

I cycled, I lived... Language Students The Giro d'Italia World Cycling Experience Tour Sigonella

Article by Jenni James
Photos by: Meagan Yohnke
and Jenni James

Giro d'Italia is one of three grand tour cycling events along with Vuelta Espana and Tour de France. On May 10, Sicily was given the grand opportunity to host the first three stages of the 23-day

event and kicked off Stage 1: Team Time Trial in Palermo.

While the Giro d'Italia started in Palermo, myself along with 15 other bike enthusiasts, left Marinai Housing on May 10 for this historical day and were shuttled south to Agrigento to ride the Stage 2

Story continued on page 10



Deanna Windle enthusiastically waves the American flag to cyclists.



Lt. Cmdr. Paul Hockran gives students from the Giga School of Languages a tour of PATRON SIG.

Article and photos by MCSA Jonathan Idle
Signature Staff

Students from the Giga School of Languages in Catania toured Naval Air Station Sigonella May 22 as part of the base tour program to keep up community relations.

While on base the students experienced several facets of life on Sigonella including a demonstration by a military working dog, a tour of the fire department, a brief on American eating habits and a tour of a P-3C "Orion".

"The purpose (of the tour) is for the students to have the opportunity first of all to see a naval base, second of all to listen to and practice speaking English, and third of all to see some American culture, American people, American food, American habits because most of them haven't been to America," said Una Ni Chaoille, the Director of Studies at the school.

The student's first stop was at the fire department on NAS 2. They were given a tour of the station and a demonstration of a fire truck spraying water.

Story continued on page 3

Safety Stand-down Briefs Sigonella for Summer

Article by MCSA Jonathan Idle
Signature Staff

More than 700 servicemembers from Naval Air Station Sigonella came together for the annual Summer Safety Stand-down held May 20 to 22 at the Midtown Movie Theater on NAS 1.

The class was held twice daily over the three day period, and covered important topics relating to health and safety for the coming

summer months.

Capt. Thomas J. Quinn, NASSIG Commanding Officer, opened the brief by stating his two themes of consistency of purpose and personal responsibility.

He stressed the importance that Sailors maintain a consistency of purpose by making Operation Risk Management and safety a part of everything they do. He particularly highlighted this in regards to driving on and off base. The number of traffic accidents has increased this

year and the Sigonella community has already experienced two traffic fatalities.

"We need to do better," Capt. Quinn Said.

He stated the need to stop Sigonella servicemembers from drinking and driving. He covered his personal philosophy of never getting behind the wheel if he has had even a sip of alcohol, and he tasked the servicemembers with holding themselves to a higher standard.

"I need you to be responsible for your actions at all times," said Capt. Quinn.

Aviation Maintenance Administrationman 1st Class Steven Mallard, NASSIG Traffic Safety Coordinator and a stand-down instructor, stated that the stand-down is an important way for the command to reinforce relevant issues facing Sigonella.

"Here in Sigonella we've been having a big issue with motorcycle accidents and traffic accidents," Mallard said. "Once again, it gives the opportunity for the CO to come out and

Story continued on page 13

WEATHER UPDATE	May 30	May 31	June 1	June 2	June 3	June 4	June 5
	H:83F L:63F	H:84F L:62F	H:84F L:64F	H:84F L:65F	H:87F L:67F	H:89F L:69F	H:88F L:66F

TOP STORIES	Medical professionals, embarked aboard USS Boxer (LHD 4), shared their public health and sanitation expertise with partner-nation citizens from Puerto de San Jose, May 15, as part of Continuing Promise (CP) 2008.	In this multigenerational workforce, you might find yourself working closely with teammates as old as your parents or grandparents or as young as your children or grandchildren. Working with people of different ages can be highly rewarding, opening the door to new approaches and ideas and to rich mentoring relationships.	Imagine a quite beach in the south of Sicily suddenly turning into a bloody medieval battlefield. In the spring of 1091, Norman Count Roger was ready to drive out the Saracen invaders from Sicily.	The ancient Greeks were known for their architectural skill and prowess, building Doric temples that demonstrated their superiority to the world over. The remnants of their Hellenistic society have inspired the world for centuries and are spread across Greece and Sicily.	A Sailor assigned to Marine Aviation Logistics Squadron 24 (MALS-24) at Marine Corps Base Hawaii continues his fight against cancer and remains an inspiration to all. For Aviation Ordnanceman 1st Class (AW/SW) David Eberhart, giving up in nearly six-year fight with cancer has never been an option.
		Page 3	Page 5	Page 6	Page 8

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

TRAFFIC NUMBERS			
	Jan.- May, '08	Jan.- May, '07	Diff.
Accidents	135	113	+22
Injuries	23	11	+12
DUIs	5	2	+3
Traffic Deaths	2	0	+2

PLEASE,
DON'T BECOME
A STATISTIC!

DIRECT LINE NASSIG COMMANDING MASTER CHIEF ROSA L. WILSON

This coming week marks the end of Captain Dale Carson's tour here at NAS Sigonella as the Executive Officer. Since arriving in May 2005, Captain Carson has consistently displayed stalwart leadership, intuitive management and an unwavering devotion to the mission and the people of Sigonella. Unfortunately, there is no formal ceremony for the transition of executive officers, so I would like to take this opportunity to briefly recognize Captain Carson's achievements.

FLEET! - In support of the surging forces of America in the Global War on Terrorism, Captain Carson oversaw improvements in transportation, facilities and transient services that resulted in significant cost savings to the United States. He also meticulously administrated an \$80,000,000 operating budget; and oversaw thousands of successful

support missions for the United States SIXTH Fleet and their vanguard engagement with African partner nations under his stewardship.

FIGHTER! - In support of our Sailors, he fostered an incredible effort from the Command Retention Team that ensured all were afforded ample opportunity to make informed career decisions and the program met or exceeded all retention goals. In addition, his commitment to the Developing Leaders Program has resulted in the Sailors of NAS Sigonella enjoying a 5.35% better advancement average than the rest of the Navy.

FAMILY! - During his tour, there have been tremendous improvements affecting quality of life, which have led to NAS Sigonella becoming a "show base" in Europe. In addition, his commitment to a multifaceted traffic safety campaign addressed both aware-

ness and enforcement resulting in a reduction in traffic incidents and accidents. In December 2005, he personally displayed extraordinary leadership during in response to a catastrophic flood that displaced 1,600 community members. During this time, he oversaw the rapid deployment of Public Works to restore critical base infrastructure, the evacuation of almost 500 families and the full restoration of the base in an amazing 45 days.

His tour as Executive Officer, Captain Carson has undoubtedly demonstrated unparalleled commitment to the Fleet, the Fighter and the Family. He has touched the lives of thousands and left a tremendous legacy. As Command Master Chief, I know I speak for the whole community when I say that it has been a sincere honor to follow his leadership. Fair winds and following seas Captain Carson and family! Thank you for everything.



Health WATCH

TRICARE Enrollment

Article by Lt. Arcelia Wicker Jr. MSC, USN
 US Naval Hospital Sigonella

Are you and your dependents enrolled in TRICARE Prime Europe?

All active duty members and their dependents that attend the initial indoctrination upon arrival to Sigonella will be prompted to fill out an enrollment form for TRICARE Europe. It is the responsibility of the active duty member to ensure that all of his or her dependents are enrolled into TRICARE Prime Europe.

If your dependent arrives here after you, upon their arrival, you should come by the TRICARE office by the main entrance of the Hospital and fill out an enrollment form. It is very important that your dependents get disenrolled from the stateside region prior to them scheduling any appointments at the Hospital. If they have not been dis-enrolled from the previous region and enrolled into the European region, they will not be able to schedule any routine appointments.

Being enrolled into the proper Overseas Region ensures that, if you or your dependents are sent out in the local community for any medical care, your expenses will be covered. If you or your family members are still enrolled in the stateside region, you could end up getting billed for a percentage and deductibles.

By enrolling in TRICARE Prime Europe there are no enrollment fees and you are covered at 100%. It is also important if you have a newborn at the hospital that the child is on your page two and in DEERS. The hospital, along with PSD, has implemented a "Bedside Enrollment" program, where the newborn can be added to DEERS while the mother is still in the hospital.

You will also be able to enroll the newborn into TRICARE Prime prior to discharge. For further information you can contact the TRICARE MSC, Susan Perez at 624-4880.

NASSIG WORSHIP SERVICES

<p>LDS Chapel in Catania Sunday 1 p.m. Church of Jesus Christ Latter-day Saints For information contact 624-1671</p> <p>Church of Christ Sunday 3:30 p.m. NAS I Chapel Room 4 For information contact 624-5128</p> <p>NAS II Chapel Monday 11:30 a.m. Catholic Mass</p> <p>Tuesday 11:30 a.m. Catholic Mass</p> <p>Wednesday 11:30 a.m. Catholic Mass</p> <p>Friday 11:30 a.m. Catholic Mass</p> <p>Sunday 4 p.m. Catholic Mass</p>	<p>Call 095-86-1205 for weekly Jewish services Alcoholics Anonymous Meetings Monday, Wednesday and Fridays 11:30 a.m. NAS II Chapel</p> <p>NAS I Chapel Sunday 8:45 a.m. Catholic Mass 10:45 a.m. Protestant Worship</p> <p>Wednesday 5 p.m. Fellowship Meal 6 p.m. Bible Study</p> <p>Mineo Community Center Sunday 9 a.m. Protestant Worship 12 p.m. Catholic Mass</p> <p>Maranai Community Center Sunday 11 a.m. Protestant Traditional Service</p>
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Call 095-86-3801 for the Chaplains Office



Strength in Numbers

Two are better than one, because they have a good reward for their labor. - Eccl. 4:9

Article courtesy of Chaplain Hank Wilson

We live in a world that has us believe that isolation is good. We have the opportunity to sit in front of a computer in cyberspace and disconnected from the world. We put our earphones in and push play on our I-Pod. We can occupy our time with TV and video games that keep us from interacting with other people. Obviously it is easier to do these things than to interact with real people. Besides most of the time these people don't understand me. We don't have anything in common and I just want to be left alone.

King Solomon has some words for us in the book of Ecclesiastes concerning isolation. He reminds us that "two are better than one." He

then goes on to explain why. First, if one falls then if someone is with them they will be able to help them up. He says: "pity the man who falls and has no one to help him up!"

Have you ever needed someone to help you up? Have you ever needed to lift a friend or shipmate in time of need?

Maybe, not actually, but figuratively this is true. We all have times when we need that encouragement. We all have times when we need a friend. Being isolated keeps us from building these bonds of friendship so that when we fall someone is there to help pick us up.

Story continued on page 7

<p>Commanding Officer Capt. Thomas J. Quinn</p> <p>Public Affairs Officer Lt. j.g. Matt Knight</p> <p>Deputy Public Affairs Officer Dott. Alberto Lunetta</p> <p>Editor MC2 Joshua Wink</p> <p>Staff Writers/ Photographers MC1 Brian Goyak MC2 Jason T Poplin MC2 Joshua Wink MCSA Jonathan Idle</p> <p>Interns and Volunteers</p>	<p>endorsed by, the U.S. Government, the Department of Defense (DoD), or the U.S. Navy. The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement by the DoD or Stampa Generale S.r.l., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. A confirmed violation or rejection of this equal opportunity policy by an advertiser will result in the refusal to print advertising from that source until the violation is corrected. The Signature is published weekly by Stampa Generale S.r.l., Sig. Bruno Brandi, Publisher, Naval Support Activity, Capodichino (Naples), Italy - Tel. 081-568-7884, Fax 081-568-7887. E-mail: stampagenerale@tin.it. Editorial submissions are welcomed from all Naval Air Station Sigonella departments, divisions and tenant commands. Editorial submissions should be sent to the Public Affairs Office via thesig@nassig.sicily.navy.mil, guard mail stop #68 or hand-delivered to our office no later than the close of business on the Friday preceding the expected publication date. All articles submitted by non-staff members will be considered contributing writers. The Signature will not publish any anonymous articles. All advertisements in this publication are the property of Stampa Generale S.r.l. Any reproduction of advertisements in The Signature is unauthorized without the written consent of the publisher.</p>
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EMERGENCY MANAGEMENT OFFICE

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

WEEKLY TRAFFIC/SAFETY UPDATE

Traffic Court Results

- E4** - Negligent backing. Member was awarded DIP.
- E4** - Negligent backing. Member was awarded 10 day license suspension, 3 points and DIP.
- E4** - Other moving violations. Member was awarded DIP.
- E5** - Fleeing the scene and failure to report an accident. Member was awarded 9 points, a 4 month license suspension and DIP.
- E5** - Other moving violations. Member was awarded DIP.
- E6** - Other moving violations. Member was awarded DIP.

NAVY News

Preventive Medicine Team Improves Guatemala Public Health

Article by MC2 Joshua Jarvis
Photo by MC2 Matthew Jackson
USS Boxer (LHD 4) Public Affairs

Medical professionals, embarked aboard USS Boxer (LHD 4), shared their public health and sanitation expertise with partner-nation citizens from Puerto de San Jose, May 15, as part of Continuing Promise (CP) 2008.

CP is a humanitarian civic assistance mission aimed at fostering friendly, mutual cooperation and understanding between partnering nations by providing medical assistance and the opportunity to share ideas that will improve the future of healthcare throughout the world. CP's Preventive Medicine Directorate

team held training alongside Guatemala's Lead Inspector from the Ministry of Public Health, Fredy Antonio Rodriguez-Ruano. The classes were held in the Puerto de San Jose municipal building and aimed at informing local food vendors the proper ways to store and prepare food. The team combined the use of visual aids and humor in their presentation to make it more effective.

"Our partner-nation counterpart decides what we do that day," said Cmdr. Ilin Chuang, a doctor and the preventive medicine director for

Continued on page 7



Cmdr. Kimberly holds a young boy while taking a break from giving training on preventative health care education to health care providers in Guatemala.

LANGUAGE STUDENTS continued from page 1

The tour was given in Italian through a translator, but the students were able to test their English in a question and answer session with the firefighters.

Palmina La Rosa, the Director of the school, said, "They (the students) asked them not only about their work, but also their experience here in Sicily. How they feel. What they usually do."

After that the students were given a brief on nutrition and American eating habits by Lt. Cmdr. Jim McGowan, the NASSIG Hospital Registered Dietician. The students learned the difference between Italian and American eating habits, the problems related to obesity in America and the amount of sugar found in products like soda. The students even had a chance to try on a ten kilogram weight to feel how added fat can weigh them down.

"That was a good opportunity for the students to see how important it is to eat in a healthy way," La Rosa said.

The final stop on the tour was at Patrol Squadron Sigonella (PATRON

SIG) where the students had a chance to meet some of the pilots and aircrew members. After meeting the members of PATRON SIG the students got an external tour of a P-3C and had the chance to ask questions about the aircraft and its mission.

Lt. Cmdr. Paul Hockran, the Operations Officer for PATRON SIG, said he enjoys giving the students tours of the squadron.

"It's a lot of fun to have the younger children and high school students come on board because of the excitement and the interaction we get to have with them," Lt. Cmdr. Hockran said. "We share our culture and our customs and learn about their customs and their culture."

Carrado Paterno, a student from the school, said he enjoyed the chance to experience something new and see how American servicemembers live in Sicily.

"I had a good time, because I like the military very much," Paterno said. "In Sigonella they are very proud of America and it's beautiful. The plane is a new thing for me and the fire station. I have seen them in museums and movies but not in real life."

PHOTO FROM THE FLEET

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



U.S. Navy photo

The guided-missile destroyer USS Shoup (DDG 86) tows the 15-meter dhow, Dunia, after the boat experienced engine problems leaving it unable to operate at sea. The Military Sealift Command fleet replenishment oiler USNS Kanawha (T-AO 196) and Shoup responded to the ship in distress the boat to Yemeni territorial waters where it was met by a Yemeni tug. Kanawha and Shoup also provided the dhow's crew with food, water and medical support. Coalition forces have a longstanding tradition of helping mariners in distress by providing medical assistance, engineering assistance as well as search and rescue.

DEEY

Drug Education for Youth

2008-2009

Our Mission

To provide commanders with a drug demand reduction program that facilitates and enhances family readiness to promote mission accomplishment. The program develops youths through drug education, leadership and character development, positive role model mentoring, and community outreach to enhance the quality of life of military personnel and their families.

Also needing STAFF personnel (officers and enlisted) who must be able to get no cost TAD orders for 2 weeks and attend a MANDATORY training on 11-12 June from 0800-1600 in Applebee's conference room. Camp will start on 17th June. Pick up and return Youth & Staff Applications at the CMAA BUILDING 560 RM 101

* The MANDATORY meeting for all PARENTS will be held Monday, June 16th at 1730 in the Knights Hall.

DEADLINES:
STAFF APPS 31 MAY
Youth APPS 6 JUNE

ONLY accepting MILITARY and DOD kids ages 9-12
ANY QUESTION EMAIL PETTY OFFICER SKEATE AT
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Anima

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NAVAL AIR STATION SIGONELLA COMMUNITY CALENDAR					30 Spring Carnival NAS 1 4-7p.m.	31 Fil-Am Variety Show - 1 p.m. Knights Hall
1 June Over 30 pick-up Basketball - Midtown	2 Republic Day Italian Holiday Alcoholics Anonymous -7 p.m. -NAS II Chapel	3 Predatory Lending 1000-1130 Smooth Move 1400-1600	4 Motta Market w/ICR 0930-1200 Alcoholics Anonymous -7 p.m. -NAS II Chapel	5 Home Buying Strategies 1300-1530 Throwback Thursday Midtown Theater	6 Alcoholics Anonymous -7 p.m. -NAS II Chapel	7
8 Over 30 pick-up Basketball - Midtown	9 Alcoholics Anonymous -7 p.m. -NAS II Chapel	10 Anger & Stress Management Class 0800-1100	11 Survive & Thrive 0800-1430 Alcoholics Anonymous -7 p.m. -NAS II Chapel	12 Car Buying Strategies 1300-1430 Throwback Thursday Midtown Theater	13 Alcoholics Anonymous -7 p.m. -NAS II Chapel	14
15 Over 30 pick-up Basketball - Midtown	16 Alcoholics Anonymous -7 p.m. -NAS II Chapel	17 What About the Children 0800-1100 Resume Writing Class 1000-1200	18 Motta Market w/ICR 0930-1200 Alcoholics Anonymous -7 p.m. -NAS II Chapel	19 Throwback Thursday Midtown Theater	20 Alcoholics Anonymous -7 p.m. -NAS II Chapel	21
22 Over 30 pick-up Basketball - Midtown	23 Alcoholics Anonymous -7 p.m. -NAS II Chapel	24 TSP 1000-1130	25 Survive & Thrive 0800-1430 Alcoholics Anonymous -7 p.m. -NAS II Chapel	26 Banking & Checkbook Management 1300-1430 Throwback Thursday Midtown Theater	27 Alcoholics Anonymous -7 p.m. -NAS II Chapel	28
29 Over 30 pick-up Basketball - Midtown	30 Alcoholics Anonymous -7 p.m. -NAS II Chapel	1 July	2 Alcoholics Anonymous -7 p.m. -NAS II Chapel	3 Throwback Thursday Midtown Theater	4 Alcoholics Anonymous -7 p.m. -NAS II Chapel	5
6 Over 30 pick-up Basketball - Midtown	7 Alcoholics Anonymous -7 p.m. -NAS II Chapel	8	9 Alcoholics Anonymous -7 p.m. -NAS II Chapel	10 Throwback Thursday Midtown Theater	11 Alcoholics Anonymous -7 p.m. -NAS II Chapel	12

Motta

All Services

Stags

Oxidiana

Did you know?

Volunteering at your local Navy-Marine Corps Relief Office can be a rewarding experience? While helping clients solve their emergency needs, you can enhance your job skills and knowledge of oral and written communications, retail sales, customer service, public speaking, computer software programs, training, personnel management, and family budgeting. Opportunities for personal growth help you increase your self-confidence while you help clients achieve financial self-sufficiency. NMCRS: Service with a Smile! Contact your Sigonella NMCRS Office today! Call 624-4212 for more information. Office Hours: Monday - Friday 0900 - 1600. NMCRS: Seeking New Volunteers! *Navy-Marine Corps Relief Society*



Bldg. 319 (NAS 1)
 Monday-Friday
 7:30 a.m.-4 p.m.
 DSN 624-4291
 Commercial 095-56-4291

Team Building & Team Effectiveness:

Age Differences, Work Differences: Understanding Younger and Older Co-Workers

Edited from Military One Source

People of widely different ages work together today as never before. Four generations of employees now make up the workforce -- Matures (born before 1946), Baby Boomers (born between 1946 and 1964), Gen Xers (born between 1965 and 1977), and Gen Yers (born between 1978 and 2000). In this multigenerational workforce, you might find yourself working closely with teammates as old as your parents or grandparents or as young as your children or grandchildren. Working with people of different ages can be highly rewarding, opening the door to new approaches and ideas and to rich mentoring relationships. The more you understand the unique strengths and qualities of each generation, the more successful you will be at work.

Understanding the four generations at work

Every one of us is an individual, with a unique personality and a unique approach to life. Part of who we are is shaped by our life experiences and when we were born -- the

generation we belong to.

Matures (born before 1946)

Matures make up about 15 percent of the workforce. They grew up in the tough economic times during and following the Depression and World War II. Matures believe in hard work and they tend to value thrift. They have spent much of their working lives in a world where people built a career with a single organization, and where organizations guided employees through an established (and often slow) path of advancement. Matures have a strong work ethic and are willing to make personal sacrifices for the greater good of the organization. Their values often include hard work, respect for authority, and "duty before pleasure." They are dedicated, and not just to doing a good job or making themselves look good, but to helping the organization succeed and to getting customers what they need. Matures put a high premium on loyalty and want to build a legacy and make a

lasting contribution to the organizations they serve. They are great team players, carry their weight, and don't let others down.

Baby Boomers

(born between 1946 and 1964)

Almost half of the U.S. workforce is made up of Baby Boomers, according to the U.S. Census Bureau. Baby Boomers tend to be optimistic and idealistic, and they are good team players. They are driven, love challenge, and want to be stars and build stellar careers. Baby Boomers need and want public recognition at work. They will volunteer for that big project that brings visibility along with long hours and extra travel. Many Baby Boomers are workaholics. Because they grew up with 80 million peers competing with them for everything from a place in the college of their choice to the job of their dreams, Baby Boomers have had to be highly competitive. At this stage in their careers, many Baby Boomers are turning inward and re-examining their choices. They will move into the next phase of their lives propelled by the desire to make a difference, whether at work or through volunteering. Many are heading back to school and taking on increased responsibilities as mentors and role models at work. Research shows that 80 percent of Baby Boomers intend to continue working past traditional retirement age.

Generation Xers

(born between 1965 and 1977)

A much smaller population than the Baby Boom generation, Gen Xers currently make up about one-third of the U.S. workforce. Gen Xers value

Cold
 Noses
 WARM HEARTS

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

Signonella's Stray Animal Facility (SAWS) has many cats and dogs just looking for a warm home and someone to love. Each week the Signature will feature animals in need of adoption.



Sheila (Above) is a wonderful dog who needs a good home and a lot of love. She is a very good dog and would make a great addition to any family. If you would like to see Abby please come by the Stray Animal Facility and check her out. Moroni (Below) is a great dog with a very unique personality. He has a lot of love and affection to bring to any family.



For more information contact the Stray Animal Facility at 624-3936 or Rose Cummings at 334-383-8786.

flexibility, work-life balance, and autonomy on the job. They are constantly assessing how their careers are progressing. On-the-job learning and training opportunities are very important to them. Gen Xers want to build a portable career and develop a range of skills they can take with them if they need to. They are technologically savvy, eager to learn new skills, and comfortable with change at work. They value a fun, informal workplace and have a more casual attitude toward time and authority than do the older generations. They

appreciate frequent and honest feedback from their managers and mentors, and want to know how they are doing so they can improve themselves and make mid-course corrections.

Generation Yers (born between 1978 and 2000)

Since most members of Generation Y are still in school, they don't yet make up a large portion of the U.S. workforce. They will eventually rival the Baby Boomers in sheer numbers, however. Also

Continued on page 13

Sushi

Pentagon

Italian NEWS

Sicilian Culture, Events and Lifestyle

Alberto Lunetta
Signature Staff



Scicli Hosts Madonna Delle Milizie Religious Festival



Photo by Isola in festa

Travel back in time and enjoy the Scicli religious festival honoring the Madonna delle Milizie (Virgin Mary of the Armies), which features a spectacular historic-re-enactment, folklore shows and arts and crafts fairs to be held on Saturday, May 31.

Imagine a quite beach in the south of Sicily suddenly turning into a bloody medieval battlefield. In the spring of 1091, Norman Count Roger was ready to drive out the Saracen invaders from Sicily. Led by the powerful Egyptian Emir Badr Al Gamali, the Moors were determined to land in the shore of Donnalucata near Scicli (Ragusa province) and fight against the Christians to take control of the area. According to legend, they boasted a fleet of 400 ships and 60,000 troops. A scenario which was pretty common at that time as the island was constantly raided by Moorish pirates and barbarians.

In the Italian language, there are still some idiomatic expressions recalling the fear that the local population had towards those Saracen invasions such as "Mamma li Turchi!" (Mum, the Turks are coming!), or "Sugnu Pigggiatu de tucchi" (The Turks got me), an exclamation which Sicilians utter when they are very confused about something. Those expressions should not be taken verbatim; they are just a cultural legacy of a past time during which the Ottoman Empire tried to expand its territory to the West by conquering Italian ports.

But coming back to the battle, according to legend, Scicli townspeople and Roger could not even imagine who was about to help them against that "impressive enemy." His troops were reportedly outnumbered and he risked suffering a crushing defeat. However, it should be pointed out

that the number of the moors troops was usually greatly inflated by Norman's historians to sensationalize the victory of the Christian army, which was typically "supported" by supernatural forces.

Suddenly, the Virgin Mary appeared in the middle of the fight riding a white horse and wielding a flaming sword whose glittering was so dazzling that it blinded the Moorish troops, pushing them back to sea and paving the way for the Christians' victory. Even though there is no historic evidence that the Virgin Mary appeared for real in the battlefield, Scicli townspeople still have faith in it and they made her the patron saint of their town, giving her the name "Madonna delle Milizie or Virgin Mary of the Armies."

"Besides St George, there is no record of any Catholic saints who are depicted on horseback, holding a weapon. So this is a rather unique tradition which can only be seen in Scicli," said Dr. Gino Savarino, the director of the battle historic re-enactment and the Scicli Department of Cultural Affairs Manager.

A few years after the battle, a sanctuary was erected on the site of the fight to celebrate the miraculous apparition of the beloved Madonna who rescued the community from the invaders. The sanctuary, which hosts a holy rock on which the Virgin Mary's horse is said to have left a hoof-print, was then enlarged in 1391 and further restructured in 1721 after a terrible earthquake that had

destroyed the town in 1693. Later in 1736, the religious authorities ruled that a festival honoring the Madonna would be held every year on the Saturday preceding Passion Sunday. Every since this festival has been Scicli's most-awaited religious event of the year, drawing thousands of visitors.

Today, the prodigious events occurred during the battle are brought back to life through a spectacular historic re-enactment that is staged tomorrow night (May 31). The performance is a must-see show because it features elaborate medieval costumes and a breathtaking background setting. It begins around 8 p.m. in piazza Italia, the main square, following the spectacular performance of the Castellettermini's Tataratà ancient sword dance. The apparition of a precious 19th century papier-mâché statue depicting Virgin Mary on a horseback is undoubtedly the highlight of the show. The statue is kept in Scicli's cathedral. The drama also features the landing of the Saracen pirate ship named "Stambul," as well as spectacular battle scenes.

Scicli is a beautiful picturesque Baroque town located on a valley in the Ragusa province.

For more information, directions and detailed schedules call Scicli Tourist Office at 0932-839608.

Scicli can be easily reached by taking SR 194 (Catania-Ragusa). Once in Ragusa, continue southward following directions for Modica and then Scicli.



Make sure you don't miss out on the mouthwatering annual Salina Caper festival. A must-go food event, it will celebrate the local nocellaro and nocella caper varieties, which have been cultivated in the island for centuries. The festival will feature caper Malvasia wine tasting and will be held on Sunday, June 1 in the Pollara hamlet.

Salina, the second largest island of the Aeolian archipelago, provided an enchanting backdrop for scenes in 1994 Oscar-nominated best actor and winner for best music movie *Il Postino* (The Postman).

For more information and detailed festival schedule call the Aeolian Islands tourist Office at 090-9880095.

Weekend Concerts Highlights



SABATO 31 MAGGIO ore 22 - PIAZZA ENRIQUEZ
Italian All Stars Quintet
Flavio Bolto tromba
Gianluca Petrella trombone
Andrea Pozza piano
Rosario Bonaccorso contrabbasso
Roberto Gatto batteria



It's big jazz time in eastern Sicily this weekend! Tonight, the Y's Jazz Club (located at the Dune Hotel, # 10B, viale Kennedy in the Catania playa beach area) will host the "Alberto Asero Quartet" (above picture) featuring Alberto Asero (vibraphone), Giorgia Crimi (vocals), Giovanni Arcuri (piano), Andrea Alemanno, (double bass) and Carmelo Barbagallo (drums) The band will pay a tribute to the legendary Palermo-born vibraphonist Enzo Randisi.

Guitarist and banjo virtuoso and song writer Lino Patruno will appear tomorrow night (May 31) on the Y's Jazz Club stage.

Both concerts will kick off at 10 p.m. Over the weekend, the "Vittoria Jazz and Cerasuolo Wine Festival," which will run through June 22 in piazza Enriquez in Vittoria (Ragusa province) beginning at 10 p.m., will present two incredible all-night concerts featuring acclaimed Italian Jazz musicians.

Tonight's all-stars lineup includes trumpeter Flavio Bolto, trombonist Gianluca Petrella, pianist Andrea Pozza, bassist Rosario Bonaccorso and drummer Roberto Gatto.

On Sunday (June 1), gracing the stage will be the "Rino Cirinnà Quartet" featuring Rino Cirinnà (tenor saxophone) Claudio Quaratarone (guitar), Alberto Fidone (double bass) and Giuseppe Tringali (drums).

Admission for all the above concerts is free.

Weekend concerts' highlights will also include other music genres. The schedule is as follows: Friday, May 30- 10 p.m. Carlo Cattano Trio"- Enola Jazz Club - # 14 via Mazza Catania; Friday, May 30- 9:30 p.m. "Claudio Cusmano Trio"- Masseria Portiere Stella - SR 192 Sigonella; Friday, May 30- 10 p.m. - "Samba Do Brasil Quintet"- Bambuddha - # 175 via Marzulli, Acireate; Friday, May 30- 9:30 p.m. Italian pop star Mario Venuti - Tremestieri Etno Amphitheater - via Trapani-Tremestieri Etno; Saturday , May 31- 7 p.m. "Barratown Reggae Festival - SR 191 Barrafranca- Pietraperga (Enna province).

Friday, May 30- 9 p.m. and Saturday, May 31 - 5:30 p.m. Bellini Opera House Choir directed by Tiziana Carlini - for more information visit <http://www.teatronmassimobellini.it/>

Sunday, June 1- 6 p.m. NAS 1 Chapel- Dario Emanuele Arico (piano), Thea Lorraine Burke (soprano) and the Katane Trio & Orchestra Barocca, musicians: Loriana Mazzarino (flute) and Jessica Seminara (violin), Music by Liszt, Bach (Brandenburg Concerto No.5), Mozart's arias.

Please note that the above mentioned concert schedules, times and locations are subject to change without notice due to cancellations or other causes. Please call local tourist offices to confirm concert dates and starting times before driving to the venues.

Belmontino

kartodoromo

SPORTS & Fitness

“Triple S” Baseball's Quiet Superstar

Article by CWO 4 Ronald Herb
Signature Volunteer

Maybe it's because Triple S has lived outside of the continental United States for so many years that we tend to overlook the entire playing field when we speak of great baseball players.

In the present time we have the ability to simply watch sports news shows on cable and make decisions based on what is being presented during highlights, which means mostly home runs and diving catches, overlooking the complete ball player. The internet provides us more information via websites and blogs with most of these reports being very single-sided with their view. While these reports are entertaining they are not always the most complete means of information.

Baseball scouts rate players based on their "tools"; hitting, power hitting, running, throwing, and catching. Generally these five tools are graded below average, average, above average [also called plus], and outstanding [or plus-plus].

In the last 25 years the only player that is widely considered a five

tool and plus-plus player is a young Ken Griffy Jr. Griffy is still, Triple S believes, the most talented player we have ever seen, injuries and age have greatly reduced his playing level but his swing is still beautiful.

Power is generally the sexiest of the tools and is what puts fans in the seats at stadiums. For the last seven years, Triple S believes, the greatest player in MLB has been Ichiro Suzuki. As Triple S mentioned earlier, media is a huge player in the conversation, and since Ichiro plays for Seattle, much of the sports world is not able to follow his play or watch him play live.

In the tools issue, Ichiro is plus-plus in all areas other than power. He may actually be plus-plus-plus in hitting. Ichiro's play in his seven years in the MLB has been top notch including 1640 hits and 288 stolen bases along with a league MVP Award

Add to Ichiro's MLB totals are the outstanding numbers from his nine-years of play in Japan. Some will say it's a different game in Japan

than in the United States and they would be correct. But as the recent trend of Japanese players coming to the major league shows the level of play in Japan is not that different overall. Ichiro hit for a .355 career average, which includes 1434 hits and 220 stolen bases in only 250 attempts. Ichiro even hit 25 home runs one season and won three MVP awards in Japan.

What makes Ichiro so outstanding is what he has done so far in his baseball life. Putting together the hit totals for both Japan and MLB Ichiro has already reached 3000 hits. People he is only 34 years old! Playing for another eight years at close to his current level will allow Ichiro to reach 3000 hits in the major

league alone. None of the tools that Ichiro has begun to fall off. Runners still do not attempt to take the extra base on him with the rocket he calls an arm.

Did Triple S mention that Ichiro is 5'9" and weighs 160lbs? He may be one of the few players that are not being looked at for performance enhancing drug use.

An entire country continues to follow his every step through a very large Japanese media group. Seattle is far and away the most popular foreign sports team in Japan. During the recent World Baseball Championships Ichiro's play lead Japan to the championship as he hit .363 with a home run. No stage appears too large for Ichiro's play.

While AROD (plus-plus for only hitting and power) and others receive most of the consideration for "best player" Triple S believes that Ichiro Suzuki, the first true international baseball star is the best overall player in today's game.

As for our local Jaguars, the lady Jags lost against Aviano on their home turf May 16 by one goal and the boys had an outstanding show and gave Sigonella the first win of the season beating Aviano 2-1 with Alec Herb and Patrick Burke each scoring a goal. This past week they head to Germany for the European Championships.

If you have any thoughts on this topic feel free to send them to bmc27nyg@aol.com. Till next time.

MEDICINE continued from page 3
CP. "Today he requested that we train food vendors."

The team's work also included testing local water sources for contamination and parasites. They identified that some samples were infested with mosquito larvae which would cause malaria.

"Most people don't realize you can contract malaria just by ingesting larvae in the drinking water," said Hospital Corpsman 1st Class Ronald Bennett.

A key element of the CP deployment is the potential for a variety of medical staffs to collectively

address regional medical concerns and develop effective, economical solutions that can be used through the region. The Preventive Medicine team and Rodriguez worked together sharing information that will help the future health of Guatemalan citizens in the area.

"It has been a great collaboration," added Rodriguez. "I have learned so much."

Boxer's mission exemplifies the U.S. maritime strategy which emphasizes deploying forces to build confidence and trust among nations through collective maritime security efforts that focus on common threats

and mutual interests.

Embarked units and organizations aboard Boxer for CP include Amphibious Squadron 5, Fleet Surgical Team 5, U.S. Public Health Service, Project Hope, Project Handclasp, Navy Seabee Construction Battalion Maintenance Unit 303, Helicopter Mine Countermeasures Squadron 14, Marine Medium Helicopter Squadron 764, Tactical Air Control Squadron 11, Special Marine Air Ground Task Force 24, Helicopter Sea Combat Support Squadron 23, Assault Craft Unit 1, Fleet Survey Team and Beach Master Unit 1.

D i v i n g Center

E m b r y Riddle

STRENGTH continued from page 2

Next, Solomon points out that it is easier for two to stay warm when huddled together when times are cold. He asks: "how can one person stay warm alone." This reminds me of the movie *Alive* (1993).

This move is based on the real story of a rugby team from Uruguay whose plane crashed in the snow covered Andes Mountains. I remember the vivid scenes of the survivors huddled together to stay warm in the frigid temperatures. We are social creatures by nature and so desire this closeness of friendships to keep us from freezing to death from the coldness of this world.

Lastly, the wise king points out that there is strength in numbers. "Although one may be overpowered, two can defend themselves." It is together that we stand in strength to overcome the challenges and difficulties of the world. We know better than most that it takes many people as a united front and a mission to overcome and conquer the challenges of everyday life. No one can run a ship by themselves. There is strength in numbers.

Life is not about living in isolation as we may believe. No, it is actually about building relationships with real people that we can call friends. We need people who we can depend on to encourage us and who we can encourage when times are rough.

What are you doing to build these relationships to help keep you

warm when the world leaves you out in the dark cold night? What are you doing to build relationships with those who will stand with you; united for a just cause? Whose back do you have?

Take those earphones out of your ears! Stop surfing the web for hours with a distant gaze in your

eyes. Put down that controller! Get out and build a relationship with those you will one day call "friend" and who you will probably depend on when times are rough. Spend time getting to know the person you may have to pick up when they fall. Look out for one another and let's stop living in isolation. Besides, two are bet-

It's A Carnival!

Friday, May 30th
4-7 P.M.

Location: NAS 1 Bus Loop
(rain location: Knights' Hall)

Sponsored by
Stephen Decatur Elem. School
PTO



Come and join us for our 5th Annual SDES Spring Carnival! There will be fun, food, games and prizes with over 20 activities. Fun for all ages!

Tickets will be on sale at the event 25¢ each

Stock up for summer reading
at our Carnival Book Fair Booth!

Agrigento, Valley of the Temples

A S

THE HUB C

Article and photos by Lt. j.g. Matt Knight
Sigonella Public Affairs Officer



The temple of Concordia is one of the best preserved Greek temples in the world and demonstrates the perfection of the Sicilian-Greek architecture.

Alphio's

The ancient Greeks were known for their architectural skill and prowess, building Doric temples that demonstrated their superiority to the world over. The remnants of their Hellenistic society have inspired the world for centuries and are spread across Greece and Sicily.

Sicily's rich history of culture and conquest includes a chapter written by Greek colonists in 581 BC in which they established a city known as Akragas. This city, later renamed Agrigento, was designed by the Sicilian Greeks to demonstrate their wealth and to rival the marvels of Athens with temples that were the

picture of perfection. Fast forwarding to the present, the remaining ruins are in an area known as the "Valle Dei Templi" or "Valley of the Temples" which contain some of the most magnificent Greek temples in existence today.

NAS Sigonella ITT offers a reasonably priced trip to the Valley of the Temples which runs several times a year. At just over a two hour bus ride from NAS Sigonella, the Valley of the Temples excursion is a once in a lifetime experience that can be done in a day trip. The excursion starts early in the morning on a scenic bus ride through Southern Sicily winding

through the countryside until the Temple of Hera looms above the road in all its ancient grandeur.

Once the bus stops, a tour guide takes over beginning the tour at the Temple of Hera also known as Juno. The Temple of Hera was destroyed 406 BC by the Carthaginians, but has been partially reconstructed. It is 125 ft. long by 55.1 ft wide with 25 of its 34 columns still standing making it a remarkable structure to see.

The tour continues down the road to the Temple of Concordia, one of the best preserved Greek temples still left standing. The temple is an impressive structure 129 ft long by



The partially reconstructed temple of Juno stands alone at the top of the hill.

Protestant Women of the Chapel



Bible study every Tuesday: 9:15 a.m. at NAS 1 Chapel (With free child care and Home school study/gym class)
6 p.m. at NAS 2 Chapel, and 7 p.m. at the Mineo Community Center -
Find us at www.pwocsig.com or pwocsig@yahoo.com

Stone's Throw

THE HUB OF THE MED IS ALSO THE HUB FOR TRAVEL

55.4 ft wide, and is almost completely intact. The temple owes its preservation to the early Christians who converted it to a church allowing it to pass through the generations virtually untouched by much of the local wars. The structure now stands in pristine condition except for the missing roof despite its 2500 year battle with time and allows visitors a unique glimpse into Sicily's past.

Just down the road sits the remnants of the Temple of Hercules. As one of the oldest temples in the valley, it is also one of the most badly damaged. Only eight of the original

36 columns still stand and those were put back in place in 1922 by English captain Alexander Hardcastle. The highlight of this ancient ruin is that it is completely open to the public and any tourist can climb and touch the structure to their hearts content.

The final Temple that the ITT tour includes is the remains of the Temple of the Olympian Zeus. The temple was originally constructed after a victory over the Carthaginians around 480 B.C. as a thanksgiving to Zeus and was one of the largest temples ever constructed.

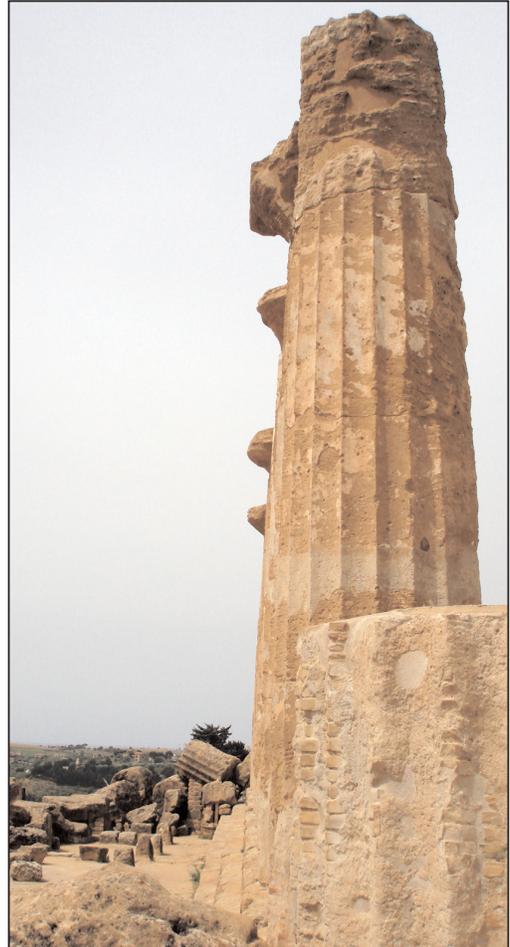
All that remains today of this

once colossal structure is the rough outline of its outer wall and inner support footings. Yet, at 369 ft. long by 185 ft. wide the view from inside the perimeter is astounding. It is hard to imagine that the boulder strewn, football field size area, was once a massive temple dedicated to the Olympian Zeus.

The ITT Agrigento Valley of the Temples day trip combines worry free transportation and a pre-planned tour package to provide a simple way to enjoy Sicily without breaking the budget and yet still enjoy the rich history the island has to offer.



(Above and Right) The temple of Hercules offers any visitor a rare opportunity to touch and see first hand an ancient Sicilian Greek Ruin.



A view of the temple of Concordia from the back.

Magnolia

CYCLING continued from page 1

route. The Stage 2 route was to head from Cefalù to Agrigento. The Sigonella group decided to ride opposite the course with our day's final destination, 100 miles away, towards Piano Zucchio in Isnello for a night's stay at Rifugio L'Orestano, a rustic agriturismo nestled in the Madonie Mountains.

Last month, I came in just shy of my first century, clocking in 93 miles for the day, my longest ride ever. The weather conditions for that ride were absolutely perfect. With the winds strongly pounding against us I knew we were not going to come even close to matching that distance.

"Dee, I don't think it's going to happen, today," I commented sadly to Deanna (Dee) Windle as the winds were worsening, in reference to the proposed 100-mile day, "I even made a poster that says Our First Century."

Before the wind whistled reason in our ears, we took a group photo and quickly headed out on our bikes. The advanced cyclists in our group immediately set up a paceline and I watched in envy as the gap grew larger, eventually losing sight of them completely. Before I knew it, myself, Windle, and Sara Barthelemy were on a mission to not fall far behind the pack yet not get lost, either. From this moment on, I knew it was going to be a very challenging and adventurous day.

The first town we arrived in was Favara where we saw the first signs of Giro preparation as the town was laying fresh asphalt down. The three of us were treated first class while the workers carried our bikes over the freshly-paved road. After maneuvering through Favara and with only seven miles into our day, it was time to start asking for directions to our next town of Serridifalco.

On our way there, Windle and I had to ask for directions again and we were escorted by a local businessman who got in his car and showed us the way. When we entered the town, my computer displayed 30 miles. I couldn't believe we were only at 30 miles. We then had to ask directions to get to our next destination; the town of Munciarati.

"Dee, I usually feel this way at the 50-mile mark not in the 30's," I commented.

We then broke out some sugar reserves of Jolly Ranchers and my favorite on-the-bike treat: Gummy Bears. We then hydrated and set forth on our long journey north. As the winds increased and the clouds thickened, we made our way toward the vicinity of the seaside town of Cefalù. The uncut hayfields looked like waves of wheat as the winds blew over the tops of grain. The terrain opened up yet became even steeper as we worked our way up to the Valleduomo area for lunch.

"That was the hardest 50 miles I've ever done," commented Capt. Mike Hall at lunch in reference to the horrendous winds that the group had charged through.

This was reassuring to hear and explained how on the bike wind can be your worst enemy or best friend. At our lunch stop, I was happy with my distance for the day and packed it up. With daylight slowly changing into nightfall, a majority of riders finished at 72 miles before meeting our Morale, Welfare and Recreation (MWR) escorts to drive us up to Rifugio L'Orestano.

As we headed up to the Rifugio in our vehicle, through Collesano and Isnello, we witnessed the Italian spirit of the Giro d'Italia as each town hung pink banners and flags throughout. For me, it started to set in that I just rode on the very route that world-renowned cyclists would be charging up and down tomorrow in hopes of accomplishing their own life's dream.

A few hours prior, American team: Team



Dave Zabriski with teammate Christian Vande Velde, sporting the Stage 1 winning pink jersey for Team Slipstream, behind him cycle down the road near Lascati.

Slipstream Fueled by Chipotle, took first place and donned the pink jersey (1st place) for the Stage 1: Team Time Trial! The effort from Team Slipstream was led by Dave Zabriskie aka "DZ". DZ challenged Lance Armstrong in the 2005 Tour de France by beating Armstrong's Stage 1: Time Trial by a mere two seconds. Later in that tour, he crashed but everyone knew that DZ would be back again. Two years ago, I cheered for him through the television to take the yellow jersey and now I cheered for him in person to wear the pink!

The next morning, Dee and I headed down a long descent into Isnello. The locals were slowly taking their spots along the side of the road to witness the 91-year-old race. Some of our group headed to Cefalù to the startline of the race and others headed up to Lascari to see the racers climb up the steepest incline of the day. We came around the corner and saw our ITT Gear-n-Go van decorated with banners and American flags and everyone was in spirit while decked out in the pink Giro d'Italia colors! It was an awesome sight!

We patiently waited for the race to start. Slowly, one by one, motorcycles and the Parade of Sponsors opened the road up for the cyclists cruising up the hill at a steady speed.

"Go Slipstream-Chipotle!" I yelled as the Team Slipstream cyclists charged on.

In less than two minutes, the racers passed and it was time to get back on the bikes and head to the town of Acquedolci where we all decided to meet up as a group at 4 p.m. The ride to Acquedolci from Cefalù was spectacular as the road hugged 30 miles of Sicilian coastline.

"Ben, was DZ sporting a full beard or mustache?" I asked Benjamin Grover, one of the cyclists in our group, once I arrived in Acquedolci. "He has the mustache, Jen," said Grover.

DZ's facial hair has provided entertainment amongst both bike enthusiasts and the professionals. His latest fashion statement reflects his witty humor and is a rare sight to see on cyclists who shave every hair in order to decrease drag. For the past few

months, DZ has sported a full beard and at the Giro d'Italia he indeed kept the new look alive with a clearly visible and stylishly large mustache.

I took out the camera and found the most perfect photo of DZ with his mustache at the front of the pack. Not two minutes later...

"I just got a text message... DZ has crashed and he is out of the race!" exclaimed Grover.

"No, this can't be," I said as my heart melted and my emotions drained. DZ was finished with a compression fracture to his L-1 lumbar vertebra.

The next morning, the plan was to catch Stage 3 in Maletto where points would be awarded for King of the Mountain. Some of the Sigonellan riders went via Randazzo and others through Bronte. In the end, both groups met at the Maletto marker where we all patiently waited for the racers to arrive. I could-

n't help to think that all of Sigonella was busy at work and we were at the most premiere cycling action of the year in Italy!

Later that afternoon, as the clouds made their way over Mt. Etna, the weather turned cold and rainy. The tour was already 30 minutes delayed and just when we were almost frozen to the core, the riders came racing up the hill for one of them to claim King of the Mountain.

"Here they come, get ready!" I yelled, "Slipstream! Slipstream!"

As I yelled, Slipstream teammates did a doubletake and I could see they were shocked that an American was cheering for them within the heart of Sicily.

I could only hope that our American flags and cheers pushed them through one of the longest stages of the tour. It was a tough climb past Maletto and they were not even halfway finished.

According to the Team Slipstream web site many of their cyclists and our group shared the same Sicilian experiences such as being lost, treacherous hills, and mechanical failure but in the end... we all simply enjoyed our fellow riders along with the amazing panoramic views making for a truly unforgettable Giro d'Italia experience.

This Sunday, the Giro comes to a close in Milan and the countdown will begin for the next grand cycling tour event: Tour de France on Saturday, July 5. Despite DZ's injury, there is still a chance that he could participate in the Tour de France as well as the 2008 Olympics. If not, Team Slipstream will be at the Tour and I will be cheering through the television once again for them to wear the yellow jersey all the way!



Group picture of the NAS Sigonella cyclists at the Giro d'Italia race.

Navy Federal

Casablanca

MWR CORNER

MWR EVENTS

MWR is now accepting applications for the Teen Summer Hire Program. Ages 15-18 are highly encouraged to apply. Stop by the MWR Admin Office on NAS I or call x0509 for more information.

Sports x2711

PICK-UP BASKETBALL
Sunday at 2pm in the Fit District Gymnasium

Child & Youth Programs

x3711 or x3736

CAMP ADVENTURE

Camp 'A' - Youth Center, grades 1 - 6
Camp 'A OK' - CDC, kindergarten
New! Camp 'Andiamo' - two days in Marinai and two days in Mineo, grades 1 - 8

Jox Pub x5603

LATIN QUARTERS

Saturday, May 31
9pm - 3am

Take 5 x5187

Wii TOURNAMENT

Tuesday, May 27

Liberty x5187

PANTALICA HIKE & SWIM

Wednesday, May 28

WOOD-OVEN PIZZA DINNER

Friday, May 30

TAORMINA DAY TRIP

Sunday, June 1

CORLEONE & WINERY WEEKEND

Saturday, June 14 - Sunday, June 15

SCOPI' OUT SCOTLAND

Tuesday, July 1 - Tuesday, July 8

ITT Gear-n-Go

x4777 or x4396

CATANIA AND VIA ETNEA SHOPPING

Every Friday

SIGONELLA PAINTBALL "NIGHT WARZ"

Friday nights from 6 - 10pm

ACIREALE AND MCDONALD'S

Friday, May 30

PALERMO I

Saturday, May 31

BREAD BAKING CLASS

Saturday, May 31

TAORMINA AND ALACANTARA VALLEY

Sunday, June 1

CONTACT ITT GEAR-N-GO FOR AN UPDATED LIST OF EXTENDED TRIPS

Midtown 2 Theaters x4216

PREMIERES

The Ruins, Leatherheads, Indiana Jones and the Kingdom of the Crystal Skull

RHODE ISLAND & WISCONSIN

Thursday, May 29

Bring in a birth certificate or driver's license from that state and get one free admission to a movie that day.

SpareTime Bowling Center x4302

COLORAMA GLOW-IN-THE-DARK BOWLING NEW START TIME!

Saturday nights at 8pm

Lane reservations begin at 7pm

Teen Center x4018

BOWLING

Friday, May 30 from 6 - 8pm

Mineo Rec x0446

ICE CREAM SUNDAYS

Friday, May 30 at 5pm

Come join us for some ice cream and plenty of toppings to go around.



MAY 30 - JUNE 5

MIDTOWN MOVIE THEATER

MOVIE HOTLINE: 624-4248

SCHEDULE

MOVIE DESCRIPTIONS

Friday, May 30

12:00pm Tyler Perry's Meet the Browns PG-13 100 min.
3:00pm Nims's Island PG 94 min.
5:00pm Leatherheads PG-13 114 min.
5:30pm Superhero Movie PG-13 85 min.
7:30pm The Ruins R 91 min.
8:00pm Indiana Jones (Kingdom/Crystal Skull) PG-13 120 min.
9:30pm Domsday R 109 min.

Saturday, May 31

2:00pm Horton Hears A Who! G 86 min.
2:30pm Never Back Down PG-13 114 min.
4:30pm Indiana Jones (Kingdom/Crystal Skull) PG-13 120 min.
5:00pm 21 PG-13 118 min.
7:30pm Shutter PG-13 85 min.
8:00pm Drillbit Taylor PG-13 102 min.
9:30pm Stop Loss R 113 min.

Sunday, June 1

2:00pm Chronicles of Narnia: Prince Caspian PG 140 min.
2:30pm Indiana Jones (Kingdom/Crystal Skull) PG-13 120 min.
4:30pm Speed Racer PG 129 min.
5:00pm Leatherheads PG-13 114 min.
7:30pm The Ruins R 91 min.

Monday, June 2

5:00pm Nim's Island PG 94 min.
5:30pm Drillbit Taylor PG-13 102 min.
7:30pm 21 PG-13 118 min.
8:00pm Shutter PG-13 85 min.

Tuesday, June 3

5:00pm Speed Racer PG 129 min.
5:30pm Leatherheads PG-13 114 min.
7:30pm Indiana Jones (Kingdom/Crystal Skull) PG-13 120 min.
8:00pm The Ruins R 91 min.

Wednesday, June 4

12:00pm 21 PG-13 118 min.
3:00pm Horton Hears A Who! G 86 min.
5:00pm Never Back Down PG-13 114 min.
5:30pm Superhero Movie PG-13 85 min.
7:30pm Tyler Perry's Meet the Browns PG-13 100 min.
8:00pm Domsday R 109 min. LS

Thursday, June 5

3:00pm Chronicles of Narnia: Prince Caspian PG 140 min.
5:00pm Indiana Jones (Kingdom/Crystal Skull) PG-13 120 min.
5:30pm The Ruins R 91 min.
7:30pm THROWBACK THURSDAY
FREE ADMISSION
X- Men PG-13 104 min.
8:00pm Leatherheads PG-13 114 min.

21 (PG-13)

The true story of the very brightest young minds in the country - and how they took Vegas for millions. Ben Campbell is a shy, brilliant M.I.T. student who - needing to pay school tuition - finds the answers in the cards. He is recruited to join a group of the school's most gifted students that heads to Vegas every weekend armed with fake identities and the know-how to turn the odds at blackjack in their favor. With unorthodox math professor and stats genius Micky Rosa leading the way, they've cracked the code. By counting cards and employing an intricate system of signals, the team can beat the casinos big time. Seduced by the money, the Vegas lifestyle, and by his smart and sexy teammate, Jill Taylor, Ben begins to push the limits. Though counting cards isn't illegal, the stakes are high, and the challenge becomes not only keeping the numbers straight, but staying one step ahead of the casinos' menacing enforcer: Cole Williams.

Domsday (R)

The year is 2008, and a pandemic threatens to wipe out the whole of the human race. For many in the United Kingdom--the epicenter of the outbreak--the end is nigh, so why bother to keep count? Within days of detection of the Reaper virus millions are infected in Scotland, the killer diseases home turf. Government has no choice but to declare the country a hot zone and quarantine the populace in hopes of containing the Reapers spread. What was once Scotland is now a forgotten No Mans Land, with the Reaper given free reign to annihilate the population sealed inside. A quarter of a century later, with a new outbreak of the Reaper resurfacing in London, it becomes apparent that the governments best laid plans have gone completely, bloody awry.

Indiana Jones And The Kingdom Of The Crystal Skull (PG-13)

In 1957, Indiana Jones is thrust back in action, venturing into the jungles of South America in a race against Soviet agents to find the mystical Crystal Skull.

Leatherheads (PG-13)

In 1925, Dodge Connolly is a charming, brash football hero who is determined to guide his team from bar brawls to packed stadiums. But after the players lose their sponsor and the entire league faces certain collapse, Dodge convinces a college football star to join his ragtag ranks. The captain hopes his latest move will help the struggling sport finally capture the country's attention. Welcome to the team

Carter Rutherford, America's favorite son. A golden-boy war hero who single-handedly forced multiple German soldiers to surrender in WWI, Carter has dashing good looks and unparalleled speed on the field. This new champ is almost too good to be true, and Lexie Littleton aims to prove that's the case. A cub journalist playing in the big leagues, Lexie is a spitfire newswoman who suspects there are holes in Carter's war story. But while she digs, the two teammates start to become serious off-field rivals for her fickle affections. As the new game of pro-football becomes less like the freewheeling sport he knew and loved, Dodge must both fight to keep his guys together and to get the girl of his dreams. Finding that love and football have a surprisingly similar play-book, however, he has one maneuver he will save just for the fourth quarter.

The Ruins (R)

"The Ruins" follows a group of friends who become entangled in a brutal struggle for survival after visiting a remote archaeological dig in the Mexican jungle where they discover something deadly lying among the ruins.

Never Back Down (PG-13)

Jake Tyler has recently moved to Orlando, Florida with his family to support his younger brother's shot at a professional tennis career. Jake was a star athlete on the football team at home, but in this new city he is an outsider with a reputation for being a quick tempered brawler. Making an attempt to fit in, at the invitation of a flirtatious classmate, Baja, Jake goes to a party where he is unwittingly pulled into a fight with a bully named Ryan McDonald. While he is defeated and humiliated in the fight, a classmate introduces himself to Jake and tells him about the sport known as Mixed Marshall Arts (MMA). He sees a star in Jake and asks that he meet with his mentor, Jean Roqua. It is immediately apparent to Jake that MMA is not street fighting, but rather an art form he wants to master. Roqua will take Jake under his wing, but it is up to Jake to find the patience, discipline, willingness and reason within him to succeed. For Jake, there is much more at stake than mere victory. His decision will not just settle a score; it will define who he is.

PREMIERS FRIDAY JUNE 6

Prom Night, Forgetting Sarah Marshall

COMING SOON

88 Minutes, Smart People, The Forbidden Kingdom

Honor, Courage, Commitment: A Sailor's Battle with Cancer

Article by MC2 Michael A. Lantron
Commander, Navy Region Hawaii
Public Affairs

A Sailor assigned to Marine Aviation Logistics Squadron 24 (MALS-24) at Marine Corps Base Hawaii continues his fight against cancer and remains an inspiration to all.

For Aviation Ordnanceman 1st Class (AW/SW) David Eberhart, giving up in nearly six-year fight with cancer has never been an option.

"It's ninety percent mental, ten percent physical. I've been told I have nine months, six months, nine months, and now I've been told five months," said Eberhart. "I always say, 'don't give up the fight, you have to keep going, when that mission is completed, then it's time to go.'"

Eberhart was diagnosed with stage IV colon cancer on Sep. 2, 2002 while assigned to the aircraft carrier USS Kitty Hawk (CV 63).

According to Dr. Pat Nishimoto, DNS, adult clinical nurse specialist at Tripler Army Medical Center, stage IV colon cancer is the most serious form of the cancer.

"Stage IV is the worst. Based on the size of his tumor, it's considered metastatic cancer," said Nishimoto. "His kind is of the large intestine and considered incurable, but is more like a chronic disease. You try to treat it to control it and it's worked out well for him."

Throughout treatments, Eberhart has remained an example of leadership by keeping his morale high, rallying fellow cancer patients and participating in every clinical trial available.

"He knows the reasons we're doing so well is because thousands of people in the past have participated in clinical trials," said Nishimoto. "He has volunteered with hopes it will help people in the future even if it will not help him."

Nishimoto also noted Eberhart is always willing to talk to others undergoing treatment, providing support and boosting their morale.

"He was available for the other patients and became somewhat of a sponsor," said



Aviation Ordnanceman 1st Class David Eberhart makes dinner with his wife Hiroko at their home.

Nishimoto.

From Sept. 2002 to Sept. 2003, Eberhart endured chemotherapy treatments at the National Naval Medical Center in Bethesda, Md. After test results showed the cancer was in remission, Eberhart was cleared for full-duty and quickly returned to the fleet.

Eberhart returned to the Kitty Hawk in Dec. 2003 and served as shift supervisor and leading petty officer until May 2006.

However, during an annual check up, doctors told Eberhart that the cancer had returned, stronger and faster than ever. Upon receiving the information, Eberhart then transferred to MALS-24 in order to undergo treatment at Tripler Army Medical Center.

More than two years later he continues to fight his battle with cancer, while striving to earn the rank of chief petty officer.

"It's important to make chief because I will be able to mentor junior Sailors and lead them on the deckplates," said Eberhart.

Even when offered medical retirement, Eberhart instead opted to pursue limited duty extensions, providing him the chance to mentor junior Sailors.

"Even though he was sick at work, the attitude he brought showed you he really want-

ed to be here," said Chief Aviation Electronics Technician (AW) Robert Benton, assigned to MALS-24 and Eberhart's leading chief petty officer.

Eberhart has been eligible for advancement to chief six times in his career and continues to lead and mentor junior Sailors at MALS-24 in the hope that he will one day become a chief.

"Even though studying is difficult, it's important to keep going," said Eberhart.

Unable to participate in any chemotherapy treatments due to the spreading of the cancer, he continues to remain strong, taking a vast number of pills twice a day and at all times, carries a pouch containing pain medication to fight what the cancer is doing to his body.

"He no longer receives chemo because of his liver. It is not safe for him to get any medicine that would affect his liver," said Nishimoto.

Eberhart continues to remain strong at home as well, with the help of his wife and two children.

"If it wasn't for her [my wife], I'd be dead three years ago," said Eberhart. "She keeps me solid, keeps me grounded. As some people say, men are the pillars, but without the wife's strong foundation, the pillar falls. My wife has been that for me."

Eberhart and his family wake up every morning

not knowing what to expect when it comes to their husband and father's health. Good days can include a walk with his family and their dog or a loved hobby such as barbecuing on the grill. Bad days are known quickly, as Eberhart awakes with excruciating pain in the abdomen and tries to manage it throughout the day.

"David is a very lucky man. He has friends and family and people in the Navy who love him very much and help him throughout the day to give him support," said his wife.

Eberhart's family has also embraced a "never give up" attitude, providing support at every opportunity.

"We have to work through it every single day," said his wife. "Sick people always try to think positive thoughts, but it's very difficult, so we help do it for him."

Eberhart began his Navy career in 1993, going to basic training at the former Recruit Training Command in San Diego, Calif. Following that, he moved to Millington, Tenn. for Aviation Ordnanceman 'A' School.

Eberhart's first duty station was aboard the Forrestal-class aircraft carrier USS Independence (CV 62) from 1993-1998, where he advanced to petty officer 3rd class. While aboard Independence, Eberhart received a Navy and Marine Corps Achievement Medal.

In Oct. 1998, Eberhart was assigned as a recruiter at the Navy Recruiting Station in Abington, Pa. as one of the first 3rd class recruiters in the fleet. While there, Eberhart advanced to the rank of petty officer 1st class.

"I think the reason I was chosen as one of the first recruiters was that I was young, new in the Navy, married and had children," said Eberhart. "I could show the parent aspect and let the possible Sailors know it's not that bad out in the fleet."

Following his recruiting tour, Eberhart returned to sea aboard the Kitty Hawk in Dec. 2001, where he was first diagnosed with the cancer.

Continuing to fight for a full recovery, Eberhart hopes, regardless of how it helps him, that his clinical trials and treatments will someday benefit others.

"Even if what I've gone through doesn't help me, hopefully it will inspire someone. It's all about helping your fellow man, your fellow Sailor," said Eberhart. "I've had that great fortune to have people who have taken care of me and I hope everyone gets the opportunities that I've had."



Master Chief Petty Officer of the Navy (MCPON) Joe R. Campa Jr. and his wife, Diana, visit the home of Aviation Ordnanceman 1st Class David Eberhart, assigned to Marine Aviation Logistics Squadron 24 at Marine Corps Base Hawaii, and his wife Hiroko. Eberhart was diagnosed with cancer in 2002 yet is still determined to make chief petty officer.

Chiachio

Agostina

SAFETY continued from page 1
address the military members one-on-one. Throw numbers at them and tell them how we are doing, and just raise awareness. Anything that is repetitive is going to stick more, and this is just a platform to do it."

The Preventative Medicine Division followed with a brief on health concerns for the summer season. The areas that were covered

included ways to protect against insect borne diseases and the importance of combating disease through proper hygiene.

The biggest issue raised was staying hydrated in the summer sun to combat heat related illnesses like heat stroke.

The servicemembers were also briefed on beach safety, the dangers of fireworks and proper grill use dur-

ing the summer months.

A representative from the Sexual Assault Victim Intervention program spoke on the dangers of accepting rides from strangers and urged servicemembers to have a buddy when they are going off base.

The class finished with a brief from the Family Advocacy department on child abuse and child safety.

The brief stated the importance of supervising young children especially during the hot summer months.

Mallard believes that the stand-down is an important opportunity to let servicemembers know what to be aware of this summer.

"We like to raise the attention of our military personnel to the hazards that accompany the summer," Mallard said. "We have a lot of peo-

ple going to the beach. A lot of people traveling. Traffic issues are always a big thing. So this is just a platform for us to bring everyone in, and let different speakers from different departments and organizations come in and identify those hazards and make sure our servicemembers know. Just to increase the probability of them having a safe summer."

FFSC continued from page 5
referred to as Millennials, Echo Boomers, or Generation Next, Gen Yers are generally well organized, confident, resilient, and achievement oriented. They use sophisticated technology with ease and they are good at multitasking. Gen Yers are excellent team players and they like collaborative work. They are also comfortable with and respectful of authority and relate well to people who are older. They want jobs where they can keep learning and growing. More than any generation that has come before, they are comfortable with diversity. And they don't just see a diverse workforce as an idealistic goal. They want it and expect it. Gen Yers want to work in an environment where differences are respected and valued, where people are judged by their contributions, and where talent is what matters.

Bridging the gaps

Here are some ways to put this knowledge to work and bridge generation gaps so that your relationships with co-workers of different ages are collaborative and rewarding:

" Avoid age stereotypes. It helps to understand generational issues. At the same time, it's impor-

tant to interact with and get to know people as individuals. There are 65-year-old technology whizzes and 25-year-olds who have a lot to teach older colleagues. Don't judge or pigeonhole people in other generations.

- Make an effort to work inclusively and collaboratively. Here are some ways to do that:

- If you're working on a group project, include people of all ages.

- When you schedule meetings, take into account people's personal lives and their different needs.

- Ask someone older for their point of view or a younger person for help with a technology problem you think they can solve.

- Get to know people's strengths across the generations. Help each other out by sharing your strengths.

- Seek out mentoring opportunities at work. All employees value mentoring relationships. Studies show that the opportunity to be mentored is a big draw for prospective Gen X employees. And lack of mentoring is a common reason Gen Xers leave jobs. The potential for older and younger employees to keep on

learning, and to learn from one another, is endless.

- Talk about generational issues with co-workers. Have a conversation over lunch or coffee with someone from another generation. Once you get a conversation going and become more aware of the ways in which age makes us alike and different, you'll have a better appreciation for the people you work with.

- Look for what you can learn and gain from older and younger co-workers. Experts agree that younger employees bring energy, a willingness to try new ideas, and incredible technological skills to the workplace. Baby Boomers and Matures bring experience, judgment, knowledge of office politics, and an eagerness to pass on and share what they know. If two heads are better than one, then two heads from two different generations may be much, much better than one.

- Be willing to give up control. Some of the greatest ideas and results come from situations where the generations hand over some control and responsibility to each another. To do that takes some effort. Matures, who have established many of the norms in companies, often hold

on to the status quo because it's worked so well for them in the past. Baby Boomers, who have had to compete for everything they've ever accomplished, don't always want to hand over projects that give them power and influence. Gen Xers and Gen Yers, who are out to prove their competency, want to hang on to responsibilities that will showcase what they know. But being willing to let someone else take over the reins when you are overloaded or stuck can lead to wonderful things, and bring a whole new perspective to the project. This builds trust with co-workers, too, and frees up your time for other things.

- Help each other out, especially during times of pressure and stress. One thing we all have in common, regardless of age, is the need for work-life balance.

- Turn traditional roles upside down. Rethinking roles is a great way to bring the generations together.

- Use humor to bridge gaps. It can help you get to know your co-workers as people and it's a wonderful bridge between the generations. You realize how much you have in common when you and a co-worker 20 years older or younger are laughing at the same jokes.

- Show your appreciation. A younger person needs to hear this to feel valued, needed, and successful. So does someone who is older.

The workplace is a richer, more complex place than it has ever been. Working with people of many different ages provides wonderful and enriching opportunities for us all. It's up to you to take advantage of those opportunities.

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MISC.

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