

## Sigonella celebrates Independence Day



Photo by MCSN Whifield Palmer, Navy Public Affairs Support Element East Detachment Sigonella

A child competes in the human skeeball competition during the water follies event at Splashers during Independence Day in Paradise festivities July 3.

Article and photos by  
MC3 Jonathan Idle,  
The Signature Staff

The Naval Air Station (NAS) Sigonella community came together to celebrate Independence Day July 3 at the Midtown Complex on NAS I. Morale, Welfare and Recreation (MWR) hosted the day's events which included free bowling all-day, aquatic games, free movie screenings, miniature golf, arts & crafts, a performance by the band The Verve Pipe and fireworks. The day started off at 11 a.m. with the free bowling at SpareTime followed by the "Pool Follies" at Splashers. Children of various ages were able to compete in relay races, inner tube races and several other events. A child enjoyed participating in the day's events.

"It was fun and exciting to come out here and compete in the games," she said. At 3 p.m. the Family Fun Zone in the Fit District Gymnasium opened. There, families were able to enjoy miniature golf, moon bounces, and various other games and activities. Later in the evening, famous rock-band The Verve Pipe wowed the crowd with a live concert. The band is famous for their 90's hit song "Freshmen." The evening was finished up with a spectacular display of

INDEPENDENCE, continued on page 12



Photo by MCSN Whifield Palmer, Navy Public Affairs Support Element East Detachment Sigonella

A child practices his swing in the Family Fun Zone during Independence Day in Paradise July 3.

### Sigonellans enjoy music from The Verve Pipe



Photo by MC3 Jonathan Idle, The Signature Staff

The rock band The Verve Pipe perform for service members and their families during the Independence Day celebration at Midtown July 3. Participants enjoyed games, food, fireworks and more during the day long event.

### DoD takes steps to protect your privacy

Article provided by the Department of the Navy

In response to an increasing awareness of the growing need to protect the safety of service members and their families' identity information, DoD has begun to eliminate the Social Security Numbers (SSN) from DoD ID cards. Utilizing a three phased approach over the next several years, eventually full SSNs will no longer be visible on the cards. This action will affect all entitled to hold a CAC or ID Card, including active and reserve military, family members, retirees and contractors.

As detailed below, the removal of SSNs will occur in three phases, each of which will be implemented as ID cards are issued or renewed.

Phase One, now underway, will remove the printed dependent SSN from Dependent Identification and Privilege cards (DD Forms 1173 and 1173-1) and replace it with "XXX-XX-XXXX." At this point, the sponsor's SSN will remain visible on the

card.

Phase Two will remove printed SSNs from all DoD ID cards, with the exception of Geneva Conventions identification cards, which will retain the last four digits of the SSN for Geneva Conventions purposes. This phase is scheduled to begin by the end of calendar year 2009.

Phase Three will remove SSNs from barcodes on all cards and is scheduled to begin during calendar year 2012.

In an effort to provide more detailed information in preparation for this transition, the following frequently asked questions and answers are provided:

Q1 What is changing on the card?

A1 SSNs will be systematically removed from DoD ID cards. When current cards expire, (consistent with the timeline in A4), they will be replaced with new cards with XXX-

PRIVACY, continued on page 12

WEATHER UPDATE	July 10 H:92F L:72F	July 11 H:87F L:72F	July 12 H:90F L:63F	July 13 H:86F L:62F	July 14 H:88F L:63F	July 15 H:90F L:65F	July 16 H:91F L:64F

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Autism is a condition of children who have delays or deficits in three critical areas of development; social skills, communication, and behavior. Communication encompasses both the expression and the understanding of language.		The Navy Working Uniform (NWU) is now authorized for wear off-base, during routine stops and at eating establishments during the prescribed workday.	If you have reached midlife and haven't saved much for your retirement, you aren't alone. A study by the American Council for Savings Education found that more than half of all baby boomers have saved less than \$50,000 toward retirement and 15 percent have saved nothing.	One of the largest religious festivals held annually in Sicily will take place Tuesday, July 14 in Palermo. The city will celebrate the Little Saint Rosalia Festival an impressive centuries-old festa honoring the beloved Palermo celestial patroness, dating back to 1625.	The island of Vulcano is the southernmost of the Aeolian Islands which lie off the northeastern side of Sicily in the Tyrrhenian Sea. Vulcano is known largely for the geothermal activity which has created mud baths, hot springs and black sand beaches.

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

TRAFFIC NUMBERS		
	Jan. 09- July 09	Jan. 08- July 08
Accidents	116	180
Injuries	13	30
DUIs	0	5
Traffic Deaths	0	2

PLEASE,  
DON'T BECOME  
A STATISTIC!

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

The 4 June Feedback Live was so successful that some of the questions couldn't be covered in the allotted time, so we are going to devote the Direct Line to answer them. Please keep sending the questions via email or phone and I will do my best to answer them.

Additionally, has someone in Housing, the Exchange or Commissary provided you Great Service? Are you excited about a base sponsored program or service? Feedback Live is the perfect opportunity to share with the community about your positive experience. Feedback Live is held on the first Thursday of each month, from 6:30 p.m. - 7:00 p.m. To call in live on the show, please dial 624-4265 or 095-56-4265.

Q1. I go to the NAS I Fitness Center and in order to obtain a locker, I have to give them my military ID card in exchange for a locker key. My concern is that the ID card has my SS# on the back and there is possibility of someone taking the #. Thus my question, is there another method in which to obtain a locker key without handing over one's ID?

A1. Photo identification is required to check out a daily locker or sports gear. A person may choose to leave a drivers license or another piece of photo identification if they feel

that is more appropriate. (Bill Bray, MWR)

Q2. Why do we have cleaning contracts for buildings where Sailors work? As leaders we hold our Sailors accountable to ensure restrooms and hallways are always up to standards. In a time when money is tight, this is just a thought.

A2. Commander Navy Installations Command (CNIC) dictates the level of janitorial services required to maintain minimal cleanliness standards NAVY wide. The frequency in which various services are performed such as emptying waste containers, vacuuming and mopping floors is determined based on Common Output Levels (COL). Because of the funding constraints mentioned, we are currently funded to the next to the lowest COL level. At this level of service, some effort by the personnel occupying the spaces is required to maintain minimal cleanliness standards.

Q3. At Big Al's my supervisor bought a pizza the other day and found out that there is a delivery charge if it is delivered. However, when he picked it up to bring back to the shop he was charged a take-away fee. I realize that boxes cost money, but aren't we carrying it too far? Since YUM has pulled out their outlets, any chance we can get a Naps BBQ

like Bahrain has? Thanks.

A3. Big Al's does offer delivery service for a charge of \$1.50. There are no charges for take-away and/or carry-out service. If you were charged for this service, please contact their manager, Amendola Lorenzo @ 624-5245. We are currently working on obtaining more food service outlets to replace the YUM brand concepts.



The questions, comments and concerns stated in this column do not constitute the official position of the U.S. Navy and are submitted by members of the community.

# Health WATCH

## Characteristics and therapy for Autism

Article by  
**Lt. Cmdr. Lisa Peterson,**  
Naval Hospital Sigonella  
Pediatrician

Autism is a condition of children who have delays or deficits in three critical areas of development; social skills, communication, and behavior. Communication encompasses both the expression and the understanding of language. Further, children with autism tend to show difficulties with some gross motor skills and coordination. Children with an autism spectrum disorder can continue to progress developmentally and can continue to learn new skills and behaviors. By starting therapy early, approximately age 2 years, language and social skills can be greatly improved. Autism is not a curable disorder; however, the goal of therapy is to improve the functional independence of the child, and thereby to improve the child's and family's quality of life.

In autistic disorder, children usually manifest more severe deficits in communication and social skills, and demonstrate unusual behaviors.

These children often avoid eye contact and do not share in the emotional states of others. Children with autistic disorder often lack the realization that others have separate thoughts, ideas, and emotions. As a result, these children have more difficulty with empathy, sharing, and consoling others. Children with autistic disorder also often display characteristic behaviors and obsessions which are non-functional. Behaviors that are normal in 1-2 year olds who cannot verbalize their emotions may persist at age 3-4 years. Such behaviors include hand flapping, twirling objects at the periphery of their vision, rocking, persistent toe-walking, and continued placing of all objects into their mouths. Children with autistic disorder may also display hypersensitivity to touch, sounds, and textures.

Children with Asperger syndrome by definition have normal intelligence levels. They may appear to have good language development,

**AUTISM, continued on page 12**

**NASSIG WORSHIP SERVICES**  
Chapel Offices: NAS I 095-56-3975, NAS II 095-86-9049

<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) 1100 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



## Suicide: Let's talk about it

Article by Chaplain Hank Wilson

In our society there are many things that are taboo. There are many things that we just do not talk about. We often do not talk much about things like death, the handicap, adoption, or suicide. These things are difficult and often leave us speechless. The one subject that often gets little discussion is that of suicide.

Why is that? Why will we wait until it is too late to talk about it? What is wrong with talking about it?

The answer is: nothing. Over the next few articles I want to bring to your attention the topic of suicide. While it is difficult to talk about and an uncomfortable subject, this does not give us reason to ignore it. The society may think this subject to be taboo, but we should not. Over 32,000 people in the U.S. die by suicide each year. Roughly 80 Americans commit suicide and over 1500 people attempt suicide per day (www.asfp.org). These numbers are alarming. How many more have thoughts of suicide and have not yet attempted to take their own life?

Suicide is an important subject in the Navy community as well. Did you know that suicide is the second leading cause of death in our community?

Maybe you have been affected by suicide in one way or another. Most of us here in Sigonella have within the past year. When a suicide happens it not only affects the immediate family, but sends shock waves throughout a community. Many people are impacted. Like a ripple from a stone

dropped in a pond, the actions of one person can cause distress on many people.

Most of what our communities are equipped to deal with are the postvention efforts to dealing with this horrible problem. Like any other community, the Navy does a great job in providing for those who have been hurt by suicide. In some sense we even do a good job at prevention. We attempt to catch those who are depressed earlier, and we have filters and nets set up to attempt to prevent suicide. However, this is not a full safety net when dealing with suicide. We need to be prepared to act through intervention.

What would you do if someone came to you and told you they were having thoughts of suicide? How would you react? Would you know

**SUICIDE, continued on page 12**

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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.*

# NAVY News

## Navy working uniform now authorized off base

**Article by**  
**MCCS (SW/AW) Bill Houlihan,**  
 Master Chief Petty Officer of the  
 Navy Public Affairs

**WASHINGTON (NNS)** -- The Navy Working Uniform (NWU) is now authorized for wear off-base, during routine stops and at eating establishments during the prescribed workday. In NAVADMIN 188/09, Chief

of Naval Operations (CNO), Adm. Gary Roughead, expanded the occasion for wear policy, which has been in place for six months.

Roughead consistently stated that the possibility for changing the policy hinged upon a timetable driven by the Navy's chiefs' mess.

Once the leadership mess provided feedback to Master Chief Petty

Officer of the Navy (MCPON) (SS/SW) Rick West, indicating that Sailors across the Navy understood the correct manner to wear the uniform, it was understood that he would recommend to CNO and Chief of Naval Personnel (CNP), Vice Adm. Mark Ferguson, when the time was right to allow the uniform off base.

According to West, that time is

now.

"Communication from the Force and Fleet Master Chiefs has been unanimously positive. Our Sailors are ready to introduce this uniform to the American public," said West. "That's what CNO was waiting for and this decision is a direct result of chief petty officer (CPO) feedback. It's been sincerely gratifying to be able to watch this process work as well as it has."

The policy differs from the language in NAVADMIN 343/08 in that, up to now, routine stops were not allowed. That meant Sailors were prohibited from visits to child care centers, gas stations, brief stops at convenience stores or banks. Now those stops are authorized.

"Our Sailors are proud of this uniform," said MCPON. "This has been the number one feedback item from the fleet since I took office, (Dec. 12, 2008) and they have not been shy about their wishes to wear this uniform in town. Our Sailors have been trained to wear it and will wear it proudly."

West underscored the importance of waiting for the right time to open up the occasion for wear policy. He said that while many wondered why the original wear policy was put in place, it was important to ensure every Sailor knew how to wear it before allowing it outside the lifelines of ships and bases. He also said he kept a close eye on various regions to see how aggressive leadership was in training the fleet to wear the NWU.

"I watched Navy Region Mid-Atlantic and I saw how the chiefs in that region were engaged in getting this right from day one. The training was consistent and it was effective. They deserve a lot of credit for the expanded policy, because they did it the right way in the largest fleet concentration area. Leadership's engagement coupled with Sailor feedback was what drove this recommendation

(to expand the policy) to CNP and CNO."

The revision includes aligning the NWU and Camouflage Utility Uniforms (CUUs) occasion for wear policies and offers more flexibility than the rules governing the wear of other working uniforms.

The transition to the NWU will continue as stipulated in NAVADMIN 343/08. Multiple regions across the United States and overseas are still not wearing the NWU due to distribution constraints, so West pointed out that the manner of wear policy is even more critical now as Sailors transfer to those areas. Leadership (CO/CMC) has been authorized to wear the NWU since December and should already be wearing it in the areas where Sailors will soon be showing up.

"We have people rolling from one region to another and coming from boot camp, wearing the NWU. I'm looking to them as the Sailors who are going to meet the standards as set forth in the NAVADMIN and the Uniform Regulations, but more importantly, I expect the CPO mess to maintain the standards expected of our high caliber Sailors," said West.

The NAVADMIN also states that wear of the NWU/CCU will be restricted inside the National Capital Region (NCR). Navy personnel on staffs located in or visiting the NCR will not be able to wear the NWU or CCU as their uniform of the day. Commanders, according to the message, may prescribe the NWU/CCU for those Sailors in the NCR requiring that uniform for work that would soil the uniform of the day.

"I look forward to seeing the public's reaction to our new uniform," said West. "And I know our Sailors are eager to get out there and show it off."

### PHOTO FROM THE FLEET

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



U.S. Navy photo by MC3 Chelsea Kennedy/Released

Newly promoted officers get soaked during a "Wetting Down" portion of a promotion ceremony on the fantail of the aircraft carrier USS Ronald Reagan (CVN 76). "Wetting Down" is when officers throw buckets of water at newly promoted officers to celebrate their new rank. Ronald Reagan is underway on a scheduled deployment in the Indian Ocean.

Calvary Monika

Volcano



## COMMUNITY CALENDAR

				FRIDAY	SATURDAY	SUNDAY
				<b>10 JULY</b>	<b>11</b>	<b>12</b>
				<b>Alcoholics Anonymous</b> NAS II Chapel 7 p.m. 346-840-7745  <b>Babysitting Bootcamp</b> Red Cross 3:30 p.m. - 7:30 p.m. x4900	<b>Nearly New Shop Open</b> NMCRS 10 a.m. - 1 p.m. x4212  <b>Babysitting Bootcamp</b> Red Cross 3:30 p.m. - 7:30 p.m. x4900	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY			
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>Alcoholics Anonymous</b> NAS II Chapel 7 p.m. 346-840-7745  <b>"Don't Bet Your Life"</b> FFSC 12 a.m. - 1:30 p.m. x4291	<b>SAVI DCC Training</b> FFSC 9 a.m. - 11 a.m. x4291	<b>Alcoholics Anonymous</b> NAS II Chapel 7 p.m. 346-840-7745 <b>Motta Castle Tour</b> FFSC 10:30 a.m. - 1 p.m. x4291 <b>Infant &amp; Child CPR</b> Red Cross 10 a.m. - 12 p.m. x4900	<b>Weight Management Support Group</b> NAS II Flight Line Clinic 3 p.m. - 4 p.m. x4710  <b>Thrift Saving Plan</b> FFSC 11 a.m. - 12 p.m. x4291	<b>Alcoholics Anonymous</b> NAS II Chapel 7 p.m. 346-840-7745  <b>Babysitting Bootcamp</b> Red Cross 3:30 p.m. - 7:30 p.m. x4900	<b>Babysitting Bootcamp</b> Red Cross 3:30 p.m. - 7:30 p.m. x4900	
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>Alcoholics Anonymous</b> NAS II Chapel 7 p.m. 346-840-7745	<b>Credit/Debt Management</b> FFSC 12 p.m. - 1 p.m. x4291	<b>Men's Group</b> FFSC 1:30 p.m. - 3 p.m. x4291 <b>Survive &amp; Thrive</b> FFSC 8 a.m. - 3 p.m. x4291 <b>FA/CPR/AED</b> Red Cross 4:30 p.m. - 8:30 p.m. x4900	<b>Alcoholics Anonymous</b> NAS II Chapel 7 p.m. 346-840-7745 <b>SAVI POC training</b> FFSC 8 a.m. - 12 p.m. x4291 <b>FA/CPR/AED</b> Red Cross 4:30 p.m. - 8:30 p.m. x4900	<b>Babysitting Bootcamp</b> Red Cross 3:30 p.m. - 7:30 p.m. x4900  <b>Alcoholics Anonymous</b> NAS II Chapel 7 p.m. 346-840-7745	<b>Babysitting Bootcamp</b> Red Cross 3:30 p.m. - 7:30 p.m. x4900	

# Motta

# Baseball

# Morobishi

*Did you know that . . .*

Funeral costs could be as little as \$1,500 or could easily escalate to \$8,000 or more? It is strictly up to you.

The Navy-Marine Corps Relief Society can assist you in identifying the hidden and not so hidden costs associated with a funeral. We'll assist you in preparing a spending plan and give you some pointers to help keep your costs reasonable.

Visit your local Navy-Marine Corps Relief Society Office before you've obligated funds for a funeral beyond your means. Remember that your love for a departed relative is not measured by how much you spend on the funeral.

NMCRS: A Helping Hand!  
[www.nmcrs.org](http://www.nmcrs.org)



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

## It's never too late to save for retirement

Article by  
**Jonathan Hefner, M.A., L.P.**  
 Manager of Legal and Financial  
 Services at Ceridian Corporation

If you have reached midlife and haven't saved much for your retirement, you aren't alone. A study by the American Council for Savings Education found that more than half of all baby boomers have saved less than \$50,000 toward retirement and 15 percent have saved nothing.

No matter how much you have saved, you can take steps to build a more secure future. These range from reducing your expenses to taking advantage of changes in tax laws that allow people over 50 to catch up on saving by putting extra money into Individual Retirement Accounts (IRAs) or 401(k) savings programs.

Knowing how much you will need for retirement

Many people underestimate how much money they will need for retirement. For this reason, building a more secure financial future begins with understanding the income and expenses that you will have after you stop working.

Start by estimating how much money you will need in retirement. As a general rule of thumb, your goal should be to put aside enough savings to match two-thirds to 70 percent of your current income. But the amount you'll actually need will depend on your personal circumstances, spending habits, and lifestyle.

Know how much you can gain by saving. You may think that saving a small amount per week won't make much difference to your retirement. But consider a few numbers. Let's say that starting at age 50, you put \$25 a week into a savings account that pays 4 percent interest and you don't touch the money. You would have \$16,232 at

age 60; \$40,260 at age 70; and \$75,827 at age 80. You can learn how much you would earn if you saved other amounts by using free online interest calculators.

Understand your Social Security benefits. Every year the Social Security Administration mails a statement of projected benefits to everybody over 25 who is not yet receiving benefits. You can also get a copy by going to <http://www.ssa.gov/mystatement>.

Tips on catching up with your savings

You'll need a come-from-behind plan if you have saved little or nothing until now. Here are some tips.

Pay yourself first. Same some money from every paycheck, even if it's a very small amount. This will help you adopt a habit of saving.

Put more into your employer-sponsored retirement plan if your organization offers one. If you're putting 5 percent of your income into an employer-sponsored retirement plan, such as a 401(k) or a 403(b) plan, increase it to 10 percent or more if possible. The money you put into a 401(k) or 403(b) plan reduces the amount of taxes taken out of your paycheck, and you don't have to pay taxes on the income you earn until you withdraw the money at retirement. The military's Thrift Savings Plan is an example of a 401(k) plan.

Use an automatic savings plan. Your organization may have a payroll savings plan that lets you have money deducted from each paycheck deposited in a savings account at a bank or credit union. If so, start using this plan or increasing the amount you save through it. DFAS allows service members and

civilian employees to allot a portion of your pay to a bank account. You can also look into the options at your bank. You may be able to have money transferred automatically from a checking to a savings account.

Try to save at least 20 percent of your income. Many experts recommend that people save at least 20 percent of their income between the ages of 40 and 60, because most workers reach the peak of their earning power then. If you can't save 20 percent now, work out a plan for reaching that goal.

Have an emergency fund. Make sure you have enough money to pay for an emergency such as a dental emergency or car-repair bill. Most financial professionals suggest having an emergency fund that consists of 3-6 months of basic living expenses.

Take advantage of tax breaks for late savers. If you participate in a 401(k) or 403(b) plan at work, you can save extra money in an Individual Retirement Account (IRA). If you're over 50, you can contribute additional amounts

Getting help with saving for retirement

As you think about the best way to step up your savings, you may want to get help from your bank, your accountant or tax preparer, financial planners, budget or debt counsellors or financial planning guides. Take advantage of budget planning services and financial planning classes offered by the Fleet & Family Support Center.

Finally, remember that it's never too late to start saving. By taking the steps now, you'll be on your way to a more secure future.

## Cold Noses

WARM  
 HEARTS



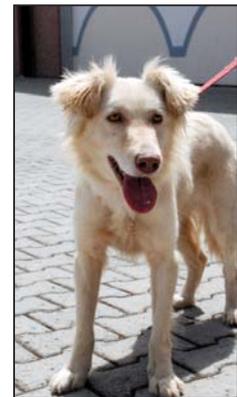
**A reminder to the community that feeding feral or wild animals on the installation is prohibited.**

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.



**MORONI (above) is the ideal lap dog. He is calm and would be the perfect companion for a family that prefers an indoor dog. He also enjoys good walks and a hearty belly rub.**

**BIANCA (below) is a beautiful girl who would love a home to call her own. She wants someone to take her for walks and give her treats.**



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

# Palermo

# Strike

# AGIP GEAS

Alberto Lunetta  
The Signature Staff

# Italian NEWS



Sicilian Culture, Events and Lifestyle

## Palermo honors Saint Rosalia

One of the largest religious festivals held annually in Sicily will take place Tuesday, July 14 in Palermo. The city will celebrate the "Festino di Santa Rosalia" (Little Saint Rosalia Festival) an impressive centuries-old festa honoring the beloved Palermo celestial patroness, dating back to 1625.

The evening parade is undoubtedly the highlight of this spectacular festival blending religion and Sicilian folklore. It revolves around the "Carro Trionfale," a majestic float on top of which a statue depicting the saint is placed. First introduced in 1686, this gilded Baroque float is typically shaped as a boat and built new every year. At the beginning of the festival, the city mayor shouts three times "Viva Palermo e Santa Rosalia!" (Long live Saint Rosalia) kicking off the festivities.

The intense devotion displayed by Palermitani (Palermo residents) to Saint Rosalia can also be observed in popular sayings such as "Santa Rosalia, pensateci Voi!" (Saint Rosalia, please take care of it! Palermitani use it when they are puzzled about something) or "Nun mi cuntari li tri ghiora d'u festinu." ("Don't tell me about the three-day festival," which means: "don't tell me what everybody already knows").

Santa Rosalia is invoked for intercession with God in times of need. Her relics, which are kept inside the Palermo cathedral, are venerated by millions of pilgrims around the globe.

The festival was already so popular in the past that famous travelers and novelists from the 18th century left account of it.

Scottish Patrick Brydone is one of them. He toured the south of Italy and wrote a book called A Tour through Sicily and Malta (dating to 1773). Here is he described the float parade: "The triumphal chariot was preceded by a party of men on horseback, with trumpets and drums, and by all the high officials of the city in full regalia. The "machine" is truly enormous: it measures seventy feet in length, thirty in width and over eighty in height; as it passes through the streets, it towers above Palermo's tallest houses. The lower part looks like a Roman galley, but it widens towards the upper part. The front part is broader and shaped like an oval amphitheatre, with seats all around: this is the great orchestra, thronged with musicians in several rows, one above the other. At the back of the orchestra rises a great cupola, supported by six Corinthian columns and adorned with numerous figures of saints and angels, with a gigantic silver statue of Santa Rosalia on the top."

French artist and archaeologist Baron Dominique Vivant Denon wrote: "The fifth day was celebrated



Photo by Cattedrale di Palermo

**Make sure you don't miss on visiting the July 14 "Festino di Santa Rosalia" (Little Saint Rosalia Festival), an long-standing religious celebration honoring the city patroness saint. The festival will feature religious processions and parades as well as breathtaking fireworks and arts and crafts.**

with a never-ending procession that began around sunset and ended one hour after midnight. Here you can see the Palermitans' predilection for "pageants" and their extreme devotion to their Saint. Each congregation brings its own pageant with a representation of scenes from the Old or the New Testament acted out by means of life-sized images or by children."

Today, modern technology has helped in making the festival a breathtaking event. Thousands among pilgrims and tourists from all over the world will attend the 384th edition of the festino which will feature parades, shows, fireworks, food stalls and religious processions.

During this vibrant festival, don't miss the food "bancarelle"(booths) which sell delicious local specialties and treats such as "Càlia e Simenza" (roasted chickpeas and salted pumpkin seeds), "Sfincione," (Sicilian pizza topped with tomato sauce, bread crumbs, salted sardines, onions and caciocavallo cheese), "Torrone" (nougat), "Pani e Panelli" (deep-fried chickpea fritters), "Crocchè" (potato croquettes), "Pani ca' meusa" (sandwich filled with sautéed beef spleen which could be 'schietta' when sprinkled with grated caciocavallo cheese or "married," with a fresh ricotta cheese) "Purpu Vugghiutu" (boiled octopus) and the refreshing "muluna" (watermelon) and "gelato" (icecream).

"Life of Saint Rosalia"

Saint Rosalia, who is nicknamed Santuzza or little Saint, was the daughter of a noble family of northeastern Sicily and a descendant of Charlemagne. She lived in the second half of the twelfth century. According to tradition, she left home when she was still young woman to live as a hermit in a cave of Mount Quisquina near Bivona and later in another of Monte Pellegrino near Palermo where a small Byzantine church was erected.

She lived there all her life and she was buried in an adjoining cave. In 1624, her remains were discovered and moved to the Cathedral of Palermo. The devotion that palermitani (Palermo's townspeople) have for Santa Rosalia (Saint Rosalia) dates back to 1624. Rosalia is believed to have averted a terrible epidemic of plague that broke out in Palermo. According to tradition, despite the Palermitani repeatedly invoked the four city co-patron saints (Cristina, Ninfa, Oliva and Agata) against the terrible disease, however, plague still spread at a horrifying rate. But a miracle occurred when a soap manufacturer named Vincenzo Banelli, whose wife died because of the epidemic, urged the Palermo Cardinal to hold a procession featuring the relics of Saint Rosalia throughout the city. Tradition holds that Santa Rosalia appeared in a vision to Banelli instructing him that if her earthly remains would be taken in procession through the city, plague would cease. Thus, on July 14, 1624, a magnificent procession featuring the saint reliquie or relics placed in a silver case of crimson velvet, and accompanied by the Royal Council, the Senate, illustrious citizens and all the clergy, took place in Palermo. At the end of it, the plague was over. Since 1624, every year, the Palermo's community has been celebrating with true devotion its patron saint.

"Festival Schedule"

The evening of July 14th is the highlight of the festival. Around 9 p.m., the parade of the Carro Trionfale leaves from the Cathedral and moves along corso (avenue) Vittorio Emanuele, the Royal Palace, the cathedral and piazza Vigliena also known as "Quattro Canti," a breathtaking octagonal square illuminated by the sun's rays from dusk to dawn in which the four oldest districts of the city intersect in one point. Later, "U' jocu di

focu," an impressive firework show, is performed at midnight at the waterfront. On Wednesday, July 15 a religious procession featuring the holy relics of Santa Rosalia will leave from the cathedral around 6 p.m. to tour the historic center.

For more information and detailed schedules call Palermo Tourist Office at or 091-7407606 (Opening hours Mon-Fri 8:30 a.m. / 2:45 p.m. / Wed 8:30 a.m. - 5:30 p.m.).

## Marricriu

## Magnolia

# Summer events kick off in Mascalucia

The lineup for the 2009 edition of the annual summer Mascalucia music and dance festival, which will be staged at the Trinità-Manenti Park, was recently released to the public. As it happens every year, this beautiful town from the Etna area will host some of the most famous international dance, jazz & blues, world and classic music artists. Kicking off this summer season will be this weekend's "Etna in Blues" festival that will feature two world renowned jazz and blues singers.

Tomorrow (Saturday, July 11), contemporary blues star Ana Popovic will perform at 9 p.m. The concert will be opened by Italian band Bad Chili.

On Sunday, July 12th the enchanting voice of Chicago-based singer Deitra Farr (bottom photo) will entrance spectators at 9 p.m. Local band Strange Fruit will open the concert. "We are happy to share this festival with Amnesty International and the Distretto Taormina Etna, a company committed in promoting tourism in Sicily. We tried to blend different music styles through the magic of blues," said "Associazione in Blues" Manager Corrado Zappalà said.

Signonella dance lovers will be happy to hear that Mascalucia will also host the "Primo Festival Internazionale della Danza (the first international dance festival), a not-to-miss intercultural event that will allow spectators to enjoy a variety of world dance and music shows in July and August. The first prestigious event will be the show of the internationally acclaimed male belly and oriental dancer Amir Thaleb (top photo) who will perform along with his Arabian Dance Company a unique "The Thousand and one night" type of dance show that will surely enchant the audience on Tuesday, July 14 at 9 p.m.. Guest stars artists will be Ensemble Ailena and Les Soeurs Tribales. Thaleb ranks among the first five prominent Middle Eastern dance teachers in the world. He performs regularly all the main traditional oriental dance styles (Lebanese, Syrian, Greek, etc.) at prestigious venues across the globe, holding workshops and seminars on belly dancing. Other festival highlights include a breathtaking tango show featuring "Divino Tango," (August 9, 9 p.m.) a dance company directed by Adrian Aragon" and the young and talented Italian dancer Anbeta Toromani who will perform with other skilled dancers from all

**CITTÀ DI MASCALUCIA**

**Amir Thaleb**  
& Arabian Dance Company  
ospiti  
Ensemble Ailena e Les Soeurs Tribales

**Martedì 14 Luglio ore 21.15**

**Parco Trinità Manenti**  
infoline 095 7542231 info biglietteria: 095 7225340  
www.ctbox.it

over the world (August 11, 9 p.m.).

Mascalucia will also host the spectacular performance of world-renowned young Italian contemporary classic music composer Giovanni Allevi on Wednesday, July 15 at 9.m.

The festival will also feature ethnic food stands and arts and crafts vendors.

For more information and tickets contact "Ticket Box Office" (095-7225340) or visit [www.ctbox.it](http://www.ctbox.it)



**Alphio**

## 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.



Do you go on cool trips and ever think "Hey, I bet other people would love to experience this place!?" Why not do a quick write-up about your trip and email it to us at [thesig@eu.navy.mil](mailto:thesig@eu.navy.mil) to get it printed in *The Signature*? Submit your article, along with at least six photos and see your name in print!

# Gegomotor

# A Stone's Throw

THE HUB OF THE MED IS ALSO THE HUB FOR TRAVEL

## The island of Vulcano



(Above) The warm waters of Vulcano run right up to the steps of the mud baths.  
(Bottom) The man made mineral hot springs have three different pools with a range of temperatures. The club also offers many spa treatments for a price.

Article and photos by  
MC3 Jonathan Idle  
The Signature Staff

The island of Vulcano is the southernmost of the Aeolian Islands which lie off the north-eastern side of Sicily in the Tyrrhenian Sea. Vulcano is known largely for the geothermal activity which has created mud baths, hot springs and black sand beaches. The Romans named the island after the god Vulcanus, and the name for the island became the word for volcano in most modern languages. They used the island for the materials that can be found there such as sulfur, wood and alum. There are three volcanic cones on the island, and while the island is still active, there has not been an eruption since 1890.

**Site:**

For things to see and do, Vulcano rates four stars. The island is geared almost entirely toward tourists who come for the

geothermal-related attractions. The reason it only rates four stars is due to the sulfur smell around a section of the island which some people may find unpleasant upon first arriving there. The island creates a very relaxing environment that could be compared to a day at a spa. There is a small fee to enter the mud baths, but access to the nearby beaches are free. The beach that is closely linked to the mud baths is rocky, but the water is extremely warm from the sulfur gases coming up through the rocks.

A few hundred meters behind that, on the other side of an isthmus, is a black sand beach made from the lava flows. The water is slightly cooler but is still relatively warm. There is a small fee for umbrellas and lounge chairs.

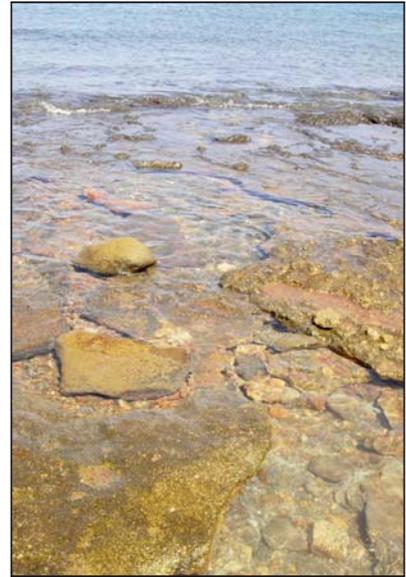
Down the road from the beaches, there is a club with man-made mineral pools which cost a small fee for several hours



M o n d o  
Animale

Oxidiana

Cafe Brasil



(Above Left) The black sand beach on the island of Vulcano. (Above Right) The rocky beaches of Vulcano offer warm waters due to the sulfur gas escaping through the rocks. (Below Left) A view of the city as the ferry pulls in to the island. The town is small and made for tourists. (Below Right) The beach that lies next to the mud baths. This beach is where the warmest water can be found.

of use. The club offers full spa treatments including facials, manicures, hair cuts and other services for a price.

The island has several restaurants and bars which line the main road and the pier. There are local shops which offer the usual souvenirs and merchandise that can be found in most tourist locations.

For anyone who feels like hiking up to the top of one of the volcanic cones, there is a road which leads to the top of the cone closest to the town. The hike takes approximately an hour each way and offers views of some of the other Aeolian Islands and the surrounding scenery.

**Family Friendly:**

In this category the island rates four stars. Almost everything to see and do is in a small area on the main road which is relatively flat. This makes getting around with young children, strollers or wheelchairs relatively easy. While there is not much specifically geared towards chil-

dren, the beaches, pools and mud baths offer plenty of ways to keep kids entertained. Not to mention that the warm water makes for very enjoyable swimming.

**Accessibility:**

Since this was an ITT trip, it rates five stars for accessibility. The bus leaves from base and wraps up around the highway on the eastern coast to Milazzo. From there, the ferry goes to Vulcano. There are also hydrofoils running back and forth which are quicker, but the ITT trip only covers the hydrofoil for the return trip. For those who wish to drive, take A18 toward Catania to A19 then continue on Messina/Palermo. Take the first Milazzo exit to the harbor.

**Travel Time:**

The trip only rates one star for travel time. It takes between two to three hours to reach Milazzo by bus, and slightly more than an hour on the ferry. The hydrofoil cuts the return time slightly, but the trip will still take three plus hours each way.



The mud baths offer a unique and relaxing experience for a small fee.

# Medusa



The man made mineral hot springs have three different pools with a range of temperatures. The club also offers many spa treatments for a price.

**REVIEW SUMMARY**

- Site: ★★★★★
- Family Friendly: ★★★★★
- Accessibility: ★★★★★
- Travel Time: ★

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

# Go Green Sigonella!

## How to cool yourself without air conditioning

Article from wikipedia

Are you stuck on a sweltering summer day without air conditioning? Here's how to cool yourself down before the heat overwhelms your body.

Just add water! The relief is almost immediate, and will last for up to one hour or more!

Ball up and soak a t-shirt in the sink, wring it out, put it on and sit in a lawn chair (or other chair that lets air through to you) in front of a fan. Re-wet as it dries. Make sure not to soak it with cold water. It can be colder than you think. Instead use lukewarm water so you get cool without freezing. Using a synthetic shirt will ensure no "wet T-shirt" look.

Wet your wrists and other pulse points with cold water. Use a piece of ice wrapped in a face cloth to continue after the coolness wears off. Constantly cooling off the wrists will also cool off the body. Never use just

ice; make sure it is wrapped in a towel or something similar.

Wear a short sleeved shirt and put water on the sleeves. If there is a breeze or fan blowing on you, you can actually get cold. Use a squirt bottle, the sink or hose if outside to keep your sleeves wet. If you are outside and wearing long pants and you put water on your legs, the water will cool your legs.

Hold a cold beverage on your neck to cool yourself. A cold object, such as a soda can, held against the neck cools the blood to the brain very quickly.

A bandana, soaked in water and tied about the neck cools quickly and protects against sunburn.

Fill your bathtub with cool water and get in. Once you are used to the temperature, let some water out and refill with cold water. Keep doing this until you are sufficiently cold. Your body will stay cool for a long

t i m e  
a f t e r  
y o u  
g e t  
o u t.



Sweat it out! Water vapor produced by sweating actually takes heat away from your body if it is exposed to air and allowed to evaporate. The best thing to do is to put your sweaty self in the path of a cool breeze or fan.

Drink water, even if you are not thirsty! You must replace fluids lost in perspiration to prevent dehydration. Oral re-hydration may be accomplished by drinking an electrolyte-balanced beverage. The electrolytes help to make sure you don't lose vital minerals through sweating. Adding ice will also help cool you off. Avoid lemonade, iced tea, and other sugary drinks (see the Tips below).

Dress (or undress) for the heat. There are several strategies to dress, depending on your situation:

**Nothing:** If you're in a situation where you can go without clothes, this can be the most comfortable, natural way to stay cool.

**Next-to-Nothing:** Put on a swimsuit, or wear your underwear at home.

**Summer Clothing:** Wear natural fabrics (cotton, silk, linen) rather than polyester, rayon, or other artificial fibers (with the possible exception of performance fabrics).

**Take off your hat, stay a while.** Take off your shoes or hat while indoors! Much of the body's heat is released through the soles of the feet, the palms of the hands, and the scalp. Keeping these areas cool makes a surprising difference.

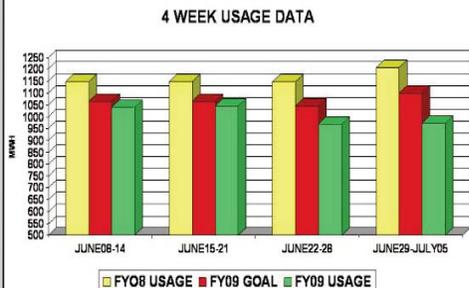
**Wear Light Colors:** Darker colors will absorb the sun's rays and be warmer than light or white clothing, which reflects light and heat. Wear natural summer clothing.

Ristorante Bella Etna	
Galley Menu Hours	
Monday-Friday	Saturday-Sunday-Holiday
Breakfast 0600-0830	Breakfast 0700-0900
Lunch 1100-1300	Brunch 1000-1300
Dinner 1630-1830	Dinner 1630-1830
10	<p><b>Breakfast:</b> Rolled Oats, Sausage Links, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Waffles, Asstd Doughnuts, Apple Fritters.</p> <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> Sloppy Joe, Baked Beans, Assorted Chips.</p> <p><b>Dinner:</b> Vegetable Supreme Soup, Italian Rice and Beef, Teriyaki Chicken Breast, Oven Browned Potatoes, Spinach, Stir Fry Vegetables, Sugar Cookies, Cheesecake, Vanilla Cream Pudding.</p>
11	<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, Grilled Steaks, Jamaican Rum Chicken, Steamed Rice, Fried Okra, Corn Whole Kernel, Almond Cookies, Blueberry Pie.</p>
12	<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 Steak, Grilled Brussels Sprouts, Glazed Carrots, Hermitis, Velvet Pound Cake.</p> <p><b>Dinner:</b> Pepper Pot Soup, Pasta Alla Siciliana, Jaegerschnitzel, Rice Pilaf, Cauliflower Polonaise, Seasoned Succotash, Garlic Bread, Hermitis, Velvet Pound Cake.</p>
13	<p><b>Breakfast:</b> Hominy Grits, Minced Beef w/ Toast, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, French Toast, Asstd Doughnuts, Butterfly Rolls.</p> <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> Pizza, Black Bean Chicken Chili.</p> <p><b>Dinner:</b> Cream of Potato Soup, Salisbury Steak, Turkey Pot Pie, Brown Rice w/ Tomatoes, Collard Greens, Lyonnaise Wax Beans, Almond Cake, Peach Crunch, Butterscotch Pudding.</p>
14	<p><b>Breakfast:</b> Farina, Oven Fried Bacon, Baked Sausage Patties, Asstd Omelets, Eggs to Order, Roasted Potatoes, Waffles, Asstd Doughnuts, Butterfly Rolls.</p> <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, Pasto 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>
15	<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>
16	<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, 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>

### 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



# Tamoil

# AT&T

# Sabbiadoro

# ON THE GO WITH MWR

## MWR weekly Island life fitness in July

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



## New hang-ups in strength training



Fitness Coordinator Lisa Roach demonstrates how to do a bicep curl with the TRX for the CFL class.

A new fitness phenomenon has hit Sigonella: The TRX suspension training system. For anyone unfamiliar with the TRX, it is a body-weight based portable fitness tool that trains strength, flexibility, balance, and core stability.

It is a system of harnesses that can be hung almost anywhere, from a door frame to a small tree. It uses the participant's own body weight and can be made more challenging by the angle at which he or she leans away from the device.

Developed by Randy Hetrick, a former Navy Seal, the TRX can be used by people of all fitness levels. Exercisers can perform over 300 different types of workouts, strengthening the entire body. MWR Fitness was introduced to the TRXs late last year, and so far has acquired twelve systems. By-appointment training sessions are available.

"We can accommodate up to 24 people per session, setting up the systems in the NAS I annex tennis courts," said Lisa Roach, MWR Fitness Coordinator. "We've been using them in our CFL training course, command PT sessions, and

personal sessions for those individuals going IA."

The Navy is focused on training their Command Fitness Leaders to train sailors on confined space workouts. Since the TRX weighs only two pounds and only requires a space of 6 ft x 8 ft, it is ideal for sailors on a deployment or a ship.

The fitness staff recently challenged the Command Fitness Leaders to see if they could handle the TRXs. Even the fittest CFL was impressed by how intense the workout could be.

"I'm always looking for new ways to train," said CFL UT2 Elijah Maine. "I always want a new challenge. The TRX is that challenge, and the workouts are intense, tough, and require more stabilization than that with weight training."

The TRX is the perfect piece of fitness equipment for anyone who wants a full body work-out but has limited space to work with. It's also ideal for those with little time for a workout since transitions between exercises can be made minimal.

For more information on the TRX, or to try one out, call Fit District at 624-4951.

## MIDTOWN MOVIE THEATERS

### SCHEDULE & DESCRIPTIONS



#### Battle for Terra (PG)

Justin Long, Evan Rachel Wood, Brian Cox, James Garner, Chris Evans  
Humanity is the invading force in this animated sci-fi film. After the destruction of Earth, mankind has taken to space in a desperate search for a hospitable planet. When the find one, the only thing that stands in their way is the peaceful citizens of the planet, and the humans declare war. (90 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 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 17

**Friday, July 10**  
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  
8:00pm Angels and Demons PG-13

**Saturday, July 11**  
2:00pm Night at the Museum PG-13  
2:30pm Dance Flick PG-13  
4:30pm Star Trek PG-13  
5:00pm Transformers: Revenge PG-13  
7:30pm The Taking of Pelham 123 R  
8:00pm The Soloist PG-13

**Sunday, July 12**  
2:00pm Terminator Salvation PG-13  
2:30pm Transformers: Revenge PG-13  
4:30pm Dance Flick PG-13  
5:30pm Angels and Demons PG-13  
7:00pm Crank: High Voltage R

**Monday, July 13**  
1:00pm Ice Princess G FREE  
3:00pm Night at the Museum PG  
5:00pm Dance Flick PG-13  
5:30pm Angels and Demons PG-13  
7:30pm Transformers: Revenge PG-13  
8:30pm The Taking of Pelham R

**Tuesday, July 14**  
1:00pm Alvin and the Chipmunks PG  
FREE  
3:00pm Battle for Terra PG  
5:00pm The Proposal PG-13  
5:30pm Transformers: Revenge PG-13  
7:30pm The Soloist PG-13  
8:00pm Star Trek PG-13

**Wednesday, July 15**  
1:00pm Cars G FREE  
3:00pm Dance Flick PG-13  
5:00pm Ghosts of Girlfriends PG-13  
5:30pm The Taking of Pelham R  
7:30pm Terminator Salvation PG-13  
8:00pm Crank High Voltage R

**Thursday, July 16**  
5:00pm Dance Flick PG-13  
5:30pm Night at the Museum PG  
7:30pm Transformers Revenge PG-13  
8:00pm The Soloist PG-13

MOVIE HOTLINE:  
624-4248

1:00pm Bee Movie PG FREE  
3:00pm Up PG  
5:00pm Transformers: Revenge PG-13  
5:30pm Drag Me to Hell PG-13  
7:30pm Public Enemies R  
8:30pm Star Trek PG-13

COMING SOON

Land of the Lost, Harry Potter and the Half Blood Prince

## Bounce in to summer!

Bouncy Houses are back! July 17, 18, & 19, come by Fit District Gymnasium and try out Sigonella's largest inflatables: test your skill on the obstacle course, ride down the giant slide or navigate your way through the dragon. However you like it, you can bounce your way into shape. Doors open July 17 at 2 p.m. Families Welcome! For more information, call 624-4483.



## Aqua fitness

Get your feet wet with our newest fitness class: Aqua Fitness is now available at Splashers on NAS I. This water-based aerobic class will focus strength, cardio

and core while working against the buoyancy of the pool. Classes will be from 5:30 p.m. until 6:30 p.m. Tuesdays and Thursdays. Call x4483 for more information.

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

**AUTISM, continued from page 2**

however they often engage in persistent, repetitive speech which is termed echolalia. They may use large vocabulary words or quotes from movies and books without an understanding of the context and meaning of the words. In addition, these children tend to engage in perseveration, persistently discussing a topic and becoming obsessed with a topic or object to the exclusion of all else. Further, many children with autism spectrum disorders show inflexibility with varying from routine and may have extensive temper tantrums when their routine is changed or there is a disturbance of their activities.

Important in the therapy of autism spectrum disorders is the early referral to early intervention services. A child with an autism spectrum disorder often requires speech therapy for the language and communication delays, a physical therapist for the coordination and motor delays, and an occupational therapist to treat for sensory aversions. In addition, children benefit from behavioral strategies to improve daily living skills.

When treatment is started early, and intensive therapy is given, children with more severe autism spectrum disorders can more often be successfully included in mainstream educational classrooms by the time they reach the age for kindergarten. In the most severe cases of autism spectrum disorder, children benefit most from intensive, consistent therapy, sometimes 40-60 hours or more per week in programs called Applied Behavioral Analysis (ABA) therapy. This type of therapy encourages adaptive behaviors and increases social skills while discouraging non-functional behaviors. With such therapies, children can make great strides in their development and learning, but it takes much effort from their parents and therapists.

**PRIVACY, continued from page 1**

XXX-XXXX printed in the Social Security Number field. The SSN will also be removed from the bar codes (See A4).

Q2 Why are the cards changing?

A2 These changes are consistent with the overall DoD policy to reduce the use of the SSN and reinforce the growing DoD Culture of Protection for Personally Identifiable Information. Consistent with this, the planned changes are designed to reduce the risk of identity theft to the DoD ID card populations while maintaining continuity of DoD business processes.

Q3 Who will be affected by the card change?

A3 All DoD ID cardholders and those business processes that use the SSN from any DoD ID card.

Q4 When is the card changing?

A4 Changes to ID cards will occur when the cardholders' expired cards are renewed.

The removal of SSNs will occur in three phases:

Phase One: To begin by end of calendar year 2008

-Dependent SSNs will be removed

-Sponsor SSNs will remain visible

-Cards Affected - DD Forms 1173 and 1173-1

Phase Two: To begin by end of calendar year 2009

-All printed SSNs will be removed

-Geneva Conventions cards will retain the last four digits of the SSN

-Cards Affected - All DoD ID cards

Phase Three: To begin during calendar year 2012

-SSNs embedded in barcodes will be removed

-Cards Affected - All DoD ID cards

Q5 When can I get the new card?

A5 Go when your current card expires.

Q6 Where can I get the card?

A6 Contact your nearest Real-time Automated Personnel Identification System (RAPIDS) site or go to [www.dmdc.osd.mil/rsl/owa/home](http://www.dmdc.osd.mil/rsl/owa/home) to find a location near you. Over 1,500 RAPIDS sites with over 2250 workstations worldwide issue identification cards.

Q7 What do I need to bring with me?

A7 Two forms of ID from the OMB I-9 document list. One must be a federal or state issued photo ID. Visit [www.formi9.com](http://www.formi9.com) for more information.

Q8 Where can I use my new ID card?

A8 The new ID card can be used at all locations where current ID cards are accepted.

Q9 Will my ID be rejected without a visible SSN?

A9 No, your ID should not be rejected without a visible SSN; however, you may be asked to verbally state your SSN.

As an additional helpful hint, anyone needing a new CAC or ID Card, whether active or reserve, family member, retiree or contractor, can utilize the convenient appointment system, eliminating wait time for your new card. Click on this website to make your appointment <https://es.cac.navy.mil/>.

**SUICIDE, continued from page 2**

what to say? The answer is probably not. Most of us would say the wrong things that would actually probably do more harm than good. As a community we have to realize that over 14.7 million people have suicidal thoughts per year. These thoughts may not ever be expressed. Yet, it is a true fact nonetheless.

Because of this fact, I would like us as a community to begin to talk about suicide. Again, I will try and provide some tools for you to become more aware of how to be attuned to those around you. What would you do or what would you say to someone who held these thoughts? How would you react? The first step we can take as a community is to begin to talk about the problem. Often we like to "sweep the dirt under the rug" when dealing with problems. But I remind you that this is not dirt, these are real human beings who need your help to intervene. So, go with me as we take the first step and let's talk about it.



Attention all good standing Catholic gentlemen! Come join the ranks of Sigonella's newest Knights of Columbus Chapter! We meet the first Sunday of every month at 1000 a.m. (after Catholic Mass) at the NAS I Chapel. You may also contact a fellow Knight after the Sunday Mass service in the NAS I Fellowship Hall, or Mineo community Building. (Pizza and soft drinks provided at the meetings!) For more information visit - [www.kofc.org/](http://www.kofc.org/)



**INDEPENDENCE, continued from page 1**

fireworks to celebrate the birthday of the U.S. Bill Bray, NAS Sigonella MWR Director, was happy with the overall turnout and felt the event was a success. "Judging from the number of smiles I saw I'd say it was a great success," Bray said. "It was very gratifying to see the community come together to enjoy our Sigonella-style Independence Celebration. We received a lot of compliments from folks who attended." Bray believes that while Independence Day holds significance for most Americans it's even more special for U.S. service members.

"There are many proud patriotic Americans, but service members have made the sacrifice and answered the call to serve and defend our freedoms," said Bray. "Honoring the service of our military community here in Sigonella was the reason for the free movies and bowling throughout the celebration."

Signellans watch as fireworks take the sky during the Independence Day in Paradise event at NAS I on July 3. Participants enjoyed food, games, music and more during the day.



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.

# Marchi

# Funny Island

**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 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.

# THE SPORTS LINE

Article by  
**MC3 Jonathan Idle,**  
The Signature staff

## Who is to blame for recent college sports scandals?

The college sports world has been abuzz lately. Not with spring football practices or actual sporting events of any kind, but instead the talk has been of football and basketball recruiting and player violations that have rocked several prominent universities.

National Collegiate Athletic Association (NCAA) scandals due to recruiting and player violations is not a recent development. Teams such as Southern Methodist University's (SMU) football program and the University of Michigan's basketball program were both involved in high profile scandals which their respective programs have not recovered from. SMU had their entire 1987 season canceled for maintaining a slush-fund to pay players, and Michigan had multiple Big Ten Conference Championships and NCAA Tournament appearances from the early 90's simply wiped out of the record books.

Many of those instances have been isolated, but with recent scandals making headlines at the University of Southern California (USC), the University of Memphis, the University of Connecticut (UConn), Indiana University (IU) and questions revolving around the

recruitment of Mississippi State University basketball recruit Renardo Sydney the spotlight is shining harshly on college sports.

USC has made the most headlines recently due to two separate allegations, one against the football program and the other against the basketball program. The football program is being investigated for alleged benefits paid to New Orleans Saint's running back Reggie Bush while he was a student there, and the basketball program is facing an investigation involving money paid to a booster on behalf of former shooting guard O.J. Mayo. Tim Floyd, former USC head basketball coach, recently resigned after allegations that he personally delivered money to the booster for Mayo. The school was also linked to Sydney, who was committed to play for USC before the school dropped him from his commitment amid questions regarding discrepancies in some of his high school & Stand Aptitude Test (SAT) scores.

Memphis is facing a similar investigation into several of their former players including point guard Derrick Rose and power forward Robert Dozier. The possible investigation centers around allegations that both players had unnamed persons take their SATs for them. Former head coach John Calipari, now the coach at the University of Kentucky, was questioned during the investigation on his knowledge of both players' eligibility while playing for him

UConn and head basketball coach Jim Calhoun, one of the most successful coaches in college basketball history, are facing an investigation into the eligibility of two of their own players. Both point guard Nate Miles and Sudanese refugee Ater Majok are alleged to have had ties to sports agent Josh Nochimson, a former UConn student manager, both before and during their time at UConn. The university is alleged to have made thousands of phone calls to Nochimson during the recruitment of Miles and Majok.

IU is in a different boat than most of the other universities mentioned. The program is serving out a three-year probation sentence levied by the NCAA for unethical recruiting of college basketball prospects. The entire IU coaching staff and the athletic director all either resigned or where dismissed from the program.

So, with all of the recent allegations and investigations revolving around college sports the question begs to be asked. Who is to blame for this recent rash of scandals? Does the blame fall squarely on the universities for their actions? What about the athletes for their participation? Does the NCAA deserve a share of the blame? Or how about sports fans, journalists and athletic boosters who hype these young athletes from the time they're in middle school?

A large share of the blame must be shouldered by the universities in these types of cases. Whether or not the higher-ups implicitly knew what

was going at their schools it's their responsibility to regulate their athletic programs. There is a lot of pressure on university presidents and athletic directors around the country to field winning sports programs. Sports bring a huge amount of cash flow to the schools between merchandise, ticket sales and television contracts, but at what point does winning become more important than the public image of their respective institutions.

Many reputable sports columnists from sources like ESPN and Yahoo! Sports have pointed the finger at the NCAA as a source of blame for the recent outbreak in major violations. Since the NCAA instituted a policy for the 2006-07 season making basketball players straight out high school ineligible for the draft until they have been out of school for at least one year, the number of recruiting and player violations have risen drastically. All of the sudden universities are fighting it out for players who would have otherwise forgone college to go straight for the National Basketball Association (NBA). These "one-and-done" players in essence wait out their one year in college before cashing in on the pro game. Sports writers like ESPN's Chad Forde have pointed out that many of these players have no interest in being in college and many take advantage of special benefits and money that college programs and boosters offer under the table.

The NCAA claims that the one year players spend in college better prepares them for the rigors of professional basketball. Even though star NBA players like Kobe Bryant,

Amare Stoudemire, Kevin Garnett, LeBron James, Jermaine O'Neal, and many others went straight out of high school into the pros.

With all of the obvious answers for these scandals aside it's time to look at the role played by fans, journalist and boosters who build up these athletes from a young age to think they're valued more for what they do on the court or field than what they do off of it.

The technological age we live in has given fans, athletes, etc. the ability to post video and highlights almost instantaneously. Take for example West Virginia University running back Noel Devine. Devine became an internet superstar his freshman year in high school when highlights of his games were posted on Youtube.com. He had more than 200,000 views of his game film before ever putting on a college uniform. NBA player LeBron James was scouted and wooed by boosters and coaches since he was in the seventh grade and his high school games were broadcast on Pay-Per-View.

When you give a young athlete that kind of attention and god-like status it's natural that some of them will become egotistical or think they deserve to get some of the money that everyone else is making by exploiting their talents.

The truth is there is no one party or person to blame in any of the cases listed above. What is clear is that something needs to be done to change the system or culture in college sports because it's broken and unless something drastic is done to change it college sports will remain with a cloud of skepticism over it's head.

# Stampa

# Sushi

# Stampa

# 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 Signature in full, 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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