

CTF 67 Holds Ceremonial Change of Command

Article and photos by
MC2(AW) Jason Poplin
 Fleet Public Affairs Center
 Detachment Sigonella

Personnel of Commander Task Force (CTF) 67 observed the reins of leadership pass from Capt. George "Chip" J. Walter to Capt. John W. Moore during a change of command ceremony June 25. The ceremony commenced at 10 a.m. with the playing of the 6th Fleet Band during the arrival of the official party through established side boys followed promptly with a parading of the colors.

While the change of command ceremony is not a U.S. Navy instruction, nor is it a regulation, it is a time-honored tradition that dates back to the late 1600s. Prior to formal navies being established, countries would contract out civilian ships. Once the mission had been accomplished, the ship would leave and their civilian duties would resume. After countries began maintaining full time warships, the practice of turning over the leadership continued. Once the captain arrived on a ship he would muster the Sailors and read his orders, acknowl-



The official party renders honors during the playing of the Italian and American national anthems at the Commander Task Force 67 change of command ceremony.

edgment that he was taking command of the ship and all formal and legal responsibilities of that ship. Today, that tradition continues. The practice of one commanding officer handing over all accountability and responsibilities to his replacement.

Following Chaplin Paul

Rumery's invocation, Walter took front and center to give recognition and thanks to those in attendance after which praise was given for all the hard work performed by members of the CTF 67 team during his tenure.

Walter's remarks were followed by the introduction of the event guest

speaker, Deputy Commander, U.S. 6th Fleet, Rear Adm. Charles J. Leidig, Jr., who gave a greeting to attendees in both English and Italian welcoming guests.

Leidig touted Walter's leadership abilities while noting the significant strides by CTF 67 in regions South and East.

"Over the last two years, Task Force 67 has led the way in improving maritime domain awareness throughout Europe, the Black Sea, and Africa," Leidig said. "His team spread the gospel of systems such as the Automated Identification System and the Maritime Security and Safety Information System. These systems allowed us not only paint a great picture of what's happening in the maritime domain in Europe and Africa, but at the same time, they allowed us to build great partnerships."

Leidig continued by stressing the supreme importance in showing the strategic and operational value of improving maritime security and safety in those countries by noting the 10,000 plus ships tracked daily and stating that it would not be possible without the revolutionary tactics and

unmatched perseverance of CTF 67.

Leidig concluded his comments with observations of the strong partnerships that CTF 67 forged through theatre security and cooperation with countries of the Black Sea area. In demonstration of the strength of those partnerships developed, Leidig presented Walter with an award from the Ukrainian navy for his efforts made during Exercise Sea Breeze 2007.

During Walter's tenure, CTF 67 participated in 19 multi-national exercises, 16 theater security cooperation engagements, 26 missions in support of Operation Joint Guardian, and approximately 150 missions in support of Operation Active Endeavor.

"It took individual effort from a person or several people to make work out," Walter said. "And that, to me, is what is so key in Sigonella, CTF 67, and the Navy. It is all about the people, people make the tour, people get you through the rough times, people are the reason for the success, and its people that is the reason why my wife and I are still in the

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'Hinder' Rocks Midtown

Article and photos by
MCSN Jonathan Idle
 Signature Staff

Multi-platinum selling rock group "Hinder" performed for more than 600 servicemembers from Naval Air Station Sigonella June 26 at the Midtown Complex on NAS 1.

The concert was part of a tour the band has been on with Navy Entertainment Programs who worked in conjunction with Sigonella's Morale, Welfare and Recreation Program to put the event together.

Sigonella was the final show on the tour which included stops in Lages, Djibouti, Bahrain and the amphibious assault ship USS Peleliu (LHA-5).

The festivities kicked off at 7 p.m. with a live DJ, and by the time Hinder took the stage at approximately 9 p.m. a huge crowd from the

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Austin Winkler, singer, and Mark Rodden, bass guitarist, from the band 'Hinder' perform for Sigonella servicemembers during a concert at the Midtown Complex on NAS 1.

New G.I. Bill Given Presidential Approval

Article by
MC2 Joshua Wink
 Signature Staff

Since the G.I. bill was originally signed into law in 1944, it has undergone a number of periodic updates and changes, but none of them more dramatic as well as anticipated as the proposed Chapter 33. It is sometimes referred to, the "G.I. bill for the 21st Century."

Initially brought to the floor by Sen. Jim Webb (D-VA) as his first piece of legislation on Jan. 4, 2007, the new G.I. bill has recently been approved by both the Senate and the House of Representatives by a vote of 92-6 and 416-12 respectively, in favor of passing

this bill, which was included in the \$162 billion Military Construction and Veterans Affairs and Related Agencies Appropriations Act of 2008 (HR2642). On Tuesday, July 1, the new bill was given presidential approval.

Of the appropriations act, \$63 billion is allotted to the G.I. bill over the next 10 years according to the Associated Press. The increase is designed to bring the G.I. bill up to date and mirror the benefits allotted to military members when it was enacted after World War II.

According to Military.Com, such benefits included in the proposed Chapter 33 would include

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WEATHER UPDATE	July 4 H:96F L:71F	July 5 H:96F L:65F	July 6 H:92F L:67F	July 7 H:94F L:74F	July 8 H:100F L:68F	July 9 H:94F L:62F	July 10 H:90F L:67F

TOP STORIES	USS Ronald Reagan and other U.S. Navy ships arrived on station near the central Philippine island of Panay June 25 to join the humanitarian assistance mission being led by the Armed Forces of the Philippines (AFP) in the wake of damage caused by Typhoon Fengshen.	Most people would like to have financial freedom; which is the ability to do what they want to do, when they want to do it, and not worry about where the money will come from.	It's that time of the year again! The eagerly-awaited "stagione degli sconti" (sales season) will give Sigonella shoppers a chance to strike good bargains while shopping in the local economy.	Cefalu is a picturesque city lying on the northern coast of Sicily in the province of Palermo. The city's coastline of lava rock and sandy beaches lies on the clear turquoise waters of the Tyrrhenian Sea.	The first priority of many new arrivals at Naval Air Station Sigonella is to get in contact with friends and loved ones at home. This can be done through snail mail, email, or phone calls. The easiest and most satisfying of which is probably a phone call.
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TRAFFIC NUMBERS

	Jan.- June '08	Jan.- June '07	Diff.
Accidents	158	140	+18
Injuries	26	14	+12
DUIs	5	3	+2
Traffic Deaths	2	0	+2

PLEASE,
DON'T BECOME
A STATISTIC!

DIRECT LINE NASSIG COMMANDING OFFICER CAPT. THOMAS J. QUINN

"When in the course of human events, it becomes necessary for one people to dissolve the political bands which have connected them with another, and to assume among the powers of the earth, the separate and equal station to which the Laws of Nature and of Nature's God entitle them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to the separation." This is the opening paragraph of The Declaration of Independence signed on July 4, 1776.

By placing their signature on this document, the Continental Congress not only signed the Declaration but their death warrants as well. They risked it all in order to provide for the birth of a new nation, under one government, for the people and by the people. No kings, dukes, lords or barons. These extremely patriotic men were just

everyday people doing what they thought were the right things to do in order to free themselves and their families of the tyranny that they had lived under for many years.

We are now a part of a 232-year-old nation that is still learning from past mistakes and has become a nation that helps out others when called upon. Whether we are providing humanitarian assistance to the citizens of Burma or fighting in Iraq and Afghanistan, the US stands ready.

Adm. Gary Roughead, our Chief of Naval Operations recently said, "We have to maintain our warfighting readiness because we are at war. The Navy gives our nation the flexibility, the agility, the power to be able to prosecute that war and also to be able to respond to other contingencies and potential conflicts. We have to maintain that readiness and not just at what we call

the high end of warfare."

NASSIG is more than ready and able to do what we need to do to get the job done.

This Fourth of July take a moment to reflect on our nation's beginnings and our heritage. Think about what the founding fathers meant when they said, "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness." And remember that as military members we play a special role in protecting these fundamental beliefs our country was founded on.

Have fun and celebrate, but be safe this holiday weekend. Think Operational Risk Management, plan ahead, drive slow, and remember if you decide to drink, don't



drive because when it comes to how many drinks you can have and be under the legal limit, the magic number is zero.

Health WATCH

Encourage Kids to Eat More Fruits & Veggies

Article courtesy of Center for Disease Control

Eating fruits and vegetables is part of a healthy diet* for both children and adults. Finding creative ways to encourage fruits and vegetables in your child's diet can be fun for the entire family.

There are more fruits and vegetables available in fresh, frozen, canned, and dried forms than ever before. Taking the time to introduce a variety of fruits and vegetables to kids can help develop a lifetime of healthy habits. More information and recipe ideas are always available from your base Registered Dietitian.

1. Keep a bowl of fresh fruits on the counter. Refrigerate cut up fruits and vegetables in small bags for easy snacks on the run.
2. Serve fruits and vegetables at every meal. Add grated or cut vegetables into entrees, side dishes, and soups. Top off cereal with fruits or add frozen fruits to smoothies.

3. Set a good example. Snack on fruit and order low-sodium, low-fat salads, soups, or vegetable sides when at restaurants.

4. Pack the refrigerator, freezer and cupboard with pre-cut, frozen and canned vegetables so that it is easier for you to prepare meals and snacks that include vegetables.

5. Challenge family members to reach their daily fruits and vegetable goal. Reward the winner with a prize of his or her choice.

6. Ask that fruits and vegetables be offered at school functions, after school programs, and in vending machines.

7. Let children choose which fruits and vegetables to serve and how to incorporate them into their favorite meals.

8. Make fruits and vegetables fun. Try dressing up sandwiches with faces and smiles made from fruits and vegetables.

9. Keep trying. For some foods, it may take multiple times before a child acquires a

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NASSIG WORSHIP SERVICES

Chapel Office: 095-86-3975

ROMAN CATHOLIC	PROTESTANT
Sunday	Sunday
0845 Catholic Mass (NAS I Chapel)	0900 Protestant Worship (Mineo Community Center)
1100 Catholic Mass (Mineo Community Center)	1045 Protestant Worship (NAS I Chapel)
1600 Catholic Mass (NAS II Chapel)	Wednesday
Monday - Wednesday, Friday	1700 Protestant Fellowship Dinner
1130 Catholic Mass (NAS II Chapel)	1800 Bible Studies for All Ages (NAS I Chapel)

OTHER SERVICES/ACTIVITIES

POINTS OF CONTACT

Church of Christ: Sunday - 1530, NAS I Chapel Room 4; Call 624-5128 or 335-841-8069
Latter-day Saints: Please email ldssig@gmail.com or call 624-1671 or 349-1977-119
Jewish Services: Please call 095-86-1205
AA Meetings: Monday, Wednesday, Friday - 1900, NAS II Chapel, 339-344-9332



Your Words Reflect on You

Article by Chaplain Paul Rumery

It has been said, "You are what you eat" and that is oh so true, but to an even greater degree a more trustworthy statement is, "You are what you say." The words we use, that come right out of our mouth, directly reflect our own integrity and character. The Christian Bible addresses this point in Luke 6:45, "The good man brings good things out of the good stored up in his heart, and the evil man brings evil things out of the evil stored up in his heart. For out of the overflow of his heart his mouth speaks."

As I was developing and writing this article a news story was released informing me that the comedian, George Carlin, had just died of a

heart attack at 71. He was many things to many people, but one cannot deny that he was not only a comic genius, but also a precise wordsmith. He crafted sentences in such a way that made his audience think about the words he was using and their impact and import. In one interview, he stated a truth I had learned from my English teachers as well as my theology professors that: words only have definition, they do not have meaning until used in a contextual form. The words we speak to one another can produce life or death in another person's spirit. There were certain words that were not allowed (in any context) in my home while I was growing up-and for good reason! They were words that had no place in our vocabulary, or civil

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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

E3 - Reckless Driving. Member was awarded 6 points, 10 day license suspension and DIP.

This civilian enterprise (CE) newspaper is an authorized publication for members of the military services overseas. Contents of The Signature are not necessarily the official views of, or

NAVY NEWS

U.S. Navy Ships Arrive On Station to Support Armed Forces of the Philippines

Article by Lt. Ron Flanders
Carrier Strike Group 7
Public Affairs

USS Ronald Reagan and other U.S. Navy ships arrived on station near the central Philippine island of Panay June 25 to join the humanitarian assistance mission being led by the Armed Forces of the Philippines (AFP) in the wake of damage caused by Typhoon Fengshen.

Rear Adm. Phil Wisecup, commander of the Navy ships, arrived on shore to meet with Lt. Gen. Ike Inserto, commander of AFP's Central Command, and other senior Philippine officers running the humanitarian assistance operation. Inserto and his senior commanders assessed the capabilities of the carrier and requested that the U.S. ships provide helicopter support to assist in delivering supplies to remote areas devastated by the typhoon.

A Philippine Air Force C-130 cargo plane arrived at Iloilo's Santa

Barbara airport loaded with food supplies.

Two C-2A Greyhound carrier onboard delivery (COD) aircraft, two HH-60H Seahawk helicopters and one SH-60F Seahawk helicopter flying from USS Ronald Reagan (CVN 76) delivered more than 12,000 bottles of fresh water and more than 7,500 lbs. of rice to the airport.

Helicopters from the Navy ships are standing by to deliver these supplies to outlying areas in Panay as directed by the AFP.

"We are here to support the Armed Forces of the Philippines," Wisecup said. "We feel a deep sense of regret for everyone who was affected by this tragedy, and we stand ready to support the AFP with anything we can do to help their efforts."

The ships on station in the Sulu Sea include the Nimitz-class nuclear aircraft carrier USS Ronald Reagan (CVN 76); embarked Carrier Air Wing (CVW) 14; the guided-missile cruiser USS Chancellorsville (CG

62); and three ships of Destroyer Squadron (DESRON) 7; the guided-missile destroyers USS Howard (DDG 83) and USS Gridley (DDG 101) and the guided-missile frigate USS Thach (FFG 43).

Also providing assistance to the AFP in their efforts are the maritime prepositioning ship USNS Gunner Sgt. Frank Stockham (T-AK 3017) and the rescue and salvage ship USNS Safeguard (T-ARS 50), which have been assisting in the recovery operations of the sunken ferry Princess of the Stars.

Onboard the aircraft carrier Ronald Reagan, dozens of Sailors rapidly assembled into working parties and loaded the aircraft with water and rice once the AFP requested more supplies.

"Our Sailors are very eager to participate in this mission," said Capt. Kenneth Norton, Ronald Reagan's commanding officer. "We're here to help our friends in time of need."



U.S. Navy photo by MC2 Jennifer Kimball

Philippines (June 25, 2008) Rear Adm. James P. Wisecup, left, shakes hands with Angelo Reyes, Secretary of Energy for the Republic of the Philippines. Wisecup, commander of Carrier Strike Group (CSG) 7, arrived in Iloilo to assess damage caused by Typhoon Fengshen. The Ronald Reagan Carrier Strike Group (RRCSG) and the Military Sealift Command rescue and salvage ship USS Safeguard (T-ARS 50) arrived to provide additional assistance. The Military Sealift Command container & roll-on/roll-off ship USNS GYSGT Fred W. Stockham (T-AK 3017), a P-3C Orion aircraft and nine explosive ordnance disposal divers were already on station. The RRCSG is working to help provide humanitarian assistance and disaster relief to victims of the typhoon Fengshen.

PHOTO FROM THE FLEET

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



U.S. Navy photo by MC3 Ricardo Reyes

More than 5000 Sailors assigned to the aircraft carrier USS Harry S. Truman (CVN 75) return to their homeport to a waiting crowd of friends and family after a scheduled seven-month combat deployment. Truman deployed supporting maritime security operations in the Mediterranean Sea and Persian Gulf as well as providing close air support for ground forces serving in Operation Iraqi Freedom.

NEWS BRIEFS

AOSC Fundraising Update

The All Officers Spouses' Club ("AOSC") would like to thank the NASSIG community for supporting this year's AOSC fundraising efforts. With the success of its primary fund-raiser, the sale of the AOSC cookbook Etna Edibles, the AOSC was able to donate money for the benefit of our community to the following NASSIG organizations that requested funds:

NAS Sigonella 2008 Senior Class - \$200.00

Sigonella Elementary & Middle Schools D.A.R.E. Program - \$250.00

NAS Sigonella Heritage Committee - Filipino American Association - \$250.00

NAS Sigonella Navy-Marine Corps Relief Society - \$200.00

Sigonella Red Cross Chapter - \$100.00

Girl Scouts of Sigonella - \$150.00

NAS Sigonella 2008 Community Scholarship Committee - \$1,350.00

Thanks again to everyone at NASSIG whose support made these donations possible. If you have any questions about AOSC fundraising or membership, please email aoscsgonella@yahoo.com.

Mond M o n d o Etna
o Animale
Anima

				FRIDAY	SATURDAY	SUNDAY
				4 - JULY	5	6
<p align="center">COMMUNITY CALENDER</p>				Independence Day 4th of July Celebration Land Annex NAS 1 1600-2200 Alcoholics Anonymous -7 p.m. -NAS II Chapel x9203	MNA Kids' Game Day Near tennis courts in Mineo Housing 1500-1700 (347)-892-6424	
				MONDAY	TUESDAY	WEDNESDAY
7	8	9	10	11	12	13
Alcoholics Anonymous -7 p.m. -NAS II Chapel x9203	FFSC Car Buying 1300-1430 x4291 FFSC Anger & Stress Management 0800-1100 x4291	Alcoholics Anonymous -7 p.m. -NAS II Chapel x9203 Professional Military Knowledge Bldg. 407 1100-1300 x9203 FFSC Survive & Thrive 0800-1430 x4291	NMCRS Budget for Baby 5-7pm, Applebees Conf. Rm x4212 Throwback Thursday Midtown Theater x4297 FFSC Survive & Thrive 1430 x4291	FFSC Developing a Spending Plan 1400-1530 x4291 Alcoholics Anonymous -7 p.m. -NAS II Chapel x9203	NMCRS Nearly New Shop 10-1pm, bldg 318 x4346 Red Cross Office CPR Class 0800-1700 x4900	
14	15	16	17	18	19	20
Alcoholics Anonymous -7 p.m. -NAS II Chapel x9203	NMCRS Volunteer Orientation 10-12pm, bldg 319 x4212 FFSC Smooth Move 1400-1600 x4291 FFSC What about the children 0800-1100; x4291	FFSC Mens Group 1330-1500 x4291 Alcoholics Anonymous -7 p.m. -NAS II Chapel x9203 Professional Military Knowledge Bldg. 407 1100-1300 x9203	Throwback Thursday Midtown Theater x4297 Motorcycle Safety Bldg. 407 0800-1500 x9203	Alcoholics Anonymous -7 p.m. -NAS II Chapel x9203 Motorcycle Safety Bldg. 407 0800-1500 x9203 Arrivederci Bldg. 407 0800-1200 x9203	Red Cross Car Wash Fundraiser 1000-1400 x4900	

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All Services

Stags

Marchi

Did you know?

The Fair Credit Reporting Act gives you the right to access information in your credit report? Credit reports contain information about your payment history on loans, charge accounts, and credit cards. Within 30 days of being turned down by a lender because of a credit report, you are entitled to receive, upon request, a free copy of the report. If you feel the information in your credit history is inaccurate, the responsibility to correct any errors rests with you! Request a copy of your credit report by contacting one or all of the three major credit reporting companies Equifax, Experian and TransUnion.

Financial Tidbit Brought to You By:
 Navy-Marine Corps Relief Society Sigonella
 Phone: 624-4212
 Office Hours: Mon - Fri
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Knowledge Creates Financial Freedom

Article courtesy of The Fleet & Family Support Center

Most people would like to have financial freedom, which is the ability to do what they want to do, when they want to do it, and not worry about where the money will come from. For many people, it is a dream. For a lot of people, it is not only a dream, it is an impossible dream. And for others, it is a reality. The secret to financial freedom is FREE! Yes, free and it can be obtained with the use of one little word, knowledge! Knowledge is power, and it is free for the taking.

Building financial freedom is a lot like building muscle. It takes work, energy and a plan. But you don't need to sweat; it isn't hard. All it takes is a desire with a realistic action plan. Sailors endure the Navy's Physical Fitness Assessment (PFA) twice a year. Command Fitness Leaders (CFLs) are working on programs and ideas to help every Sailor prepare for their PFA. Many Sailors want to not only meet, but also exceed the required standards.

Fitness experts agree planning is important; not only is exercise conditioning important but also each person should work on his or her healthy eating habits and cross training is advisable. As a result of this great advice, you will see many Sailors watching their caloric intake, weight training and out jogging preparing for this semi-annual event.

Command Financial Specialist (CFS) would say: "it would be wise for you to spend just as much time planning for your financial future as for your PFA." All Sailors are encouraged to pass the PFA in order to achieve continued career success. Many Sailors have also heard financial planning is important for their future as well. However, Sailors view this advice as focusing on the distant future rather than the present. Therefore, many believe there's always time. No one checks your financial stability as they would your Personal Qualification Standards, Physical Fitness Assessment and

Evaluations. For example, no one has ever been counseled for being delinquent "DINQ" on their savings account, or having a debt to income ratio not acceptable for advancement standards.

Of course, my example isn't real, although many believe it should be. The Navy spends millions of dollars every year to provide financial assistance to our Sailors. Financial advice and assistance is free at the Fleet and Family Service Center (FFSC) through the Personal Financial Management Program (PFM). The PFM program assists Sailors in obtaining financial security and freedom.

Check out the classes at FFSC and start working on building your financial freedom through knowledge; bulk up your financial stability now for your future security. Knowledge is power, and in this case, it's FREE and can be banked! Contact the FFSC @624-4291 for more information on financial readiness.



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.



(Left Above) Bobby is a great puppy who loves to play. He is very energetic and needs a family to call his own. He is full energy and will make a great companion for the perfect family.



(Left Below) Tulsa is a very energetic dog with a love for life. He loves to run and play. His favorite toy is his red ball and he will fetch it any day of the week. If you would like to play fetch with Tulsa please come and visit him at the Stray Animal Facility.

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

Stampa

SEXUAL ASSAULT / VICTIMS INTERVENTION

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



Do you have a passion for writing or 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.

Pentagon

Italian NEWS

Sicilian Culture, Events and Lifestyle

Alberto Lunetta
Signature Staff



Summer sales season kicks off in Sicily



Starting tomorrow, prices will be dropping in local stores through the end of the summer. Make sure you take advantage of it, but beware of misleading deal offerings!

It's that time of the year again! The eagerly-awaited "stagione degli sconti" (sales season) will give Sigonella shoppers a chance to strike good bargains while shopping in the local economy. Tomorrow, (Saturday, July 5) Sicilian retailers will kick off the discount shopping season with great promotions. This year, the promotional season will officially last until Sept 15. But some shops will continue offering discounts until the end of September. During the first days, it would be "doorbuster discount" time, stores will be packed with

excited bargain-hunters, so expect long lines. According to 2007 consumers' data, while Italian families spent an average of € 261 on discounted items, individual shoppers averaged €104, Italy's National Association of Realtors reported. This is the second of the two yearly government-regulated periods for such a special sale. The other discount season starts at the end of the winter.

As it happens every year, Italian Consumer Associations offered advice for a safe shopping at sales which will help you save money, minimizing the risk of rip-offs and disputes with merchants that would be difficult to handle for the ones

who don't have a good grasp of Italian.

Consumer Associations officials also warned that some unfair retailers might slash prices on shop-worn or damaged items proposing them as "promotional sales" just to reduce the quantity of merchandise in stock.

Here are some good strategies to survive shopping at sales and buy the "right thing for the right price." First of all, beware of exaggerated deeply discounts (higher than 50 percent from the initial price), they might sound like a tempting offer, but they could be a total "Red Herring" to lure customers.

Bargain-hunters should also know that, during the discount season, defective merchandise could be exchanged or returned as usual. There is no "special return policy" when you shop at sales.

Therefore, always keep your "scontrino" or receipt and distrust the shops displaying signs saying: "la merce venduta non si cambia," (purchased merchandise cannot be exchanged) or "all sales are final." You have the right to change any defective fabric or shoe that is not up to sample within two months.

Retailers can either refund you or give you a coupon that should be spent at the same shop. Be sure to

look an item over carefully before you buy it. Check different shops to compare prices. If you have already visited a store, you might be able to evaluate if a product was over-priced and then marked down.

As a general rule, if you have just arrived in Sicily and you have not been around a lot, be oriented toward buying at big department stores, where sales are usually fair.

Stores must display on the tags the initial "prezzo" (price) and the reduced price, both in ciphers and in percentage. Finally, remember that you can use any kind of payment.

Mistrust shop owners displaying signs saying "non si accettano carte di credito e bancomat" (credit cards and ATM cards are not accepted) because of the sales season. That's illegal. If you don't see any signs around, and the sales clerk tells you about it upon paying, tell them that you know they have to accept your credit card or ATM card. If they do not back off of their refusal, and you are not willing to pay cash, leave the shop and look for your best deals somewhere else. Again, carefully inspect the item before you buy it. Ask to try the clothes you want to buy on. Retailers are not actually obliged to let you do that, but who would want to buy a shirt that you can only look at?

Verdura Summer Music Festival Begins in Palermo, Runs to July 20

The "Verdura Music Festival" returns to Sicily's capital bringing together a variety of musical genres and styles such as pop/rock, jazz, classic and opera music.

These ticketed events, running through July 20, are organized by the Teatro Massimo Vittorio Emanuele (Palermo's Opera House) and are held at the fascinating outdoor venue "Teatro di Verdura," which is located in the breathtaking Villa Castelnuovo Park (# 70/b viale del Fante).

Here is the lineup for this year.

English rock music vocalist Ian Gillan, best known as the lead singer for Deep Purple, performs with the Palermo Opera House Orchestra a tribute to Deep Purple and Pink Floyd (July 4 - 9:15 p.m.); Internationally renowned Italian choreographer and director Luciano Cannito, presents "Cassandra" a ballet featuring Palermo-born "prima ballerina" of Paris Opera Eleonora Abbagnato,

who will dance in the starring role. The ballet is an adaptation for the stage based on the East German author Christa Wolf's novel of the same title and set in Sicily in the 1950s. Music by Marco Schiavoni, Prokofiev, Camille Saint-Saëns and Elvis Presley (July 6 - 9:15 p.m.); "Between Yesterday and Tomorrow," a show by legendary German singer and actress Ute Lemper, a star of "Berlin Cabaret" songs. The show is inspired by works of Edith Piaf, Jacques Brel, Jacques Prévert, Astor Piazzolla, Kurt Weill, Bertolt Brecht, Ute Lemper and Joni Mitchell (July 8 - 9:15 p.m.); "Hollywood Music: Palermo Opera House Orchestra performs classic movie soundtracks by Henry Mancini, Cole Porter, Jerome Kern, Irving Berlin and John Williams. Guest star of the evening will be Sal Viviano and Rosena Hill, (July 10- 9:15 p.m.); Oxford Born

British maestro Daniel Harding conducts the London Symphony Orchestra of which he has been recently appointed as Principal Guest Conductor. Music by Strauss, Stravinsky Suite and Brahms (July 12- 9:15 p.m.); Legendary American "Free Jazz" saxophonist Ornette Coleman performs along with his quartet (July 13- 9:15 p.m.); Mikhail Baryshnikov, one of the greatest dancers in history, performs "Three Duets," a show created by Swedish choreographer Mats Ek and artistic director David Neumann. Music by Philip Glass and Arvo Pärt. (July 18- 9:15 p.m.); "Tribute to Charlie Chaplin" (July 18- 9:15 p.m.).

For more information and tickets, call Palermo Opera House toll free number: 800- 907080



Stampa

Kartodromo

Days Inn

Protestant Women of the Chapel

Bible Study
Summer Program
ALL WOMEN WELCOME!
Tuesday: 9:00-11:00 am
June 24-July 29
Nas 1 Chapel
Free childcare ages 0-12
(crafts and games for school age kids) For more info www.pwoc-sig.com
<<http://www.pwocsig.com>>



Weekend & upcoming Concerts in Catania and Surroundings



Here are some top music events' picks for the upcoming weekend: "Trio Trendy" (above picture) Antonio Ferlito (guitar), Nello Toscano (double bass), Ruggero Rotolo (drums). Three Catania-based Jazz virtuosos join forces for a unique concert (July 4 - 10 p.m., Y's Club); "Farragonia" a "melting pot" of Mediterranean and African music: Faisal Taher (vocals), Giancarlo Parisi (vocals, guitar and wind ethnic instruments), Maurizio Cuzzocrea (guitar, lira, vocals), Giovanni Arena (double bass) Jali Diabate (vocals and Kora) (July 5 - 10 p.m., Y's Club); "Deep South" (July 4 - 11 p.m., Thuja , # 260 via Galermo, Catania); "Seamus Blake Quartet" " (July 4 - 9 p.m., Sheraton Hotel , # 45 via A. Da Messina, Acicastello); "Il Genio - Amici di Pina - Action Set-Trinacria Beat Box" (July 5 - 10:30 p.m. - "Mercati Generali" Club Km 69 - SS 417 - Catania- Gela); "Le Valkyrie" (July 5 - 10:30 p.m. - Waxy O'Connor # 1 piazza Spirito Santo, Catania) ;

"Alfred Longo e Francois" (July 8 - 10:30 p.m., La Fungia # 38/b via Stazione, Acicastello); "The Carnival of the Insects": music and poetry (July 8 - Sangiorgi Theatre # 233 via Sangiuliano- Catania); "Figli di Un Dio Minore"(July 10- 9 p.m. Bambuddha- #175 via Marzulli - Acireale).

Please note that all the above events, performances' dates, fees and times are subject to be changed or cancelled without notice.

For the latest information and to get directions to the shows' venues, please contact the following tourist information office: Catania (095- 7306266/277).

Ognina

Big Al's

Salina Fishfestival



Photo by "Salina Fishfest" Press Office

Salina, the second largest island of the Aeolian archipelago, will host a festival celebrating the local fishing industry. "Salina fishfest" is an exciting three-day food event that will run through Sunday, July 6 featuring seminars, cooking demonstrations, tasting events, gala dinners and a competition among the most celebrated chefs of the island. For more information call 090-9843175; 339-8824971 or send an email to info@salinafishfest.it

Navy College Students Graduate

Article and photo by
Sandra Levenduski
Signature Volunteer

The Navy college class of 2008 paraded in Black gowns and black hats with a tassel at the graduating ceremony June 13th, 2008 at the NAS I chapel.

The place was crowded with families and friends who came to honor the graduates. The candidates made their entrance and took their special reserved seat. The Naval hospital performed the posting of colors while the Italian and the American national Anthems played.

The ceremony started once Chaplain R. Hank Wilson II blessed the congregation with prayer. First Mr. Carlos Butch, director of the Navy College, spoke words of wisdom to congratulate the students

while underlying the importance of their achievement. Then it was time for the guest speaker, Capt. Thomas Quinn who congratulated the candidates praised the effort put in earning their degrees. "It is not easy to work, to take care of the family, and to study at the same time!" he said. "Today, you should not be nervous when you come up here to receive your diploma, instead smile for your accomplishment." The captain also stated that the key to success is to work hard and to be professional. This last part of his speech is reflected in the poem of an Italian writer Vincenzo Monti who said "I wanted, I always wanted, infinitely I wanted." Although the poem is short, the meaning is profound; anyone can achieve anything they truly want it.

The graduates all differed in



Capt. Thomas J. Quinn congratulates Antonio Sanchez, one of the graduates.

Oxidiana

race, sex, age, and even degrees; however, they had one common denominator, education. Knowledge is never enough; a degree obviously allows getting a well paid job or it helps the Navy career, but it also influences the individual first hand by changing the way one thinks. So it is absolutely worth to continue the education, it is never too late. It might be hard at first especially if it has been a while since high school, but the final result repays the hard work.

"So, lift up your face, let the Sicilian sun shine on you, and smile because today is your day graduates!" With these excellent words Capt. Quinn concluded his speech.

A Stone's

THE HUB OF THE MED IS ALSO

Visiting Scenic Cefalu



(Above) The view from a classic fisherman's dwelling that butts up against the beach.
(Below) The Cathedral of Cefalu in the shadow the moantain known as the "Rocca."

Article and photos by
MCSN Jonathan Idle
Signature Staff

Cefalu is a picturesque city lying on the northern coast of Sicily in the province of Palermo. The city's coastline of lava rock and sandy beaches lies on the clear turquoise waters of the Tyrrhenian Sea.

The skyline of the city is dominated by a large mountain called the "Rocca" which is topped by the remains of a medieval castle.

The heart of the city was built into the lower slope of the rock. Cobble stone streets line the town center leading to the Piazza Duomo where the 11th century Norman Cathedral of Cefalu stands.

Site:
For things to see and do, Cefalu gets a rating of four stars. What the city may lack in historical ruins and museums compared to other places like Agrigento, it makes up for with its beautiful beaches, shopping and scenic views. That is why only one star was removed from this category.

That is not to say the city is

without historical sites or significance. The cathedral is definitely worth visiting. The architecture, stone work and intricate painting inside make for great photo opportunities.

The view from the castle atop the summit is worth the walk up. It allows for expansive views of the entire town and coastline below.

However, the real attractions are the beaches and shops. There are



(Above) Umbrellas line the beaches of Cefalu.
(Below) The popular beaches stretch along a large portion of the city.



Sicilia Blues

THE Signature SIGONELLA, SICILY

Do you have a passion for writing or 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.

...e's Throw

ED IS ALSO THE HUB FOR TRAVEL



Old fishermen's dwellings line the water with the "Rocca" in the background.

several "lidos," or beaches, to choose from which are very popular spots.

If you feel like venturing off the beaten path, you can find stairways leading down to more secluded sections of coastline consisting of lava

rock. Either way, the water is very temperate and makes for very enjoyable swimming. There are many shops to choose from throughout the town. Intricate Roman and Greek style potteries are common in the

shops and make for nice souvenirs.

Family Friendly:

Cefalu only rates three stars in this category for the simple reason that the town is not very handicap or stroller accessible. The sloping streets, limited handicap access to the beaches and the climb up the mountain to get to the castle make it difficult for anyone with small children or a disability to get around.

With that said, there is plenty to do for families with children. The beaches are clean and safe. The traffic in the streets is very light and mostly consists of scooters. There are family friendly restaurants along the beach with outdoor seating and there are plenty of cafes with cool drinks and gelato to fight the heat during the hot summer months.

Accessibility:

The trip to Cefalu gets five stars for ease of travel because the trip was offered through ITT. ITT hosts regular trips to Cefalu and busses passengers there in the morning and returns them to base in the evening.

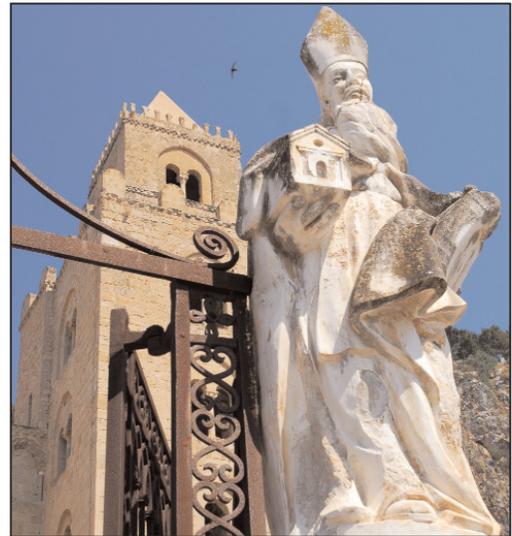
It is not difficult to reach the town by a privately owned vehicle. The route is mostly along main roads with very little twists and turns.

To get to Cefalu take A-19 (Catania to Messina). Followed by A-



(Above) The rocky coastline of Cefalu with a lighthouse over looking the old harbor.

(Below) A statue of a bishop outside of the Cathedral of Cefalu.



20 (Messina to Palermo). Take the Cefalu Cefalu exit.

Travel Time:

For travel time, this trip rates two stars because it take close to three hours by bus.

Traveling by a privately owned vehicle will take anywhere from two to three hours.



Scuba

REVIEW SUMMARY

Site:



Family Friendly:



Accessibility:



Travel Time:



These ratings are out of five stars, and are the opinion of the Signature staff and in no way constitute a professional travel review. If you have comments or questions on this review contact:
THESIG@nassig.sicily.navy.mil

EATING continued from page 2
taste for it.

10. Encourage friends or relatives to offer vegetables and fruits to your children.

*In addition to fruits and vegetables, a healthy diet also includes whole grains, fat-free or low-fat milk products, lean meats, fish, beans, eggs and nuts, and is low in saturated fats, trans fats, cholesterol, salt, and added sugars. A healthy diet also means staying within your daily calorie needs.

o Kids are turned off to trying new foods if the smell, flavor, or color is not appealing to them. It may be more appealing to a child if the fruits or vegetables are served raw.

o Try feeding different textures of fruits and vegetables to your child. Some children prefer smooth food, where as others like lumpy, and some children like crisp foods, but others like soft.

o Offer new fruits and vegetables in combination with old favorites to show your child a variety of smells, textures, and colors. Various vegetables can be added to any whole grain pasta dish or pizza, and fruit is a great topping for low-fat or fat free yogurt.

Trees in a Broccoli Forest

This fun recipe allows kids to be creative with their food.

- 2 carrots, peeled
- 3 cups broccoli florets
- 4 cherry tomatoes
- 3 Tbsp parsley leaves

Dipping Sauce:

- 1/4 cup plain non-fat yogurt
- 1/4 cup low-fat sour cream
- 2 teaspoons honey
- 2 teaspoons spicy brown mustard

1. To prepare dipping sauce, combine yogurt, sour cream, honey, and mustard in a small bowl.

2. Hold carrots against cutting board and trim off ends. Cut each carrot in half, crosswise, then lengthwise to make four pieces. Arrange each plate by putting two carrot pieces side-by-side in the center. Arrange broccoli around the carrots forming a cluster. Arrange the tomatoes at the top of the plate.

3. Spoon dip around the base of carrots and sprinkle with parsley. (Makes 4 servings.)

*Nutrition info per serving:

Calories 73kcal; Fat 1.5g;
Sodium 88mg; Carb 13g;
Fiber 3g; Protein 4g; Vit A
180%; Vit C 100%; Calcium
10%; Iron 4%

Fruity Breakfast Parfait

Breakfast is an easy time to include fruits in a child's diet. This easy breakfast parfait is as fun for kids to make as it is to eat!

2 cups chopped fresh pineapple

1 cup frozen raspberries, thawed

1 cup low-fat vanilla yogurt

1 firm, medium banana, peeled and sliced

1/3 cup chopped dates

1/4 cup sliced almonds, toasted

1. In glasses, layer pineapple, raspberries, yogurt, banana, and dates.

2. Sprinkle the top with almonds. (Makes 4 servings.)

*Nutrition info per serving:
Calories 207kcal; Fat 4.2g;

Sodium 42mg; Carb 41g;
Fiber 5g; Protein 5.6g; Vit A

2%; Vit C 70%; Calcium
15%; Iron 4%

Carrot/Raisin Sunshine Salad

This salad is colorful and provides kids with many important nutrients, including vitamin A. It makes a good snack, side dish, or dessert.

1 pound carrots (5-6) peeled and shredded

1/2 cup raisins

1 carton (8oz) low-fat vanilla yogurt

4 to 6 iceberg lettuce leaves

1. Mix all ingredients together except lettuce leaves in a mixing bowl.

Cover with plastic wrap and refrigerate for 15 minutes.

2. Toss again before serving. Serve on lettuce leaves. (Makes 4 to 6 servings.)

*Nutrition info per serving:
Calories 126kcal; Fat 1g;

Sodium 95mg; Carb 28g;
Fiber 3g; Protein 4g; Vit A

310%; Vit C 10%; Calcium
10%; Iron 4%

Crazy, Curly Broccoli Bake

Preparation time: 25 minutes

1 1/2 cups whole wheat corkscrew pasta, dry

3 cups broccoli, frozen, chopped

1 10.5-oz.can low-fat cream of broccoli soup, condensed

1/2 cup skim milk

2 tablespoons plain bread crumbs

1/4 teaspoon salt-free seasoning blend

Instructions: Preheat oven to 350oF.

Cook pasta according to package directions. Place frozen broccoli in large microwave safe and oven proof dish and cook for 2 minutes on HIGH. Coarsely chop cooked broccoli. Mix soup with skim milk, and add to chopped broccoli. Add cooked

pasta and mix. Top with bread crumbs and seasoning blend. Bake in oven for 10-15 minutes until heated through.

Serves: 6

1/2 Cup of Vegetables per Serving

Fruit and/or Veggie Color(s): Green

Nutrition Information per serving: calories: 164, total fat: 2.2g, saturated fat: 0.6g, % calories from fat: 11%, % calories from saturated fat: 3%, protein: 8g, carbohydrates: 31g, cholesterol: 2mg, dietary fiber: 5g, sodium: 351mg

Each serving provides: An excellent source of vitamin C and fiber, and a good source of vitamin A, folate and magnesium.

Keeping Your Toddler Safe

o Modify the shape and texture of firm foods. To avoid choking, cut grapes into quarters, chop apples and firm fruits into very small pieces, and cook carrots and hard vegetables until soft, then cut into small pieces.

o Keep an eye on small children when they are eating.

Small children may eat in a hurry, stuff too much food in their mouths, or chew their food inadequately which may cause a child to choke.

o Prevent injuries by prohibiting children from running or playing while chewing food. Feed small children only when they are sitting down and are in a relaxed atmosphere. Train toddlers to chew their food thoroughly before swallowing.

V e c c h i a cascina

Paradise

Hiteach

Etnapolis

Ipamena

MWR CORNER

Community Events

4th of July Celebration

July 4 from 4 - 10 p.m. at the Land Annex on NAS I. Join the community in celebrating Independence Day. There will be a BBQ, live music provided by Navy Entertainment, Soul Sacrifice, a Santana Tribute band and games for the kids. Don't forget the fireworks!

Midtown 2 Theaters

National Chocolate Day: July 7

Matinees at the Movies

June 13 -August 22
Every Monday, Wednesday, and Friday at 1 p.m. and 3 p.m.

Reduced admission: Adults: \$2, Children (6-12): \$1, Children (5 & under): Free

SpareTime Bowling Center

Colorama Glow-in-the-Dark Bowling

Saturday nights at 8 p.m., lane reservations begin at 7 p.m.

Jox Pub

Guitar Hero Competition

July 12 at 4 p.m.

Play in a FREE Guitar Hero Tournament for prizes. Medium level only.

Take 5

Happy B-day July Babies: July 5

Drinks on Us!: July 7

Xbox 360 Tournament: July 8

Animated Movie Marathon: July 10

Liberty

July 4th Celebration at Land Annex: July 4

Brazilian Dinner: July 11

ITT Gear-n-Go

Piscine Geotermiche on Vulcano Island

July 5: Depart: NAS II 6 a.m., NAS I 6:30 a.m., Return: 8:30 p.m.

\$90 adults, \$70 ages 11 - 14, \$45 ages 3 - 10; includes the entrance fees to the Piscine + bring euro for food.

Cefalù Shopping & Beachtime

July 6: Depart: NAS II 7:30 a.m., NAS I 8 a.m., Return: 8:30 p.m.

\$34 + €25 for fees and lunch

Madonie Park: Pollina & St. Stefano di Camastra Shopping

July 10: Depart: NAS II 8 a.m., NAS I 8:30 a.m., Return: 7 p.m.

\$30 + euro for food and fees

Taormina & Limoncello Factory

July 11: Depart: NAS II 8 a.m., NAS I 8:30 a.m., Return: 6:30 p.m.

\$26 + euro for food and fees

Summer Beach Shuttle

Every Wednesday & Saturday

Depart: NAS II 8:30 a.m., NAS I 9 a.m., Return: 4 p.m.

\$15 + bring euro for fees or pack a cooler

NEW TRIP! The Great Mt. Etna Experience: July 26 - July 27

\$175, includes everything needed for an overnight stay on Mt. Etna!

Fitness

Tiny Tots Fitness: Tuesdays and Thursdays from

9:30 - 11:30 a.m.

Kids Power Hour: Tuesdays and Thursdays from 10 - 11 a.m. Ages 5 - 9

Tweens Power Hour: Tuesdays and Thursdays from 11 a.m. - noon

This instructor lead fun filled hour introduces both cardio and strength training for preteens. Must pre-register and parent waiver required.

Parent's Spin: Tuesdays and Thursdays from 10 - 10:45 a.m.

Put the kids in the Kid's Power Hour and ride your way to Freedom. This 45-minute class gives parents a break and a workout!

Teens Strength Training: Mondays and Wednesdays from 10 a.m. - noon

Teen Rock Climbing: Mondays from 5 - 8 p.m. Ages 13 & up

Navy Fitness Training Class

July 7, 8, and 9 from 8 a.m. - 4 p.m.

Calling all CFL's / ACFL's and Command PT Leaders! We are now offering a recently updated Navy Fitness Professional course quarterly. This newly updated class teaches students to train others to use the fitness equipment available in the fitness facilities. Participants will also increase their knowledge in program design.

Marinai Housing Run - "Dog days of Summer"

July 10: Register in front of the Housing Office: 6 p.m., Run starts: 6:30 p.m.

Bring your dogs to the Marinai for an evening walk/run. Free doggie treats, doggie toys, beverages and fruit will be provided. (50 FitFactors points)

Family Rock Climbing Night

July 11: 5 - 6:30 p.m.; 6:30 - 8 p.m. at The Cave

JULY 4 - JULY 11

MIDTOWN MOVIE THEATER

MOVIE HOTLINE: 624-4248

SCHEDULE

MOVIE DESCRIPTIONS

Friday, July 4

2:00pm Wall-E G 98 min.
3:00pm Speed Racer PG 135 min.
4:30pm What Happens In Vegas PG-13 99 min.
6:00pm Street Kings R 108 min.

Saturday, July 5

2:00pm Kung Fu Panda PG 90 min.
2:30pm Incredible Hulk PG-13 114 min.
4:30pm Get Smart PG-13 114 min.
5:00pm Iron Man PG-13 126 min.
7:30pm You Don't Mess With Zohan PG-13 120 min.
8:00pm 88 Minutes R 108 min.
9:30pm Smart People R 94 min.

Sunday, July 6

2:00pm Wall-E G 98 min.
2:30pm Made Of Honor PG-13 101 min.
4:30pm Speed Racer PG 135 min.
5:00pm What Happens In Vegas PG-13 99 min.
7:00pm Baby Mama PG-13 99 min.

Monday, July 7

1:00pm Wall-E G 98 min.
3:00pm Kung Fu Panda PG 90 min.
5:00pm You Don't Mess With Zohan PG-13 120 min.
5:30pm Forbidden Kingdom PG-13 113 min.
7:30pm Get Smart PG-13 114 min.
8:00pm 88 Minutes R 108 min.

Tuesday, July 8

5:00pm Incredible Hulk PG-13 114 min.
5:30pm Speed Racer PG 135 min.
7:30pm Made Of Honor PG-13 101 min.
8:00pm Smart People R 94 min.

Wednesday, July 9

1:00pm You Don't Mess With Zohan PG-13 120 min.
3:00pm Kung Fu Panda PG 90 min.
5:00pm Forbidden Kingdom PG-13 113 min.
5:30pm Get Smart PG-13 114 min.
7:30pm What Happens In Vegas PG-13 99 min.
8:00pm Street Kings R 108 min.

Thursday, July 10

3:00pm Speed Racer PG 135 min.
5:00pm Incredible Hulk PG-13 114 min.
5:30pm Baby Mama PG-13 99 min.
7:30pm THROWBACK THURSDAY
FREE ADMISSION
Hitch PG-13 118 min.
8:00pm Smart People R 94 min.

Hancock (PG-13)

Unpopular superhero Hancock saves the life of a PR executive who attempts to salvage his public image.

Iron Man (PG-13)

Tony Stark is a billionaire industrialist and genius inventor who is kidnapped and forced to build a devastating weapon. Instead, using his intelligence and ingenuity, Tony builds a high-tech suit of armor and escapes captivity. When he uncovers a nefarious plot with global implications, he dons his powerful armor and vows to protect the world as Iron Man.

Speed Racer (PG)

Born to race cars, Speed Racer is aggressive, instinctive and, most of all, fearless. His only real competition is the memory of the brother he idolized - the legendary Rex Racer, whose death in a race has left behind a legacy that Speed is driven to fulfill. Speed is loyal to the family racing business, led by his father, Pops Racer, the designer of Speed's thundering Mach 5. When Speed turns down a lucrative and tempting offer from Royalton Industries, he not only infuriates the company's maniacal owner but uncovers a terrible secret - some of the biggest races are being fixed by a handful of ruthless moguls who manipulate the top drivers to boost profits. If Speed won't drive for Royalton, Royalton will see to it that the Mach 5 never crosses another finish line. The only way for Speed to save his family's business and the sport he loves is to beat Royalton at his own game.

Made Of Honor (PG-13)

Tom Bailey is in love with his best friend Claire. But Tom has a fear of commitment and refuses to admit the obvious—he should propose to Claire before she finds a less procrastinating suitor. When Colin, a rich Scotsman sweeps Claire off her feet and asks for her hand in marriage, Tom must witness her unquestioned happiness up close and personal—because she's chosen him to be her Maid Of Honor.

Street Kings (R)

Tom Ludlow, a veteran LAPD Vice Detective, sets out on a quest to discover the killers of his former partner, Detective Terrance Washington. Captain Wander's, Ludlow's supervisor, duties include keeping him within the confines of the law—and out of the clutches of Internal Affairs Captain Biggs. Ludlow

teams up with a young Robbery Homicide Detective to track Washington's killers through the diverse communities of Los Angeles. Their determination pays off when the two detectives track down Washington's murderers and confront them in an attempt to bring them to justice.

The Strangers (R)

Three mysterious strangers terrorize a young couple in a remote house after they return from a wedding.

Wall-E (G)

What if mankind had to leave Earth, and somebody forgot to turn the last robot off? Wall-E, spends every day doing what he was made for. But soon, he will discover what he was meant for, as he adventures across the galaxy chasing his dream.

The Incredible Hulk (PG-13)

Scientist Bruce Banner desperately hunts for a cure to the gamma radiation that poisoned his cells and unleashes the unbridled force of rage within him: The Hulk. Living in the shadows—cut off from a life he knew and the woman he loves, Betty Ross—Banner struggles to avoid the obsessive pursuit of his nemesis, General Thunderbolt Ross, and the military machinery that seeks to capture him and brutally exploit his power.

Get Smart (PG-13)

Maxwell Smart is on a mission to thwart the latest plot for world domination by the evil crime syndicate known as KAOS.

SHOWING FRIDAY JULY 11

1:00pm The Chronicles of Narnia: Prince Caspian PG 144 min.
3:00pm Iron Man PG-13 126 min.
4:30pm Hancock PG-13 92 min.
5:00pm Wall-E G 98 min.
7:30pm The Strangers R 85 min. PREMIERE
8:00pm Made Of Honor PG-13 101 min.
9:30pm Street Kings R 108 min.

COMING SOON

Sex And The City
Wanted

Ways to Call Home for Less

**Article and by
MC1(AW) Brian Goyak**
Fleet Public Affairs Center
Detachment Sigonella

The first priority of many new arrivals at Naval Air Station Sigonella is to get in contact with friends and loved ones at home. This can be done through snail mail, e-mail, or phone calls. The easiest and most satisfying of which is probably a phone call.

There are several options to place calls home: the cell phone you brought with you from the states, local land line or cell phone, calling cards, and Voice-over-Internet protocol (VoIP).

The first and likely the worst way to make a call back to the states

is to use a cell phone you brought with you. One recent arrival found out just what a bad deal using a plan from the states can be. The bill for his first month here cost him \$950.00.

You could also choose to rely on the Telecom, Tim or Vodaphone to keep you connected with people at home but with the dollar not being as strong as it once was this too is a costly way to keep in touch.

Calling cards are a great way to place a call. There are several to choose from such as the NEX, AT&T or many you can purchase in the local economy. For \$10 or \$20 you can easily talk for up to 300 minutes or more. If you're calling from a phone here on base, you can use the card by dialing 19020, which connects the

call to the toll free system in the states, wait for a dial tone, and follow the directions on the back of the card.

The last way to make your call is using your computer. This method gives you many low cost to no cost ways to keep in touch. If you do a Google search for VoIP you will find companies such as Vonage, Connect VoIP and Skype. Skype costs just 0.021 cents a minute if the user is calling a land line or cell phone. In the case that both parties use Skype, the call is free. To use Skype, buy a microphone or headset to speak into. If you don't want to be tethered to your computer there are a few wireless phones made specifically for this program, and they can be used with local wireless hotspots.

Belmontino

Rigattiere

Stampa

Days Inn

**The Commanding Officer, U. S. Naval Hospital Sigonella
Requests the pleasure of your company at the
Change of Command Ceremony
at which
Captain Helen V. Pearlman, Nurse Corps, United States Navy
will be relieved by
Captain James R. Bloom, Medical Corps, United States Navy
On Friday, the Eleventh of July, Two Thousand and Eight
at Ten o'clock,
at the U. S. Naval Air Station Sigonella Midtown Complex (NAS I)
Reception to follow in the
Midtown Complex Atrium**

R.S.V.P.
011-39-095-56-3852 DSN: 314-624-3852
or michaun.johnson@med.navy.mil

Uniform
Military Guests: Summer White
Civilian Guests: Civilian Informal

CTF 67 continued from page 1
Navy."

Walter then gave thanks for the support offered by 6th Fleet, the staff of the CTF 67 team, and to members of his family and friends.

There ceremony continued with a few words offered by Walter's successor Capt. John W. Moore.

"Since arriving in Sicily, I've found the country a friendly, warm and a wonderful place to be; my family and I look forward to making our home here," Moore said. "It is an honor and a privilege to be here leading CTF 67. I look forward to working with each and every one of you."

The ceremony concluded with Walter reading his orders, directing him to USCENTCOM Washington Liaison Office and followed by Moore's orders, directing him to



Rear Adm. Charles J. Leidig, Jr. presents Capt. George "Chip" J. Walter, Jr. with the Ukrainian Ministry of Defense Medal and the Legion of Merit during the Commander Task Force 67 change of command ceremony.

assume command of CTF 67. The presentation of Walter's at sea pennant preceded the exit of the official party.

G.I. BILL continued from page 1
payment indexed to full in-state tuition for public schools, paid directly to the school each term, a 36 month entitlement (four school years), a living allowance, based on BAH, the same as would be paid to an E-5 with dependents, and up to a \$1,000 dollar per year allotment for books and fees. Furthermore, there is no enrollment fee for the new G.I. bill.

"Most of us know that our country has a tradition - since World War II - of offering educational assistance to returning veterans," said Sen. Jim Webb during his opening remarks before the Committee on Veterans Affairs. "In the 1940s, the first G.I. bill helped transform notions of equality in American society. The G.I. bill program was designed to help veterans readjust to civilian life, avoid high levels of unemployment, and give veterans the opportunity to

receive the education and training that they missed while bravely serving in the military."

Eligibility for the new G.I. bill requires a minimum of 90 consecutive days on active-duty since Sept. 11, 2001.

However, only 40 percent of the

full allowance will be paid for serving only 90 consecutive days. The allowance increases in 10 percent increments up to full benefits for military members who have served at least 36 cumulative months.

Full implementation of the benefits will begin Aug. 1 2009.

HINDER continued from page 1

Signonella community had congregated in the plaza to welcome them.

The Oklahoma City based band, which consists of Austin Winkler, Mike Rodden, Mark King, Cody Hanson and Joe 'Blower' Garvey, performed many of their well-known songs from the past and even treated the crowd to a few new songs from their upcoming album. After the show, the band signed autographs and gave out free CDs to the crowd.

Hanson stated that the band has been attempting to come overseas and play for the troops for several years, but due to scheduling conflicts, nothing worked out up until now.

"We just got out of the studio, recording, and we were able to move some stuff around and make it work," Hanson said. "We're all really, really excited. We've had a great time. This is our last show, and it's been a killer place to end up."



Members of NASSIG Security pose with 'Hinder' after the concert. NASSIG Security provided support for the show.

King expressed his appreciation for having the opportunity to come play for the troops who serve their country.

"You fight for our freedom, and that means so much to us," King said. "This is the least we can do. Thank you very much, for everything."

Rodden echoed King's sentiments of thanks to the troops.

"We're over here for you guys," Rodden said. "We appreciate everything you're doing. Hopefully we can come back. We appreciate it. It's a privilege to come over and jam with you all."



Austin Winkler, lead singer of 'Hinder,' performs for a large crowd during the concert held June 26.

**ALL CHAPEL
VACATION
BIBLE SCHOOL**

Registration is underway for the All Chapel Vacation Bible School.

Come join us for a "Beach Party Surfin' Through the Scriptures!"

August 11 - 15th 0830-1200 at the NAS 1 Chapel.

Teen and Adult volunteers are needed.

Please stop by the NAS 1 Chapel office to register your child for Vacation Bible School.

For questions regarding this lively program please contact Charlotte Greeson or Susan Jones @ 624-3975.

Etnaland

WORDS continued from page 2

society for that matter, because their definitions were inflammatory, derogatory or insulting. I am proudly teaching my children to be disciplined and not use those same words- and no I will not write them in this article because of the aforementioned reasons.

The words we say can lift others up or have the ability to crush them. That is a key reason not to speak to loved ones out of anger. How many relationships have been ruined because of hurtful words that have been used in a heated argument? The answer is countless! Mean spirited, immature and uneducated people use words filled with hate, vulgarity and profanity, and their speech is a reflection of who they really are. Mother Teresa profoundly said, "Kind words can be short and easy to speak, but their echoes are truly endless." A heartwarming story by Robert Fulghum beautifully illustrates what I have been trying to communicate. This vignette is from Fulghum's delightful book, "All I Really Need To Know I Learned In Kindergarten," and here it is.

In the Solomon Islands in the South Pacific, some villagers practice a unique form of logging. If a tree is too large to be felled with an ax, the natives cut it down by yelling at it. (Can't lay my hands on the article, but I swear I read it.) Woodsmen with special powers creep up on a tree just at dawn and suddenly scream at it at the top of their lungs. They continue this for 30 days. The tree dies and falls over. The theory is that the hollering kills the spirit of the tree. According to the villagers, it always works. Ah, those poor naïve innocents. Such quaintly charming habits of the jungle. Screaming at trees, indeed. How primitive. Too bad they don't have the advantages of modern technology and the scientific mind.

Me? I yell at my wife. And yell at the telephone and the lawn mower. And yell at the TV and the newspaper and my children. I've been known to shake my fist and yell at the sky at times. The man next door yells at his car a lot. And this summer, I heard him yell at a stepladder for most of an afternoon. We modern, urban, educated folks yell at traffic and umpires and bills and banks and machines- especially machines. Machines and relatives get most of the yelling. Don't know what good it does. Machines and things just sit there. Even kicking doesn't always help. As for people, well, the Solomon Islanders may have a point. Yelling at living things does tend to kill the spirit in them. Sticks and stones may break our bones, but words will break our hearts...

IL Mercato

All classified ads are free to the community. Their intent is for advertising personal property for sale trade or giveaway.

No commercial ads will be accepted. Ads run for two weeks. Classified ads are due no later than 2 p.m. of the Friday of the week before publication. For more information call 624-5440 or 624-2798 or 095-86-last four digits.

Requests for commercial classifieds must be made to Stampa Generale at 081-568-7884 .

SEND IL MERCATO ADVERTISEMENTS TO THESIG@NASSIG.SICILY.NAVY.MIL

AUTOMOTIVE

2007 Dodge Caliber RT FWD 7900 miles, 2.4 liter 4 cyl, 5 speed manual 1355 transmission, leather interior, am/fm stereo cd player, heated front seats, \$19,000 obo if interested call Paul or Andrea 684-0695

1989 Renault Twingo AFI plated A/C, power window, radio, alarm, good condition and gas mileage asking \$700 must sell transferring call AECS Treglia cell 349 1922421

1996 Suzuki 1400 Intruder, 8,000 miles, new tires & brakes, great shape \$4,000 Call 3486298809

1990 Mercedes Benz 200E. 2.0 L, 5 speed. Well maintained w/ records. Excellent interior/ exterior. Paint 2- years old. PWR windows, locks, rear defrost, cold A/C, delay wipers, 6 speaker Pioneer Super Tuner III CD player system. 4 new BF Goodrich Touring TA tires & rear brakes. 139,000 miles. Draws 300 liters. Must see. Asking \$3800 OBO. Ask for Eric at 348-070-6212.

BMW 3 Series Wheels and Tires, Original Equipment off of a 2006 330i. Set of Four, 17 X 8.0 Star Spoke (Styling 159) Alloy Wheels, 225/45R-17 91H Continental ContiProContact SSR Run Flat Tires. The wheels are in PERFECT CONDITION, (No Scratches) with only 2K miles on the tires. Ready to Install, \$1,500 Call 340-789-1417 or 334-781-9873

2000 Harley Davidson Sportster 1200. Just in time for summer. 33K miles, US spec. Runs great. Good Condition. Installed screaming' eagle intake, Andrews N2 cams, Samson 2-1 exhaust, screaming' eagle ignition, Progressive suspension, and bobtail fender. This bike really moves. Take for a test ride today. Asking \$6,000 obo. Contact Mike at 624-4579 or 346 696 2117.

1991 Alfa Romeo Spider. Design by Pinin Farina. Hardtop and convertible. Great for the summer season. 130K Km, runs good. Has few blemishes. Has radio. This car has its share of bumps and bruises. Must sell, asking \$1,500. Contact Mike 624-4579 or 346 696 2117

1992 Mercedes (color: white), km 164,000, great conditions (last car review 29 mar 07): brand new tires, a/c, radio, car alarm Asking euro 2,500 o.b.o. Pls call Margherita @ 624-4875 (0730-1600) - 347/6021230

2003 Honda CBR1100XX. 16k miles, Helibar risers, Givi Wingrack II triple mounts, Ram mount, stock and Givi touring screen, US specs, California model. Runs great, extremely smooth. Selling to buy a smaller bike. No reasonable offer refused. Call John at 624-1463.

2003 Kawasaki VN1500 Vulcan Classic 5,500 Miles, California Specs, purchased new in 2004. Asking \$4,500 Accessories: Full Windscreen, Locking Removable Leather Saddlebags, Rear Luggage Rack, Passenger Footboards, Vance and Hines Longshots exhaust, "BrakeAway" Motorcycle Cruise Control. Comes with original exhaust. I'm a recently retired NCO living in Sicily who has decided to sell bike due to lack of use. Runs, looks and sounds great. Contact Perry at home: 0932 989435, cell: 338 2086651 or email: sargeperry@hotmail.com

2002 Chevy Venture SL minivan, silver. 144k miles, mostly from US highways and Mineo ss417. Seats 8 and includes a built-in 5 point harness. One owner, excellent condition, runs great. \$6000 firm. Call 624-0387 or 346-099-1966.

2003 Ford Ranger. 2.3L single cab, gray, 5 on the floor, CD player. Great small truck! Perfect for singles and two-person families. Great on gas, all maintenance done at correct intervals, extremely clean and easy to maintain. MUST SEE! Leaving in July, will work something out. \$6,000 OBO. 347-627-9413, 624-1681. Ask for Thomas.

1997 Fiat Punto SX 75 4 Gray, 4 doors, manual, A/C, Pirelli tires New front brakes, good condition Only 62K miles. Asking \$2900 Call Brian 624-4598 / 0161

1993 BMW 318 4Dr Sedan, New tires, shocks and brakes, Good condition. Asking \$3500.00 o.b.o if interested call 335-770-8350.

1998 pontiac transport, excellent shape 120k miles, automatic, many features, holds 8, all reclining seats, \$2200. Available first week of august, 095-80-5523 or 624-6492, cell: 335-645-5486.

1995 blue alpha romeo gtv. Brand new tires, great condition. 72,700mils, in great condition. Asking for \$4200 o.b.o. if interested contact alvarez at 3466822921.

2004 Dodge RAM-1500 SLT, Quad Cab, 6 ft short bed with liner (Brand new) 4 months ago. 46,000 miles (Almost all Highway), 4.7 liter engine V-8, tires one

year old, New breaks, New stereo , SIRUS SAT Radio (W/ Remote). Interior Like Brand New! Asking Price \$16,000. Call Rusty at 624-5686 or 347-614-8931.

1998 Ford Expedition XLT, 2WD, third row seat, cold A/C with rear controls, tinted windows, 114K miles, power everything, new tires & front/ rear brakes. Asking for the Kelly Blue book \$6500 Contact Jeff 624-1202 or 335-840-0931.

1994 Fiat Croma Turbo 2.0, 135Kilo, leather seats, power windows and locks, 5 speed, cold A/C, CD player, runs great, 4 brand new tires, vehicle inspection good until June 09, asking \$2500 contact Jeff 624-1202 or 335-840-0591

1995 VW Golf 2dr, 5 speed, new AC, new tires, pwr windows, CD player. Great gas mileage, great condition, excellent car. Available 1st week in August. Asking \$3,000 OBO. 624-0651.

FOR SALE

29 inch. multi system TV - \$75, Stroller car seat combo with two bases - \$75, Highchair - \$25, Changing table - \$10, and Patio swing - \$40 all items are in very good condition. If interested please call 624-1343 before 7PM and ask for Anthony.

HP Pavilion Desktop, a1710N, 15" Flat Panel Monitor, 1024 MB, 320 GB, Memory Card Slots, Light Scribe cd/dvd Writer, Windows Vista, Practically New! Asking \$600 OBO. 35MM MINOLTA MAXUM with Tamaron zoom lens. Asking 175 OBO. Dell all-in-one Printer Asking \$50 OBO. Brand New Magic Bullet in original packaging. Asking \$25 OBO. BISSELL Flip it, like new, Asking \$50.00 OBO. Rossignol, Bandit X, 177's (69") Skis. Included Salomon Ski Boots size 11.5 and carrying bag. Great Condition, freshly tuned. Will be sold as a set. Only used for one season. Asking \$550 OBO. For more information please call Aimee or Chris 624-1407, please leave message.

(5) 20in wheels and tires (Zinik Z9 Sabini black w/ chrome lip) Dimensions are Offset 15mm, Bolt Pattern 6-139 tire size is 265/50/20, \$2,000 OBO, it will fit any 6 lug truck. Call Mac at 3394194857 or 0957275032

White, Italian hanging kitchen cabinets. Includes corner unit, 3 single units, and the dish drainer unit. \$100. Two complete beds with mattresses. See photos and prices at

<http://sicilyadventure.blogspot.com/>.

Cell Phones. Nokia 3310 with Tim chip, Phillips Fisio 620 with VodaPhone chip. Both good condition, \$30 each. Call 624-0313.

Nikon Coolpix 5400. Like new, 5.1 megapixel digital camera. \$200. Uses compact flash media. Call 624-1463.

PCS'ing-Everything priced to sell: Broyhill couch-blue; bunk beds-2 sets; Dell all-in-one printer; Sony 5 disc home theater system; kitchen island; 3 shelf bookcase; dining room table w/6 chairs; Rubbermaid shed; patio table w/6 chairs; gas powered mower. Please call 624-1212 or 347-326-3323 for details.

AGV Sport 2-piece racing leathers. White/Red/Black with dual-density armor in elbows, knees and back. Never crashed in, knee pucks are unused. US size 40, go to www.agvsport.com for sizing chart. \$275 or best offer. Call 624-1463 if interested.

Italian Bedroom set. Queen size bed, dresser with mirror, 2 night stands, chair and a 4 seasons wardrobe with mirrors. \$2000 OBO. Call for pics. AFN Decoder, available Aug 12 \$250. 34in Sony WEGA Multisystem CRT TV \$500. Bakers rack \$25. Peg Perego UNO Stroller, only used for 3 months paid over \$400..asking \$325. call 340-324-6875 after 5pm.

Joe Rocket Motorcycle Boots. Leather construction with 100% waterproof Dry

Used but in excellent shape. Retail is \$225, selling for \$80 obo. Call 624-1463.

Mizerak 7 Pool Table. Size: 79"L x 44"W x 31"H. Description: Maple laminate, green nylon/wool cloth, automatic ball return, and leveling feet. Accessories include: Complete set of billiard balls, four two-piece cues, triangle, chalk, and table brush. \$150.00 O.B.O. Pictures available. Call 624-1551.

MISC.

AA meetings will be held Monday, Wednesday and Friday, each week, at 7 p.m. in the NAS II Chapel. For further information call the AA hot line at 346-693-6935.

PETS

Free to a fun home!!! A sweet, medium sized, light hair, light eyed, 18 month old Sicilian hound that is chipped, spayed and up to date on all her shots. She is great with kids and other dogs both big and small and loves to play and cuddle. We are not able to give her the attention she deserves, but would make any family very happy. She comes with a kennel, her bowls, leash, food and much more! For more info call (h)624-0119/ (c)346-724-4611.

LOST AND FOUND

LOST stuffed animal, probably lost on school bus number 29 or somewhere in the elementary building. Grey elephant was last seen wearing a bathrobe and bow on head. It is a "Webkinz". Has high sentimental value. Please call Scott or Debbie if found 624-1678

Marchi

Anyone interested in sending ads via email should leave a phone number and point of contact name at thesig@nassig.sicily.navy.mil. Ads run for two weeks on a space available basis and must be sponsored by active duty military members, family members or Italian National/ American base employees. Ads must be 40 words or less and typed in regular upper case, lower case format. The Signature no longer accepts ads that bring profit to a business or individual, such as maid, babysitting services or home rentals. AFRTS/AFN decoders must be sold only to another authorized individual: active duty or retired U.S. military, DoD direct-hire employees, and their spouse. If someone would like these types of services in The Signature they can call Stampa Generale @ 081-568-7884.

Centro
traslochi

Joes

Monika

JOBS

We are looking for two English or either American mother tongue baby-sitters to work in San Nicolo' (Acitrezza hill) living area. If you or someone you know can apply for this job please contact any of these phone numbers: Connie: 095/7655710 (348/8130748) Leda : 095/7210556 (347/9521534)

The Sigonella Commissary has two part time Store Worker (20 hpw) WG-04 vacancies available. Apply through www.cpolarmy.mil select Employment, click on Search for Jobs, click on Country of interest, click on Get result for a list of vacancies. For further info please contact Cristina at DSN 624-4107

Cat sitter needed for 2 cats from July 5-August 8 for some or all of that time - exact dates TBD soon. They could come to your home, or you could come here if you would be interested in house-sitting as well. Please call Laurie at 095.308.907, or email at rbrandsix@hotmail.com for more information.

Looking for a responsible person to house-sit for the month of July while we travel. Duties would include feeding one inside and one outside dog twice a day. Would consider someone who could come twice a day for feeding and spending some time with the dogs without staying over. We live in the quiet countryside ten minutes from NAS 1 on an easy travel route. Our departure date is tentatively set for July 1 with return date of August 1. Please call 346-722-1224 or 346-722-1225.

Are you looking for a fun, well paying P/T job? The SAOA, Sigonella Athletic Officials Association, has openings for referees, umpires and score keepers. We are holding our 3rd Quarterly meeting on Friday July 11th at Big Al's on NAS II at 12 noon. This is an obligatory meeting for all current members. For more info; contact SAOA president, Gee Genaro @ 348-274-8397 or saosecretary@yahoo.com.

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