The other obstacle was to get an Italian environmental health permit to use effluent for irrigation."

The project was initiated by PWD, but it took a cooperative effort to fully bring it to life.

"The irrigation piping installation and DDC system connection was

performed by an Italian contracting company under the direction of AMERESCO, an American based Engineering/Construction Company," said Renken. "Seabees from the Public Works Department designed and installed the chlorination treatment system and the critical effluent connection piping between the Waste Water Treatment Plant and the irrigation reservoir tank."

"The new irrigation system has proven to be a great success for Sigonella, so the Public Works Department intends to expand the system to eventually cover 100% of the landscaping on NAS II. The Utilities and Energy office is working with the AMERESCO Co to complete the project through an Energy Savings Performance Contract during calendar year 2011."

PHOTO FROM THE FLEET

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

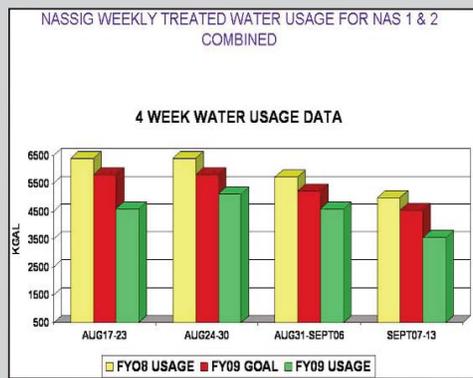


Photo by MC2 Gary Prill, Navy Public Affairs Support Element East Detachment Sigonella

Twenty-seven Sigonella firefighters were recently awarded a total of 42 firefighting certifications from the Dept. of Defense Firefighter Certification Program and the International Fire Service Accreditation Congress after completing a rigorous training curriculum. The recipients were a mix of active duty and reserve military ABHs and local national civilians. Their certification levels ranged from Firefighter I through Airport Firefighter and Operations. The local national firefighters had the added challenge of completing the training materials and written examinations in English. Congratulations to each of these outstanding fire protection professionals.

Water Consumption at NASSIG

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



NEW ARRIVALS

Rebecca and Robert Hauelsen
 Boy
 Russell James Hauelsen
 September 7, 2009
 Weight: 10 lbs 3 oz
 Length: 21 in

Calvary Monika

Muscle

				FRIDAY	SATURDAY	SUNDAY
				18 SEPTEMBER	19	20
				Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 Military Sport Bike Rider Course Motorcycle Range x5630	Sigonella Jaguars Football at Alconbury Sigonella Jaguars Volleyball, CC, Tennis at Naples SAWS Adopt-A-Thon Commissary 10 a.m.	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY			
21	22	23	24	25	26	27
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 Sex Signals FFSC 8 a.m. - 1:30 p.m. x4291 Wellness Fair in front of NEX/Commissary 1 p.m. - 5 p.m. x4950	ARC Orientation American Red Cross 10 a.m. - 1 p.m. 624-4900 Sigonella School Early Dismissal Students released at 10:45 a.m. Cooking Class FFSC 9:30 a.m. - 3 p.m. x4291	Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 No School	Hispanic Pot Luck Celebration Jox 10 p.m. - 2 a.m. Sigonella Jaguars Football at Brussels Sigonella Jaguars Volleyball, CC, Tennis at home vs. AOSR	
28	29	30	1 OCTOBER	2	3	4
Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 Sigonella Elem. School Advisory Committee Meeting Elem. School Room 106 2:45 p.m. x4406	Tobacco Cessation Flight Line Clinic 12 p.m. - 1 p.m. x4710	Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 Jaguar Booster Club Meeting Sigonella High School 5 p.m. x3294		Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745	Sigonella Jaguars Football at home vs. Alconbury Sigonella Jaguars Volleyball, CC, Tennis at Milan/ISF	Hispanic Breakfast NAS I Community Center 9:30 a.m.

Sushi

Maricriu

Funny Island

Motta

Did you know that . . .
 White Elephants to you could be treasures to someone else? Have you out-grown those roller blades and clothes in your closet? Will you ever try to break your neck again on that gift unicycle? Does the thought of organizing and preparing for a garage sale turn your stomach? Navy-Marine Corps Relief Society Thrift Shops are your answer. Thrift Shops are great places to take items that you no longer use but are still in good condition. Why not recycle your discards and make them available to your shipmates and fellow Marines? It's a good way to clean house and, who knows, you might even treasure someone else's white elephant!
Offering Money-Saving Alternatives!
www.nmcrs.org



The

Fleet & Family Support

Center

Fleet and Family Support Center
 Administration Building 319
 NAS I

Monday-Friday 0730-1630
 DSN 624-4291
 Commercial 095-56-4291

Ombudsman Appreciation Day was Sept. 14

**By Commander,
 Navy Installations Command Public Affairs and
 NAS Sigonella FFSC**

WASHINGTON (NNS) --
 Ombudsman Appreciation Day was Sept. 14, and events were held by many commands on or near that day, as operational schedules allow.

"This will be an opportunity for people around the fleet to stand together and give thanks to those who work tirelessly to improve the readiness of commands and the lives of Sailors and Navy families," said Bobbi West, ombudsman at large. "Without them, we could not do what we do as a Navy."

The morale, health, welfare, and efficiency of command personnel are the responsibility of the commanding officer. The command ombudsman assists the commanding officer in carrying out this responsibility.

Ombudsmen are professionally trained information and referral volunteers who serve as a vital two-way communication link between the command and family members. The program enhances the exchange of information and ideas between the leadership of the command and the family members of those serving within the unit.

Navy Family Ombudsman Program provides a labor cost avoidance in excess of \$48 mil-

lion per annum through volunteerism. Ombudsmen provided information and referral resources to satisfy more than one million inquiries received last year.

In recent years, the Ombudsman Program has established communication networks for family members of individual augmentees. They have expanded services to ombudsmen serving in remote, isolated, or locations outside the close proximity of a Navy installation. The program has also created "Ombudsman Basic Training Orientation" for ombudsmen who are unable to attend Ombudsman Basic Training (OBT) within six weeks of appointment. This Webinar-based training ensures that all command ombudsmen have the most critical basic knowledge to perform their volunteer duties while waiting to attend the standard OBT course.

Future initiatives include the expansion of ombudsman resources and services to individual augmentee families or families of wounded, ill or injured service members.

The Navy's Ombudsman Program is run by the Fleet and Family Support Program, which reflects the program's commit-

ment to promote the resilience and self-reliance of Sailors and Navy families and to help them navigate the uniqueness of military life.

"With the increasing demands of the Navy, of deployments, especially those serving as individual augmentees, we need ombudsmen more than ever," West said. "The performance of our Sailors and the mission readiness of our commands is a testament to the great success of the command ombudsman," West said. "I encourage everyone to take Ombudsman Appreciation Day as an opportunity to express their gratitude."

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 Ombudsman Appreciation Luncheon on Sept. 23, 2009 from 1100-1300. Please join us in celebrating this very effective group of volunteers. Please call 624-4291 to reserve your space at the luncheon.

Angela

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.



BOBBI (above) has grown so much in the time that he has been with us. He loves to play with his toys as well as other dogs. Bobby is extremely sportive and would be the perfect addition to any active family.

ED (below) is very playful and would really complement an active family as well.



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

SEXUAL ASSAULT / VICTIMS INTERVENTION

SAVI offers a Sexual Assault Hotline staffed with trained advocates who man the SAVI Hotlines 24/7. The number is 335-642-8312 or 335-606-6146.

Marchi

By Alberto Lunetta
The Signature Staff

Italian NEWS



Sicilian Culture, Events and Lifestyle

Catania mayor sweeps illegal vendors from fish market

If you have recently visited the Catania Pescheria or fish market, you have probably noticed that it looks almost empty. No, don't worry, there's not a strike going on. The temporary closure of some fish stands is due to a major unprecedented crackdown by the Catania mayor on unlicensed fish mongers who have actually been breaching food hygiene laws for decades. It all reportedly started a couple of weeks ago, at the end of a scorching summer, when a German tourist, a doctor, documented serious cleanliness problems at the fish market and filed an official complaint with the European Union Committee on Health. It had the effect of a bomb, whose "explosion" forced Catania city authorities to inspect the market right away.

When I got to the market last week, the atmosphere was surreal to say the least; it wasn't as bustling as usual. Piazza Alonzo Di Benedetto, the square located behind the famous Amenano Fountain in Elephant Square, was empty; there were only two portable toilets which have never been there. Few stands were open in other adjoining streets. There was no dealer screaming, as usual, to attract customers to buy their fish. There was only a group of unlicensed fishmongers who gathered to protest and discuss the issue, as well as a French tourist couple who was looking at a map trying to figure out if that was the right market. "Fishermen have been selling fish for over 40 years in this square! I don't understand what is going on. They want us to pay for a license and to buy plastic gloves, hand washing facilities, etc. We cannot afford that! I think they just want to get money from us," said one of the angered illegal fish dealers.

It's interesting to note that he actually said "fishermen" and not "fishmongers." That is one of the primary reasons for the mayor's crackdown on those illegal dealers operating at the Pescheria. Local fishermen had been selling fish in that square for years without proper permits, operating under unhealthy conditions and without the necessary equipment. The same has been happening for some fishmongers, who had placed their stalls in adjoining areas of the market without having a license. Several fish dealers have already



Photo by Alessandra Lunetta

The Catania Pescheria (fish market) will soon look different from the above photo as the mayor has already implemented a zero tolerance policy regarding unlicensed vendors. The mayor said the new market will meet the strictest Italian and European Union health and food safety standards.

been fined for poor hygiene standards as a result of inspections carried out over the past two weeks by local and European Union health authorities. Just like the majority of Catanians and tourists, I personally never had any health problems from eating fish that I bought at that market, probably from some illegal vendor. After all, it looked fresh. However, that only means that I was lucky. Fish is typically cooked and so many types of germs are killed.

Catania Mayor Raffaele Stancanelli has announced a zero tolerance policy in enforcing the city's health laws at markets. He wants to clear markets from the illegal fish peddlers and, in order to be fair to the ones who abide by the law, make sure that everyone has a license.

The Pescheria is one of the best tourist attractions of Catania. Despite the initial skepticism of some unlicensed fish dealers who staged a few protests which ended in a confrontation with police, fishmongers seem to be willing to cooperate with health authorities in complying with acceptable operating standards for selling fish.

"This is an unprecedented revolution in the history of Catania. Fishermen have been so far very responsive to the new plan and have been cooperating with the local authorities in saving the historic heritage of our markets. They have understood that markets would only survive if vendors comply with all the health law requirements and food safety regulations. Local produce and fish are among our most precious resources and we definitely need to protect them. However, our main intent is to safeguard consumers' health," Stancanelli

said. The mayor also made it clear that there would be no excuses for illegal fish dealers who are not willing to comply with the food code. The ones who will abide by the law would be granted a license and new stands at the market. No exception to the rule!

Stancanelli has also unveiled his plan to inspect other Catania markets.

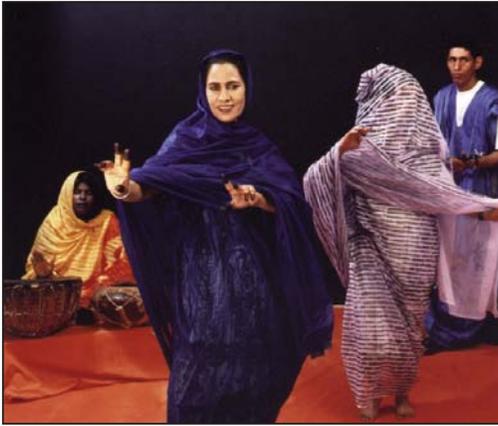
Some fish dealers and residents are still protesting against the change but they don't have a choice. An amateur photographer even sent a letter to the editor of a local newspaper in which he writes that he would like for the fish market to stay the same because, thanks to its "folkloristic beauty," he has won several photographic competitions. Too bad for him. Health comes first!

Morobishi

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.

WOMAD kicks off in Taormina



The prestigious WOMAD Festival (World of Music, Arts and Dance) returns at the Taormina Greek Theater from Friday, Sept. 25 to Sunday, Sept. 27 featuring a plethora of internationally acclaimed world music and dance artists.

This international festival, which annually tours the world, was created in the 1980s by Peter Gabriel and Thomas Broome. "Pure enthusiasm for music from around the world led us to the idea of WOMAD in 1980 and thus to the first WOMAD festival in 1982. The festivals have always been wonderful and unique occasions and have succeeded in introducing an international audience to many talented artists. "Equally important, the festivals have also

allowed many different audiences to gain an insight into cultures other than their own through the enjoyment of music. Music is a universal language, it draws people together and proves, as well as anything, the stupidity of racism," Peter Gabriel said.

This year the festival will host the following artists: Khaled, Vinicio Capossela, Stefano Bollani, Mariem Hassan, Oumou Sangare, Black Swan Effect, Ba Cissoko, Eliades Ochoa, Abdullah Chadhe and Syriana.

For additional information, venues directions, complete schedules and tickets visit <http://www.womadinsicily.com>

Dott. Stella

Alphio's Garden

Bellini Opera Festival in Catania

Make sure you mark this unprecedented cultural event on your calendar. The first edition of the Catania Opera Festival continues through Sept. 24 at the most beautiful historic venues of the Catania historic heart. The festival, which is promoted by the Catania Regional Province, the City of Catania and the Bellini Opera House under the artistic direction of internationally acclaimed musical theatre director Enrico Castiglione, is dedicated to the immortal opera composer Vincenzo Bellini who was born in Catania in 1801. Catania is very proud of its most famous native son. A square, the opera house and even the airport have been named after this famous composer of the Romantic period.

"We want to highlight our cultural heritage to promote a new image of Sicily, an island which wants to change and develop a new touristic strategy and hospitality industry based on our glorious historic identity of which Bellini is the most illustrious representative," said Giuseppe Castiglione, the Catania Regional Province President.

Highlights include classical music/operaic concerts ("Salotto Musicale Romantico"/ Music by Bellini and Schubert/ Friday, Sept. 18, 9 p.m. / Vaccarini Courtyard, Palazzo Università; "In Excelsis Deo"/ Holy music by Bellini celebrating at the Cathedral, Wednesday, Sept. 23, 8: 30 p.m. guest performer world renowned Spanish soprano

Montserrat Caballè / Bellini Opera House Orchestra and Choir/ Conductor José Collado and Choir Director Tiziana Carlini) and a brand new production of Bellini's opera "Norma" (Saturday, Sept. 19, Tuesday, Sept. 22 and Thursday, Sept. 24 at 9.m.) that will be staged at the newly restored Teatro Romano (Roman Theater). There will also be a new production by Belgian-born choreographer Micha van Hoecck of the Euripides play "The Bacchae" that will also be performed at the Roman Theater on Monday, Sept. 21 at 9 p.m. For more information and tickets contact the Bellini Opera House at 095-7150921 or visit www.ctbox.it

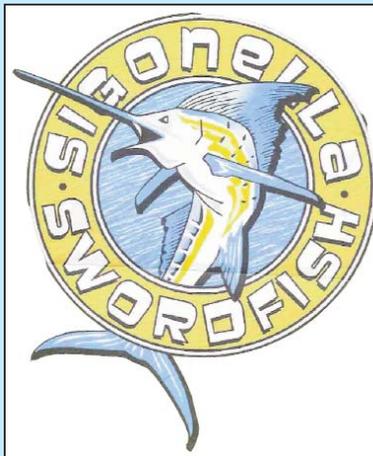
Sigonella Swordfish top Naples Tigersharks

By Sigonella Swordfish Public Affairs Office

The Sigonella Swordfish opened their 2009 European Forces Swim League season last Sunday, hosting the Tigersharks of Naval Support Activity Naples. When the pool waves finally subsided, the Swordfish emerged victorious with a 393 to 199 victory over their Northern rivals.

The Swordfish were led by triple event winners Hallie Kinsey, Bailey Berryhill, Brian Burke, Jack Luna and Garrett McKeown with an additional nine Swordfish winning two individual events a piece. Hallie Kinsey continued her record breaking ways from 2008 by setting new EFSL standards in her vic-

tories. Highlighting a total team effort, Swordfish relay teams came out on top in all



on the coaches. "Everyone improved on their times - even swimmers who had already qualified for Champs," said Coach Kathleen Kinsey. "This was our first dual meet win in a long time and it was really exciting to watch. What makes it even more amazing is that this is just the first meet of the season - the kids will only get better and faster!"

The next Swordfish meet is Sept. 27, when the team travels north for a rematch with the Tigersharks. The next home meet is Oct. 11. The team is ALWAYS looking for volunteers some come on out and help and watch some excellent athletes in action. Be cool - see you at the pool!

relay events during the competition. Adding to the list of accolades was the fact that over 19 swimmers swam times that qualified them to compete in the end of the year EFSL Championships to be held in the Netherlands.

The effort was not lost

A Stone's Throw

THE HUB OF THE MED IS ALSO THE HUB FOR TRAVEL

Hang out in Aci Castello, Aci Trezza

by Lt. J.g. Glen Sanders

An 11th Century Norman Castle and rock formations made famous by the Greek poet Homer are a 45-minute drive from base.

Aci Castello and Aci Trezza are neighboring seaside villages nestled along the Ionian coast just north of Catania.

The major historical landmarks, such as the castle and rock formations, are just the beginning in terms of things to see in these beachside communities.

Aci Castello and Aci Trezza come complete with the charms expected of small Sicilian towns, namely great food and beautiful vistas, along with the opportunity to find your own visual feasts around any particular corner. What can a day in these two "Aci's" bring? Here are a few ideas.

Site: Five Stars

Aci Castello and Aci Trezza earn five out of five stars for their small town charm and interesting historical and cultural attractions. The highlights of Aci Castello include the family-friendly Piazza Castello, built on the waterfront. The Norman Castle, that includes a small archeological museum, can be toured during the day for a nominal fee. It is the quieter of the

two locations and one could easily spend the afternoon sheltered under a flowering tree or enjoying gelato at a bar.

Aci Trezza beckons with its pretty harbor, lungomare (an Italian term for the road that curves around the coast), and coast.

A tour of the aquatic natural reserve surrounding the Isole dei Ciclopi is offered by several boats located in the main harbor.

There are more restaurants in Aci Trezza than in Aci Castello and small shops are interspersed throughout both towns. Aci Trezza contains several lidos for those seeking a beach day.

Family Friendly: Five Stars

Aci Castello's Piazza Castello has open space for children to play while their parents sit and relax. During the warmer months, there are small children's rides such as carousels located in the piazza.

The harbors in both towns are easily accessible, but do take care as some stairs and sections require caution when navigating. Dependent on where you find parking in Aci Castello, staircases may have to be taken to reach the town center.

Travel Time: Four stars

These locations rate four out of five stars because the travel time is roughly 45 minutes by



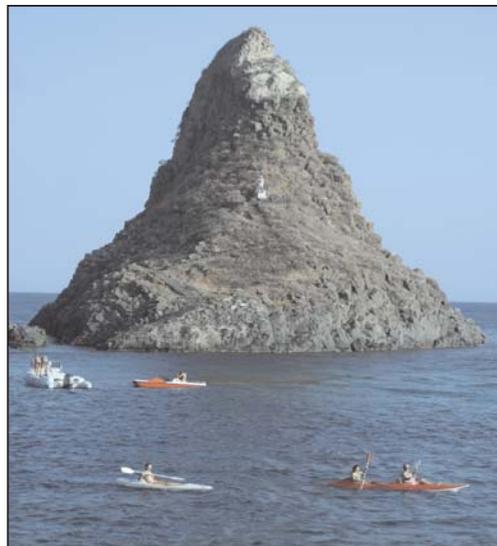
A view of the Norman Castle in Aci Castello with Aci Trezza's Ciclopi Rocks in the background. The castle is part of a waterfront piazza and contains a small museum.

car.

Accessibility: Four Stars

Aci Castello and Aci Trezza sit next to each other along SS114 just north of Catania. SS114 can be accessed from the lungomare in Catania. Veer to the left about one mile after exiting Catania's lungomare and then follow the signs.

Parking is available along the lungomare in either location. The lungomare in Castello has no fee and regular availability but can be busy during summer. The parking lot located within the harbor complex in Trezza has a small fee but an ideal location. Small cars are best but larger American cars can reach and navigate either location.



(Right) One of the Ciclops Rocks in Aci Trezza. This area is a protected natural reserve that offers a variety of tours and water-sports.

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

Gelso Bianca

Kartodromo



(Above) The harbor in Aci Trezza stays busy. Numerous restaurants are located along the coastline.

(Below) Staircase that leads from the harbor to the center of Aci Castello.



Medusa



(Above) A statue of John the Baptist guards the entrance to Aci Trezza's harbor.



(Below) The Ciclops Rocks were mentioned in Homer's "Odyssey."

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**

Oxidiana

NEWS BRIEFS

Navy Ball Craft Bazaar & Flea Market

Do you enjoy arts and crafts 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 get a head start on your holiday shopping and meeting those holiday mailing deadlines. This event will bring you the best of Sigonella's talent. The Navy Ball committee will be selling Navy Ball tickets, BOBA tea, and home made bake goods.

FISC MWR Committee will be teaming up with the Navy Ball Committee during this event hand washing cars in the CDC parking lot for a small donation. Proceeds from the car wash will go directly to the Navy Ball. For more information, contact Amber McKinney amber.mckinney@eu.navy.mil or x1259.

2009/2010 School Lunch Programs Forms Due

All participants of the school free/reduced lunch program must apply yearly. On 30 Sept. all names will be removed from the current system. If you have not filled out a new form since May, you must stop by the elementary school office with a current LES to fill out your 2009/10 application. For more information, call 624-4406.

Go Green Sigonella!



Two tips to help save the planet

Tips courtesy
stopglobalwarming.org

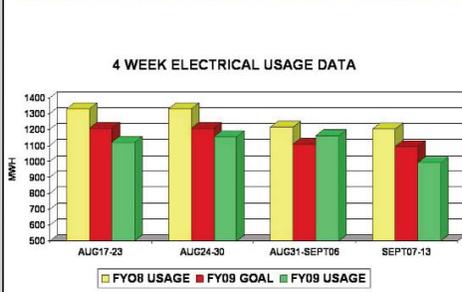
TAKE SHOWERS, NOT BATHS The average American household consumes about 60 gallons of water a day from showers and baths. To reduce this number, take quick showers and install a low-flow showerhead that uses fewer than 2.5 gallons of water per minute, as compared to about 5 gallons with an older showerhead. Baths are relaxing, but it can take 50 gallons of water to fill a

tub. **HANG UP YOUR DRYER** It goes without saying—clothes dryers are huge energy gluttons. Hints to reduce energy use: Clean the lint filter after each load (improves air circulation). Use the cool-down cycle (allows clothes to finish drying from the residual heat inside). Better yet, abandon your dryer and buy some drying racks, if you don't have a clothesline. Generally, clothes dry overnight.

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.

NASSIG WEEKLY ELECTRICAL USAGE FOR NAS 1 & 2 COMBINED



Geico

Ristorante Bella Etna

18

Lunch: New England Clam Chowder, Lemon Pepper Catfish, Grilled Pork Chops, Steamed Rice, Garlic Roasted Potatoes, Asparagus, Creole Green Beans, Sugar Cookies, Cheese Cake, Vanilla Cream Pudding.

Speed line: Grilled Hamburger/Cheeseburger, French Fries, Baked Beans, RIKPAK.

Dinner: Vegetable Supreme Soup, Italian Rice and Beef, Teriyaki Chicken Breast, Oven Browned Potatoes, Spinach, Stir Fry Vegetables, Sugar Cookies, Cheesecake, Vanilla Cream Pudding, RIKPAK.

19

Breakfast: Farina, Grilled Ham Slices, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Buttermilk Pancakes, Asstd Doughnuts, Butterhorns.

Brunch: Breakfast Items, Logging Soup, Baked Tuna and Noodles, Beef Stirfry, Pork Fried Rice, Cajun Oven Fries, Steamed Broccoli, Glazed Carrots, Almond Cookies, Blueberry Pie.

Dinner: Cream of Mushroom Soup, Grilled Steaks, Jamaican Rum Chicken, Steamed Rice, Fried Okra, Corn Whole Kernel, Almond Cookies, Blueberry Pie.

20

Breakfast: Rolled Oats, Grilled Minute Steak, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, French Toast, Asstd Doughnuts, Kolaches.

Brunch: Breakfast Items, Bean & Bacon Soup, Grilled Monte Cristo Sandwich, Cheddar and Chicken Broccoli, Rosemary Potato Wedges, Steamed Brussels Sprouts, Glazed Carrots, Hermits, Velvet Pound Cake.

Dinner: Pepper Pot Soup, Pasta Alla Siciliana, Jaegerschnitzel, Rice Pilaf, Cauliflower Polonaise, Seasoned Succotash, Garlic Bread, Hermits, Velvet Pound Cake.

21

Lunch: Beef Noodle Soup, Fish Florentine, Yankee Pot Roast, Penne Arrabiata, Southwestern Rice, Parsley Buttered Potatoes, Calico Cabbage, Sprouts Superba, Almond Cake, Peach Crunch, Butterscotch Pudding.

Speed line: Sub Sandwich, Pasta Primavera, RIKPAK.

Dinner: Cream of Potato Soup, Salisbury Steak, Turkey Pot Pie, Brown Rice w/ Tomatoes, Collard Greens, Lyonnaise Wax Beans, Almond Cake, Peach Crunch, Butterscotch Pudding, RIKPAK.

22

Lunch: Arroz Caldo Soup, Chicken Adobo, Beef Caldereta, Steamed Rice, Cut Green Beans, Steamed Carrots, Fruit Cocktail Upside Down Cake, Chocolate Chip Cookies.

Speed line: Philly Cheese Steak, Onion Rings, Hotdogs, RIKPAK.

Dinner: Manhattan Clam Chowder, Creole Shrimp, Stuffed Green Peppers, Boiled Pasta, Cream Style Corn, Baked Hubbard Squash, Fruit Cocktail Upside Down Cake, Chocolate Chip Cookies, RIKPAK.

23

Lunch: Mulligatawny Soup, Roast Turkey, Meatloaf, Spaghetti Carbonata, Steamed Rice, Mashed Potatoes, Chicken Gravy, Peas & Carrots, Steamed Cauliflower, Sweet Potato Pie, Shortbread Cookies, Peach Gelatin.

Speed line: Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes, RIKPAK.

Dinner: Shrimp Gumbo Soup, Mexican Pepper Steak, Fishwich, Steamed Rice, Lima Beans, Vegetable Stir Fry, Sweet Potato Pie, Shortbread Cookies, RIKPAK.

24

Lunch: Corn Chowder Soup, Pineapple Chicken, Beef Sauerbraten, Orange Rice, Mashed Potatoes, Steamed Asparagus, Summer Squash, Devils Food Cake, Fruit Nut Bar.

Speed line: Assorted Pizza, Sautéed Mushroom, Baked Italian Sausage, Sautéed Pepper & Onions, Hotdogs, RIKPAK.

Dinner: Beef Noodle Soup, Mambo Roast Pork, Chicken Parmesan, Steamed Rice, Steamed Broccoli, Seasoned Carrots, Devils Food Cake, Fruit Nut Bar.

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.

ON THE GO WITH MWR

Sigonella welcomes a new asset

MWR's Child and Youth Programs are pleased announce a new service for the Sigonella community: The School Liaison Officer (SLO). This is a completely new position with the dedicated purpose of connecting command, families and schools. The SLO is being instituted military wide, with 52 Navy SLOs already in place. The SLO has a focus on six core areas: Support (PCS Cycle); Deployment Support; Installation; School Communications; Home School Linkage; Partnerships in Education and Post Secondary Preparations.

Military children are a unique group; they are culturally mature and have an amazing ability to adapt and overcome any obstacle they may face, be it family, socially, or educationally. The average military family moves every three years. Children will attend up to nine schools in the course of their parents' military careers, which makes having to say goodbye to friends and loved ones inevitable. Add to that, the worry over a parent's deployment and the impact that can have on a child's education, it's no wonder that stress is as common for military children as it is for their parents.

The SLO is a valuable tool for the Navy, since school transitions and deployments are a readiness and retention issue. If sailors know their families are being taken care of, even when they are not around, they are better able to focus on their duties.



Michele Gilbert, School Liaison Officer for NAS Sigonella

Sigonella's new SLO is Michele "Miki" Gilbert. She has worked with Morale, Welfare and Recreation (MWR) for 25 years. She has a bachelor's degree in psychology with a concentration in elementary education. The mother of three, she has lived in multiple military communities, and her experience has given her a perfect understanding of what the military family needs and what to expect when encountering change.

"Our oldest son changed schools nine times before graduating in 2005 from E.J. King High School in Sasebo, Japan," said Gilbert. "As a family we have shared 18 years of sea duty, enduring all of the trials and tribulations that go along with forward-deployed life."

With all of that sea time, Gilbert explained, you learn to become your own advocate to do what's best for your family so your spouse can focus on the mission at hand. Gilbert made it her responsibility to ensure whether or not her spouse was home, her children's involvement in school, community activities and sports stayed the same.

Gilbert has already taken the initiative of contacting different commands who are receptive to adapting already in-place programs and services available to the adults for a younger group.

"Our kids can benefit from the valuable resources and knowledge readily available. Through the Partnerships in Education, we can make it happen," said Gilbert.

There has already been much positive reaction from the parents in the community who are pleased to learn that the needs of their children are taking a precedent and that the Navy is recognizing the family structure as part of mission readiness. Gilbert is excited for the future of the program.

"What we learn in this first stand-up year will set a foundation from which the program can grow," said Gilbert, "It will only get better from here."

To reach Michele Gilbert for answers or guidance, she is located at the school and can be contacted at 624-3242.

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.)

The Ugly Truth (R)

Katherine Heigel, Gerard Butler, Eric Winter, John Michael Higgins

Abby Richter is a romantically challenged morning show producer whose serach for Mr. Perfect has left her hopelessly single. She's in for a rude awakening when her bosses team her with Mike Chadway, a hardcore TV personality who promises to spill the ugly truth on what makes men and women tick. (96 min.)

Aliens in the Attic (PG)

Carter Jenkins, Ashley Tisdale, Austin Butler, Doris Roberts

Kids on a family vacation must fight off an attack by knee-high alien invaders with world destroying ambitions while the youngster's parents remain clueless about the battle. (86 min.)

Funny People (R)

Adam Sandler, Seth Rogan, Leslie Mann, Eric Bana, Jonah Hill

George Simmons is a famous stand-up comedian who learns that he has a terminal illness and less than a year to live. When he meets Ira, a struggling comedian, at a comedy club where both the comedians are performing, George hires Ira with his career and Ira helps George find closure in his legacy. However, when George learns that his disease has gone into remission and an ex-girlfriend re-enters his life, he's inspired to reevaluate what is important to him and what truly gives meaning to his life. (146 min.)

Movie dates and times are subject to change.

SHOWING FRIDAY, SEPTEMBER 25

- 1:00pm Shrek PG FREE
- 3:00pm Shrek the 3rd PG FREE
- 5:00pm Bandslam PG
- 5:30pm GI Joe: Rise of Cobra PG-13
- 7:30pm The Hurt Locker R
- 8:00pm A Perfect Getaway R

COMING SOON

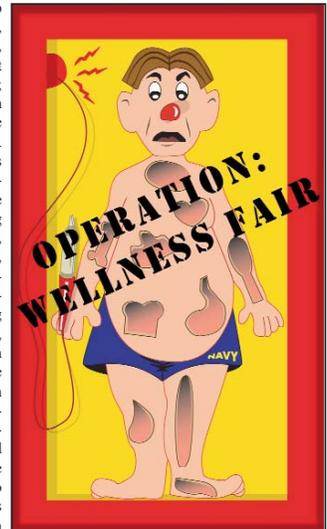
Post Grad, The Goods, The Time Traveler's Wife

MOVIE HOTLINE:
624-4248

Operation: Wellness Fair is in effect

MWR has teamed up with Health Promotion, Navy Exchange Sigonella, and DECA to present Operation: Wellness Fair; Wednesday, Sept. 23, from 1 to 5 p.m. in front of the NEX/Commissary.

A wealth of information is being presented by knowledgeable staff for anyone interested in improving quality of life, wellness, and health. By attending, visitors have the opportunity to be eligible for numerous giveaways, including home fitness equipment, Schwinn Bikes and much more. Patrons can browse the NEX for sales on health and fitness related products, or sample DECA-sponsored healthy food demos inside the Commissary. Visitors also get a sneak peak at MWR's Autumn Fest and the return of Fright Factor. For more information on Operation: Wellness Fair, call 624-4950.



Redneck Jamboree



Ya'll come on down to Midtown 2 Theaters' Redneck Jamboree Saturday, Sept. 26, at 4 p.m. We'll be flippin' burgers and dogs, playing hillbilly bingo and showing some good ole' Southern movies. There are Corn Hole contests and prizes for best Redneck get-up. For more information, call 624-4502.

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

OPPORTUNITY, continued from page 2

the Kingdom of God and his righteousness, and all these things will be given to you besides" (Matthew 7: 25-34). Or the Lord tells us in Luke 11:9-10 "Ask and you will receive; seek and you will find; knock and the door will be opened for you. For everyone who asks receives; and the one who seeks finds; and the one who knocks, the door will be opened."

Even when doors close on you, you know you have a lot of opportunities, not only to survive, but truly to enjoy it. Sigonella is your place today and we are the Chaplains and Religious Programs Specialists ready to offer our support from NAS I and II Chapels.

Of course, ask the Almighty in prayer and you will receive. Enjoy your tour in Sigonella and the wonderful opportunities offered to you.

SAVI, continued from page 2

You have the right to say "No" even if you:

- Say yes, but change your mind
 - Have had sex with this partner before
 - Have been kissing or touching
 - Are wearing "provocative" clothing
 - Always have extra money to get home. Have a plan for someone you can call if you need help.
 - If you feel uncomfortable, scared, or pressured, act quickly to end the situation. Say, "Stop it" and leave or call for help.
 - When you go to a party, go with a group of friends. Arrive together, watch out for each other, and leave together.
 - Be aware of your surroundings at all times.
 - Do not allow yourself to be isolated with a person you do not know or trust.
 - Travel with a friend or in a group.
 - Walk only in lit areas after dark.
 - Keep the doors to homes, barracks, and cars locked.
 - Know where the phone and exits are located.
- Please remember these important numbers:
- Hotline: 335-642-8312
Security 911 or 095-56-

4201/2961
Hospital Emergency Room: 624-3844/ 095-56-3844
If you have any questions or concerns please contact the commands POC at 624-4879.
Be assured there is no blame or shame and it is our shared responsibility that Sigonella has a culture that exemplifies such.

KIDS, continued from page 1
in on events like this and give back to the children in Sigonella regardless of whether or not they're married or have a child.
"Sometimes it's great for a single service member or a service member here who's unaccompanied to mentor a child and sort of adopt a child while their here," Resto said. "We have a great volunteer program that allows you to do that. We encourage all parents and anyone in the community to come on out and share a little bit of your day with a child."



KNIGHTS OF COLUMBUS
IN SERVICE TO ONE. IN SERVICE TO ALL.

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/

NAS Sigonella Ombudsman Program
Our Mission:

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

Our Commitment:

- We are committed to representing and supporting the command as well as the families and single sailors
- We are committed to presenting accurate and up-to-date information for referrals
- We are committed to 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.

NASSIG Fire & Emergency Services urges Sigonella residents to 'Stay Fire Smart! Don't Get Burned.'

A NFPA press release and by Sandra Basile
nfpa.org/
Assistant Chief of Prevention

Once a child touches a hot stove, as the cliché goes—he learns his lesson, stay away from a hot stove. This cliché does not take into account the pain and suffering from burns and burns should not be part of the learning process.

That's why NASSIG FES is teaming up with the National Fire Protection Association (NFPA) for Fire Prevention Week 2009 – October 4-10 – to urge Sigonella residents to "Stay Fire Smart! Don't Get Burned." This year's campaign focuses on ways to keep homes fire safe and prevent painful burns. Additionally, fire safety educators will be teaching local residents how to plan and practice escape from a home in case a fire occurs.

The statistics are staggering. Each year roughly 3,000 people die as a result of home fires and burns and more than 200,000 individuals are seen in the nation's emergency rooms for burn injuries.

"The most common types of burn injuries result from fire or flame burns, scalds and contact burns," said Sandra Basile, Asst. Chief Prevention. "Burns are painful and can result in serious scarring and even death. When we take extra caution in our homes to ensure that the curling iron is out of children's reach or pot handles are turned away from

the edge of the stove, such injuries are entirely preventable. Keeping our homes safe from fire and preventing devastating burn injuries is a healthy change we can make happen."

By following simple safety rules, you can "Stay Fire Smart! Don't Get Burned."

Keep hot foods and liquids away from tables and counter edges so they cannot be pulled or knocked over.

Have a 3-foot "kid-free" zone around the stove.

Never hold a child in your arms while preparing hot food or drinking a hot beverage.

Be careful when using things that get hot such as curling irons, ovens, irons, heaters.

Install tamper-resistant receptacles to prevent a child from sticking an object in the outlet.

Never leave a child alone in a room with a lit candle, portable heater or stove, or where a hot appliance might be in use.

Wear short or close-fitting sleeves when cooking.

Set your hot water temperature no higher than 120 degrees.

Install anti-scald valves on shower heads and faucets.

Fire Prevention Week is actively supported by fire departments across the country. For 85 years fire departments have observed Fire Prevention Week, making it the longest running public health and safety observance on record.

Stampa

Oxidiana

Days Inn

THE SPORTS LINE

PIGSKIN PICKS

	NY Giants at Dallas Cowboys	Baltimore at San Diego	Arizona at Jacksonville	Indianapolis at Miami	Florida State at #12 BYU	#16 Nebraska at #15 Virginia Tech	#17 Utah at Oregon	Tennessee at #1 Florida
 Overall Record: 13-4 NFL: 4-0 NCAA: 10-3 Joe Cunningham, NCTS	Cowboys	Chargers	Cardinals	Colts	BYU	VT	Utah	Florida
 Overall Record: 13-4 NFL: 4-0 NCAA: 9-4 Capt. Jaeger, USNH Sigonella	Giants	Chargers	Cardinals	Dolphins	BYU	VT	Utah	Florida
 Overall Record: 13-4 NFL: 4-0 NCAA: 9-4 D Day	Giants	Ravens	Cardinals	Dolphins	BYU	VT	Oregon	Florida
 Overall Record: 13-4 NFL: 4-0 NCAA: 9-4 SN Kaminski, PSD	Giants	Ravens	Cardinals	Colts	FSU	VT	Utah	Florida
 Overall Record: 12-5 NFL: 3-1 NCAA: 9-4 MC3 Idle, Exec Admin	Giants	Chargers	Jags	Colts	FSU	VT	Oregon	Florida
 Overall Record: 11-6 NFL: 3-1 NCAA: 7-6 Chief Payne, Weapons	Giants	Ravens	Cardinals	Colts	BYU	VT	Utah	Florida

Spotlight game of the week: New England Patriots at New York Jets

MC3 Idle: Patriots
Patriots, this game will be interesting. The dynasty that is New England is getting old at many positions. I don't think their defense will be as solid as it once was. The Jets have a lot of talent on the defensive side of the ball, and I'm looking forward to seeing what a defensive genius like new head coach Rex Ryan can do with those players. As long as the Pats have a guy named Tom Brady,

they will be the favorites in the AFC East, but the Jets are closing the gap. They have a bright future with that defense and a talented new franchise quarterback in Mark Sanchez.

SN Kaminski: Patriots
After an 11-5 season with Cassell, I see the Pats taking this one with a healthy Tom Brady now directing the offense. Rex Ryan will have to come up with some defen-

sive scheme to stop Brady. I can see the Jets making this game close, if they capitalize on every drive and every opportunity they get and are mistake free. It will be the Jets defense that make a difference in this game.

Joe Cunningham: Patriots
The Patriots are still the Patriots – this is a team that still went 11 – 5 after losing Tom Brady in the opener last year. And now a healthy Tom Brady is back. The Jets on the other hand, New coach Rex Ryan will have some twists on defense for Tom Terrific and Company and may keep it close. But the Jets will feature rookie Mark Sanchez starting at QB and Belichick will throw schemes at him that he never imagined while at USC. Further, the Jets do not have the offensive weapons to keep up with the Pats. Patriots win.

Capt. Jaeger: Patriots
Although I want to be so wrong about this one...I would love to see the Pats go down, but with Jet's rookie coach and rookie QB, I just don't see that happening. Prove me wrong on this one, Jets! Beat Cheatin' Belichick and company!!!!

D-Day: Patriots
The Jets might end up being pretty good under Ryan, but they've got a lot of question marks. For now, they have a rookie head coach who is defensive oriented and a rookie QB. They're gonna struggle offensively against the Pats. Pats will take it easily.

Chief Payne: Patriots
No doubt the Pats in this one. New York has a lot of ego to get rid of and Brady has to prove so much

this year...
MC3 Idle @ all columnists:
Since everyone is picking the Patriots, I'm going to play devil's advocate for a minute. I still think the Pats are going to win. With that said, the Jets had a very good defense last year. Cornerback Darrelle Revis and middle linebacker David Harris are two of the best young players at their respective positions. The additions of linebacker Bart Scott and cornerback Lito Sheppard, to a solid core of veterans like nose tackle Kris Jenkins, are only going to make this defense. I can see one real scenario where the Jets pull off this win. First off, Rex Ryan is going to have to use his blitzing schemes to try and keep Tom Brady off-balance all game. Secondly, the very strong offensive line of the Jets will have control the Pats front seven and grind away on the ground with running backs Thomas Jones and Leon Washington.

This scenario is completely believable if you consider that the Pats just traded former Pro-Bowl defensive end Richard Seymour. Add Seymour to the list of Pats defenders who left town this off-season, like Mike Vrabel, Roney Harrison and Tedy Bruschi, and the once dominant defense doesn't look so intimidating.

Chief Payne @ MC3 Idle:
No faith in Billy B... Good on ya.

D-Day @ MC3 Idle:
I think the mismatch is against the Jets' offense. Nobody schemes as well defensively as "Billy B", and as talented as the Jets' QB is he is still a rookie playing a defense that is going to disguise coverages and come at him from all sides.

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