

# THE Signature

SIGONELLA, SICILY



Vol. 26 No. 17

The Signature Online - [www.sicily.navy.mil/signature](http://www.sicily.navy.mil/signature)

MAY 1, 2009

## Stephen Decatur students wrap-up recycling for Earth Day

Article and photos by  
MC3 Jonathan Idle  
The Signature Staff

Students from Stephen Decatur Elementary School completed a week-long recycling competition with Istituto Comprensivo Statale – Motta, a local Italian school, April 24 at Naval Air Station (NAS) Sigonella.

The purpose of the competition was to show the students the amount of waste that is produced in a week's time, and to teach them the importance of recycling for Earth Day.

"After spirited discussions with organizers, DoDDS, Motta School and support staff, we kicked off the school recycling project," said Vittorio Gasso, an environmental protection assistant at NAS Sigonella. "The project ran from April 20-24. Scales, collection bags, bins and spreadsheets were delivered

*EARTH, continued on page 13*



Students from Stephen Decatur Elementary School pose by the materials they collected for recycling. The school is competing against an Italian school to see who can bring in the most recycling. The competition will culminate in a BBQ picnic in May.

## NASSIG forward-leaning on H1N1 Flu

Article courtesy Naval Hospital Sigonella Public Affairs Office

The NASSIG base has adopted a pro-active approach to the potential influenza epidemic, from the medical preparations underway at the hospital to a host of public awareness initiatives.

The particular virus responsible for the recent deaths in Mexico, called H1N1, is a variant of the more common Influenza A virus.

This particular strain is emerging when the normal flu season is nearly finished, and unlike the common flu strains, seems to have more risk for those in the age group of 25-44. Both these factors have experts concerned about the potential for a large epidemic. But there are several measures we all can take to reduce the risk.

The H1N1 flu virus cannot penetrate skin, but must come in contact with the moist linings of the nose, mouth or eyes in order for you

to be infected. Most commonly this happens when your hands, or other objects contaminated with the virus come in contact with those areas. Hand washing with soap and water removes the viruses, and diligence in keeping your hands away from your eyes, nose and mouth may well prevent you becoming ill. If you do become ill, stay home, avoid spreading the infection further, and call the hospital for temperature greater the 103 degrees or for breathing difficulty over and above that normally accompanying a cold.

Here in Sigonella the leadership has launched a series of announcements and town hall meetings intended to keep all informed of the outbreak. The hospital has opened a 24/7 phone line for questions and concerns over the flu, and should it be necessary, there is an ample supply of medications used to treat it. The NASSIG leadership is also working closely

*FLU, continued on page 12*

## Sigonella celebrates Month of the Military Child



Lt. Jg. Angel Olivera eats a picnic lunch with his daughter in honor of the "Month of the Military Child" Apr. 24 at Naval Air Station (NAS) Sigonella. Sailors visited their children's classroom at Stephen Decatur Elementary School and then surprised them with a picnic lunch in the afternoon.

Photos by  
MC3 Jonathan Idle,  
The Signature Staff

Stephen Decatur Elementary School on Naval Air Station (NAS) Sigonella held a "Come See What I Do Day" for military members to visit their children during the school day on April 24.

During the day, mothers and fathers came to the school to experience the types of activities that their child participates in during the day. According to teacher Hillary Gillett, the day consisted of reading, arts and crafts, and finished off with a "Month of the Military Child" picnic on the school's playground.

April has been the Month of the Military Child since 1986 and is designed to recognize the important role that military children play in the armed forces community.

During the month-long celebration, military children are honored and thanked for the support they show their parents serving in the armed forces.



Master-at-Arms 1st Class Johnny Ortiz eats a picnic lunch with his daughter and his wife in honor of the "Month of the Military Child" Apr. 24 at Naval Air Station (NAS) Sigonella. Sailors visited their children's classroom at Stephen Decatur Elementary School and then surprised them with a picnic lunch in the afternoon.

### WEATHER UPDATE

May 1  
H:75F  
L:55F



May 2  
H:70F  
L:51F



May 3  
H:72F  
L:55F



May 4  
H:78F  
L:56F



May 5  
H:77F  
L:59F



May 6  
H:76F  
L:57F



May 7  
H:75F  
L:52F



### TOP STORIES

There is a Chinese story of an old farmer who had an old horse for tilling his field. One day the horse escaped into the hills and when all the farmer's neighbors heard about it, they sympathized with the old man over his bad luck. The farmer responded: "Bad luck? Good luck? Who knows?"

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President Barack Obama presented the U.S. Naval Academy football team the Commander-in-Chief's Trophy April 21 during a White House Rose Garden ceremony.

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Culture shock is the term used to describe the reaction people experience when moving to a foreign country or trying to function in an unfamiliar environment. It can cause intense discomfort, often accompanied by irritability, bitterness, resentment, marital stress, hostility toward host nationals and depression.

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Small details can sometimes change the interpretation of a discovery. That's what happened with the archeological site called "Terme della Rotonda" featuring the ruins of Roman thermal baths and a Byzantine church, that has been recently reopened after four years of restoring.

Page 6

It seems like Mother Nature has been playing a trick on us Sigonellans lately. One day it's sunny and on other days, it's dark, gloomy and windy. The good news about this weather is that it has prolonged the 'snow life' on top of Mt. Etna, making it still possible to visit the Rifugio (or refuge) and play around in the snow.

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### TRAFFIC NUMBERS

Jan. 09- Jan. 08-  
May 09 May 08

Accidents	77	84
Injuries	9	12
DUIs	0	5
Traffic Deaths	0	2

PLEASE,  
DON'T BECOME  
A STATISTIC!

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# DIRECT LINE NASSIG COMMANDING OFFICER, CAPT. THOMAS J. QUINN

Next week, we will be honoring those members of our Sigonella community whose dedication and support of our children often goes without recognition...the teachers and staff at the Stephen Decatur Elementary School and the Stephen Decatur Secondary School.

Teacher Appreciation Week will run from May 3 - 9 and teachers all over America, and overseas, will be honored for their dedication, passion, and the caring nature they give. Teachers are the backbone of the educational system and they need our support and cooperation on a daily basis. The teachers and staff make a lasting contribution to the community and in their classrooms. From reading, writing and arithmetic, to career development and college prep classes, they make learning fun and leave a lasting impression.

According to the National Parent-Teacher

Association, schools with strong parent involvement programs experience profound benefits for students, parents, teachers, and administrators. Research shows that when parents are involved in a student's education, those students generally have higher grades and test scores, better attendance, and more consistently completed homework.

Parent to teacher communication and involvement is paramount in the school system. We have parents volunteer in classrooms, on the School Advisory Committees and the Parent-Teacher Organization and associations on base. The student advisory committees meet once a month, so please contact your student's school to find out the day and time. Any parent is welcome to attend these meetings. These organizations make your school a better learning environment

for your child, but, they can only do so with your participation.

This next week, take time to let your child's teacher know how much you appreciate them for what they are doing for your child. They often work hard and long hours preparing for their classes. Please take the time to say "thanks" to the teachers and staff at the Stephen Decatur Schools and remember to volunteer if you can.



# Health WATCH

## Take five

Article courtesy Lt. L. Skinner, Naval Hospital Sigonella

Don't we all wish for more time in the day?

Well, how about more life; longevity that is?

Here are five simple things you can do to add more days to your life.

First: Get moving! Incorporate the entire family with a walk or a game of ball.

Get rid of the excuses and plan in some fun.

When was the last time you walked in the rain because you wanted to?

Second: Be careful of the sugars and calories you take in daily.

Be sensible and read those labels. If you have any questions, or think all labels are written in Greek, contact your health care team and remember Sigonella also has a dietitian on board ready to make sense of

it all. Third: Increase your fluids and try the low sugar beverages. Watch out for that caffeine, especially as the weather turns warmer.

Fourth: Get some rest. Yes, plan that in too and monitor your sleep pattern. Ask yourself if you are getting enough and truly resting through the night.

Lastly: Laugh. Heard about the apple a day? Grab a chuckle with a good friend. Studies show people with support systems live longer and laughing helps reduce stress. We all know what that can lead to!

So here is to your health, Sigonella.

Please note that May 6 through May 13 is National Nurse's Week.

There will be a decorated "Thank You" box in the main lobby

**FIVE, continued on page 12**

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Article by Chaplain Al Concha

There is a Chinese story of an old farmer who had an old horse for tilling his field. One day the horse escaped into the hills and when all the farmer's neighbors heard about it, they sympathized with the old man over his bad luck. The farmer responded: "Bad luck? Good luck? Who knows?"

A couple of weeks later the horse returned with a herd of wild horses from the hill and the neighbors congratulated him on his 'good luck'. Then, the farmer said: 'Good luck? Bad luck? Who knows?'

As the story goes on, Andrew, the farmer's son was attempting to tame one of the wild horses. He fell off its back and broke his leg. Everyone thought this was a very bad news. Not the farmer. His only reaction was: 'Good luck? Bad luck? Who knows?'

# Was it a blessing or not?

Some weeks later, the Army marched into the village and conscripted every able-bodied youth that they found there. When they saw the farmer's son with his broken leg they let him off. Was that a good luck? Bad luck? Who knows?

Can you identify yourself with some of these experiences in life? Some times, we may feel it is a bad luck or good luck, or simply we do not know about that. Just to use one

**BLESSING, continued on page 12**

## NASSIG WORSHIP SERVICES

Chapel Office: 095-86-3975

### ROMAN CATHOLIC

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

### Monday - Wednesday, Friday

1130 Catholic Mass (NAS II Chapel)

### PROTESTANT

**Sunday**  
0900 General Protestant (Mineo Community Center)  
1000 Traditional Protestant (NAS I Chapel)  
1130 Contemporary Protestant (NAS I Chapel)

### Wednesday (NAS I Chapel)

1700 Protestant Fellowship Dinner  
1800 Bible Studies for All Ages

### CHURCH OF CHRIST LAY SERVICE

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

**JEWISH SERVICES:** Please call 095-86-1205

### OTHER SERVICES/ACTIVITIES POINTS OF CONTACT

**Latter-day Saints:** Please email ldssig@gmail.com or call 624-1314 or 349-1977-116  
**AA Meetings:** Monday, Wednesday, Friday - 1900, NAS II Chapel, 346-840-7745

## TRAFFIC COURT RESULTS

- E5: Improper turning movement. Member was awarded one point and counseled on driving responsibly.
- E5: Speed 1-10MPH over posted limit. Member was awarded one point and required to attend DIP class.
- E4: Speed too fast for conditions. Member was awarded one point and required to attend DIP class.

## 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.*

# NAVY NEWS

## Obama honors Navy football team for commitment to team, country

Article by Donna Miles, American Forces Press Service

WASHINGTON (NNS) -- President Barack Obama presented the U.S. Naval Academy football team the Commander-in-Chief's Trophy April 21 during a White House Rose Garden ceremony.

Obama extended congratulations to the midshipmen from Annapolis, Md., who bested both the U.S. Military Academy "Black Knights" 34-0 and the U.S. Air Force Academy "Falcons" 33-27 during the 2008 season.

The wins earned Navy the coveted Commander-in-Chief's Trophy -- and a trip to the White House to

receive it -- for the sixth consecutive year.

"By now, you guys know your way around here better than I do," Obama said at the ceremony.

Obama offered high praise to Navy for its "fearsome offense" as well as the nation's most-improved defense.

But amid the levity of the event, he identified attributes that make Navy's players unique, including the top graduation rate in the NCAA for four consecutive years and a demanding schedule of coursework and military training.

Obama noted that all 32 seniors on the Navy team are "preparing to

trade one proud uniform for another -- and that's the United States of America's uniform."

And although the Navy team has won a record 13 consecutive service academy games dating back to the 2002 Army-Navy game, the president told them, "You're all joining the same team now."

"Football, it's said, makes boys into men," he said. "But the academy makes men and women into leaders. And the bonds that you've built and the lessons that you've learned on that field and in your 'four years by the Bay' have prepared you to join and lead the finest fighting force in the history of the world."

Obama, who is scheduled to deliver the keynote address at this year's Naval Academy graduation, told the team he has no greater honor or responsibility than serving as their commander in chief. "I'm proud of you," he said.

"And I promise you this," he continued. "From the minute you put on that uniform to the minute you take it off, and for all the days of your life, this country will stand behind you and will be here for you, because we know that you will be there for us."

During today's ceremony, Obama recognized Lt. Cmdr. Wesley

Brown, who in 1949 became the U.S. Naval Academy's first black graduate, and for whom the academy's new field house is named.

The president also recalled his Hawaiian roots, recognizing two fellow Hawaiians: team coach Ken Niumatalolo and Midshipman Kaiponoa Kaheaku-Enhada, the starting quarterback. Rendering a "shaka" or Hawaiian "hang loose" sign in during the ceremony, Obama noted Niumatalolo's calmness under pressure.

"That's the Hawaiian spirit," Obama said. "That's how we roll."

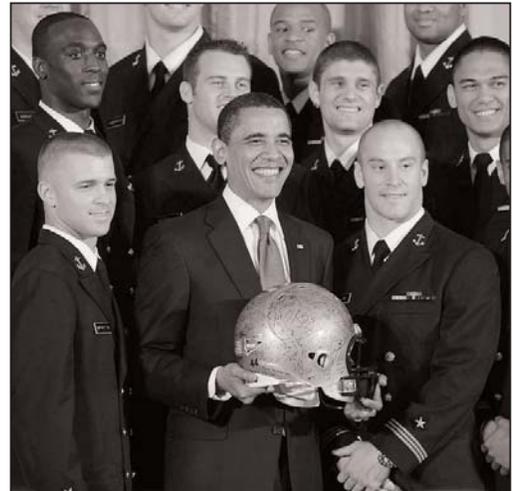
### PHOTO FROM THE FLEET

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



U.S. Army photo by Sgt. Matthew C. Moeller

U.S. Army Spc. Andrew Harvey trudges across the steep cliff sides surrounding Korengal Valley, Afghanistan, during Operation Viper Shake, April 21, 2009. During the operation, soldiers from the 1st Infantry Division's Company C, 1st Battalion, 26th Infantry Regiment, hiked to elevations of more than 2,500 meters to disrupt violent extremists operating in one of Afghanistan's most hostile areas.



U.S. Navy photo by Phil Hoffmann

President Barack Obama poses for a group photo with U.S. Naval Academy Midshipmen during the Commander-in-Chief Trophy presentation. The Midshipmen received the coveted trophy for the sixth consecutive year, after beating the Black Knights of West Point and the Air Force Academy Falcons during the 2008 football season, and presented the Commander-in-Chief with a helmet autographed by the team.

NEW

Arrivals

Torva Monika

Volcano

to

				FRIDAY	SATURDAY	SUNDAY
<h2 style="text-align: center;">COMMUNITY CALENDAR</h2>				<b>1 MAY</b> Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745  Italian Holiday Labor Day	<b>2</b> Nearly New Shop Open NMCRS 10 a.m. - 1 p.m.	<b>3</b>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY			
<b>4</b> Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745	<b>5</b> Tobacco Cessation Flight Line Clinic 12 p.m. - 1 p.m. x4710	<b>6</b> Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745  Motta Castle Tour FFSC 10:30 a.m. - 1 p.m. x4291	<b>7</b> Conflict Resolution FFSC 1 p.m. - 2:30 p.m. x4291	<b>8</b> Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745  Arrivederci Class FFSC 8 a.m. - 11:30 a.m. x4291	<b>9</b>	<b>10</b> Happy Mother's Day!
<b>11</b> Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745  Stress Management FFSC 1 p.m. - 3 p.m. x4291	<b>12</b> Volunteer Orientation NMCRS 10 a.m. x4212  Tobacco Cessation Flight Line Clinic 12 p.m. - 1 p.m. x4710	<b>13</b> Budget for Baby NMCRS 5 p.m. x4212  Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745  Survive & Thrive FFSC 8 a.m. - 3 p.m. x4291	<b>14</b> Ombudsman Assembly FFSC 3 p.m. - 5 p.m. x4291  Car Buying Strategies FFSC 1 p.m. - 3 p.m. x4291  Ricotta Cheese Workshop FFSC 9 a.m. - 2 p.m. x4291	<b>15</b> Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745  Thrift Saving Plan FFSC 10 a.m. - 11:30 a.m. x4291	<b>16</b> Nearly New Shop Open NMCRS 10 a.m. - 1 p.m.	<b>17</b>

# Motta

# Baseball

# Alphio

*Did you know that . . .*

The Mission of the Navy-Marine Corps Relief Society is to provide, in partnership with the Navy and Marine Corps, financial, educational, and other assistance to members of the Naval Service of the United States, eligible family members, and survivors when in need; and to receive and manage funds to administer these programs?"

Located at approximately 250 offices ashore and afloat throughout the world, the Society's work is accomplished mainly by its 3,600 dedicated, trained and caring Volunteers who are supported by a small cadre of employees. NMCRS: Your First Resource!  
[www.nmcrs.org](http://www.nmcrs.org)



# The Fleet & Family Support Center

Fleet and Family Support Center  
Administration Building 319  
NAS I  
Monday-Friday 0730-1630  
DSN 624-4291  
Commercial 095-56-4291

## Culture shock

Article by Cinzia Spampinato  
FFSC Sigonella

Culture shock is the term used to describe the reaction people experience when moving to a foreign country or trying to function in an unfamiliar environment. For example, moving from the United States to Italy, or even relocating from the East coast to the West coast of the U.S. can be traumatic. It can cause intense discomfort, often accompanied by irritability, bitterness, resentment, marital stress, hostility toward host nationals and depression. These symptoms are not restricted to those people living in a different culture for an extended period of time. Even tourists feel vulnerable and isolated when first confronted by a customs officer who doesn't speak English.

There are distinct stages of adjustment, which virtually everyone goes through when experiencing a culture wholly alien.

Initial Euphoria

The honeymoon, everything new is intriguing and exciting.

Irritation

There are so many adjustments. The multiple demands coming within a short period of time cause frustra-

tion. Annoyance fills your day.

Adjustment

You begin to feel more comfortable in the culture, self-confidence increases, your sense of humor returns, and you realize the situation is not hopeless after all.

Adaptation

Individuals have adopted some of the customs, values and personal attitudes of the host country. A support system has developed and you become integrated into a new social network.

Fortunately, culture shock is not a fatal disease. Dr. Robert Kohls, a cultural historian prescribes the following suggestions to minimize the impact of culture shock.

Know the host country

There are many resources available to you if you care to seek them out, i.e. library, FSC, MWR, etc. Your efforts will pay off not only in giving you some background knowledge, but in the pleasure your host nationals will take in recognizing that you took the trouble to learn about them.

Have realistic expectations

The more you know about the

host country, the more realistic your ideas will be of what you can and cannot accomplish. You'll be better prepared to deal with disappointment.

You can't possibly do everything right

Be patient and go easy on yourself and others. In other words, give yourself and those around you a little slack. Remember, this is a foreign environment.

Adjust your time schedule

Set your own pace and keep an open mind. Allow extra time for traffic and getting lost. E. Don't compare yourself to the eagerly adventurous.

You may know someone who tears off each weekend, guide book in hand, and returns with enthusiastic descriptions of their discoveries. Don't feel guilty if your idea of enjoying the culture doesn't match theirs. Enjoy whatever pleasure suits you.

The FFSC offers a series of workshops to help ease your transition such as: ICR for newcomers, cooking workshop, "Amici" cultural exchange program. As you become better acquainted with your host

*SHOCK, continued on page 12*

## Strike

## Mondo Animale

## Pentagon

## 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 looking for a warm home and someone to love. Each week,

*The Signature* will feature animals in need of adoption.

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



**NIX** (left) is a great girl. She needs a patient family who can show her love, affection and how to belong. She would love a warm bed to snuggle in each night.



**SKEET** (right) is one of our newer dogs. He is kind and well-behaved. He is one of our larger dogs and would be a great addition to an outdoorsy family.

**SAWS will be having a dog wash at the Marinai CDC (weather permitting) on Saturday, May 2 from 12 p.m. to 3 p.m.**

## 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.*

Alberto Lunetta  
 The Signature Staff



# Italian NEWS



*Sicilian Culture, Events and Lifestyle*

## Terme della Rotonda: an archaeological mystery uncovered

I've always been fascinated by archaeological mysteries. Small details can sometimes change the interpretation of a discovery.

That's what happened with the archaeological site called "Terme della Rotonda" featuring the ruins of Roman thermal baths and a Byzantine church, that has been recently reopened after four years of restoring. This fascinating site, which is nestled in the heart of the Catania historic center in the ancient acropolis area, is part of the Roman and medieval legacy of the history of the city.

Architect Giuseppe Lo Porto, the president of "Siciliatica," a Catania-based association of volunteers engaged in the preservation of the cultural heritage who take part in archeological excavations, told *The Signature* what archaeologists and art

experts from the Catania Soprintendenza (the Italian Government agency that oversees the Italian cultural heritage) have recent-

ly discovered during recent excavations and restoration work carried out on this site. Lo Porto said Soprintendenza archeologist Maria Grazia Branciforti and art historian Claudia Guastella found evidences that, contrary to what had been believed for centuries,

Templar knight's burial site. The Church, which was called Chiesa Santa Maria della Rotonda, was heavily damaged during WWII.

"Visitors can also admire fragments of frescoes from the Byzantine era and get an idea of how Catania looked in medieval times." Lo Porto said.



Photo by Giuseppe Nicotra



Photo by Giuseppe Nicotra

ly discovered during recent excavations and restoration work carried out on this site.

Lo Porto said Soprintendenza archeologist Maria Grazia Branciforti and art historian Claudia Guastella found evidences that, contrary to what had been believed for centuries,

ing to the third century A.D., but it was actually built as a church during the Byzantine era. Lo Porto also added that, during restoration, Soprintendenza archeologists have uncovered about 100 skeletons in good condition, a discovery which suggests that area was also an ancient

Legend has it that this was the first Christian church ever built in Italy and that it was erected by St. Peter on his way to Rome.

An enthusiastic crowd witnessed last week's reopening.

The "Terme della Rotonda" archeological site is located in via della Rotonda and it is open from Monday to Saturday from 9 a.m. to 1 p.m. and from 4 to 7 p.m. For more information, call 095-7472111.

## Cuttlefish festival begins in Donnalucata



Make sure you don't miss out on attending the annual "Sagra della Seppia" or Cuttlefish Festival that will be held this weekend in Donnalucata, a picturesque fishermen village located about two miles from Scicli in the Ragusa province. Visitors can enjoy plenty of cuttlefish-based dishes including "spaghetti al nero di seppia" (spaghetti with squid ink), stuffed cuttlefish, cuttle-

fish salad, Arancini rice balls filled with sepia ink and fried cuttlefish.

Tonight, festival booths open at 6:30 p.m. in piazza Garofalo. Later, a dance and karaoke show begins at 9 p.m. On Saturday, May 2, and Sunday, May 3 the festival opens at 9 a.m. and 6:30 p.m. Evening live music entertainment is performed on both May 2 and May 3 at 9 p.m.

The festival also features craft vendor booths and children activities offering a variety of games and fun, as well as Vespa and motorcycles gatherings (10:30 a.m. and 11:30 a.m./Sunday, May 3). For more information and detailed schedules call the festival organizers at 333-4847002 or 338-4501621 or send an email to [info@sagradellaseppia.org](mailto:info@sagradellaseppia.org).

# Days Inn

# Medusa

## Strawberry festival in Cassibile this weekend



Photo by Alessandra Lunetta

Add some zest to your weekend! The Festa della Fragola or Strawberry Festival is back in Cassibile, a neighborhood of Siracusa. It will take place this weekend (May 1 through May 3) starting today at 9:30 a.m.

The festival, which celebrates strawberries, will also host horse racing (Friday, May 1/ 2 p.m. - Sunday, May 3/10:30 a.m.), delicious food, activities for kids, entertainment and fun for the entire family! Some of the highlights include: Sicilian Puppets Show (May 2/ 7:30 p.m.), Country Music Show (May 3/ 8 p.m.) and free testing of strawberry cake (May 3/ 5:30 p.m.).

## Gegomotor

This exciting event will be held at the Ippodromo del Mediterraneo (horse race-track) which is located right after the Florida exit on state road 114 (Catania-Siracusa). For more information and detailed festival schedules visit [www.festadellafragola.it](http://www.festadellafragola.it).



## Stampa

## Kartodromo

## K9 Base Tour



Photo by Irene Confalone

Naval Air Station Sigonella Security K-9 dog handler Petty Officer 2nd Class Richard Trester shows students from San Giovanni la Punta his canine partner Rita after a Military Working Dogs demonstration which included basic obedience, control exercises and bite work training.

"It's a good thing to build international relationship between us and the Italian students and to show them what we do here. I like Italy. I do enjoy living here, I love this experience. It's something that U.S. military members are fortunate to have," Trester said.

"My students showed great interest and enthusiasm in the K-9 demonstration. They asked a lot of questions on the MWD training and career," said, Irene Confalone, the Italian and English teacher of "Giovanni Falcone" Elementary School.

School base tours are among the most successful COMREL activities of Sigonella. Every year, NAS-SIG and 41st Stormo PAOs host about 8,000 Italian students of all grades who typically visit the Fire Department, Air OPS and Security MWD K-9 Unit.



Teenage Italian girls are going to flock to see pop star Nek perform in Catania on May 4 and Palermo on May 5.

Nek, born Filippo Neviani got the stage name Nek back in 1992 when he released his first album.

In 2007, Nek received two prestigious Italian awards for the most successful and appreciated singer-songwriter.

In 2008, he recorded a duet of the song "Walking Away" with Craig David and in 2009 released a new album which contains 12 new songs including the duet with David.

The performance in Catania will be held at Via Sant'Euplio 21. For more information, call 39 095 322323 or visit [www.ctbox.it](http://www.ctbox.it).

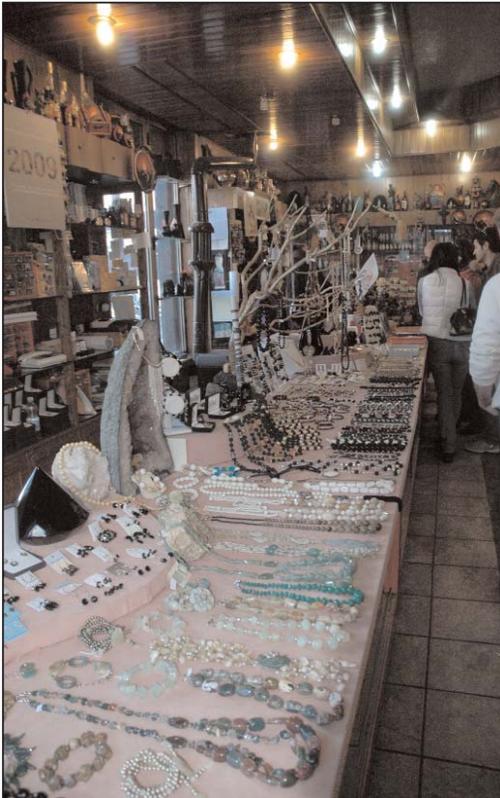


Do you have a passion for writing or looking for a little experience in journalism? The Signature is seeking volunteers to help cover base wide events as well as feature stories. If this sounds like an opportunity for you please call the Public Affairs Office at 624-5440.

# A Stone's Throw

THE HUB OF THE MED IS ALSO THE HUB FOR TRAVEL

## Visit Mt. Etna's Rifugio



Some of the vendors up on Mt. Etna sell items such as jewelry. The jewelry is locally made and you can even find necklaces and earrings made of lava rock. This is a great place to find a souvenir for friends or family.



As you drive down off the mountain, the view of Sicily is amazing, if the weather is right. On clear days, you can get a great panoramic view of the island, including the beaches, small Italian towns and the beautiful landscape.

**Article and photos by**  
**Tracie Barnhouse,**  
*The Signature* Editor

It seems like Mother Nature has been playing a trick on us Sigonellans lately. One day it's sunny with a warm breeze blowing, and on other days, it's dark, gloomy and windy. The good news about this weather is that it has prolonged the 'snow life' on top of Mt. Etna, making it still possible to visit the Rifugio (or refuge) and play around in the snow. Skiing might not be an option anymore, but you can definitely still find enough snow to build a snowman, throw some snow balls, and get one last glimpse of winter on Sicily before it all turns to slush.

**Site:**  
 The Rifugio is an ideal place for

Sicilians to go to escape. Because of this, the Rifugio rates four out of five stars. One star was deducted because the weather at the Rifugio is fairly temperamental. Even though the weather may look great from base, it could be cold, windy and fairly miserable up on the mountain. The only way to find out what the weather's like up there is to actually go - and you definitely should. Every weekend you'll find a stream of cars either going up or down Mt. Etna and stopping at the Rifugio for some hot chocolate and to take in the views. Situated at the bottom of the ski lift, the Rifugio is a large area where people can wander about, and if the weather is right, provides great views of the surrounding island. Some options are to walk around the vari-

ous craters and take some pictures, grab a bite to eat or a café in the bar, or shop in some of the mom & pop shops located in the area. There are even a couple hotels located in the area, so if you want, you could make it a weekend getaway and spend your days exploring Mt. Etna's southern side.

**Family Friendly:**

The family friendliness rates four out of five stars because of the weather. Although it might be difficult to visit the Rifugio right now with a stroller due to the snow, toddlers and younger children will enjoy running free on a volcano. As mentioned, in the winter, kids will enjoy the thick hot chocolate available at the various bars located on the mountain. In the summer, enjoy some



While you're at the Rifugio, walk and explore the various craters and past lava flows. When there's not snow covering it, notice the different color in the different lava. The darker the lava, the more recent the eruption. Mt. Etna's last major eruption was in May 2008, although it is constantly venting lava and steam.

Oxidiana

Palermo

freshly squeezed orange juice. It's amazing. There are a lot of shops at the Rifugio, too, that cater toward children by selling fun souvenirs. You could make it an educational day for the kids by stopping by the Volcano Museum in Nicolosi either before or after driving up the mountain. The museum provides historical information about Mt. Etna's past eruptions, how lava is diverted using explosives, and more.

**Accessibility:**

This rates five out of five stars, as the community has made getting to the Rifugio very simple. As with most locations in Sicily, there are dozens of ways to get to them, but if you don't own a GPS unit, the easiest way to get to the Rifugio is this: get on the A19 toward Catania, merge onto A18 toward Messina and take the exit toward SP10/Gravina/Etna. From here, just simply follow the brown Etna signs. You'll head up through Gravina, Mascalucia, Nicolosi and finally up the side of Mt. Etna. Parking at the Rifugio is also very easy, although the parking lot is a pay lot. There is typically a vendor selling honey and other consumables parked in the lot that you pay your two Euro to. He'll hand you a ticket and just place that in your windshield. The area is very easily walk-able, and you won't need to drive from place to place, so your car and stay in the same spot the whole time.

**Travel Time:**

This rates three out of five stars because it is relatively close to base. It takes approximately an hour from NAS I to the Rifugio.

**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@eu.navy.mil](mailto:thesig@eu.navy.mil)



Inside one of the bars up at the Rifugio, you can get an Italian espresso, or indulge in hot chocolate, which is different than typical American hot chocolate. This hot chocolate is eaten with a spoon because it is so thick. In the summer, get some of the freshly squeezed orange juice.



(Above) There are many 'mom & pop' shops at the base of the ski lift at the Rifugio. The stores sell ceramics, t-shirts, and other Sicilian souvenirs. Some stores sell special Mt. Etna honey and liquor as well. (Below) There are many bars and restaurants to choose from at the Rifugio.



Palermo

Tamoil

**NEWS BRIEFS**  
**Job Opportunities**  
**Naval Hospital Sigonella**

U.S. Naval Hospital Sigonella is seeking applicants for a full-time Mail and File Clerk. Applicant must be a U.S. citizen. For inquiries concerning job applications, please call the Human Resources Office at (095) 56-4165/ or DSN 624-4165 or visit: <http://www.sicily.navy.mil/positions/hro/>.

**WIC Overseas**

Choctaw Archiving Enterprises is responsible for managing the Women, Infants and Children (WIC) Overseas Program to U.S. Military beneficiaries at U.S. installations throughout Europe.

We have two immediate job openings for:

**Nutritionist/Dietician/Nurse** in our Sigonella, Italy office. Requires: a BS in Nutrition, Dietetics, Nursing or Home Economics. Experience in prenatal, maternal, or infant nutrition required. Must be a U.S. citizen.

**Administrative Assistant** in our Sigonella, Italy office. Requires: a high school diploma, or equivalent with business office experience or education. Must be a U.S. citizen.

Fax resume & cover letter to [wicoverseasjobs@choctawarchiving.com](mailto:wicoverseasjobs@choctawarchiving.com) or fax: (210) 525-1398. For more information about the positions, call: Regional Mgr. Charlotte Riersgard DSN: 632-4869 email: [charlotte.riersgard@aviano.af.mil](mailto:charlotte.riersgard@aviano.af.mil) WIC Overseas, Aviano, Italy

Protestant Women of the Chapel



**Protestant Women of the Chapel**  
**Summer Program**  
**June 23-July 28**  
**10 a.m. - 11:30 a.m.**  
**NAS I Chapel**  
**Childcare Provided to age 12!**  
[www.pwocsig.com](http://www.pwocsig.com)

# Go Green Sigonella!

## More Go Green Tips

**TURN YOUR THERMOSTAT DOWN ONE DEGREE** If you turn your thermostat down by one degree, your heating costs will decrease by about 3 percent. Turn it down five more degrees for four hours a day and reduce your heating bills by almost 6 percent. If you're going to be away for the weekend or out in the evening, turn your thermostat down. It's not true that reducing the temperature means it will take more heat to bring it back up to a warm level (unless you have a heat pump in your home). Also, turn the heat down if you are throwing a party—every guest will be the equivalent of a 100-watt heater.

**DON'T BE A BUTT TOSSER**

About 4.5 trillion cigarette butts are littered worldwide each year—making them the most-littered item. The myth that cigarette filters are biodegradable is just that, a myth. Although the filters do eventually decompose, they release harmful chemicals that enter the earth's land and water during the decaying process. There is nothing earth-friendly about the breakdown. If you must smoke, carry a 35-mm. film canister to store your used butts in until you can properly discard them.

**DON'T JUST DUMP**

Envelopes come in huge quantities for free every day. If you are careful

when opening letters, you can use the envelopes again by simply putting a label over the original address. This saves money and trees, while reducing waste. Try to re-use jars and plastic containers—for example, when taking your lunch to work. (Doing so prevents waste, and making your food at home is less expensive than the alternative.) Ask your office manager to buy re-usable mesh coffee filters instead of bleached paper ones, which may contain dioxins. They are tree-free and should save your company money.

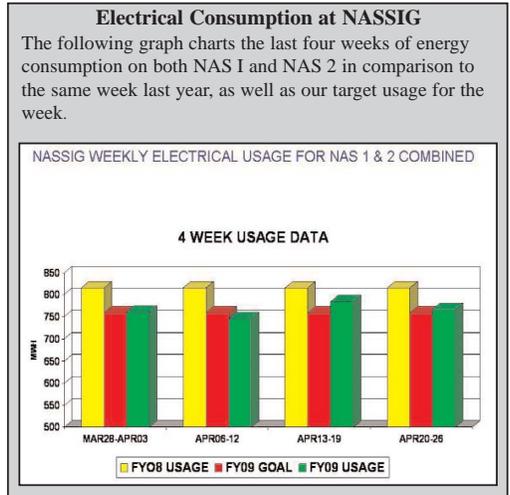
**AVOID DISPOSABLE GOODS** Institute a mug policy in your office. Americans throw away some 25 billion polystyrene cups every year, most of which end up in landfills. Refill your water bottles once or twice, and make your coffee in a ceramic mug. If you bring in cutlery from home, you will also cut down on those pesky plastic forks, knives, and spoons.

**GROW YOUR OWN GARDEN** In 1826, J. C. Loudon wrote in *An Encyclopaedia of Gardening*, "For all things produced in a garden, whether salads or fruits, a poor man that has one of his own will eat better than a rich man that has none." To start a vegetable garden costs nothing but a few packs of seeds and rudimentary garden implements, and it saves enormous amounts of money, to say nothing of the food miles and the packaging that go into supplying you with fresh fruits and vegetables.



### Ristorante Bella Etna

<b>1</b>	<p><b>Lunch:</b> New England Clam Chowder, Lemon Pepper Catfish, Grilled Pork Chops, Tortellini, Steamed Rice, Garlic Roasted Potatoes, Asparagus, Creole Green Beans, Sugar Cookies, Cheese Cake, Vanilla Cream Pudding.</p> <p><b>Speed line:</b> Grilled Cheeseburger/Hamburger, Turkey Burger, French Fried Potatoes, Pork and Beans.</p> <p><b>Dinner:</b> Vegetable Supreme Soup, Italian Rice and Beef, Oven Browned Potatoes, Spinach, Stir Fry Vegetables, Sugar Cookies, Cheesecake, Vanilla Cream Pudding.</p> <p><b>Made to Order:</b> Grilled Chicken Breast Sandwich, Tuna Salad on Wheat Bread, Potato Chips.</p>
<b>2</b>	<p><b>Breakfast:</b> Farina, Grilled Ham Slices, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Buttermilk Pancakes, Asstd Doughnuts, Butterhorns.</p> <p><b>Brunch:</b> Breakfast Items, Logging Soup, Baked Tuna and Noodles, Beef Stirfry, Pork Fried Rice, Cajun Oven Fries, Steamed Broccoli, Glazed Carrots, Almond Cookies, Blueberry Pie.</p> <p><b>Dinner:</b> Cream of Mushroom Soup, Beef &amp; Corn Pie, Jamaican Rum Chicken, Steamed Rice, Fried Okra, Corn Whole Kernel, Almond Cookies, Blueberry Pie.</p>
<b>3</b>	<p><b>Breakfast:</b> Rolled Oats, Grilled Minute Steak, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, French Toast, Asstd Doughnuts, Kolaches.</p> <p><b>Brunch:</b> Breakfast Items, Bean &amp; Bacon Soup, Grilled Monte Cristo Sandwich, Cheddar and Chicken Broccoli, Rosemary Potato Wedges, Steamed Brussels Sprouts, Glazed Carrots, Hermits, Velvet Pound Cake.</p> <p><b>Dinner:</b> Pepper Pot Soup, Pasta Alla Sicilian, Jaegerschnitzel, Rice Pilaf, Cauliflower Polonaise, Seasoned Succotash, Garlic Bread, Hermits, Velvet Pound Cake.</p>
<b>4</b>	<p><b>Lunch:</b> Beef Noodle Soup, Fish Florentine, Yankee Pot Roast, Penne Amatriciana, Southwestern Rice, Parsley Buttered Potatoes, Calico Cabbage, Sprouts Superba, Almond Cake, Peach Crunch, Butterscotch Pudding.</p> <p><b>Speed line:</b> Sub Sandwich, Pasta Primavera, Cartocciaita.</p> <p><b>Dinner:</b> Cream of Potato Soup, Salisbury Steak, Brown Rice w/ Tomatoes, Collard Greens, Lyonnaise Wax Beans, Almond Cake, Peach Crunch, Butterscotch Pudding.</p> <p><b>Made to Order:</b> Grilled Chicken Breast Sandwich, Tuna Salad on Wheat Bread, Potato Chips.</p>
<b>5</b>	<p><b>Lunch:</b> Arroz Caldo Soup, Chicken Adobo, Beef Caldereta, Penne Boscaiola, Steamed Rice, Cut Green Beans, Steamed Carrots, Fruit Cocktail Upside Down Cake, Chocolate Chip Cookies.</p> <p><b>Speed line:</b> Philly Cheese Steak, Hotdogs, Onion Rings, Pasta Primavera.</p> <p><b>Dinner:</b> Manhattan Clam Chowder, Creole Shrimp, Stuffed Green Peppers, Boiled Pasta, Cream Style Corn, Baked Hubbard Squash, Fruit Cocktail Upside Down Cake, Chocolate Chip Cookies.</p>
<b>6</b>	<p><b>Breakfast:</b> Rolled Oats, Creamed Ground Beef, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Blueberry Pancakes, Asstd Doughnuts, Danish Diamonds.</p> <p><b>Lunch:</b> Mulligatawny Soup, Roast Turkey, Meatloaf, Spaghetti Carbonata, Steamed Rice, Mashed Potatoes, Chicken Gravy, Peas &amp; Carrots, Steamed Cauliflower, Sweet Potato Pie, Shortbread Cookies, Peach Gelatin.</p> <p><b>Speed line:</b> Grilled Cheese/Hamburger, Turkey Burger, Pork &amp; Beans, French Fried Potatoes.</p> <p><b>Dinner:</b> Shrimp Gumbo Soup, Mexican Pepper Steak, Fishwich, Steamed Rice, Lima Beans, Vegetable Stir Fry, Sweet Potato Pie, Shortbread Cookies.</p>
<b>7</b>	<p><b>Breakfast:</b> Hominy Grits, Corned Beef Hash, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, French Toast, Asstd Doughnuts, Pineapple Carrot Muffin.</p> <p><b>Lunch:</b> Corn Chowder Soup, Pineapple Chicken, Beef Sauerbraten, Farfalle Alfredo, Orange Rice, Mashed Potatoes, Steamed Asparagus, Summer Squash, Devils Food Cake, Fruit Nut Bar.</p> <p><b>Speed line:</b> Hotdogs, Baked Potatoes, Bacon Bits, Sautéed Mushroom, Sour Cream, Assorted Pizza, Baked Italian Sausage, and Sautéed Pepper &amp; Onions.</p> <p><b>Dinner:</b> Beef Noodle Soup, Mambo Roast Pork, Chicken Parmesan, Steamed Rice, Steamed Broccoli, Seasoned Carrots, Devils Food Cake, Fruit Nut Bar.</p>



# NFCU

# ON THE GO WITH MWR

## Celebrate Cinco Di Mayo with Fiesta Bowling

Mexico is coming to Sigonella on Tuesday, May 5. SpareTime Bowling turns up the heat and celebrates the country's regional holiday with a Latin feast kicking off at 5 p.m. through to 9 p.m. The festivities will include a taco and enchilada bar complete with Mexican side dishes, bowling and a DJ spinning the hottest Latin music. Cost is \$10 for adults and \$1 for kids. Also included is bus transportation to and from NAS II barracks. For more information, call SpareTime Bowling at 624-4302.

## Jonalee White and Derek Sholl bring country flavor to Jox

Two great country acts are coming to Sigonella on Wednesday, May 6 at 9pm. Top 40 country chart singer Jonalee White, of Cincinnati, will be performing hits from her newest album "Wake Me" amongst other country gems. Following hot on Jonalee's heels is Texas-based crooner Derek Sholl, whose career took a turn from pro baseball, due to an injury, to fast-rising country star with a baritone voice that has been described as "a mellow texture like fine-aged whiskey". He will be performing his new hit single "But It Was" along with other tracks from his album "Don't Threaten Me With a Good Time." For more information, call Jox Pub at 624-5604.

## Go Greek for Memorial Day weekend

ITT offers a glorious getaway for Memorial Day weekend. Go Greek from May 21 to May 25 with three nights in Corfu, which includes the overnight ferry, bus transfers, and a half-day guided tour. Cost is \$782 for single and \$618 for double accommodations.

Enjoy the sandy beaches and warm sun of the beautiful Mediterranean paradise of Corfu, Greece. Spend the trip relaxing, sampling good food, playing on the beach and sight-seeing.

On the way back stop in Alberobello Town, a famous Pugliese village with its unique farmhouses called Trulli that have been built with circular stones and conical roofs!

ITT recommends placing a deposit to secure booking for you or your family. No



deposit is required for infants. Full payment is due this week. For more information, contact ITT Gear-N-Go at 624-4777.

## MIDTOWN MOVIE THEATERS SCHEDULE & DESCRIPTIONS



- Friday, May 1**  
 3:00pm Race to Witch Mountain PG  
 5:00pm Confessions of a Shopaholic PG  
 5:30pm Street Fighter: Legend of Chun Li PG-13  
 7:00pm The Last House on the Left R  
 8:00pm Watchmen R  
 9:00pm Team America FREE
- Saturday, May 2**  
 2:00pm The International R  
 2:30pm Hannah Montana The Movie G  
 4:00pm The Last House on the Left R  
 5:00pm Coraline PG  
 6:00pm Street Fighter: Legend of Chun Li PG-13  
 7:30pm Watchmen R  
 8:00pm Charlie Wilson's War R FREE
- Sunday, May 3**  
 2:00pm Race to Witch Mountain PG  
 2:30pm The Last House on the Left R  
 4:30pm Coraline PG  
 5:00pm Street Fighter: Legend of Chun Li PG-13  
 7:00pm Friday the 13th R
- Monday, May 4**  
 3:00pm Coraline PG  
 5:00pm Street Fighter: Legend of Chun Li PG-13  
 5:30pm Watchmen P  
 7:30pm Push PG-13  
 8:00pm The International R
- Tuesday, May 5**  
 3:00pm Race to Witch Mountain PG  
 5:00pm Hannah Montana The Movie G  
 5:30pm Fired Up PG-13  
 7:30pm Confessions of a Shopaholic PG  
 8:00pm Friday the 13th R
- Wednesday, May 6**  
 3:00pm Hannah Montana The Movie G  
 5:00pm The International R  
 5:30pm The Last House on the Left R  
 7:30pm Push PG-13  
 8:00pm Street Fighter PG-13
- Thursday, May 7**  
 3:00pm Fired Up PG-13  
 5:00pm Coraline PG  
 5:30pm Confessions of a Shopaholic PG  
 7:30pm Friday the 13th R  
 8:00pm Groundhog Day PG  
**FREE - Throwback Thursday**

MOVIE HOTLINE:  
624-4248

### Race to Witch Mountain (PG)

A taxi driver gets more than he bargained for when he picks up two teen run-aways. Not only does the pair possess supernatural powers, but they're also trying desperately to escape people who have made them their targets. (99 min.)

### The Last House on the Left (R)

The night she arrives at the remote Collingwood Lakehouse, Mari and her friend are kidnapped by a prison escapee and his crew. Terrified and left for dead, Mari's only hope is to make it back to parents John and Emma. Unfortunately, her attackers unknowingly seek shelter at the one place she could be safe and when her family learns the horrifying story, they will make three strangers curse the day they came to the Last House on the Left. (110 min.)

### Street Fighter: Legend of Chun Li (PG-13)

Warriors converge on the streets of Bangkok, preparing for the ultimate battle of terror versus beauty, light versus darkness and good versus evil. (97 min.)

### Confessions of a Shopaholic (PG)

Rebecca Bloomwood is a sweet and charming New York City girl who has a tiny, little problem that is rapidly turning into a big problem: she's hopelessly addicted to shopping and drowning in a sea of debt. While Rebecca has dreams of working for a top fashion magazine, she can't quite get her foot in the door -- that is, until she snags a job as an advice columnist for a new financial magazine published by the same company. Overnight, her column becomes hugely popular, turning her into an overnight celebrity, but when her shopping and debt issues threaten to destroy her love life and derail her career, she struggles to keep it all from spiraling out of control. (105 min.)

### Coraline (PG-13)

Coraline Jones is an 11 year old girl who is feisty, curious, and adventurous beyond her years. She and her parents have just relocated from Michigan to Oregon. Missing her friends and finding her parents to be distracted by their work, Coraline tries to find some excitement in her new environment. She uncovers a secret door in the house discovering a "new family" and has to muster all of her resourcefulness, determination and bravery to get back home and save her real family. (101 min.)

### The International (R)

Interpol Agent Louis Salingier and Manhattan Assistant District Attorney Eleanor Whitman are determined to bring justice to one of the world's most powerful banks. Uncovering a myriad and reprehensible illegal activities, Salingier and Whitman follow the money from Berlin to Milan to New York to Istanbul. Finding themselves in a high-stakes chase across the globe, their relentless tenacity puts their own lives at risk as their targets will stop at nothing - even murder - to continue financing terror and war. (118 min.)

Movie dates and times are subject to change.

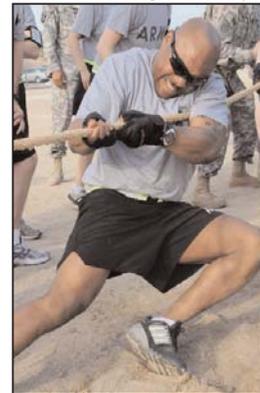
### SHOWING FRIDAY, MAY 8

- 3:00pm Hannah Montana The Movie G  
 5:00pm Fired Up PG-13  
 5:30pm 12 Rounds PG-13  
 7:00pm Duplicity PG-13  
 8:00pm I Love You, Man R  
 9:00pm You Me and Dupree PG-13 FREE

### COMING SOON

Knowing, Adventureland

## Calling all for command challenge day



Mark your calendar for May 15 for the wildly entertaining Armed Forces Captain's Cup Command Challenge and barbecue. All commands can form teams for tug-of-war, adult tri-cycling races and more many competitions on the NAS II sports field. First place earns \$500 MWR credit for command funds. For more information, call 624-2711.

## Bellini brings "Summer of Love" Ballet to Catania

Karole Armitage, choreographer and artistic director, began her professional career in 1973 as a member of the Ballet du Grand Théâtre de Genève, Switzerland and returned to her native New York in 1979 to start her own dance company, Armitage Gone!



be bringing its "Summer of Love," an eclectic fusion of ballet and club dance, to The Bellini Opera House in May.

Tickets will be on sale Thursday, April 23 for two performances on Saturday, May 23 with the first show starting at 5:30 p.m. and the second show at 8:30 p.m.

For booking information, call ITT at 624-4777.

The company has toured to festivals and venues worldwide and will

## Splatus Maximus Racquetball 2009 results

The Splatus Maximus Tournament brought Sigonella's racquetball enthusiasts together on Saturday, April 4 at NAS 1 Fit District for a series of challenging, action-packed games.

The following results are the winners in each division of the competition:  
**Men's A Division**  
 1st Ron Briggs  
 2nd Dale Stachurski/Paul Allen (Tied)  
 3rd Miguel Dormany

**Men's B Division**  
 1st Paul Allen  
 2nd Christopher King  
 3rd Justin Fujimara  
**Men/Women C Division (combined)**  
 1st Scott Cousineau  
 2nd Maurice McKissick  
 3rd Angelina Carnemolla

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

# Navy Wins! Sigonella baseball team tops Italians 13-11

**FIVE, continued from page 2**  
of the hospital for any kind words and recognition for our great team of Nurse's and the support staff that help them meet our patient's needs and the mission. So, please take a moment and thank them.

On behalf of myself and all of us in Quality Management, Bravo Zulu and thank you Sigonella Nurse's and everyone in the supporting roles!

**SHOCK, continued from page 5**

country and make the effort to get to know the people, you environment will seem less threatening. In spite of the difficulties, the experience offers personal growth, friendship and memories that will last a lifetime.

**BLESSING continued from page 2**

example: Was coming to Sigonella, being promoted, meeting new friends, lost a job, etc. a good luck? A bad luck? Who knows? Think about summer hot days, children's education, PCSing again, etc. You may add other personal examples.

Often times, we spent a lot of energy trying to figure out if the events in our lives are a blessing or a curse. How much better is to realize that in his providential plan the Lord loves us through every situation? In this story or in your "own" story, we can grow in trust of the Lord, knowing that he cares and loves each one of us with no limits, all the time.

The Holy Book tells us: "Lord, you have probed me, you know me; you know when I sit and stand, you understand my thoughts from afar. My travels and my rest you mark; with all my ways you are familiar. Even before a word is in my tongue, Lord, you know it all. Behind and before you encircle me and rest your hand upon me. Such knowledge is beyond me, far too lofty for me to reach" (Psalm 139:1-6 NAB).

**FLU, continued from page 1**

with the DoDDS schools and the Child Development Center to stay on top of any potential outbreak. When asked why such a proactive approach was underway when no cases have yet been reported in the area, hospital Commanding Officer CAPT James Bloom answered, "We owe it to our shipmates to be prepared and ready for anything that develops."

**NAS Sigonella Ombudsman Program**

**Our Mission:**  
 -Primary liaison between families and the command  
 -To be an advocate for families and single sailors  
 -To disseminate information regarding command policies, services available, deployments, and Individual Augmentee (IA) support  
 -To be the primary POC for families and single sailors and to refer them to the appropriate agency for questions, concerns, help, or intervention

**Our Commitment:**  
 -We are committed to representing and supporting the command as well as the families and single sailors  
 -We are committed to presenting accurate and up-to-date information for referrals  
 -We are committed to COMPASSIONATE and CONFIDENTIAL advocacy within the guidelines of OPNAVINST 1750.1F  
 -We are committed to being available 24/7. Please keep calls between 0900-2000 unless you are experiencing an emergency.

Call us at 624-4291 or 24/7 at 355-580-1269 for more information.

**Article and photos by MC3 Jonathan Idle The Signature Staff**

A walk-off grand slam by pitcher Lance Voss in the bottom of the ninth inning, pushed the Navy baseball team from Naval Air Station Sigonella (NAS) Sigonella to a 13-11 victory over Normanis on Saturday afternoon at the Land Annex baseball field on the support side of Sigonella.

The game was the season opener for the Navy team which is in its inaugural season of play in the Campionato Nazionale Baseball League, a league consisting of local Italian baseball clubs.

Normanis struck first in the top of the second after a sacrifice bunt moved a runner into scoring position, and they quickly capitalized with an RBI single to make it 1-0 for the visitors.

Navy would answer in the bottom half of the inning after consecutive singles first baseman Trenton McKibben and left fielder Michael Armstrong put runners on the corners. McKibben came in on a sacrifice fly by shortstop Dale Tyson to even the score at 1-1.

Navy would take the lead in the bottom of the third after an RBI single by second baseman Joshua Rahberger brought Voss in from second to make the score 2-1. Navy wasn't done for the inning though. A double by third baseman Anthony Neff followed by a walk to McKibben loaded the bases. An error on a fly-ball hit by Armstrong brought in Rahberger and Neff for a 4-1 lead.

Voss looked strong early as he shutdown multiple scoring threats by Normanis in the fourth and fifth innings which allowed Navy the chance to build on their lead in bottom of the fifth.

A double by Neff and single by Armstrong put runners on the corner for Tyson. After fouling off several pitches with two strikes Tyson cracked a line drive home-run on a rope over the centerfield fence to make the score 7-1.

After a scoreless sixth and a comfortable lead, Navy began pulling their starters from the game. It may have a little premature however, because Normanis, aided by several poor defensive plays began a comeback in the top half of the seventh. With runners on first and second, Tyson sailed a throw past first base allowing a run to score and leaving runners on first and third.

Normanis took advantage of the error with a single to right-center field which allowed two more to score and brought the Italians back to a manageable 3-run deficit.

Another single followed by a wild pitch put two more runs in scoring position. A single plated another run and a sacrifice bunt brought home one more to complete a five run inning and make the score 7-6.

After going down scoreless in the bottom half of the seventh Navy continued to hemorrhage runs in the top of the eighth. Consecutive singles put runners on first and second and another single brought in a run to tie the game at 7-7. A wild pitch followed by another single gave Normanis a one-run lead with runners on the corner and no outs.

Tyson took the mound, inheriting two runners from Voss, to try and put a stop to the surging Italians. The hard-throwing righty had Normanis running from his fastball, but a dribbling grounder that turned into fielder's choice allowed another run to come in making 9-7 Normanis through seven and half innings.

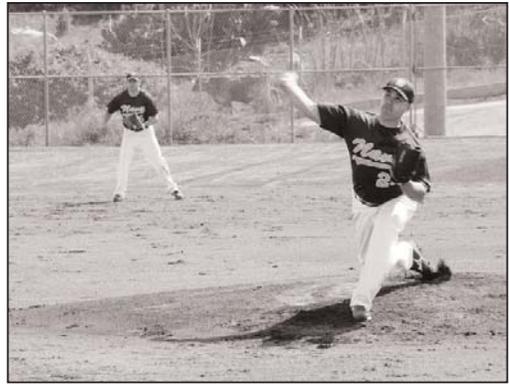
Navy came up in the eighth with only six out left to try and stage a comeback. Hopes of a two-out rally were crushed by solid defensive play by the outfield of Normanis, and Navy went down with nothing to show.

In the top of the ninth Normanis was able to advance a runner to third and brought him in on a wild pitch. Consecutive walks, issued by Tyson, were followed up with an RBI double to bring the score 11-7 Normanis.

The bottom of the ninth started off promisingly for Navy. Neff doubled to lead off the inning. A single and wild pitch put runners on second and third with no one out. Normanis pitched around the power-hitting Tyson to get to the catcher Charles Sabella. Sabella made them pay with a bloop single that scored two to make it 11-9. Right fielder Tonaj Reynolds followed that up with a single to right to load the bases with Voss coming to the plate.

Navy had come back to life. The momentum was now squarely in their corner. The lefty stepped to the plate in a dream scenario. Bases are loaded. Bottom of the ninth. Down by two runs. It's the dream scenario in countless Hollywood films. Voss got the pitch he was looking for and lifted a towering fly-ball to centerfield. The players and spectators held their collective breath as the ball sailed over the fence. Navy Wins! Voss gets mobbed at the plate by his teammates who are waiting for him as he trots around the bases.

"It's every kid's dream hitting that last homerun to get the winning run," Voss said. "Everybody dreams about it. I just got to live it."



Navy pitcher and team manager, Lance Voss, delivers a throw to the plate during Navy's 13-11 victory over the Italian team Normanis. Voss also hit the game winning grand slam in the bottom of the ninth inning.



A batter for the Normanis baseball team hits a pop fly during the season opener versus Sigonella's Navy baseball team. Navy won 13-11.



Navy outfielder Roy Davis hits a line drive to lead off the Navy team's season opener.

# Magnolia



# Sushi

Do you have a passion for writing or are you looking for a little experience in journalism? Do you ever read the stories here and think you'd like to add to our growing archive of travel articles? Does your command have something special going on that you think deserves to be in the paper? If so, The Signature is looking for you! We are seeking volunteers to help cover base wide events as well as feature stories. If this sounds like an opportunity for you please call the Public Affairs Office at 624-5440.

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to each school to track their progress."

Now that the students have completed the collection process, the materials will be sorted and weighed by the Environmental Division at Sigonella.

"The Environmental Division will collect the completed forms, determine the successes of each school and make up the certificates for the participants and winners," Gasso said.

The participating students and staff will attend a BBQ May 14 where the winners will be announced.

According to Gasso, the Italian and American students are looking forward to meeting their counterparts and sharing a fun-filled afternoon.

"The Italian school is very excited and is looking forward to coming to NAS I to meet their counterparts," said Gasso. "They will be able to join us on May 14 for the BBQ Ceremony at NAS I."

X, a 4th grade student, said the students learned creative ways to find recyclable material, including clean-ups in both Marinai and Mineo housing complexes.

"We got a lot from our binders," said X. "Pretty much everybody's binders were full so we had to take out everything. It was full of old stuff we didn't need."

X stated that she and her classmates learned a lot about recycling and renewable resources.

"If you don't recycle it will just stay out in the streets and nothing will be done about it," X said. "Pretty soon it will just build up and build up. Then we won't have anymore resources to use for ourselves."

# Stampa

# Dedication, expertise, perfection

*EOD Mobile Unit Eight Team returns from Southern Afghanistan tour*

**Article provided courtesy Zabul Provincial Public Affairs Team TASK FORCE ZABUL, Qalat City Afghanistan--**In the current conflict a split second is the difference between life and death, for not only you but the people around you.

Dedication, attention to detail and professionalism are qualities that are necessary in any situation.

When dealing with improvised explosive devices, the situation calls for precision, superiority, excellence, such qualities that only a Navy EOD team possesses.

Each team of EOD technicians are highly trained skilled warriors who are experts in explosives, diving, parachuting, weapons, and small unit tactics.

Part of the premier combat force for countering IEDs the EOD team deployed to Zabul province Afghanistan exemplifies all these qualities, and the unrivaled teamwork that is truly the key to their success.

"The EOD career field is highly stressful and dangerous," said the team Senior Chief Petty Officer. "At any one moment things could get bad, we realize that, it takes a certain person to do what we do. It also takes the certain combination of people to make a great team."

The team trains for a year together before their six month deployment. They are put in situations that challenge the technicians physically, mentally and emotionally. The situations test each individual and push them their utmost limits, but also forces teamwork and cooperation at the same time.

"The team really becomes like a family in that time. The job is so intense, it is impossible not to become each other's family," said one team member.

"You are putting your life in the hands of your teammate and you are asking them to put their life in your hands."

The Zabul team is the most senior in the command. Led by a Lieutenant Junior Grade and Senior Chief Petty Officer, the remaining four team members are all First Class Petty Officers, each passionate about the mission.

"The team would essentially be nothing without the leadership of the Senior Chief," commented one team member "he brings out the best in each one of us, knowing our strengths and makes us that much better as a technician and as a team."

The Seniority in this team brings out the best in each other. Each technician, before joining EOD, was highly skilled in their primary rate. Each brings a different mindset and skill set to the team that pushes one another to be the best, to be perfect.

Becoming the best of the best doesn't come without a competitive selection process and extensive training.



Photo courtesy Zabul Provincial Public Affairs Team

**Technicians from Mobile Unit Eight perform a post-blast foot patrol in rural Zabul Province. A major part of the counter IED effort is the post blast investigations performed by the EOD team.**

Until about three years ago, to be selected to be an EOD technician, a person had to have six years of service in their primary rate and had to be at least a Second Class Petty Officer. Now a sailor can be chosen for the career field out of basic training and as they go through training will eventually become a Third Class Petty Officer.

Once selected, the technicians go through a joint services EOD course in Florida. Unlike the their sister services who attend the course for nine months the Navy's course is a year-long, and Special Forces qualification, and perfecting the technicians on the disposal of five different categories of ordnance.

The categories of ordnance we are trained on exemplifies why they need to be qualified on land air and sea. We are called upon to dispose of IEDs; Chemical, Biological, nuclear; under water, airborne, surface ordnance.

The Zabul EOD team is assigned to Task Force Zabul, a Romanian Led task force, integrated with 10 combat elements from five countries.

During their deployment the team cleared over 1,460 miles of terrain and disposed over 3,500 ordnances—more than 1,200 lbs-- ranging from roadside IED to mortar rounds and artillery shells.

Pre-9/11 the EOD would respond to shore, sea, aircraft carri-

ers, helped with secret service, CIA and the state department.

One key component to ordnance disposal is the post-blast investigations. Once ordnance has been detonated, it is the responsibility of the EOD team to scrutinize each and every part of the scene. The team will gather any fragments or evidence left from the device itself, measure the crater size, investigate damage to property, gather dirt samples and talk to witness among various other things that might be of value. After collecting all the information from the site the team sends their finding to the Combined Explosive Exploitation Cell for further investigation.

"Post blast investigations are crucial to what we do every day," said the team's Tactical Advisor. "Every detail of a site brings up closer to finding the insurgents behind the attacks. By investigating and gathering intelligence we are attacking the IED network."

Each cell or network disrupted provides safety to the increasing number of coalition forces who are fighting to bring peace to the country.

"This is a tough but also a very rewarding job," commented a team member. "It makes you feel that you are doing something that makes a difference."

"It is exciting and exhilarating, and at the same time what we are doing is saving lives," added a team member.

Upon completion of their deployment to Zabul, the team will return to Naval Air Station Sigonella where they will be separated and placed on new teams, train and re-deploy.

"This team is very professional, and highly dedicated to a tough mission," said the tactical advisor. "I am honored to say that I served with them, and became part of the team."

# Orange

# Days Inn

# 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 5 p.m. of the Friday before the week of publication. For more information, call 624-5440, 624-2798 or 095-86-5440/2798. Requests for commercial classifieds must be made to Stampa Generale at 081-568-7884.

Send Il Mercato advertisements to [thesig@eu.navy.mil](mailto:thesig@eu.navy.mil)

**If you are transferring to Sigonella and would like to see the classified section in its entirety, email us at [thesig@eu.navy.mil](mailto:thesig@eu.navy.mil) from your .mil account to verify your affiliation with the U.S. Military.**

Anyone interested in sending ads via email should leave a phone number and point of contact name at [thesig@eu.navy.mil](mailto:thesig@eu.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/American base employees. Ad must be 40 words or less and typed in regular upper case, lower case format. *The Signature* does not accept 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*, call Stampa Generale @ 081-568-7884.

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