



NAS Sigonella remembers fallen at sea, celebrates anniversary with retired Italian sailors

By MCSN Whitfield Palmer
Navy Public Affairs Support
Element East
Detachment Sigonella

GELA, Sicily - Sailors from the Naval Computer and Telecommunication Station (NCTS) based at Naval Air Station (NAS) Sigonella, Sicily commemorated those fallen at sea at a memorial hosted by the Marinai d'Italia Retired Sailors Club and the Gela Kiwanis Club in Gela Saturday, Sept. 5.

The memorial was part of a larger ceremony celebrating 30 years of the Marinai d'Italia, a local organization of retired Italian Sailors.

Before the ceremonies began, the eight Sailors participating from NCTS toured battle sites and were treated to a visit to Palazzo Nocera, a private aristocratic home where Gen. George S. Patton established Allied headquarters during the initial invasion of Sicily during WWII. The

Sailors were also shown historic Naval photographs from a local WWII museum that were being displayed in Gela's Piazza San Francesco for the day's events.

The actual ceremonies began with a Holy Mass at the San Francesco Church. Following the Mass, the attending Sailors from Sigonella participated in a procession through the town to the memorial of fellow Sailors that were lost at sea where a wreath was laid in respect.

"It's very important for us to honor and show respect for previous generations of Sailors fallen at sea," said Information System Technician Chief Jody O'Brien (SW), NCTS operation LCPO. "At the same time, we are continuing and further strengthening our relationship with the community of Gela and ultimately the people here in Sicily."

The NAS Sigonella Sailors also made a donation of uniforms and

memorabilia to the local WWII Museum and were shown the site where Sigonellans will help convert a field once used as a hospital during WWII into a soccer field for local youths.

"Once again, the presence of the U.S. Navy, through participation in this anniversary event, the donation of uniforms to the museum, and the refurbishing of the soccer field, demonstrates the bonds of friendship and cooperation between Gela and the United States," said Dr. Giuseppe Abbate, Gela Kiwanis Club secretary and event organizer. "We are hoping that the event continues to grow each year so more people will understand the important role Gela played during WWII."

Allied Forces launched Operation Husky, July 9, 1943, one of the largest combined operations of World War II. During the next 38 days, half a million Allied Soldiers, **GELA, continued on page 12**



NCTS sailors from NAS Sigonella participate in a procession to a local monument in Gela to those fallen at sea where a wreath was placed in their memory.

September is Navy Ombudsmen Appreciation Month

Ombudsmen provide vital link to Navy families

By Blair Martin
Commander, Navy Region
Hawaii Public Affairs
PEARL HARBOR (NNS) -- The role of the Navy ombudsman has become a key resource for many Navy family members, particularly during long deployment periods.

With more than 4,000 ombudsmen serving worldwide, the Navy estimates the it saves more than \$8.5 million a year by empowering ombudsmen to serve as trusted intermediaries between deployed Sailors and their families.

According to Teresa Espiritu, ombudsman program coordinator for Commander, Navy Region Hawaii (CNRH), Navy ombudsmen are trained volunteers appointed by the command to serve as the liaison between the command and Navy families.

"It is very important to have

the ombudsman available and accessible to the command families because their primary job is to assist and serve as a liaison and communicator for the families," said Espiritu.

Espiritu explained that a command ombudsman is normally the spouse of an active-duty or selected Reserve command member. The ombudsman supports the Navy's mission by providing communications, outreach, resource referral and other important information to command families, especially during times of deployment.

"The way an ombudsman supports the command mission is to take care of its families so that the service members are able to focus on their job," Espiritu said.

Danielle Filler, who serves as the ombudsman for Naval

OMBUDSMEN, continued on page 12

Sailors encouraged to participate in study on sexual assault prevention

By Bruce Moody
Fleet and Family Support
Program, Commander, Navy
Installation Command

The Navy is encouraging active-duty Sailors to participate in a Sexual Assault Study to assess the effectiveness of the Navy's Sexual Assault Victim Intervention (SAVI) program.

The Office of the Naval Inspector General is conducting the survey, which is available online at www.ig.navy.mil/sastudy.htm. The survey was designed for active-duty personnel, is confidential, anonymous, and will be available for participation through September 30, 2009.

Naval IG teams are also visiting installations around the fleet through the end of September. As part of the visits, they are facilitating focus group discussions to gain more insight, from a fleet perspective into the occurrences and command support during incidences of sexual

assault. Each focus group will be composed of a cross-section of personnel and consist of approximately 20 people from various rank categories.

The Navy's SAVI Program is managed by Commander, Navy Installation Command's Fleet and Family Support Program. The Fleet and Family Support Program manages a wide variety of programs, including SAVI. These programs enhance Sailor readiness and family preparedness, directly contributing to mission readiness.

The Navy is the first armed service to have a dedicated program for sexual assault awareness, prevention, and intervention. Established in 1994, the program has recently shifted more focus towards prevention and is incorporating new initiatives based on civilian best practices and recent research.

"Sexual assault is a crime and will not be tolerated," Paul Finch, SAVI's Program Manager said. "It is a criminal act, incompatible with the

Navy's core values; it dramatically affects morale and operational readiness. Senior leadership is committed to an effective and responsive SAVI program in order to ensure prevention, quality victim care and response and to holding offenders accountable."

In working toward this commitment, the Navy is sustaining a robust sexual assault prevention and response policy, identifying and eliminating barriers to reporting, ensuring that care is available and accessible to victims of sexual assault, and providing continuous, relevant, and effective training and education to all service members. All Navy commands have a 24/7 sexual assault response capability focused on victim support. Commanders ensure that female and male sexual assault victims (or survivors) have access to the assistance and resources to meet their needs and to provide a safe and professional work environment.

WEATHER UPDATE	September 11	September 12	September 13	September 14	September 15	September 16	September 17
	H:83F L:61F	H:86F L:67F	H:84F L:67F	H:84F L:70F	H:85F L:72F	H:89F L:70F	H:86F L:65F

TOP STORIES	September 11	September 12	September 13	September 14	September 15	September 16	September 17
	Intentional inhalation of fumes, vapors and gases poses a serious threat to the health and safety of children. Researchers have documented inhalant abuse problems for more than a century, although the true extent is unknown.	Military working dogs have come a long way since the days of ancient Persia and Assyria, where they donned armor, spiked collars and warned of impending attack or charged on the enemy's cavalry. But they are as important as ever, and U.S. military leaders are making sure they are rewarded with a happy retirement.	An ombudsman's primary duties involve providing information and referrals to command families. Whether it's an issue involving deployment, finances, navigating the Navy system, or relocation, ombudsmen can guide families in the right direction.	A month after the Medieval festival, Motta will be transformed again into a medieval village to host the Parata Nazionale della Bandiera or the national flag throwers competition featuring about 20 groups from all over Italy.	Sicily is a historic town located in the Province of Ragusa in the south east of Sicily. It was named a world heritage site by United Nations Educational, Scientific and Cultural Organization (UNESCO) along with towns such as Catania, Noto, Ragusa, Caltagirone and several others.		
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INSIDE	Direct Line	Navy News	Community Calendar	MWR Corner	Il Mercato
	2	3	4	11	14

TRAFFIC NUMBERS		
	Jan. 09- Sept. 09	Jan. 08- Sept. 08
Accidents	159	201
Injuries	19	32
DUIs	1	5
Traffic Deaths	0	2

PLEASE,
DON'T BECOME
A STATISTIC!

DIRECT LINE NASSIG EXECUTIVE OFFICER, CAPT. JOESPH W. BEADLES

The Sept. 3 Feedback Live was a big success in terms of the overwhelming amount of questions that poured in through the web, but unfortunately technical problems wouldn't allow us to go live. I made the call to go ahead and record it and it played yesterday on AFN Atlantic, but more importantly it is available right now on the web at <http://signonella.afneurope.net/>. The questions we couldn't get to are listed below. 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.

Question 1. With the advent of the reopening of school upon us there is concern we will still have the same problem we have every school year with the availability of parking at the NEX/Commissary parking lot due to teachers parking in this area. Would it be possible to designate parking for the teachers behind the library/community bank building since there is ample parking available at this location? With the teachers using

the NEX/Commissary parking lot as their parking lot it makes NEX/Commissary customers park across the street and bring their groceries and purchases a longer distance than intended.

Answer 1. NASSIG security will be looking for any illegally parked vehicles on both NAS I and II. However, the teachers are authorized to park in the three furthest rows of parking from the NEX and commissary but are also encouraged to use the parking near the Library and nearby new store.

Question 2. As one of the many individuals that were forced to live out on the economy I find it to be difficult at times to get to the Nex or the Commissary within their hours of operation. My question is this: Why is the "Seven Day" open until 2100, and the main Nex and Commissary only open until 1900, and what options are being explored to extend the main Nex and Commissary hours of operation to better serve it's customers?

Answer 2. The "Seven Day" store is a convenience store for our patrons. It carries a variety of items, including food items such as milk, bread, and eggs. This category of store is set up as a convenience for customers shopping early in the morning and later in the evenings. As such, it requires less staff to operate it versus a Main Store with a lot of overhead expenses. We currently do not have enough sales strength in the

evenings to justify additional store hours.

Question 3. Why do we not recycle more on base and in our office spaces? Would it be possible to place recycle bins in common areas on base (Food Court, Midtown) and in office buildings and promote families to recycle in housing and on the economy?

Answer 3. MWR has order some indoor recycling containers from the states, but they will take awhile to get here. In the mean time we are placing some temporary containers in the main facilities to get started. The Youth Center Boys and Girls Club kids have taken on the project to decorate the bins.



Health WATCH

Inhalants commonly abused by school-aged children

Use more widespread than popularly believed

By Lt. Cmdr. Justice M. Parrott, CRNA, MS

Naval Hospital Sigonella

Intentional inhalation of fumes, vapors and gases poses a serious threat to the health and safety of children. Researchers have documented inhalant abuse problems for more than a century, although the true extent is unknown.

Some surveys have reported that at least one out of five school-aged children has abused an inhalant product. This poses an unacceptable physical, emotional, cognitive, and social health risk. In the United States, the problem has attracted much more recent attention due to publicity surrounding the deaths of young people from inhalant abuse.

Inhalants are chemicals that produce fumes, such as glue, paint thinner, or lighter fluid. Children and teens commonly abuse them because they are easy to get and because they have mind-altering effects when sniffed or "huffed". These chemicals reach the lungs and bloodstream very quickly and can be deadly. Higher

concentrations can cause heart failure or suffocation while long-term abuse can cause permanent damage to the nervous system. The damage may include memory loss, brain damage, personality changes, muscular weakness and fatigue. Inhalants permanently harm the liver, kidneys, eyes, bone marrow, heart and blood vessels.

The brief effect of inhalants makes it unlikely to diagnose unless there is a complication or death from use. However, in extreme intoxication, a user may manifest symptoms of restlessness, general muscle weakness, painful movement, nystagmus (constant involuntary movement of the eyes), disruptive behavior, and occasionally hallucinations. Treatment for abuse of inhalants consists of cessation of use. Professional counseling is also part of a successful rehabilitation program.

In short, support and open communication may be the strongest factors in prevention of the abuse of inhalants by school-aged children.

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

<p style="text-align: center;">ROMAN CATHOLIC</p> <p style="text-align: center;"><u>Sunday</u></p> <p>0830 Catholic Mass (NAS I Chapel) 1200 Catholic Mass (Mineo Community Center) 1600 Catholic Mass (NAS II Chapel)</p> <p style="text-align: center;"><u>Monday - Thursday</u></p> <p>1130 Catholic Mass (NAS II Chapel)</p>	<p style="text-align: center;">PROTESTANT</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;">CHURCH OF CHRIST LAY SERVICE</p> <p style="text-align: center;"><u>Sunday</u> 1530 NAS I Chapel Rooms 3 & 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



How good is your memory?

Article by Chaplain Hank Wilson

I remember sitting at the computer in the same old seat that I always sat in typing on the keyboard the same old things. Everyday I came in to do my job and day after day left with the same feeling of a lack of accomplishment: until this day. This day was different. I was sitting there doing the same old things when someone turned on the office TV because they received a phone call. The news had reached our office that one of the twin towers had been hit by an airplane.

I remember very clearly the rest of the day. Many events I observed even led to my coming into the Navy as a Chaplain. But that story is for another time. On this day I remember being shocked at what I saw. And as the events unfolded and the carnage continued I could not help but be affected. September 11, 2001 is a day that changed America and me forever.

I am sure many of you have the same stories that you could share as to where you were when terrorism struck the United States. But I am also sure the further away from that date that we get the less we will remember. In his Address to the nation that night, President George W. Bush, said this: "None of us will ever forget this day." As much as I would love to believe that I often am reminded that it may not be the case.

Do you remember where you were or what you were doing when you heard the news? When these awful and life changing events took place do you know what you were doing? Do you remember the devastation, the speeches, and

the images?

When I speak with military members I am reminded that there are those who remember. When I speak with civilians I see that some have already forgotten. I was recently reminded by a friend who had to teach their young daughter about the events of 9/11 because at the time she was only 1 years old. The further we get away the more apt we are, all of us, to remember less and less.

This is why we hold ceremonies at the flag poles, in the chapels or on the ship. This is our duty, our job, as service members. The events of 9/11 have impacted most of us in ways that were life changing. We should be ready to remind the nation what took place on that day. We should educate our children. We should remind one another the significance of those

REMEMBER, 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

Adoption program lets Working Dogs become pets

By Air Force Tech. Sgt. Amaani Lyle

Special to American Forces Press Service

WASHINGTON, Aug. 31, 2009 – Military working dogs have come a long way since the days of ancient Persia and Assyria, where they donned armor, spiked collars and warned of impending attack or charged on the enemy's cavalry. But they are as important as ever, and U.S. military leaders are making sure they are rewarded with a happy retirement.

Defense Department officials have created a standard operating procedure used by all kennels to ensure excess military working dogs have a chance to go to deserving adoptive homes.

The department, in accordance with the November 2000 "Robby Law," enables military working dogs to be transferred or adopted out to former handlers, law enforcement agencies or families who are willing and able to take on the responsibility of former military working dog. The department adopts out about 300 dogs per year, about 100 of those to law enforcement agencies outside of the department.

Dogs are available for adoption

throughout the United States and some overseas locations. Most available dogs have failed to meet working standards, while others become available after completing their military service.

Although the adoption process at the Military Working Dog schoolhouse at Lackland Air Force Base, Texas, is rigorous and contingent on demand and eligibility, families can adopt dogs somewhat quickly, said Air Force Maj. Gen. Mary Kay Hertog, the Pentagon-based executive agent of the military working dog program.

"Families can normally complete the adoption process in less than 30 days if they and the dogs meet the eligibility requirements," Hertog said. "The Robby Law changed the way the [Defense Department] does business, and we go to extraordinary lengths to make sure dogs are adopted out."

Air Force Maj. Kathy Jordan, 341st Training Squadron commander at Lackland, described the two-page adoption application as a simple tool to garner information about prospective families.

"It's an application, not an essay," she said. "We're seeking basic information about other pets or children in the household to ensure that

we have the right fit and that you're able to properly take care of your dog."

A follow-up interview queries prospective families about their expectations of a military dog.

"Are the adopters looking for a dog to guard their house or go walking with them?" Jordan said. "Are they seeking a high-activity or low-activity dog? We collect these details because we want the adoption to be successful."

High demand for adoption -- not the adoption process -- can put prospective adopters on the waiting list for two to three months, Hertog said. On most days, about 250 dogs are training at Lackland, and a small percentage of dogs unfit to work in the field will become eligible for adoption. All military dogs are trained at Lackland and then are sent to operational units throughout the department.

Belgian malinois, Dutch shepherds, German shepherds and Labrador retrievers ranging from 2 to 12 years old are declared "excess" when they are no longer in the military program. Dogs adopted from field kennels typically are 8 to 12 years old, while dogs adopted from the schoolhouse range from 2 to 4 years old. Eligibility requirements



U.S. Air Force photo by Senior Airman Christopher Griffin
Air Force Staff Sgt. Christa Quam holds her puppy, which will enter the military working dog program in a year at Lackland Air Force Base, Texas. The dogs are enrolled in a 60- to 90-day training program, where they are trained in explosive and drug detection, deterrence and handler protection.

include suitability testing, a veterinary screening, eligible home location and required paperwork completion, Hertog said.

The stateside and overseas demand for military working dogs, especially explosive-detector dogs, has spiked since Sept. 11, 2001, and the average retirement age has dropped from 10 and a half to 8 and a half due to the rigors of their jobs, Jordan said. The military has added combat-tracker and off-leash specialized search dog capabilities to the program.

Most field dogs have deployed at least once, often multiple times, while dogs adopted from the schoolhouse rarely have deployed, Jordan said. She added that any given dog's experiences warrant a thorough assessment of their temperament and acclimation back into a home.

"These dogs, for the most part, have been aggression trained, so rigorous screening is critical," she said. "The bite muzzle process involves muzzled and unmuzzled scenarios for the dog, putting him in the training environment and seeing how likely

he or she is to attack the decoy." Depending on the score rating at the end of the test, the dog is deemed "suitable," "guarded" or "not suitable." Adoption officials consider such factors as children, other dogs in the home, and prior handler experience when determining placement for a dog, Jordan said.

Families of handlers who have been killed in action also have first opportunity to adopt the handler's dog. Dogs wanted by neither their handlers nor law enforcement agencies are posted on the adoption Web site, she said.

"Even though our handlers get first call at adopting their dogs, they do not short-circuit the process in place," Hertog said. "Handlers who may have been with a dog for a couple of years still have to wait for the adoption process to run its course in order to call the dog their own."

The adoption process is not the only thing to improve over time, Hertog said. She described the schoolhouse as a "state-of-the-art" training and veterinary facility that

DOGS, continued on page 12

PHOTO FROM THE FLEET

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



U.S. Navy photo by Dustan Burke

More than 4,750 recruits and staff members from Recruit Training Command spell out "Go Navy!" in front of the USS Iowa headquarters building at Recruit Training Command in Great Lakes, Ill., Aug. 29, 2009, for a photo to be aired at this year's Army-Navy football game on Dec. 12.

NEW ARRIVALS

Jamie and Maholn Andrews
Boy
Dexter Felix Andrews
August 27, 2009
Weight: 7 lbs 7.9 oz
Length: 18.9 in

Cassandra and Daniel Lemp
Boy
Henry Tre Daniel Lemp
August 28, 2009
Weight: 7.1 lbs
Length: 18.9 in

Amber and Carlos Ansley
Boy
Caden Christian Ansley
August 30, 2009
Weight: 7 lbs 13 oz
Length: 19 in

Calvary Monika

Muscle

				FRIDAY	SATURDAY	SUNDAY
				11 SEPTEMBER	12	13
<p>COMMUNITY CALENDAR</p>				Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY			
14	15	16	17	18	19	20
Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 Stress Management Workshop FFSC 1 p.m. - 3 p.m. x4291 Elem. PTO General Mtg. 2:45 p.m. in Room 216 x4406	Tobacco Cessation Flight Line Clinic 12 p.m. - 1 p.m. x4710 Home Buying Strategies FFSC 9 a.m. - 11 a.m. x4291	Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 Survive & Thrive FFSC 8 a.m. - 3 p.m. x4291 Sigonella Elem. School Open House 5:30 p.m. - 7 p.m. x4406	Station Advisory Council American Red Cross 11:30 a.m. - 12:30 p.m. 624-4900 Victim Advocate Refresher Training FFSC 2 p.m. x4291	Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 Developing a Spending Plan FFSC 10 a.m. - 11:30 a.m. x4291	First Aid/CPR/AED American Red Cross 8 a.m. - 5 p.m. x4900 Nearly New Shop Open NMCRS 10 a.m. - 1 p.m. x4212	
21	22	23	24	25	26	27
Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 Anger Management Workshop FFSC 9 a.m. - 11 a.m. x4291	Tobacco Cessation Flight Line Clinic 12 p.m. - 1 p.m. x4710 Volunteer Open House NMCRS 11 a.m. - 1 p.m. x4212	Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 CPR Recertification American Red Cross 10 a.m. - 12 p.m. x4900 Sex Signals Group FFSC 1:30 p.m. x4291	Swim-a-thon American Red Cross 7 a.m. - 8 p.m. x4900 Cooking Class FFSC 9:30 a.m. - 3 p.m. x4291 Early Dismissal Day Students released at 10:45 a.m. x4406 or x4281	Alcoholics Anonymous NAS II Chapel 7 p.m. 346-840-7745 No school	Babysitting Training American Red Cross 9 a.m. - 4 p.m. x4900	

Motta

Chiechio

Medusa

Morobishi

Did you know that . . .
 NMCRS Thrift Shops help stretch your budget when you need to buy household items at a fraction of the original cost? You can find bargains on pots and pans, books, furniture, uniform items, and lots more. These shops are well stocked with children's clothing – sweaters, winter jackets, shoes, etc. Thrift Shops are especially good for saving you money on expensive items you may not use often – such as sports and camping equipment, tap shoes, or musical instruments. Before spending your hard-earned paycheck on new white elephants, check out the savings available at Thrift Shops in your neighborhood.

NMCRS: A Helping Hand!
www.nmcrcs.org



Fleet and Family Support Center
 Administration Building 319
 NAS I

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

How can the Ombudsman program can benefit you?

Article referenced from
 Military One Source

An ombudsman's primary duties involve providing information and referrals to command families. Whether it's an issue involving deployment, finances, navigating the Navy system, or relocation, ombudsmen can guide families in the right direction.

Ombudsmen also work to improve communication between the command and the command's family members, and are motivated by a sincere desire to serve others and their country. In addition, ombudsmen are available to help families in times of crisis, such as during natural disasters. Your ombudsman can help you and your family by:

Referring you to appropriate resources for professional services. While ombudsmen aren't counselors, they can provide referral information to professional counseling services, if necessary. They can also provide referral information to a wide variety of other helpful resources, including the Fleet and Family Support Center, the American Red Cross, the Navy-Marine Corps Relief Society, Military OneSource, chaplains, medical facilities, and legal assis-

stance offices. Whether your issue involves deployment, child care, education, stress, parenting, or relocation, your ombudsman can help you find the information and services you need.

Serving as an information communicator. An ombudsman serves as a channel of official information from the command to command families. Ombudsmen regularly relay timely and critical information -- such as squadron schedule changes -- via newsletters, care lines, telephone trees, and e-mail messages.

Serving as an advocate. Ombudsmen act as advocates for command families. They use their knowledge of the system to access the appropriate level of the chain of command for intervention purposes. They may then forward suitable requests or concerns to the command.

Providing support during deployments. Navy ombudsmen serve as key resources for command family members, allowing them to successfully meet the challenges they face before, during, and after deployments. They keep current resource files with infor-

mation on military and civilian community agencies that can help families with deployment matters. They also publish or contribute to command newsletters and maintain an email contact listing that relay important information from the command

Responding during emergencies. Ombudsmen provide initial assistance and information, and ongoing support, during crisis situations.

The Fleet and Family Support along with NASSIG will be recognizing the generous contributions of the NASSIG and Tenant Command Ombudsman on 23 September at Alpha's Restaurant.

The Ombudsman from NAS-SIG and the Tenant Commands include:

- NASSIG**
- Debbie Joseph Hicks
- Amber McKinney
- Heather Turner
- Lynn Syrcle
- Maggie Torres
- Shasteen Pennington
- Diann Rickert
- AIMD**
- Colene Block
- Tricia Bauer
- PSD**
- Adrienne Hernandez
- FISC**
- Tiffany Judson
- Rachel Barto
- NAVHOSP**
- Adriana Patron
- NCTS**
- Michelle Tamez
- EODMU8**
- Monika Fancher
- AFN**
- Anna Barbay
- NCIS**
- Jennifer Cunningham
- CTF-67**
- Olga Schultz
- ETD**
- Sue Zeigler

Agip

Marchi

Wittenburg

Stampa

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.



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.



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.

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.

Alberto Lunetta
The Signature Staff



Italian NEWS



Sicilian Culture, Events and Lifestyle

Dining with Julius Caesar

"You will dine well, Julius Cerialis, at my house. If you have no better invitation, come on over. You will be able to spend the eighth hour as usual. Indeed we will bathe together; you know how close to my house the baths of Stephanus are. The first course will be lettuce (a useful digestive aid) and tender shoots cut from leek plants, and then a pickled young tuna which is larger than a small lizard fish and will be garnished with eggs and rue leaves. And there will be more eggs, cooked over a low flame, and cheese from Velabrum Street, and olives which have felt the Picene cold. That's enough for appetizers. You want to know what else we are having? I'll lie so that you will be sure to come. Fish, oysters, sow's udder, stuffed with wild fowl, and barnyard hens that are not usually served except at rare and special dinners."

(Martial, Epigrams, 11.52).

"The next dish represented the twelve signs of the zodiac arranged in order, over each symbol, was set a food appropriate to it. Over Aries some chickpeas with tendrils that curled like ram's horns; over Taurus, a slice of beef, over Gemini, prairie oysters and kidneys and so on...then the top of the dish is removed and inside: fat fowls and pig's bellies, and a hare decked out with wings like Pegasus. Four figures of Marsyas sprinkle sauce over fishes in the corner of the dish. A little later a huge boar is brought in with buckets of dates hanging from the tusks, and surrounded by confections in the shape of piglets, which were for the guests to take home in their napkins. When the side of the boar was pierced, thrushes flew out, only to be caught at once by fowlers."

(Dinner of Trimalchio by Petronius)

These vivid descriptions of Imperial Rome lavish banquets made by satirical poets Martial (40-104 AD) and Petronius (died in 66AD) give an example of how elaborate and sophisticated their cooking tradition was.

Celsus Aulus Cornelius, one of the greatest Roman medical writers, writes in his masterpiece "De Medicina" (On Medicine) about the importance of food in the prevention of illness. In his treatise, there is mention of antiseptic techniques and face surgery to be performed by taking skin from other parts of the body. Celsus also described the four classic symptoms of inflammation: heat, pain,

redness and swelling and gave healthy nutrition tips. "It is necessary to know the properties of food and drinks in order to establish what is good for a healthy person and what is appropriate for a sick one," Celsus wrote.

If we'd take a look at the list of foods available at the time of the Romans, we'd be surprised by discovering that many ingredients that we consider essential today for our diet were missing at that time. You may ask yourself: how did they survive without tomatoes or coffee? Well, after having studied the recipes from historic sources, scholars eventually realized how well Romans made up for the lack



A mosaic from a Roman house in Pompei shows the rich variety of food available at the time.

Oxidiana

Magnolia

of those foods.

Archeologists found all kinds of fine recipes ranging from the preparation of nightingale or flamingo tongues to pickling peaches.

The Romans did have neither tomatoes nor potatoes, which were and still are the primary source of survival for European populations. Eggplant, chili peppers, corn and turkey were also unknown since they arrived in Europe after the discovery of America. There was no pasta either. Although it wasn't grown in Italy, rice was actually imported by Romans from India but it was used as starch to bond ingredients.

Fruits which were commonly

available were apples, pears, lemons (coming from Greece), apricots (coming from Armenia), cherries, plums, grapes, walnuts, almonds and chestnuts. Dates, which were imported from northern Africa, were the only "exotic" fruits commonly available. The most widespread vegetables were broad beans, lentils, cabbages, leeks, garlic, onions, water cress and chicory. Broad beans and cabbage were also grown extensively.

Asparagus and artichokes were rare as they were mainly a privilege of the rich. Mushrooms and olives were also very popular. Olive oil was commonly used for a multitude of purposes including cooking, for fuel for lamps and cos-

metics (perfumes, body oils etc.).

Among cereals, wheat was the staple food of all Romans. It was mainly imported from Egypt, which was considered as the "bread basket" of the Empire. Wheat was baked into bread or boiled into a type of porridge similar to grits or cream of grains or legumes. The ring shaped bread's mold used by the Romans is still very popular in the Mediterranean area. There were about 100 different kinds of breads.

Bread was also the main food of the legionaries of the Roman Army. Soldiers were required to pay up to one third of their wages for their food. They accompanied bread with cheese or beans and water or even diluted vinegar when

the weather was too hot.

At the time of the Romans, the Mediterranean Sea was richer than it is now in fish. Anchovies, sardines, jackfish, mackerels, gilt-heads, red mullet, sprats, tuna, white breams, squids, lobsters, oysters, all varieties of shellfish found a place on the tables of the Romans.

Today's steak lovers would be disappointed to hear that Romans did not eat beef. Just like it happens in India, cows were used to work in the fields; therefore their meat wasn't tender enough for the sophisticated Romans' palate!

On the other hand, pork (the most favorite), game, lamb, venison, hare, hake, chicken, ducks, geese, partridges, goats, porpoise cranes, flamingoes, thrushes, turtles, "onagers" (wild donkeys), snails and frogs were very popular.

Even "Foie gras," which is commonly believed to be just a French specialty, is actually a Roman invention. Historic sources tell that Apicius, the famous eccentric rich man known for his sauces and extravagant dishes, was the first one to come up with the idea of force-feeding dried figs to geese to enlarge their livers. Apicius is also the author of "De Re Coquinaria" (On Cookery), one of the most important cookbooks in history.

Sheep and goat cheeses were very popular as they were also used to make food gifts. The Romans did not have the variety of drinks that we have today. Water, milk, wine, beer and herb infusions were the main beverages. Camel milk was drunk in the Asian and African provinces while horse and donkey milk was mainly used as medicine or cosmetics.

Beer (cervisia), which was invented by the Ancient Egyptians, was drunk as a tonic. It was made by the alcoholic fermentation of wheat and barley but it was lacking hop, an essential ingredient of modern beer that gives it a unique aroma and contributes to its preservation. Romans did not typically offer beer to their guests, they would provide it as a beverage for the troops stationed outside Europe. Wine, the national and natural drink, was considered as a

"divine drink." Since it was very strong, vino was diluted with water or mixed with honey to prepare "mulsum", a cooling aperitif that accompanied the first course at dinner. Grapes were extensively cultivated. The remains of dregs of the grapes left after wine was made were used as a food preservative. Street food was also very popular.

The Romans ate three times a day. The "jentaculum" was a small breakfast. Adults basically ate leftovers from the previous night such as bread, cheese, olives, eggs, capers, dried fruits or honey. The children had milk, flat cakes or bread. The "prandium" (lunch) was a snack consumed during the mid-day work break. It also consisted of leftovers just like at breakfast time. It was eaten at thermal baths, the equivalent of today's fitness centers, where people used to workout, gossip and make business deals. The main meal of the day was the "coena" (dinner). It was eaten at sunset after work. Dinners were very elaborate and could go on for hours. Guests sat according to a prescribed order which reflected their social status. The dining room, which was called "triclinium," had three couches where Romans laid in a recumbent position on their left elbows and ate with their fingers. The meal consisted of three parts. The first course was called "gustum" was the appetizers consisting of salads, eggs, cheeses with herbs, mushrooms, truffles, and various fruits.

After appetizers, there was the "mensa prima" (main course) which was a variety of meat, game or fish. Most of those were served with sauce. One of the most popular sauces was "garum." This popular factory-made fish condiment was made from pickled and fermented intestines of mackerel.

Just like it happens today in Italy, food played a vital role in the life of the Italian ancestors. Evening meals were a time that families spend together and an opportunity to build social and business relations.



Photo by Rione Panzera Press Office

Flag Thrower competition in Motta this weekend

A month after the Medieval festival, Motta will be transformed again into a medieval village to host the Parata Nazionale della Bandiera or the

national flag throwers competition featuring about 20 groups from all over Italy. The festival will be organized this weekend (Sept. 11/13) in the historic center by the association of the

Rione Panzera district. For more information about this spectacular not-to-be missed event call the Motta Pro Loco Tourist Office at 095-308161.

THE Signature
SIGNONELLA, SICILIA

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.

Protestant Women of the Chapel

ALL WOMEN WELCOME!
Women's Ministries
Tuesdays
9:15 a.m. - 11:30 a.m.
NAS I Chapel Fellowship Hall
Childcare Provided
For more info.
www.pwocsig.com

Alphio's Garden

Dr. Stella
Marcello

THE Signature
SIGNONELLA, SICILIA

A Stone's Throw

THE HUB OF THE MED IS ALSO THE HUB FOR TRAVEL

Visiting Scicli, Donnafugata

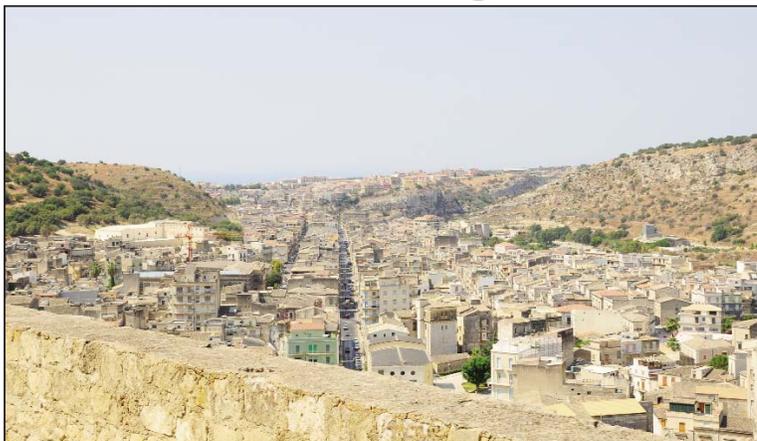
Article and photos by
MC3 Jonathan Idle
Signature Staff

Scicli is a historic town located in the Province of Ragusa in the south east of Sicily. It was named a world heritage site by United Nations Educational, Scientific and Cultural Organization (UNESCO) along with towns such as Catania, Noto, Ragusa, Caltagirone and several others. The town is one of the best examples of Baroque art in Europe. It is sunken into a valley below the hills and mountains that surround it.

The terrain played a part in the early history of the town in that many of the original residents lived in cave-style dwellings in the mountain leading up to the Church of San Matteo at the top. The church is one of several that offers great examples of the Baroque architecture Scicli is famous for.

This trip was put together by ITT and included a couple of hours at the beach in Donnafugata, which is approximately 15 minutes away from Scicli.

Sites: For things to see



(Top) The view from the Church of San Matteo. (Above) The beaches at Donnafugata. (Below) A view of the Church of San Matteo and the caves that line the hill.

REVIEW SUMMARY

Site:



Family Friendly:



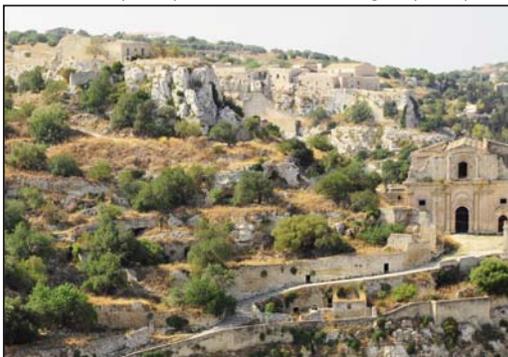
Accessibility:



Travel Time:

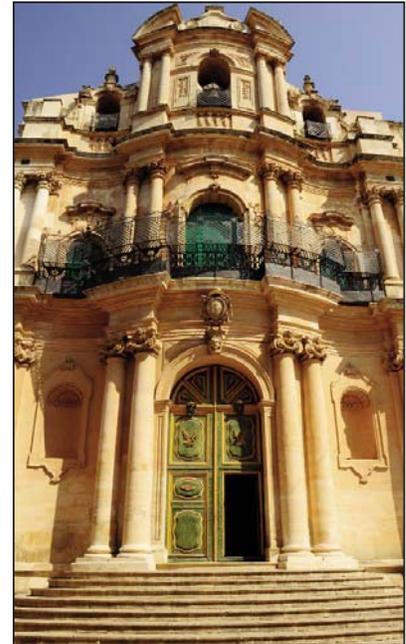


These ratings are out of five stars, and are the opinion of the Signature staff and in no way constitute a professional travel review. If you have comments or questions on this review contact: thesig@eu.navy.mil



New Place

Sabbiadoro



(Above Left) Intricate paintings adorn the ceiling of the Church of St. John in Scicli. (Above Right) The exterior of the Church of St. John.

and do, Scicli rates four out of five stars. It only rates four because there is little to do for anyone who may not be interested in the historical appeal of the town. The main attraction is Scicli and the Baroque and Norman churches. The Church of San Matteo sits overlooking the town below. It is a steep hike to get to the top, but the view offers a great look at the town below. On a clear day you can see the water off in the distance. The Church of St. John is directly next to the city hall in the Piazza Italia. The church has a lot of impressive frescos and elaborate stained glass windows. The mayor's office in the city hall is also a big tourist attraction. It is used as the office of Commissioner Montalbano in a popular Italian television series.

There are numerous

shops and restaurants that line the main street of the town. The cost for a full Italian style lunch is approximately 10 euro without drinks.

The beaches in Donnafugata are a nice way to spend to an afternoon. The water is very temperate and the fine white sand is kept fairly free of debris. There are public and private beaches along the coast. There are fees to go to the private beaches along with umbrella and chair fees.

Family Friendly: Scicli rates three out of five stars in this category. The Church of San Matteo is difficult to climb to. The fact that many of the sites require climbing stairs or going up hills makes the town difficult to navigate for anyone with a stroller or wheelchair.

Families with small chil-

dren may have difficulty finding things to entertain children. The architecture and sites are more of a draw for families with older children. Donnafugata is much more family friendly than Scicli. The beaches are clean, and the water is very shallow which allows children more room play in the water. There are small cafes and stores along the water front to buy food and drinks.

Accessibility: The trip gets five stars for accessibility because it is an ITT trip. The bus picks up passengers at NAS I or II and drives them to the sites. The bus returns in the early evening to drop passengers off at the base.

The drive is a couple of hours, but it is relatively simple if someone wishes to make the drive in a privately owned vehicle.

To get to Scicli take the A-18 toward Catania, merge onto the A-19 Palermo/Catania. Then, take E-45 down the coast to Scicli.

Travel Time: In this category, the trip rates three out of five stars. The bus ride is a little over two hours each way.

Driving time for a privately owned vehicle is similar.

Funny Place

Agip

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.

NEWS BRIEFS

Job Opportunity

FISC Department, Sigonella, is soliciting for two personalized service contracts for the following positions:

1 Registered Nurse or 1 LPN/LVN for the Flight Line Clinic, NAS II

1 Registered Nurse for the Primary Care Clinic, NAS I

Closing date 11 September 2009. Sources must be eligible for U.S. employment. Solicitation packages are available at the FISC Dept. and at the MMD, NAVHOSPITAL. Point of contacts are Mr. LaColla (624-5727), Ms. Barone (624-3791), and Lt. Cmdr. Mitchell (624-4587).

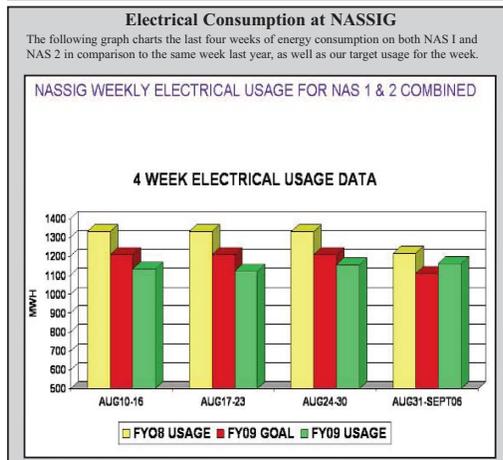
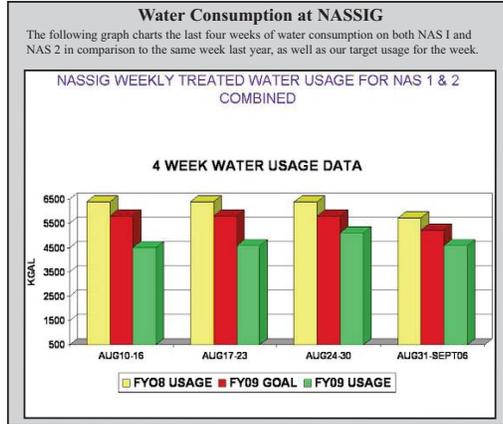
Navy Ball Craft Bazaar & Flea Market

Do you enjoy arts and crafts, scrap-booking, or browsing through open markets? The Navy Ball Committee is sponsoring a Craft Bazaar & Flea Market on Sept. 19 at the NAS I gym from 9 a.m. - 2 p.m. This is your opportunity to display your talent to Sigonella and make some money. Tables will be available for rent. If you would like some more information about the event, or how you can become a part of it, contact Amber McKinny at amber.mckinney@eu.navy.mil or 624-1259.

2009/2010 School Lunch Programs Forms Due

All participants of the school free/reduced lunch program must apply yearly. On 30 Sept. all names will be removed from the current system. If you have not filled out a new form since May, you must stop by the elementary school office with a current LES to fill out your 2009/10 application. For more information, call 624-4406.

Go Green Sigonella!



Ristorante Bella Etna

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

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

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

14 **Lunch:** Creole Soup, Turkey Curry, Baked Fish Fillet, Vegetable Lasagna, Steamed Rice, Savory Style Beans, Cauliflower, Crisp Drop Cookies, Cherry Crumble Pie, Strawberry Gelatin.
Speed line: Sub Sandwich, Pasta Primavera, RIKPAK.
Dinner: Tomato Bouillon Soup, Baked Stuffed Pork Chops, Grilled Chicken Breast, Steamed Rice, Brown Gravy, Green Beans Nicoise, Carrot Slices, Crisp Drop Cookies, Cherry Crumble Pie, Strawberry Gelatin, RIKPAK.

15 **Lunch:** Spanish Soup, Beef and Fish Tacos, Burritos, Chicken Fajitas, Penne Arrabiata, Mexican Rice, Refried Beans, Calico Corn, Herbed Broccoli, Jalapeno Cornbread, Raspberry Filled Cake, Pecan Pie.
Speed line: Philly Cheese Steak Sandwich, Onion Rings, Macaroni and Cheese, RIKPAK.
Dinner: Navy Bean Soup, Barbecued Beef Cubes, Roast Turkey, Steamed Rice, Mashed Potatoes, Chicken Gravy, Seasoned Asparagus, Honey Dijon Vegetables, Raspberry Filled Cake, Pecan Pie, RIKPAK.

16 **Lunch:** Puree Mongole Soup, Fish Amandine, Country Fried Steak w/ Gravy, Potatoes Au Gratin, Steamed Rice, Collard Greens, Peas w/ Carrots, Strawberry Shortcake, Vanilla Cookies, Tapioca Pudding.
Speed line: Grilled Hamburger/Cheeseburger, French Fries, Baked Beans, RIKPAK.
Dinner: Beef Barley Soup, Shrimp Curry, Sicilian Submarine, Steamed Rice, Savory Squash, Club Spinach, Vanilla Cookies, Strawberry Shortcake, Tapioca Pudding, RIKPAK.

17 **Lunch:** Velvet Corn Soup, Shrimp Jambalaya, Braised Beef and Onions, Rigatoni Zucchini and Eggplant, Oriental Rice, Oven Browned Potatoes, Steamed Cabbage, Cauliflower AuGratin, Easy Chocolate Cake, Crisp Drop Cookies.
Speed line: Assorted Pizza, Baked Potatoes, Sautéed Mushrooms, RIKPAK.
Dinner: Cream of Asparagus Soup, Chicken Tetrazzini, Baked Italian Sausage, Ratatouille Eggplant, Lyonnaise Rice, Mustard Greens, Easy Chocolate, Crisp Drop Cookies, RIKPAK.

RIKPAK's are the galley's new Urban Meal with Warriors Appeal!

They are designed to be to-go meals that are perfect for people unable to dine at the galley. The meals consist of fresh Ham or Turkey Sandwich on fresh baked white or wheat bread, Chips, Sweet Treat, Beverage, Fruit and Mint. The price is the same as a regular meal, \$4.25. RIKPAKs are available from 10 a.m. to 6 p.m. Monday through Friday. Please contact the galley for more information or to advance order at ext: 2061 or 5738.

Stampa

ON THE GO WITH MWR

New fitness classes this fall

As the weather begins to cool, now is the best time to try out the excellent fitness classes now available at both fitness centers. This month, MWR Fitness added a variety of aerobics classes to their schedule, including 20/20/20, ABC, Zumba and Triple Shot.

20/20/20, Tuesdays from 5:30 to 6:30 p.m. at Fit District, is the perfect class for those big on fitness, but short on time. In one class, patrons get a total body workout with 20 minutes of step aerobics, 20 minutes of strength training and 20 minutes of core and flexibility training.

ABC (Awesome Boot Camp), Tuesdays and Thursdays from 8:30 to 9:30 a.m. at Fit District is an intense strength and endurance class designed to sculpt arms, butts, legs and abs while shedding unwanted pounds. As patrons increase their muscular strength, they also develop greater cardiovascular endurance.

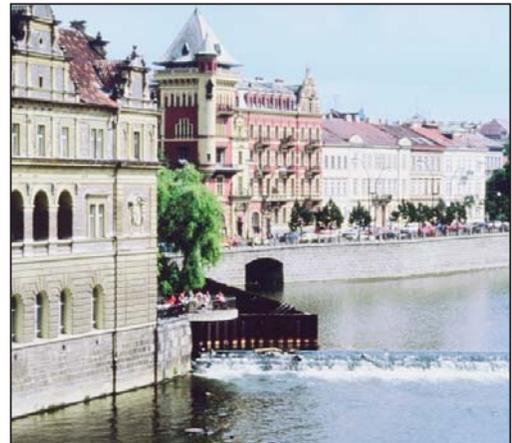
Zumba, Thursdays from 5:30 to 6:30 p.m. at Fit District, is an aerobics class unlike any other: part Latin dance, part high-energy aerobics and all fun. Already a worldwide craze, Zumba burns major calories with hot dance moves and hotter music.

Triple shot, Tuesdays and Thursdays from 5:30 to



6:30 p.m. at the Mineo Community Center, is a total body workout where instructors lead the class through kickboxing/step aerobics, strength training, core and stretching in one high-energy hour.

Monthly schedules are available at each facility and posted at www.facebook.com/mwrsignonella. Call 624-4483 for more information.



Czech out Prague this Thanksgiving

Spend Thanksgiving in the City of 1000 Spires with ITT Gear-n-Go. From Nov. 25 to 29, Signonellas have the opportunity to explore Prague where the cobbled-stoned streets, traditional Czech fare and fine crystal glassware await. Travelers receive a guided tour of the city and a Vltava River boat tour. For hops enthusiasts, an exhibition of medieval beer brew-

ing followed by a tour of modern micro-brewing techniques, and samplings of the famous Bohemian Beer are also included on the itinerary. ITT recommends that travelers bring comfortable shoes, warm clothes, hats and gloves. Reserve your spot today with a \$100 deposit. Final payment is due Friday, Oct. 30. For more information, call 624-4777.

MIDTOWN MOVIE THEATERS

SCHEDULE & DESCRIPTIONS



Away We Go (R)

John Krasinski, Maya Rudolph, Cheryl Hines, Allison Janney

A young couple travels around the United States searching for a place to put down roots. (98 min.)

Orphan (R)

Vera Farmiga, Peter Sarsgaard, Isabella Fuhrman, CCh Pounder

The tragic loss of their unborn child has devastated Kate and John, taking a toll on both their marriage and Kate's fragile psyche as she is plagued by nightmares and haunted by demons from her past. Struggling to regain some semblance of normalcy in their lives, the couple decides to adopt another child. At the local orphanage, both John and Kate find themselves strangely drawn to a young girl named Esther. Almost as soon as they welcome Esther into their home, however, an alarming series of events begins to unfold, leading Kate to believe that there's something wrong with Esther - this seemingly angelic little girl is not what she appears to be. Concerned for the safety of her family, Kate tries to get John and others to see past Esther's sweet facade. But her warning goes unheeded until it may be too late - for everyone. (123 min.)

I Love You, Beth Cooper (PG-13)

Lauren Landon, Paul Rust, Lauren Storm, Jack Carpenter

A nerdy valedictorian proclaims his love for the hottest and most popular girl in school, Beth Cooper, during his graduation speech. Much to his surprise, Beth shows up at his door that very night and decides to show him the best night of his life. (102 min.)

Aliens in the Attic (PG)

Carter Jenkins, Ashley Tisdale, Austin Butler, Doris Roberts, Robert Hoffman

Kids on a family vacation must fight off an attack by knee-high alien invaders with world destroying ambitions while the youngster's parents remain clueless about the battle. (86 min.)

Funny People (R)

Adam Sandler, Seth Rogan, Leslie Mann, Eric Bana, Jonah Hill

George Simmons is a famous stand-up comedian who learns that he has a terminal illness and less than a year to live. When he meets Ira, a struggling comedian, at a comedy club where both the comedians are performing, George hires Ira with his career and Ira helps George find closure in his legacy. However, when George learns that his disease has gone into remission and an ex-girlfriend re-enters his life, he's inspired to reevaluate what is important to him and what truly gives meaning to his life. (146 min.)

Movie dates and times are subject to change.

SHOWING FRIDAY, SEPTEMBER 18

3:00pm G-Force PG
5:00pm The Ugly Truth R
5:30pm Aliens in the Attic PG
7:00pm Funny People R
7:30pm Orphan R

COMING SOON!

The Hurt Locker, A Perfect Getaway

Friday, September 11	3:00pm Ice Age: Dawn of Dinosaurs PG
	5:00pm Harry Potter Half Blood Prince PG
	5:30pm G-Force PG
	7:30pm The Ugly Truth R
	8:00pm Orphan R
Saturday, September 12	2:00pm I Love You, Beth Cooper PG-13
	2:30pm G-Force G
	5:00pm Ice Age: Dawn of Dinosaurs PG
	5:30pm The Ugly Truth R
	7:00pm Orphan R
	7:30pm Away We Go R
Sunday, September 13	2:00pm G-Force G
	2:30pm The Ugly Truth R
	5:00pm Ice Age: Dawn of Dinosaurs PG
	5:30pm Away We Go R
	7:00pm I Love You, Beth Cooper PG-13
	7:30pm Public Enemies R
Monday, September 14	5:00pm Ice Age: Dawn of Dinosaurs PG
	5:30pm The Ugly Truth R
	7:00pm I Love You, Beth Cooper PG-13
	7:30pm Public Enemies R
Tuesday, September 15	5:00pm Harry Potter Half Blood Prince PG
	5:30pm Away We Go R
	7:30pm Orphan R
	8:00pm Public Enemies R
Wednesday, September 16	3:00pm Race to Witch Mountain PG FREE
	5:00pm G-Force G
	5:30pm I Love You, Beth Cooper PG-13
	7:00pm The Ugly Truth R
	7:30pm Away We Go R
Thursday, September 17	5:00pm G-Force PG
	5:30pm Ice Age: Dawn of Dinosaurs PG
	7:00pm I Love You, Beth Cooper PG-13
	7:30pm Public Enemies R

MOVIE HOTLINE:
624-4248

Get in the Gridiron with MWR



Sign up for Navy MWR's Fantasy Football League. This league is open to all Navy US I.D. card holders attached to an installation anywhere in the world. Just go to www.mwrfantasysports.com to register a team. The Grand Prize is a trip for two to Super Bowl XLIV in Miami, including airfare, tickets and

lodging. There are hundreds more prizes available, including a \$25,000 cash prize!

The league is free to join for any Navy MWR patron. The season begins with the opening of the regular NFL season. For more rules and information, participants can visit www.mwrfantasysports.com.

Have a ball at SpareTime

Strike it big with a bowling birthday party! SpareTime Bowling Center now offers youth birthday party packages. Packages start at under \$60 for a two hour party and can include tableware, pizza, soda, gift bags and much more! Kids, along with at least 10 of their friends, can party while SpareTime takes care of the rest. Various party themes and

options, such as bumpers or cosmic bowling, are available and all packages include shoe rental and games. Parties are also available for command functions and reenlistments. SpareTime Bowling Center can even be reserved for closed, private functions, up to four hours long. For more information, call 624-4302.

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.

**REMEMBER, continued
from page 2**

attacks on US soil. And as President Bush's speech concludes: "Yet, we go forward to defend freedom and all that is good and just in our world."

As we go forward may we never forget the events of that day and the lives that were lost. May we take time to reflect upon the injustice that took place. May we continue to remind the world what took place on that day and how it affected us. May we also never allow our memories to fade so fast that we neglect to remember that horrific day and how it changed our nation forever. Take time now to remember those who died on 9/11 and their families. May we as a nation never forget this day as we carry on to defend freedom and justice.

**OMBUDSMEN, continued
from page 1**

Computer and Telecommunications Area Master Station, Pacific, said she acts mainly as a resource and referral provider for Sailors and their families.

"We are here to assist Navy families in any way that we can," said Filler. "We are not trained counselors, but I can refer families [in crisis] to the [appropriate] people if needed."

Filler said she also fields a lot of questions from spouses and families relocating to Hawaii about school quality in the region and the housing and job market.

"Being in the Navy is hard on all families in more ways than one. It is important to have someone they can go to, someone to help them work through the challenges of Navy life," said Jennifer Pisani, who serves as the ombudsman for USS Hopper (DDG 70).

Pisani, whose husband is a chief petty officer aboard Hopper, said she enjoys her position as the ship's ombudsman because she is able to provide direct support to families during a crisis or time of need.

"When I am able to help someone in a time of need, that is very fulfilling," said Pisani. "I feel honored that someone would call me or trust me to help them in a difficult time."

Cmdr. Timothy Kott, Hopper commanding officer, said the role of the ombudsman is crucial in keeping constant communication between families and Sailors during underways or long deployments.

"As our ombudsman, we need [an advocate] who wants to do [a good job] and care for the families as well as be a conduit of information," Kott explained. "The [role of ombudsman] can be a lot of hard work, but Jennifer has shown a great passion for it. Not only do I trust her, but I feel very comfortable communicating with her because I know the information will get back to the families and [appropriate] personnel."

Espiritu said that commands usually use various strategies in recruiting their ombudsmen, including announcing a position opening, asking other ombudsmen for referrals, asking key spouses for recommendations or asking an individual directly. The commanding officer normally makes the selection and appointment of the ombudsman, said Espiritu.

All ombudsmen are required to take an ombudsman basic training course that provides information and skills training necessary for volunteers to properly execute the duties required by the commanding officer. Online orientation is also available within six weeks of appointment to volunteers who are unable to attend training services.

**DOGS, continued from
page 3**

has evolved since directives to Air Force major commands in 1965 had them assemble 40 handlers and 40 dogs at Lackland for 120 days of temporary duty in Vietnam. The trial run success encouraged officials to augment the military working dog program, she added.

"We lucked out - we're honored to be the executive agent for this program," Hertog said. "Our training program and dog school has existed at Lackland for decades, and it continues to get better."

The general added that she answers swiftly when people ask her and schoolhouse staff members if they feel guilty about sustaining such a sophisticated facility for dogs.

"No -- because these dogs work for us as our best detectors, ... especially our explosive detector dogs," she said. "There is nothing -- no piece of equipment or technology available today -- that can beat the scent of that dog's nose. So we're going to do everything we can to take care of those dogs."

The adoption program also has placed some terminally ill dogs with adoptive families, giving them an opportunity to live out their lives in loving homes, Jordan said.

"That dog is not just a piece of equipment -- it's what enables us to save lives; so we exhaust all avenues to ensure the dogs remain as healthy as possible," she asserted.

Contrary to popular belief, Hertog said, retired dogs, unless deemed by a veterinarian as seriously ill and suffering, or unsuitable due to aggression, are not typically euthanized following military service. Since November 2000, only a few dogs have been euthanized for lack of a good home, while thousands have been placed in private homes, she added.

Although the program will expedite processing for dogs out of the state and country, the general clarified why adopters must bear the brunt of transport for adopted dogs returning from overseas.

"Once that dog is adopted, it becomes a pet, and therefore loses its [military working dog] status," she explained, so it would be inappropriate for the Defense Department to transport that pet.

Despite regulations barring department-sponsored transport of adopted dogs, Hertog said, the department provides a number of services to adopting families. Adoption coordinators provide follow-up e-mails and calls to check on the dogs and families, and the coordinators also furnish information about low-cost Air Force Services Agency dog training for families who adopt in the San Antonio area, where most adoptions take place.

"The extra assistance is not required, and we're not staffed to do it," Jordan said. "We just have people who are passionate about the dogs and want to ensure smooth adoptions."

The program also offers a breeder and foster program for families who live in the San Antonio area and are interested in offering short-term care to dogs. More than 100 puppies at Lackland can be fostered for the first two to six months of their lives. Foster families must bring the dogs to Lackland for monthly check-ups and must work diligently to socialize the puppy.

"We want the puppies to spend time with the families to socialize them to their new environment," Jordan said. "Foster families are screened just as rigorously, if not more so, than adopting families."

The cradle-to-grave philosophy of caring for dogs is the hallmark of

the department's military working dog adoption program and schoolhouse, Hertog said. "There is no shortage of suitable homes ready and willing to provide a comfortable retirement for our four-legged heroes," she added.

In an effort to further clarify the adoption process, the schoolhouse recently launched an adoption Web site for families who want to take in dogs for fostering or adoption.

**GELA, continued from
page 1**

Sailors and Airmen would fight for control of Sicily. This amphibious assault took place in and around Gela and marked a major turning point in favor of Allied Forces.

NAS Sigonella has a long history of partnership with the Marinai d'Italia and the Kiwanis Club of Gela, including the hosting of the annual memorials of the landing at Ponte Dirillo and the Allied Invasion of Sicily that followed. This is the first donation to a local museum that NAS Sigonella has made.

That Guy.com



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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/



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THE SPORTS LINE

PIGSKIN PICKS

Spotlight game of the week: USC at Ohio State

	Tennessee at Pittsburgh	Philadelphia at Carolina	Washington at NY Giants	Miami at Atlanta	Clemson at #15 Georgia Tech	South Carolina at #14 Georgia	#23 Notre Dame at Michigan	Louisiana Tech at Navy
 <p>Overall Record: 6-2 NFL: NCAA: 6-2 Joe Cunningham, NCTS</p>	Steelers	Eagles	Giants	Falcons	GT	Georgia	ND	Navy
 <p>Overall Record: 6-2 NFL: NCAA: 6-2 D Day</p>	Steelers	Eagles	Giants	Falcons	GT	Georgia	ND	Navy
 <p>Overall Record: 6-2 NFL: NCAA: 6-2 Capt. Jaeger, USNH Sigonella</p>	Steelers	Eagles	Giants	Falcons	GT	Georgia	ND	Navy
 <p>Overall Record: 6-2 NFL: NCAA: 6-2 SN Kaminski, PSD</p>	Steelers	Eagles	Giants	Falcons	GT	Georgia	ND	Navy
 <p>Overall Record: 5-3 NFL: NCAA: 5-3 MC3 Idle, Exec Admin</p>	Steelers	Eagles	Giants	Dolphins	GT	Georgia	ND	Navy
 <p>Overall Record: 4-4 NFL: NCAA: 4-4 Chief Payne, Weapons</p>	Steelers	Panthers	Giants	Falcons	Clemson	Georgia	ND	Navy

MC3 Idle: USC
The hype for this game centers around OSU QB Terrelle Pryor going up against a USC defense that lost nine starters, but ranked number one in the nation last year. There has been a lot of emphasis on the fact that the game is at the Horseshoe in Columbus. Despite that, I'm still going with USC. The Trojans don't rebuild, they reload.

D-Day: Ohio State
This is a bad matchup for USC for a couple reasons. First, they are starting a true freshman at QB, in a big game and hostile environment. Second, they have a lot of turnover in defensive personnel. Too many unknowns in this one to think that big game Pete and the Trojans will come out on top. USC will make a game of it, but OSU should be able to pull this one out. Big win for the Buckeyes.

Joe Cunningham: USC
OSU has been consistently good under Jim Tressel. USC has been slightly short of phenomenal under Pete Carroll. If not for a slip-up versus Oregon State last year, we'd have been treated to one of the all-time great games in college football history: USC versus Florida for the national championship. OSU lost their top running back and their top receiver to the draft. Recently when the Big Ten meets the PAC-10, the PAC-10 has come out on top. Even though the Trojans also lost a lot of players to the draft, they are so deep I think they'll keep right on rolling, whether playing in Columbus or Fairbanks, Alaska.

Capt. Jaeger: Ohio State
Finally the Buckeyes man up and let the surfer boys from California know that they own this stretch of beach. Surfer boys are going to get bowled over by the waves in Ohio!

Joe Cunningham @ Capt. Jaeger:
Nice picks except for the Game of the Week. The Buckeyes will have black-eyes after this game. The Men of Troy prevail!

PSSN Kaminski: Ohio State
With a true freshman starting for the Trojans, and having to play in one of the most hostile environments will be a true test. Also with the absence of coaching, top players to the draft, and a top receiver with a broken collar bone, USC will have a tough time. As for OSU, Pryor is more experienced and the D is always tough. Even if they say Pete Carroll is one of the best big game coaches, I don't think he'll have enough to squeak out a victory in the Horseshoe.

GMC Payne: USC
As much as I want the Bucks to win, I can't stand the fact we have a loud mouth QB. I see USC reloading, as my fellow columnist would say, but just to let you know OSU is rebuilding their D as well. So, with the monsters at running back that the Trojans have, any QB can step in here and put up 40 easy. USC in a confident win by 10.

MC3 Idle @ all columnists:
You know, this game is starting to remind me of a similar one from a couple of years ago. OSU had a mobile strong armed QB named Troy Smith who had just taken home the Heisman

Trophy. The Buckeyes had run the table to finish the regular season undefeated, and they were favored by several touchdowns against a University of Florida team lead by QB Chris Leak. Until OSU proves otherwise, they're the most over-hyped underachieving team of the decade.

GMC Payne @ MC3 Idle:
First of all, are you even old enough to speak? I already told you the Buckeyes will stink this year because Pryor is all talk and we had seven starters on D go to the pros. Are you kidding me? The RB monsters at 'SC will win. I'm a Bucks alum, but I see reality. If for some reason we win Hooyah! But really, are serious right now?

Joe Cunningham @ all columnists:
When was the last time OSU beat a Top 10 ranked nonconference opponent, either in Columbus or on the road? I can't remember... (the national championship game against Miami?) Tressel is a great coach and has a great program, but they are not quite up there with the best of the SEC, and the Big 12, and the PAC-10! USC wins, not in a blowout but it isn't too close either. Trojans by 10....

D-Day @ all columnists:
I'm a USC fan, but I've been hearin bad things about the rook in team drills, and this defense has so much turnover it should take a few weeks to get it together. The Trojans should come on strong down the stretch with all the talent they have, but the Buckeyes are getting them at a good time. Sad thing is the Buckeyes will be even more overrated after they win this one.

Capt. Jaeger @ Joe Cunningham:
Last time OSU beat a nonconference ranked team was Notre Dame in the 2006 Fiesta Bowl 34-20. Let's be real, there is no conference like the SEC. They have more National Titles, more BCS National Titles and more BCS wins than any other conference. Coming in a distant second is the Big 12, as far as good teams top-to-bottom, Big 10, and finally the PAC 10. Yes, USC is good, but they have been the only top tier team year in year out for the PAC 10. Buckeyes own this beach on this weekend. Accept it!

MC3 Idle @ Capt. Jaeger:
They beat Notre Dame in a bowl game? Well, that's puts them in the elite company of... every other team Notre Dame has played in a bowl game over the last 20 odd years, before Hawaii last year. As far as the Big 10 being better than the PAC 10, I have to respectfully disagree. USC, Oregon, Cal and Oregon State are a far better top four than Ohio State, Penn State, Iowa and Michigan State/Wisconsin (pick which sucks less). Not to mention the PAC-10 was 5-0 in bowl games last year. The bottom line is Ohio State looked like a junior college team against USC last year. It amazes me though that I have run into OSU fans that are running their mouths like they already won this game. A piece of advice to trash talking Buckeye fans, after being thoroughly humiliated the year before it might be advisable to just sit back and hope for the best.

GMC Payne @ MC3 Idle:
I love this bashing; it is what makes the season go so well. Keep the humor guys...

Volvo

Dr. Stella Marcello

Agip

Il Mercato

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