

EODMU8 remembers fallen sailor



EOD1 William Greathouse assigned to Explosive Ordnance Disposal Mobile Unit Eight, speaks during a memorial service at NAS Sigonella's Chapel for EOD2 Tony M. Randolph. Randolph and U.S. Army Captain Mark Garner were killed when a roadside bomb detonated near their vehicle while conducting combat operations in support of Operation Enduring Freedom, July 6.

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

Members of Naval Air Station (NAS) Sigonella's Explosive Ordnance Disposal Mobile Unit Eight (EODMU8) community gathered together July 20 at NAS Sigonella's Chapel to mourn the loss of Explosive Ordnance Disposal (EOD) Technician 2nd Class Tony M. Randolph.

Randolph and U.S. Army Capt. Mark Garner were killed when a roadside bomb detonated near their vehicle while conducting combat operations in support of Operation Enduring Freedom.

The service commenced with comments from Deputy Director of Operations, U.S. Central Command Rear Adm. Michael P. Tillotson.

"It is with humility and sorrow

MEMORIAL, continued on page 12



Visitors pay respect at the conclusion of a memorial service at NAS Sigonella's Chapel for EOD2 Tony M. Randolph. Deputy Director of Operations, Rear Adm. Michael P. Tillotson, as well as EODMU8's Commanding Officer, Cmdr. Todd Siddall spoke at the memorial. Two other EOD techs were wounded when a roadside bomb detonated near their vehicle, including EOD1 Greathouse who spoke at the service and escorted Randolph's remains to his hometown of Henryetta, Okla.

EOD Mobile Unit EIGHT holds change of command ceremony

Article and photo by Tracie Barnhouse, The Signature Editor

Explosive Ordnance Disposal Mobile Unit EIGHT personnel came together to witness the relinquishing of leadership from Cmdr. Todd M. Siddall to Cmdr. Vincent T. Clark, Jr. in a change of command ceremony on July 21 on Naval Air Station (NAS) Sigonella's support base.

The ceremony began at 9:30 a.m. with the arrival of the official party through established side boys and followed with the parade of colors and the Italian and American national anthems.

Following the invocation by Chaplain Russell Wilson, Rear Adm. Michael P. Tillotson, Deputy Director of Operations, U.S. Central Command, shared his remarks about the EOD Mobile Unit EIGHT's responsibilities and mission to the U.S. Navy. "It is an honor to be here today and it was an honor to participate in the ceremony that we had yesterday to honor a warrior and a hero;

a warrior and a hero who was just one of the many common men and women that make up EOD Mobile Unit EIGHT and form the command known as the Thunder Stealers," he said.

Rear Adm. Tillotson shared that over the past two years, members of EOD Mobile Unit EIGHT have been awarded 39 bronze stars, 24 Army Commendation medals, and over 40 combat action ribbons. "It's a significant amount of recognition for what you're doing," said Rear Adm. Tillotson. "They are individual awards, one by the common man that make-up the ranks of EOD Mobile Unit EIGHT; the common man who rises to extraordinary valor; the common man who goes forward with dedication and determination, who take the fight to the enemy."

Capt. Martin A. Beck, Commander, Naval Task Special Task Force Europe CTF 68 presented Cmdr. Siddall a Meritorious Service Medal, gold star in lieu of a fourth

EOD, continued on page 12



Cmdr. Vincent T. Clark, Jr. exits the EOD Mobile Unit EIGHT change of command ceremony as the new commanding officer the EODMU8. Cmdr. Clark took charge of the command from Cmdr. Todd M. Siddall.

WEATHER UPDATE

July 31
H:95F
L:72F



August 1
H:95F
L:71F



August 2
H:94F
L:71F



August 3
H:95F
L:71F



August 4
H:95F
L:71F



August 5
H:96F
L:72F



August 6
H:96F
L:71F



TOP STORIES

There's a secret to gaining respect that I had the good fortune to learn early in my life and from a most unlikely source. The secret to getting respect is to give respect.

Page 2

A Navy message released July 21 provides further details on the upcoming Senior Enlisted Continuation Board.

Page 3

Communicating effectively is the key to managing your money. Research shows couples argue more about money than any other topic. Here are some ideas to help you to learn how to talk to each other about the use of your money.

Page 5

Palazzo Acreide, a beautiful small town nestled on the Iblei Mountains in the Siracusa province, is one of the few Sicilian towns annually hosting two patron saints' festivals. A month ago, the ones among you who saw the spectacular Saint Paolo Festival might like to go back to enjoy another not-to-be-missed festa (feast).

Page 6

Lipari is the largest of the seven Aeolian Islands lying off the coast of Sicily in the Tyrrhenian Sea. Lipari also happens to be the name of the biggest town on the island which also has four smaller villages.

Page 8

TRAFFIC NUMBERS

	Jan. 09- July 09	Jan. 08- July 08
Accidents	122	180
Injuries	13	30
DUIs	1	5
Traffic Deaths	0	2

PLEASE,
DON'T BECOME
A STATISTIC!

INSIDE

Direct Line
2

Navy News
3

Community Calendar
4

MWR Corner
11

Il Mercato
14

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

August is just around the corner, PCS season is in full swing, and new members are being added to the NAS Sigonella community every week replacing those who have already transferred. As community members depart Sigonella, others must step into their places and volunteer with the many volunteer organizations on base that provide NAS Sigonella the services that ensure our high quality of life.

Organizations like the Fleet and Family Support Center, Navy Marine Corps Relief Society, American Red Cross, Boy/Girl Scouts, Sigonella Animal Welfare Society, etc. will all need your help as their current volunteers depart. The services these organizations provide to NAS Sigonella's community range from family counseling to mentoring our youth. Additionally, the benefits that the volunteers and volunteer organizations provide the

community are too great to capture in one article and are one of the reasons NAS Sigonella enjoys the high quality of life that we currently have.

While volunteering primarily benefits the community, there are many other reasons to donate time and effort to your favorite organization. For service members, properly documented volunteer service can add valuable evaluation (EVAL) or fitness report (FITREP) bullets which allow the member to set themselves apart from the group. Additionally, consecutively documented volunteer service time can make a service member eligible for the Volunteer Service Medal which positively reflects on the member and their command.

Volunteering also allows both service members and dependants the opportunity to gain valuable skills and experience that look great on a resume and can assist in getting a civilian job. It is

also a wonderful opportunity to meet other like-minded people; for military members this can be a chance to meet people outside of the job, or for dependants it can be a chance to get out of the house and get involved.

Whether you want to get that extra edge in your EVAL, to get involved and give back to the community, or to just stay busy and meet people out of your usual circle, volunteering is a positive way to achieve your goal.



Health WATCH

Oh no, heat stroke!

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

The Centers for Disease Control and National Center for Catastrophic Sport Injury Research report that deaths from heat stroke are still occurring regularly, even with media education and improved awareness.

So please take care and note that you do not have to be an athlete or have a job related to the outdoors to suffer from heat stroke. Previous articles discussed some of the many hazards to the hot summer sun, and heat stroke is by far the most serious but also preventable.

Heat stroke differs from heat exhaustion as the body can no longer control its temperature. The victim's core temperature rises rapidly may be even higher than 106 degrees Fahrenheit in less than 15 minutes. Death or permanent disability can occur if emergency treatment is not received quickly.

Warning signs are: High body temperature (oral temperature above 103 degrees F)

Red, Hot and Dry skin, Absence

of sweating, Rapid strong pulse, Throbbing headache, Dizziness, Nausea, Confusion, Loss of consciousness

If you recognize any of these signs, call for help and stay with the victim and start to apply cooling measures.

Get the victim to shade or indoors.

Cool the victim rapidly with whatever safe means possible. For example use cool wet tools to drape the body, use fans to cool the person, place cool packs under the arms and around the person, or use garden hose, cool shower, tub.

Use common sense and do not leave the person alone until help arrives. Do not give the person alcoholic beverages or anything to drink if they are vomiting. Do not immerse person in water if they have an altered state of consciousness.

Best remedy, have a plan Sigonella and prevent heat injuries by staying hydrated, having a buddy system while being in the heat and monitoring those weather conditions.

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.

Commanding Officer
Capt. Thomas J. Quinn

Public Affairs Officer
Lt. Matt Knight

Deputy Public Affairs Officer
Dott. Alberto Lunetta

Editor
Tracie Barnthouse

Staff Writers/ Photographers
MC2 Jason Poplin
MC3 Jonathan Idle

The Signature editorial office is located at:
Naval Air Station Sigonella, Sicily
PSC 812 Box 3020
FPO, AE 09627
Telephone: 095-86-5440; DSN 624-5440

This civilian enterprise (CE) newspaper is an authorized publication for members of the military services overseas. Contents of The Signature are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense (DoD), or the U.S. Navy. The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement by the DoD or

NASSIG WORSHIP SERVICES

Chapel Offices: NAS I 095-56-3975, NAS II 095-86-9049

ROMAN CATHOLIC

Sunday
0830 Catholic Mass (NAS I Chapel)
1100 Catholic Mass
(Mineo Community Center)
1600 Catholic Mass (NAS II Chapel)

Monday - Thursday
1130 Catholic Mass (NAS II Chapel)

PROTESTANT

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

CHURCH OF CHRIST LAY SERVICE

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

JEWISH SERVICES: Please call 095-86-1205

OTHER SERVICES/ACTIVITIES POINTS OF CONTACT

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



Life Lessons from LoDo

Article by Chaplain Ron Kennedy

There's a secret to gaining respect that I had the good fortune to learn early in my life and from a most unlikely source. The secret to getting respect is to give respect.

John Maxwell once said, "If you are not respected, you cannot lead, at least, not for long." We all want to be respected as humans. I was in my last year of undergraduate work on my Bachelor of Theology degree in Denver, Colorado. One night I was with a good friend in ministry at our favorite place in Denver. We were having coffee at our favorite coffee house appropriately named Jitters (name says it all). Jitters was located in LoDo (Lower Downtown).

I was enjoying my double espresso when my friend Jeff looked at me and said, "We need to start an inner city ministry." I responded, "Jeff, that's a great idea." I didn't think he was talking starting one that night. It was 11:30 p.m., and I was still working on my sermon for Sunday. I asked him, "Where are you going?" He replied, "I'm going to Five Points."

The next thing I know we were driving by a group of obvious drug dealers. He said, "We need to talk to those guys." My response, "We need to talk to those guys selling drugs?" His reply was an unhesitating, "Yes, we need to talk to them." I was thinking, these guys have guns...and are not afraid to use them.

So I walked with my friend down the street toward these men. By this time it was already past midnight. It was

cold. Steam was rising from nearby manholes. It didn't take them long to spot us and appraise the situation. When we reached them we both said something alarmingly profound, "hello."

The silence that followed cut through our hearts (by the way, my heart was beating quickly). What were mere seconds seemed like hours in the midst of the cold night and equally ice-cold stares, their prolonged gaze made us feel a little uncomfortable.

Finally, the extremely awkward silence was broken, "You guys cops?" We just shook our heads in unison. Another said, "What do you guys want?"

My friend Jeff spoke up thankfully and said, "We work with a local church and would like to invite you to

LESSONS, continued on page 12

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 provides update for senior enlisted continuation board

**Article by
MCC (SW) Maria Yager,
Naval Personnel Command
Public Affairs**

MILLINGTON, Tenn. (NNS) -- A Navy message released July 21 provides further details on the upcoming Senior Enlisted Continuation Board.

While not all-inclusive, NAVADMIN 211/09 lists some fac-

tors that indicate to those Sailors before the continuation board what the board is using as a measurement standard for continuation.

Those factors include documented misconduct and substandard performance including "significant problems" or "progressing" promotion recommendations, declining performance from the same reporting

senior, failure to maintain physical fitness assessment standards, military or civilian convictions and non-judicial punishment and documented administrative or personnel action for misconduct, such as DUI/DWI, spouse or child abuse.

Additionally, the message directs commands to continue to verify the status of their eligible Sailors

until the Sept. 1 cut-off date. Changes in the eligibility pool will continue to occur as a result of selection boards, execution of overseas permanent change of stations orders and other factors.

Announced in January by NAVADMIN 030/09, the fiscal year (FY) 2010 E7-E9 Senior Enlisted Continuation Board convenes Sept. 21 at Navy Personnel Command. Members not selected for continuation will transfer to the fleet reserve or retire no later than June 30, 2010.

This year's continuation board will review the records of approximately 5,500 active-duty and full time support E7 through E9 personnel.

The performance-driven review of master chiefs, senior chiefs and chiefs with more than 20 years of service and three years time-in-grade will be similar to the continuation boards already in place for officers.

Exemptions to the FY-10 Senior Enlisted Continuation Board include Sailors with approved fleet reserve/retirement dates effective on or before June 30, 2010, those selected for advancement by the FY-10 senior and master chief boards, personnel selected for command senior chief/master chief by the FY-10 board, Safe Harbor participants and personnel with orders to or serving in the first two years of an overseas DoD area tour at the time of the board convening date. DoD area tours in the United States and District of Columbia are not exempt.

Additionally, personnel holding a nuclear, SEAL (special warfare boat operator, special warfare operator), explosive ordnance disposal technician or diver enlisted classification code, plus fleet, force and command master chiefs are exempt from the board.

Each eligible member is responsible for ensuring their record is correct and up-to-date with evaluations, awards and other appropriate information. Candidates may communicate with the continuation board by submitting a board package. Selection board packages provide candidates the opportunity to submit missing documents from the sections of their records that are viewed by the continuation board. Packages must be post marked no later than August 17, 2009. Packages submitted to the E8 and E9 advancement selection boards will not be presented to the continuation board. Further guidance on submitting a board package can be found in NAVADMIN 096/09.

A list of personnel selected for continuation will be released in November. Commanding officers with personnel not selected for continuation will be notified so they may personally and confidentially notify the members.

More information is available in NAVADMIN 211/09, which should be read in conjunction with NAVADMIN 030/09 and 096/09 available at www.npc.navy.mil/Careerinfo/ForceStabilization/.

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 Torrey W. Lee/Released

Aviation Machinist Mate 3rd Class Amanda Oterocastillo tightens a bolt on a jet engine in the jet shop aboard the aircraft carrier USS Ronald Reagan (CVN 76). The jet shop is part of the Aircraft Intermediate Maintenance Department (AIMD), responsible for maintaining jet engines. Ronald Reagan is deployed in the U.S. 5th Fleet area of responsibility.

NEW ARRIVALS



Maria and Luis Macias
Girl
Alicia Macias
July 21, 2009
Weight: 6 lbs 10 oz
Length: 19.5 in

Demetri O'Halloran and Sonia Stante
Girl
Anabel Susan O'Halloran
July 22, 2009
Weight: 6.6 lbs
Length: 19 in

Calvary Monika

Volcano

 <p style="text-align: center;">COMMUNITY CALENDAR</p>				FRIDAY 31 JULY	SATURDAY 1 AUGUST	SUNDAY 2
				<p>Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745</p> <p>Shelter-in-Place Info Booth Marinai Community Center 5 p.m. - 6:30 p.m. x4900</p>		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY			
3	4	5	6	7	8	9
<p>Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745</p>	<p>Tobacco Cessation Flight Line Clinic 12 p.m. - 1 p.m. x4710</p>	<p>Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745</p>		<p>Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745</p>		
10	11	12	13	14	15	16
<p>Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745</p>	<p>Tobacco Cessation Flight Line Clinic 12 p.m. - 1 p.m. x4710</p> <p>Volunteer Orientation NMCRS 10:30 a.m. x4212</p>	<p>Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745</p> <p>Budget for Baby NMCRS 5 p.m. - 7 p.m. x4212</p>		<p>Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745</p>		

Motta

Maricru

Funny Island

Magnolia

Did you know that . . .

A Spending Plan Review could be the key to your financial peace of mind? Are you living from payday to payday, having trouble meeting monthly bills, being harassed by creditors, or hoping your paycheck reaches the bank before those checks you just wrote do? Visit the nearest Navy-Marine Corps Relief Society Office where caseworkers can review your financial situation and suggest corrective actions. Are you about to get married, expecting a new baby or about to make a major purchase? The Society can also provide invaluable spending plan assistance before you make these major decisions.

NMCRS: A Helping Hand!
www.nmcrrs.org



Fleet and Family Support Center
 Administration Building 319
 NAS I

Monday-Friday 0730-1630
 DSN 624-4291
 Commercial 095-56-4291

Communicating about money

Article courtesy
arfamilies.org/news/Money_and_Marriage/default.asp

Money and Marriage

Communicating effectively is the key to managing your money. Research shows couples argue more about money than any other topic. Here are some ideas to help you to learn how to talk to each other about the use of your money.

Money Values

One place to start communicating about money is by identifying personal values. Values represent those qualities, situations, and material things an individual cherishes most and are a product of your past experiences, present situation, and expectations for the future. Values guide decisions such as how you use your time and how you spend your money. When spouses hold different values and attitudes toward spending and saving money, there may be conflict. Most couples can expect conflicts when it comes to deciding how to spend money. It is difficult to understand personal attitudes and habits regarding money until actual decisions and choices have to be made.

Spending Goals

Financial goals help you define what items and services you want to have and provide a basis for making choices in how you will use your money and other resources. If you and your spouse have never written spending goals, now is a good time to start. Work to agree on goals that are based on your values and let them serve as a guide to help you spend your money for things that are most important to both of you. Remember, your goals are guides and they may change after a few years. Studies show that couples that write their financial goals are more likely to achieve them than those who do not.

State goals in specific terms:

"We will save \$10 each week."
 Specify a time frame: "In 6 months we will save \$200."

Make each attainable: "We will save \$60 a month for six months to buy a television."

Working together, write your short-term and long-term spending goals below:

Spending Goals (within 6 months)

1.

2.

3.

4.

5.

Spending Goals (within 5 years)

1.

2.

3.

4.

5.

Keep in mind that goals are dreams and wishes that could come true. Specific goals motivate you to balance your spending and saving in order to get the most from your income. If you want to be effective manager of your life and finances, you need to know where you are going, how you intend to get there and when you arrive.

How To Argue About Money

1. Choose words carefully. Avoid words that may be misunderstood

2. Check your timing. Don't discuss an issue when both are involved in a favorite television program, not feeling well, or under pressure with an important work assignment.

3. Watch your attitude.

4. Recognize whoever makes the money does not have the right to

say how it should be spent. It should be a joint decision.

5. Stick to the issue. Avoid dragging other points into the discussion.

6. Encourage communication by beginning with "I think" or "I feel." Avoid "you always" and "you never."

7. Be willing to negotiate for a realistic settlement of differences. Both should be ready to offer a solution.

8. Give each other clues when the tension is letting up, such as a smile or gentle touch.

Money Attitudes

Money, or more specifically a lack thereof, can be a major source of marital strife and don't assume that "If I were a Rich Man," all these problems would disappear. The reality is much more complex. There are particular struggles in being poor as well as unique challenges to being wealthy. Ethics of Our Fathers advises, "The more property, the more worries," as any homeowner can attest to. While plenty of discussions about money get stuck on quantity, money's psychological impact on our lives and relationships may be a more central issue, and the real battleground.

As with so much in our lives, our parents' attitudes towards money have shaped ours and until we understand them, our attitudes toward money and its role in our marriages will be tainted by those early childhood experiences. Take Sharon. Her parents constantly fought about money. Her father had many hare-brained schemes that were going to make them rich and despite his efforts, his dreams went unrealized, the bills began to pile up, and Sharon's parents continued to fight. Now Sharon is happily married to David, a stockbroker with a steady income, but if he ever speaks of a hot tip that will be their ticket to instant wealth, Sharon explodes. It's not

MONEY, 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.



BO (above) would make a great companion to a more active family. He is a lively dog and enjoys a good time. Just look at that smile.

WOLF (below) Don't let the name fool you; Wolf is a kind, loving dog. He is well-mannered and would be a great addition to any home.



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

SEXUAL ASSAULT / VICTIMS INTERVENTION

SAVI offers a Sexual Assault Hotline

staffed with trained advocates who man the SAVI Hotlines

24/7.

The number is 335-642-8312 or 335-606-6146.

Marchi

Mondo
 Animale

Sushi

Alberto Lunetta
The Signature Staff

Italian NEWS

Sicilian Culture, Events and Lifestyle

San Sebastiano Feast in Palazzolo Acreide

Palazzolo Acreide, a beautiful small town (about 10,000 people) nestled on the Iblei Mountains in the Siracusa province, is one of the few Sicilian towns annually hosting two

patron saints' festivals. A month ago, the ones among you who saw the spectacular Saint Paolo Festival might like to go back to enjoy another not-to-be-missed festa (feast). This

time, the star is San Sebastiano (Saint Sebastian) the Santo protettore (patron saint) of the higher part of the town.

Devotion to this saint goes back

to the 15th century. In 1414, townspeople erected a church dedicated to San Sebastiano, on the same site where a chapel was previously built to honor Saint Rocco. In 1655, a second church replaced it, but was eventually destroyed by a terrible earthquake that struck Eastern Sicily in 1693.

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

Saint Paolo has been the official patron of Palazzolo Acreide since 1689. He actually replaced, as the town's patron saint, the Virgin Mary of Odigitria who had been venerated for centuries by townspeople living in the upper part of the town. That was something which has upset the Virgin Mary's supporters, who used to gather at the Saint Sebastian church. They refused to honor Saint Paul as their protector and instead accepted the patronage of Saint Sebastian. Ever since, there have been two confraternities, "Sampaolari" and "Sambastianari," who support, respectively, Saint Paolo and Saint Sebastian. These two religious clubs have been competing in organizing two spectacular festivals. According to historians, those two religious festivals have pre-Christian origins that are associated with fertility rituals.

Festival highlights

Sunday, Aug. 9: "Giro di gala," spectacular parade with the town district band performing, officials carrying their banners and flag throwers (6 p.m. historic center); Holy Mass at the Basilica di San Sebastiano and Rosary (7:30 p.m.); "Svelata," the unveiling of the 17th century statue depicting the saint (9 p.m.) and of the

relics; Ispica Town Band concert (10:30 p.m. piazza del Popolo).

Monday, Aug. 10: 21 cannon shots are fired, marking the beginning of the traditional parade of the "U carru Ro Pani" or bread cart which tours the city center to gather "cuddure" (votive bread) from devotees and bakeries (8:15 a.m.).

Bread and laurel branches blessing is performed near the basilica's portico (10:30 a.m.). Holy Mass (11:30 a.m.). "Sciuta" or coming out of the statue and the relics of the saint (1 p.m.), which is carried on the naked shoulders of pilgrims. This is undoubtedly the most awaited moment of the festa. The scene is absolutely breathtaking. Thousands of "nzareddi" (colored paper strips) are launched in the air while bells ring and fireworks blast all over. Devotees cry and scream their devotion to their beloved saint. As the statue tours the historic center, the traditional blessing of the children takes place with parents presenting their babies and kids to the saint. At 2 p.m., the "catena umana" or human chain of devotees moves up towards the steep via Fiumegrande.

In the evening, another saint procession of the statue and the relics featuring city officials, the

Francofonte Città di Chiaramonte Gulfi town bands, and confraternities is held at 8:30 p.m. throughout the historic heart of the town. At 10:30 p.m., "Sonora Band" performs in the main square. A grand finale with amazing fireworks with music ends the celebrations around 1 a.m. Palazzolo is fairly easy to reach (about a two-hour drive from Siracusa). Take Catania-Siracusa 114 state road towards Siracusa and follow directions for Palazzolo Acreide. For more information and detailed festival schedule call Palazzolo Tourist Office at 0931-871280.



Photo by Davide Dutto

The Festa di San Sebastiano, which occurs on Aug. 9 and 10, is one of the most attractive festivals held during the summer in southern Sicily. It features religious celebrations, music fireworks and entertainment. The faithful crowd the entire square during the coming out of the saint's statue.

Summer Carnival in Acireale this weekend

Yes, you are reading right! Carnevale (Carnival) merrymaking is back in Acireale this weekend featuring the traditional allegoric and flower-decorated floats street parades that will be showcased throughout the historic center. This exciting event is a small-scale version of the big celebrations annually held in February. The floats that will be parading are the first five winners of the winter celebrations.

Highlights include the following events: Saturday (Aug. 1) Sicilian carts parades will begin at 6 p.m. in piazza Duomo. Later in the evening, must-see allegoric and flower-decorated will start parading at 9 p.m. On Sunday, Aug. 2, parades will kick off at 7 p.m. A folk show will follow at 10 p.m.

Complementing the fun, there will be arts and crafts (via Cavour - piazza San Domenico), art exhibitions, papier-mâché making demonstrations, live music and more. Sicilian puppets shows will be held in piazza Mazzini on both Carnival days at 7:30 and 9:30 p.m. For more info and detailed schedules call Acireale Tourist office at 095-895273.

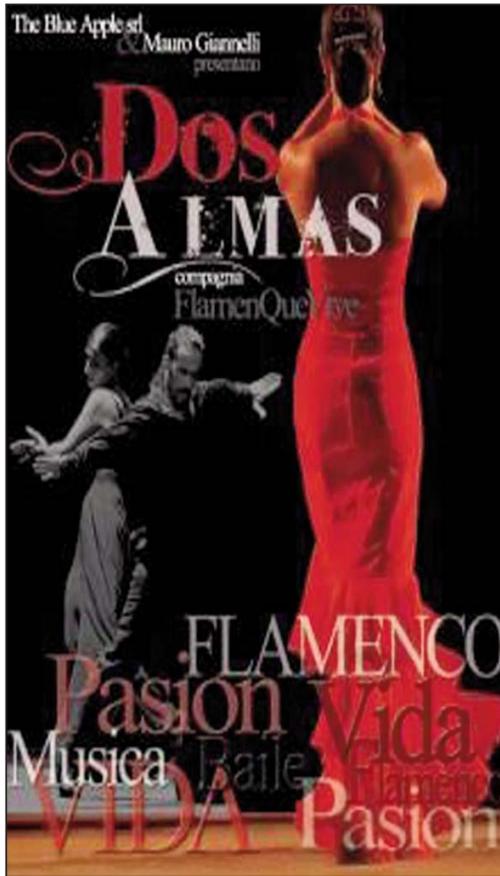


Medusa

Flamenco show in Zafferana

Zafferana, a beautiful town on the slopes of Etna will host a plethora of summer events for the whole family. The event that has everybody talking in town is the spectacular "Dos Almas" Flamenco show that will be presented on Tuesday, Aug. 11 at 9 p.m. at the Anfiteatro Comunale (town's amphitheater). The show, which blends passion, temperament and elegance, is an enchanting combination of singing, dancing and guitar-playing. Performers include Josè Salguero (voice), Alberto Rodriguez and Marco Perona (guitar), Erica Scherl (violin), Paolo Mappa (percussions) and the following dancers: Maria José Leon Soto, Gianna Raccagni, Claudio Javarone, Alvisè Carbone and other ballet's members.

The cost of a ticket is € 13. For more information call 095-7225340 or visit www.ctbox.it



Etnaland

Motorcycle gathering in Belpasso this weekend



Signonella bikers will be happy to know that the annual "Motoraduno di Belpasso," one of the largest gatherings of motorcycle enthusiasts in Sicily, will run this weekend in Belpasso through Aug. 9. For more information on this exciting motor sport event and detailed schedules visit www.motoradunoetna.it

Etnafest concerts in Catania



In August, the prestigious Catania Province Music Festival "Etnafest" will present two must-go concerts featuring Italian composer and pianist Ludovico Einaudi (Sunday, Aug 2) and Sicilian songwriter and poet Kaballà (Monday, Aug. 3). Both concerts will be held at the Catania Ciminiere Amphitheater at 9 p.m. The cost of a ticket is € 10. For more information call 095-7225340 or visit www.ctbox.it



A Stone's

THE HUB OF THE MED IS ALSO

The Island of Lipari



(Above) A view of the natural archways on Lipari with the island of Vulcano in the background.
(Below) The old defenses built above the main harbor on Lipari.
(Bottom) A small Catholic church sits on a pair extending out into the water.



Article and photos by
MC3 Jonathan Idle
The Signature Staff

Lipari is the largest of the seven Aeolian Islands lying off the coast of Sicily in the Tyrrhenian Sea. Lipari also happens to be the name of the biggest town on the island which also has four smaller villages. The town is mainly geared toward tourists who visit from May to Sept. every year. Many of the local people, who don't make a living from tourism, rely on mining and export of pumice and obsidian. The island slopes up into a volcanic cone which dominates the majority of the island.

Site: Lipari rates four stars for things to see and do. The reason it only rates four stars is because the mining equipment for

pumice stone detracts from the view on certain parts of the island. Upon arriving in the port, the most notable site is a large Norman cathedral sitting above the port. The cathedral offers great overviews of the entire city and the port.

The island is also home to the Aeolian Islands Museum which offers a view into the history of the entire chain and boasts an impressive collection of ceramic masks. There are several options for getting around the island including bus tours and numerous places to rent scooters. The ITT trip to Lipari includes a bus tour around the entire island and plenty of opportunities to take photographs. On a clear day, Sicily and Mt. Etna are both visible as well as the other



(Above) A church sits directly on the water inside one of the small harbors on the island.

Brasil

...e's Throw

ED IS ALSO THE HUB FOR TRAVEL



(Left Above) The cobble stone streets are lined with numerous shops.
(Left Below) A view of the volcano on Stromboli from Lipari.
(Above) The stony beaches of Lipari offer visitors a chance to relax and take a dip in the water.

Morobishi

islands. The town is full of shops with items including local ceramics, jewelry and designer clothing. There are also numerous restaurants along the port which offer fresh seafood and Italian cuisine.

Lipari also boasts numerous beaches around the perimeter of the island. For the most part, the beaches consist of small pebbles and pumice rock. The water is relatively warm and makes for enjoyable swimming. Due to the amount of beaches on the island, they are not very crowded which allows for some more privacy and space than more well-known beaches in Sicily.

Family Friendly: Lipari only rates three stars in this category. The island has a lot of slopping streets which make getting around with strollers, wheelchairs or small children difficult. There are not many things for children to do on the island outside of the beaches and tours. Families with very small children may find it difficult to keep them entertained with the historical locations, but the beaches

offer plenty of room and safe swimming conditions.

Accessibility: As an ITT trip this rates five stars for accessibility. The bus heads from the base early in the morning and drives up to Milazzo. From Milazzo, the ferry goes on to Lipari. The ferry stops in Vulcano before it gets to Lipari so beware of the loud speaker announcing which port it is pulling into. Hydrofoils are available to and from the islands if you are not going on an ITT trip. The ITT does include a hydrofoil ride on the return trip to Milazzo. 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 to the island. The hydrofoil cuts the return time slightly, but the trip will still take three plus hours each way.

Oxidiana

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
c o n t a c t :
thesig@eu.navy.mil

Go Green Sigonella!

Energy saving ideas and tips for kids

Courtesy energyquest.ca.gov
Think About How You Shop

If you buy things that can be used over and over instead of buying disposable items that are used once and then thrown away, you will save precious natural resources. You'll also save energy used to make them, and you'll reduce the amount of landfill space we need when they are thrown away.

Those same savings happen you buy things that will last instead of breaking right away. Well-made

items may cost a little more to begin with, but they are usually worth the money because they last for a long time, and you don't have to replace them.

When your family goes shopping, think about taking bags with you. Only about 700 paper bags can be made from one 15-year-old tree. A large grocery store can use that many bags before lunch! Plastic bags start out as either oil or natural gas. Oil and natural gas are non-renewable resources. This means they can't be

reused, and when they are all gone, they are gone forever. And throw-away bags add a lot of pollution to the environment. If plastic and paper bags are used once and go to landfills, they stay there for hundreds of years. Some stores offer discounts for people who use their own bags. For every bag reused, they give money back - usually about five cents for each bag.

With your parents, pick a spot in your house to store bags that you get from the grocery store. These bags can be used to carry things to friends' houses or for trash linings. After bags wear out, recycle them.

In Your School

The energy-saving ideas you used at home can also be used in school. Consider creating a weekly "energy monitor" - someone who's job it is to make sure lights are out when there's no one in a room. He or she can also make sure that machines are turned off when not being used.

Don't Leave Things Turned On

Turn off the TV when no one is watching it. The same goes for computers, radios and stereos - if no one using it, turn it off. Turn off all the appliances at the surge protector/control strip - that four- or six-plug extension chord that you plug all your computer things into. Check with your folks first, but the best thing to do is turn them ALL off at the surge protector.



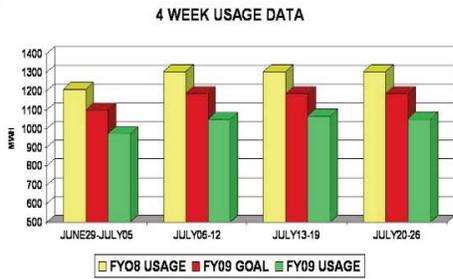
Galley Menu Hours

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

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



Stampa

- 31** **Breakfast:** Rolled Oats, Grilled Sausage Links, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Waffles, Asstd Doughnuts, Cinnamon Rolls.
Lunch: Chicken Corn Chowder, Tempura Fish, Beef & Broccoli, Penne Ala Norma, Paprika Buttered Potatoes, Glazed Carrots, Fried Okra, Spiced Cake w/ Frosting, Crisp Drop Cookies.
Speed line: Grilled Cheese/Hamburger, Pork & Beans, French Fried Potatoes.
Dinner: Chicken Noodle Soup, Baked Fish, Grilled Steaks, Tossed Green Rice, Corn O'Brien, Lima Beans, Spiced Cake w/ Frosting, Crisp Drop Cookies.
- 1** **Breakfast:** Farina, Grilled Ham Slices, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Buttermilk Pancakes, Asstd Doughnuts, Crumb Cake.
Brunch: Breakfast Items, Creole Soup, Grilled Reuben Sandwich, Teriyaki Chicken, Beef Fried Rice, Steamed Broccoli, Calico Corn, Cherry Pie, Abracadabra Bars.
Dinner: Vegetable Soup, Baked Lasagna, Roast Veal w/ Herbs, Steamed Rice, Seasoned Asparagus, Steamed Cauliflower, Garlic Bread, Cherry Pie, and Abracadabra Bars.
- 2** **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, Puree Mongole Soup, Cheddar Chicken Broccoli, Fishwich Sandwich, Onion Rings, Eggplant Ratatouille, Southwestern Rice, Club Spinach, Almond Cake, Crisp Toffee Bars.
Dinner: Chicken Vegetable Soup, Sauerbraten, Mustard Dill Baked Fish, Spring Garden Rice, Mashed Potatoes, Natural Pan Gravy, Steamed Cut Green Beans, Seasoned Carrots, Almond Cake, Crisp Toffee Bars.
- 3** **Breakfast:** Hot Hominy Grits, Minced Beef on Toast, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, French Toast, Asstd Doughnuts, Streusel Coffee Cake.
Lunch: Creamed of Broccoli Soup, Roast Beef, Lemon Baked Catfish, Steamed Rice, Mixed Vegetables, Eggplant Parmesan, Yellow Cake w/ Icing, Fruit Ambrosia.
Speed line: Sub Sandwich, Pasta Primavera.
Dinner: Mulligatawny Soup, Cajun Meatloaf, Grilled Chicken Breast, Rice Pilaf, Brown Gravy, Peas & Onions, Corn on the Cob, Yellow Cake w/ Icing, Fruit Ambrosia.
- 4** **Breakfast:** Hot Farina, Oven Fried Bacon, Sausage Patties, Asstd Omelets, Eggs to Order, Roasted Potatoes, Waffles, Asstd Doughnuts, Streusel Coffee Cake.
Lunch: Chicken Vegetable Soup, Roast Turkey, Braised Beef Cubes, Steamed Rice, Mashed Potatoes, Turkey Gravy, Carrots and Orange Amandine, Club Spinach, Fruit Cocktail Upside Down Cake, Oatmeal Cookies.
Speed Line: Philly Cheese Steak Sandwich, Onion Rings, Pasta Primavera.
Dinner: Zesty Bean Soup, Baked Stuffed Fish, Baked Lasagna, Orange Rice, Southern Greens, Seasoned Mixed Vegetables, Fruit Cocktail Upside Down Cake, Oatmeal Cookies.
- 5** **Breakfast:** Rolled Oats, Creamed Ground Beef, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, Blueberry Pancakes, Asstd Doughnuts, Bear Claws.
Lunch: Beef Rice Soup, Blackened Catfish, Honey Ginger Chicken, Farfalle Alfredo, Garlic Cheese Potatoes, Rice Pilaf, Eggplant Parmesan, Brussels Sprouts Polonaise, Cheese Cake, Chocolate Pudding.
Speed Line: Grilled Cheese/Hamburger, Turkey burger, Baked Beans, French Fried Potatoes.
Dinner: Cream of Chicken Soup, St. Louis BBQ Pork Ribs, Sicilian Submarine, Macaroni and Cheese, Greens Beans Nicoise, Steamed Peas, Cheese Cake, Chocolate Pudding.
- 6** **Breakfast:** Hominy Grits, Corned Beef Hash, Oven Fried Bacon, Asstd Omelets, Eggs to Order, Roasted Potatoes, French Toast, Asstd Doughnuts, Raisin Muffins.
Lunch: Corn Chowder Soup, Roast Pork, Chinese Five Spice Chicken, Mashed Potatoes, Brown Gravy, Steamed Rice, Seasoned Carrots, Asparagus, Peanut Butter Cookies, Cherry Pie.
Speed Line: Baked Potatoes, Bacon Bits, Sautéed Mushroom, Sour Cream, Shredder Cheese, Assorted Pizza, Baked Italian Sausage, Sautéed Pepper and Onions.
Dinner: Minestrone Soup, Stuffed Cabbage Rolls, French Fried Shrimp, Ginger Rice, Mexican Corn, Steamed Broccoli, Cherry Pie, Peanut Butter Cookies.

Alphio

ON THE GO WITH MWR

Youth Soccer starting

Youth Soccer season is here, and there's important information for everyone involved.

For adults interested in coaching, there is a mandatory Youth Soccer Coaches meeting Tuesday, August 4 at 5 p.m. in the Midtown classroom. Topics to be discussed include background checks, skills assessment day, rules, equipment and much more. There is also a National Association of Youth Sports (NAYS) training Tuesday and Thursday, August 18 and 20, 5-7 p.m. in the Midtown classroom. This is a wonderful opportunity for all coaches to become part of NYSCA, receive access to several training resources and further their understanding of coaching youth. The NAYS training is mandatory for all youth soccer coaches.

If interested in signing up your child for soccer, registration runs August 12-27. Sign ups and payments



will be taken at the Fit District, weekdays from 8-5 p.m. The season is open to youth 5-13 years old and runs into late October. The first day of practice will be Monday, September 7.

Soccer Skills Assessment day is Thursday August 27 at the NAS 1 Land Annex. The soccer assessment is required for participants ages 7-13. For age-specific time frames, contact the Youth Sports Coordinator at 624-3785 or see the August

Preview.

Wednesday, September 3 is an Open House for all Youth Soccer parents, players and coaches, 5 p.m. at the Fit District Gymnasium. Established to provide parents of their child's coach, practice days, introduce coaches, explain policy and procedures and proved a "Question and Answer" opportunity.

For more information, please contact the Youth Sports Coordinator at 624-3785.

Signonella, get ready to sweat!



MWR Fitness is hosting an Aerobathon Friday, August 7 at Fit District. This four-hour event will feature all of MWR's instructors, both seasoned and new. Participants have the opportunity to try out different classes such as Spin, Zumba, Yoga and more.

"Classes are going to be in about 30-minute increments," said Fitness Director Zina Herb. "This event is a great introduction to what we offer here at the gym. It'll give people a chance to try classes they may not have been able to try before."

Fruit and beverages will be provided and there will be giveaways throughout the day. In addition to giving newer instructors and trainers a chance to

showcase their talents, the fitness staff will also be discussing the process in becoming an instructor or personal trainer.

Everyone who attends will have a chance to give their opinion of the types of classes given.

"We will have surveys available for all participants, so we can get some feedback on what classes they enjoy and what they want more of," said Herb. "This event is open for all fitness levels. People will be able to see where their cardio and strength level is and where they can improve."

Pre-registration is encouraged. Sign up at Fit District or call 624-4483 for more information.

MIDTOWN MOVIE THEATERS

SCHEDULE & DESCRIPTIONS



Drag Me to Hell (PG-13)

Loma River, Dileep Raver, Alison Lohman, Justin Long

Christine Brown is an ambitious L.A. loan officer with a charming boyfriend, professor Clay Dalton. Life is good until the mysterious Mrs. Ganush arrives at the bank to beg for an extension on her home loan. Should Christine follow her instincts and give the old woman a break? Or should she deny the extension to impress her boss, Mr. Jacks, and get a leg-up on a promotion? Christine fatefully chooses the latter, shaming Mrs. Ganush and dispossessing her of her home. In retaliation, the old woman places the powerful Curse of the Lamia on Christine, transforming her life into a living hell. Haunted by an evil spirit and misunderstood by a skeptical boyfriend, she seeks the aid of seer Rham Jas to save her soul from eternal damnation. To help the shattered Christine return her life to normal, the psychic sets her on a frantic course to reverse the spell. As evil forces close in, Christine must face the unthinkable: How far will she go to break free of the curse? (99 min.)

Harry Potter and the Half Blood Prince (PG)

Daniel Radcliffe, Emma Watson, Rupert Grint, Tom Felton

Voldemort is tightening his grip on both the Muggle and wizarding worlds and Hogwarts is no longer the safe haven it once was. Harry suspects that dangers may even lie within the castle, but Dumbledore is more intent upon preparing him for the final battle that he knows is fast approaching. Together they work to find the key to unlock Voldemort's defenses and, to this end, Dumbledore recruits his old friend and colleague, the well-connected and unsuspecting bon vivant Professor Horace Slughorn, whom he believes holds crucial information. Meanwhile, the students are under attack from a very different adversary as teenage hormones rage across the ramparts. Harry finds himself more and more drawn to Ginny, but so is Dean Thomas. And Lavender Brown has decided that Ron is the one for her, only she hadn't counted on Romilda Van's chocolates! And then there's Hermione, simmering with jealousy but determined not to show her feelings. As romance blossoms, one student remains aloof. He is determined to make his mark, albeit a dark one. Love is in the air, but tragedy lies ahead and Hogwarts may never be the same again. (153 min.)

Imagine That (PG)

Eddie Murphy, Thomas Haden Church, Martin Sheen

Evan Danielson is a successful financial executive who has more time for his blackberry than his seven year old daughter. When he has a crisis of confidence and his career starts going down the drain, however, he finds the solution to all his problems in his daughter's imaginary world. (107 min.)

Land of the Lost (PG)

Will Farrell, Anna Friel, Danny R. McBride, Jorma Taccone

On a routine expedition, Marshall, Will and Holly get sucked through a space-time vortex into an alternate universe. (101 min.)

Friday, July 31

1:00pm Ice Age: Dawn of the Dinosaurs PG
3:00pm Up PG
5:00pm Land of the Lost PG-13
5:30pm Harry Potter Half Blood Prince PG
7:30pm Imagine That PG
8:30pm The Taking of Pelham 123 R

Saturday, August 1

2:00pm Harry Potter Half Blood Prince PG
2:30pm Imagine That PG
5:00pm Terminator Salvation PG-13
5:30pm The Taking of Pelham 123 R
7:30pm Land of the Lost PG-13
8:00pm The Hangover R

Sunday, August 2

2:00pm Harry Potter Half Blood Prince PG
2:30pm Night at the Museum PG
5:00pm Ice Age: Dawn of the Dinosaurs PG
5:30pm Land of the Lost PG-13
7:00pm Public Enemies R

Monday, August 3

5:00pm Harry Potter Half Blood Prince PG
5:30pm Imagine That PG
7:30pm Land of the Lost PG-13
8:00pm Public Enemies

Tuesday, August 4

12:00pm Fantastic Four: Silver Surfer PG
FREE
1:00pm Up PG
3:00pm Night at the Museum PG
5:00pm Ice Age: Dawn of the Dinosaurs PG
5:30pm Drag Me to Hell PG-13
7:00pm My Life in Ruins PG-13
7:30pm The Hangover R

Wednesday, August 5

5:00pm Land of the Lost PG-13
5:30pm Night at the Museum PG
7:00pm Harry Potter Half Blood Prince PG
7:30pm Public Enemies R

Thursday, August 6

12:00pm Flicka PG **FREE**
1:00pm Ice Age: Dawn of the Dinosaurs PG
3:00pm Harry Potter Half Blood Prince PG
5:00pm Imagine That PG
6:30pm The Taking of Pelham 123
7:30pm Terminator Salvation PG-13

Movie dates and times are subject to change.

SHOWING FRIDAY, AUGUST 7

5:00pm Land of the Lost PG-13
5:30pm Harry Potter and the Half Blood Prince PG
7:30pm Year One PG-13
8:30pm The Taking of Pelham 123 R

COMING SOON

My Sister's Keeper

MOVIE HOTLINE:
624-4248

MWR fitness for youth

Kids, tweens, and teens: Make the most of your summer with MWR Fitness. Kids and Tweens Power Hour are Tuesdays and Thursdays from 8:30-11 a.m. Kids learn all about strength and fitness while parents get in their own work-out. Teens can sign up

for one of two power hours: Tuesday and Thursday at either 10:30 -11:30 a.m. or 2:30-3:30 p.m. Parent waivers are required for all classes. Classes only go until August 20, so try them out today. Sign up at Fit District or call 624-4483 for more information.



When you're off duty, MWR is on the job with more than 30 programs and services. MWR is your access point for fun, fitness and travel. For more about MWR's programs and services, hot jobs, and special events, call 624-3968.

EOD, continued from page 1

award for his service as EOD Mobile Unit EIGHT's commanding officer. During his two year tour, Cmdr. Siddall oversaw 123 combat missions in over 20 countries, supported national and geographic combat commanders, resulting in the disruption of over 500 Improvised Explosive Devices, the disposal of 32,021 pounds of explosive remnants of war, and the clearance of 5,912 kilometers of essential supply routes in Afghanistan and Iraq.

Cmdr. Siddall shared his experiences of being the Commanding Officer of EOD Mobile Unit EIGHT and called it his best tour to date. "There are extreme highs and lows with the position of command," he said. "Having to assist a family bury their son and tell his Navy family about the tragic loss is a heart-wrenching low. Being able to call an unsuspecting Sailor out in front of the crew, his peers and subordinates and promote him on the spot is a high that can only be explained as awesome. This has been my best tour and it's been an honor to serve you." From Sigonella, Cmdr. Siddall will report to the Industrial College of the Armed Forces in Washington, D.C.

Cmdr. Vincent T. Clark, Jr. will take over as the commanding officer of EOD Mobile Unit EIGHT. This is Cmdr. Clark's second tour at Sigonella. He was assigned to EOD Mobile Unit EIGHT in 2001, where he served as Operations Officer, and was responsible for planning all Navy EOD support within the European Theater. Cmdr. Clark is happy to be back. "To the Sailors and families of EOD Mobile Unit EIGHT: You make this command what it is - the best of the best; the most operational unit in all of EUCOM. You consistently answer the call for our great nation. Your accomplishments, your professionalism, and your sacrifices are truly humbling and I look forward to working with all of you."

The ceremony concluded with the exit of the official party and a celebratory reception.

MONEY, continued from page 5

rational and it's not David's fault. It's old money memories and associations being triggered today.

Perhaps your mother worried constantly about the bills and your home atmosphere was tight and constricted. Now that you're on your own, you're reveling in the joy of spending your money, perhaps beyond your income. Maybe your husband asks you to tone it down a little and immediately you're transported back to your mother and her overbearing restrictions and fears.

Maybe your father was a spend-thrift, enjoying the latest "toys" but a little cavalier about the phone bill. You've become very adept at saving, and saving, and saving but your wife wants to "live a little" and the thought is terrifying. It's not your spouse you're reacting to; it's your mother or father. If you don't recognize that, it can lead to serious marital discord.

Money is intrinsically neutral, but it can mean so much. It can be a source of security or anxiety, an opportunity for power, or a reminder of impotence. It can be used to improve lives or destroy them. It can lead to greater freedom or serve as a yoke around our necks. And just as our parents' attitudes affected us, our attitudes will impact our children. If we recognize and eradicate our own "shlick" about money, we won't have to bequeath it to our children.

Take a few moments and examine what attitudes you're unconsciously holding onto or teaching to

your children. I suggest asking yourself these questions. Do it with your partner -- it's a lot more interactive than seeing a movie on "date night."

What is your earliest memory connected to money? (That doll you wanted but never got, your parents quarreling, your great uncles pinching your cheek and giving you a dollar etc.)

What did your mother teach you about money -- by her actions, by her words?

How about your father?

Did your parents do something with their money that you respected?

Did they do something you disliked or that embarrassed you? (Something deeper than that gaudy living room furniture.)

How do you feel when you have a lot of money? A small amount? Did the atmosphere in your home change accordingly?

How much money do you want?

The answers probably won't change the balance in your bank account but they may provide a deeper understanding that could ease the tensions surrounding this issue. There's no real connection between wealth and happiness but there does seem to be a significant link between figuring out your emotional relationship to money and true peace of mind.

For more information about how to communicate as a couple about money issues look for the Marriage and Money class being offered by the Fleet and Family Support Center August 10th. Call 624-4291 to register or contact your Command Financial Specialist for additional information or resources.

LESSONS, continued from page 2

our service tomorrow." The dominate male in the group finally spoke up, "You guys are out here after midnight to invite us to your church?" He then said some things in disbelief that I cannot include in this article. I responded, "That's right, you are all invited." Then what happened is totally amazing.

My friend Jeff asked them if we could pray for them. The leader of the group said, "You'd be willing to pray for us. Man...do you know who we are?" We just looked at them for a few seconds. Then they made a circle and asked us to pray for them. I was still shaking from the night's cold and a healthy dose of adrenaline mixed with fear. So, we started praying for them one by one.

Soon, a few prostitutes joined the prayer circle and a few other homeless folks. It was amazing. There were some policemen driving by carefully observing this event, they were confused. All of the sudden one of the drug dealers dropped to his knees and reached out and grabbed my hand. This was too much. Another started to pray that the Broncos would beat the Raiders (I'm a Raider fan, but I didn't say anything).

After the prayer was over; the leader of this group walked over, and I'll never forget this, he reached out and hugged me. Remember, he's not a touchy-feely chaplain, he's a drug dealer. I'll never forget his words uttered that cold night, "I'll never go to your church; I think you guys are crazy, but you showed me genuine respect—I'll never forget this night."

I learned that night that in order to be respected you have to give respect. I never thought I'd take a life lesson like that from LoDo, but I did. The secret to getting respect is to give respect. This is a life principle that can be applied by anyone.

Leaders, have you been showing your followers proper respect?

MEMORIAL, continued from page 1

that we gather. We gather to reflect on our loss and to honor the memory of EOD2 Tony Randolph, who was taken from us far too young. Petty Officer Randolph was a hero and he was a warrior. And he had full knowledge of the dangers that faced him every day. Not only was he a hero and a warrior, but he was also a patriot, that rare breed of individual that grows up in middle-America. Tony Randolph risked his life on a daily basis to protect others. He didn't risk his life frivolously though; he knew what those dangers were. He was trained to combat those dangers. He was four months into a deployment where daily he combated those dangers. And he died so others can live."

Cmdr. Todd M. Siddall, EODMU8 Commanding Officer, offered words of praise for Randolph's service.

"Petty Officer Randolph is a warrior who made the ultimate sacrifice on July 6th, 2009, two and half months shy of his 23rd birthday. He personifies all that is great about our community and I am extremely proud to have served with him and all that support our mission."

EOD1 William Greathouse, friend and supervisor, described his relationship with Randolph.

"He is probably one of the best guys that I've ever had work for me and you can't explain everything that he did. He touched the lives of everyone that he came in contact with. When you met Tony, you never forgot him, whether it was his kindness, his loyalty or the corny one-liners that he used too frequently."

Master-at-Arms 2nd Class Raymond Herrera recounted his friendship with Randolph and their time stationed together.

"I had the pleasure of being stationed with Tony, Joint Forces Staff college, where we were also roommates. Those of you who knew Tony, you knew what kind of person he was. I never saw him upset or sad. He always had a smile on his face, no matter how bad things were going. He was the type of person who would do anything for a friend, the type of person that could always put a smile on your face no matter what. The type of person who was supposed to live forever."

Funeral services were held for Randolph's friends and family Wednesday July 15 in his hometown of Henryetta, Okla.

Two other EOD technicians, EOD1 Greathouse and EOD2 Harry Basnight, were wounded in the explosion.

NAS Sigonella Ombudsman Program**Our Mission:**

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

Our Commitment:

- We are committed to representing and supporting the command as well as the families and single sailors
- We are committed to presenting accurate and up-to-date information for referrals
- We are committed to COMPASSIONATE and CONFIDENTIAL advocacy within the guidelines of OPNAVINST 1750.1F
- We are committed to being available 24/7. Please keep calls between 0900-2000 unless you are experiencing an emergency. Call us at 624-4291 or 24/7 at 335-580-1269 for more information.

American Red Cross

Article provided by the American Red Cross

According to OSHA, 6,000 people die from workplace injuries every year, and nearly 12 injuries occur in a workplace every minute. Are your employees prepared to respond to an injured co-worker immediately and with the confidence that comes from being trained? It can be the difference between life and death.

We are fortunate here at NAS Sigonella that we are close to life-saving support, however, minutes count in our providing emergency care in the workplace and makes a huge difference in the outcome of many emergencies.

The American Red Cross is offering workplace training with special one-hour courses:

- Injury control modules:
 - Slips, trips and falls
 - Ergonomics
 - Back Injury Prevention

- Workplace Violence Awareness
- Managing Stress
- Your Heart Matters

These modules can be provided as a full package or as individual one hour training courses. We can provide training in English or Italian and we can bring the training to our organization. Or, we can provide the training at our training facility, building 318, NAS I. The cost of teaching the course is \$15 plus the cost of the booklets or select. Call us to discuss the options that best fit your needs. 624-4900.

The American Red Cross is also offering First Aid/CPR/AED training on August 29 from 8 a.m. until 5 p.m. at NAS I. The cost for the course is \$50 and it covers Adult, Child & Infant CPR/First Aid and AED. Learn skills to prevent, recognize and provide basic care for breathing and cardiac emergencies. Certification is provided upon successful completion of the course.

THE
Signature
SIGONELLA, SICILY

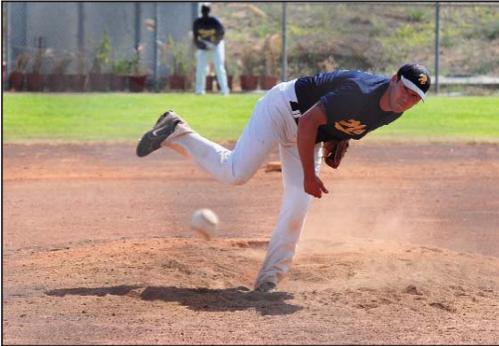
Do you have a passion for writing or are you looking for a little experience in journalism? Do you ever read the stories here and think you'd like to add to our growing archive of travel articles? Does your command have something special going on that you think deserves to be in the paper? If so, The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

Stampa

Agip A

Kartodromo

THE SPORTS LINE



(Top) Navy pitcher Dale Tyson hurls the ball toward the plate during a baseball game July 25 at the Land Annex on NAS I. Tyson and reliever Trent McKibben combined to allow one run over seven innings in a 13-1 victory. (Below) Trent McKibben hits a ground ball through the infield.



Maryland

Sigonella baseball team dominates Misterbianco 13-1

Article by MC3 Jonathan Idle, The Signature Staff

Naval Air Station (NAS) Sigonella's Navy baseball team defeated the Misterbianco Eagles 13-1 in Campionato Nazionale Baseball League play July 25 at the Land Annex on NAS I.

Navy starting pitcher Dale Tyson and reliever Trent McKibben combined to give up one run over seven innings of work between the two pitchers.

After Tyson held the Eagles scoreless in the top half of the first inning, Navy went to work on putting up runs in the bottom half.

Third baseman Anthony Neff made it to second base on an infield hit and an errant throw that got away from the Eagle's first baseman. Neff came in to score on a single by first baseman Lance Voss.

Voss wouldn't have to wait long on first base as catcher Charles Sabella crushed a two-run homerun over the right field fence to make the score 3-0 at the end of the first.

The second and third innings went by without a score from either side despite Navy having several runners in scoring position both innings.

The Eagles were finally able to post a run in the top of the fourth

inning after a walk and two consecutive singles plated their only score of the game for a 3-1 score.

Navy answered back in the bottom of the fourth as Tyson got back the lone run he gave up with a towering solo homerun to left-center field.

An infield grounder by second baseman Joshua Rahberger and a bad throw by the shortstop put Rahberger into scoring position. An opposite field hit by Neff scored Rahberger from second. Neff was then picked off on bad turn rounding first base ending the fourth inning with Navy leading 5-1.

In the top of the fifth McKibben came on to pitch, and he made short work of the Eagles. Navy continued to gradually build their lead in the bottom of the fifth. Consecutive singles by McKibben and left fielder Richard Flowers put runners on first and second before the Eagles pitcher balked during a pickoff move to second base. McKibben would come in to score on a fielder's choice hit by John O'Weger, and Flowers scored on a wild pitch giving Navy a 7-1 lead.

The Eagles threatened to post another run in the sixth inning when McKibben made two errant pick-off attempts letting a runner advance to third base. McKibben shut down the threat and got the last batter to foul out and end the inning.

The bottom of the sixth inning proved to be Navy's final and most productive inning at the plate. Rahberger led off the inning with a walk before advancing to second on a wild pitch and then taking third after a pick-off attempt sailed into the outfield. Rahberger then came home on crisp single by Voss. Sabella followed up Voss's single with one of his own and then McKibben was hit by a pitch to load the bases.

Flowers would capitalize on the situation with an opposite field single that platted Voss and Sabella while McKibben moved up to third base. Right fielder Pacer Sexton, who came in as a substitute for O'Weger, singled in McKibben and moved Flowers to second. Both runners advanced on another wild pitch by the Eagles, and Tyson made them pay once again with an opposite field hit to bring Flowers. The scoring closed out with a fielder's choice by center fielder Zak Thurman which scored Sexton from third and gave Navy a comfortable 13-1 lead.

McKibben dominated the top of the seventh inning. After allowing a walk to lead off the inning, he struck out the next three batters he faced to end the inning and the game.

The Campionato Nazionale Baseball League is a league with teams of local nationals from all over Sicily and several from mainland Italy.

The Navy team is now 12-1 on the year in their first season of play in the league.

Their next game will be held tomorrow at 3 p.m. at the Land Annex baseball field on NAS I.

NEWS BRIEFS

National Night Out

National Night Out is an event that takes place across the United States and the world for neighbors to come together to help build a stronger and safer community. National Night Out this year is on August 4 at the Sports Field at Marinai. The event will be kicked off by a parade at 5 p.m. The parade will start at the main gate and end at the sports field. There will be food, games and many great activities for the children to get better acquainted with their community. There will also be a demonstration by the Military Working Dogs, a watermelon eating contest, and the Pie-in-the-Eye event will take place here.

This is the perfect event and perfect night to get to know your neighbors.

Job Opportunities

MWR is looking for a driver for the Weekend Liberty Shuttle. This is a contracted position. Vehicle is provided. Driver's License and/or Italian translation are required. Open to U.S. and Italian citizens. Call 624-0405 for more information or email john.lenz@eu.navy.mil.

FISC Department, Sigonella, is soliciting for one "full-time" or two "part-time" REGISTERED NURSE, personalized service contracts, for the Flight Line Clinic, NAS II. FISC Department, Sigonella is also soliciting for one "full-time" or two "part-time" REGISTERED NURSE and CERTIFIED MEDICAL ASSISTANT, personalized service contracts, for the Clinic at the U.S. Naval Hospital, NAS II. Closing date is 07 August 2009. Sources must be eligible for US employment. Solicitation packages will be available at the FISC Department, NAS II. Point of contacts are Mr. LaColla, at 095-865727 (DSN 624-5727) or Ms. Randazzo, at 095-563792 (DSN 624-3792).

SAWS

The Stray Animal Facility (SAF) will have dog walking hours starting next week from 9 a.m. until 11 a.m. on Mondays, Wednesdays and Fridays. There will always be someone there to let the dogs out during those 2 hours. If you cannot make it during those two hours, you can still call SAF and discuss with them what time you can come by to walk and/or play with the dogs and see if they are available at the same times.

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

Are you transferring to Sigonella and would like to see the Il Mercato section in full? Email us at 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. 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.

N e w Mario
Hope

Stampa

Delivery
Tattoo

Grande Cina

Stampa

Traslochi

Volcano

Stampa

Stampa