

The Signature

Vol. 19 No. 36

Naval Air Station Sigonella, Sicily

Friday, September 13, 2002



Photo by SN Michlle Watkins

In memory of the Sept. 11, 2001 attacks on America, NAS Sigonella hosted the "Freedom Rings Commemoration. Approximately 500 Sigonellans gathered for colors and other activities paying tribute to heroes and victims of the attacks and to show the world that Freedom still rings, and that Americans are not defeated. See the Sept. 20 edition of *The Signature* for full coverage of the commemoration events.

President Proclaims Patriot Day

By the President of the United States of America

WASHINGTON (NNS) — The following is the Patriot Day, 2002 Proclamation by the President of the United States of America: A Proclamation

On this first observance of Patriot Day, we remember and honor those who perished in the terrorist attacks of Sept. 11, 2001. We will not forget the events of that terrible morning nor will we forget how Americans responded in New York City, at the Pentagon, and in the skies over Pennsylvania — with heroism and selflessness; with compassion and courage; and with prayer and hope. We will always remember our collective obligation to ensure that justice is done, that freedom prevails, and that the principles upon which our Nation was founded endure.

Inspired by the heroic sacrifices of our firefighters, rescue and law enforcement personnel, military service members, and other citizens, our Nation found unity, focus, and strength. We found healing in the national outpouring of compassion for those lost, as tens of millions of Americans participated in moments of silence, candlelight vigils, and religious services. From the tragedy of Sept. 11, emerged a stronger Nation, renewed by a

spirit of national pride and a true love of country.

We are a people dedicated to the triumph of freedom and democracy over evil and tyranny. The heroic stories of the first responders who gave their all to save others strengthened our resolve. And our Armed Forces have pursued the war against terrorism in Afghanistan and else-where with valor and skill. Together with our coalition partners, they have achieved success.

Americans also have fought back against terror by choosing to overcome evil with good. By loving their neighbors as they would like to be loved, countless citizens have answered the call to help others. They have contributed to relief efforts, improved homeland security in their communities, and volunteered their time to aid those in need. This spirit of service continues to grow as thousands have joined the newly established USA Freedom Corps, committing themselves to changing America one heart at a time through the momentum of millions of acts of decency and kindness.

Those whom we lost last September 11 will forever hold a cherished place in our hearts and in the history of our Nation. As we mark the first anniversary of that tragic

day, we remember their sacrifice; and we commit ourselves to honoring their memory by pursuing peace and justice in the world and security at home. By a joint resolution approved Dec. 18, 2001 (Public Law 107-89), the Congress has authorized and requested the President to designate Sept. 11 of each year as "Patriot Day."

NOW, THEREFORE, I, GEORGE W. BUSH, President of the United States of America, do hereby proclaim Sept. 11, 2002, as Patriot Day. I call upon the people of the United States to observe this day with appropriate ceremonies and activities, including remembrance services and candlelight vigils. I also call upon the Governors of the United States and the Commonwealth of Puerto Rico, as well as appropriate officials of all units of government, to direct that the flag be flown at half-staff on Patriot Day. Further, I encourage all Americans to display the flag at half-staff from their homes on that day and to observe a moment of silence beginning at 8:46 a.m. eastern daylight time, or another appropriate commemorative time, to honor the innocent victims who lost their lives as a result of the terrorist attacks of Sept. 11, 2001.

IN WITNESS WHEREOF, I have hereunto set my hand this fourth day of Sept., in the



year of our Lord two thousand two, and of the Independence of the United States of America the two hundred and twenty-seventh.

GEORGE W. BUSH

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Italian phrase of the week...

Dov'è un ufficio postale?



(Where is the post office?)

SECURITY BLOTTER



Helping make the community aware

CRIME STOPPER'S HOTLINE 624-6389

Sept. 4 - Sept. 8

The following incidents were reported and categorized as follows:

Traffic accidents without injuries - 9

Traffic accident with injuries - 1

Car break-ins - 3

DUI - 3

DUI's 2002 - 19

DUI's 2001 - 33

The

Signature

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Direct Line

Capt. Ken Bitar, NASSIG
Executive Officer



This past week I had the opportunity to chat with my fellow Sigonellans on the AFN show, *Feedback*. I wanted to use this Direct Line to share with everyone some of the many answers I collected during the week. By the way, thank you to all those who called.

I had several questions regarding housing, yard upkeep and the like. August '03 is the tentative closing date for the Paterno housing area. At the time of closing, Paterno occupants will be able to move into Marinai or on the economy. It takes some time to find economy housing and sign the contract on a lease. There are a lot of variables that have to be considered when a member chooses to live on the economy, such as is the unit already vacant, has the unit been cleared by security, and has the unit been deemed habitable by the Housing Office inspections department.

inspections department.

Also, we must take pride in our houses and where our kids play. Let's put some of that Sigonella pride to use by keeping the trash, clutter, broken cars, etc. away from the housing areas. The Housing Office conducts weekly inspections to ensure compliance with yard maintenance. Per the NASSIG housing manual, it is the responsibility of the residents to maintain their own yard. Self-Help is a branch of the Housing department where residents may check out lawn care equipment among other things at no cost for lawn and residence maintenance. Also, the Housing Office is working jointly with the Security department to ensure that vehicles that appear abandoned or have expired tags are removed from the complex. If you have any additional questions regarding the housing areas and policies, please contact them at 624-4311.

During INDOC classes, we all stressed over the Italian driving test. BZ to MA1 Henry from MVRO for doing a great job trying to teach us all about the new traffic laws and regulations, safety, and of course, how to pass the test. The test is usually graded quickly so you can find out if you passed and what you missed. MA1 Henry is making changes to the current class to emphasize the Italian driving culture. When you pick up your Italian translation from MVRO, they can assist you with any questions you may have about the test.

Just a reminder, drive DEFENSIVELY. Be safe and watch out for other drivers on the road. Keep your speed down and buckle-up. There has been an increase in the number of traffic accidents with injuries since last year at this time. Our Security Department has issued approximately 230 citations for excessive speed since Jan. 1. 30 percent of those citations were issued on roads between NAS I and NAS II.

Thank you again for calling me on the show Wednesday night. It is a great way to pass the word and find out what is on your mind.

The Pulse

Eating nine and feeling fine

Article courtesy of USNH Sigonella

The good news is that American adults are eating more fruits and vegetables, nearing the minimum of 'five a day' for better health. But, many Americans should really be striving to eat up to nine daily servings. 'Eating five to nine and feeling fine,' the National Cancer Institute's theme for Five a Day Week, Sept. 22 to 28, will raise awareness of the need to eat more than just five servings of fruits and vegetables a day.

The five a day slogan, representing the message to eat at least five servings of fruits and vegetables a day for better health, is the most widely recognized nutrition message in the world. "But, it's time to let Americans know that the recommendation is really 'five to nine' servings," explained Lorelei DiSogra, Ed.D., R.D., director of the '5 A Day' Program at the National Cancer Institute. "Children ages two to six should eat five servings of fruits and vegetables a day for good health; children over age six, active women, and teens should eat seven; and active teen boys and men should eat nine."

Scientific findings continue to support the importance of eating more colorful fruits and vegetables because it may reduce the risk for heart disease, hypertension, certain types of cancer, diabetes and other diseases. Although eating more fruits and vegetables, a relatively simple lifestyle change, can have such a profound impact on the nation's health, approximately 70 percent of American adults and children are still not eating enough.

"Colorful fruits and vegetables—green, yellow/orange, red, blue/purple, and white; provide essential vitamins, minerals, fiber, and several hundred unique disease-fighting phytochemicals that work together," said Dr. DiSogra. "Colorful fruits and vegetables—green, yellow/orange, red, blue/purple, and white—provide essential vitamins, minerals, fiber, and several hundred unique disease-fighting phytochemicals that work together," said DiSogra. "Only fruits and vegetables, not pills or supplements, can provide all of these health benefits."

Even people who are trying to lose weight could benefit from eating more fruits and vegetables because they are naturally low in calories and high in fiber and water. Eating fruits and vegetables and engaging in frequent physical activity are two important lifestyle behaviors for weight control. Obesity affects more than 60 percent of adults and 40 percent of children in the U.S. "We are not recommending that these people eat more food, but if they want to control or maintain their weight, they could *replace* higher-calorie foods with fruits and vegetables," said DiSogra. "The high water and fiber content of fruits and vegetables will help keep them well-satisfied on fewer calories."

Groups who tend not to eat enough fruits and vegetables include school age children and teenagers, men ages 20 to 59 years, African-Americans, and lower income and lower educated populations. Because African-Americans have the lowest awareness (less than 14 percent) about the importance of eating fruits and vegetables, have the lowest intake of fruits and vegetables, and have the highest rates of many diet-related diseases, NCI is spearheading a national campaign to reach African-American men ages 35 to 50 years with the 'eat five to nine' message.

Most people do not realize how easy it is to get their five to nine daily servings of fruits and veggies. Servings are much smaller than people think. One serving is only ½ cup of cooked vegetables or fruit, ¼ cup of dried fruit, ¾ cup of 100 percent juice, or one cup of salad or leafy greens. A large salad, for instance, can add up to two to three servings of vegetables.

For additional tips and recipes, check out the '5 A Day' Web site at www.5aday.gov.

House Hunting

By Peter Vietti

Housing Public Affairs Officer

If you have ever wondered where the housing department acquires the houses on the economy-housing list or you have found a house on your own that is not on the "available" property list, read on!

The housing department regularly advertises for housing listings via Italian media sources. Italian property owners then contact the housing department expressing their interest in renting to American personnel. Suppose you were to find a property that suits your needs, but is not on the housing list. You may request that the property be listed through the housing office. In this case you will need to acquire as much information as possible, including a point of contact and phone number.

All houses listed and rented through the housing department must pass a pre-inspection of security and basic habitability established by the Housing Department. The Housing criteria used contains several items: water, electricity, health, sanitation, structural soundness and safety. In addition, all houses must have some sort of heating system to meet the pre-inspection criteria. Houses that fail this pre-inspection will not be listed through the Housing Department.

The Security portion of the pre-inspection is important and is taken very seriously. This inspection is used to ensure compliance with the EUCOM OPORD 01-02, DoD 0-2000.12-H, DoDI-2000.16 and OPNAVINST 5530.14C. According to MA2 Sara Hogarth, "the security inspection is very important for several different reasons. For one, we want to ensure the safety and security of personnel and their families. The idea behind the Security Inspection is to prevent terrorists and unauthorized personnel from easily accessing the residences. Since then, it has been modified to include protection from theft, damage and other associated problems."

If the proposed property fails the security inspection, the approval process immediately stops and the landlord is notified of the discrepancies. The landlord, at his or her option may choose to fix the associated problems and have the property re-inspected. If the property passes the security inspection, then the Housing Office follows-up with a pre-inspection for habitability. Finally, if the house passes inspection, Housing will rent the house as if it were on their list all along.

If you choose to house hunt on your own, you can identify available properties bearing an "affitasi" (for rent) sign. If you are new to the island and residing in TLA, house hunting on your own is proactive, however this does not take the place of actual sanctioned housing trips needed for your TLA reimbursement. Good luck and happy house hunting!



Cinnamon Pancakes

By Bea Cook

Contributing writer

2 - 1/2 cups flour
4 tablespoons sugar
4 teaspoons baking powder
2 cups milk
2 large eggs
2 tablespoons oil
1 tablespoon cinnamon

Combine flour, sugar, baking powder and cinnamon. Stir in milk, eggs and oil. Mix well (the batter will be a little lumpy). On a hot griddle, pour three inch round cakes, flip when bubbling occurs. Enjoy with butter and syrup.

S.A.F.

Dogs: 1
Cats: 0
Puppies: 1
Kittens: 3



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

All U.S. Navy Ships to begin flying first Navy Jack on Patriot Day

By Susan Civitillo
FISC San Diego Public Affairs

SAN DIEGO (NNS) — At morning colors on Sept. 11, all U.S. Navy ships will begin flying the First Navy Jack in place of the Union Jack for the duration of the global war on terrorism.

The flag, which was first used by the Continental Navy in 1775, consists of a rattlesnake superimposed across 13 alternating red and white stripes with the motto, "Don't Tread On Me."

Commodore Esek Hopkins used the First Navy Jack as a signal to engage the British in the American Revolution. The Jack in today's fleet represents a historic reminder of the nation's origin.

In a brief ceremony on Sept. 5, Capt. Ray Berube, Commanding Officer of the Fleet and Industrial Supply Center San Diego, presented Cmdr. Clayton Saunders, Commanding Officer, USS Rushmore (LSD 47) with a set of four flags.

Rushmore, along with the rest of the fleet's ships, will begin flying the First Navy Jack on Patriot Day as directed by Secretary of the Navy Gordon England.

"In accordance with the guidelines set forth by Secretary of the Navy Gordon England and Chief of Naval Operations Adm. Vern Clark, it is my pleasure to deliver to you the First Navy Jack to be flown on board USS Rushmore and all U.S. Navy ships during the global war on terrorism," stated Berube.

Upon receiving the flags, Saunders spoke on how the First Navy Jack will bring to mind the part the Navy plays in attaining freedom.

"In the years since 1775, our primary mission, to ensure the freedom of the seas, has remained unchanged. Today, terrorists threaten free commerce and individual liberty. This flag represents a renewed commitment by the Navy to our first principles, to secure freedom, both at home and abroad," remarked Saunders. "It is fitting that the honor of receiving the first flag should fall to the Rushmore, America's Gator."

Each ship in the fleet will receive four flags (one holiday and three regular). Non-deployed ships received their initial Jack through their local FISC Logistics Support Center representative.

The flags were sent directly from the commercial vendor by mail to deployed ships. The flags will eventually be stocked and available through the Navy supply system.

Smart Study Habits Help Sailors 'Make The Grade'

By EN2 Jennifer Copcutt
PCU Ronald Reagan Public Affairs

NEWPORT NEWS, Va. (NNS) — The Navy is like any other employer in America. If you want

to make more money and tackle more responsibility — you have to perform.

The Navy's method of measuring performance is comprehensive. It includes an annual evaluation, a bi-annual advancement exam tailored to each Sailor's job specialty, personal awards, and the length of time the Sailor has served at the current rank. The two biggest factors in determining who advances are the evaluations and the exam.

Advancement exams challenge Sailors. The exams are inherently competitive because they are evaluated on a bell curve, which compares the Sailor against other Sailors who take the same exam. The exam with the most correct answers receives the highest score, an 80. To score high on these exams, Sailors must accurately answer as many questions covering all aspects of a job specialty as possible.

ET1 Cletus Thayer of PCU Ronald Reagan (CVN 76) has scored an 80 twice in his career. "I like being best at what I do," he said.

Sailors prepare for advancement exams in different ways. Thayer used the bibliography to study. It lists the resources used to write the test questions and is available at www.advancement.cnet.navy.mil. He said studying the bibliography is really important to performing well. "I stuck to it completely," he said.

Reagan's Educational Services Officer, Ensign Kirk Nichols, like Thayer, also advises studying the exam bibliography. Other study materials Nichols recommends are the advancement handbook and the job specialty training manuals for each rank.

Thayer and Nichols agree that turning the information from the bibliography into knowledge takes committed study habits. Thayer's study program started three months before the exam and consisted of twenty-minute study sessions, five times each week. He said how you approach studying is as important as what you study.

"Don't start the first week and try to study so much that you get burned out," he said. "If you feel like you aren't in the mood, or you are having trouble concentrating, stop and take a break."

By paying attention to results in different study conditions, Nichols says Sailors can "discover key study times and places," and plan study sessions to be more effective.

In addition to regular study sessions and appropriate study material, Sailors have to study effectively. Thayer used a structured method to study the bibliography, but he said the most important thing for him was the study habits, not so much the procedure.

Nichols recommends using a team approach to studying. "The 'buddy system' works," he said. "Find a buddy to study with, or form a study group if possible." Nichols also said flash cards are an "excellent study tool."

Another tactic used in the Fleet is training and studying throughout the year. "It is important for Sailors to become familiar with the instructions

and directives referenced in the bibliography when performing their duties.

Regardless of how well prepared they are, some Sailors still get nervous on exam day. Thayer is no different.

"I always go in really nervous and I leave thinking I did terribly, since the tests are really hard," he said. However, Sailors have many options available to help deter those exam day nerves.

Thayer said he studied the least familiar sections of information during the weeks before the exam to increase his ability to perform well on exam day.

Also, Nichols said to avoid mental exhaustion by not trying to cram just before the exam. "It is very important to have a rested mind," he said.

Committed Sailors receive high returns on their investment efforts. For Sailors who advance, the rewards are professional and personal. They move up in rank, are given more responsibility, and receive that sought-after raise in pay. Each Sailor's participation benefits both themselves and the organization as a whole.

In "Fight and Win! CNO's Guidance for 2002," Adm. Vern Clark said, "We are the greatest Navy in the world because of our people. Our future is bright because we are a service that sets goals and strives to become better."



An E5 was found guilty of Article 111, Drunken operation of a vehicle. The member was awarded 45 days restriction, 45 days extra duty, forfeitures of \$840 (suspended six months) and reduction in rate to E4.

An E4 was found guilty of Article 134, Drunk and Disorderly conduct and Article 134, indecent language. The member was awarded 30 days restriction, 30 days extra duties, forfeitures of \$734 pay per month for two months, and reduction in rate to E3.

A (frocked) E4 was found guilty of Article 134, Drunk and Disorderly conduct. The member was awarded 20 days restriction, 20 days extra duty, and reduction in rate to E2 (suspended six months).

An E3 was found guilty of Article 91, insubordinate conduct, Article 92, Failure to obey order or regulation, Article 128, Assault, and Article 134, communicating a threat. The member was awarded 20 days restriction, 20 days extra duty, and reduction in rate to E2 (suspended six months).



Essay Contest

Military kids worldwide will have the opportunity to win one of 10 personal computers being given away during an August commissary promotion. The essay contest, on "Why I am Proud to Be an American," is sponsored and funded by manufacturers that sell products in the commissary. Essays can be submitted online at <http://www.familymedia.com/dmi/index.lasso> or mailed to Family Essay 2002, PO Box 399, Old Bethpage, NY 11804. Essays are to be 100 words or less and submitted (postmarked) no later than Sept. 15. Winners must be legal dependents of authorized commissary shoppers.

Personal Growth Retreat

Thinking about life or what to do with yourself, then this is the right retreat for you. The free, three-day retreat lasts from Sept. 20 to 22. The retreat will help you develop new perspectives in relationships with others, identify inner resources to strengthen personal life, or search for an opportunity to understand your self better. For the retreat you will need no cost TAD orders or an approved special request chit. For more information call the Religious Ministries Department at 624-4295.

Marriage Workshop

Getting married soon? Enroll for Marriage Preparation Workshop coming Sept. 12 to 13. The workshop fulfills a requirement in NASSIGINST 1752.1J. Call Chaplain Myhand at 624-2947 and he will help you enroll.

Housing Advisory Board Meeting

On Thursday, Sept. 19 at 2 p.m., the NASSIG Housing Department will be holding its Housing Advisory Board Meeting. All command housing advisory board members are encouraged to attend. This forum is designed to address community past and present issues, questions, comments and concerns regarding government and economy housing. The Housing Advisory Board is comprised of the Military Housing Liaison, Facilities Division Director, Housing Public Affairs Officer and Personnel Support Director as well as command representatives.

Jeepsters Meeting

Signonella Jeepsters will meet on Sept. 19 at 4:30 p.m. This should give everyone a chance to get there and discuss the possibility of participating in Trunk or Treat as the Jeepster Creepers and the rest of the years itinerary. Which will include, Oct. trail run and picnic, Nov. collecting unwrapped toys in front of the NEX for Dec. toy run. Please get the word out to all Jeep owners you know, we always welcome new members.

Level 1 Annual ATTO Brief

From Sept. 16 to 20 there will be an annual ATTO brief. The times are for 8 a.m., 10 a.m., noon and 2 p.m. This is a requirement for all hands and page 13's will be completed for service records. Sept. 18 at 2 p.m., is reserved for AIMD personnel.

CET	Friday, Sept. 13	Saturday, Sept. 14	Sunday, Sept. 15	Monday, Sept. 16	Tuesday, Sept. 17	Wednesday, Sept. 18	Thursday, Sept. 19	Friday, Sept. 20	CET
00:00			NFI			ESPN News			00:00
00:30	ESPN News	ESPN News			ESPN News	Movie: <i>The Cable Guy</i>	ESPN News	ESPN News	00:30
01:00	Headline News			Headline News	Headline News		MLB		01:00
01:30	College Football			Seinfeld	Monday Night Countdown				01:30
02:00				Spin City					02:00
02:30				Entertainment Tonight					02:30
03:00									03:00
03:30				WWF Superstars					03:30
04:00		World's Deadliest Volcanoes							04:00
04:30	ESPN News		Late Friday	America's Black Forum				ESPN News	04:30
05:00	Headline News	Headline News	Entertainers	Meet the Press		Headline News	Headline News	Headline News	05:00
05:30	ABC World News Tonight	ABC World News	Hour of Power			ABC World News	ABC World News	ABC World News Tonight	05:30
06:00	ESPN News	ESPN News	Celebration of Victory	Headline News	ESPN News	ESPN News	ESPN News	ESPN News	06:00
06:30	NBC Nightly News	NBC Nightly News	Coral Ridge Hour	ESPN News	NBC Nightly News	NBC Nightly News	NBC Nightly News	NBC Nightly News	06:30
07:00	Sesame Street	Little Bill	Christopher Closeup	Sesame Street	Sesame Street	Sesame Street	Sesame Street	Sesame Street	07:00
07:30		Dora the Explorer	Cafe Video						07:30
08:00	Bear in the Big Blue House	Mary Kate & Ashley	Book of Virtues	Oswald	Franklin	Little Bear	Blue's Clues	Bear in the Big Blue House	08:00
08:30	Wheel of Fortune	Chalk Zone	Wishbone	Wheel of Fortune	Wheel of Fortune	Wheel of Fortune	Wheel of Fortune	Wheel of Fortune	08:30
09:00	Oprah	Pokemon	Family Movie: <i>As Told by Ginger</i>	Oprah Winfrey	Oprah Winfrey	Oprah Winfrey	Oprah Winfrey	Oprah Winfrey	09:00
09:30		Lizzy McGuire							09:30
10:00	Port Charles	Battlebots		Port Charles	Port Charles	Victim of Love	Port Charles	Port Charles	10:00
10:30	Travel Tips (:25)	Battlebots	Dog City (:20)	Guiding Light	Guiding Light		Guiding Light (:25)	Guiding Light (:25)	10:30
11:00	General Hospital (:13)	Hometime	Cinema Secrets				General Hospital (:13)	General Hospital (:13)	11:00
11:30		Motor Week	At the Movies		General Hospital				11:30
12:00	Headline News	Entertainment Tonight	Your Corps	Headline News	Headline News	Headline News	Headline News	Headline News	12:00
12:30	Judge Judy		Army Newswatch	Judge Judy	Judge Judy	Judge Judy	Judge Judy	Judge Judy	12:30
13:00	Today	WWF Smackdown	College Football		Today	Today	Today	Today	13:00
13:30									13:30
14:00		My Wife and Kids							14:00
14:30		King of Queens							14:30
15:00	Doug	Enterprise		Zoboomafoo	Mighty Ducks		Rugrats	Doug	15:00
15:30	Rocket Power			SpongeBob	The Weekenders		Happily Ever After	Rocket Power	15:30
16:00	7th Heaven			Horrible Histories	All That		Yu-Gi-Oh!	7th Heaven	16:00
16:30				Brothers Gracia	Taina		The Mummy		16:30
17:00	Jeopardy!	Headline News	Andromeda	Jeopardy!	Jeopardy!		Jeopardy!	Jeopardy!	17:00
17:30	Headline News	Navy/Marine Corps News		Headline News	Headline News	Headline News	Headline News	Headline News	17:30
18:00	ESPN News	College Football		ESPN News	ESPN News	ESPN News	ESPN News	ESPN News	18:00
18:30	Headline News			Headline News	Headline News	Headline News	Headline News	Headline News	18:30
19:00	The Simpsons			60 Minutes	Smallville (TV-PG)	Friends	The Simpsons	The Simpsons	19:00
19:30	Malcolm in the Middle					Survivor V	Malcolm in the Middle	Survivor V	19:30
20:00	Fear Factor								20:00
20:30									20:30
21:00	Alias						24		21:00
21:30									21:30
22:00	Headline News			Headline News	Headline News	Headline News	Headline News	Headline News	22:00
22:30	Tonight Show w/ Jay Leno			Tonight Show w/ Jay Leno	Tonight Show w/ Jay Leno	Tonight Show w/ Jay Leno	Tonight Show w/ Jay Leno	Tonight Show w/ Jay Leno	22:30
23:00									23:00
23:30	Late Show w/ Letterman			Late Night w/ Letterman	Late Show w/ Letterman	Late Show w/ Letterman	Late show w/ Letterman	Late Show w/ Letterman	23:30

By **Alberto Lunetta**
Community Relations

Italian News

SICILIAN CULTURE AND LIFESTYLE

Earthquake shakes Palermo

As reported in *La Sicilia*, a strong earthquake struck Palermo on Sept. 6. Seismologists said it was the strongest in 20 years. Thousands of people panicked and fled their homes running out into the streets. Two elderly people, who were already hospitalized, died of heart attacks from the shock.

The earthquake was also felt in cities in other Sicilian cities including Catania (especially in the Etna area in the towns of Zafferana, Pedara and Tremestieri Etneo), Messina, Trapani, Agrigento, Enna, and Caltanissetta.

Several historic buildings and churches in Palermo were damaged in the quake as parts of their masonry fell off. Some buildings with some of the heaviest damage were evacuated as a precaution.

The quake had its epicenter about 25 miles northeast of Palermo in the Tyrrhenian Sea near the Aeolian Islands. The preliminary magnitude was estimated at 5.6 (Richter scale). Several smaller aftershocks have been rattling the island for a week.

Sigonella participates in Cassibile celebrations

On Sept. 1, a delegation from NAS Sigonella including Commanding Officer Capt. Timothy Davison, and Chaplain Philip Creider attended the celebrations of the 59th anniversary of the Cassibile Armistice that was signed on Sept. 3, 1943 by Italian General Giuseppe Castellano of the Axis powers (Germany, Japan, and Italy) and American General Walter Bedell Smith for the

Allied. The armistice, which was not disclosed until Sept. 8, marked the unconditional surrender of Italy and followed the capitulation of Sicily caused by *Operation Husky*, the code name for the invasion of the island. Operation Husky started on the night between July 9-10, 1943 when about 180,000 American and British troops, under the command of Commander Dwight D. Eisenhower, landed in Gela on the southeastern shore of the island. The final Allied victory over the Germans came 38 days after the initial landings. It was the first step to the conquest of the rest of Italy and to the collapse of the Nazi-Fascist regime.

The commemoration started with a parade through the main streets of Cassibile with local civilian and military authorities from the province of Siracusa, the Sigonella delegation, civil defense volunteers and World War II veterans associations.

This parade captured tremendous attention from the Cassibile townspeople, especially among the elders for whom this commemoration holds a special meaning, as they survived the bombings and witnessed the horrors of war.

After the parade, Father Marino, an Italian Navy chaplain, and Chaplain Capt. Creider celebrated a Holy Mass to remember all who lost their life during the war. "The commemoration of the armistice must be seized as an opportunity to reflect on creating new opportunities for peace, development, democracy and cooperation throughout the world," said Father Marino during the sermon.

Following the Mass, NASSIG CO and

Siracusa's Italian Navy Commander Massimo Di Raimondo laid a wreath at the Tomb of the Unknowns located in the city main square.

The Sigonella delegation also visited an exhibition on WW II historic photos, stamps and mementos.

Arts and crafts fairs in Acireale

Acireale will host the *Fiera dello Jonio*, an arts and crafts fair through Sept. 16. Stands will be set up in the "Area Palazzetto dello Sport," located in Corso Italia near the Church of San Paolo in the modern part of Acireale. The fairs are open daily from 5 p.m. through midnight. On Sept. 15, the fair will open at 9 a.m. For more information call the Trade Councilor's Office of the Town Hall of Acireale at 095-895261.

San Vito Lo Capo hosts Festival

Plan to attend the biggest and most prestigious Couscous Festival in Sicily that will be held in San Vito Lo Capo, a breathtaking small seaside village located between two natural reserves (*Zingaro* and *Monte Cofano*) along the Trapani coastline which earned a reputation as the Couscous world capital, from Sept. 24 through 29.

This year, official delegations from Algeria, the Ivory Coast, Israel, Italy, Morocco, Tunisia, Senegal and for the first time Brazil and France, will compete in preparing the best couscous challenging Palestine, winner of the last contest.

The numbers of this festival are im-



Photo by Rick Creel

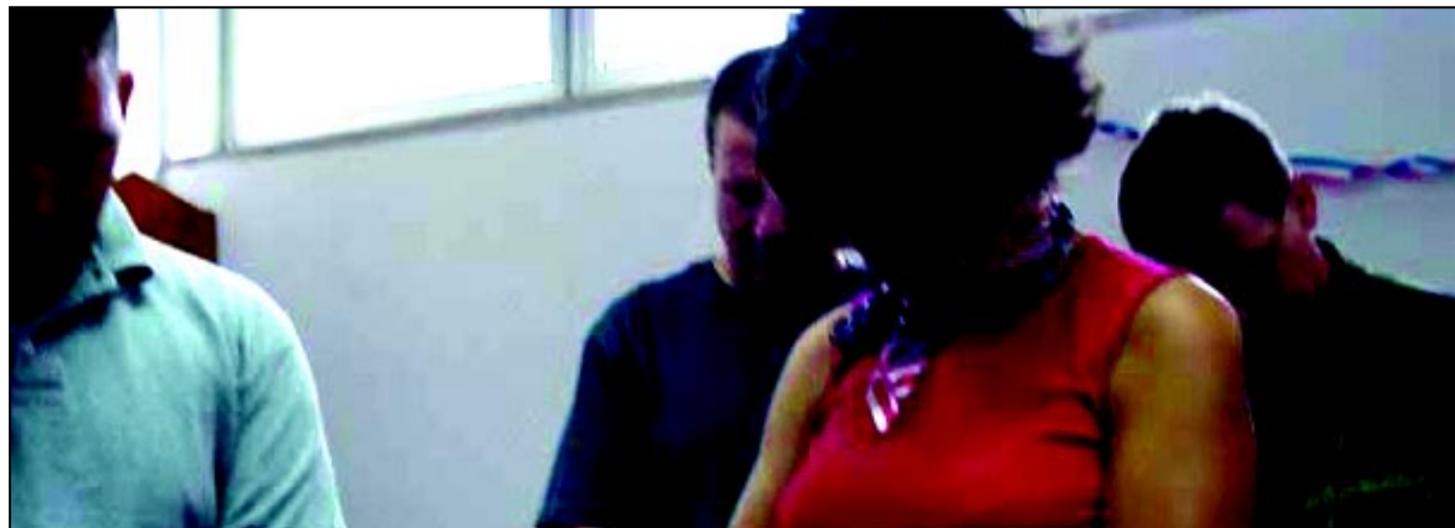
NASSIG CO, Capt. Timothy Davison and Siracusa's Italian Navy Commander Massimo Di Raimondo laid a wreath at the Tomb of the Unknowns.

pressive. Last year, over 260,000 visitors attended it. About 200 international chefs and assistants working in 30 kitchens prepared and served over 30,000 portions of couscous which included three tons of semolina, 1000 kg of fresh fish, 500 kg of pulses and vegetables, over 1000 kg of chicken, veal and lamb. Two hundred liters of extra-virgin olive oil were used to make the dishes, and over 15,000 liters of Sicilian red and white wines were served.

Couscous is a typical Mediterranean dish that has been modified throughout the centuries by the different people of

the Mediterranean area. It could be served with meat or vegetables. In Trapani and its area, couscous is served with fresh fish or fish soup.

For more information on fees, reservations and schedules check the festival website: <http://www.sanvito.com>. It offers information in English. You can also contact *Feedback*, the festival press office at 091-6263080; Mobile phone: 335.7406260 or the Palermo Press Office: e-mail: ufficiostampa.pa@sanvitocouscous.com or yet the San Vito Lo Capo Tourist Office at 0923-974300.



Preaching & Praying & Pizza

Military life has many ups and downs, curves and bumps that bring pleasure and sorrow, pain and rejoicing; the Chaplains of NASSIG have found a way to pray for the good and the bad, not on Sundays, but now Hump-days.

Every Wednesday for the past three months the Chaplain's Office on NAS II has become a meeting place for 'Prayer, Preaching and Pizza.'

Led by Chaplain Lt. Tommy Myhand, the program is used to get NASSIG Sailors together for an informal bible study. "We have this chapel space on NAS II and we're doing everything we can to use it. Landing on mid-week, it was a chance to become more involved and convenient," said Myhand.

"Prayer, Preaching and Pizza' was a catch title... we all need prayer, and [the meeting] is not so much preaching as it's an open discussion bible study. The pizza is there for people who come and would be missing their

dinner had they not come," added Myhand.

RP3 Matthew Boyea attends each of the meetings in one of the leading roles as the person who encourages participation; he also works on getting as much publicity as he can to get more people involved. From the first week with only four people in attendance, the meetings have tripled in size with many of the attendees becoming regulars.

One of the regulars, MA1 Leonard Henry, said he received a little more from the Bible study sessions than what he normally gets from church, "The thing is, I learned more about the Bible in this Bible study than in church. You're not getting one person's opinion here, you get everyone's." Henry describes it as him being shown a variety of views, each person with a pure idea.

"It offers something other than the triangle, work, home and the bar, and gets people together to get to know each other. It's a change

During one of the meetings, nearly 40 members of the community celebrated the U.S. citizenship of Debbie Myhand. The meeting is not only a study, but also a fellowship.

from the norm," said Boyea.

According to RPSN Christine Tamag, it's more than a discussion group, "We discuss the Bible - it's fellowship. We pray for people's needs, we ask questions and help when people have questions. As a way to keep the discussion open to everyone and everyone's beliefs, we don't go into [explicit] details."

Myhand ended with a brief statement about the Bible study, "The Bible speaks to us today.... Knowing that by discussing it, we find that in it we normally face the same problems [the people in the Bible] did, and through Bible study we learn to apply the Bible to our life."

The meetings are every Wednesday at 4:45 p.m. Come as you are, it's open to everybody.



**NAS Sigonella
Navy Ball
October 19th**

**See your command
rep
for details!**

SCAMS
Email

The Comptrollers receive emails with one of many variations of a scam which has been going on for some time.

There is even a web site documenting all of the investigations which have been opened to halt this type of scam. In any case, the modus operandi is always the same, someone, (generally claiming to be a political refugee from some African country who fled with the country's assets) attempts to establish contact with anyone who is foolish enough to give them their bank account numbers or credit card information.

There are cases of people who have been literally milked dry of all their personal assets by going along with the perpetrators. No one should fall prey to the criminal intent of the writers.

Where they get the e-mail addresses fairly simple. Most of the addresses end with yahoo.com or a hotmail.com, which are easily retrievable by these people. Out of the literally millions of e-mails sent, someone, somewhere, always falls for the scam. All they need is one, don't let it be you!