

DIRECT LINE NASSIG COMMANDING OFFICER CAPT. THOMAS J. QUINN

The 6 May Feedback Live received so many questions that some of them couldn't be covered in the allotted time, so we are devoting this and the 21 May Direct Lines to answer them. Please keep sending your questions via email but remember that it is a live call in show and you can get your question answered on the spot. Feedback Live is held on the first Thursday of each month, from 6:30 p.m. - 7:00 p.m. To call in live on the show, please dial 624-4265 or 095-56-4265.

Q1. Will a plan to fix the Housing availability be announced soon or a solution to the lodging/housing assignment issue, besides TLA? I have been informed that I will have "no choice" but move out into town by our 60 day TLA limit, which is a bit disconcerting since I am only interested in Navy Housing. My understanding and concern is that

the CO will NOT approve any TLA after the 60 day limit. If true, then all AD members w/ families will be FORCED into off-base living. I recommend to provide a temporary contract (Short Term Lease Option, 3-6-9-12 month) with, for example; Housing outside of NAS I (205 area) or local TLA lodgings (Sig. Inn, Magnolia, etc.), for awaiting families. Temporarily assigning OHA/Utilities funding to members for this program would reduce TLA output greatly, benefit command budget constraints and AD members/families until placement or opting to live off-base, with Housing stressors reduced from placement issues. Another is eliminating segregated Housing based on Rank except with respect to Senior Officers only.

A1. It has been advertised on the CNIC Housing web site and the Navy One Stop web site along with

being put out at sponsor training and the CMC QOL Advisory board that a waiting list for government homes will now exist with the closure of Mineo. The housing staff must encourage customers to seek off base housing if government housing will not be available once their TLA time line expires. There are not many short term lease homes on the economy and as summer approaches there will be less as the owners rent their properties to tourist at high dollar value. There is also an issue with the storage of household goods if personnel rent a short term lease unit for 6,9,12, months. Most short term lease facilities in town are also TLA facilities if the owners should add more short term lease units there will be a shortage of TLA units mainly in the summer during peak PCS season. All lease contracts have the military clause once a family is offered gov-

ernment housing the lease can be terminated with 15 days notice. Housing monitors the waiting list and available government units on a daily basis if we know a home is going to be available within the 60 day TLA window we advise the customer and offer the home. If not we must encourage them to seek off base housing. Based on PRD data and pay grade and bedroom requirements the wait list at the moment is 3-6 months for 3 bedroom homes 6-8 for 4 bedrooms. This is a moving target as personnel get extended, PCS funds run out etc. Bottom line is we have 526 government units and as such we cannot guarantee a military family housing assignment. There is going to be a waiting list so sponsors need to get the word out early. The questions, comments and con-



cerns stated in this column do not constitute the official position of the U.S. Navy and are submitted by members of the community.

Who Am I?

Provided by:
US Naval Hospital Sigonella

I answered the call and took an oath.
One with my hand raised and one from my heart.

Who am I?

I can give orders.

I maintain lines of communication and lines that communicate your status.

Who am I?

The ones before me wore a cape and white hat.

My uniform today comes in many colors, some for inspection and some for combat.

Who am I?

I can march; stand at attention or in formation.

My preferred watch is at your bedside but could be on a quarter-deck.

I can go where needed; my work space is not confined to walls.

Who am I?

I carry a state license but my organization allows me to work anywhere even in foreign countries. I can carry medical and riot gear or shoulder your burdens.

Who am I?

I will hold your hand and stay by your side.

I share your birth and witness your last breath.

Who am I?

I am your Navy Nurse. It is an honor and privilege to serve you and my country.

2010 National Nurse's Week gives us all a chance to celebrate those who make a difference, answer the call and light the lamp. I'd like to especially thank those who serve far from home and in hostile places.

To learn more about nursing and this year's celebration visit American Nurse's Association at www.nursingworld.org



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NASSIG WORSHIP SERVICES

ROMAN CATHOLIC

Sunday
0830 Catholic Mass (NAS I Chapel)
1200 Catholic Mass (Mineo Community Center)
1600 Catholic Mass (NAS II Chapel)

Monday - Thursday
1130 Catholic Mass (NAS II Chapel)

PROTESTANT

Sunday
1000 Traditional Protestant (NAS I Chapel)
1130 Contemporary Protestant (NAS I Chapel)

CHURCH OF CHRIST LAY SERVICE

Sunday 1530 NAS I Chapel Rooms 3 & 4 (Call 624-5128 or 335-841-8069)

JEWISH SERVICES: Please call 095-86-1205

OTHER SERVICES/ACTIVITIES POINTS OF CONTACT

Latter-day Saints: Sunday 1300 Catania Chapel, Please email jarreb@yahoo.com or call 624-1393 or 095-705-6108

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

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.

CHAPLAIN CORNER



Chaplain Concha

PEOPLE AND NATURE

Sigonella is a place where people enjoy people and the beautiful nature that this country can offer us. Mount Etna can be seen almost everyday. Sometimes she is well covered with snow. Other times, she looks plain. People and nature can remind us what the Lord said in the Holy Scriptures: "God looked at everything he had made, and he found it very good" Genesis 1:31 NAB.

People and nature seem to remind us how the good Lord takes care of us. The following story is of a US Marine during World War II. He was separated from his unit on a Pacific island. As you can imagine, the a fighting had been intense, and in the smoke and the crossfire he had lost touch with his comrades.

Alone in the jungle, he could hear enemy soldiers coming in his direction. Scrambling for cover, he found his way up a high ridge to several small caves in the rock. Quickly he crawled inside one of the caves. Although safe for the moment, he realized that once the enemy soldiers looking for him swept up the

ridge, they would quickly search all the caves and he would be killed.

As he waited, he prayed, "Lord, if it be your will, please protect me. Whatever your will though, I love you and trust you. Amen." After praying, he lay quietly listening to the enemy begin to draw close. He thought, "Well, I guess the Lord isn't going to help me out of this one." Then he saw a spider begin to build a web over the front of his cave.

As he watched, listening to the enemy searching for him all the while, the spider layered strand after strand of web across the opening of the cave.

"Hah, he thought." "What I need is a brick wall and what the Lord has sent me is a spider web. God does have a sense of humor." As the enemy drew closer he watched from the darkness of his hideout and could see them searching one cave after another. As they came to his, he got ready to make his last stand. To his amazement, however, after glancing in the direction of his cave, they moved on. Suddenly, he realized that with the spider web over the entrance, his cave looked as if no one had entered for quite a while.

"Lord, forgive me," prayed the young man. "I had forgotten that in you a spider's web is stronger than a brick wall." We all face times of great trouble. When we do, it is so easy to forget what the Lord can work in our lives, sometimes in the most surprising ways. And remembering with Him, a mere spider's web becomes a brick wall of protection. People and nature remind us of something special. The Lord takes care of us in a wonderful and mysterious ways. Enjoy Sigonella, its people and nature!

NAVY NEWS

Millington Clears Storm Damage, Works on Restoring Services to the Fleet

By Pamela Warnken, Navy Personnel Command Communications Office

In the wake of a 14-inch rainstorm that flooded all tenant commands at Naval Support Activity (NSA) Mid-South, the base is cleaning first-floor offices and slowly restoring essential services for Sailors. When the flash flood hit over the weekend, base decision makers shut down key personnel systems to limit long-term damage and save personnel data. Now, responders say the goal is to clear the mud, clean the buildings up, restore information technology systems and get people back to work providing personnel services to the Fleet.

Personnel services will remain limited to emergency actions primarily because Navy Marine Corps Intranet (NMCI) is unavailable on base for at least another week according to Steve Hubbard, the Chief Information Officer at Navy Personnel Command (NPC).

Also down is PERSNET, which hosts BUPERS Online (BOL), the Physical Readiness Information Management System, and Web-Enabled Record Review which allows Sailors to visit BOL to view their official military personnel file seen by selection boards. The NPC website is also offline, but in the interim, CNIC.navy.mil/mid-south is posting updated information.

Selection board services and Electronic Military Personnel Records System (EMPRS) are also down, meaning statutory and screening boards are being delayed. Future selection board schedules will be updated via NAVADMIN when they become available.

Regular monthly promotions and advancements are not impacted and will occur as normal.

For those transitioning to the Reserve force, NPC's Career Transition Office (CTO) is evaluating whether remote or manual transactions are possible. More information will be available on this next week. Reserve retirements are set through June 1, however NPC indicates receipt of printed certificates may be delayed. Additionally, the Navy Reserve Limited Duty Officer and Chief Warrant

Officer selection results are delayed for about two weeks.

Programs coming online include the Enlisted Service Record and other applications on the Navy Standard Integrated Personnel System (NSIPS), Career Management System/Interactive Detailing (CMS/ID), Perform to Serve (PTS) and FLEETRIDE. The latter three are taking applications but officials estimate up to several weeks before the systems can be fully restored.

"Sailors can conduct reenlistment activities and detailing actions as they normally would using these systems," said Ann Stewart, NPC deputy commander.

In addition, detailers are beginning to gain access to phones and should be returning to normal operations next week. The releasing of orders has resumed via the Navy Messaging System. However, officials caution that Sailors should not execute a Navy-related move without orders in hand.

Career Information Management Systems (CIMS) including Career Development Boards, Officer Promotion Administration System and regular pay and personnel transactions are available for use.

The NPC Customer Service Center is relocating to an unaffected portion of the base and is available to address emergent calls. Call 1-866-U-ASK-NPC (1-866-827-5672).

"It's been challenging but we are using all communication means available including social networking such as the Navy Detailers Facebook page, in concert with Navy.mil to keep the fleet updated," Stewart said.

"This was the 100-year flood for this area. Now that the base has been stabilized, our singular goal is to meet the personnel needs of Sailors and commands in the fleet," said Stewart.

For more news, visit www.navy.mil, or the Navy Detailer's Facebook page www.facebook.com/navypersonnelcommand. For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/.

Selection Boards Rescheduled, Sailors' Records Safe

By Wm. Cullen James, Navy Personnel Command Public Affairs

MILLINGTON, Tenn (NNS) -- Selection boards have been delayed due to the May 1 flash flooding at Navy Personnel Command (NPC) but none will be canceled, according to Navy Personnel Command officials.

"The active E-8 board which was in progress has been suspended. We have also delayed the active O-4 staff board which was to convene next week -both until further notice," said Capt. Leo Falardeau, NPC assistant commander for Career Progression.

"The floods damaged a substantial amount of equipment," said Falardeau. However, critical Sailor personnel data was pulled and saved. Falardeau also indicated personnel data held in NPC's computer systems are essential to the board proceedings and reclamation of that equipment is in progress.

"Once the computer systems come up, we will take a day to test them. If everything's in order, we will immediately formulate a plan to reconvene those boards," Falardeau said. "We will conduct all boards; it will just be at a later time." Sailors wondering about the status of their board packages also need not worry.

"Nothing was lost; your documents are safe," said Greg Moody, deputy director of NPC's customer relations management. The Customer

Service Center, which Moody oversees, processes all board packages for NPC.

"The storm that happened over the weekend didn't affect board correspondence," Moody said.

The mail facility at NPC did not flood. Additionally, all board correspondence was retrieved Friday afternoon and transported for processing.

Moody's staff was able to go back into the building after the water subsided to retrieve the board packages.

"We processed 372 packages and have moved some of our people to a location where they can more easily process packages," said Moody.

Packages are now flowing as normal into NPC via mail. However, Moody said emailing and faxing packages into NPC is not recommended until further notice.

"Documents sent to the boards before the storm are safe," said Moody. The Selection Board Portal is active and available for service members to check the status of the packages processed through April 30 at <https://customerservice.ahf.nmci.navy.mil/Portal/page/portal/CSC/NPCHOME> on a CAC-enabled computer.

For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/.

PHOTO FROM THE FLEET

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



U.S. Navy photo by HMC Vincent M. Soto

Rescue personnel navigate flooded streets in a family housing section of Naval Support Activity Mid-South Saturday, May 1, 2010 during major flooding after heavy rains breached nearby protective levees. As of mid-day on Sunday, the waters had receded from most of the base and efforts were underway to survey the damage and identify any safety concerns before allowing personnel to return to their homes.



Photo by MC1 LaTunya Howard

Aviation Ordnanceman 2nd Class Jarrod Snell, assigned to Navy Personnel Command, carries damaged computers from his work center during flood recovery operations at Naval Support Activity Mid-South. The base was closed to residents and non-mission essential personnel after two days of rain dumped more than 14 inches in the area May 1 and 2, causing severe flooding on parts of the base.

New Hope

Tatoo

Muscle

Community Calendar				FRIDAY	SATURDAY	SUNDAY
<div style="text-align: center;"> <h1>MAY</h1> </div>				14 FFSC Arrivederci 8am-11:30am Sigonella Elementary School Spring Carnival Elementary School Playground 4pm-6:30pm	15 Sigonella MS/HS School Prom NMCRS Nearly New Shop OPEN	
				17 FFSC 10 Steps to a Federal Job 8am-12pm Nurturing Program (wk3) 9:30am-11am	18 FFSC Interview Techniques 1pm-3pm Basic Riders Course 8am-4pm BETD Bldg. 407	19 FFSC Men's Group 1:30pm-3pm Ricotta Cheese Workshop 9am-2pm Basic Riders Course 8am-4pm BETD Bldg. 407
24 FFSC ICR 8am-3:30pm Nurturing Program (wk4) 9:30am-11am TAP (Pre-Retirement) 8am-4pm IA Social Luncheon 11:30am-1pm	25 FFSC ICR 8am-3:30pm Stress, Anger & Suicide 9am-11am TAP (Pre-Retirement) 8am-4pm	26 FFSC ICR 8am-3:30pm Playgroup 1-4 Years Old 9:30am-11am Men's Group 1:30pm-3pm Home Buying Strategies 1pm-3pm TAP (Pre-Retirement) 8am-4pm	27 FFSC TAP (Pre-Retirement) 8am-4pm Cooking Class 9:30am-3:30pm Effective Communication 9am-11am Playgroup 0-12 Months Old 10am-11am	28 FFSC Arrivederci 8am-11:30am Paying for College 1pm-2pm	29	30

Pet Mex

Pantellaro

Waxy

Milici



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

SEXUAL ASSAULT PREVENTION AND RESPONSE

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

Agip Ovest

Marchi

Days Inn

Orso Scuro



Fleet and Family Support Center
Administration Building
Bldg. 319 (NAS 1)

Monday-Friday 7:30 a.m.-4 p.m.
DSN 624-4291
Commercial 095-56-4291

Get Rich! *It's Simpler Than You Think*

Article provided by FFSC
Sigonella

Blend three ingredients - a pay-check, discipline and time - and you can become a millionaire. It's not always easy, but it is simple and there is no excuse not to do it. Of the three ingredients, chances are you have two of them, income and time. By adding the third, discipline, along with the following knowledge, you can reach your financial goals.

Here's how it works: Say you start with nothing, invest \$500 (of your income) a month (a healthy discipline), and let your money ride (over time) in diversified investments. Long term, the stock market returns at least 10% annually. Assuming a 10% return, you'd have \$102,000 after 10 years, \$380,000 after 20 years, and \$1.1 million in 30 years. All this happens through the power of regular investing and a simple-but-powerful concept called compound interest.

Compound Interest

Compounding is the reinvestment of the interest you receive from the money you set aside. For example, if you invest \$1,000 and earn 10% interest on your principal at the end of each year, you'll get in \$100 interest at the end of the first year. If you reinvest that interest, the second year you would start with \$1,100, and thus would earn \$110 interest. If you stay with it, you'd more than double your money every eight years. The real magic of investing comes when you combine the surprising power of compounding with continuous and regular investments - in other words, discipline.

The best way to make these continuous investments happen is by setting up an account with a broker or mutual fund that automatically deducts a fixed amount from your bank account every month. "Automatic" is the operative word here. Trust me, if you don't set it up that way, it won't happen. Instead, you'll end up pouring money in when the mar-

ket is soaring and skipping payments when it's heading down. Eventually you'll get discouraged and give up.

Dollar-cost averaging

The process of continuously investing a fixed dollar amount is called dollar-cost averaging. Through dollar-cost averaging, you'll end up buying more shares when a stock or fund is down, and fewer when it's up. For instance, say you're investing \$500 monthly in a stock trading initially at \$50 per share; so the first time, you buy 10 shares. If the next month the stock moves up to \$62.50 your regular purchase will net you only eight shares. However, if the stock drops to \$41.67, you'll get 12 shares (not including any transaction fees). It's easy to set up regular-investment mechanisms, thus harnessing the power of dollar-cost averaging. Mutual fund companies are more than happy to do so.

Risk

Sure, investing in the stock market has risk. There's always the chance the market will go nowhere for the next 20 or 30 years and you'll end up no better than when you started, but there's risk in everything, even CDs. With CDs, your original investment isn't in danger. Most CDs are insured, and the federal government will step in and make you whole, even if your bank goes belly up. But a problem crops up when something more sinister surfaces: inflation. At this writing, inflation, running at around 2%, is considered relatively benign. But is it? Let's do some math. Your real return is the interest you receive less the inflation rate. If your CD is paying 3% and the inflation rate is 2%, you're only making 1% in real terms. If inflation takes off, say to 5%, your CD will probably be paying around 4%. In inflation-adjusted terms, you've lost 1%. It can get worse. In the early 1980s inflation hit 14%. In such times, CDs and similar fixed-

income investments don't even come close to the inflation rate, meaning you're losing serious money, in real terms.

By contrast, assets such as real estate and stocks tend to move with prices, and, over time, the stock market has outpaced inflation. For instance, in the 20-year period ending Dec. 31, 2001, the cumulative return of the market, as measured by the S&P 500 Index, was 1,606%, compared to 88% cumulative inflation over the same period. What's the point? Yes, there's risk in investing in the market, but the odds are that continuous, regular investing combined with the power of compounding will make you rich.

The odds

If you count yourself a member of the "I want it now" generation, the idea of waiting 20 or 30 years to get rich probably sounds like a dumb idea. Sure, there are faster ways to get rich. You could win the lottery or pick the next Intel or Wal-Mart Stores, but don't quit your day job. Your chances of winning big in the lottery run around 15 million to one. Naturally you would be sitting pretty if you had had the foresight to plunk significant cash into Intel or Wal-Mart 20 years ago, but consider that you would have lost money if you'd picked Advanced Micro Devices instead of Intel and you would be broke if you had picked Kmart instead of Wal-Mart. In both instances, your retirement plans would be history.

Here's the bottom line. The fate of your retirement, your comfort in older age, probably lies in your commitment to the concepts laid out in the paragraphs above. For the vast majority of us, wealth creation is a slow and steady but powerful process. The tortoise almost always beats the hare. It's not easy. But it's very, very simple.

If this article peaked your interest and you would like to learn more about investment strategies, call the FFSC at 624-4291.



Alberto Lunetta
 The Signature Staff



Italian NEWS



Sicilian Culture, Events and Lifestyle

Upcoming Ballet and Concerts at Catania Bellini Opera House

Renowned for its acoustics and its enchanting Baroque-styled interior, the Catania Opera House continues to open its doors for exciting performances. Upcoming lineup highlights include tonight's last performance of a tribute to acclaimed French Choreographer Roland Petit. After the recent sold out success of ballet "Romeo and Juliet," the Bellini Opera presents a second spectacular dance event of the year featuring six among the best world dancers. Performing dancers include Palermo-born première danseuse at the Opéra in Paris, Eleonora Abbagnato, Milan legendary La Scala Theatre Marta Romagna, Benjamin Pech, a dance star from the Paris Opera; Luigi Bonino, main dancer and Roland Petit's assistant; Lienz Chang, principal dancer of the Cuba National Ballet and Mick Zeni, main dancer of the La Scala Theatre. The dances will be set to music by Bach, Delibes, Bizet, Saint-Saens, Danierff, Chaplin, Massenet, Fauré and Berlin.

As reported by abt.org, Petit was trained at the Paris Opera Ballet School. He joined the company in 1940 but left in 1944 to create and perform his own works at the Theatre Sarah Bernhardt, in Paris. In 1945 Petit was instrumental in creating Les Ballets des Champs-Elysees, where he remained as principal dancer, ballet master, and choreographer until 1947. In 1948

he formed the Ballets de Paris de Roland Petit, which made several tours of Europe and the United States. His choreography was often angular or acrobatic and was considered theatrical in its use of mime dance, occasional singing, and props such as cigarettes and telephones. Petit staged several music hall revues and choreographed the dances for the films Hans Christian Andersen, The Glass Slipper, Daddy Long Legs, Anything Goes, and others. The ballet film Black Tights consisted of Petit's works La Croqueuse de diamants, Cyrano de Bergerac, A Merry Mourning, and Carmen. Petit also staged several of his ballets for Sadler's Wells Ballet (now the Royal Ballet), for the Royal Danish Ballet, and for other troupes. From 1970 to 1975 he owned and operated the Casino de Paris. In 1973 he became director of the Ballet de Marseille. He choreographed a modern version of Coppelius in 1975 and a new Phantom of the Opera for the Paris Opera Ballet in 1980. The show will begin tonight (May 14) at 5:30 p.m.

Maestro Will Humburg (ABOVE PHOTO) will conduct the Bellini Opera House Orchestra as they perform a new symphonic spring concert featuring soprano Ines Krome

OPERA, continued on Page 7

Sigonella Sailors Attend Francofonte FIDAPA Candle Light Ceremony

The good-neighbor bond between the Navy and FIDAPA has been once again strengthened by the opportunity for a delegation of Sigonella sailors to attend the 2010 Francofonte FIDAPA chapter Candle Night that was held on April 30.

"The lighting of the candles is one of the most suggestive and important celebrations for the Federation (FIDAPA) a branch of the BPW (Business and Professional Women). It is a magic moment symbolizing the unity of all women from all over the world, regardless of their diversity, culture, language, religion and political beliefs," said Daniela Bianucci, the Francofonte FIDAPA President.

Among the distinguished American military guests were PO2 Fatimatou Kouyate, PO2 Christine Aaron and PO2 Amanda Marron. The group was accompanied by NASSIG PAO COMREL Officer Dott. Alberto Lunetta. In her ceremony introductory speech, Bianucci highlighted the importance of valuing cultural differences and proposed a reflection on the chal-

lenges of globalization. The projection of a very touching video featuring the photos of world-renowned American photojournalist Steve McCurry (best known for his photograph, "Afghan Girl" that originally appeared in National Geographic magazine) caught the attention and the emotion of all guests. The international atmosphere came to a crescendo with the candle lighting ritual in which the Sigonella representatives took part by lighting candles symbolizing the US and their family's country of origin.

The International Federation of Business and Professional Women (BPW International) develops the professional, leadership and business potential of women on all levels through advocacy, mentoring, networking, skill building and economic empowerment programs and projects around the world.

Service members interested in volunteering for similar COMREL events are welcomed to contact the PAO Community Relations Officer at 624-5229.



The New US Italians, Oncologist and Researcher Giovanni Abbadessa: "We've become influential and I'll tell you why"

(Story by Espepi)

Do you remember the 1960's cult film 'Rocco and his brothers'? You can't, of course, if you're not old enough. Well, it's a film that tells the story of Italian emigration from the south to the north of the country. And fifty years later, Emanuele Crialessi depicted the story of southern Italians in America, in his Sicilian epic 'The Golden Door'.

These films tell the story of many Italians who went in search of fortune, but there's nothing farther from the reality of the Italian Americans of today. Not just because of examples such as Nancy Pelosi, speaker of the US Congress, well respected, elegant and modern, but also because the Italians that make pizza and play the mandolin are now few and far between, and Little Italy is just a neighborhood like any other.

Italian immigration in America has changed dramatically. Our second, third and fourth generation patriots have gained prestige, wealth and prominent roles in every sector of public life.

The stereotypical pizza-eating, mandolin-playing Mafioso and has been flogged to death by the media and "The Sopranos" exist only in a TV series, albeit a very successful one. Even the Cosa Nostra have left town, in as much as, thankfully, they have a much lower profile than Chinese, Irish, indigenous and other organized crime associations. The "fugitives" have gone home. In the US, the young Italians prevail. They speak several languages, they have a good public image and they easily find ways to do what they want to do.

One of these new 'ways' is PiBoston, an association of over 250 professionals, many of which are young members. Its President is Giovanni Abbadessa, a Neapolitan clinical oncologist. Aged just over 30, he already has an outstanding CV, stretching from Milan to Philadelphia. His work in lung cancer has also been the subject of research because of impressive patient survival results.

Our telephone conversation is full of anecdotes, personal experiences, entreaties, tips and advice, the most important of which concerns the public image of Italian Americans.

He reminds us constantly that Italian immigration in the US is now a completely different beast, almost as if he doesn't believe that we will accept this revelation. A justified skepticism, however, because works of literature, cinema and television continue to do their best to portray things as they were, despite the fact that reality has changed radically. The aims of his association are to raise awareness of how things really stand today, to raise the visibility of Italian Americans who deserve it, and to help those who have great ideas and the necessary skills to make them happen. It's not a lobby group, per se, but a place where one can feel 'at home', among friends, bound together by a common culture, traditions, excellence and the desire to free oneself of the stereotype of Italian immigrants. "The days of cardboard suitcases are over. There was a time when Italians didn't integrate, they stayed together, and they broke their backs working and then went home. It was as if they weren't even in the US," Abbadessa



Italian Oncologist and researcher Giovanni Abbadessa talks during an interview about social mobility of Italian Americans in the American society.

Q: And then what happened?

A: "The second generation mastered language. Not just Italian but English and other languages too... the desire to break through, to be appreciated, to be integrated in their host country, to feel like one of the others."

Q: So a clean break, then?

A: "With the past, certainly, but not with Italy. However the new Italian Americans have a distorted view of their country of origin. They are stuck in the Italy of their grandparents, that doesn't exist any more..."

Q: So ironically, they're misled by false stereotypes too.

A: "Of course, that's how it is. Our task is also to educate third and fourth generation Italians about

ABBADESSA, continued on Page 7

Italian Tap Water Safe to Drink, Expert Says

(Story by ANSA)

Italy's Higher Health Institute (ISS) has recently defended Italian tap water saying it is safe to drink even for 'at risk' categories as long as the proper precautions are taken.

Despite the high level of certain chemicals found in tap water by European Union experts, "the health risk is very low and simple precautions are sufficient," said Massimo Ottaviani, director of the ISS's department for water hygiene.

"These risks only exist for categories like newborns who do not breastfeed or pregnant mothers and in order to constitute a real danger the consumption of contaminated tap water would have to be long-term and high-quantity" Ottaviani explained. According to the ISS expert, the harmful chemicals the EU found in Italian drinking water - arsenic, boron and fluorides - all come from nature.

"Man has nothing to do with this. The water in question flows underground

WATER, continued on Page 7

Magnolia

Oxidana

OPERA, continued from Page 7

on Friday, May 21 at 9 p.m. and Saturday May 22 at 5:30 p.m. The concert will feature Richard Strauss' Lieder for Soprano und Orchestra and Mahler's Symphony No. 9 in D Major. German conductor Humburg began his studies under Horst Stein and Christoph von Dohnanyi in Hamburg. He has led the Muenster Opera Theatre, and the Muenster Symphony Orchestra where he created, between 1992 and 2004, several top-quality productions for which he received an award for "best concert series of the season" by the German Union of Music Publishers. Highlights of his work in Muenster also include Wagner's Ring cycle (1999/2001), world premieres of Azio Corghi's Divara - Wasser und Blut (1993) and Sen'ja (2003), as well as critically-acclaimed productions of Le Grand



Macabre (Ligeti), Don Carlo, Tristan und Isolde and Die Meistersaenger von Nuernberg. Humburg boasts an impressive repertoire of over 80 operas and interpretations of both classic and contemporary music which earned him a reputation as one of world's most distinguished conductors. He has performed at the following prestigious concert venues: Teatro alla Scala, Maggio Musicale Fiorentino, the Dresden Semperoper, the Hamburg State Opera, the Stuttgart State Theatre, Deutsche Oper Berlin, Teatro Sao Carlos, Deutsche

Oper am Rhein (Duesseldorf), Teatro Bellini (Catania), the Teatro Lirico (Cagliari), Teatro Massimo (Palermo), Teatro Verdi (Trieste), the Megaron (Athens), the Academy of St. Cecilia (Rome), the Sydney Symphony Orchestra and to Japan and Spain. In October 2009 Will Humburg was appointed Principal Conductor and Artistic Director of the Teatro Massimo Bellini in Catania. For more information and tickets call 095-7150921 or check this website: www.teatromassimobellini.it.

Motta

ABBADESSA, continued from Page 7

today's Italy. To forget the cinema and look at how many things have changed...."

Q: You've taken on a big job there.
A: "Yes, this is true, and we're working on it enthusiastically. I'm just one of many. In a short time, our association has been enriched with many professionals; some are really prestigious and give us a lot of kudos. This is not a case of brain drain - they are professionals who have chosen to go where there are the best conditions to exploit their skills".

Q: Are the reasons for emigration so very different?

A: "Certainly, specialists are generally indifferent to where they go. They go anywhere and get respected positions, positions that in their home countries could not be reached because there aren't the same conditions."

Q: Did you establish the association alone or did you have institutional help?

"The Italian Consul in Boston, Liborio Stellino, gave us a hand. He has worked with as much enthusiasm as us. It's a shame that he's going home in July. We owe him a lot."

Q: Have you organized or sponsored any events?

"Yes, we have a full calendar of events. Our aim is to help Italians

meet each other, many of whom know almost nothing about Italian emigration to the US. Italians have gone through a long period of marginalization, exclusion, of wanting to stay at home, of complete alienation. The Jewish, Chinese and other communities have set up associations, while the Italians, apart from those rather particular and well-known organizations, have very little opportunity to see each other, to exchange knowledge, information or simply to make friends. So we asked ourselves - why don't we do something too? In this way we can help those seeking employment - obviously, not just any job though. We don't want Italians to only meet at the pizza maker's place, like in Naples, but everywhere, just like any other American. Moreover, Italians now have so much more influence on American life."

Q: In which areas of American life?

A: "They are lawyers, directors of large companies, managers. We also arrange meetings in Italy for Italian-Americans: we organized an event dedicated to small businesses in the Campania area. We have the support of influential people who want to help. They are motivated and hard-working. We also do micro-credit, development projects and much more."

Dott Stella

Alphio

NEWS BRIEFS

Navy Federal Credit Union Branch Sigonella

Effective 7 May, the Sigonella Branch will no longer take incoming member telephone calls. In addition to this change, and to better serve our members, our main phone numbers, 624-5230/5332, will be upgraded to refer all incoming calls to the international toll free number for Italy, 00-800-0-842-6328. Unlike other toll free numbers dialed from Italy, this number is FREE and the toll charges are paid for by Navy Federal Credit Union. When dialing our international toll free number, it will bring you to our 24 hour Call Center. You will then

be prompted to enter your access number, followed by the # sign. At that time, you may enter your telephone password (if you have one established), or press 1 and a Member Service Representative will assist you. If your issue is specific to the Sigonella Branch, please explain this to the Member Service Representative, who will then be able to contact the Sigonella Branch for you.

WATER, continued on Page 7

in areas which are naturally rich in these substances," Ottaviani said. "It is very simple to eliminate them, even as easy as diluting this water with other more pure water," he added. The EU report was made in connection with Italy's request that its nine-year exemption to meeting EU standards, which ends in 2012, be extended. The report found that in five Italian regions levels of arsenic, boron and fluorides in tap water were five times higher than EU limits. According to Ottaviani, the EU will likely grant the extension "as long as public warnings are issued for the benefit of the at-risk categories."

School News

ELEMENTARY CARNIVAL

The Sigonella Elementary School's PTO will hold its annual Spring Carnival on Friday, May 14th at the Elementary School Playground.

The festivities will begin at 1600, and continue until 1830. There will be traditional carnival games and activities, prizes, and a Cake Walk. Proceeds help to support the SDES PTO, which supports educational activities throughout the school year. There will also be food booths sponsored by the Fil-Am Society and EODMU-8. For more information, or to volunteer to help, please email decaturelempto@yahoo.com.

VOLUNTEERS NEEDED FOR ELEMENTARY FIELD DAY FRIDAY MAY 28

School Field (behind the school)

0800-1000 (Grades 3-5)

1200-1400 (Grades 1-2)

Set-up / Run Events / Breakdown

Water Balloon Platoon needed on Thursday

POC: Christy Cooper
Christy.cooper@eu.dodea.edu
or 624-4406



Feste di S...

CELEBRATING SICILIA

INFIORATA DI N...

NOTO FLOWER F...

COME OUT AND ENJOY THE FESTIVAL THIS WEEK
MAY 15TH THROUGH SUNDAY, M...

By Lt. Matt Knight

Words fall short to describe the absolutely breathtaking sight of millions of the most vibrant Sicilian flower petals "painted" on a massive canvas of roads and architecture in a modern display of art and heritage. This will be the site that greets any festivalgoer at the Noto Infiorata (flower) Festival this Saturday and Sunday. The town's artisans spend all year preparing for the festival, creating intricate and elaborate designs to cover Via Corrado Nicolaci, one of Noto's main streets as well as several smaller displays throughout the city. The designers use a wide range of flowers, grass, coffee and other organic materials to produce vibrant multi-

dimensional mosaics. The artistic displays will be open 8 a.m. on Saturday May 15 until late Sunday evening May 16 when the festival events wind down. If you want to really get an appreciation for what goes into their creation, you can observe the work in progress which begins tonight at 6 p.m. and will continue through the night until the festival officially starts on Saturday. The Noto Infiorata Festival started thirty one years ago by a group of artists and floral enthusiasts. The techniques and festival background are inherited in many ways from the techniques practiced each year in the town of Genzano, near Rome, which has held their Infiorata Festival since 1778. This year's theme in Noto will be

"Painted Music: The...ors of music." The...include a variety of...parade of volunteers...costumes, flag thro...cians. Also, the regi...wares will be availa...dors throughout th...city. The festival is wel...parking available ou...portable restroo...throughout town. N...able and can be...strollers if bringin...While the Infiorata...taking, it only co...already stunning B...ture that put Noto o...Heritage List mak...worthwhile one.



Gruppo Etna

Calipso

di Sicilia

ING SICILIAN CULTURE

ORATA DI NOTO

FLOWER FESTIVAL

THE FESTIVAL THIS WEEKEND STARTING SATURDAY,
THROUGH SUNDAY, MAY 16TH

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78.
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"Painted Music: The shapes and colors of music." The festival will also include a variety of events including a parade of volunteers wearing historic costumes, flag throwers and musicians. Also, the region's produce and wares will be available by local vendors throughout the center of the city. The festival is well designed with parking available outside of town and portable restrooms stationed throughout town. Noto is very walkable and can be negotiated with strollers if bringing small children. While the Infiorata festival is breathtaking, it only compliments the already stunning Baroque architecture that put Noto on Unesco's World Heritage List making any visit a worthwhile one.

To get to the festival either check with ITT to see if they are offering transportation or simply get on A-19 exit near the Agip between NAS I and II on SS 192 and head towards Catania, then take the tangenziale towards Siracusa then eventually merge onto A-18 to Siracusa. Stay on A-18 well past Siracusa until you see the Noto exit. The trip takes about an hour and a half to two hours depending on traffic and parallels the coast. If you notice you are heading inland on A-18 you have gone past Noto. For more information on the festival call the Noto Public Affairs Office at 0931-896902 or 0931-896904 or visit <http://www.comune.noto.sr.it/index.php?lang=en>



Moroboshi

Stampa

Go Green Sigonella!

Green Energy Basics

Article by:
Jerry Dyess
www.thinkgreenarticles.com

What comes to mind when you think of "green energy"? A huge piece of glass on the roof of your house? An old windmill with wires strung into the house? Green energy may bring to mind an energy option that seems crude and inefficient. When you look at the latest green energy technology, you find it takes a lot of money to pay a professional to install a system in your home. Green energy does not need to be expensive or new to be able to use it.

Green energy is any form of force that can be used repeatedly and never run out and does not harm the environment. Solar and wind energy is the most well known sources of green energy, but hydroelectric as well as geothermal are also sources of green energy. Take a closer look at the reasons these are green sources of energy.

Solar energy is still being developed; it is probably the most talked about form of green power. In the future, many believe we will be producing solar power with plastic wrap; the fact is they have developed a form of plastic wrap that will collect solar rays for producing power. Solar power is still not ready for widespread use and is considered too expensive and difficult to take care by the average person. In years to come solar power will prove to be a good option for alternative energy.

Wind power has been here for a long time. To most people energy is electric. Energy is the force that helps make electric or provides another service we need. In the past windmills were used for other tasks other than producing electric such as pumping water. The wind turbines today are very effective in providing power and do not require a lot of maintenance to keep them working well. A perfect place for these wind turbines to work well is

in the wind belt, such as in Texas where they have the biggest wind farm in the country. It features miles of windmills to provide clean energy for Texas residents.

Geothermal power is harder to understand. The temperature underneath the ground stays the same, this knowledge can help us heat and cool our houses and businesses. We can harness this energy by using thermal rods to run this air into the home. You would never have to run an air conditioner or heater again. Volcanoes are buried underneath the ground in some areas. Steam and pressure is the result of volcanic activity and this produces energy. This type of energy can be harnessed and used all over the world. Hydroelectric energy can also be considered green, but only in some situations. Small-scale hydroelectric stations do not require significant changes to the landscape and ecological balances around the water source so they are considered green. Larger outfits however require the flooding of massive amounts of area to provide a large enough reservoir to provide sufficient water volume so they leave a lasting and detrimental impact on the earth, making them not green.

Many forms of green energy exist, but none of these was ever used for producing power. Green energy will help you be less dependent on conventional power companies. You are able to connect your green source of power to the grid and only use power from the electric company when you need it. This will help you do your part in keeping the earth a cleaner, greener place for our descendants.

About the Author
About the author: Jerry Dyess has been in the Texas Electricity business for the past 7 years and has published many articles on Texas Electric news.
Source: <http://www.thinkgreenarticles.com>



14	<p>*Breakfast: Hot Oatmeal, Grilled Sausage Links, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Waffles, Asstd Doughnuts, Cinnamon Rolls.</p> <p>*Lunch: Cream of Potato Soup, Beef with Broccoli, Baked Fish, Tempura Fish, Tossed Green Rice, Seasoned Mix Vegetables, Summer Squash, Oatmeal Raisin Cookies, Chocolate Cake, Vanilla Pudding.</p> <p>*Speed Line: Grilled Hamburger/Cheeseburger, French Fried Potatoes, Baked Beans, RIKPAK.</p> <p>*Dinner: French Onion Soup, Oriental Pepper Steak, Grilled Chicken Breast, Steamed Rice, Spinach, Cauliflower Polonaise, Oatmeal Raisin Cookies, Chocolate Cake, Vanilla Pudding, RIKPAK.</p>
15	<p>*Breakfast: Farina, Grilled Ham Slices, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Buttermilk Pancakes, Asstd Doughnuts, Crumb Cake.</p> <p>*Brunch: Breakfast Items, Beef Barley Soup, Chicken Caesar Roll Up, Buttered Pasta, Brown Gravy, Sprouts Superba, Fried Cabbage w/ Bacon, Snickerdoodle Cookies, Apple Crisp.</p> <p>*Dinner: Pepper Pot Soup, Baked Parmesan Fish, El Rancho Stew, Mediterranean Brown Rice, O'Brien Potatoes, Peas w/ Celery, Okra Melange, Snickerdoodle Cookies, Apple Crisp.</p>
16	<p>*Breakfast: Rolled Oats, Grilled Minute Steak, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, French Toast Puff, Asstd Doughnuts, Butterfly Rolls.</p> <p>*Brunch: Breakfast Items, Chicken Gumbo Soup, Chili Macaroni, Stir Fry Vegetable, Lima Beans, Peach Cobbler, White Cake w/ Frosting.</p> <p>*Dinner: Manhattan Clam Chowder Soup, Teriyaki Chicken, Ginger Pot Roast, Paprika Buttered Potatoes, Pork Fried Rice, Normandy Carrots, Cream Style Corn, Peach Cobbler, White Cake w/ Frosting.</p>
17	<p>*Breakfast: Hot Grits, Minced Beef on Toast, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, French Toast, Asstd Doughnuts, Butterfly Rolls.</p> <p>*Lunch: Creole Soup, Turkey Curry, Baked Fish Fillet, Steamed Rice, Savory Style Beans, Cauliflower, Crisp Drop Cookies, Cherry Crumble Pie, Strawberry Gelatin.</p> <p>*Speed line: Assorted Pizza, RIKPAK.</p> <p>*Dinner: Tomato Bouillon Soup, Baked Stuffed Pork Chops, Grilled Chicken Breast, Steamed Rice, Brown Gravy, Green Beans Nicoise, Carrot Slices, Crisp Drop Cookies, Cherry Crumble Pie, Strawberry Gelatin, RIKPAK.</p>
18	<p>*Breakfast: Farina, Oven Fried Bacon, Baked Sausage Patties, Asstd Omelets, Eggs to Order, Roasted Potatoes, Waffles, Biscuits and Gravy, Asstd Doughnuts, Italian Croissant.</p> <p>*Lunch: Spanish Soup, Beef and Fish Tacos, Burritos, Chicken Fajita, Mexican Rice, Refried Beans, Calico Corn, Herbed Broccoli, Jalapeno Cornbread, Raspberry Filled Cake, Pecan Pie.</p> <p>*Speed line: Philly Cheese Steak Sandwich, Onion Rings, Macaroni and Cheese, RIKPAK.</p> <p>*Dinner: Navy Bean Soup, Barbecued Beef Cubes, Roast Turkey, Steamed Rice, Mashed Potatoes, Chicken Gravy, Seasoned Asparagus, Honey Dijon Vegetables, Raspberry Filled Cake, Pecan Pie, RIKPAK.</p>
19	<p>*Breakfast: Rolled Oats, Creamed Ground Beef, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Blueberry Pancakes, Asstd Doughnuts, Danish Diamonds.</p> <p>*Lunch: NEY MEAL SPECIAL Puree Mongole Soup, Lobster Farfalle, Grilled Steak, Baked Potatoes, Steamed Rice, Corn on the Cob, Steamed Broccoli, Cheese cakes, Chocolate Cookies.</p> <p>*Speed line: Grilled Hamburger/Cheeseburger, French Fries, Baked Beans, RIKPAK.</p> <p>*Dinner: Beef Barley Soup, Chicken Curry, Veal Parmesan, Steamed Rice, Savory Squash, Club Spinach, Vanilla Cookies, Strawberry Shortcake, Tapioca Pudding, RIKPAK.</p>
20	<p>*Breakfast: Hominy Grits, Corned Beef Hash, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, French Toast, Asstd Doughnuts, Danish Diamonds.</p> <p>*Lunch: Velvet Corn Soup, Orange Chicken, Braised Beef and Onions, Oriental Rice, Oven Browned Potatoes, Steamed Cabbage, Cauliflower AuGratin, Easy Chocolate Cake, Crisp Drop Cookies.</p> <p>*Speed line: Assorted Pizza, RIKPAK.</p> <p>*Dinner: Cream of Asparagus Soup, Chicken Tetrazzini, Baked Italian Sausage, Ratatouille Eggplant, Lyonnaise Rice, Mustard Greens, Easy Chocolate, Crisp Drop Cookies, RIKPAK.</p>
21	<p>*Breakfast: Rolled Oats, Sausage Links, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Waffles, Asstd Doughnuts, Apple Fritters.</p> <p>*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.</p> <p>*Speed line: Grilled Hamburger/Cheeseburger, French Fries, Baked Beans, RIKPAK.</p> <p>*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.</p>

ON THE GO WITH MWR



NASSIG
Designated Driver
Entry Form

Thank you for being a designated driver.



MWR Ensures a Safe Arrival

The Designated Driver (DD) Program is a reward system set up to encourage military and family members to have a friend always with them who is the acting designated driver. All patrons have to do is identify themselves as a designated driver entitling them to free non-alcoholic beverages all night at MWR facilities such as Connections Recreation Center, Jox Pub, and SpareTime Bowling Center. Plus, the DD is entered in a monthly drawing for a free NEX phone card. For more information on the designated driver program, call 624-4263.

On top of the Designated Driver Program, MWR has contracted a taxi service. Rates are available for locations on the economy as well. Taxi information fliers are available at all MWR facilities or on Facebook at www.facebook.com/mwrsigonella. For more information, stop by any MWR Facility.

MIDTOWN MOVIE THEATERS

SCHEDULE & DESCRIPTIONS



Friday, May 14

- 3:00pm Diary of a Wimpy Kid PG
- 5:00pm Our Family Wedding PG-13
- 5:30pm **The Bounty Hunter PG-13**
PREMIERE
- 7:30pm Brooklyn's Finest R
- 8:00pm Crazy Heart R

Saturday, May 15

- 2:00pm Diary of a Wimpy Kid PG
- 2:30pm How to Train Your Dragon PG
- 4:00pm The Bounty Hunter PG-13
- 4:30pm **Repo Man R**
PREMIERE
- 6:30pm A Nightmare on Elm Street R

Sunday, May 16

- 2:00pm How to Train Your Dragon PG
- 2:30pm Diary of a Wimpy Kid PG
- 4:00pm Alice in Wonderland PG
- 4:30pm The Bounty Hunter PG-13
- 6:30pm Repo Man R

Monday, May 17

- Guys Night Out Sneak Preview!**
- 6:30pm Iron Man 2 PG-13

Tuesday, May 18

- 5:00pm Diary of a Wimpy Kid PG
- 5:30pm The Bounty Hunter PG-13
- 7:30pm Repo Man R
- 8:00pm She's Out of My League R

Wednesday, May 19

- 2:00pm **Planet 51 PG**
FREE
- 2:30pm **Tooth Fairy PG**
FREE
- 5:00pm Alice in Wonderland PG
- 5:30pm **Iron Man 2 PG-13**
PREMIERE
- 7:30pm A Nightmare on Elm Street R
- 8:00pm **Crazy Heart R**
LAST SHOWING

Thursday, May 20

- 5:00pm Our Family Wedding PG-13
- 5:30pm The Bounty Hunter PG-13
- 7:30pm **Brooklyn's Finest R**
LAST SHOWING
- 8:00pm Green Zone R

Friday, May 21

- 3:00pm Diary of a Wimpy Kid PG
- 5:00pm Iron Man 2 PG-13
- 5:30pm **Hot Tub Time Machine R**
PREMIERE
- 7:30pm Repo Man R

THE BOUNTY HUNTER- Jennifer Aniston, Gerard Butler, Jeff Garlin, Jason Sudeikis, Christine Baranski

Milo Boyd, a down on his luck bounty hunter gets his dream job when he's assigned to track down his bail-jumping ex-wife. (106 min.)

REPO MAN- Jude Law, Forest Whitaker, Alice Braga, Live Schreiber, Carice van Houten

Humans have extended and improved our lives through expensive mechanical organs created by a company called The Union. The dark side of these medical breakthroughs is that if you don't pay your bill, The Union sends its highly skilled repo men to take back its property, with no concern for your comfort or survival. Remy is one of the best organ repo men in the business. When he suffers a cardiac failure on the job, he awakens to find himself fitted with the company's top-of-the-line heart-replacement as well as a hefty debt. A side effect of the procedure is that his heart's no longer in the job. When he can't make the payments, The Union sends its toughest enforcer, Remy's former partner Jake, to track him down. Now that the hunter has become the hunted, Remy joins Beth, another debtor who teaches him how to vanish from the system. They embark on a chase across a landscape populated by maniacal friends and foes, one man will become a champion for thousands on the run. (111 min.)

IRON MAN 2- Robert Downy Jr, Gwyneth Paltrow, Don Cheadle, Mickey Rourke, Sam Rockwell

The world is aware that billionaire inventor Tony Stark is the armored Super Hero Iron Man. Under pressure from the government, the press and the public to share his technology with the military, Tony is unwilling to divulge the secrets behind the Iron Man armor because he fears the information will slip into the wrong hands. With Pepper Potts, and James "Rhodey" Rhodes at his side, Tony forges new alliances and confronts powerful new forces. (125 min.)

HOT TUB TIME MACHINE- John Cusack, Rob Corddy, Craig Robinson, Clark Duke, Chevy Chase

A group of best friends have become bored with their adult lives: Adam has been dumped by his girlfriend; Lou is a party guy who can't find the party; Nick's wife controls his every move; and video game-obsessed Jacob won't leave his basement. After a crazy night of drinking in a ski resort hot tub, the men wake up, heads pounding, in the year 1986. This is their chance to kick some past and change their futures - one will find a new love life, one will learn to stand up for himself with the ladies, one will find his mojo, and one will make sure he still exists! (99 min.)

A NIGHTMARE ON ELM STREET- Jackie Earle Haley, Rooney Mara, Kyle Gallner, Katie Cassidy, Thomas Dekker

A group of suburban teenagers share one common bond, they are all being stalked by Freddy Krueger. A horribly disfigured killer who hunts them in their dreams. (96 min.)

REMEMBER ME- Robert Pattinson, Emilie de Ravin, Chris Cooper, Lena Olin, Tate Ellington

Tyler, a rebellious young man in New York City, has a strained relationship with his father ever since tragedy separated their family. Tyler didn't think anyone could possibly understand what he was going through until the day he met Ally through an unusual twist of fate. Love was the last thing on his mind, but as her spirit unexpectedly heals and inspires him, he begins to fall for her. Through their love, he begins to find happiness and meaning in his life. But soon, hidden secrets are revealed, and the circumstances that brought them together slowly threaten to tear them apart. Remember Me is an unforgettable story about the power of love, the strength of family, and the importance of living passionately and treasuring every day of one's life. (112 min.)

SHE'S OUT OF MY LEAGUE- Jay Baruchel, Alice Eve, T.J. Miller, Mike Vogel, Nate Torrence

Kirk, an average Joe, can't believe his luck. Though he's stuck in a seemingly dead-end job as an airport security agent, against all odds, Molly, a successful and outrageously gorgeous babe, has fallen for him. Not only is Kirk stunned, but his friends, family and his ex-girlfriend, too. Now he has to figure out how to make the relationship work, even though he'd be the first to admit she's totally out of his league. (105 min.)

SCHEDULE IS SUBJECT TO CHANGE.
PLEASE CALL TO CONFIRM MOVIE
SHOWINGS.
MOVIE HOTLINE:
624-4248

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

Calling all bakers!

4-H Cooking Club Apple Pie Contest



Teens, Tweens and School-aged care 4-H Cooking Club members are encouraged to participate in the Apple Pie Contest. Each Club, or member, needs to submit a recipe, and bake their pie in their center. Pies will be judged at MWR's Sigonella County Fair! Each center will provide materials needed for pies. Must be a member for 4-H to participate. For more information call Lynn Syrcle at 624-3712.

CONNECTIONS

A Place To Get Connected

Whether checking out a laptop or enjoying the private movie theater Connections has it all.

Since the grand opening less than a year ago, Connections has continued to expand its technology to offer SKYPE as well as availability to check out laptops and laptop extension cords. Also added, is free popcorn and free tea all day along with a Nachos/Hot Dog bar (fees apply); the perfect food for lounging around. The feng shui motif provides a relaxed ambiance for all programs or events.

The new all-hands facility now offers Bingo, Texas Hold'em, Cook

your own Steak Night, just to name a few.

Connections is an all hands recreation center located at the Midtown Piazza area on NAS I. This recreation center caters only to ages 18 or older or family member children 19 or older. Please note that during County Fair, children are not permitted in the facility and are encouraged to use the restroom facilities located in Midtown.

For more information on Connections and programming check the monthly MWR Preview or call 624-4264.

Hold'em 101



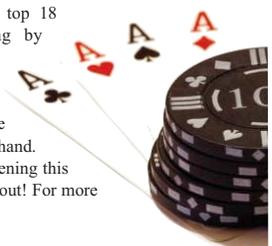
Come try your hand playing Texas Hold'em Poker at a FREE clinic to teach when to hold'em, when to fold'em, and when to go all in on Friday, May 21 at 6 pm at Connections. This is good practice for anyone that has never tried their luck at the table but want to learn.

Any US ID cardholder (ages 18 years or older or family members 19 years or older) can learn how to play. Poker 101 offers a learning environment

with skilled players and dealers. Take advantage of this opportunity as tournaments will be starting at Connections soon. For prizes and more information call 624-4264.

Texas Hold'em Featured Table Come and watch Our Local Pro's!

Final table for tournament players is Saturday, May 22 at 5:30 pm at Connections! The top 18 have a reserved seat! Swing by Connections and watch 'em play for the grand prize! In order to play in this tournament, stop by on Thursday, game starts at 5:30 pm and play a hand. Other tournaments will be happening this summer so stop by and check it out! For more information call 624-4264.



Wander Lonely as a Cloud Over to the Fairest Place on Earth

Article by

Giovanna De Gennaro

"I wandered lonely as a cloud
 That floats on high o'er vales and
 hills,
 When all at once I saw a crowd,
 A host, of golden daffodils;
 Beside the lake..."
 (William Wordsworth)



18th century English poet William Wordsworth called it, "The fairest place on earth." England's Lake District is a poet's dream and a haven for tourists looking for tranquil meadows filled with golden daffodils and crystal lakes shimmering amidst forests. The Lake District is also a hikers' paradise for solitary wanderers and those wishing to "travel among unknown men." The area's unparalleled charm has been attracting vacationing Brits for years. It was a favorite summer vacation spot among the English elite during Victorian times and it was also home to a number of distinguished literary figures among which William Wordsworth and Beatrix Potter stand out. For Wordsworth the area was a major source of inspiration for his verses, but he was not the only Romantic poet who enjoyed the Lakeland's endless hours of peace and "...emotion recollected in tranquility" other English authors like Samuel Taylor Coleridge, John Keats, Alfred Lord Tennyson and Charlotte Bronte found their ideal escape here away from "the squalor of city life!"

England's Lake District is situated between Cumbria and Lancashire 435 km (270 miles) NW of London, 103 km (64 miles) NW of Bradford, 116 km (72 miles) NW of Leeds and 14 km (9 miles) of Windermere. The northern part borders Scotland. Scafell Pike is the highest peak, at 978 m (3,210ft) it's the highest point in England. The lakes at the foot of the mountain were hollowed out during the Ice Age; they take their names after the Old English mere (water). To get to the Lake District you want to reach the town of Kendal. You can take any one of the several daily trains from London's Euston Station to Oxenholme (about 2.5 km/ 1.5 miles) away. From here, take a cab or board one of the local trains that have approximately every hour to Kendal proper: total travel time is 3.5 hours. If you're driving follow the M1 out of London, then the M6 to Kendal: travel time is about 5 hours. If you're travelling by bus, take one of the three daily National Express out of London: travel time is about 7 hours. There is something for everyone at the Lake District and getting around is easy. You can hike, walk, sail by boat, get around by bus or book a bus tour, bike or drive around the Lake District. Whichever way you choose to get a round a good map is a must; go to www.OrdnanceSurvey.co.uk for a detailed map. Because England's weather is unpredictable an up-to-date weather report and good waterproof outdoor gear are something the locals are all too familiar with, so play it safe and do as the locals do. Derwentwater is one of the loveliest

lakes in the area. It is bordered on the north by the town of Keswick, a pleasant five-minute stroll from the lake. The area offers four islands with boat service and hiking trails. You can walk 9 miles (3 hours) around the lake and then wind down by taking a 50 minute lake cruise: boats run every half hour. Then visit the pubs, gift shops and tearooms that line the streets of Keswick. If you haven't booked a hotel room this is the place to do so: with plenty of B&Bs, public transportation that connects to the nearest train, a lively market square, bike-rental shops, a golf course and mini-bus tours all conveniently located 5 minutes apart from each other, you can't go wrong. Dog lovers can watch the weekly Keswick Sheepdog Demonstration and tea lovers will surely drop by The Teapotter where you will learn about the history of tea and watch craftspeople at work while they create the beautiful teapots, cups and saucers associated with the very English tradition of "teatime." Keswick was also home to the 19th century poet laureate and biographer Robert Southey, whose most widely known work is the nursery rhyme Three Little Bears.

Windermere is the largest lake in England, "views we have had of it are of the most noble tenderness- they can never fade away- they make one forget the divisions of life...and refine one's sensual vision into a sort of north star..." said John Keats of Lake Windermere in 1818. The area also hosts The World of Beatrix Potter an exhibit through which visitors will learn about the author's life, work and the creation of her famous children's characters; from her solitary childhood spent with her pets, including the "real" Peter Rabbit, to her theories on botany, her publishing success and retirement in the Lake District as a farmer, rare sheep breeder and conser-



vationist. In the Lake District National Park "every flower enjoys the air it breathes." With an area sprawling over 885 square miles of hills, mountains, forests and lakes, and 2,898 km (1,800 miles) of footpaths it's the largest park in the United Kingdom. Visitors whose minds are, "crowded with thoughts that need a settled home" will find waterfalls, flora and fauna that have made this park their settled home for centuries. The park lies amidst 100 lakes and green landscape dotted with thousands of cloudlike sheep, it also has many privately owned areas with property investment opportunities for visitors looking for more than a temporary escape. The area has been attracting individuals looking for an ecologically-sound investment and a tranquil getaway from the chaos of urban living. Private investors and landowners have been working with the national parks to preserve and maintain the pristine landscapes and acres of parklands and gardens. William Wordsworth called the Grasmere area "the loveliest spot that man hath ever known." The poet laureate lived at Dove Cottage from 1799 to 1808. Today the estate hosts the Wordsworth Museum filled with a collection of manuscripts and paintings.



For art and literary buffs there are yearly exhibitions that explore the art and literature of English Romanticism. A major source of inspiration for his poetry, the area has unparalleled poetic charm. Cascading waterfalls sprinkle droplets of solitude and the shimmering lakes mirror a local history dense with literary heritage forged by Romantic and Victorian poets. Wordsworth's rhymed verses still whisper among the trees each time the gentle breeze rustles the leaves.

Visitors can stop for a bite at the Dove Cottage tearoom and Restaurant where afternoon tea is served daily. With a typical English fare of scones, cakes, open sandwiches, tea breads and an assortment of teas, it's a traditional English ritual you won't want to miss. Rock and mountain climbers can climb atop the 2,633 ft.-high "Coniston Old Man" at Coniston & Hawkshead. Between Grisedale Forest and Coniston Old man amidst a tranquil wooded area lies Coniston Water. Its convenient Boating Centre provides rental rowboats, sailboats or canoes as well as qualified windsurfing and canoeing instructors, not to mention a range of boating equipment. If you're an amateur or professional photographer the mountain offers a scenic view of the Lake District, so don't forget your camera. Brantwood houses the John Ruskin Museum. A poet, artist and critic, Ruskin lived in the area in from 1872 to 1900. English literature lovers can relive the Victorian literary mood and view Ruskin's works as well as hundreds of works of art by the author over a hot cup of English tea.

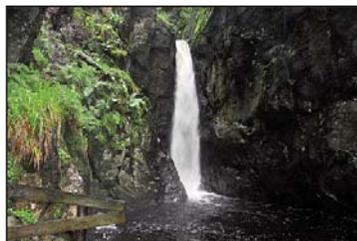
English weather is as unpredictable as it is delightfully surprising. While the wise traveler should keep this in mind any excursion could turn into a memorable experience. An early morning walk in the Lakeland might delight the spirit with a sprinkling of dew and a chance of bliss. Then again visitors might encounter Wordsworth's "...trailing clouds of glory." But no matter what news the weatherman brings, the fatigued traveler will find a welcome retreat at the end of the day at any of the Inns or Pubs England is famous for. Sink your aching muscles into a cozy chair and raise a glass of cheer - whether it be cask, ale or keg beer, accompanied by a sampling of finger food or traditional English grub, the unparalleled jovial atmosphere and warmth of the English Public House will be a reward to the soul. So go ahead and let your senses and powers of observation take in all that is "fountains, meadows hills, and groves" and be not concerned if you find yourself standing under a tree reciting, "In my heart of hearts I feel your might...I only have relinquish'd one delight, to live beneath your more habitual sway." (William Wordsworth 1770-1850)

Chiechio

Eno

Sig Inn

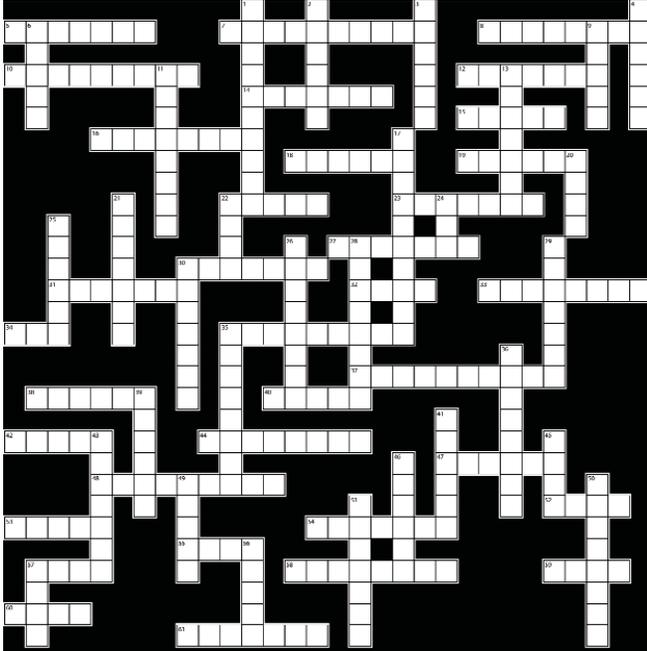
Stampa



BRAIN TEASERS

At The Market

Translate the Following Produce from English to Italian & Italian to English

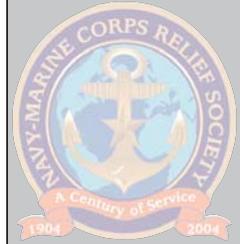


Down

1. Cauliflower
2. Carrot
3. Celery
4. Arancia
6. Garlic
9. Fagioli
11. Artichoke
13. Avocado
17. Uvaspina
20. Salt
21. Rucola
22. Prugna
24. Fico
25. Papaya
26. Cherry
28. Asparagus
29. Cocco
30. Prezzemolo
35. Broccoli
36. Funghi
39. Lemon
41. Pomodoro
43. Raspberry
45. Piselli
46. Banana
49. Dill
50. Melanzana
51. Lime
56. Cipolla
57. Corn

Across

5. Paprika
7. Melone
8. Cetriolo
10. Apricot
12. Strawberry
14. Lattuga
15. Guava
16. Zucchini
18. Patata
19. Pineapple
22. Pesca
23. Zafferano
27. Cavolo
30. Zucca
31. Watermelon
32. Pear
33. Sugar
34. Grape
35. Mirtillo
37. Pompelmo
38. Finocchio
40. Mango
42. Basilico
44. Melon Verde
47. Melon
48. Tangerine
52. Savia
53. Citron
54. Oregano
55. Thyme
57. Blueberries
58. Rosmarino
59. Apple
60. Kiwi
61. Spinach



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The Navy-Marine Corps Relief Society has a Vision? "We are a private, non-profit, Volunteer, service organization. As a Center of Excellence, we are committed to ensure that all available resources are used to assist personnel of the Naval Service - active, retired, and their eligible family members - to achieve financial self-sufficiency and find solutions to emergency needs."

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1995 Nissan Skyline, 4 door, automatic, runs great... Selling for \$3,500. Call Liz at

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'93 HONDA CIVIC DX HATCHBACK 2DR 4 CYLINDER 1.5 LITER (GREAT ON GAS!!!) 5 SPEED (Silver) -Air Conditioning - Tilt Wheel - Power Steering-AM/FM Stereo - Power Windows - Power Door Locks NEW - Single Compact Disc (USB) 177,000 KM Well maintained/EXCELLENT CAR! \$3,500 or OBO! PLEASE CALL #347-218-4184

1996 Mercedes-Benz C-Class C200 KOMPRESSOR "Silver" Sedan 4DR (TURBO CHARGED) Engine: 4-Cyl. 2.2

Liter - Transmission: STANDARD - Power Steering - AM/FM Stereo - Power Windows (FR) CLEAN! Alloy Wheels - Power Door Locks - Dual Front Air Bags - New CD Player (USB) - ABS (4-Wheel) Approx. 150,000 KM. Alarm System Well maintained/EXCELLENT & FAST CAR! \$5,500 or OBO! BLUE BOOK VALUE \$6,135 PLEASE CALL 347-218-4184

BMW 120 Eletta 2000 cc, 2007, color black, km 37,000, full optional, excellent conditions. Only one owner. Ask Euro 18.500. Call Maria/Giacomo 3496927700.

1995 VW GOLF CABRIO 5 SPD NEW TOP, TOP-END OF ENGINE JUST REBUILT. GREAT RUNNING CAR. GREAT CONVERTIBLE FOR THE SUMMER. NO BODY DAMAGE, AWESOME PAINT. \$4000.00 348-265-1895

1998 HUNDAI ACCENT 4 DOOR IN EXCELLENT CONDITION, LOW MILEAGE MUST SEE TO BELIEVE. ASKING PRICE \$3950,00 FOR INFO CALL 346-6082330

1996 FIAT BRAVA. "As Is" \$500 Negotiable. Needs some work, but

runs okay. Good island car. PSCing-- Available May 10. Contact Brian at 624-0676 or 346-574-6518.

2002 Harley Davidson 1200 Sportster custom- red, chrome package upgrade, screaming eagle package. Comes with 2 seats-solo & double w/ detachable sissy bar, detachable windshield & Harley Davidson bike cover. Beautiful bike, excellent condition! \$5400 Call Tiffany X4278(work) or 345-481-1562 or email: nexsignonella-gen5@nexweb.org

1994 Toyota Estima (Previa), \$800.00. Island beater and looks the part. Runs good, but needs some work, right hand drive, missing passenger window. Great base to base transportation. Available May 30th. Hm 095-791-0177 Wk 624-6522 Cell 335-760-0531

1985 325 BMW US Specs. "as is" \$250.00 Needs auto transmission. Engine runs great. Classic hobby car for resale or parts for rebuild. Get it before the DRMO does and parts price go up. Hm 095-791-0177 Wk 624-6522 Cell 335-760-0531

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Touch phone for sale. Samsung gt-s5600. MP3 player, video camera, camera, SD slot, touch screen. need to sell it soon, PCSing soon. Comes with phone, box, earphone adapter, CD, USB cord, charger. only flaw is a small gash. Only asking for \$165 OBO. Let me know if you're interested 346-574-6456

KLF 10 Klipsch legend series loud speakers. Floor standing loud speaker. \$300 OBO for pair. Please call 624-1717 or 346-978-8335.

Livingroom & Dining room Curtains w/hardware for use in Maranai, \$100; Antique Dining Room Table w/3 leafs, \$450; Antique Amoire w/mirror, \$350; 2 Outdoor Restoration Hardware Gliders, \$150; and a 9 X 12 Rug, \$150. Please call 624-178.

New Seiko men's diving watch. Paid \$200, Sell \$80 Gary 335-706-5400

Samsung GT-S5600 (red and black) Phone for sale. Only had for about a few months. Honestly never been dropped no scratches no dents, nothing. still has protective screen and still has original sticker. Touch screen, MP3 Player, 3.2 Camera (video also), memory card slot. Original box, and little case included. Asking for \$230. If interested call 346-574-6456.

For sale Fisher Price kids Bops video/singing system with 4 game cartridges for \$20.00 My first Leap Pad pink with 4 preschool games \$15 VSmile game system with 8 game cartridges plus jamming gym class mat and cartridge, art studio drawing pad and cartridge, joy stick with writing pad. Valued over \$ 300.00 asking \$80 Please call Giovanna or Cliff cell 3466159689 / home 624 0613

2 BORNEO SIENNA "JANSPOURT" BACKPACKS BRAND NEW, never used. Are you going to travel soon? We have the bags for you High density polyethylene, airlift should straps many compartments and extra day back attached frame inside, drop down bin for storage. Aluminum for support & comfort and many more great features Google style #

TJ94-662 originally paid over \$200.each Will sell both for \$250.00 call 335-773-9696/624-3231

Pine table with 6 side chairs and 2 armed chairs plus a curio/china cabinet good condition \$600.00 set of 3 tables, Coffee table, End table and Sofa table \$50 Please call Cliff or Giovanna cell 346 615 9689/ 624 0613

Beautiful 100+ year old Golden Oak Dining Room Table with 3 matching leaves and 6 matching cane-seat chairs, in Excellent condition - Must Sell, \$400 or best offer. Also, antique Golden Oak cabinet with 2 drawers and 2 shelves, used as an entertainment center - \$100 or best offer. Please call 624-4214, or 335-578-8135.

RCA w/remote 40" color TV \$200.00 (CRT/NTSC)"New" never used screened awning 100.00.

Leather bombardier jacket \$50.00 (size L), NK Sport Bike Rider Jacket fully padded/w/liner. Black XL. \$50.00. Gazelle \$50.00, Abs slide machine \$30.00. Italian style wood shoe holders, oak color \$30.00 ea or \$50.00 for two. Large food pantry/storage cabinet light wood color \$40.00.

BMW car cover for 300 series \$30.00. Hm 095-791-0177 Wk 624-6522 Cell 335-760-0531

SONY VAIO GRZ610:400MHZ, 2.0 GHz Intel Pentium 4, RAM:256 MB, exp. to 1024MB. RAM Type: DDR SDRAM L2 Cache: 512 KB. Operating System and Software: Windows XP Home Edition. Bundled Software: Microsoft Money 2003 Standard, Microsoft Works, Microsoft Encarta Online, Sony DVgate, Sony MovieShaker, Sony SonicStage, Sony PictureGear Studio Keyboard and Mouse PAD, Printer included. For info, email:hm1rod@yahoo.com

DELL AXIM X5:400 MHz Intel XScale cpu,64MB RAM, 48MB ROM 3.5" high-resolution transfective 65,000 color display Integrated CompactFlash Type II and Secure Digital/MultiMediaCard slots to add storage or wireless Communication cards Built-in microphone, speaker, and stereo headphone conn. Includes: Axim X5, Stylus, Sync cradle, AC Adapter. For info, email:hm1rod@yahoo.com

Space-saving loft twin bed, silver frame, with computer desk and shelves below. \$175 w/mattress, \$125 w/o mattress. (2 available). Call JoEllen at 624-1213 or email lloydandjo@gmail.com.

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Two Nintendo DS Lites, one pink and one white, both work great. Both for \$90.00 as white one is well used but pink is in excellent condition. 624-1377

Selling Five 2010 Jeep Wrangler tires. P255/75 R17 OWL On/Off Road Tires with 17" x 7.5" Aluminum Wheels. Four tires have 3,000 miles on them, the fifth has never been used. Asking \$1,500. Please contact Michael @ 335-103-8208 or after 6PM at 095-791-6221.

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Iphone3GS / 16GB (black) - 4 months old GREAT CONDITION 400 Euro. Please call 333-9819661

Fisher Price Moon Stars Cradle Swing \$49.00, FP Infant/ Toddler Rocker \$10.00, Bumbo Baby Seat \$10.00, FP mat/gym \$8.00. All excellent condition Call 3458070698

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We are a loving couple looking to start a family through adoption. Please call 335-831-4501.

DOG SITTER NEEDED - 11 yr old very calm and easy wheaton terrier needs love and companionship for 5 weeks this summer. Easy money, food provided.Loves predictable kids over 5 yrs old. June 22 - Aug 1. Pls call 624-1209

Glider or Rocking Chair with or without an ottoman available for sale. Please Call 624-6496

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Casablanca

Geico

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