

Sigonella Comes Together for National Night Out

Article and photos by
MCSN Jonathan Idle
Signature Staff

Sailors and local Italian law enforcement from Naval Air Station Sigonella came together for National Night Out Tuesday afternoon at the Land Annex on the support side of Sigonella.

National Night Out is a crime and drug prevention event that began in United States 25 years ago this year. The event has spread to 10,000 communities in 50 states and military bases around the world. The purpose of the event is to heighten crime and drug prevention awareness, strengthen civilian and law enforcement partnerships, and generate support for local law enforcement.

Sigonella has put its own spin on the event by incorporating some of the unique aspects of law enforcement and emergency management in Sicily. Master at Arms 1st Class Tommy Mauldin said.

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Explosive Ordnance Disposal 3rd Class Clint Fawbush smashes a pie into the face of Lt. j.g. Mathew Hoory for charity during National Night Out.

Region Europe Begins Sport Bike Rider Safety Course

Article by Jay Meadows
CNRE Public Affairs

What happens when horsepower is increased and mass is decreased? You produce greater speed. With greater speed, comes a greater risk for accidents. According to Navy Safety Center statistics, the majority of accidents involving sport motorcycles are a result of excessive speed. Because of this, the Navy is increasing motorcycle safety awareness through the new Military Sportbike Rider Course (MSRC).

"The new MSRC is designed to give specific skill sets and evaluation of those skills to the sport bike rider," said Jim Dickinson, the Naval Support Activity (NSA), Naples, Safety Officer and MSRC instructor. "The course was designed because of input from individuals who had attended the Basic Rider Course (BRC) and didn't feel it met their needs."

MSRC emphasizes the increased dangers of operating this light-weight, high-horsepower machine. Dickinson said the new course will specifically address the skills required to operate the wave of evolved sport bikes that are being ridden by military members and civilians throughout the Navy Region Europe area of responsibility.

All military personnel and civilians will be required to attend BRC or Experienced Rider Course (ERC). Individuals riding sport bikes will also be required to attend the MSRC by October 1, 2008.

According to Bill Turnbull, a Commander Navy Region Europe Safety Officer, a new Navy directive requires servicemembers to

recertify every three years, but the CNRE requirement will be a little different. "Our requirements are easier to enforce in Navy Region Europe because we control the licensing," said Turnbull "This fact enables us to mandate certifications annually, vice every three years as it is stateside."

Turnbull also said all riders in CNRE are required to attend a motorcycle rally annually. If they can't attend the rally, they will have to attend the ERC before their license will be renewed.

Navy Region Europe is putting a big emphasis on motorcycle safety and training to reduce mishaps by 75%; as compared to the statistics from fiscal year 2002.

In addition to the new course, CNRE has also implemented a mentorship program. Riders who are new to the area will be teamed up with experienced riders. They will be required to ride together during a variety of times, both day and night, to experience different riding conditions. These mentorship rides are also required before a servicemember can get their license.

Each base throughout the region will conduct a MSRC. Turnbull said this is necessary because each base in Europe has unique riding requirements.

"From the hilly terrain in Souda Bay, Crete, the Mediterranean island geography of Sigonella, Sicily, the high-speed small lanes of Naples, Italy, to the open country in Rota, Spain; all of these areas require a set of common, yet different riding skills," said Turnbull.

For more information on motorcycle safety or any of the motorcycle riders courses, contact your local safety department.

JMAST Europe Supporting EUCOM and AFRICOM

Article by MC1 (AW) Brian Goyak
Fleet Public Affairs Center
Detachment Sigonella
Photos by ET1 Davis Mitchell

When the leaders of U.S. European Command, U.S. Africa Command and Navy Europe need mobile communications in remote parts of their area of operations, they call on the Sailors of Joint Maritime Ashore Support Team Europe.

There are only three JMAST in the world: JMAST CENTCOM, JMAST PAC and JMAST Europe who calls NAS Sigonella home. The JMAST mission is to support their customer's mission by providing command, control, communications and computers (C4) to the command staff where ever they are needed.

"If a staff needs to deploy, we're a
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Information Systems Technician 1st Class(SW) Gregory Tremblay troubles shoots the USC-60a SHF system.

WEATHER UPDATE

August 8
H:95F
L:71F



August 9
H:96F
L:68F



August 10
H:89F
L:68F



August 11
H:90F
L:69F



August 12
H:93F
L:70F



August 13
H:95F
L:70F



August 14
H:95F
L:66F



TOP STORIES

According to the American Heart Association (AHA), nearly 80 million adults in the United States have cardiovascular disease, which remains the leading cause of morbidity and mortality.

Shortly before my first deployment to sea, I was sharing with my family about some of the crazy antics servicemembers will pull to avoid deploying.

The first ship in the Navy's new Littoral Combat Ship class, the future USS Freedom (LCS 1), began Builder's Trials on Lake Michigan July 28.

The café in the library on NAS I officially re-opened to the Sigonella community on Monday July 21. The café is located just to the left of the entrance of the library. They serve Italian and American style coffee and an assortment of pastries and light snacks.

A month after the Saint Paolo Festival, the community of Palazzolo Acreide will hold another major celebration to honor the other town beloved saint: Saint Sebastiano.

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TRAFFIC NUMBERS

	Jan.- Aug. '08	Jan.- Aug. '07	Diff.
Accidents	166	140	+26
Injuries	28	14	+14
DUIs	5	3	+2
Traffic Deaths	2	0	+2

PLEASE,
DON'T BECOME
A STATISTIC!

DIRECT LINE NASSIG COMMANDING OFFICER CAPT. THOMAS J. QUINN

Today marks the passing of the 77th of 101 Critical Days of Summer. The Critical days of summer are the 101 days between 24 May and 1 September which tend to have the most accidents and fatalities each year.

Since the Critical Days of Summer began on 24 May, 17 people throughout the Navy have died in off-duty mishaps with 13 of these being vehicular accidents. Even though the vast majority of these fatalities were vehicular in nature those that were not include a drowning, a Sailor hit by a train while trying to cross the tracks on foot, and a death caused by excessive alcohol consumption. The common thread through all of these incidents is that the vast majority could have been prevented by some common sense and a bit of personal Operational Risk Management planning.

The summer is definitely a

great time to hit the beach, barbeque, take a road trip through scenic Sicily and generally enjoy the Mediterranean culture we live in. However, a few safety tips should be followed to make sure that summer plans aren't ruined by an unfortunate accident.

Drinking: A cold drink on a hot day can compliment a barbeque with friends or a day at the beach. However, 10 cold drinks leads to nothing but trouble. In almost every study available, consumption of alcohol can be linked to increased accident rates, increased tendencies towards violence, and a whole variety of other crimes that are totally preventable. As a military member, the likelihood that alcohol will lead to trouble is undeniably evident by the six DUI's that have already occurred this year at NAS Sigonella. The key to consuming alcohol is moderation, common sense, and

never drink and drive. When it comes to drinking and driving, the magic number of drinks you can have and still be safe to drive is ZERO.

Driving: Always plan ahead and give yourself adequate time to get to your destination without needing to rush and speed. The Italian roads are narrower, the roadside obstructions are greater, the roads tend to be rougher, and the Italian drivers are more aggressive than in the states. It is not wise to try and drive like the locals and risk an accident, so slow down, drive defensively, and follow the rules of the road. Always keep an eye out for what drivers around you might be doing, and be especially watchful for motorcycles and mopeds as they are often hard to spot. Remember that Americans are not used to the way that Italian drivers drive and pass, so before you pass or turn

always look twice and check your mirrors for passing motorists.

Outdoor recreation: A couple outdoor recreation tips to keep in mind are to stay hydrated and drink plenty of water to avoid heat exhaustion and stroke, and always remember that small children and pets can overheat quickly if left in a vehicle for even a short time. When grilling remember to keep the barbeque away from your housing unit and not near anything that can catch on fire. If you use a gas grill keep the lid open when you light it so the gas doesn't build up and flash right in front of you. If you use a charcoal grill never try to re-light hot coals with any sort of flammable liquid as it could cause the liquid to ignite and explode inside the container you were holding.

When planning recreation activities remember to drive safely, never drink and drive and always



think ahead about the summer heat. By using common sense and a little ORM in your personal planning you will improve your chances of having an accident free and enjoyable summer that will be memorable for all the right reasons.

Health WATCH

Reducing Your Risk For Heart Disease

Article by Capt. Chung-Park
Nurse Practitioner
U.S. Naval Hospital Sigonella

According to the American Heart Association (AHA), nearly 80 million adults in the United States have cardiovascular disease, which remains the leading cause of morbidity and mortality. Although controlling risk factors, such as high blood pressure, high cholesterol, diabetes and smoking, has improved our ability to treat this disease, we can make even greater strides through diet.

The National Cholesterol Education Program (NCEP) Adult Treatment Panel (ATP) III supports using nutritional supplements,

including plant steroids, omega 3 fatty acids and niacin for boosting cardiovascular health. In this article, only omega-3 fatty acids will be discussed.

There are two kinds of omega-3 fatty acids, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), found predominantly in fatty fish, such as salmon, tuna, mackerel, sardines, herring and fish oils.

They are called essential fatty acids because the human body needs them to survive. The body cannot produce omega-3 fatty acids on its own, so they must be consumed in the diet. To benefit from omega-3 fats, the AHA

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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



What's the Good Word?

Article by Chaplain Stephen Coates

What's the good word? I am not going to tell you yet. First, just enjoy a couple stories.

Shortly before my first deployment to sea, I was sharing with my family about some of the crazy antics servicemembers will pull to avoid deploying. My wife and two of my children were surprised to learn that someone would attempt to break one of their bones to achieve such an end. Kendra, my middle child, wasn't shocked in the least. Instead, I could see the light bulb turn on in her mind. Her eyes shone hopefully as she said, "You mean, if you break

a bone, you won't have to deploy?" I know Kendra pretty well. Immediately, I envisioned my twelve year old princess wielding the sledge hammer above me as I slept that night in order to shatter my femur. She is not prone to under achieving in efforts about which she is passionate.

If my brother, who is seven years my senior, were a research psychologist, he would be in jail for the experiments he foisted on me as a child. Herb was ornery. When I was only four, he would come into my room right before bed.

Story continued on page 5

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

E6 - Negligent driving. Failure to comply with NASSIG/host laws. Member was awarded 5 points and DIP.
E5 - Speeding. Member was awarded 4 point and DIP.
E4 - Other moving violation. Member was awarded 3 points.

NAVY News

First-In-Class Freedom Begins Builder's Trials

Article courtesy of
Naval Sea Systems Command
Public Affairs

The first ship in the Navy's new Littoral Combat Ship class, the future USS Freedom (LCS 1), began Builder's Trials on Lake Michigan July 28.

LCS is a fast, agile, focused-mission ship designed to defeat asymmetric "anti-access" threats such as mines, quiet diesel submarines and fast surface craft. The 378-foot Freedom is being designed and built by a Lockheed Martin-led industry team.

"Getting Freedom underway is a significant step in the ship's steady progress toward entering the fleet," said LCS Program Manager Capt. James Murdoch. "Freedom has overcome many challenges to reach this important milestone. LCS 1 will add tremendous capabilities to the fleet for our Sailors."

Builder's trials test the vessel's propulsion, communications, navigation and mission systems, as well as all related support systems. Following the completion of builder's trials, Freedom will return to Marinette Marine to prepare for acceptance trials that will be conducted by the U.S. Navy's Board of Inspection and Survey.

The LCS 1 Freedom class consists of two different hullforms - a semiplaning monohull and an au-



Photo courtesy of Lockheed-Martin

The future USS Freedom (LCS 1), the first ship in the Navy's new Littoral Combat Ship (LCS) class, is underway Monday, July 28, 2008 to begin Builder's Trials in Lake Michigan. Builder's Trials test propulsion, communications, navigation and mission systems. LCS is a fast, agile, focused-mission ship designed to defeat threats such as mines, quiet diesel submarines and fast surface craft. The 378-foot future USS Freedom is being designed and built by a Lockheed Martin-led industry team. LCS 1 is scheduled to be delivered to the Navy later this year and will be homeported in San Diego, Calif.

minum trimaran - designed and built by two industry teams, respectively led by Lockheed Martin and General Dynamics. The seaframes will be outfitted with reconfigurable payloads, called mission packages, which can be changed out quickly.

These mission packages focus on three mission areas: mine counter measures, surface warfare and anti-submarine warfare.

LCS 1 is scheduled to be delivered to the Navy later this year and will be homeported in San Diego.

NEWS BRIEFS

Stephen Decatur Elementary School

Like kids? Looking for a part-time job? Stephen Decatur Elementary School is now accepting applications for lunch monitors and paraprofessional aids. Hours for the lunch monitors are 10:15-12:35 daily while school is in session.

The job involves monitoring students in the cafeteria and recess. For paraprofessional aids, the hours vary depending on student need. Paraprofessional aids assist students with academic and social development.

Contact [redacted] (624-3001) at the Elementary School Office for an application. Note: Summer office hours are 8 A.M.-4 P.M. The elementary school office is located on Hillis

Drive (NAS 1) until 11 August. After 11 August, the office will move to the new building and can be easily accessed from Halsey Road.

Important Reminder: Registration is on-going at both the elementary and middle/high school. If you haven't registered your child for the upcoming school year, please do so immediately. For new families, registration packets may be picked up at the school offices located in the elementary and middle/high schools. To complete the registration process, please bring a copy of orders, student social security number, student passport, student immunization record, and student birth certificate. Returning students must re-register and only need to provide updated immunization records and/or orders.

Library Cafe Re-Opens



Lucia Agata Tinnirello stands behind the cash register waiting to help customers at the newly re-opened Library Cafe.

Article and photo by
MCSN Jonathan Idle
Signature Staff

The café in the library on NAS 1 officially re-opened to the Sigonella community on Monday July 21.

The café is located just to the left of the entrance of the library. They serve Italian and American style coffee and an assortment of pastries and light snacks

Dave Thompson, the General Manager of the Navy Exchange in Sigonella, stated that the café had closed down during the spring while the Navy Exchange found a new contractor to take over the food and beverage service.

The first priority was to find a vendor as soon as possible to get the café up and running again, he said.

"Basically we wanted to it back open because we know that a lot of

patrons frequently went there," Thompson said. "It's convenient. If you're on that side, if you're in that whole complex, the chapel, housing and everything it's more convenient than the food court."

With the new ownership, changes in the services offered may occur in the future, but for the most part everything is the same as before, he said.

"Right now we wanted to make sure we got it open, that they were providing the service that they did previously," he said. "With the new contractor, I'm sure that within time we will see some assortment changes. I know that as far as some of the snacks it is a little different. They bring in fresh Italian pastries."

The café is now open from 8 a.m. to 4 p.m. Monday through Friday.

PHOTO FROM THE FLEET

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



U.S Navy photo by MC1 Kirk Worley

Sailors perform maintenance on a P-3 Orion during Rim of the Pacific (RIMPAC) 2008. RIMPAC is the world's largest multinational exercise and is scheduled biennially by the U.S. Pacific Fleet. Participants include the United States, Australia, Chile, Canada, Japan, the Netherlands, Peru, South Korea, Singapore and the United Kingdom.

Italian NEWS

Sicilian Culture, Events and Lifestyle



San Sebastiano Festival in Palazzolo Acreide

A month after the Saint Paolo Festival, the community of Palazzolo Acreide will hold another major celebration to honor the other town beloved saint: Saint Sebastiano. Even though he is not the official town "patron saint," he is nevertheless considered as a "santo protettore," (protector saint), i.e. another intercessor with God. Devotion to this saint goes back to the 15th century.

In 1414, townspeople erected a church, dedicated to San Sebastiano, on the same site where a chapel was previously built to honor Saint Rocco. Over 200 years later, a second church replaced it in 1655, but was eventually destroyed by a terrible earthquake that struck Eastern Sicily in 1693.

Devotees then built a magnificent basilica which we can still admire today. Their hard work and deep faith was recently acknowledged by UNESCO (United Nations Educational, Scientific and Cultural Organization) that put the

basilica on its World Heritage List.

Saint Paolo, whose feast was recently celebrated (June 29), has been the official patron of Palazzolo Acreide since 1689. He actually



Photo by Sebastiano Puccio

On Aug. 9 and 10, Palazzolo Acreide townspeople will pay tribute to San Sebastiano, the town's protector. The festival features religious processions, live music, flag wavers shows and fireworks.

replaced, as the town's patron saint, the Virgin Mary of Odigitria who had been venerated for centuries by townspeople living in the upper part of the town.

However, the "change of patron saint" got the Virgin Mary devotees, who used to gather at the Saint Sebastiano church, irritated. They

refused to honor Saint Paul as their protector and instead accepted the patronage of Saint Sebastiano. Ever since, the town's faithful has been split into two confraternities, "Sampaolari" and "Sambastianari," who support, respectively, Saint Paolo and Saint Sebastiano. These two religious groups have been organiz-

ing two separate festivals, during which radical devotees from each confraternity would sometimes try to boycott each other's festivities and sometimes even fight among them.

Festival highlights: Aug. 9: "Giro di gala," spectacular parade with the town district band performing, officials carrying their banners and Camporotondo Etno flag wavers (6 p.m. historic center); Holy Mass at the Basilica di San Sebastiano Rosario (7:30 p.m.); "Svelata," the unveiling of the 17th century statue depicting the saint (9 p.m.) and of the relics; "Mediterraneo Pooh Cover Band" concert (10:30 p.m. piazza del Popolo).

Aug. 10: (8:15 a.m.) Twenty-one cannon shots are fired marking the beginning of the traditional parade of the "U carru Ro Pani" or bread cart which tours the city center to gather "cuddure" (voive bread) from devotees and bakeries. Bread blessing is performed near the basilica's portico (10:30 a.m.). Holy Mass (11:30 a.m.).

"Sciuta" or coming out of the statue and the relics of the saint (1 p.m.), which is carried on the naked shoulders of pilgrims. This is undoubtedly the most awaited

moment of the festa. The scene is absolutely breathtaking. Thousands of "nzareddi" (colored paper strips) are launched in the air while bells ring and fireworks blast all over. Devotees cry and scream their devotion to their beloved saint. As the statue tours the historic center, the traditional blessing of the children takes place with parents presenting their babies and kids to the saint. At 2 p.m., the "catena umana" or human chain of devotees moves up towards the steep via Fiumegrande.

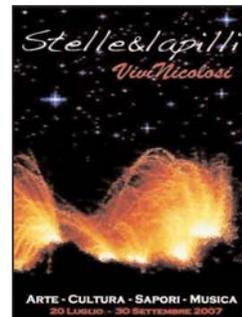
In the evening, another saint procession of the statue and the relics featuring city officials, the Francofonte Città di Chiaromonte Gulfi town bands, and confraternities is held at 8:30 p.m. throughout the historic heart of the town. At 10:30 p.m., "Sonora Band" performs in the main square. A grand finale with amazing fireworks ends the celebrations around 1 a.m. Palazzolo is fairly easy to reach (about a two-hour drive from Sigonella). Take the Catania-Siracusa 114 state road towards Siracusa and follow directions for Palazzolo Acreide. For more information call Palazzolo Tourist Office at 0931-871411 - 0931-871421.

Reggae Festival Kicks Off in Rosolini



Sigonella Reggae music lovers will be happy to know that the town of Rosolini (Siracusa province) will host the 2008 edition of "Sikula Reggae Festival." The festival, which will be held under the magnificent backdrop of the Croce Santa Cave, will run from Aug.

11 through 14. Lineup includes local and international acclaimed reggae bands such as 1985 Grammy Award for Reggae winner Jamaican singer Michael Rose, New-York-based (picture above) "Lp International" and Italian reggae artists "Dotvibes" who won the 2008 European Reggae "Rototom" Festival. For more information and detailed schedules visit: <http://www.sikulareggaefestival.com>



Nicolosi will host a plethora of summer events through Sept. 17. Highlights include world music, operetta, theatre, religious festivals, views of the night sky, art and photographic exhibitions as well as food events.

For detailed schedules visit www.comune.nicolosi.ct-egov.it

Maniace Hosts Pear and Peach Festival

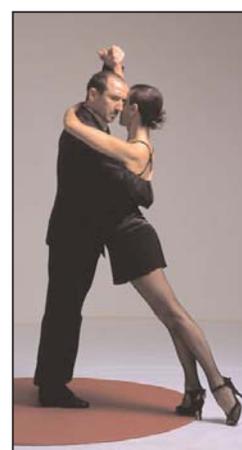


The annual "Sagra delle Pesche e delle Pere" (Peach and Pear Festival) is back. This fine food event celebrates the Etna "Tabacchiera" peach variety and pear industry, featuring a lineup of events and activities taking place in the town historic center through August 10. The festival will open every morning at 10 a.m. with a free peach and pear tasting. In the evening at 9 p.m., there will be live concerts. Other highlights include fried bluefish tasting (Saturday, Aug. 9 - 7 p.m.) and the traditional free sampling of a gigantic peach and pear pie weighing over 1,300 pounds (Aug. 10 - 7 p.m.). Not to be missed!

For more information and detailed schedules call Maniace

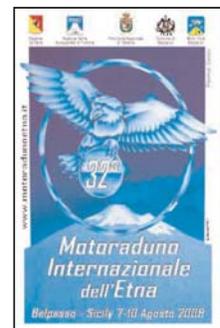
Tango Festival in Catania

It's again Tango time in Catania this summer! The 8th edition of the annual Catania Tango Festival, organized by the Catania-based Association "Caminito Tango," will run from Aug. 9 through 17 featuring top-class teachers and artists such as Walter Cardozo and Margarita Klurfan, Pablo Ojeda and Beatriz Romero, Joe Corbata and Lucila Cionci, Gustavo Rosas and Gisela Natoli, Pablo Rodriguez and Noelia Hurtado. Special guests will be internationally acclaimed tango dancers Claudia Mendoza and Luis Castro (PICTURE ABOVE). Here is what The Philadelphia Inquirer wrote about them after one of their concerts in the US: "It was in the dancing of the marvelous Claudia Mendoza and Luis Castro that some lighthearted tweaking of tango's conventions modified the evening's intensity." This exciting festival, which drew over 600 "tangueros" (tango dancers) from all over the



world, will feature workshops, classes and performances which will be staged at different venues in Catania. For detailed event schedules visit <http://www.caminitotango.com/festival.html>

Motorcycle Gathering in Belpaasso



Take a chance to meet Sicilian bikers and enjoy the local culture! The annual "Motoraduno di Belpaasso," one of the largest gatherings of motorcycle enthusiasts in Sicily, will run through Aug. 10. For more information and detailed schedules visit www.motoradunoetna.it or call 095-913131.



Sailors from the NAS Sigonella Fire Department demonstrate how they combat an aircraft fire during National Night Out at the Land Annex on NAS I.

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"National Night Out is military event showing the community how the emergency services work for them," Mauldin said. "You take your military, you take your locals and you combine them to show you how we work together to protect our community. So, it's just to show you what crime prevention tools we have, show you all the emergency management tools we have to help support us in times of need."

Mauldin said the event was put together by NAS Sigonella Security, but it was a community effort to make everything run smoothly.

"Security coordinated with all the other branches and the local community," he said. "We communicated with them to get them all out here for this one big event."

The event kicked off at 5 p.m. with a parade of law enforcement and emergency vehicles driving through base to the field where the event was actually held.

There were games, free food, demonstrations and informational booths all over the field to make the

event enjoyable for the families in the community. Children had the opportunity to play miniature golf, toss baseballs at the dunk tank and jump on a lunar bounce before the demonstrations got underway.

The first demonstration was by the NAS Sigonella Fire Department. The firemen put on a live exercise using a controlled fire on a training apparatus to show how they combat aircraft fires.

Following that, the K-9 units from NAS Sigonella Security and local Italian law enforcement demonstrated how military and police working dogs are used to find and subdue suspects in the field.

The evening ended on light note with a hot dog eating contest and the "Pie in the Eye" fundraiser, where members from the Sigonella community to a cream pie to the face for charity.

According to Mauldin National Night Out has become a tradition at Sigonella which he traced back to the early 90s.

Last year, Sigonella's National Night Out was selected by the events official website as one of the three best among Navy installations worldwide.

FISH continued from page 2

recommends most people consume two meals of fish every week (about 6 ounces of fish).

The role of omega-3 fatty acids in the prevention of cardiovascular disease has been extensively studied and here's how they may protect you from heart disease:

- Reduces blood clot formation. Omega-3 fatty acids act as a natural anticoagulant by altering the ability of platelets in your blood to clump together.

- Inhibits the growth of plaque. Omega-3 fatty acids help keep the lining of the arteries smooth and clear of damage that can lead to the thickening and hardening of the arteries.

- Decreases triglycerides and very low-density lipoprotein (VLDL).

- High triglyceride levels and VLDL cholesterol are associated with increased risk for heart disease. Omega-3 fatty acids decrease the rate at which these two substances are produced in the liver.

- May increase levels of the good cholesterol, high-density lipoprotein (HDL). Because omega-3 fatty acids lower triglyceride levels, they may also increase HDL, the "good" cholesterol that protects against the development of heart disease.

- Have anti-inflammatory properties. The development of athero-

sclerosis (hardening of the arteries) is thought to involve your body's inflammatory response. Omega-3 fatty acids reduce the production of substances that are released during the inflammatory response and in doing so prevent substances from accumulating and sticking to the lining of the arteries.

- May lower blood pressure. Several studies have examined the effect of omega-3 fatty acids on blood pressure. Those who eat fish tend to have lower incidence of high blood pressure.

For more information on a heart-healthy diet plan, you can contact your health care provider or Registered Dietitian.

WORD continued from page 2

He wore latex gloves. For some reason, that was scary. He would say, "I'm not really your brother. I'm the devil. While you're sleeping, I'm going to come in and kill you." Call me weak if you will but this upset me. When I became frantic, this same brother would comfort me, "I'm just kidding pal. I'm sorry. I really am your brother." At the very moment he had me convinced of his sincerity, he would go off again. "No, I'm not. I just said I was your brother to confuse you. I really am the devil and I will do what I said." If my parents had known of such torture under their roof, they would have mercifully beaten the living daylight out of that boy.

I only tell you that story - and, believe me, there are many more that are equally disturbing - because Herb

has invested his life in me. I'm not sure any other human has ever done more to convince me of my worth. He was my coach, my mentor, my counselor, my hero. Strange that such affirmation would come from one who had done so much to jeopardize his credibility.

Kendra's toying with the idea of disabling me was equally affirming. She meant no harm. She was telling me that my presence was of incredible value to her.

If I had the space and you could endure it, I would tell numerous stories of individuals who have affirmed my worth and I never saw it coming. I would not have expected it from them and not in the manner in which they conveyed their genuine sentiments.

So that's the good word: affirmation - truly acknowledging the

worth of a person simply for who they are. I am not talking about awards and official recognitions although I believe those means are good and absolutely vital for institutional purposes. But I have seen enough retirement ceremonies to notice that individuals are deeply moved when remembering the impact of persons in their lives -- persons who have convinced them of their value, their worth.

Such affirmation can only come about through intentional friendship, through relationships of trust developed over time but also through sacrifice and service. As a staff chaplain, there is no way I can craft words in a newspaper column to achieve even a rudimentary message of affirmation and appreciation that I want you to know. But I'm trying. Man, I'm trying.

Cold Noses



WARM HEARTS

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

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



(Left) Jersey is a wonderful dog who needs somebody to show her affection and love. She is a sweet puppy and needs a little guidance. If you are looking for a new addition to your family and want a great girl come and visit Jersey at the Stray Animal Facility.



(Right) Honey is a dog with a lot of energy and a very unique personality. She loves to run and go for walks. If you would like to meet her please come and visit her at SAF.

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

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 [redacted] @ 624-3975.

JMAST continued from page 1

JMAST participate in 4 exercises Juniper Cobra, BallOps, Phoenix Express, and Sea Breeze. They also have contingency plans in place to respond to events such as the recent Beirut Air Bridge.

"As Lebanon started drifting towards civil war we deployed to Cyprus to provide a command center so that the helicopter squadron from the USS Truman would be able to air lift Americans if the need were to arise," O'hearn said.

Twenty one Sailors make up JMASAT with 2 officers, 3 chief petty officers and members from the IT, ET, OS, SK, YN, EM, M and EN rates. With such a small complement of people the time not spent on a detachment the Sailors of JMAST spend their time cross training on the various pieces of equipment the command utilizes.

"When some one arrives here from a ship or a training command they come here wanting some thing new some thing different," said O'hearn. "Well you have new and you have new here because this is nothing like a ship."

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 <h2 style="text-align: center;">COMMUNITY CALENDAR</h2>				FRIDAY 8 AUGUST	SATURDAY 9	SUNDAY 10
				<p>Alcoholics Anonymous -7 p.m. -NAS II Chapel x9203</p> <p>NADAP Alcohol/Drug Prevention Summit Midtown Theater 8a.m., 10a.m., 12p.m. x9203</p>	<p>Red Cross CPR Class NAS I and Mineo 8a.m.-5p.m. x4900</p>	
MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15	SATURDAY 16	SUNDAY 17
<p>Alcoholics Anonymous -7 p.m. -NAS II Chapel x9203</p>	<p>FFSC Anger & Stress Management 8a.m.-11a.m.; x4291</p> <p>Red Cross Healthy Pregnancy/Baby 4:30p.m.-7p.m.; x4900</p> <p>NMCRS Volunteer Orient. 10a.m.-11:30a.m.; x4212</p>	<p>Alcoholics Anonymous -7 p.m. -NAS II Chapel x9203</p> <p>FFSC Men's Group 9a.m.-11a.m.; x4291</p> <p>NMCRS Budget for Baby 5p.m.-7p.m.; x4212</p>	<p>FFSC Ombudsmen Assembly 9a.m.-11a.m. x4291</p>	<p>Italian Holiday Ferragosto</p> <p>Alcoholics Anonymous -7 p.m. -NAS II Chapel x9203</p>		
MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22	SATURDAY 23	SUNDAY 24
<p>Alcoholics Anonymous -7 p.m. -NAS II Chapel x9203</p>	<p>FFSC What About the Children 8a.m.-11a.m.; x4291</p> <p>FFSC CSB/Redux 9a.m.-10:30a.m.; x4291</p> <p>Red Cross Healthy Pregnancy/Baby 4:30p.m.-7p.m.; x4900</p>	<p>FFSC Men's Group 9a.m.-11a.m. x4291</p> <p>FFSC Survive & Thrive 8a.m.-2:30p.m. x4291</p>		<p>FFSC Predatory Lending 3p.m.-4p.m. x4291</p> <p>Alcoholics Anonymous -7 p.m. -NAS II Chapel x9203</p>		



The Sigonella Galley is open from 5:30 a.m. to 8:00 a.m. for breakfast, 11:00 a.m. to 1:00 p.m. for lunch and 4:00 p.m. to 6:00 p.m. for dinner. The galley is located on NAS II. This menu is subject to change without notice.

<h3>Friday</h3> <h2>8</h2> <p>Lunch: Cream of Mushroom Soup, Beef Stir Fry, Tempura Fish, Steamed Rice, Calico Cabbage, Steamed Broccoli, Tartar Sauce, Ginger Molasses Cookies, Lemon Meringue Pie.</p> <p>Speed line: Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes.</p> <p>Dinner: Bean and Bacon Soup, Veal Paprika Steak, Parmesan Fish, Rice Pilaf, Southern Green Beans, Savory Squash, Ginger Molasses Cookies, Lemon Meringue Pie.</p>	<h3>Saturday</h3> <h2>9</h2> <p>Lunch: Chicken Noodle Soup, Texas Hash, Roast Pork, Cottage Fried Potatoes, Green Rice, Steamed Peas, Stewed Tomatoes, Brown Gravy, Carrot Cake, Vanilla Cream Pie.</p> <p>Dinner: Vegetable Beef Soup, Baked Sausage, French Fried Portion Fish, Rice Pilaf, Glazed Carrots, Southern Collard Greens, Chicken Gravy, Carrot Cake, Vanilla Cream Pie.</p>	<h3>Sunday</h3> <h2>10</h2> <p>Brunch: Breakfast items, Knickerbockers Soup, Macaroni and Cheese, Aztec Rice, Hot Spiced Beets, Green Beans, Brownies, Shortbread Cookies.</p> <p>Dinner: Chicken Rice Soup, Roast Beef Au Jus, Parmesan Fish, Mashed Potatoes, Mixed Vegetables, Steamed Asparagus, Natural Pan Gravy, Brownies, Shortbread Cookies.</p>	<h3>Monday</h3> <h2>11</h2> <p>Lunch: Chicken Jumbo Soup, Beef Yakisoba, Mambo Roast Pork, Steamed Rice, Oven Brown Potatoes, Green Peas, Seasoned Summer Squash, Brown Gravy, Peanut Butter Cookies, Brownies.</p> <p>Speed line: Sub Sandwich, Cartoccia.</p> <p>Dinner: Minestrone Soup, Savory Baked Chicken, Meatloaf, Boiled Pasta, Oriental Rice, Lima Beans, Steamed Cauliflower, Marinara, Peanut Butter Cookies, Brownies.</p>
<h3>Tuesday</h3> <h2>12</h2> <p>Lunch: Cream of Asparagus, BBQ Spare ribs, Fried Chicken, Creamy Chicken Gravy, Mashed Potatoes, Rice Beans, Corn on the Cob, Collard Green with Ham Hocks, Corn Bread, Devil's Food Cake, Pecan Pie.</p> <p>Speed line: Chicken Fillet Sandwich, French Fried Potatoes, Onion Rings.</p> <p>Dinner: Cream of Broccoli Soup, Braised Beef Cubes, White Fish w/ Mushroom, Seasoned Pasta, Steamed Rice, Spanish Style Beans, Stewed Tomatoes, Devil's Food Cake, Pecan Pie.</p>	<h3>Wednesday</h3> <h2>13</h2> <p>Lunch: Beef Noodle Soup, Pepper Steak, Chicken Pasta Prima Vera, Bruschetta, Steamed Rice, Oven Brown Potatoes, Cream Style Corn, Turnip and Bacon, Almond Cookies, Cheese Cake.</p> <p>Speed line: Grilled Cheese/Hamburger, Baked Beans, French Fried Potatoes.</p> <p>Dinner: Cream of Mushroom Soup, Roast Porkloin, Corned Beef & Cabbage, Mashed Potatoes, Steamed Rice, Brown Gravy, Club Spinach, Steamed Peas and Celery, Almond Cookies, Cheese Cake.</p>	<h3>Thursday</h3> <h2>14</h2> <p>Lunch: Chicken Rice Soup, New England Boiled Dinner, Al Forno Pasta, Mustard Sauce, Spinach w/ Mushroom, Seasoned Mix Vegetables, Oatmeal Raisin Cookies, Apple Cobbler.</p> <p>Speed Line: Baked Potatoes, Bacon Bits, Sauteed Mushroom, Shredded Cheddar Cheese, Asst. Pizza.</p> <p>Dinner: Beef Noodle Soup, Herbed Baked Chicken, Roast Beef, Red Bean w/ Rice, Chicken Gravy, Green Kale, Hot Spiced Beets, Oatmeal Raisin Cookies, Apple Cobbler.</p>	

MWR CORNER

Midtown 2 Theaters

Matinees at the Movies

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

Movies in the Park

August 9 at 8:30 p.m.
Raiders of the Lost Ark PG 115 min.
Marinai Soccer Field

National Relaxation Day

August 15
Relax at the theater with free showing of
Ferris Bueller's Day Off.

Jox Pub

80's Night: August 15
9 p.m.

Take 5

Drinks On Us: August 11
Speed Risk Tournament: August 12

Liberty

Dinner in Catania: August 8
Hangin' Out at the Beach: August 9
Dinner in Siracusa: August 15

ITT Gear-n-Go

Summer Beach Shuttle

\$15 + bring euro for fees or pack a cooler
Kayaking in Sicily: Giardini Naxos &
Taormina

\$50/person includes kayak
Pozzallo: Festival of the Fish

\$30 or 2 for \$50 + bring euro for food
Wine Tasting at Gambino Winery

\$50, includes light dinner and wine tasting
Gangi: Festival of Wheat

\$56, includes lunch

Sports

Youth Sports Soccer Registration
August 1 - August 30

Register at Fit District
Ages groups: *5-6, 7-8, 9-10, 11-13
\$35 registration fee

Fitness

Family Rock Climbing Night: August 10
Ladies Powder-Puff Soccer
Registration
August 15 - Saturday, August 30

Dive Shop

Discovery Dive: Saturday: August 9 at 4
p.m.

Teen Center

Keystone Meeting: August 12
Smart Girls Meeting: August 13
Bowling & Pizza: August 14

Mineo Recreation Center

Craft Day
August 9 at 4 p.m.
Pool Tournament
August 12 at 5 p.m.
Cooking Class
August 13 at 4 p.m.

AUGUST 8 - AUGUST 15

MIDTOWN MOVIE THEATER

MOVIE HOTLINE: 624-4248

SCHEDULE

MOVIE DESCRIPTIONS

Friday, August 8

1:00pm Kung Fu Panda PG 92 min.
3:00pm Incredible Hulk PG-13 114 min.
5:00pm Get Smart PG-13 111 min.
5:30pm The Love Guru PG-13 89 min.
7:30pm The Mummy: Dragon Emperor PG-13 112 min.
8:00pm The Dark Knight PG-13 152 min.
9:30pm The Happening R 90 min.

Saturday, August 9

2:00pm The Mummy: Dragon Emperor PG-13 112 min.
2:30pm The Love Guru PG-13 89 min.
4:30pm Get Smart PG-13 111 min.
5:00pm You Don't Mess With The Zohan PG-13 120 min.
7:30pm The Dark Knight PG-13 152 min.
8:00pm Sex and The City R 145 min.
9:30pm MOVIE IN MARANAI

Sunday, August 10

2:00pm Kung Fu Panda PG 92 min.
2:30pm The Love Guru PG-13 89 min.
4:30pm Get Smart PG-13 111 min.
5:00pm The Dark Knight PG-13 152 min.
7:00pm The Mummy: Dragon Emperor PG-13 112 min.

Monday, August 11

1:00pm You Don't Mess With The Zohan PG-13 120 min.
3:00pm Kung Fu Panda PG 92 min.
5:00pm Indiana Jones: Crystal Skull PG-13 124 min.
5:30pm Get Smart PG-13 111 min.
7:30pm The Mummy: Dragon Emperor PG-13 112 min.
8:00pm The Happening R 90 min.

Tuesday, August 12

5:00pm Incredible Hulk PG-13 114 min.
5:30pm The Love Guru PG-13 89 min.
7:30pm The Dark Knight PG-13 152 min.
8:00pm Sex and The City R 145 min.

Wednesday, August 13

1:00pm Kung Fu Panda PG 92 min.
3:00pm Indiana Jones: Crystal Skull PG-13 124 min.
5:00pm You Don't Mess With The Zohan PG-13 120 min.
5:30pm The Mummy: Dragon Emperor PG-13 112 min.
7:30pm The Happening R 90 min.
8:00pm Sex and The City R 145 min.

Thursday, August 14

3:00pm Get Smart PG-13 111 min.
5:00pm The Love Guru PG-13 89 min.
5:30pm Incredible Hulk PG-13 114 min.
7:30pm THROWBACK THURSDAY
FREE ADMISSION
Peaceful Warrior PG-13 117 min.
8:00pm The Dark Knight PG-13 152 min.

The Happening (R)

A family is on the run from an inexplicable and unstopable event that threatens not only humankind--but the most basic human instinct of them all: survival.

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.

The Dark Knight (PG-13)

The Caped Crusader returns, protecting Gotham City from the mad criminal mastermind, The Joker.

Sex And The City (R)

The continuing adventures of Carrie, Samantha, Charlotte and Miranda as they live their lives in Manhattan four years after the series ended.

Wanted (R)

25-year-old Wes was the most disaffected, cube-dwelling drone the planet had ever known. His boss chewed him out hourly, his girlfriend ignored him routinely and his life plodded on interminably. Everyone was certain this disengaged slacker would amount to nothing. There was little else for Wes to do but wile away the days and die in his slow, clock-punching rut. Until he met a woman named Fox. After his estranged father is murdered, the deadly sexy Fox recruits Wes into the Fraternity, a secret society that trains Wes to avenge his dad's death by unlocking his dormant powers.

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 Mummy: Tomb Of The Dragon Emperor (PG-13)

Explorer Rick O'Connell combats the resurrected Han Emperor in an epic that races from the catacombs of ancient China high into the frigid Himalayas. Rick is joined in this all-new adventure

by son Alex, wife Evelyn and her brother, Jonathan. And this time, the O'Connells must stop a mummy awoken from a 2,000-year-old curse who threatens to plunge the world into his merciless, unending service.

Kung Fu Panda (PG)

When threatened by a gang of snow leopards, the jungle animals call upon an inept panda to become a kung fu master and save the Valley of Peace.

The Love Guru (PG-13)

Pitka is an American who was left at the gates of an ashram in India as a child and raised by gurus. He moves back to the U.S. to seek fame and fortune in the world of self-help and spirituality. His unorthodox methods are put to the test when he must settle a rift between Toronto Maple Leafs star hockey player Darren Roanoke and his estranged wife. After the split, Roanoke's wife starts dating L.A. Kings star Jacques Grande out of revenge, sending her husband into a major professional skid - to the horror of the teams' owner Jane Bullard and Coach Cherkov. Pitka must return the couple to marital nirvana and get Roanoke back on his game so the team can break the 40-year-old "Bullard Curse" and win the Stanley Cup.

Tropic Thunder (R)

A group of self-absorbed actors set out to make the most expensive war film. But after ballooning costs force the studio to cancel the movie, the frustrated director refuses to stop shooting, leading his cast into the jungles of Southeast Asia, where they encounter real bad guys.

SHOWING FRIDAY AUGUST 15

1:00pm Wall-E G 98 min.
3:00pm Kung Fu Panda PG 92 min.
5:00pm Indiana Jones and the Kingdom of the Crystal Skull PG-13 124 min.
5:30pm The Mummy: Tomb of the Dragon Emperor PG-13 112 min.
7:30pm Tropic Thunder R 107 min.
8:00pm The Happening R 90 min.
9:30pm Wanted R 110 min.

COMING SOON

Star Wars: The Clone Wars
Meet Dave
Kit Kittredge: An American Girl

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

Due to military website regulations Il Mercato cannot be posted online. The Signature will resume print on August 23. We appologize for any inconvienece.

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.