

# THE Signature

SIGONELLA, SICILY



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July 3, 2009

## 'Connections' holds grand opening ceremony



Command Master Chief Rosa L. Wilson enjoys the food and refreshments at the grand opening of 'Connections' on NAS I June 24.

Article and photo by MC3 Jonathan Idle, The Signature staff

The new Morale, Welfare and Recreation (MWR) facility "Connections" officially opened at Naval Air Station (NAS) Sigonella June 24 with a ceremony held on NAS I.

Guests at the opening were treated to a ceremonial ribbon cutting, free food and beverages, live music by the band "Killer Tomato," and a raffle with prizes. NAS Sigonella Commanding Officer Capt. Thomas J. Quinn addressed the guests before the ribbon cutting.

"I think a lot of credit goes to Bill Bray and the MWR crew for setting this place up," Capt. Quinn said. "It's absolutely wonderful. I'm sure you're going to like it." Jenni James, MWR

Marketing, is one of the staff who has worked for several months to bring Connections to life.

"Connections is an all-hands recreation center, and everyone that's 18 years or over or family members 19 and over are more than welcome to use the facility," James said. "During the day it opens at about 10:30 a.m. and Piazza Pizza will deliver you food during a set time.

"The bar opens at 4 p.m. You can use the theater room and music is playing all day. We have the Wii and the WiFi computer lab, with a photography lab coming soon."

James says the purpose of the bar is to offer Sailors and their family members another option whether they're stationed here,

**CONNECTIONS,** continued on page 12

## Sigonella Child Development Center accredited by NAEYC

Article and photo by Sarah Barthelemy, Morale, Welfare and Recreation

The Sigonella Child Development Center (CDC) has reached a milestone two years in the making: they received their National Association for the Education of Young Children (NAEYC) accreditation. NAEYC is an internationally recognized system that measures the quality of early childhood programs. Established in 1985, it outlines stringent criteria and sets a precedent for child care facilities to maintain a high quality of care and education.

As of the Military Child Care Act of 1989, accreditation is required for all military child care centers. Three years ago, NAEYC completely revamped their criteria and methods, making earning accreditation even more intensive and consuming. A facility must go through numerous steps and self study before they are even eligible for the application process.

NAEYC has ten standards of high quality early childhood education, and there must be physical evidence through photos, documenta-



The Child Development Center staff receives their accreditation from NAS Sigonella Commanding Officer, Capt. Thomas Quinn.

tion, or certifications to support all of these.

"There are 416 criteria within the ten standards that must be met with physical support and documentation and collected into a portfolio," said Pat Brundage, Sigonella's Child and Youth Programs Administrator. "Each teacher, each caregiver, each classroom, and each child has their

own personal portfolio. As documentation builds, these portfolios can become very packed."

Since starting this process in 2007, there have been major changes within the CDC. The administration side of the center has had a 100 percent turnover. The director, ops

**CDC,** continued on page 12

## Sigonellans and Italians show off bikes, help kids at local orphanage



Italian motorcycle enthusiasts arrive for the Sigonella Motor Rally Sun., June 21. 325 bikes showed up for event was sponsored by Sigonella's Exchange New Car Sales and raised money for the Belpasso Orphanage.

Article by MCSN Whitfield Palmer, Navy Public Affairs Support Element East Detachment Sigonella

Naval Air Station (NAS) Sigonella's Exchange New Car Sales teamed up with Italian and service member bike enthusiasts Sun., June 21 on the annex field for a Motor Rally to benefit the Belpasso Orphanage.

"The rally included several bike clubs from all over Sicily including Suzuki, Ducati, Buell, Yamaha, and of course Harley Davidson," said rally organizer Louis "Gee" Genarro of Exchange New Car Sales. "They came from Catania, Messina, and as far away as Palermo to participate in the event."

A total of 325 bikes turned out **MOTORCYCLE,** continued on page 12

### WEATHER UPDATE

July 3  
H:91F  
L:70F



July 4  
H:94F  
L:72F



July 5  
H:94F  
L:71F



July 6  
H:95F  
L:71F



July 7  
H:96F  
L:73F



July 8  
H:97F  
L:73F



July 9  
H:96F  
L:66F



### TOP STORIES

As the winter showers leave Sigonella and the hot sunny weather returns let us check our summer tool bag for healthy fun.

Chief of Naval Operations (CNO) signed a memorandum of understanding (MOU) with the Naval Officers Mentorship Program (NOMA) Asian American Government Executives Network (AAGEN) on June 25.

Gambling seems to have become a very acceptable form of entertainment in the U.S. and abroad. There are more than 11,000 legal gambling casinos in the United States and more than 2,000 online opportunities to gamble. How do you know when gambling has become a problem?

Sigonella bargain hunters will be happy to hear that the "stagione degli sconti" (sales season) will be launched early this year due to the tough economic crisis that is affecting retailers.

This month's Fleet and Family Support Center cooking class took us to a restaurant to learn the fine art of pasta making. We learned how to make ravioli with an eggplant filling and tomato sauce.

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### TRAFFIC NUMBERS

Jan. 09- Jan. 08-  
July 09 July 08

Accidents	111	164
Injuries	12	25
DUIs	0	5
Traffic Deaths	0	2

PLEASE,  
DON'T BECOME  
A STATISTIC!

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

Retired General Norman Schwarzkopf once said that "the truth of the matter is that you always know the right thing to do. The hard part is doing it." I think the general was completely right. For the past six months, NAS Sigonella has shown beyond a shadow of a doubt that we not only knew the right thing, but were capable of doing it by not having a single DUI or "near miss" alcohol incident for six straight months. That six month run ended recently with a DUI and a near miss within a few days of each other.

Even though we have drastically reduced our DUIs from the five we had this time last year, one DUI is one too many. Driving under the influence is a choice, and that choice will ultimately affect not only your life and career, but potentially those around you. Make the right choice. If you drink, don't drive. Have a plan for not only the night you do plan to drink but also the next morning that

accounts for plenty of time to sober up. A surprising trend we noticed in 2008 was that most of our DUIs and near misses were from people who had a plan and used it the night they drank, but didn't account for enough time to sober up and were still intoxicated coming through the gate after a full night of sleep.

Now more than ever, there are plenty of options available so that drinking and driving is not even a concern. If you want to enjoy yourself at either the new MWR facility, Connections on NAS I, or Jox Pub on NAS I,I there is the base shuttle system to get you back and forth to housing or the barracks. MWR has a taxi service that can come on base which really simplifies things, and for a group, a 13 passenger van with driver can be arranged through ITT's "create a trip" program to take you and your friends anywhere you want. Lastly, Public Works just worked out an agreement with the Catania bus

system so that a city bus now stops at NAS II and Marinai which allows anyone with a ticket to get anywhere the bus goes in Catania.

So remember to do the right thing, have a plan, and never ever drink and drive. When it comes to how much alcohol you can have and be legal to drive the magic number is ZERO. Let's keep to the principles that brought us this far without incident and make this the last one we have in the next six months.



# Health WATCH

## Safety in the sun

Article by Lt. Skinner,  
Naval Hospital Sigonella Public Affairs Officer

As the winter showers leave Sigonella and the hot sunny weather returns, let us check our summer tool bag for healthy fun.

Do you have the following items on hand?

-Hat with wide brim to protect face, ears, neck and of course the head.

-Sunglasses that wrap around eye area that blocks both UVA & UVB rays.

-Sunscreen with SPF 15 or greater for both UVA & UVB; check date for expiration.

-Bug repellent: read labels carefully for ages and application.

-Have a plan to avoid full sun exposure during 1000-1600 when the sun is at its strongest, or provide shade with a use of umbrella or natural settings.

-Cover up and layer clothing as needed. This will help with sun and insect exposure. Consider light color and tight weave.

-Water for each family member.

-Travel emergency kit that includes band aid, antiseptic wipes and skin ointments.

-Good cooler and devices that keep your food and beverages at proper temperatures.

-Make sure your cell phone is charged before your outing and that the base emergency phone numbers on hand.

-Check your folding chairs and flotation devices for wear and replace as needed.

-Aloe or soothing skin remedy for sun burns and or insect bites.

-A few moments of pre-planning will ensure a delightful outing and reduce surprises.

-You may want to add a trash bag to carry wet clothing or towels.

-Be aware of stray animals at the local beaches or parks and avoid interaction with them.

As always NH Sigonella has your wellness and best interests in mind so check the skin after being

**SUN, continued on page 12**

**NASSIG WORSHIP SERVICES**  
Chapel Office: 095-86-3975

<p style="text-align: center;"><b>ROMAN CATHOLIC</b></p> <p style="text-align: center;"><u>Sunday</u></p> <p>0830 Catholic Mass (NAS I Chapel) 1200 Catholic Mass (Mineo Community Center) 1600 Catholic Mass (NAS II Chapel)</p> <p style="text-align: center;"><u>Monday - Thursday</u></p> <p>1130 Catholic Mass (NAS II Chapel)</p>	<p style="text-align: center;"><b>PROTESTANT</b></p> <p style="text-align: center;"><u>Sunday</u></p> <p>0900 General Protestant (Mineo Community Center) 1000 Traditional Protestant (NAS I Chapel) 1130 Contemporary Protestant (NAS I Chapel)</p> <p style="text-align: center;"><b>CHURCH OF CHRIST LAY SERVICE</b></p> <p style="text-align: center;"><u>Sunday</u> 1530 NAS I Chapel Rooms 3 &amp; 4 (Call 624-5128 or 335-841-8069)</p>
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**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



## Reflections on Independence Day

Article by Chaplain Ron Kennedy

This fourth of July marks the 233rd anniversary of the Declaration of Independence. This is a great opportunity to renew our dedication to the principles of liberty and equality in what Thomas Jefferson called "the declaratory charter of our rights." This document marked the beginning of our country. Thus, there is certainly a good reason to celebrate this day.

For American families, it's a tradition that involves family, friends, fireworks and food, especially from the grill. The problem is that like most holidays, it's easy for humans to lose sight of the significance of this anniversary.

Historians label this loss of significance as "historical drift." The concept of historical drift merely means as time passes by, the significance of an important event fades into the pages of history, and away from the hearts and minds of the culture.

This celebration is significant because we have men and women fighting and sometimes dying for "independence" in places like Iraq and Afghanistan. Again, this 4th of July is relevant given the current situation in Iran, the people are crying for independence from a tyrannical form of government. We should all unashamedly support the people yearning for independence--that's who we are as Americans!

Independence is often bought with human blood. Like Benjamin Franklin once said, "We must all hang together, or assuredly we shall all hang separately." In an address at

Yorktown, October 19, 1981, the late President Ronald Reagan said this regarding Independence Day: "The American experiment was unique and improbable in 1776, when Thomas Jefferson penned the Declaration of Independence and the American colonies defied Britain, the most powerful nation on earth at the time. As we look around the world at how difficult it is for democracy and freedom to take hold and flourish, America seems like a political miracle."

I wholeheartedly agree with Reagan; a "political miracle" occurred in 1776. As a practical matter, this declaration publicly announced to the world the decision of the American colonies to declare themselves free and independent states, absolved from any allegiance

**INDEPENDENCE, continued on page 12**

<p><b>Commanding Officer</b> Capt. Thomas J. Quinn</p> <p><b>Public Affairs Officer</b> Lt. Matt Knight</p> <p><b>Deputy Public Affairs Officer</b> Dott. Alberto Lunetta</p> <p style="text-align: center;"><b>Editor</b> Tracie Barnthouse</p> <p><b>Staff Writers/ Photographers</b> MC2 Jason Poplin MC3 Jonathan Idle MCSN Whitfield Palmer</p> <p><b>The Signature editorial office is located at:</b> Naval Air Station Sigonella, Sicily PSC 812 Box 3020 FPO, AE 09627 Telephone: 095-86-5440; DSN 624-5440</p>	<p>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@eu.navy.mil, guard mail stop #68 or hand-delivered to our office no later than the close of business on the Friday preceding the expected publication date. All articles submitted by non-staff members will be considered contributing writers. The Signature will not publish any anonymous articles. All advertisements in this publication are the property of Stampa Generale S.r.l. Any reproduction of advertisements in The Signature is unauthorized without the written consent of the publisher.</p>
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**EMERGENCY MANAGEMENT OFFICE**

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

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# NAVY NEWS

## Diversity remains a top priority for CNO

**Article by MC2 (SW) Rebekah Blowers,** Chief of Naval Operations Public Affairs  
**ARLINGTON, Va. (NNS) --** Chief of Naval Operations (CNO) signed a memorandum of understanding (MOU) with the Naval Officers Mentorship Program (NOMA) Asian American Government Executives Network (AAGEN) on June 25.

Diversity is a top priority for Adm. Gary Roughead, CNO, and he said the MOU formalizes the Navy's

relationship with NOMA to develop, implement and improve strategies for mentoring a diverse, next generation of officers.

"I would like to thank the Asian American Government Executives Network for making it possible for us to come together in this MOU signing, and to be able to do it publicly because I think it is important that there be a statement and an affirmation that we in the United States Navy encourage and support active mentorship as an aspect of a successful

career," Roughead said.

The strategic goal of NOMA is the effective mentoring of all naval officers across the spectrum of diversity, though the major focus is on the Asian Pacific Islander officer community. The association intends to help its members make the most informed career decisions, increase community outreach, drastically improve career retention, broaden the understanding of career opportunities and directly recruit the best qualified officers into the naval services.

More than 400 Sailors and civilians were there to commemorate the signing. CNO said he remains committed to diversity and stressed how important it is to the Navy of today and tomorrow.

"I thank you for coming together, for your interest in our diversity initiatives," Roughead said. "And

most of all, your interest and your commitment in entering into strong and powerful mentoring arrangements, formal and informal, with young men and women who are on the path to greatness."

For more news from Chief of Naval Operations, visit [www.navy.mil/local/cno/](http://www.navy.mil/local/cno/).

### PHOTO FROM THE FLEET

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



U.S. Navy photo by MC1 Geronimo Aquino/Released

Sailors participate in an M-16 service rifle qualification exercise aboard the amphibious dock landing ship USS Tortuga (LSD 46). Tortuga is part of the Essex Amphibious Ready group, underway for Summer Deployment and scheduled to participate in military exercise Talisman Saber 2009 with the Australian Defense Force.



U.S. Navy photo by MC1 Tiffini Jones Vanderwyst/Released

Chief of Naval Operations (CNO) Adm. Gary Roughead signs a memorandum of understanding with Capt. Joe DeLeon, president of the Naval Officers Mentorship Program (NOMA). The memorandum formalizes the Navy's relationship with NOMA to develop, implement, and improve strategies for mentoring a diverse next generation of officers.

### NEW ARRIVALS



Stephanie & Michael Littlefield

Boy  
 Michael W. Littlefield III  
 June 17, 2009  
 Weight: 7 lbs 3 oz  
 Length: 19 in

Luda & Ron Kennedy  
 Girl  
 Mia Noelle Kennedy  
 June 18, 2009  
 Weight: 9 lbs 11 oz  
 Length: 20.5 in

Tamie & Matthew Humphreys  
 Girl  
 Analiese Loren Humphreys  
 June 18, 2009  
 Weight: 7 lbs  
 Length: 19 in

New Monika  
 Hope

Volcano

				FRIDAY <b>3 JULY</b> Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 MWR Independence in Paradise Midtown Complex 11 a.m. - 10 p.m.	SATURDAY <b>4</b> 	SUNDAY <b>5</b>
				MONDAY <b>6</b> Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745	TUESDAY <b>7</b> Volunteer Orientation NMCRS 10 a.m. x4212 Effective Resume Writing FFSC 9 a.m. - 11 a.m. x4291	WEDNESDAY <b>8</b> Budget for Baby NMCRS 5 p.m. x4212 Survive & Thrive FFSC 8 a.m. - 3 p.m. x4291
<b>13</b> Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 "Don't Bet Your Life" FFSC 12 a.m. - 1:30 p.m. x4291	<b>14</b> SAVI DCC Training FFSC 9 a.m. - 11 a.m. x4291	<b>15</b> Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 Motta Castle Tour FFSC 10:30 a.m. - 1 p.m. x4291 Infant & Child CPR Red Cross 10 a.m. - 12 p.m.	<b>16</b> x4900 Weight Management Support Group NAS II Flight Line Clinic 3 p.m. - 4 p.m. x4710 Thrift Saving Plan FFSC 11 a.m. - 12 p.m. x4291	<b>17</b> Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 Babysitting Bootcamp Red Cross 3:30 p.m. - 7:30 p.m. x4900	<b>18</b> Babysitting Bootcamp Red Cross 3:30 p.m. - 7:30 p.m. x4900	<b>19</b>

Motta

Alphio

Magnolia

Gars Funny

*Did you know that . . .*

The Women, Infants, and Children (WIC) program will provide temporary relief to families who are nutritionally deprived? Federally funded, this program provides nutrition education to help improve eating habits and supplemental food vouchers to buy specific foods important to good health. Women must be pregnant, breastfeeding, or have children under five years of age. Participants must meet health and income guidelines. Contact your local WIC office if you think you qualify for assistance under this program.

Offering Healthy Alternatives!  
www.nmcrcs.org



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

## Don't bet your life on it

Article adapted from course curriculum

Gambling seems to have become a very acceptable form of entertainment in the U.S. and abroad. There are more than 11,000 legal gambling casinos in the United States and more than 2,000 online opportunities to gamble. Gambling is big business, as anyone who has been to (or seen the commercials for) Las Vegas would know.

More and more casinos are opening near some of our bases, and that can mean increased financial problems from gambling losses. Research shows that two to four percent of all adults are problem gamblers, and 1.5 percent compulsive gamblers. The bad news is that for those who might have a problem with gambling, the average debt tops \$20,000, and there are tremendous negative impacts not only on your finances but on your personal and professional life and your mental and physical health.

Most people do not identify themselves as having gambling problems. That's why it is so important for everyone to self-assess where they fall within the gambling continuum. Characteristics of problem gamblers include the following:

Young people (ages 14 to 22) have a higher rate of problem gambling than the general population.

If a person has had a problem

with any substance abuse, they are a higher risk to be a problem or compulsive gambler.

A problem gambler will wager on any form of legal and/or illegal gambling.

People with serious mental or emotional disorders (especially depression) have a higher risk for problem gambling.

Problem gamblers usually deny they have a problem and wait until the situation is desperate to ask for help. A problem gambler also may minimize the problem, acting as though it is no big deal, or try to rationalize their way out of the situation.

It's important to note that not everyone who gambles is a problem gambler. Research has identified specific types of gamblers. They are:

**Social gamblers:** Social gamblers bet for the fun of it, to spend time with family members, to win some money, to show friends the local casino — basically to share a good time. Loss limits are set before gambling, and they will not let gambling interfere with work, family life, money or reputation. They are in control of gambling. Most people fall into this category: When they gamble, they are social gamblers.

**Problem gamblers:** Problem gamblers are just that — gamblers

who may be heavy or frequent gamblers but who do not quite meet the criteria for pathological or compulsive gambling. Problem gambling typically is defined as "participation in any form of gambling to the extent that it creates negative consequences to the gambler, their family, place of employment or community." Problem gamblers, although not technically addicts, have a greater risk of becoming gambling addicts. A problem gambler can be any age and gender and from any social, ethnic or economic group.

**Compulsive gamblers:** Compulsive, or pathological, gamblers suffer from an addiction. Compulsive or pathological gamblers your family, your friends, your career, and maybe even your life. Participants will have the opportunity to take a self-assessment to gauge their own level of gambling risk and explore the typical warning signs of a gambling problem and become aware of resources that will enable them to help themselves or someone else who might have a gambling problem.

In order for someone to be diagnosed as a pathological gambler, i.e. someone who's gambling addiction has increased to the level of a mental health issue, five or more of the following criteria have to be met:

The gambler is preoccupied with gambling.

The gambler wagers with  
**GAMBLING**, continued on page 12

## 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 looking for a warm home and someone to love. Each week, *The Signature* will feature animals in need of adoption.**



**BOBBY (above)** is still a puppy and he's grown so much in the short time that he has been with us. He loves to play with his toys as well as other dogs. Bobby is extremely sportive and would be the perfect addition to any active family.

**ED (below)** is one of our newest dogs. He is very playful and would really complement an active family as well.



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

Kartodromo

Parco  
 Rosa

delle Mondo  
 Animale

Pentagon

Alberto Lunetta  
 The Signature Staff



# Italian NEWS

*Sicilian Culture, Events and Lifestyle*

## Summer sales come early

Signonella bargain hunters will be happy to hear that the "stagione degli sconti" (sales season) will be launched early this year due to the tough economic crisis that is affecting retailers.

"As urged by consumers and retailers associations, we have decided to begin the summer season on Saturday, July 4. We took this decision to support both Sicilian families and retailers who have been badly hit by the winter downturn in consumer spending," Sicily's Regional Trade Councillor Roberto Di Mauro told ANSA press agency.

The promotional season will officially last through until Sept 15. But some shops will continue offering discounts until the end of September. During the first days, it will definitely be "doorbuster discount time," and stores will be packed with excited bargain-hunters, so expect long lines. This will be the second of the two yearly government-regulated periods for such a special sale. The other discount season starts at the end of the winter.

As it happens every year, Italian Consumer Associations offered advice for a safe shopping at sales which will help you save money, minimizing the risk of rip-offs and disputes with merchants that would be difficult to handle for the ones who don't have a good grasp of Italian.

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

Here are some good strategies

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

Bargain-hunters should also know that during the discount season, defective merchandise can be exchanged or returned as usual.

There is no "special return policy" when you shop at sales. Therefore, always keep your "scontrino" or receipt and distrust the shops displaying signs saying: "la merce venduta non si cambia," (purchased merchandise cannot be exchanged) or "all sales are final."

You have the right to change any defective fabric or shoe that is not up to sample within two months. Retailers can either refund you or give you a coupon that should be spent at the same shop. Be sure to look an item over carefully before you buy it. Check different shops to compare prices. If you have already visited a store, you might be able to evaluate if a product was over-priced and then marked down.

As a general rule, if you have just arrived in Sicily and you have not been around a lot, be oriented toward buying at big department stores, where sales are usually fair. Stores must display on the tags the initial "prezzo" (price) and the reduced price, both in ciphers and in percentage. Finally, remember that you can use any kind of payment. Mistrust shop owners displaying signs saying "non si accettano carte di credito e bancomat" (credit cards and ATM cards are not accepted) because of the



Photo by Alberto Lunetta

Sicilian retailers are gearing up for the start of the summer shopping season, which will kick off tomorrow (July 4). Make sure you don't miss out on this unique opportunity to snag the best bargains on the local economy.

sales season. That's illegal. If you don't see any signs around, and the sales clerk tells you about it upon paying, tell them that you know they have to accept your credit card or ATM card. If they do not back off of their refusal, and you are not willing to pay cash, leave the shop and look for your best deals somewhere else. Again, carefully inspect the item before you buy it. Ask to try the clothes on that you want to buy. Enjoy your shopping, but keep your eyes open!

# Taberna Sarvana

# Medusa

## Jazz Festival begins in Tremestieri Etneo

Signonella Jazz buffs will enjoy the third edition of this exciting jazz marathon featuring 12 top quality Sicilian bands and international guest jazz stars. The performances are from Thursday, July 16 through Sunday, July 19 at the Tremestieri Etneo amphitheater. Highlights include the young and talented Sicilian pianist Seby Burgio and his Trio (special guest Antonella Leotta), Catania-born guitarist Sandro Fazio, world-renowned Brazilian singer Rosalia De Souza (right), internationally acclaimed jazz Japanese pianist Hiromi Uehara and more.

For more information and detailed festival schedules visit <http://www.catania-jazz.com>

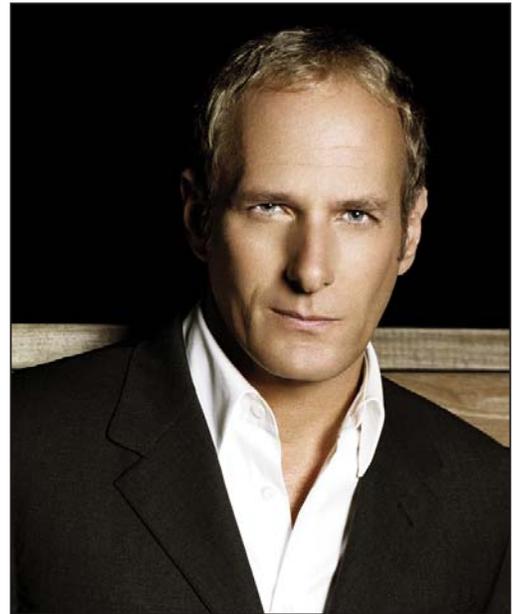


## Anastacia and Michael Bolton to perform in Taormina



The concerts of Anastacia and Michael Bolton are among the main events of this summer Taormina Arte Festival. American singer and songwriter Anastacia will be on the stage of the jaw-dropping Greek Theater on July 10 at 9:30 p.m. Thanks to her unique powerful and soulful voice, she has earned an international reputation selling over 20 million albums worldwide.

The sound of Michael Bolton, another legendary American singer and songwriter, will also echo throughout the ancient Taormina Greek Theater on July 16. A successful author, multiple Grammy Award-winner and human rights activist, Bolton will perform all his most popular hits. For more information and tickets contact the Taormina Arte Ticket Office (phone 0942 -28730) or visit [www.ticketone.it](http://www.ticketone.it) ; [www.ctbox.it](http://www.ctbox.it)



## Cherry Festival in Sant'Alfio this weekend

Bring your entire family and join the celebration of the Sant'Alfio cherry industry. Tomorrow, Saturday July 4, the festival will kick off in piazza Duomo (Main Square) at 6:30 p.m. Special cherry tasting will be held at 7 and 11 p.m. Live music will be performed at 9:15 p.m. On Sunday, July 5, festival booths will open at 10 a.m. Later, at 10:30 a.m., festival goers will be offered the chance to take a guided tour of the local cherry farms.

The festival will also showcase arts and crafts as well as fresh produce from the Etna area.

For more information and directions call the Sant'Alfio Tourist Office at 095-968772 (opening hours: 9 a.m.-1 p.m. and 4 p.m.-8 p.m., Monday through Saturday).

So remember, as the festival motto goes, if you don't go, they'll eat all the cherries for you!

# Gegomotor

## Acitrezza hosts Swordfish festival this weekend

Make sure you mark this mouthwatering festival on your calendar. Acitrezza will host the traditional Sagra del Pesce Spada from Friday, July 3 through Sunday, July 5. Festival booths will line the Scalo Alaggio (boat ramp) area every night starting at 8 p.m.



Photo by Angelo Fragala

### NEWS BRIEFS

#### Ombudsman Basic Training (OBT)

Does your Department or Command Ombudsman need to attend OBT? Is your current Ombudsman PCS'ing within the next 6 months? Will your new ombudsman need OBT?

The Fleet and Family Support Center is pleased to announce that the Ombudsman Basic Training (OBT) course will be offered here at Sigonella 4-6 August 2009. Your ombudsman can now attend this required training without leaving the island.

Anyone interested in the Ombudsman program, and all those ombudsmen wishing to attend OBT are invited to participate. Please contact Fleet and Family Support Center at 624-4291 for more information on this very important class.

# Cin! Cin!

## CELEBRATING THE FOOD & WINE OF SICILY Make your own homemade ravioli or spaghetti

Article and photos by  
**MC2 Jason Poplin,**  
Navy Public Affairs Support  
Element East Detachment  
Sigonella

The Fleet and Family Support Center  
offers cooking classes every month.  
To sign up for the next class, call 624-  
4291.

**Ingredients:**  
Grand Duro flour  
Egg  
Water  
Your choice of filling



The recipe begins with the creation of the dough which is made from a "Grand Duro" flour, one egg, and approximately six tablespoons of water. Place approximately 175 grams of flour in a pile on a preparation surface of your choice. Burrow out a small space in the flour into which an egg will be placed and lightly beaten. Add flour from the outside of the pile into the egg mixture repeatedly.



After egg is thoroughly into all the flour, remake pile and burrow in the batter to add the aforementioned water. Mix in water using same out to in method.



### How will I know my dough is done?



The picture on the left shows dough that is not yet done. Notice how the dough breaks easily. This dough requires more flour to get it to the right consistency. The dough on the right is done and ready for to be filled and cut. Notice the uniform consistency and how it appears to be one solid sheet. This is the consistency you are looking for.

The proper consistency of the batter is reached when it will no longer stick to the finger. As the batter becomes pliable, knead it. If dough feels too dry, add more water. If dough feels too sticky, add more flour.



Brasil

Sushi



With a roller or a "maccina per la pasta", flatten the dough until the consistency of the dough reaches an even state. Add flour to keep dough from sticking with either method of flattening. Once the dough is evenly flattened, it can then be used for either spaghetti or ravioli. The maccina per la pasta offers a separate section in which dough is fed and evenly sliced.

**Protestant Women of the Chapel**



**Protestant Women of the Chapel**  
We meet every Tuesday at the Chapel on NAS I, in the Fellowship Hall at 1000-1130. Childcare Provided to age 12!  
[www.pwocsig.com](http://www.pwocsig.com)



If the dough is to be used for ravioli, use a cup or a dough cutter to cut out sections of dough which will contain stuffing.

A stuffing can be made with baked egg plant, which is peeled and diced and prepared with a cheese, either parmesan or peccerino, and a pesto. The mixture is pureed and added to the sections that were removed with the aforementioned cup or cutter, but only after the sections have been lightly coated with beaten egg whites.



Depending on the method of how sections were removed from the dough, it can either be folded over on itself or covered with another section. A folk or a design edge cutter can be used for added effect. The ravioli and the spaghetti both have to be set out for a couple of hours before cooking to eliminate excess moisture. Because dough is made with egg, it's shelf life is very short and is good for only a couple of days.



# Agip



A recommendation for a ravioli sauce is a tomato, garlic, and basil mixture. Take olive oil and chopped garlic, sauté, and then add diced tomato and basil. Cook for 10 minutes while stirring continuously. Cook the pasta in salted, boiling water. Since it's fresh, it will cook in three to five minutes. Do not let it overcook! Combine the sauce with the ravioli or spaghetti and sprinkle with Parmesan cheese.

# Chiechio



# Go Green Sigonella!

## Energy Conservation for Apartment Dwellers

Article provided by New York State Public Service Commission

Sure.....as a tenant you may not have as much control over your energy use as a homeowner, but there are simple steps that you can take to save energy and reduce your electric bills.

The best news is that most of these conservation measures are low cost or free.

Your refrigerator is probably the largest user of electricity in your apartment. Like a car that is serviced regularly, a well-maintained refrigerator uses less energy. Vacuum the condenser coils annually, defrost whenever ice in the freezer gets 1/4 inch thick, and replace worn door gaskets. Use a thermometer to ensure that it is operating at the optimum temperature (40° F in the refrigerator section, 0° F in the freezer).

If your refrigerator has a "power-saver" switch, use it according to the manufacturer's directions.

(These refrigerator tune-up tips are equally applicable to freezers.)

Everyone realizes that leaving lights burning in empty rooms is wasteful, but few people think about the cost of over lighting. Use lower wattage bulbs, dimmers, or lamps with three-way switches to match lighting levels to activities.

For the same amount of light, fluorescent bulbs use only one-quarter of the electricity required by incandescent bulbs -- and they last much longer. Where possible, replace incandescent bulbs with screw-in fluorescent lamps.

On sunny days, close shades or blinds to decrease solar heating. Set your air conditioner's controls to cool your apartment to about 78° F , and turn your air conditioner off when you leave your apartment. If you install a low-cost timer, you can set it to turn the air conditioner back on a half hour before you return, thereby saving money without sacrificing comfort. When outside temperatures drop in the evening, turn off the air conditioner and open a window. Keep the air conditioner's filter and cooling fins clean for efficient operation. Also, try to limit cooking during hot weather, or use an outside vented kitchen exhaust fan.

Some tenants do not own the major appliances in their apartments. If you own an appliance and are thinking of replacing it, be sure to learn about the energy efficiency ratings of competing models. An energy efficient refrigerator, freezer or air conditioner may use 20% less energy than an inefficient model with the same capacity and features.



Don't buy more appliances than you need. Size is important too -- oversized refrigerators and air conditioners cost more to buy and more to operate. Remember, too, that convenience features like self-cleaning ovens, self-defrosting refrigerators, and instant-on televisions increase energy usage.

You can save a lot by selecting appliances wisely. For example, choosing an efficient 14 cubic foot refrigerator with manual defrost, rather than an inefficient 18 cubic foot model with automatic defrost, can cut your electricity costs for refrigeration almost in half.

You may not be able to control the amount of heat in your building, but you can make the most of what you get by moving obstructing furniture and draperies away from radiators, baseboard units, and air registers. Placing an insulated aluminum foil reflector behind each radiator will also make your apartment warmer.

Consider installing low-cost caulking, weatherstripping, or interior plastic storm windows, and cover or remove air conditioners for the winter.

Never use your range or oven to warm your apartment. Operating an electric or gas stove as a space heater can damage the heating elements and could start a fire!

If your apartment building is not comfortable during the winter, an inefficient heating system, inadequate insulation, poor weatherstripping, or missing storm windows may be at fault.

For typical annual operating costs of major appliances, contact your electric company.

### Ristorante Bella Etna

**Galley Menu Hours**

<b>Monday-Friday</b>	<b>Saturday-Sunday-Holiday</b>
Breakfast 0600-0830	Breakfast 0700-0900
Lunch 1100-1300	Brunch 1000-1300
Dinner 1630-1830	Dinner 1630-1830

**3** Lunch: Cream of Potato Soup, Beef with Broccoli, Baked Fish, Tempura Fish, Penne Alla Norma, Tossed Green Rice, Seasoned Mix Vegetables, Summer Squash, Oatmeal Raisin Cookies, Chocolate Cake, Vanilla Pudding.  
Speed Line: Grilled Hamburger/ Cheeseburger, Turkey burger, French Fried Potatoes, Baked Beans.  
Dinner: French Onion Soup, Oriental Pepper Steak, Grilled Chicken Breast, Tuna Salad on Wheat Bread, Potato Chips, Steamed Rice, Spinach, Cauliflower Polonaise, Oatmeal Raisin Cookies, Chocolate Cake, Vanilla Pudding.

**4** Breakfast: Farina, Grilled Ham Slices, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Buttermilk Pancakes, Asstd Doughnuts, Crumb Cake.  
Brunch: Breakfast Items, Beef Barley Soup, Swedish Meatballs, Chicken Caesar Roll Up, Buttered Pasta, Brown Gravy, Sprouts Superba, Fried Cabbage w/ Bacon, Snickerdoodle Cookies, Apple Crisp.  
Dinner: Pepper Pot Soup, Baked Parmesan Fish, El Rancho Stew, Mediterranean Brown Rice, O'Brien Potatoes, Peas w/ Celery, Okra Melange, Snickerdoodle Cookies, Apple Crisp.

**5** Breakfast: Rolled Oats, Grilled Minute Steak, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, French Toast Puff, Asstd Doughnuts, Italian Croissant.  
Brunch: Breakfast items, Chicken Gumbo Soup, Beef & Turkey Sandwich, Chili Macaroni, Stir Fry Vegetable, Lima Beans, Peach Cobbler, White Cake w/ Frosting.  
Dinner: Manhattan Clam Chowder Soup, Teriyaki Chicken, Ginger Pot Roast, Paprika Buttered Potatoes, Pork Fried Rice, Normandy Carrots, Cream Style Corn, Peach Cobbler, White Cake w/ Frosting.

**6** Breakfast: Hot Grits, Minced Beef on Toast, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, French Toast, Asstd Doughnuts, Butterfly Rolls.  
Lunch: Creole Soup, Turkey Curry, Baked Fish Fillet, Vegetable Lasagna, Steamed Rice, Savory Style Beans, Cauliflower, Crisp Drop Cookies, Cherry Crumble Pie, Strawberry Gelatin.  
Speed line: Sub Sandwich, Pasta Primavera, Cartoccia.  
Dinner: Tomato Bouillon Soup, Baked Stuff Pork Chops, Grilled Chicken Breast, Steamed Rice, Brown Gravy, Green Beans Nicoise, Carrot Slices, Crisp Drop Cookies, Cherry Crumble Pie, Strawberry Gelatin.

**7** Breakfast: Farina, Oven Fried Bacon, Baked Sausage Patties, Asstd Omelets, Eggs to Order, Roasted Potatoes, Waffles, Asstd Doughnuts, Bran Muffins.  
Lunch: Spanish Soup, Beef and Fish Tacos, Burritos, Chicken Fajitas, Penne Arrabiata, Mexican Rice, Refried Beans, Calico Corn, Herbed Broccoli, Jalapeno Combread, Raspberry Filled Cake, Pecan Pie.  
Speed line: Pizza, Black Bean Chicken Chili, Roasted Potatoes, Hotdog.  
Dinner: Navy Bean Soup, Barbecued Beef Cubes, Roast Turkey, Steamed Rice, Mashed Potatoes, Chicken Gravy, Seasoned Asparagus, Honey Dijon Vegetables, Raspberry Filled Cake, Pecan Pie.

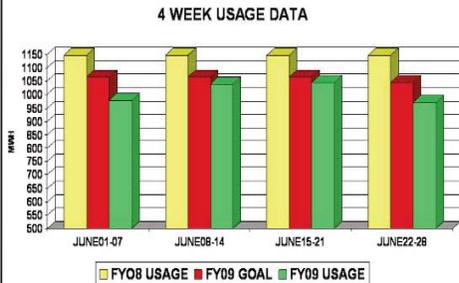
**8** Breakfast: Rolled Oats, Creamed Ground Beef, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Blueberry Pancakes, Asstd Doughnuts, Danish Diamonds.  
Lunch: Puree Genovese, Potatoes Au Gratin, Steamed Rice, Collard Greens, Peas w/ Carrots, Strawberry Shortcake, Vanilla Cookies, Tapioca Pudding.  
Speed line: Grilled Hamburger/Cheeseburger, Onion Rings, Baked Beans.  
Dinner: Beef Barley Soup, Shrimp Curry, Sicilian Submarine, Steamed Rice, Savory Squash, Club Spinach, Vanilla Cookies, Strawberry Shortcake, Tapioca Pudding.

**9** Breakfast: Hominy Grits, Corned Beef Hash, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, French Toast, Asstd Doughnuts, Danish Diamonds.  
Lunch: Velvet Corn Soup, Shrimp Jambalaya, Braised Beef and Onions, Rigatoni Zucchini and Eggplant, Oriental Rice, Oven Brownded Potatoes, Steamed Cabbage, Cauliflower AuGratin, Easy Chocolate Cake, Crisp Drop Cookies.  
Speed line: Chicken Nuggets, Black Bean Chicken Chili, French Fries, Hotdogs.  
Dinner: Cream of Asparagus Soup, Chicken Tetrazzini, Baked Italian Sausage, Ratatouille Eggplant, Lyonnaise Rice, Mustard Greens, Easy Chocolate, Crisp Drop Cookies.

### Electrical Consumption at NASSIG

The following graph charts the last four weeks of energy consumption on both NAS 1 and NAS 2 in comparison to the same week last year, as well as our target usage for the week.

NASSIG WEEKLY ELECTRICAL USAGE FOR NAS 1 & 2 COMBINED



# Moroboshi

# Jones University

# ON THE GO WITH MWR

## MWR weekly Island life fitness in July

monday	tuesday	wednesday	thursday	friday	saturday
<b>NAS I</b> Spin w/ Anna 7 - 8 am Kickboxing 8:30 - 9:30 am Pilates w/ Danielle 9:30 - 10:30 am Cardio Jam w/ Danielle 4:30 - 5:30 pm Drop-in Yoga w/ Luisa 5:30 - 6:30 pm <b>NAS II</b> Spin w/ Lorrie 7 - 8 am	<b>NAS I</b> Spin w/ Dr Hall 6 - 7 am Pump it Up w/ Zee 8:30 - 9:30 am Spin w/ Jill 9:30 - 10:30 am Spin w/ Lisa 5:15 - 6:15 pm Pilates w/ Danielle 4:30 - 5:30 pm Drop-in Yoga w/ Luisa 5:30 - 6:30 pm Aqua Aerobics 5:30 - 6:30 pm <b>NAS II</b> Spin w/ Anna 6 - 7 am Drop-in Yoga w/ Luisa 5:30 - 6:30 pm MINEO Cardio w/ Melinda 5:30 - 6:30 pm	<b>NAS I</b> Spin w/ Anna 7 - 8 am Kickboxing 8:30 - 9:30 am Pilates w/ Danielle 9:30 - 10:30 am Cardio Jam w/ Danielle 4:30 - 5:30 pm Drop-in Yoga w/ Luisa 5:30 - 6:30 pm <b>NAS II</b> Spin w/ Anna 6 - 7 am Drop-in Yoga w/ Luisa 5:30 - 6:30 pm MINEO Cardio w/ Melinda 5:30 - 6:30 pm	<b>NAS I</b> Spin w/ Dr Hall 6 - 7 am Pump it Up w/ Zee 8:30 - 9:30 am Spin w/ Jill 9:30 - 10:30 am Spin w/ Lisa 5:15 - 6:15 pm Pilates w/ Danielle 4:30 - 5:30 pm Step 5:30 - 6:30 pm Aqua Aerobics 5:30 - 6:30 pm <b>NAS II</b> Spin w/ Anna 6 - 7 am Yoga w/ Luisa Level 1 4:30 - 5:30 pm Level 2 5:30 - 6:30 pm MINEO Cardio w/ Melinda 5:30 - 6:30 pm	<b>NAS I</b> Drop-in Yoga 8:30 - 9:30 am <b>NAS II</b> Spin w/ Lorrie 7 - 8 am	<b>NAS I</b> Kickboxing Resumes in August

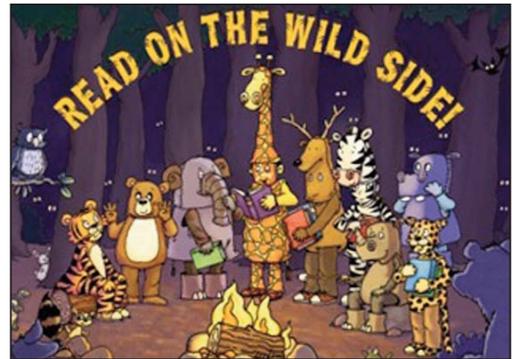


## Mineo hill challenge



Are you up for the challenge? Wednesday, July 8, come out and experience the Mineo Hill Challenge. Register at the Mineo housing ball field at 6 p.m. on the day of the event. The walk begins at 6:30 p.m. Bring out the family; this event is worth 50 FitFactor points. Everyone who finishes will be eligible to win a prize. The walk is free and beverage and fruit will be provided. Call the Fit District at 624-4483 for more information.

## Library gets "wild"



This summer is going to be wild! MWR library is launching its annual Summer Reading Camp for kids with the theme "Read on the Wild Side." Kids and campers grade K-6 can sign up and begin a summer of reading fun to win tons of prizes.

"We try to provide the kids with a real reading experience that they can relate to the library," said Richard Aubrey, MWR librarian. "As they grow up they have that memory of reading the library together."

The summer reading camp has been continuing in Sigonella for 20 years. Camper Activities include games, story times, story-telling, and different activities related to the books on the reading list. Parents are encouraged to attend and participate with their kids.

The summer reading program begins July 8 and goes until August 5 and meets every Wednesday at 10 a.m. for one hour. All camps get a t-shirt for participating.

For more information, call 624-3935 or 624-3875.

## A new face to Youth Sports

MWR Sports is happy to welcome Tara Rather into the fold as the new Youth Sports Coordinator.



Tara began work back in March, at the start of the youth basketball season. Since then, she has successfully led the youth basketball season.

"I've always been in sports myself, so it was very exciting to work with the youth program and lend my expertise to something I'd like to make a career out of," she said.

Tara is currently pursuing her degree in sports and nutrition science. She is prior active duty and was part of the All-Navy Cross Country team. In 2005, she finished 8th overall for Armed Forces and 2nd overall for Navy.

After separating from the Navy, Tara worked for MWR in San Diego in ticket sales and the personnel office.

Tara has big plans for the youth sports program including reinstitut-

ing Fit Factor (coming up on its third year), bringing back Start Smart a "Pre-K Sports Program" aimed at 3 and 4-year-olds, and re-implementing the National Association of Youth Sports (NAYS) training program.

"NAYS is a program that will really benefit our coaches," said Tara. "It offers training tips, practice schedules, sports psychology and other tools to make them a better youth leader," said Rather.

For more information or if you are interested in volunteering for any aspect of the Youth Sports Program, whether it be coaching or helping out with the youth Splash-n-Dashes, call 624-3785.

## MIDTOWN MOVIE THEATERS SCHEDULE & DESCRIPTIONS

**Friday, July 3**  
1:30pm Transformers: Fallen PG-13  
**FREE**  
3:00pm The Soloist PG-13  
5:00pm Transformers: Fallen PG-13  
**FREE**  
5:30pm Star Trek PG-13  
7:30pm The Hangover R  
8:00pm Angels and Demons PG-13

**Saturday, July 4**  
2:00pm Independence Day PG-13 **FREE**  
2:30pm Dance Flick PG-13  
4:30pm Star Trek PG-13  
5:00pm The Soloist PG-13  
7:30pm The Taking of Pelham R  
8:00pm Ghosts of Girlfriends PG-13  
9:00pm Pirates of Caribbean PG-13  
**FREE**

**Sunday, July 5**  
2:00pm Battle for Terra PG  
2:30pm Transformers: Fallen PG-13  
4:30pm Dance Flick PG-13  
5:00pm Angels and Demons PG-13  
7:00pm The Hangover R

**Monday, July 6**  
1:00pm Mulan G **FREE**  
3:00pm X-Men: Wolverine PG-13  
5:00pm Dance Flick PG-13  
5:30pm Angels and Demons PG-13  
7:30pm Transformers: Revenge PG-13  
8:00pm The Hangover R

**Tuesday, July 7**  
1:00pm Daddy Day Camp PG **FREE**  
3:00pm Battle for Terra PG  
5:00pm The Proposal PG-13  
5:30pm The Hangover R  
7:30pm Transformers: Revenge PG-13  
8:00pm Star Trek PG-13

**Wednesday, July 8**  
1:00pm Meet the Robinsons G **FREE**  
3:00pm 17 Again PG-13  
5:00pm Ghosts of Girlfriends PG-13  
5:30pm X-Men: Wolverine PG-13  
7:30pm Crank: High Voltage R  
8:00pm The Taking of Pelham R

**Thursday, July 9**  
1:00pm Hotel for Dogs PG **FREE**  
3:00pm Dance Flick PG-13  
5:00pm X-Men: Wolverine PG-13  
5:30pm Fighting PG-13  
7:30pm The Hangover R

### 17 Again (PG-13)

Zac Efron, Leslie Mann, Matthew Perry, Michelle Trachtenberg  
Class of 1989, Mike O'Donnell is a star on his high school basketball court with a college scout in the stands and a bright future in his grasp. But instead, he decides to throw it all away to share his life with his girlfriend Scarlett and the baby he just learned they are expecting. 20 years later, his marriage to Scarlett has fallen apart, and his teenage kids think he is a loser. Mike is given another chance when he is transformed back to the age of 17. Mike may look 17 again, but his thirtysomething outlook is uncool in the class of 2009. And in trying to recapture his best years, Mike could lose the best things that ever happened to him. (102 min.)

### Transformers: Revenge of the Fallen (PG-13)

Shia LaBeouf, Rainn Wilson, Megan Fox, Josh Duhamel  
Sam Witwicky again joins with the Autobots against their sworn enemies, the Decepticons. (140 min.)

### Night at the Museum: Battle of the Smithsonian (PG-13)

Ben Stiller, Amy Adams, Owen Wilson  
Ben Stiller returns to the role of night watchman Larry Daly. This adventure takes him to Washington D.C. (104 min.)

### The Taking of Pelham (R)

Denzel Washington, John Travolta, James Gandolfini  
New York City subway dispatcher Walter Garber's ordinary day is thrown into chaos by an audacious crime: the hijacking of a subway train. Ryder, a criminal mastermind, leads a highly-armed gang of four, threatening to execute the train's passengers unless a large ransom is paid within one hour. As the tension mounts beneath his feet, Garber employs the vast knowledge of the subway system in a battle to outwit Ryder and save the hostages. But there's one riddle Garber can't solve: even if the thieves get the money, how can they possibly escape? (95 min.)

### Ghosts of Girlfriends Past (PG-13)

Matthew McConaughey, Jennifer Garner, Breckin Meyer, Lacey Chabert  
Celebrity photographer Connor Mead loves freedom, fun and women... in that order. A committed bachelor who thinks nothing of breaking up with multiple women on a conference call, Connor's mockery of romance proves a real buzz-kill for his kid brother, Paul, and a houseful of well wishers on the eve of Paul's wedding. Just when it looks like Connor may single-handedly ruin the wedding, he is visited by the ghosts of his former jilted girlfriends, who take him on a revealing and hilarious odyssey through his failed relationships - past, present and future. Together they attempt to find out what turned Connor into such an insensitive jerk and whether there is still hope for him to find true love... or if he really is the lost cause everyone thinks he is. (100 min.)

### Movie dates and times are subject to change.

SHOWING FRIDAY, JULY 10

12:00 pm Mulan G **FREE**  
1:00pm Finding Neverland PG **FREE**  
3:00pm Dance Flick PG-13  
5:00pm Transformers: Revenge PG-13  
5:30pm Night at the Museum PG-13  
7:30pm Terminator Salvation PG-13  
8:30pm Angels and Demons PG-13  
9:00pm Slumdog Millionaire R **FREE**

COMING SOON

Drag Me to Hell

MOVIE HOTLINE:  
624-4248

**CDC, continued from page 1**  
 clerks, training and curriculum specialist, as well as numerous teachers and caregivers are completely different from when the process began. With each change, the documentation and application process had to be altered to reflect that. In February of 2008, the CDC applied for accreditation.

"You find yourself coming in on your off time to make sure the rooms are clean and everything is put away. You take work home so that the portfolios are up-to-date. It's a lot of work," said Anita Rangol, a Lead Caregiver at the CDC.

In maintaining the accreditation, the CDC will be required to file annual reports, report any program-altering changes to NAEYC, respond to all formal complaints and be eligible for unannounced on-site visits.

"I worked in civilian child care before this, and it is amazing how much higher the standards are within Navy Child and Youth Programs," said Nicole Knight, CDC Director. "We are constantly monitoring the children's social, emotional, physical, cognitive and language growth and development. We then adjust the programs within each classroom to fit the child."

On Thursday, June 18, NAS Sigonella Commanding Officer, Capt. Thomas Quinn presented the accreditation to the staff at a small gathering in honor of this landmark occasion.

"When I heard that we [here in Sigonella] got the NAEYC accreditation, I breathed a sigh of relief," said Capt. Quinn. "I finally felt that the folks who work at the CDC were getting recognized for all of their hard work. We here in Sigonella attain honors like this because of the people here and the community we've built. On behalf of the Sigonella community and the moms and dads whose children you care for, I'd like to extend a huge thank you to everyone at the CDC."

Staff members celebrated the achievement at a small reception. As difficult as the process was, everyone at the CDC is very excited about this accomplishment.

"The whole process was very intensive," said Brundage. "We couldn't have done any of this without our staff and their tremendous work. It really was a team effort."

**SUN, continued from page 2**  
 outdoors for sun damage or bug bites and contact your health care team for any questions or concerns.

Have a fun, healthy and safe summer Sigonella.

**CONNECTIONS, continued from page 1**  
 they're transiting through or they're new arrivals waiting to move out into town.

"We named it Connections for a reason," said James. "It's for people to get here and get connected via WiFi or making new friendships. Get to know your community, because a lot of people are moving out in town so the circles aren't as tight as they used to be."

MWR is still putting the finishing touches on the décor of the facility, which features leather couches, chairs and a plush theater room for watching movies and television, James said.

Along with the other festivities, Air Traffic Controller 1st Class Bud Turner won a 500 euro travel voucher from Angie's Travel for winning the competition to name the bar at the facility. The bar will be known as "Frazier's" after Capt. Walter J. Frazier, the first commanding officer of NAS Sigonella.

Frazier's serves a selection of

beer and wine for Sailors and family members of the appropriate age.

**GAMBLING, continued from page 5**

increasing amounts of money to achieve the desired excitement.

The gambler makes repeated unsuccessful efforts to control, cut back or stop the behavior.

The gambler experiences restlessness or irritability when attempting to cut down or stop gambling.

The gambler wagers as a means to escape from problems or relieve feelings of helplessness, guilt, anxiety or depression.

The gambler "chases" his or her losses (tries to get the money back by gambling more).

The gambler lies to family/therapists/others to conceal the extent of the wagering.

The gambler commits illegal acts such as forgery, fraud, theft or embezzlement to finance wagering.

The gambler jeopardizes or loses a significant relationship, job or career opportunity because of gambling.

The gambler relies on others to provide money to relieve a desperate financial situation.

"Don't Bet Your Life on It" is the Fleet and Family Support Center's gambling awareness program. The purpose of this program is to talk about gambling and the risk it can pose to you or someone you love. This workshop will provide concrete steps for you to take if you or someone you love is engaged in destructive gambling.

If you would like to learn more about gambling please contact your Command Financial Specialist or the Fleet and Family Support at 624-4291. One phone call is all that it will take to reserve your space for this very important workshop.

**MOTORCYCLE, continued from page 1**

for the rally and contests were awarded to five bikes for best custom bike, best stock bike, best three wheel, best paint, and best overall show.

A slow ride contest had participants riding as slow as possible up a hill, a difficult task according to Gee.

"If their feet touch, they are out of the race, and it is a lot harder than it would seem," he said. Alex Marquese of the Italian Air Force picked up the 80 Euro prize for winning that challenge and donated the money to the kids at the orphanage.

During the rally, Sigonellans and locals also enjoyed performances from Italian local bands Xcydonia, Three Brothers Gang, Appaloosa Victor's country band, and Sigonella band Killer Tomato.

"I came out here to show support and help the kids," said Store Keeper 2nd Class Stephen White (AW). "I love motorcycles, but the main reason is the kids."

A total of 2100 enthusiasts ended up attending the daylong event that also had T-shirt and motorcycle gear for sale with some proceeds being donated to the orphanage.

"Everything turned out well, the kids from the orphanage had a great time," said Gee. "Sales were good and from here we can start planning next year's rally which will be bigger and better."

**INDEPENDENCE, continued from page 2**

to Britain.

Thomas Jefferson's opening lines in the Declaration are thought-provoking. "When in the Course of human Events, it becomes necessary for one People to dissolve the Political Bands which have connected them with another, and to assume among the Powers of the Earth, the

separate and equal Station to which the Laws of Nature and of Nature's God entitle them, a decent Respect to the Opinions of Mankind requires that they should declare the causes which impel them to the Separation. We hold these Truths to be self-evident, that all Men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty, and the pursuit of Happiness..."

These concepts are what formed the foundation of our country's unique place in history, and have guided us in the 233 years since we declared our independence from Britain.

Interestingly, Jefferson wasn't aiming at originality in this work, he was expressing what he called the "harmonizing sentiments of the day," which were taken largely from John Locke, an Enlightenment thinker. Jefferson intended the Declaration to be "an expression of the American mind," he later wrote in a letter to John Adams. "The flames kindled on the 4th of July 1776, have spread over too much of the globe to be extinguished by the feeble engines of despotism; on the contrary, they will consume these engines and all who work them."

These are weighty words, indeed. I hope that the "engines" of despotism and radical Islam are extinguished, so that there can be a lasting peace.

I recently experienced an incredible miracle. My third child was born on the 18th of June, Mia Noelle. While I typed out this article, she was sleeping safely in her bed. I wondered what the world will look like when she is an adult.

One thing is for sure- we cannot forget the significance of Independence Day. I hope that you'll have a wonderful and safe 4th of July. I pray that you spend some time in reflection and consider the blessings of being an American, and the human sacrifice that secured this freedom. We must fight against historical drift and reclaim the true meaning of Independence Day. This can be a little challenging while living overseas; nonetheless, we need to celebrate this anniversary thoughtfully. Only then can we ensure that future generations can be as blessed as we are to be citizens of the United States of America.

**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

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**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 COM-PASSIONATE 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 335-580-1269 for more information.

# Firework safety

**Article by Sandra Basile, Naval Air Station Sigonella Asst. Chief Prevention**

professional fireworks or illegal explosives. Do your part and everyone will be safer.

**Fireworks Safety Tips...**

- Use fireworks outdoors only.
- Obey local laws and regulations. If fireworks are not legal where you live, do not use them.
- Never relight a "dud" firework. Wait 20 minutes and then soak it in a bucket of water.
- Use common sense. Spectators should keep a safe distance from the shooter and the shooter should wear safety glasses.
- Alcohol and fireworks do not mix. Have a "designated shooter."
- Only persons over the age of 12 should be allowed to handle sparklers of any time.
- Do not ever use homemade fireworks or illegal explosives. They can kill you!
- When all else fails, use common sense. Respect fireworks and sparklers as the great American tradition they are, but also respect the fact that they must be used with caution.



Do you have a passion for writing or are you 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.

# Marricriu

# Stampa

# THE SPORTS LINE

Commentary provided by  
**Signonella's #1 sports fan,**  
**MC3 Jonathan Idle,**  
The Signature Staff

## Draft Madness

Welcome to the second installment of "The Sports Line." The Signature staff received a lot of positive feedback from members of the Signonella community in regards to several recent sports articles we've featured in the paper. In response to that feedback we created this column where you will find a mixture of local sports and general sports commentary. This week we're going to look at the often confusing NBA Draft which took place Thursday, June 25 in New York. What did your team do to help or hurt their future?

Trying to figure out the NBA Draft process is a lot like trying to figure out a Rubik's Cube. Some people just get it, but most of us are left frustrated, confused and ultimately accepting of our fate (you can count Los Angeles Clippers General Manager and Head Coach Mike Dunleavy among those in the later category).

For starters, the NBA continues to hold onto a broken method of determining the order in which teams draft. The "lottery" process is exactly that; it's a gamble. All 14 teams that didn't make the playoffs have their team logo placed on ping-pong balls and thrown inside a giant Powerball machine. The more losses a team has, the more ping-pong balls they get.

Teams such as the Clippers, Milwaukee Bucks, Memphis Grizzlies and several others have made an art of tanking as many games as possible in an attempt to get the most ping-pong balls. How's that working out for you guys?

However, these teams vying for that top draft pick usually end up on the short end of the stick. Last year, the Chicago Bulls walked away with a burgeoning superstar and this year's NBA Rookie of the Year Derrick Rose, despite having the fewest ping-pong balls and about a one percent chance of winning. The Bulls are just the latest team to have the ping-pong balls roll their way. The Portland Trail Blazers had the same fortune the year before when they won the top spot and took Ohio State center Greg Oden.

Due to this lottery ball system, perennial losers have missed out on franchise changing players like Tim Duncan, Shaquille O'Neal and countless others who could have made the difference between languishing away in anonymity or making a run at an NBA Championship.

This year the Clippers came away with the top pick despite the Sacramento Kings having the NBA's worst record at 17-65. This made the Clippers job relatively easy since the University of Oklahoma's All-American power forward Blake Griffin was considered by many draft

experts to be far and away the best player available. Not even the Clippers can screw that one up, right?

After the Clippers selected Griffin, things got interesting. The Memphis Grizzlies drafted the University of Connecticut's 7 foot 3 inch center Hasheem Thabeet. A guy who was thoroughly dominated in

Timberwolves at the fifth pick. The 18 year-old Rubio was the most hyped player in the draft behind Griffin. Rubio has been playing professional basketball in Europe since the age of 16, and he led the Spanish national team to a silver medal at last years Summer Olympics in Beijing. To top off the Rubio saga, his family

Well, with a nod to the Clippers for taking Griffin, the biggest winners in this draft were the teams who made trades for big name players before the draft even started.

The Spurs, Orlando Magic and Cleveland Cavaliers all walked away from draft week with key additions to hopefully push their respective franchises to a title next year. The Spurs acquired small forward Richard Jefferson from the Bucks for several aging role players. Jefferson gives them an athletic swingman who had a career year shooting 39.7 percent from the three-point line in 2008-09. That seemed to be the one thing missing for them when they stalled in the playoffs last year. The Jefferson trade instantly puts them right back at the top as contenders for the title next year.

The Orlando Magic, who lost to the Los Angeles Lakers in the NBA Finals a couple of weeks ago acquired former All-Star shooting guard Vince Carter from the New Jersey Nets. A starting line-up that includes point guard Jameer Nelson, All-Star center Dwight Howard, small forward Rashard Lewis and Carter could make for one of the most explosive offensive teams in the league next year.

The biggest winners of the week might just be the Cleveland Cavaliers though. The Cavaliers acquired center Shaquille O'Neal from the Phoenix Suns. The addition of a big physical player like O'Neal is huge for a team that was pushed around in the Eastern Conference Finals by the Magic's Howard. When you add O'Neal to a team that had the NBA's best record last year, the Cavaliers look like very strong contenders to not only make the finals next year but finally break through and win the title.

Between the blockbuster trades and the overall lack of depth in the 2009 NBA Draft one thing became apparent as the whole process came to a close. The rich got richer and the poor...well, maybe the ping-pong balls will finally fall into place for them next year. Or not.

Do you have a sporting event of hot sports topic that you'd like to see featured in this column? Email [thesig@eu.navy.mil](mailto:thesig@eu.navy.mil) and let us know! \*coverage is on an as-available basis.



Members of the 2009 NBA Rookie Class

college by a player six inches shorter than he is, the University of Pittsburgh's DeJuan Blair. Blair fell all the way to the San Antonio Spurs in the second round of the draft because of concerns about a lingering knee injury. Is there a better example of why teams like the Grizzlies are consistently picking in the lottery and why the Spurs have been the most dominate team of the last decade?

A big surprise of the draft was Spanish point guard Ricky Rubio falling all the way to the Minnesota

and management are trying to force the Timberwolves into trading the young point guard to a team with more visibility like the New York Knicks.

The biggest "what were we thinking?" moment of the night has to go the Milwaukee Bucks who drafted point guard Brandon Jennings with the tenth pick. Jennings was considered the top player to come out of high school last year before he made history by deciding to skip college and get paid for sitting on the bench by an Italian team in the Euroleagues. Jennings was the first player in history to skip college and play in Europe until he was eligible for the draft. What made the moment priceless was that Jennings was nowhere to be found when his name was called. Instead he showed up to the draft four picks after he was taken. Why you ask? Jennings and his management stated they didn't know he was going to be drafted that early. The confused looks on the faces of the Bucks management was just another great moment in their storied history of ineptitude.

With so many misfires on picks near the top of the draft you have to be wondering if anyone actually came out this thing for the better.

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

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