

U.S. Navy Continues Humanitarian Aid to Democratic Republic of Georgia

Article and photos by MCSN Jonathan Idle
Signature Staff

A U.S. Navy C-130 "Hercules" aircraft departed Naval Air Station (NAS) Sigonella Aug. 19 to provide humanitarian relief to the Republic of Georgia.

The mission is part of Commander, U.S. Sixth Fleet continuing air operations to provide assistance to the area.

In response to a request by the government of the Republic of Georgia, U.S. European Command and its subordinate units are supplying humanitarian assistance and relief support to affected areas in the country.

The C-130 from Fleet Logistics Support Squadron 54 (VR-54) departed Sigonella to deliver approximately 22,000 pounds of boxes containing hygiene kits to Tbilisi.

Each kit includes a comb, laundry detergent, disposable razors, sanitary napkins, shampoo, bars of soap, soap dish, toilet paper, toothbrushes and toothpaste. Each kit is designed to last a family-of-five for approximately two weeks.

"The goal of the mission is to save lives and

Story continued on page 13



Sailors, Soldiers and Airmen work together unloading crates of hygiene kits from a U.S. Navy C-130 "Hercules" aircraft during ongoing humanitarian relief at Tbilisi International Airport, Georgia Tues. Aug. 19. The C-130 delivered approximately 11 tons of humanitarian aid. The aircraft is from Fleet Logistics Support Squadron 54 (VR-54) located on Naval Air Station Joint Reserve Base, New Orleans. The aircraft is currently deployed to Naval Air Station Sigonella, Sicily. Commander, U.S. Naval Forces Europe (CNE) is conducting air operations providing humanitarian relief support to the Democratic

Assistant SECNAV Visits Sigonella NMCRS Budget For Baby Class Comes To Mineo

Story by MC2 Marc Rockwell-Pate
Photos by MC2 Joshua Wink

Assistant Secretary of the Navy, Installations and Environment, B.J. Penn departed Naval Station (NS) Rota, Spain, Aug. 22 after a five-day visit to the Commander, Navy Region Europe (CNRE) area of responsibility.

Penn arrived in the European Region Aug. 18 at Naval Support Activity (NSA) Naples, Italy. There he met with CNRE Commander Rear Adm. David Mercer to discuss the Region's installations and the Navy's ongoing public health evaluation in Naples. He later toured the base and met with other key leaders including Commander, Naval Forces Europe, Adm. Mark Fitzgerald and Rear Adm. Charles Leidig, Director Naval Forces Europe, Operations and Intelligence.

On Aug. 19, Penn travel to Naval Support Activity (NSA) Souda Bay.

Story continued on page 13



Assistant Secretary of the Navy B.J. Penn tours the Stephen Decatur School in Sigonella, Aug. 20.

Article by [redacted] with contributions from by MC2 Joshua Wink

According to Surebaby.com, raising a baby to age 18 costs between \$125,000-\$250,000, and that's not including college tuition! It is critical for prospective parents to be astute consumers and have a clear idea of how a newborn will affect ones current financial situation.

The Navy-Marine Corps Relief Society offers a Budget for Baby workshop twice a month to help families prepare for their new addition. The class is provided at no cost and is designed for new or prospective parents to learn about the impact a baby can have on the financial situation of the family unit. Through a program of preventive education, clients learn about variations in pay and increased expenses, common consumer pressures targeted to new parents, and entitlements available through both government and private sources.

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WEATHER UPDATE	August 29	August 30	August 31	September 1	September 2	September 3	September 4
	H:87F L:66F	H:89F L:66F	H:88F L:66F	H:87F L:68F	H:87F L:66F	H:89F L:68F	H:90F L:69F

TOP STORIES	Page 2	Page 3	Page 6	Page 8	Page 12
Did you know that broccoli has been around for nearly 2,000 years, or that Americans have been growing it in their gardens for more than 200 years that it was first grown in the Italian province of Calabria and was given the name Calabrese. Find out more on this amazing vegetable on -		Naval Special Warfare Development Group (NSWDG) Dam Neck, Va., recruiting and screening coordinators visited Naval Air Station (NAS) Sigonella, Sicily, and Naval Support Activity (NSA) Naples, Italy, to find the best Sailors Europe has to offer.	The annual "Festa di San Corrado" or St. Conrad Festival will return to Noto on Sunday, Aug. 31 and Monday, Sept 1. Noto is one of the most beautiful Baroque towns in Sicily that is part of UNESCO World Heritage List.	Syracuse is a town in the southern region of Sicily which lies on the Gulf of Syracuse next to the Ionian Sea. The city is most notable for the Greek influence found in its architecture and heritage.	The age-old adage is true - what you eat does affect your skin. The reason why, however, is not what you might expect. Before the why, however, it is helpful to define the what. What, exactly, is nutrition? Read on to find out.

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

TRAFFIC NUMBERS			
	Jan.- Aug. '08	Jan.- Aug. '07	Diff.
Accidents	187	189	-2
Injuries	32	27	+5
DUIs	6	7	-1
Traffic Deaths	2	0	+2

PLEASE,
DON'T BECOME
A STATISTIC!

DIRECT LINE NASSIG COMMANDING OFFICER CAPT. THOMAS J. QUINN

It is back to school time again, and this past week marked the beginning of the 2008-09 school year for all elementary, middle and high school students at NAS Sigonella. This is an especially exciting year for both the elementary students and teachers as they are able to enjoy the newly completed Stephen Decatur Elementary School. These facilities are truly world class and will help the young minds that learn inside them achieve great things. The Grand Opening/Ribbon Cutting for the new building will be September 18 from 1 p.m. to 2 p.m.

Students - study hard. Apply yourself. There are a lot of fun things out there to learn. Mark Twain said that his schooling would never interfere with his

education. Listen to your teachers, mentors, and parents. They are here to help you get the best educational experience you can. If you find that you are having problems with your studies, tell someone! Your teachers and counselors are ready to help. School can be fun...keep an open mind and it will be!

Parents - You are the difference in the lives of your children. Their success, personally and educationally is dependent on you. To give children the best possible chance to succeed, ensure they get a full night's sleep and a healthy breakfast to start the day. Additionally, you can help your children, and others, by volunteering at the school this year. The start of school also means the restart of the morning bus transits through hous-

ing. Please ensure your young students arrive at the bus stop safely.

Sigonella community - We can make a difference in the education of the young people stationed here. Become a volunteer! Throughout the year the school has many opportunities to get involved ranging from the annual community theater to helping out in the classroom. The more you give, the more you receive in return. Finally, don't forget to SLOW DOWN while driving. This applies not only in the School area on NAS I, but at the Mineo and Marinali housing areas. We want our children to be safe while they are being transported to the school.

Again, welcome back to school and have a great year!



Health WATCH Beautiful Broccoli

Article courtesy of the Center for Disease Control

Broccoli has been around for more than 2,000 years. The name "broccoli" comes from the Latin word brachium, which means "branch," or "arm." Americans have grown it in their gardens for only about 200 years! The first commercially grown broccoli was grown and harvested in New York, then planted in the 1920s in California. A few crates were sent back East and by 1925 the broccoli market was off the ground.

Varieties

Broccoli was first grown in the Italian province of Calabria and was given the name Calabrese. Today there are many varieties. In the United States, the most common type of broccoli is the Italian green or sprouting variety. Its green stalks are topped with umbrella-shaped clusters of purplish green florets.

Selection

Choose bunches that are dark green. Good color indicates high nutrient value.

Florets that are dark green, purplish or bluish green contain more beta-carotene and vitamin C than paler or yellowing ones. Choose bunches with stalks that are very firm. Stalks that bend or seem rubbery are of poor quality. Avoid broccoli with open, flowering, discolored, or water-soaked bud clusters and tough, woody stems.

Storage

Store broccoli unwashed, in an open plastic bag and place in the crisper drawer of refrigerator. It is best if used within a day or two after purchasing.

Fresh vs. Frozen

Packaged frozen broccoli differs from fresh in its nutrient content. The flower buds or florets are richer in beta-carotene than the stalks. Manufacturers typically cut off most of the stalk before packaging it, so frozen broccoli may contain 35 percent more beta-carotene by weight than fresh broccoli. The downside is that frozen broccoli has twice as much sodium as fresh (up to 68 mg per 10 oz.

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NASSIG WORSHIP SERVICES

Chapel Office: 095-86-3975

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



Think Twice Before You Complain or Grumble

"Do everything without complaining or grumbling..." Phil 2:14

Article by Chaplain Russell Wilson

This verse is a phrase I heard often in Seminary. My professor's used it as a preface to many questions I brought before them in many closed-door sessions. When I first heard it, I was kind of upset. I had not yet even made my plea known to my professor before I heard the phrase: "Philippians 2:14." It was a reminder to use caution in what I was bringing to the table

for discussion. Over time, the phrase became a response I expected and little did my professor know he no longer needed to say it. I had already considered my request before I entered his door. At some point, I had finally realized how many times these professors had to listen to grumbings and complaints from every stu-

Story continued on page 7

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

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

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 I Chapel. Teen and Adult volunteers are needed. Please stop by the NAS I 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.

NAVY NEWS

Naval Special Warfare Development Group Recruits European Forces

Article and photo by
MC2 Marc Rockwell-Pate
CNRE Public Affairs

Naval Special Warfare Development Group (NSWDG) Dam Neck, Va., recruiting and screening coordinators visited Naval Air Station (NAS) Sigonella, Sicily, and Naval Support Activity (NSA) Naples, Italy, to find the best Sailors Europe has to offer.

"You get to work with the finest Sailors in the Navy," said Master Chief Information Systems Technician (EXW/SW/AW) Rich McGurr, NSWDG's recruiting leading chief petty officer. "Every one of

the Sailors we have are hand selected because they are the best. Everybody wants to be at work, everybody wants to go there and do their job, and most importantly, everyone knows how important their job is no matter what that job is."

McGurr was part of a small group of recruiting and screening coordinators who visited multiple bases in Europe generating interest for the NSWDG.

McGurr added that the program is responsible for the testing, evaluation and development of state of the art, commercially produced and modified equipment in support of naval special warfare operational forces.



Chief Yeoman Toby Messenger speaks to Sailors stationed at Naval Support Activity (NSA) Naples, Italy, about the opportunities when becoming a member of the Naval Special Warfare Development Group (NSWDG) Dam Neck, Va., team. Messenger was part of a group of NSWDG recruiting and screen coordinators who visited multiple Navy bases in Europe to generate interest in the program.

PHOTO FROM THE FLEET

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



U.S. Navy photo MC2 James R. Evans

Culinary Specialist 3rd Class Gabriel Common, from Basile, La., takes pizzas out of the oven in the aft galley aboard the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72). Lincoln is deployed to the U.S. 5th Fleet area of responsibility to support Operations Iraqi Freedom and Enduring Freedom as well as maritime security operations.

"This is an excellent opportunity for those ratings the development group is looking for," said Senior Chief Navy Career Counselor Jud Timmons, Commander, Navy Region Europe's command career counselor. "This is a top-tier special program. This is not your average command, and it's not for every Sailor."

McGurr said E-6 and below Sailors who are selected for NSWDG will be granted more authority and more responsibility than they ever have before.

Yeoman 1st Class (AW) Wendy Green, the yeoman for Commander, U.S. Naval Forces Europe's fleet master chief, said she is excited about the possibility of working at NSWDG.

"I am interested to find out what all a yeoman might do at development group," Green said, who attended a recruiting brief in Naples. "Development group is something different that a yeoman normally would not do. It's not something I would normally expect of myself, but I think that's why I am interested in it."

McGurr added that though NSWDG is not a large command, they are looking for Sailors to join their team now.

"We are looking for mature Sailors who can operate on their own," McGurr said. "If we give a job to a Sailor, we need to have confidence he or she will absolutely get that job done. If Sailors are looking for a demanding, challenging assignment that will make a difference, contact one of our recruiters."

New Medusa
Hop
Monika

<h2 style="text-align: center;">COMMUNITY CALENDAR</h2>				FRIDAY 29 - AUGUST	SATURDAY 30	SUNDAY 31
				Alcoholics Anonymous -7 p.m. -NAS II Chapel x9203	Red Cross CPR Class NAS I and Mineo 8a.m.-5p.m. x4900	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY			
1 - SEPTEMBER	2	3	4	5	6	7
Labor Day Alcoholics Anonymous -7 p.m. -NAS II Chapel x9203		Alcoholics Anonymous -7 p.m. -NAS II Chapel x9203 FFSC Survive and Thrive 8 a.m.-2:30 p.m.;x4291 Red Cross Volunteer Orientation 10a.m.-1p.m.;x4900		Alcoholics Anonymous -7 p.m. -NAS II Chapel x9203		
8	9	10	11	12	13	14
Alcoholics Anonymous -7 p.m. -NAS II Chapel x9203	FFSC Resume Writing 1p.m.-3 p.m.;x4291 Money Management 9a.m.-10:30 p.m.;x4291 Smooth Move 2 p.m.- 4 p.m.;x4291	Alcoholics Anonymous -7 p.m. -NAS II Chapel x9203 FFSC 10 Steps to a Federal Job 10:30am-1:30pmx4291 Men's Group 1:30p.m.-5 p.m.;x4291	FFSC Ombudsmen Assembly 9 a.m.-11 a.m.;x4291 The Interview 2 p.m.- 3 p.m.;x4291 Daddy Bootcamp 6 p.m.- 8 p.m.;x4291	Alcoholics Anonymous -7 p.m. -NAS II Chapel x9203	Red Cross CPR Class NAS I 8a.m.-5p.m. x4900	

Motta

Days
Inn

Angolo

Stags

Did you know that . . .

Vehicle repair loans may be available to you through the Navy-Marine Corps Relief Society? Based on need, we offer interest-free loans for essential repairs necessary for the safe operation of a vehicle when you do not have sufficient resources to repair the vehicle yourself. You'll



need a:
 Driver's License
 Registration
 Insurance
 Viable Budget for Repayment
 Estimated Cost of Repairs (two sources)
 Repayability
 When you need help, visit you Sigonella Navy-Marine Corps Relief Society Office, or call us at 624-4212.
 NMCRS: A Helping Hand!
www.nmcrs.org



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

Parent Involvement at School: Communicating with Your Child's Teacher

Article edited from MilitaryOneSource

It's important to communicate regularly with your child's teachers from elementary school through high school. Having a good, working relationship with the people who teach your child helps ensure that education is a team effort between home and school.

No matter what grade your child is in, there are always opportunities to talk with the teachers at school. These include parent-teacher conferences, volunteering, parent meetings and school events. At other times, you may want to connect with your child's teacher through e-mail, telephone, a written note or a personal visit. However you do it, good communication with your child's teacher leads to a positive home-school relationship, which will ultimately help your child have a more positive school experience.

- Get to know your child's teacher

It's never too early in the school year to start building a good relationship with your child's teacher.

- If your child is in elementary school, find time during the first week of school to introduce yourself to the teacher.

- Attend Back-to-School night events whenever possible.

- Help the teacher get to know your child.

- Look for opportunities to say hello to your child's teacher.

- Tell the teacher about the good things your child has said about him or her.

Parent-teacher conferences

Almost every school holds some form of parent-teacher conferences -- conversations you have with a teacher about your child's schoolwork. They may involve just one teacher or several teachers if your child is older. Parent-teacher conferences are a wonderful opportunity to let teachers know you want to work with them to help your child succeed in school. They also give you a way to find out more about how your child is doing than you can learn from a report card. Here are some guidelines to prepare for a parent-teacher conference:

- Try to attend conferences whenever possible, with your partner or spouse.

- Before the conference, review the work your child has brought home from school.

- Ask your child if there's anything she would like you to bring up.

- Write down all your ideas and concerns and bring these with you to the conference.

- Leave your children at home with a babysitter if necessary.

- Vary your questions with the age of your child.

- Don't hesitate to ask lots of questions.

- Expect the teacher to ask questions and keep an open mind.

- Remember to praise and thank the teacher for taking the time to meet with you.

Some questions you may want to ask teachers are: What are your goals and expectations for your students this year? What can I do to work with you to help my child? How is my child measuring up to your expectations and to his ability? What are my child's strengths and weaknesses? What areas need more work and improvement? Does my child participate in class? Is he actively involved in learning?

When you come home from a conference with the teacher, your child will likely ask, "What did my teacher say?" Don't hesitate to share comments that seem appropriate. Focus on the positive things the teacher said. Then talk about the teacher's suggestions and how you and your child can work on them together.

Good parent-teacher communication has lasting benefits. By showing you want to work with teachers, they will be much more likely to want to work with you, too, and your child will be the one who benefits the most from your efforts. Remember, both you and the teacher want what's best for your child.

Cold Noses



WARM HEARTS

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

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

Moroni (Right) is a wonderful dog with a great personality. He loves to walk and loves a good belly rub. He would make a wonderful addition to any family.

Tulsa (Below) is fantastic dog who desperately needs a home to call his own. He has been at the Stray Animal Facility for almost two years and needs



chance to prove his loyalty to a family. He is very smart, loves to play ball and loves to walk. If you would like to see Tulsa, please come by the Stray Animal Facility.

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

SEXUAL ASSAULT / VICTIMS INTERVENTION

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

Acquascivol

O

Pentagon

Italian NEWS

Sicilian Culture, Events and Lifestyle

Alberto Lunetta
Signature Staff



St. Conrad Festival to be Held in Noto

The annual "Festa di San Corrado" or St. Conrad Festival will return to Noto on Sunday, Aug. 31 and Monday, Sept 1. Noto is one of the most beautiful Baroque towns in Sicily that is part of UNESCO World Heritage List. The summer feast honoring St. Conrad is one of the four traditional yearly celebrations honoring the town patron saint.

Tradition

Saint Conrad has been venerated in Noto since the 16th century. In 1515, Pope Leo X permitted the town of Noto to annually celebrate a San Corrado festival on the anniversary of his death. Hundred and fifteen years later, Pope Urban VIII proclaimed him a saint.

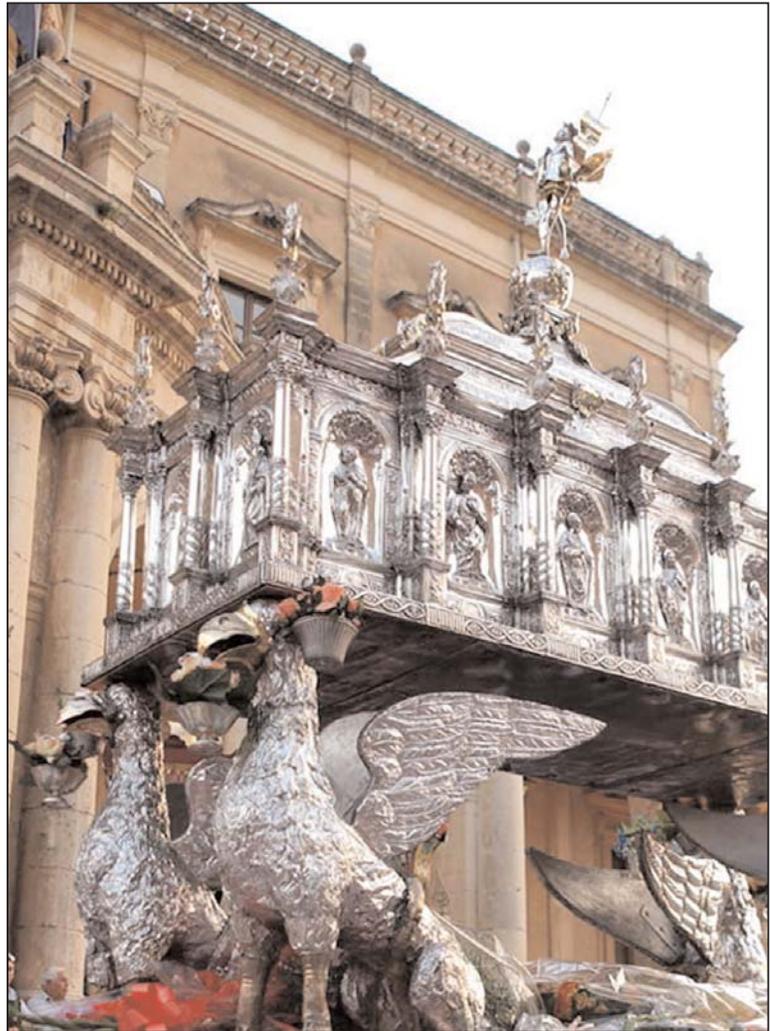
The strong devotion and gratitude shown to San Corrado by the Noto community is due to the intercessions that he granted them on several occasions throughout the centuries. One of them concerns the miracle that San Corrado worked in 1855 when Noto residents summoned him to protect the town against a deadly cholera epidemic. According to tradition, San Corrado interceded and the city was spared by the illness.

Tradition also holds that, in 1943, World War II bombings spared Noto as granted through the intercession of San Corrado. The mayor of the time also promised he would offer

a candle every year to thank him.

Life of San Corrado

According to legend, Corrado Confalonieri, a wealthy aristocrat, was born in Piacenza in 1290. Corrado loved hunting. One day in 1313, an episode changed his life. During his usual pastime, Corrado ordered his attendants to set fire to some bushes to flush out game. But a prevailing wind caused the flames to spread rapidly devastating nearby fields, forests, towns and villages. Corrado fled panicking. An innocent peasant was accused of being the arsonist. Thus, he was tortured to confess a crime he did not commit, and eventually he was sentenced to death. As the poor man was ready to be executed, Conrad was stricken with remorse and confessed his guilt saving the poor man's life. Because of his noble origins, Corrado was spared death penalty. But he had to sell all his possessions to pay off the damaged property. Thus, Corrado became poor and retired as a Franciscan monk to a lonely hermitage near Piacenza, while his wife entered the Order of Poor Clares. Later, he went to Rome to meet with Pope and eventually to Sicily. There, he settled in the Noto Valley where he led a penitential life for thirty years using a cave for meditation. According to tradition, Corrado



Kartodromo

Magnolia

Enjoy the beauty of Noto, one of the most beautiful Baroque towns in Sicily, by attending the annual festival celebrating St. Corrado, the town patron saint. Festivities will be held on Aug. 31 and Sept. 1 and will include colorful processions, fireworks and entertainment.

worked several miracles during his long hermitage. A legend tells that the most famous miracle occurred when the Siracusa Bishop visited Corrado in his humble home. When the Bishop asked Corrado if he had anything to offer to his guests, the hermit replied he would check in his cell. Right after, he came back bringing some fresh bread out of the oven. Therefore, the bishop became convinced that Corrado was a saint.

Festival Schedule

On Aug. 31, the Festival starts with a solemn Holy Mass celebrated by the Noto Bishop at 10:30 a.m. at the newly restored cathedral after the City Band performance at 9 a.m. Later in the evening, the Arca, a silver urn containing the saint remains, is carried shoulder high along the streets of Noto historic center. The procession begins at 7 p.m. from the Cathedral and proceeds throughout the historic heart of the city until the Crocifisso Church.

A spectacular symphonic con-

cert will be held in piazza Trigona at 10:30 p.m. On Monday, Sep. 1, the festival will move to the "Lido di Noto," the coastal district of the town, with a concert featuring Italian pop star Ron at 10 p.m. Later, at midnight, the festival will end with a breathtaking fireworks' show on the water. The magnificent Arc is a priceless piece of art Giovanni Manuella, a Sicilian architect, designed the Arca in 1525. Throughout the centuries, several generations of Sicilian goldsmiths and silversmiths added fine decorations to the original model. The urn was eventually completed in 1848. The Arca is 6.2 feet tall and 24 inches wide. It weighs 880 pounds. It contains the saint's body and it is usually kept inside the Noto cathedral. After the 1990 earthquake, the Arca was moved to the nearby Church of San Carlo al Corso as the cathedral was damaged by the tremors. It will be preserved there until the cathedral is restored.

Members from the local

Confraternite (Confraternities) bring the traditional Cili and banners in procession while they are dressed in traditional costumes. A continuous stream of more than 4,000 people follows the procession. Cili are decorated iron bowls supported by a tall wooden stick, which contains a candle. They have been symbolizing the devotion shown to the saint after the fulfillment of a vow or pledge since the 1500s.

Some fervent devotees still perform the traditional Viaggiu Scausu or "Barefoot Itinerary" both on the night before the festival and during the procession. That is a real proof of devotion and physical resistance, as it consists of following the main procession barefoot and walking for miles from the surrounding towns to the cathedral. Some residents of the surrounding cities walk up to 15 miles to reach Noto and take part in the procession. For more information contact the Noto Tourist Office at 0931-573779.

Concerts and Festivals



Acclaimed Italian pianist and composer Giovanni Allevi and his orchestra will perform at the Taormina Greek Theatre tonight (Aug. 29) at 9 p.m. For more information and tickets visit www.ctbox.it



Don't miss the 9th edition of Sagra delle Cozze (Mussels Festival) which will take place tonight at 8:30 p.m. in Ispica (Ragusa). Festival booths will be set up along viale Kennedy. For more information and direction call Ispica Tourist Office at 0932-701111.



The summer edition of the Misterbianco Carnival will take place tomorrow (Saturday, Aug. 30) in the western part of the town. In the evening, colorful costumes parades will be held along via San Rocco Vecchio, starting at 9 p.m. Later, fire jugglers and spinners will stage a breathtaking fire art show in piazza Pertini. On Sep. 6 and 7, fashion shows will be held in piazza Mazzini at 9 p.m. For more information and detailed schedules call Misterbianco Tourist Office at 095-7556111.

BABY continued from page 1

the Budget for Baby Chair, is thrilled that this class is now also being offered in Mineo in order to make it more convenient for those families that live in that area. The first Mineo class was held August 20th in the Community Center (the smaller room off the gym) from 6-8pm, and there's still time for those interested to sign up.

Throughout the course, participants receive advice from other parents and from the NMCRS instructors on shopping on the economy, online shopping, diaper and formula costs, etc. The class also teaches participants methods of saving money, such as utilizing the Nearly New Thrift Store, clipping coupons, and being energy conscious. In addition, participants learn to create a spending log to keep track of all the small things that one spends on a new baby. At the end of the class, each family is

given a free baby sea-bag filled with more than \$75 of useful items including crib sheets, bibs, receiving blanket, onesies, a handmade item, and more to help parents get a jump-start.

director of NMCRS, has many positive things to say about the program. "I think people underestimate how much raising a child is going to cost, especially when it comes to grocery shopping or utilities.

We try to provide the best information that we can on what those costs will be. Recently, I had a gentleman tell me how valuable this class was to him and his family, not only the information that was provided, but also the seabag gave them a great start for their newborn. It was everything they needed."

New or prospective parents interested in attending an upcoming Budget for Baby class can call NMCRS at 624-4212 for more information.



CHAPLAIN continued from page 2

As a society that believes itself to be entitled to anything the heart desires because of the nature of our culture, this verse is pertinent to us today. We tend to believe that we should be given everything we want. We are not used to people telling us "no" or even "you can't do that." We no longer see such things as retirement plans and health insurance as benefits but rather part of our annual income. Even in the military, you have become accustomed to such benefits as free housing, healthcare, utilities, gyms, COLA, etc . . . as things we deserve as part of our job. This is very evident by simply watching such shows as "American Idol." I am constantly amazed at the people who think they are right and the three judges are all wrong. They cannot stand the fact that someone has told them "no," and they proceed to complain and grumble.

What I had finally learned that my professors were teaching me was to seriously consider what I was about to bring to their attention and to consider if it was a serious concern or a simple childish attempt to complain and grumble. I was originally offended by the phrase because I thought

my concern was real. But, because so many before me had complained about the harshness of the academics or the ways of a professor, they had caused the professors to use this phrase for their own defense. They had to find a way to distinguish between true concerns and those who wanted to complain because they did not get their own way. It was much like the boy who cried wolf so many times that the people finally ignored him when the attack was real.

Here at NAS Sigonella we have much to be thankful for. We too must use caution in bringing out things that we believe are problems or concerns that are simply complaining and grumbling. It is actually an infectious disease that causes dissension and hatred amongst the community. There are true concerns that need to be addressed. Then there are, and probably more often that we will admit, those things which are just silly and childish complaints and grumbings. Before you let your voice be heard, I ask you to consider Phil. 2:14. Ask yourself: "Am I complaining and grumbling?" If the answer is yes, then maybe it's not worth voicing. Maybe it is time for you to grow up and do things without complaining and grumbling.

Strike

A Stone's Throw

THE HUB OF THE MED IS ALSO THE HUB FOR TRAVEL

Exploring Siracusa, Fontane Bianche

Article and photos by
MCSN Jonathan Idle
 Signature Staff

Siracusa is a town in the southern region of Sicily which lies on the Gulf of Siracusa next to the Ionian

Sea. The city is most notable for the Greek influence found in its architecture and heritage. A unique feature of the city is the section known as Ortygia. Ortygia is a small island which separates the two harbors of Siracusa. Ortygia has always been the focal point of the town. It was the area that the Greeks first settled upon their arrival in the area. Between the island and the

town, Siracusa offers one of the best examples of Greek influence and culture in Sicily.

ITT organized this specific trip and included a short trip down the coast to Fontane Bianche as part of the package. For more information on ITT trips call 624-4396.

Sites:

For things to see and do, Siracusa rates five stars out of five. A big attraction in the town is the Neapolis Archaeological Zone. The park has several attractions of historical significance including the second largest Greek theater in the world.

In even numbered years, the Greek theater puts on summer performances of classic theater. Above the theater are a series of caverns and functioning aqua ducts. Another attraction is the Roman amphitheater. The amphitheater is an outstanding representation of classic Roman construction. The area where the gladiators were kept is visible from a distance. The park also features a unique cavern known as the Ear of Dionysius. The cavern echoes and amplifies voices due to its unique shape.

Ortygia is of particular interest because of the Temple of Apollo. It's the first Greek temple in Sicily. It's ruin's date back to the year 600 B.C. The small island also is home to the Cathedral of Siracuse which contains a number of interesting stained glass windows and frescos that have withstood the years very well preserved.

Fontane Bianche is a picturesque beach known for its white sand and clear turquoise water. The temperate water and scenery offer a great ending to a day of site seeing. There are small fees to access the beach and additional fees to rent an umbrella and beach chair. The beach fees, umbrella and chair rental are included in the cost of the ITT trip.

Family Friendly:

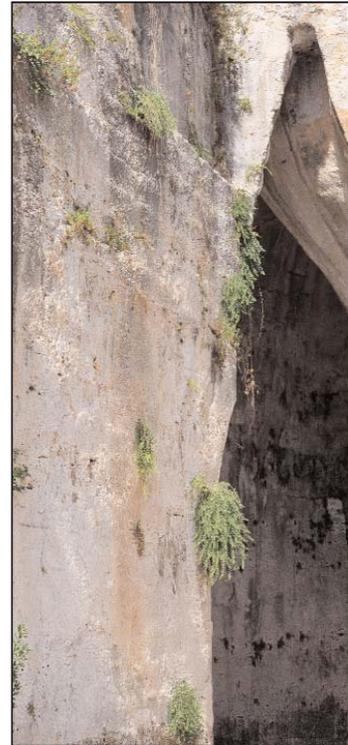
In this category the trip rates three out of five stars. The archaeological park has a lot of hills and steps which are difficult for strollers and wheel chairs. However, the park and the

beach offer several entertaining options to keep families and children occupied. The caves are great for kids to explore and the swimming area at the beach is roped off to allow for a safer swimming area.

Accessibility:

This trips rates five stars out five for accessibility because it is an ITT trip. The bus picks up passengers on both bases and shuttles them to all the sites included on the trip. It's slightly more challenging for people to do in a privately owned vehicle because the town and the beach are approximately 30 minutes apart.

Travel Time: This trip rates two stars out of five for travel time. The total driving time



Pietro

(Above Left) The Cathedral on the island of Ortygia has many interesting frescos and stain glass windows that have been...
 (Above Right) The Temple of Apollo was the first Greek temple built in Sicily. It dates back to 600 A.D.
 (Below) The white sand beaches and clear water of Fontane Bianche make for a relaxing and enjoyable day.





(Left) The Ear of Dionysius is known for the booming echoes that can be heard from within.
(Above) Beautiful frescos painted on the ceiling of the cathedral in Ortygia.
(Below) The Roman amphitheater in the Neopolis Archaeological Zone.

more chal-
tely owned
beach are
vo stars out
riving time

from the base to Syracuse, Ortygia and Fontane Bianche is more than two hours. For those who wish to make the drive on their own you take A-19 toward Catania then head south on A-18 toward Syracuse. To get to Fontane Bianche take the 115 south out of Syracuse down the coastline.



and stain glass windows that have been well preserved.
s back to 600 A.D.
xing and enjoyable day.



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

Belmontino I pamena

Ristorante Bella Etna

<p>Friday 29</p> <p>Lunch: New England Clam Chowder, Lemon Pepper Catfish, Pork Chop w/ Mushroom Gravy, Potatoes garlic Roasted, Seasoned Asparagus, Creole Green Beans, Lemon Cookies, Carrot Cake.</p> <p>Speed line: Grilled Cheeseburger/Hamburger, French Fried Potatoes, Baked Beans.</p> <p>Dinner: Cream Of Mushroom Soup, Double Decker Beef & Turkey Sandwich, Beef Stir Fry, Pork Fried Rice, Oven Potatoes, Whole Corn, Stir Fry Vegetables, Lemon Cookies, Carrot Cake.</p>	<p>Saturday 30</p> <p>Lunch: Vegetable Beef Soup, Baked Tuna & Noodles, Chicken Nuggets, Garlic Roasted Potatoes Wedges, Mixed Vegetables, Hot Beets, Sweet & Sour Sauce, Chocolate Drop Cookies, Apple Crisp.</p> <p>Dinner: Manhattan Clam Chowder, Beef & Corn Pie, Jamaican Chicken, Steamed Rice, Steamed Okra, Stewed Tomatoes, Chocolate Drop Cookies, Apple Crisp.</p>	<p>Sunday 31</p> <p>Brunch: Breakfast Items, Bean & Bacon Soup, Grilled Reuben Sandwiches, Rosemary Potatoes Wedges, Steamed Brussels Sprout, Hermits, Yellow Cake w/ Icing.</p> <p>Dinner: Split Pea Soup, Pasta Alla Sicilian, Jaegerschnitzel, Rice Pilaf, Steamed Cauliflower, Seasoned Succotash, Garlic Bread, Hermits, Yellow Cake w/ Icing.</p>	<p>Monday 1</p> <p>Lunch: Beef Noodle Soup, Baked Fish Scandia, Penne Boscalola, Parsley Potatoes, Mixed Vegetables, Seasoned Spinach, Tartar Sauce, Yellow Cake w/ Frosting, Chocolate Cream Pudding.</p> <p>Speed line: Sub Sandwich, Pasta Sicilian.</p> <p>Dinner: Cream of Potato Soup, Country Fried Steak, Baked Tandoori Chicken, Hopping John, Collard Greens, Lyonnaise Wax Beans, Corn Bread, Garlic Bread, Yellow Cake w/ Frosting, Chocolate Cream Pudding.</p>
<p>Tuesday 2</p> <p>Lunch: Arroz Caldo Soup, Chicken Adobo, Beef Kare-Kare(Beef Stew), Steamed Rice, Cut Green Beans, Steamed Carrots, Dinner Roll, Yellow Cake w/ Icing, Chocolate Chip Cookies.</p> <p>Speed line: Chicken Patties Sandwich, Onion Rings, Pasta Primavera.</p> <p>Dinner: Manhattan Clam Chowder, Rosemary Turkey Roast w/ Gravy, Spaghetti w/ Meat Sauce, Buttered Noodles, Seasoned Green Beans, Harvard Beets, Yellow Cake w/ Icing, Chocolate Chip Cookies.</p>	<p>Wednesday 3</p> <p>Lunch: Corn Chowder Soup, Pineapple Chicken, Vegetarian Spaghetti, Scalloped Potatoes, Rice Pilaf, Steamed Mixed Vegetable, Seasoned Spinach, Sweet Potato Pie, Shortbread Cookies.</p> <p>Speed line: Grilled Cheese/Hamburger, Baked Beans, French fried Potatoes.</p> <p>Dinner: Shrimp Gumbo Soup, Mexican Pepper Steak, Mambo Roast Pork, Steamed Rice, Parsley Buttered Potatoes, Vegetable Stir Fry, Pineapple Green Pepper, Sweet Potato Pie, Shortbread Cookies.</p>	<p>Thursday 4</p> <p>Lunch: Mulligatawny Soup, Turkey Pot Pie, Meat Loaf, Brown Gravy, Mashed Potatoes, Steamed Rice, Seasoned Peas & Carrots, Steamed Cauliflower, White Cake w/ Icing, Fruit Nuts Bar.</p> <p>Speed line: Baked Potatoes, Bacon Bits, Sautéed Mushroom, Sour Cream, Shredded Cheese, Assorted Pizza.</p> <p>Dinner: Beef Noodle Soup, Shrimp Alfredo, Baked Ham Slices, Garlic Cheese Potatoes, Steamed Broccoli, Stewed Tomatoes, White Cake w/ Icing, Fruit Nuts Bar.</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.

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.pwocsig.com
<<http://www.pwocsig.com>> or



casablanca

La Sevice

chiechio

MWR CORNER

Jox Pub

Latin Quarters: August 30
Live Band - Dazed & Confused: September 5

Take 5

Xbox Tournament: September 2
Chick Flick Movie Marathon: September 3

Liberty

Mystery Dinner: August 29
Chinese Dinner: September 5

Fitness

Signonella's Annual Triathlon (teams welcome):
September 6
All ability levels welcome to come out and compete in a 500-meter swim, 12-mile bike, and 5K run. Now Free! Register at either fitness center.

Youth Center

Back To School Welcoming Party
September 5 at 3:30pm

Mineo Recreation Center

Make Your Own Banana Split: August 29
Community Movie-in-a-Box: August 30

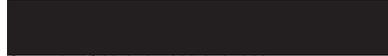
ITT Gear-n-Go

Palermo II & Mondello Beach

Enaland Shuttle



Scicli & Donna Fugata with Beach Time



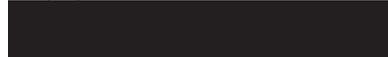
Piscine Geotermiche on Vulcano Island



Catania and Outdoor Bellini Concerts



Ballet "Don Giovanni" with Spellbound Dance Company



Ballet "Instrument 1" - I'm a good cook"

\$15 for transportation

Kayaking Trip to Noto



Extended trips:

San Vito Lo Capo Camping

October 10 - 13

Oktoberfest in Germany

September 29 - October 3

West Coast Sicily Tour

October 10 - 13

Thanksgiving in Tuscany

November 26 - 30

Thanksgiving in Prague

November 26 - 30

Christmas in Rome

December 22 - 26

Sports

Youth Sports Soccer Registration

Now through August 30

Register at Fit District

Ages groups: 5-6, 7-8, 9-10, 11-13

\$35 registration fee

Ladies Powder Puff Soccer Registration

Now through August 30

Register at either fitness center

Labor Day Golf Tournament

September 1

Le Modonie Golf Course in Cefalù

Tee Time: 9 a.m.

\$43 includes green fees, entry fee, lunch and awards,

\$5 transportation

Sign-up at ITT or Take 5

AUGUST 29 - SEPTEMBER 5

MIDTOWN MOVIE THEATER

MOVIE HOTLINE: 624-4248

SCHEDULE

MOVIE DESCRIPTIONS

Friday, August 29

1:00pm Star Wars: The Clone Wars PG
3:00pm Kitt Kittredge: An American Girl G
5:00pm Hancock PG-13
5:30pm Journey to the Center of the Earth PG
7:30pm Hellboy II: The Golden Army PG-13
8:00pm The Mummy: Tomb of the Dragon Emperor PG-13
9:45pm Hellboy II: The Golden Army PG-13

Saturday, August 30

2:00pm Get Smart PG-13
2:30pm Journey to the Center of the Earth PG
4:30pm The Love Guru PG-13
5:00pm Meet Dave PG
7:30pm Hellboy II: The Golden Army PG-13
8:00pm Tropic Thunder R
9:45pm Wanted R

Sunday, August 31

2:00pm Journey to the Center of the Earth PG
2:30pm Kitt Kittredge: An American Girl G
4:30pm Star Wars: The Clone Wars PG
5:00pm The Mummy: Tomb of the Dragon Emperor PG-13
7:00pm Hellboy II: The Golden Army PG-13

Monday, September 1

1:00pm Chief Petty Officer Selectee Special Showing
3:00pm Journey to the Center of the Earth PG
5:00pm Get Smart PG-13
5:30pm Meet Dave PG
7:30pm Star Wars: The Clone Wars PG
8:00pm Tropic Thunder R

Tuesday, September 2

5:00pm Wall-E G
5:30pm The Love Guru PG-13
7:30pm The Mummy: Tomb of the Dragon Emperor PG-13
8:00pm Hellboy II: The Golden Army PG-13

Wednesday, September 3

1:00pm Kitt Kittredge: An American Girl G
3:00pm Journey to the Center of the Earth PG
5:00pm Star Wars: The Clone Wars PG
5:30pm Hancock PG-13
7:30pm Tropic Thunder R
8:00pm Wanted R

Thursday, September 3

3:00pm Meet Dave PG 90 min.
5:00pm The Love Guru PG-13
5:30pm Get Smart PG-13
7:30pm The Mummy: Tomb of the Dragon Emperor PG-13
8:00pm THROWBACK THURSDAY - FREE ADMISSION
Remember the Titans PG

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. 111 min.

Hancock (PG-13)

Unpopular superhero Hancock saves the life of a PR executive who attempts to salvage his public image. 92 min.

Hellboy II: The Golden Army (PG-13)

The mythical world starts a rebellion against humanity in order to rule the Earth, so Hellboy and his team must save the world from the rebellious creatures. 120 min.

Journey to the Center of the Earth (PG)

A science professor's untraditional hypotheses have made him the laughing stock of the academic community. But on an expedition in Iceland, he and his nephew stumble upon a major discovery that launches them on a thrilling journey deep beneath the Earth's surface, where they travel through never-before-seen worlds and encounter a variety of unusual creatures. 93 min.

Kitt Kittredge: An American Girl (G)

Aspiring reporter Kit Kittredge can't resist bringing home strays, whether it's Grace, an abandoned basenji hound, or Will and Countee, a pair of young hobos willing to trade work for meals. Determined to recover the stolen money and believing Will is innocent, Kit recruits her friends Ruthie and Stirling to help her track down the real culprit. 101 min.

The Love Guru (PG-13)

Left in India as a child and raised by gurus, Pitka (Mike Myers) 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 (Romany Malco) and his estranged wife. After the split, Roanoke's wife starts dating L.A. Kings star Jacques Grande (Justin Timberlake) out of revenge, sending her husband into a major professional skid - to the horror of the teams' owner Jane Bullard (Jessica Alba) and Coach Cherkov (Verne Troyer). 89 min.

Meet Dave (PG)

A massive fireball from space hits New York's

Central Park and an ordinary man emerges unscathed. The man turns out to be a spaceship operated by 100 human-looking aliens who are one-quarter inch tall and seeking a way to save their planet; complications ensue when their captain falls in love with an Earth woman who's always picked losers for previous romances. 90 min.

The Mummy: Tomb of the Dragon Emperor (PG-13)

Explorer Rick O'Connell to combat 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. 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. 112 min.

Star Wars: The Clone Wars (PG)

As the Clone Wars sweep through the galaxy, the heroic Jedi Knights struggle to maintain order and restore peace. More and more systems are falling prey to the forces of the dark side as the Galactic Republic slips further and further under the sway of the Separatists and their never-ending droid army. Anakin Skywalker and his Padawan learner Ahsoka Tano find themselves on a mission with far-reaching consequences. 100 min.

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. 107 min.

SHOWING FRIDAY SEPTEMBER 5

1:00pm Space Chimps PG
3:00pm Kitt Kittredge: An American Girl G
5:00pm Star Wars: The Clone Wars PG
5:30pm Space Chimps PG
7:30pm Mama Mia PG-13
8:00pm The Dark Knight PG-13

COMING SOON

Coming Back!
The Dark Knight

COMING SOON!
X-Files: I Want to Believe
Step Brothers

Housing CORNER



From Pizza To Pimples: Is your Skin Affected by your Diet?

Article by [REDACTED]
Signature Volunteer

The age-old adage is true - what you eat does affect your skin. The reason why, however, is not what you might expect.

Before the why, however, it is helpful to define the what. What, exactly, is nutrition? "Nutrition," according to Dr. Lynn Keegan, is "the process by which all living things utilize food for energy, growth, development and maintenance.... Nutrition involves digesting foods and absorbing and delivering nutrients to the cells where they are utilized. It also includes picking up and carrying the waste products to the bloodstream."

It may surprise you to read a definition of "nutrition" that includes waste removal. As the largest organ in the body, the skin's main function is to excrete wastes; they ooze from our pores all day and night, earning the skin the nickname "the third kidney." Not only does it provide a barrier between your organs and the environment, the skin also com-

pensates for the liver. The primary function of the liver is to process waste. When overburdened by a toxic environment and poor lifestyle choices, the liver adjusts by pushing toxins out through the skin. This is where the idea that poor food choices lead to blemishes originates - too many artificial additives, overly processed foods, or too much sugar and fat, contributes to excess toxicity in the body. These toxins are excreted in the form of pimples, blackheads, boils, rashes and other blemishes.

Skin problems that coincide with periods of stress or great emotion are also related to liver function and toxicity. In Chinese medicine, every emotion in the human spectrum is stored in a corresponding body part. Anger, frustration, anxiety and depression are all emotions that are stored in the liver, and the buildup of these emotions affects the organ's ability to function. Once again, the liver becomes overburdened and must rely on the skin for help. Adult-onset acne and skin problems related to menstrual cycle, for example, are

both the result of hormonal imbalances, and can be cleared by treating that underlying imbalance.

Unfortunately, we further compromise the efficiency of the liver's "overflow system," the skin, by blocking pores with antiperspirants, layers of makeup and moisturizers. Since this method of removal is then blocked, wastes are pushed back into the skin.

It is no wonder that blemishes erupt over and over again! The skin is the largest organ in the body, and should be treated like any other - would you smear your heart with foundation and layers of makeup? Would you expose your kidneys to the scalding temperatures of a hot daily shower? Is it reasonable to spray your intestines with perfume sprays or lotions?

As the first course of action after determining the root cause of skin problems, I often recommend a colon cleanse. The colon is the last part of the body toxins pass through as they move through the internal organs, and so is the first place that

must be cleansed in order to relieve the liver, and consequently, the skin of its burdens. Please do not attempt a colon cleanse without consulting a professional with experience in detoxification - at best, you will not see effective results; at worst, you may cause yourself discomfort and harm.

Other recommendations include limiting the use of makeup and all synthetic products. Because your skin is an organ like any other, if you can not eat it, do not put it on your face! If you would not expect your digestive system to absorb a product, why make your skin? If you must use products, I recommend only base gels and creams, to which are added therapeutic-grade essential oils. Replace antiperspirants with deodorants - the

body is meant to sweat! An unpleasant odor is evidence that the lymph nodes in the arm pits are inflamed and festering, yet another side effect of toxicity. Moderate the temperature of showers and baths.

The connection between diet and skin problems is real, but resolving the problem is not as simple as pushing your pizza and chocolate aside. Fortunately, there are a myriad of natural tools at our fingertips that can help protect both you and your beautiful skin in the hot summer days to come.

Jan Bowers is a naturopathic health care practitioner for people and animals, as well as a certified personal trainer, nutrition consultant, and iridologist. She can be contacted by writing to jan.bowers@gmail.com

Days inn

Pets Don't Fly Free or Easy

Article by [REDACTED]
NAS Sigonella Air Terminal Manager

When you rotate, with all the issues you are dealing with, you must consider your pet up front. It can have harsh consequences if you don't. Pet movement has become a recent issue to members assigned to Sigonella. If you think about this in numbers, the odds are not in your favor to travel with your pet. If you wait until the last minute to address it, you will loose the gamble altogether.

Per DoD 4500.9-R, Chapter 103 "Pet shipment is limited to passengers in PCS status only. Member's must understand pet movement is at their (member's/owner's) expense. Travelers are restricted to a maximum of two (2) pets per family. Pets fly on a space available basis and only with owners on Permanent Change of Station (PCS) orders. Requests for pet reservations will be handled on a first-come-first-serve basis. Transportation Officers (T.O.) are responsible for providing travelers current information regarding pet shipments...Due to limited pet space, a 20-day travel window is recommended. A pet is limited to a total of 150 pounds (including carrier). Waivers are required to transport more than two dogs or cats." Requests for pet waivers will be requested by the travel office personnel only. Absolutely no waivers will be issued to the total amount of pets allowed per mission.

Per this DoD guidance pets are charged as excess baggage on Contract military airlift (also known as the PE or Cat B). Each pet is charged as an excess baggage fee, if the pet weighs more than 70 pounds, additional excess charges will be levied, if more than 140 pounds, another excess fee will be applied. Example if a pet owner ships two pets and the excess baggage cost is \$103 for a pet weighing up to 70 pounds, and pet one weighs 150 pounds the total cost for pet one equals \$309 (3x103=309) If pet two weighs 78 pounds, the total excess baggage fee will be \$206 (2x103=206) The total pet charge for the raveler is \$515. If you have questions regarding pet charges, or questions about the Rabies vaccination and Health certificate, be sure to contact your departing passenger terminal, Personnel Transportation Office (PTO), or local veterinar-

ian clinic. Commercial carrier rates vary depending on the airlines used. You should contact the airline you intend to fly on for accurate rate information.

Also, note the only exceptions for more than one pet in a single carrier. Per AMCI24-101V15 two small animals of the same species younger than 6 months, of comparable size, and up to 9.1kg (20 pounds) each that are used to cohabitation may be shipped in the same container as long as they can also stand up, turn around and lie down with normal posture. Only one excess baggage fee will apply in this circumstance if the combined weight plus kennel does not exceed 70 pounds.

Normally, the most pets on any one Air Mobility Command (AMC) military contract commercial aircraft from Sicily is about 13 pets. That means if there is one pet per family as a norm only 13 families will be traveling with their pet. That also is restricted further if there are no pets small enough for movement in the aircraft cabin. Only 3 pets can fit in the cabin leaving 10 pets in the aircraft belly. If all pets are large, then only 10 families will be leaving with pets. Now think about the route of the aircraft, it has multiple stops and Sigonella is only one of them. As stated above, there are no guarantees. Since pets are only moved on a space available basis, if your pet can't travel with you when you are supposed to PCS, you must find an alternate means to move your pet. The government is not obligated to extend you in temporary lodging and pay your meals just because your pet can't leave Sicily with you on the patriot express.

To make matters worse, if you are traveling in this peak summer season most commercial carries ban pet movement during these peak heat summer times. Only the military contract flights are moving pets, NAVPTO can guide you best on what your options are; do not wait until the last minute to start working Fido's travel arrangements.

One last note to remember, is that at no time is a pet authorized movement on a military organic aircraft. The only animals allowed to be moved by military aircraft are military working dogs. Ironically, they are manifested and moved as cargo.

Rigattiere



Assistant Secretary of the Navy B.J. Penn and Rear Adm. Mercer spend time in the JROTC classroom at the Stephen Decatur School in Sigonella, Aug. 20.

SECNAV continued from page 1

After departing NAS Sigonella, Penn traveled to NS Crete, where he briefed with the base's leadership, toured the facilities and NATO piers. Penn then traveled to Naval Air Station (NAS) Sigonella, Sicily, Aug. 20 to meet with the leadership, tour the base's new housing units and spend time meeting with Sailors.

After departing NAS Sigonella, Penn traveled to NS Rota where he met with Spanish Navy Rear Adm. Jose Maria Pelluz Alcantud, Admiral in Chief of Base Naval de Rota and commander of the base. Penn also toured the base's facilities and wrapped up his European trip with a dinner at a local Spanish restaurant.

Moda Italia

GEORGIA continued from page 11

assist the people of Georgia who have been affected by this conflict," Cmdr. Michael Casey, the C-130 flight commander, said. "We will continue to work around the clock with the local government, our U.S. embassy in Tbilisi and a number of aid organizations to provide relief to Georgian people as long as it's required."

The Department of Defense (DoD) deployment is part of a larger United States response to the govern-

ment of Georgia's request for assistance.

The aircraft from VR-54 is based out of Naval Air Station (NAS) Joint Reserve Base, New Orleans. It has been conducting fleet logistics support for units within the U.S. Sixth Fleet area of responsibility.

The C-130 is a long-range aircraft designed to provide rapid transportation of personnel or cargo for delivery by parachute or landing. It has a maximum payload capacity of more than 30,000 pounds.

BROCOLLI continued from page 2

package), about half the calcium, and smaller amounts of iron, thiamin, riboflavin and vitamin C.

Preparation and Cooking

The best way to cook broccoli is to steam, cook in the microwave or stir-fry with a little broth or water. These methods are better than boiling.

Some of the vitamin and mineral content are lost from the vegetable and end up in the cooking water when they are boiled. Cooked broccoli should be tender enough so that it can be pierced with a sharp knife, and still remain crisp and bright green in color.

Recipes

Broccoli Soup

Makes 4 servings. (1 cup each)

Ingredients

1 1/2 cups chopped broccoli (or 10-ounce pkg. frozen broccoli)

- 1/4 cup diced celery
- 1/4 cup chopped onion
- 1 cup low sodium chicken broth
- 2 cups nonfat milk
- 2 Tbsp. cornstarch
- 1/4 tsp. salt
- Dash pepper
- Dash ground thyme
- 1/4 cup grated Swiss cheese
- Place vegetables and broth in saucepan. Bring to boil, reduce heat, cover and cook until vegetables are tender (about 8 minutes). Mix milk, cornstarch, salt, pepper and thyme; add to cooked vegetables. Cook, stirring constantly, until soup is lightly thickened and mixture just begins to boil. Remove from heat. Add cheese and stir until melted.

Nutritional Analysis Per Serving: calories 115, cholesterol 10mg, sodium 255mg, fat 3g, calories from fat 24 percent.

Courtesy of Fruits and Veggies Matter <http://www.fruitsandveggiesmatter.gov/month.html>

NEW *Arrivals*

Palermo

Oxidiana

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](mailto:thesig@nassig.sicily.navy.mil)



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.

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