

# The Signature

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Naval Air Station Sigonella, Sicily

Friday, July 26, 2002

## Sicily's weather, Med climate

By AG1 S.W. Arms

Contributing writer

The weather we experience in Sicily is typical of the Mediterranean climate, which is defined by hot dry summers and cool, moist winters. Why does the Mediterranean region experience this type of climate? There are five main factors that affect or control the climate of a given region, known as climatic controls. They are:

1) Latitude - the sun's rays strike areas closer to the poles at a lower angle, resulting in less incoming solar radiation (insolation) and cooler temperatures.

2) Land/water distribution - because water heats and cools at a much slower rate than the land does, islands and coastal regions experience a smaller annual temperature range than large land areas do.

3) Topography - changes in elevation cause a change in both the temperature and moisture content of air masses as they leave their source region.

4) Ocean currents - in the middle latitudes of the northern hemisphere, cool currents flow from north to south along the western coast of continents and warm currents flow from south to north along the east coast of continents. These ocean currents have a modifying effect on the temperature and weather conditions experienced in these regions.

5) Semi-Permanent pressure systems - belts of high pressure, known as the Sub-Tropical highs, are located near 30 degrees north and south, centered over the oceans. These large high pressure systems are considered semi-permanent because they remain in relatively the same location, moving poleward in the summer and equatorward in the winter. These high pressure systems also move east and west, dependent on the wind flow in the upper atmosphere. High pressure is generally associated with good weather, with the eastern sides of the high experiencing the best weather. The western sides of the high are more unstable and more prone to thunderstorms.

The Mediterranean region's climate is affected by four of these climatic controls - latitude, topography, land/water distribution, and semi-permanent pressure systems. Latitude is a given, as it affects all regions. Looking at latitude alone, Sicily and the Mediterranean region should experience much harsher winters.

However, the topography of the region greatly modifies the climate - the Swiss Alps act as a natural barrier, due to their east to west orientation, preventing cold polar air from entering the region from the north during the winter. Polar air masses that do make it across the Alps and into the Mediterranean are greatly modified, becoming warmer and drier after they cross the mountain range. This is much different than in the U.S., where very cold polar air masses from central Canada move into the mid-west unobstructed. The mountainous terrain of the island further modifies any air mass approaching Sicily. Land/water distribution results in a smaller, milder temperature range throughout the Mediterranean. Finally, the semi-permanent Sub-Tropical high dominates the Mediterranean region during the summer, resulting in hot, dry summers.

Sigonella's driest months are June, July and August, with rainfall occurring on average two to four days each month and thunderstorms occurring on an average of three days each month. Our rainy period is from fall through spring, with rainfall occurring on average seven to 16 days each month.

Visit NEMOD Sigonella's website at <https://nemod-sig.nemoc.navy.mil/> for forecast conditions, satellite and radar imagery, current weather warnings, information about flag conditions, and additional climatological information.

## Culinary Arts School brought to NASSIG Sailors



Photo by J03 Jay Price

When you can't send your Sailors to C schools, bring the C schools to the Sailors. Above, Sailors from the NASSIG Galleys and barracks learn Culinary Arts to improve their skills, resumes and minds. Through a two-week course, the Mess Management Specialists learn both professional cooking and pastry arts. By graduating from the courses taught, these Sailors will gain a certificate in nutrition which will advance a cook in the civilian field by skipping the journeyman apprentice stage. One week of training dealt with sculpting, showing how to make centerpieces, salt dough sculptures, and ice sculptures.

## Naval hospital unit makes first deployment during MEDCEUR 02

By Lt. Amy Derrick,  
MEDCEUR Public Affairs Office

A U.S. Naval hospital unit comprised of medical personnel from U.S. Naval Hospital Naples and Sigonella, recently deployed to Tallinn, Estonia for two weeks in support of Medical Central Europe 2002, or MEDCEUR 02. The three-day medical exercise is part of two additional Central European exercises focused on training in crisis situations and humanitarian relief, as well as improving cooperation between the Baltic nations of Estonia, Lithuania and Latvia, and the U.S.

Medical personnel from Naples and Sigonella headed up by Lt. Cmdr. John Moore, senior medical officer, provide field units quick, rapid medical response and treatment capabilities similar to those of a Mobile Army Surgical Hospital, or MASH unit employed by the U.S. Army.

The Navy unit is supported by 22 various medical professionals ranging from hospital corpsmen, surgical nurses, physician assistants, general practitioners, and preventative medicine staff to contingency planners who coordinate the logistical needs and requirements of the units based on the situation the unit is responding to.

Many of the medical personnel also have specialized field training such as basic life support, emergency medical technicians and optometry that enhance the unit's capabilities. The unit is able to offer medical support for up to 14 days, treat up to 1,000 patients without resupply, and can rapidly deploy anywhere in the world on short notice.

According to Lt. Brian Martin, one of the medical officers, the unit's primary support during MEDCEUR 02 is as a sick call for personnel, but also serves as a medical backup facility and offers training to participating units' medical staff and local Estonian medical personnel.

"We trained as a deployable unit for the first time in February of this year, then trained separately in Naples and Sigonella. MEDCEUR 02 is a great exercise that brings both staffs together in a coordinated scenario to further our deployability and training. Deploying from two different hospitals really balances out the talents and resources," said Martin.

In addition to working with Estonian medical providers, the U.S. Naval hospital unit is assisted by the 4th Service Support Group, a reserve medical unit from Camp Lejeune, N.C. during the exercise and USNS Comfort, one of the U.S. Navy's hospital ships.

"So far we have been able to get set-up in terms of equipment, staffing and supplies. We have even had the opportunity to visit some of the local towns, the Old Town section of Tallinn is a great city. It is full of historical castles, churches and wonderful restaurants. Being able to participate in MEDCEUR is professionally challenging, having the chance to visit places like Old Town is a real morale booster, and the weather has been terrific," said Martin.

## On the road...

By SN Michelle Watkins

Staff writer

Summer is the time when many take to the road and see the sights. There are a few things that can spoil even the best-planned trip even when taking extra precautions if they go unlooked. With Summer temperatures rising, it is important to have vehicles inspected before heading out the door and onto the road.

Driving in winter or on rough terrain can cause wear on tires and can ruin wheel alignment. Winter potholes not only take their toll on tires, but also affect steering and suspension components. Steering or brake pulls can indicate suspension or alignment problems. Check the tires for sidewall breaks and excessive or uneven tread wear. Ensure that all tires, including the spare are inflated properly.

It is also important to check and replace worn or cracked belts and hoses. When carrying or towing heavy loads always distribute the weight evenly to avoid excessive relative weight, which can put strain on your vehicle.

Have your air conditioning checked if it is not working. A problem with the air conditioning could mean more serious problems elsewhere. The belt around the air compressor also runs the water pump, power steering and the alternator. If the compressor breaks, then it can snap the belt, and there will be no power steering, alternator or water pump. Or the air conditioning may not be working if the refrigerant leaks, which over time, can destroy your vehicle's engine. Leaks in the system can also shorten the life of a car's battery.

Batteries are made up of chemicals and metal. The chemical process that degrades batteries happens faster in higher temperatures, which can eventually cause the death of a battery. Weak or old batteries should be tested and replaced if necessary. Make sure the connections between the battery cables are tight and free of corrosion.

When temperatures rise it is important to change motor oil to a thicker, high-viscosity, such as 10W40. The hotter the engine, the thinner the oil gets. When oil becomes thinner, it becomes less efficient to protect all the parts in the engine. Using thicker oil is also best if you are planning long trips or towing heavy loads. It is advised not to mix oils when switching to a thicker oil. Always get an oil change before making the adjustment.

When the cooling channels in the radiator fill with rust, it causes the radiator core to become constricted. This will cause your engine to run hotter, eventually causing a melt down. Check for leaks in the radiator and heater hoses. Use a 50-50 mixture of antifreeze and water in the radiator, and replace the antifreeze if it is over two-years-old.

Also many things can damage brakes. If it has been more than 15,000 miles or six months since the brakes were checked, it is time to have them inspected. Be sure the inspection includes the lining and pads. Look over the hydraulic system for leaks, sponginess in the brake pedal, a tendency to pull to one side when braking, or a drop in the master cylinder's fluid level can signify a problem and the need for maintenance. If you notice that the temperature gauge is headed for the red, turn off the air conditioning, pull over, and turn up the heater. Since the heater core is a radiator it will remove some of the excess heat from the engine.

Summer is the time to head out and explore. Proper vehicle maintenance can save you hassles and money later down the road. Get vehicles inspected to avoid any problems and enjoy your trip.

# Inside this Edition

Direct Line... page 2

Navy News... page 3

Italian News... page 4

Liberty Call... page 5

AFN Lineup... page 8

Il Mercato... page 11

## Italian phrase of the week...

### Divieto di accesso!



(No entry!)

**SECURITY BLOTTER**

## Helping make the community aware

**CRIME STOPPER'S HOTLINE 624-6389**

**July 15 - July 21**

The following incidents were reported and categorized as follows:

- Traffic accidents without injuries - 13
- Traffic accident with injuries - 0
- Car break-ins - 2
- DUI - 0
- DUI's 2002 - 14
- DUI's 2001 - 33

The

## Signature

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## Direct Line

**Capt. Tim Davison, NASSIG**  
**Commanding Officer**



Most of you have probably seen the e-mails about the severe drought conditions here. This is a real problem affecting Sicily, southern Italy and the region around Rome. The tourist industry is threatened by the irregular water supply, and there have been reports of widespread theft of water in southern Italy.

If you step outside on any given summer day, you'll find the reason for this drought when that hot air hits you in the face.

Abnormally high temperatures and low rainfall have caused crops to wither this year. Sicily is among the eight hardest-hit regions to have already declared a state of emergency, meaning that the Italian government has identified some measures to help combat this problem.

In total, 670 million Euro has been allocated to compensate farmers and repair broken, leaky reservoirs and old pipes as part of this state of emergency.

The Italian government continues to work hard to find solutions to this problem, and it's important for us to do our part in conserving this precious resource.

On NAS I and II, we create our own water. While the drought hasn't had a significant impact there yet, we still need everyone to conserve water as a preventative measure.

Mineo residents have been affected by the shortage, in that Mineo Housing receives its water supply from an outside source, so other people in the area have been using the supply.

On Tuesday, our Public Works and Housing personnel told us that the water supply to the Mineo complex had been reduced by 50 percent. Under normal conditions, our water consumption is between 180 to 200,000 gallons a day. We're only getting about 100,000 gallons a day. It's imperative that we curtail our water consumption to that level.

We can only do that through the cooperation of everyone.

Public Works has set forth some rules that Mineo residents need to adhere to in order to help us conserve water:

- No kiddie pools are allowed. If half the residents had an average size kiddie pool, that's 80,000 gallons a day.
- No lawn sprinkling allowed. If every resident waters their lawn for 30 minutes a day, that uses 73,000 gallons.
- Fill dishwasher before washing dishes
- Wash full loads of laundry

Once the water level in Mineo is increased, lawn watering will be reestablished. When authorized, lawn sprinkling is allowed three times a week for 30 minutes a day.

I appreciate everyone's support in our efforts to conserve water here. We'll keep everyone updated as our requirements change, especially in Mineo Housing.

## The Pulse

### Hormone Replacement

**By Cmdr. R. Morales, MC USN**  
**Staff Obstetrician/Gynecologist**

Menopause and the years after, is the time when women experience several symptoms and body changes, which can affect their quality of life in a physical, mental and social manner. Some of the symptoms are temporary, as are the most commonly known "hot flashes," irritability, poor sleep patterns, etc., however, many are permanent and progressive, as the loss of bone minerals, which leads to osteoporosis. Other physical changes include loss of tissue elasticity, and secretions as those in the genital tract organs.

The reason women experience these changes are directly as a result of the lack of ovarian estrogen production with the onset and completion of menopause.

For many years estrogen replacement therapy (hormone replacement therapy), has been used to relieve most of these symptoms and prevent osteoporosis. The medications have been prescribed in many different ways, mainly in a way similar to the way oral contraceptives (the pill) are taken, and there are as many protocols, as there are medications in the market.

Several studies regarding the risks and benefits when taking these medications have been conducted over the years by many institutions in countries throughout the world. The most recent report was published July 9, 2002, from a study conducted by The Women's Health Initiative (WHI), sponsored by the National Heart, Lung, and Blood Institute of the National Institute of Health, which assessed the effects of combined hormone replacement therapy, estrogen and progesterone use in healthy postmenopausal women with an intact uterus. The data developed from this study indicates a true risk of breast cancer and for cardiovascular disease for women taking combined hormone replacement when taken for an average of 5.2 years at the following risk rates:

- Breast cancer risk 1.26
- Coronary heart disease risk 1.29
- Stroke risk 1.41
- Pulmonary embolism risk 2.13.

To a woman taking combined hormone replacement this means an additional eight cases of breast cancer, seven more coronary heart disease events, eight more strokes, and eight additional pulmonary embolism cases per 10,000 women.

Just as important is the fact that the results indicate a decreased of hip fractures of 0.66, and of colorectal cancer of 0.63, which appears after the first three years of hormone use.

It must also be noted that this is when women are taking conjugated equine estrogen, and medroxyprogesterone acetate, but all women taking other forms of estrogen and progesterone should be aware as well.

Although the risk of breast cancer and coronary heart disease is increased, the magnitude of the risk is small for the individual woman, and the risk of breast cancer does not appear in the first four years of hormone replacement. Also, the above information is specifically for women who are taking both estrogen and progesterone, and have not had a hysterectomy. For women who have had a hysterectomy and are taking estrogen only, the study has not revealed the same risk, and the study is continuous.

It is very important that before women stop their hormone therapy they see their physician or health care provider and discuss options and alternate therapies directed at preventing osteoporosis, heart disease and breast cancer. USNH Sigonella encourages all women in this age range in the community to see their health care provider to evaluate options as menopause approaches, or possible changes, if they are already taking hormones.

## Help when it's hard to find

By Steven Vitek

*Contributing writer*

Sigonella personnel living off base other than 205 or Mineo Housing are beyond the response territory that the Fire and Emergency Services Department are strategically positioned to protect. During the Fire Prevention safety brief at INDOC, individuals residing in these areas were told of the six available Italian fire stations in the Catania province.

In all likelihood, you will have an Italian fire truck respond to your residence in the event of a fire. In most cases, neighbors or motorists usually call to report the fire to the Italian Fire Department while you might be dialing the NASSIG Emergency 095-861-911 number. Security will ask your address and what town you live in. A translator at Security should direct the information to the Catania Fire Department. Paterno has a small fire station that usually responds to Motta and the surrounding area. You can expect a 15 to 20 minute wait before the fire trucks arrive, which is a long time for fire to take its toll. If your neighbors are near, they can dial 113, which is the local fire emergency number. Some safety measures you can take to avoid fire loss are as follows.

- Keep lighters and matches away from children.
- Avoid candle use when possible.
- Turn your bombola gas bottle valve off when you leave for work.
- Use a lid on a grease pan fire.
- Purchase an extinguisher and smoke detector and mount them properly.
- Keep a garden hose connected with at least a 100 ft. length.
- Know where your house electrical and gas shut-offs are.
- Have an exit plan for you and your family, practice it once a year.
- Never go back in a burning structure if you escape.
- Purchase renters insurance, most Italian landlords do not have fire insurance.



An E-2 was found guilty of provoking speeches or gestures, assault, indecent language, and threat, communicating. The member was awarded 60 days restriction.



### Cinnamon Roll Apple Cobbler

By Bea Cook

*Contributing writer*

- 8 cups apples, peeled and sliced
- 12 ounce jar caramel ice cream topping
- 1 tablespoon flour
- 1/2 cup pecans, very finely chopped
- 1/2 cup brown sugar
- 1 tube refrigerated cinnamon rolls (8 or 10 count)
- 6 tablespoons margarine, melted
- vegetable cooking spray

Preheat oven to 375 degrees. Place apple slices in a large bowl. Combine caramel topping and flour and pour over the apple slices. Toss with a fork to mix. Place the apples into a 12x8-inch baking dish that has been sprayed with the cooking spray. Bake for 25 to 30 minutes or until the apples are just tender. Combine the pecans and brown sugar in a small bowl. Separate the cinnamon rolls and cut into four quarters. Dip each piece of the roll into the melted margarine and then roll in the sugar nut mixture. Arrange the pieces of roll over the top of the apples and bake until the rolls are golden brown and the apples are done, approximately eight to 10 minutes.

# S.A.F.

**Dogs: 5**  
**Cats: 1**  
**Puppies: 0**  
**Kittens: 6**



Call 624-3200 for the Stray Animal Facility if you are looking for a particular animal (i.e. Breed, size, color or age).



# From the Fleet

## The Future of the U.S. Navy Begins Now, Says CNO

By Don Kennedy  
Editor, *The Flagship*

**NEWPORT NEWS, Va. (NNS)** — Anyone who has ever worked on a puzzle knows that finding and putting into place the pieces with the flat edge on one side will allow you to frame the big picture.

Over the past two years, the Navy has identified and placed the obvious pieces of its puzzle. Those obvious pieces with the flat edges - increasing retention, reducing attrition, increasing pay and benefits for personnel, improving current readiness, realistically funding training and operations, and a slew of other initiatives that have seen remarkable progress over the past two years - have been set in place.

Now, with skill and patience, the puzzle builder can move forward, placing the abstract-shaped pieces in a logical order to form the big picture.

The big picture, according to Chief of Naval Operations Adm. Vern Clark, revolves around the Navy of the future, and he presented his vision of what the big picture will look like June 12 when he unveiled "Sea Power 21" at the Navy War College in Newport, R.I. On July 12, he sat down with *The Flagship* to talk about that vision and how the successes of the past have allowed the Navy to look to the future.

Based on Sea Power 21, the Navy will accelerate, redefine and transition into a capabilities-based Navy, built on a "solidly joint bedrock." The vision revolves around three core concepts, "Sea Strike," projecting offense; "Sea Shield," projecting defense; and "Sea Basing," projecting sovereignty.

During a May speech at the U.S. Military Academy at West Point, N.Y., President George W. Bush talked about the requirement of the military to "take the fight to the enemy."

"Sea Strike is about taking the fight to the enemy. What we have learned in Afghanistan is the importance of persistent combat power and the ability to project that power at great ranges - to increase combat reach. That's what Sea Strike is all about," Clark said.

The concept involves developing better ways to project offensive power with Marines, special operations troops, carrier-based aircraft, guns, missiles, lethal and non-lethal weapons, seizing and holding the initiative. Clark predicts new developments in unmanned aircraft, miniaturized munitions and sensors to guide munitions.

The idea for Sea Shield is for the Navy to extend homeland security to the fullest extent possible. This will include intelligence, surveillance and reconnaissance assets; maritime patrol aircraft; and a mix of manned and unmanned systems operating on, above and below the sea.

"Just two years ago we were thinking only about our own defense," Clark said. "Anti-air, anti-sub, anti-surface. Sea Shield is about achieving access. It is about projecting that defense as far as we can over the combined and joint force." Sea Shield is much broader than simply defending Navy ships.

"Sea Shield will also be about sea-based missile defense," Clark said. "I haven't said much about this since I've been CNO, but I believe this nation cannot make it without us having this capability. And so, it's time for me to start talking about it."

Two tests of the sea-based missile defense system, the second just last month, have shown incredible success in sea-based missile defense. The sea-based platform for the missile defense system has surpassed expectations, and quieted those who contend missile defense won't work.

The third leg, Sea Basing, focuses on using the sea as a maneuvering space for joint combat and control, fire support and logistics. This concept includes aircraft carriers, logistics ships and the Navy's program to develop a future maritime pre-positioning force. Sea Basing is all about taking the sovereignty of the United States to the far reaches of the earth. That, in a nutshell, is the big picture.

Framed by puzzle pieces like Task Force EXCEL (Excellence through Commitment to Education and Learning), which promises to revolutionize training and education for sailors, efforts to deliver a communications network that allows

those in the fight to coordinate in real time, and a robust increase in funding new weapons systems, ships and aircraft, the Navy now has an idea of where it wants to go in the future.

But, the puzzle still needs to be pieced together to reach that end, which presents many challenges.

Not the least of which is funding. How does a Navy that has had to compete for every additional cent over the past two years pay for such an ambitious plan?

"We have to get in the practice of divesting in things that we can get somebody else to do," said Clark during a July 12 interview.

"Streamlining - and then, using the cost savings to pay for what is really needed.

"I said two years ago that we had to have \$12 billion a year to build new ships," Clark said. "Last year we had \$8 billion, the year before that we had a little less than \$7 billion. This budget we're bringing up next year is going to have \$12 billion in it."

So, where does the additional money come from?

"One thing," Clark said, "is that we're overprogrammed. We've got programs that are dragging along. We're putting money in them every year, and they aren't going to deliver - I'm finished with this. It's time to get rid of programs that are on life-support. I don't want to put money in these programs when we have so many other investment challenges today.

"We've got to, in a very disciplined way, set aside investment streams and say we are investing that much in shipbuilding, and this much every year in buying new airplanes.

"What we've found out in the past two years is that we've got airplanes (EA-6Bs) that cost \$15,000 an hour to fly because they are so old. We have got to get these old airplanes out of the inventory."

Clark doesn't shy away from the challenges ahead. When he took over as CNO, he went to Washington with a "top five" list of priorities.

The first priority, manpower, has seen dramatic improvement in the past two years. Retention has skyrocketed from about 39 percent of first term sailors to the current mark of more than 65 percent, while attrition numbers declined sharply by 14 percent over that same period.

His second priority, current readiness, has improved in part due to realistic requirements and realistic budgeting for those requirements, an additional \$4 billion to the Navy's readiness accounts. At the root of all these improvements, Clark insists, is the principle of "Covenant Leadership."

"It all springs out of the covenant," he explained, "the promises that we make to people and people make to us. It's leaders committing themselves to the growth and development of people, giving people the tools they need. It's about leaders committing to giving young people the chance to make a difference and, ultimately, a chance to lead."

With regard to current readiness, Clark pointed out "we could not be performing like we are in Operation Enduring Freedom had we not increased the readiness accounts by \$4.2 billion in the past two years. Since Sept. 11, battle group deployment dates have been moved up. Under the old scheme, those ships wouldn't have had the people to deploy. Now, every battle group is manned six months out from deployment."

According to Clark, forgetting about manpower and readiness to concentrate on future readiness would be a mistake.

"I am not going to move off current readiness, and say 'OK, that's done, now I'm going over here.' The principles that we've operated by are sticking. We are going to take care of the Navy that the taxpayers of this country paid for. That's current readiness."

"We're are going to keep the heat on priority one and priority two, because if those things slip, it will affect our ability to give the president of the United States options.

"That's what we are about. The president said 'we are going to keep this enemy on the run' (in the global war on terrorism).

We're going to take the fight to the enemy. You can't do that without a Navy. By not knowing where we are going to show up next, you keep the enemy on the run."

And so the focus is shifting to the future. Last year, Clark told *The Flagship* that in order to keep

step with demands of current readiness in years past, future readiness had to take a hit. No more. The future begins now.

Framed by an increase in quality of service and current readiness issues, Clark said the Navy will now move forward. The road ahead, he insisted, will not be easy.

"We make no proclamations that all of our problems are solved, that there are no challenges left," Clark said, "I can promise you there are plenty left. That's part of the covenant. We promise there are going to be some hard days. There are going to be some days that are really difficult.

"But, because those sailors on the deckplate have got pride, and because they're about service, they're going to rise to the challenge. Their leaders are making sure they feel ownership for their work, making sure they're as self-sufficient as they can be. That's what the covenant is all about."

As an example of the covenant, 108 naval officers, including 64 aviators, pulled their resignations, and 27 others (including 10 aviators) pulled their retirement papers since Sept. 11. Nearly 150 senior enlisted personnel pulled transfers to the Fleet Reserve.

"Our people really do understand the call to service," Clark said proudly.

"They respond when life has purpose and meaning in it, and there is real purpose and meaning in what is going on in their lives right now. Along with that incredible sense of purpose, is an understanding that includes sacrifice.

"These numbers tell me, that, as an institution, we're doing better keeping our part of the promise. Leaders are understanding what the responsibility is toward our people who serve."

Part of that promise of leaders is providing an atmosphere of growth for individuals who serve under them.

That is part of the idea of Task Force EXCEL, which was launched last year to bring about a revolution in training and education. Clark promises major improvements in that program this year, not only to make it more accessible for sailors to get an education, but because the future of the Navy demands it.

"Sea Power 21 will not work without Task Force EXCEL," Clark said. The ideas and innovation he expects to be a byproduct of increased learning will fuel the Navy of the future.

"We've got hundreds of folks with ideas, so here's my thinking on this: Let's do a quick analysis of those ideas and pick out the ones that we think make sense. Then, let's go try them. Sure, we could study them for three or four years and whittle those hundred ideas down to three or four, and then we'll get three or four things done that we're absolutely certain will work. I just don't believe in doing it that way. That absolutely shuts down the idea factory that's coming out of our people."

Innovative experiments in the coming year, such as the "Sea Swap" program, which rotates crews onto a ship serving overseas instead of driving the ship to and from home ports in the United States, will seek to help the Navy find new, more efficient ways to operate.

"We spend in the Pacific, not as big a percentage in the Atlantic, a third of the deployment in transit," Clark explained. "If we can figure out how to extract more on the point combat capability for the United States, that's a good thing."

"We're challenging whether we got things right," Clark said.

"We're challenging whether we can produce a better product for the citizens of the United States of America.

"But, make no bones about it, we're doing this to learn. I have no idea if Sea Swap is going to work or not. We're going to learn from this experience. And from what we learn, we're going to apply the lessons to make our Navy better."

Making the Navy better is what Adm. Vern Clark is all about. And, there is a secret to his success.

"One of the most important things for leaders is to get on a vector and not be bouncing all over the place," Clark advised.

"Circumstances change day in and day out, but, if you've got a set of principles you believe in, you are headed fair."

And, as the puzzle that is the future of the Navy continues to come into focus, no one should mistake the importance of keeping their eye on the ball.

"We must prepare for the future," Clark said. "The price of not doing so is far too great."



## VA Meeting

The Veterans Affairs Representative will be at NAS Sigonella on Aug. 21, to hold a general GMT. Contact Fleet & Family Support Center at 624-4291 for further information.

## Required Use of Headlights

According to Catania Polizia Stradale (Traffic Police) officials, the Italian Government ratified the entire traffic regulation bill. In addition to the changes that were posted on June 27, the new law also includes the requirement for all cars to have headlights on 24/7 while traveling on the highway regardless of visibility. Violators will be fined 32 EURO. All new regulations took effect on July 10. Here is the list of the Sicilian turnpikes and freeways on which motorists are required to have their lights on:

**Catania- Messina**

**A19 - Catania- Palermo**

**A 20- Messina- Palermo**

**A 29- Palermo - Trapani- Mazzara del Vallo**

**Strada Statale (National Road) n. 114 from Catania to Siracusa** (lights must be turned on when you get to the Augusta exit and kept on until you reach Siracusa. Past Siracusa sud (south) exit, there is another four-mile stretch of highway until Cassibile on which lights are required as well).

**Catania and Messina Tangenziale**

## Associates through VU

Vincennes University has Associate degrees available that incorporate the journeyman certificates awarded through USMAP. This is a great opportunity for Sailors to get their AAS degree with as little as 23 general education credits after transferring in their certificates. There is no limit on non-traditional credit (i.e. CLEP, DANTES, and SMART), and only six credits must be taken with Vincennes. Any questions contact Dawn Light (Academic Counselor) Navy College 624-2511, or fax 624-2516.

## SAWS Dogwash

On Saturday, Aug. 3, from 9:30 until 3:30 p.m. at the Mineo Fire Department in support of SAWS. There will be dog biscuits, sodas, and a chance for one lucky dog to win a new leash and collar! Each person who pays for a dog wash, receives a chance to win the leash and collar. Also, anyone interested in participating in the fundraiser, please email [saws\\_02@yahoo.com](mailto:saws_02@yahoo.com).

## Flying Club

We are currently looking into the possibility of forming a Navy Flying Club for the NASSIG community. One of the first requirements is to get an idea of how many personnel are interested. The more members, the cheaper the dues. The club plans to offer primary training up to Commercial and Instrument. There will be ground school instructions for all ratings and a testing facility for all ratings. If you want to learn to fly or work on that instrument or commercial rating this club will be the way to do it. AMI Childers is TAD back in the states now and is gathering information for the club during his trip. He will be back in a couple months and we would like to have some numbers when he gets back. If you are interested please contact CDR DeLoach at 624-2359.

## NMCRS Volunteers

The NMCRS wants you as a volunteer! There are great benefits involved, which include: travel reimbursement, childcare reimbursement, recognition and fun. It may also be used as a reference on your resume. The work environment is pleasant and full of friendly, smiling faces. It also provides a great opportunity to meet new people here in the Sigonella community.

The NMCRS provides many services to active duty personnel and their family members. Budget for Baby, financial counseling, STAP, visiting nurses, and the thrift store are all programs we provide. The above programs are where we need volunteers to assist our military personnel and their families.

Volunteers are the heart of this society, so come and join the team! For more information call 624-4212, or stop by the office, located in Bldg. T210 next to the Golden Anchor.

By Alberto Lunetta  
Community Relations

# Italian News

## SICILIAN CULTURE AND LIFESTYLE

### Sigonella participates in charity water polo match

On July 17, a delegation from NAS Sigonella attended a charity water polo match between the Italian and the American national junior teams that took place in the Augusta public swimming pool.

Capt. Denzel Garner, Commanding Officer U.S. Naval Hospital and Cmdr. Robert Morales, Director of Surgical Services, joined the local authorities and members of *Casa Chernobyl Onlus*, a volunteer organization committed to raising funds for airfare, medical help and expenses to assist children who are victims of the Chernobyl nuclear disaster, showing support to this charitable event that looked beyond boundaries of nationality and ideologies. Every year, this foundation gives those kids an opportunity to live for two months in Italian homes in the hope that it will improve their well-being. The proceeds from the sale of the match tickets were used to cover the cost of the flight tickets for Russian, Ukraine and Belarus children who inherited illnesses as a result of the radioactivity.

The match was friendly but spectacular and competitive at the same time. It was directed by a Russian and a French referee and was won by the Italians.

"I am honored to be here today to attend such a noble initiative. This event is a great experience of solidarity through sports and contributes to strengthen the bonds with our host nation," Denzel told local media.

### Arts and Crafts market open in Nicolosi

### HC 4's newest plane captains

By Lt. Rocky Burns

Contributing writer

At HC 4, there are many qualifications you need to be successful, but none can be achieved without first earning the qualification of Plane Captain. Whether you are an aircrewman, or a maintainer working on the aircraft, the basis of knowledge comes from being a Plane Captain.

A Plane Captain has the responsibility of being the last person who checks the aircraft before turning it over to the pilots and aircrew. Other responsibilities include knowing how to refuel or defuel the aircraft, checking fluid levels of all engines and gearboxes, and knowing how to safely protect an aircraft for various weather conditions. Another very important job is being able to control aircraft movement while the rotor blades are turning and when they are not. This includes a working knowledge of all hand signals required to communicate with the pilots while taxiing, and the ground crew when they are towing the aircraft.

Airman Jeffery Greenwood and AM3 Scott Schile have both completed the training required and have been qualified as Plane Captains for HC 4. Greenwood is from Brunswick, Maryland and has been at HC 4 since Dec., 2000. The thing he likes most about HC 4 is being in Italy. Schile is from Great Falls, Montana and has been at HC 4 for 18 months. He likes the detachments HC 4 goes on the most.

We would like to commend Greenwood and Schile on their accomplishments and they will continue to work hard serving both HC 4 and the U.S. Navy.

A market featuring a variety of items such as artworks by local artists, ceramics, ethnic handicrafts, cheeses, salame, wines, local produce, pastries and more will be open on July 27 in Nicolosi. About 50 stalls will be set up at the *Ai Pini* amphitheater located at the crossroad between via Etnea and via della Regione. Market will be open daily through Aug. 7 from 6:30 p.m. to midnight.

### Fried Fish Festival in Acitrezza

Plan to attend the 12<sup>th</sup> annual *Sagra del Padellone* (Big Pan Festival) to taste mouthwatering fried fish delights from Acitrezza. The Sagra will be held on July 27 and 28, at the little port of Alaggio located opposite piazza Giovanni Verga, the main square. Starting at about 8 p.m., skilled Acitrezza cooks will prepare delicious deep-fried fish in hot oil inside a huge twelve-foot wide pan. Festivalgoers will enjoy fresh sardines, anchovies, squids, spoonbills and shrimps. For a small fee you will get a good portion of fish, bread and a glass of white wine or soda.

### Medieval Festival begins in Randazzo

The town of Randazzo on the western side of mountain Etna will celebrate its rich medieval history from Aug. 2 through 4, with a spectacular festival featuring parades, drama, dance, music, banquets and archery.

Strolling players and minstrels, fire-breathers, jugglers and acrobats will enthrall festivalgoers that will experience a travel back in time to the middle ages. All events and per-



Courtesy of Church San Giovanni Battista of Acitrezza

formances are held in the main streets and squares of the historic center and are within walking distance of the local castle, the hub of the festivities.

Festival kicks off Aug. 2 at 9 p.m., with a magnificent parade leaving from the S. Martino gate (near the medieval castle) that reenacts the visit that Queen Bianca di Navarra payed to Randazzo in 1411. At that time Randazzo was a flourishing town under the rule of the Spanish dynasty of Aragon. Fascinated by the town's beauty, the Spanish kings wanted it to become their summer residence. They erected a magnificent royal palace enriched the churches with opulent treasures and granted special privileges to the residents. The parade is repeated on the following days: Aug. 3 at 6:30 p.m., leaving from the Chiesa (Church) dell' Annunziata; Aug. 4 at 6 p.m., leaving from piazza S. Martino in the castle surroundings and at 7:45 p.m. leaving from piazza S. Maria.

Later at 10 p.m., a ballet will be performed in piazza Municipio after the reading of an original letter written by Queen Bianca upon her visit to Randazzo.

The annual *Sagra del Padellone* (Big Pan Festival) will be held in Acitrezza on July 27 and 28, at the little port of Alaggio facing piazza Giovanni Verga, the main square. Festivalgoers can taste mouthwatering fried fish delights prepared inside a huge twelve-foot wide pan.

Ensemble *Antikantus* closes the evening performing a medieval music concert at 10:30 p.m. at the Palazzo Municipale (City Hall) cloister.

On Aug. 3, medieval dances featuring *La Giostra* will be performed at 8 p.m.

A medieval banquet featuring medieval-style specialties is scheduled for 9 p.m. in piazza S. Nicola. Throughout the banquet, street artists perform medieval dances, and juggling acts.

The last day of the festival, Aug. 4, kicks off with an archery demonstration at 5 p.m. in piazza S. Martino. Following the demonstration and the historic parade, *Figli di Ciullo* and *Antikantus* perform medieval music and entertainment at 6 p.m.

Later at 7 p.m., Holy Mass will be celebrated at the Basilica of S. Maria.

In the evening at 8:30 p.m., dances are performed in piazza Municipio.

At 9:30, a medieval banquet opens in piazza S. Nicola.

Randazzo is about one hour from Sigonella. Exit Fiumefreddo on the Catania-Messina (A-18) turnpike. Take national road n. 120 toward Linguaglossa and follow signs for Randazzo.

## SIG SPORTS

Here is the standing for Summer League Basketball as of July 17

	W	L
Supply A	6	0
Admin	4	2
VP-10	3	1
Security	3	2
Comsta	3	3
OPS	2	4
Supply B	2	4
AIMD	1	4
High School	1	5

Sand Volleyball as of July 18

MWR	3	0
NMCB-7	3	0
WEPS 1	3	2
WEPS 2	1	2
PWD	1	3
Comsta	1	3
HC-4	0	4

Upcoming Events:

**Free Wallyball Clinic: July 29 & 30 (5:30-6:30 p.m.)**

Come down to the NAS II Gym and learn the fundamentals of this zany new sport! If you've played volleyball, then you'll have very little trouble with wallyball. It's a fast, action-packed game played with a blue, rubber ball in a racquetball court. It's actually legal (and highly recommended) to smack the ball off the wall with crazy spins. It's fun...it's addicting...and it's a great workout! This clinic will also prepare you for the 3-on-3 Wallyball Tournament starting on Aug. 12. Don't miss out! For more information, call Ron at x2710. See you on the court!

**5-on-5 Inner Tube Water Polo Tournament: Aug. 10 (noon-6:30 p.m.)**

We are going to have a blast in the NAS II Pool! Grab a handful of your coworkers or pals and start practicing. If you've never played before...don't worry. There will be a free "drop-in" inner tube water polo clinic at the NAS II Pool on August 5, 7 & 9 from 5:30-7:30 p.m. Check it out! Just try it, for a goof! Sign up at the NAS II Pool by Wednesday, Aug. 10. For more information, call Rich at x5335.

**Trinacria Challenge 3-Club Golf Tournament: Aug. 10**

Pick your three favorite clubs and travel light. Join the fun at Il Picciolo Golf Club, Sicily's one and only 18-hole course. This will be a true test of your skills and creativity. Choose a driver, a putter and an iron...or three irons...or a sand wedge and two drivers. It's up to you. All players must register and pay at the tournament meeting on Thursday, Aug. 8 at 4 p.m. at Jox. For more information, call Ron at x2710. Transportation, lunch and awards will be provided by MWR.



AD



## HOROSCOPES

**ARIES:** Turn your present relationship around or start a new one. Either way, you're up for a passionate encounter with some one special. Your partner may blame you for everything. Don't overspend on items for your home.

**TAURUS:** Recognition will be yours if you meet your deadline. Your mate, however, may not be too pleased with you. Get down to business. You will be able to get along well with colleagues. Go over their important documents and take the time to suggest alternatives.

**GEMINI:** If you're uncertain of your feelings, keep your opinions to yourself. Taking on too much won't help the situation. Female colleagues may be able to help you get the job done.

**CANCER:** Your added discipline will enable you to complete some of those unfinished projects. You will find that social activities will lead you into important meetings. Try not to get into disputes that will lead to estrangements. You are best to work at home if you can.

**LEO:** Set aside any decisions regarding your personal life this week. Put your thoughts into action. Ask family members for help and you will be able to complete the projects more quickly. Children will want to help, too. The experience will be good.

**VIRGO:** Be sure to get involved in self-improvement programs that will bring you in contact with interesting people. You could have trouble convincing others to accept your ideas and opinions. You can have an enjoyable time if you socialize with friends.

**LIBRA:** Leave things as they are for the moment and focus on reaching your highest potential at work. Older relatives may be a burden. Do what you can to help them but don't neglect your own family. It's time to get you back on track.

**SCORPIO:** Clear up domestic chores that have remained undone for some time. You will find that friends or relatives may not understand your needs. Get involved in creative projects that could turn into moneymaking ventures. Take time to listen to the problems of family members.

**SAGITTARIUS:** You could experience delays in shipments or mail, and should be careful while traveling. Go out with close friends who understand your situation and your needs. You may need to lend an ear to an old friend. Help if you can, but more than likely it will be sufficient just to listen.

**CAPRICORN:** You are best not to discuss your personal life with others. Put all your energy into moneymaking ventures. Your ideas are good and career moves can be realized. You may not be able to help, but your support will be beneficial.

**AQUARIUS:** You can find solutions if you are willing to communicate. Don't be taken advantage of by any fast talking salesperson trying to part you from your cash. You will gain new friends if you get involved in environmental issues. Unreliable people will be negative about your ideas.

**PISCES:** You will find it easy finalizing personal papers if you make an effort. You could be blind to the defects of those you love. You will be misinterpreted if you get involved in other people's problems. Alienation may be the result of a misunderstanding.



# THE MOVIE CONNECTION



## Theater Schedule

### Friday, July 26

5:30 p.m.: Road To Perdition (R)  
8 p.m.: Undercover Brother (PG-13)  
10 p.m.: Men In Black 2 (PG-13)

### Saturday, July 27

11 a.m.: Spirit: Stallion of The Cimarron (G)  
2 p.m.: Spiderman (PG-13)  
4:30 p.m.: About A Boy (PG-13)  
7 p.m.: Divine Secrets (PG-13)  
9:30 p.m.: Minority Report (PG-13)

### Sunday, July 28

1 p.m.: Lilo and Stich (PG)  
3:30 p.m.: Mr. Deeds (PG-13)  
6 p.m.: Men In Black 2 (PG-13)

### Monday, July 29

1 p.m.: Spirit: Stallion of The Cimarron (G)  
5:30 p.m.: The Sum Of All Fears (PG-13)  
8 p.m.: Insomnia (R)

### Tuesday, July 30

5:30 p.m.: Spiderman (PG-13)  
8 p.m.: Men In Black 2 (PG-13)

### Wednesday, July 31

1 p.m.: Lilo and Stich (PG)  
5:30 p.m.: Bad Company (PG-13)  
8 p.m.: Minority Report (PG-13)

### Thursday, Aug 1

5:30 p.m.: Spiderman (PG-13)\*  
8 p.m.: Unfaithful (R)\*

### Friday, Aug 2

1 p.m.: Stuart Little 2 (PG)\*\*  
5:30 p.m.: K-11 The Widowmaker (R)\*\*  
8:30 p.m.: Windtalkers (R)\*\*

### Saturday, Aug 3

11 a.m.: About A Boy (PG-13)  
2 p.m.: Mr. Deeds (PG-13)  
4:30 p.m.: Juwanna Mann (PG-13)\*\*  
7 p.m.: Undercover Brother (PG-13)  
9:30 p.m.: Men In Black 2 (PG-13)

### Sunday, Aug 4

1 p.m.: Stuart Little 2 (PG)  
3:30 p.m.: Divine Secrets (PG-13)  
6 p.m.: Road To Perdition (R)

\*\*\* Future Re-release \*\*Sneak Preview \*Last Showing, (PNO- no children admitted)  
(All times and movies are subject to change. For more information on the schedule, call the movie hotline at 624-4248).

### Juwanna Man (Rated PG-13)

When a trash talking and ball-hogging basketball superstar gets kicked out of the league, his luxurious lifestyle also dribbles away. Strapped for cash, he transforms himself into a new man and gets a chance with the only league that will take him, the women's league. Cast: Miguel Nunez, Vivica Fox, Kim Wayans.

### Stuart Little 2 (Rated PG)

Stuart Little is back with even more action packed adventure than the original. This time there are two brand new additions to the Little family, a nine-month-old sister and a bird named Margalo who wins Stuart's heart. Cast: Michael J. Fox, Geena Davis, Hugh Laurie.



## TRIVIA

Which year held the first induction to Baseball's Hall of Fame?  
How many of George Forman's children are named George?  
Throughout their lives, the Amish men keep a clean-shaven face until when?  
What's the best way to keep bugs out of the flour containers?  
Who was the first British monarch to take up residence in Buckingham Palace?  
(Answers on page 7)

## Best Sellers--Outdoor Décor

Astonica 3-Bird Birdbath  
Astonica Glass Dragonflies  
Woodstock Percussion Hummer Chimes  
Go Fly a Kite 32400 Dolphin Spinwheel  
Opus 25130 Expeditions Copper Lilypad Birdbath



## They did what?

### And the answer is...

A young man presented himself to our Emergency Department covered with burns on all of his exposed skin. His hair was singed close to his scalp. What caused these injuries? He had posed himself a question, and become overwhelmed by curiosity.

Needing to discover the answer to his question (revealed soon) he proceeded to shoot a propane tank with a .22 caliber rifle. Having survived the first stage of his stupidity, he gave the propane ten minutes to leak out, and then held a burning lighter and walked slowly toward the hissing propane tank.

The question was: How close do you have to be to the propane tank before it blows up? The answer: fifteen feet.

## Off the Rack!

### Shallow Hal



Gwyneth Paltrow, Jack Black and Jason Alexander play in this morally rich, comedy. Jack plays Hal, a very emotionally shallow character who believes beauty is everything, and of course Jason, Mauricio, is his partner in crime, being shallow himself, if not more.

As the film gets started rather quickly, (one that gets to the point is always a good one on my list) where Hal meets with Tony Robbins, famous motivational speaker and part hypnotist, where Hal soon sees the beauty that lies within, and even the ugly.

Everyone who has seen the trailer knows Gwyneth's role in the movie, as she gains dozens of dress sizes to be less appealing to the eye to make the story fit.

As the story goes, Mauricio sees Hal with all the new types of women, the ones that actually like to smile, who'd die for a compliment even though they are self-conscious of sarcasm. Once Mauricio believes that his friend has gone ugly and believes him to be brainwashed, he goes to the source, Tony, and finds a way to change him back.

When Hal gets his vision taken away, the film loses its comedic glamour, and becomes a lesson in morals, and a hard one at that. Now Hal has to face himself and the people he met and loved while under the illusion.

It's hard to put the thoughts of the movie down because you write one and come up with another, and I suppose that would be a good thing for film makers... to make a movie that will be talked about later on will still keep it fresh in the minds when it's time for the awards. Now, I am not saying that this will win any awards but I firmly believe it'll be in the nominations.

Also, watch *Shallow Hal* on DVD, the director's cuts, making of the film and make-up insights were astounding benefits.

By JO3 Jay Price