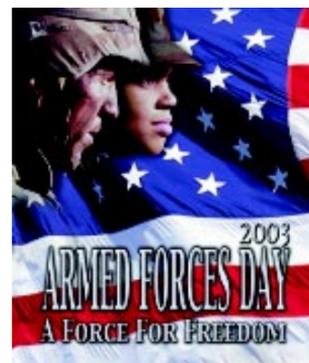


The Signature

Sigonella, Sicily



Vol. 20 No. 18

May 16, 2003

safety standdown gives tips for summer safety

JOSN Victoria Tobin
Staff Writer

Crucial safety information was presented at last week's Summer Safety Stand Down. The information was meant to take sailors away from their routines and allow them a fresh look at their behaviors and the risks they may be taking in their lives. "The stand down is designed to heighten awareness," said Captain Ken Bitar, executive officer of NAS Sigonella. "We ask sailors to reflect on decisions they are making and the consequences of those decisions." The presentations are meant to remind sailors about risky behavior that might end their lives or damage their health and careers.

MA1 Larry Czarnowski has been in the military for more than 20 years, and on the road conducting accident scene reconstruction long enough to know that some drivers make bad choices. Choosing not to wear a seat belt or to drink and drive are decisions that can end their lives and the lives of others.

"The most important thing I can tell you," said Czarnowski, "is seatbelts are designed to hold you in the seat of your car so you don't get hurt."

There have been 244 traffic accidents at Sigonella this year. Speed, unlawful passing, distractions such as cell phone use, sleepy driving and drunk driving are the leading causes of traffic crashes stated Czarnowski. "People are just not paying attention to what they are doing," Czarnowski stressed that when emphasizing responsible, safe driving, it is best to lead by example.

Command Drug and Alcohol Program Advisor (DAPA), BMC (SW) Guy Pritchard emphasized accountability and responsibility when a Sailor chooses to drink. Pritchard noted that the key to responsible drinking is to take three things into consideration: the appropriate time, quantity and place. If they choose to drink, it is a Sailor's responsibility to be accountable for the things they do or don't do while drinking.

There are hundreds of alternatives to drinking explained Pritchard. Morale, Welfare and Recreation has all types of activities planned for Sailors. "It's up to you to find something you like to do," said Pritchard, "activities that are inexpensive, fun, and social, do not have to involve Safety, page 8

Because money doesn't grow on trees

By AN Michelle Hartgraves
Staff Writer

How many times have you heard the phrase, "Money doesn't grow on trees?" The saying that might be commonplace contains some truth.

A recent survey done by Fleet and Family Support Center (FFSC), shows that 57 percent of problems faced by leaders are financial concerns. The Command Financial Specialist Course allows E-6 and above or civilian counterparts to learn more about finances so they can pass the information along and provide counseling for a variety of money matters to their subordinates.

The course, offered quarterly, covers a variety of topics: Thrift Saving Plan (TSP), money management, basic budgeting, military pay issues and how to survive debt. Other issues covered include how to manage a checkbook, consumer awareness and the costs of transitioning out of the Navy or to another duty station.

According to MM1 (SW) Walter Nieves, Financial Educator for NASSIG, money matters can cause stress, low morale, family and social stress and can lead to poor performance on duty. Leaders who are better equipped with information can help better communication between the chain of Finances, page 8

EODMU-8 divers help local divers

By JOSN Steve Weaver
Staff Writer

Divers from Explosive Ordnance Disposal Mobile Unit Eight (EODMU-8) stationed at Naval Air Station Sigonella, Sicily, recently lent a helping hand to two Italian divers in the waters near Catania,



USNAVPHOTO

Divers conduct a post dive check after a dive. This is for any pass down of information about the mission and for diver safety.

Sicily.

On May 1, the divers were conducting diving drills out of Port Ulysses in Catania. It was a holiday, Mayday, and many people were out an about. "In this particular area there's a lot of swimming, a lot of fishing and we see divers there quite a bit,"

said DCC (DV) Mark Vaughan, EODMU-8 dive locker leading chief petty officer for detachment 16. This is one of two places they are allowed to dive. "Augusta Bay and Catania are the only two places we're authorized to dive in Sicily," he said.

"It started off as a Thursday unlike any other. I was out there evaluating some prospective dive supervisors, meaning that they're trying to get their qualifications to be a dive supervisor," said Vaughan. While supervising the dives, Vaughan saw a group of 20 to 25 civilian Italian divers swimming out to perform dives. "I was thinking 'look at all those divers,'" said Vaughan.

Later on in the day, the group was performing a drill simulating a decompression sickness (DCS) scenario. The simulation included a diver having trouble in the water and one in a boat who had passed out. During the drill, Vaughan looked over and saw one of the Italian divers waving about 200 yards from their boat. At first, he thought he was just waving, and wondered what was going on. "So I let the drill go a little bit further, and a couple minutes later I looked back over and the guy was waving again." He then recognized the waving as the international distress signal for divers.

The simulated DCS scenario then turned into a real scenario. Vaughan secured the drill and got everybody on board. "I said I think we have some Italians who might have a problem over here, so we hurried over there and asked them if everything was ok," he said. "I can speak just enough Italian to make me dangerous." Vaughan made out the phrase "senza decompressione," which meant somebody had missed decompression. Vaughan looked at the divers computer and figured out that the diver had missed 21 minutes of decompression.

The divers had been down to a depth of about 150 feet for about 21 minutes. They then became low on air and had to come up to the surface without allowing

Divers, page 2

Dependent Youth Summer Employment Program (DYSEP) Could Be What You Are Looking For

By JO2 David Hamilton
Staff Writer

Are you saving money for college? Are you just looking for something extra to do? Are you looking for some extra spending money? Are you looking for some valuable work experience that you cannot find in the states? There is no better way to spend your summer, gaining some valuable experience and extra cash at the same time than working as part of the Dependent Youth Summer Program (DYSEP).

According to Human Resource Assistants Mary Ann Zahl and Grazia Mignosa, there are approximately 65 positions between the two employment positions. Do to the limited number of available positions, an individual will only be allowed to work during one session and applications will be considered on a first come first served basis.

Session I runs from June 16 to July 18 and session II runs from July 14, to August 15. Ap-

plicants are requested to specify on the application which session they will be available to work and must attend the June 16 in-processing session (for first employment period) or July 14 in-processing session (for second employment period).

According to Zahl and Mignosa, applicants between the ages of 14 and 23 have a wonderful opportunity to gain some valuable experience that they would not have otherwise gained in the states. "The only positions available in the states are normally in-service jobs where as here, applicants may have the opportunity to work office, recreational, or labor positions," said Zahl.

To ensure the most effective placement, Zahl and Mignosa state that applicants are expected to be available for the entire length of the program session requested. However, applicants available for limited specified dates of a session will be considered and placed accordingly.

Several students are taking part in the DYSEP

for their second and even their third year. Last summer, Alex Naguit worked at the Fire Department. "Summer Hire was an amazing experience that taught me how to make it in the real world," said Naguit. In addition, Dustin Covell worked at the Photo Lab on NAS II. "The experience was worth more than all the cool stuff I bought with the money I learned," said Covell. Finally, Alex McIntosh draws near to his third year working for Summer Hire. For the past two years he has enjoyed working at the bowling alley. "Summer Hire was like a wake up call, forcing me to realize reality; what it takes to hold a job," said McIntosh.

To prevent a delay in the position requested, Zahl and Mignosa remind applicants to make sure that all requirements are attached. For applications, further information and eligibility requirements contact the Human Resources Office (HRO), Building 469, NAS II; HRO webpage at www.sicily.navy.mil; or the Students and Mentors in Life Experiences (SMILE).

Not just another ordinary Navy day

By AMCS Robin Wallace
Contributing writer

At 4 p.m. on April 30, after 37 years of Naval service, I got my first arrested landing and catapult launch from the deck of the USS Harry S. Truman (CVN-75).

I was traveling with five Navy SEALs who were very conspicuous because they were dressed out in their special gear including their black jump helmets. The flight crew was expecting me because, I found out the next day, my buddies that work with me had called ahead and asked them to give me the ride of my life; one I wouldn't soon forget.

The aircraft was a Gruman C-2A "Greyhound" built in 1989 and operated by the "Rawhides" of VRC-40 out of Norfolk, Va. This aircraft is affectionally known as the "COD," for Carrier Onboard Delivery. The pilot who made the landing was 27-year-old Lt. j.g. Slaughter. The plane can carry approximately 24 troops plus a crew of four. There are only two small (6" dia.) windows in the back and all the seats face aft.

Before we took off we were fitted with a survival vest and a special crash helmet called a "cranial." When we took our seats we were instructed to tighten our lap belts and shoulder harness really snug. It wasn't because we might crash ... we would crash. The arrested landing is considered a controlled crash.

The reason for wanting you to strap in tight so your worthless body won't flail around when we hit the deck and hurt your innocent neighbor.

The flight out was very loud, dirty, hot and cold. There were constant exhaust fumes and the familiar smell of aviation hydraulic fluid, which satisfied my curiosity as to why so many people lose their lunch on these flights. The maneuvering into the final approach resulted in several aggressive turns and altitude adjustments, nothing like you have experienced in a commercial airliner.

As we neared the deck, the crew chief yelled, "Here we go!" So we would know when to brace ourselves for the sudden stop. The first thing that happens is the unbelievable loud bang the tail hook makes when making contact with the flight deck. Then, in less than a millisecond, everything goes berserk. The landing was so violent; I checked

my watch to see if it was still running. Just visualize this: your plane drops about 12 feet then you go from 120 mph to 0 in about 115 feet allover which takes about 1.5 seconds.

Now imagine how it feels to be about 1.5 inches shorter for the next four hours. We stayed on board about an hour so I went up to "vultures row" to watch several F-14 "Tomcats" land after some combat patrols over territory east of our position in the western Mediterranean Sea.

Navy Day, page 8

Sigonellans saving the planet



Photo by PH2/AM1 C.J. Ode

Capt. T. L. Davison, NASSIG commanding officer, and hundreds of other Sigonellans pick up trash along front Motta road for the 9th Annual Motta Road cleanup Earth Day celebration.

Today's Hometown Weather

Canton, OH



High 65° F - Low 49° F
Showers



Direct Line

Capt. Tim Davison
NASSIG
Commanding Officer

President Harry S. Truman led the effort to establish a single holiday for citizens to come together and thank our military members for their patriotic service in support of our country.

On August 31, 1949, Secretary of Defense Louis Johnson announced the creation of an Armed Forces Day to replace separate Army, Navy, Marines Corp and Air Force Days. The single-day celebration stemmed from the unification of the Armed Forces under one department — the Department of Defense.

Some of us who have been fortunate to work in the Pentagon know what the term "purple" means. Being purple means that you are working in a joint billet either with the Department of Defense, Joint Chief of Staffs, Joint Commands, or Unified Combatants. It does not matter if you are Army, Navy, Air Force or Marines...we are part of the team. I think that during OPERATION IRAQI FREEDOM, all of us at NAS Sigonella were truly purple. We worked hard together getting supplies, personnel and equipment to the forces on the front line.

This year's Armed Forces Day theme is "A Force for Freedom." Our friends, neighbors, brothers and sisters greatly sacrificed themselves in the defense of others so that they may be free. We are all committed to the defense of America. We are all committed to the defense of our allies. We are all committed to what our Founding Fathers wanted us to fight for...our freedom. We have an all-volunteer force. We are meeting our recruiting goals. We are training our Sailors to be the best they can be. The Fleet is actively engaged in training, humanitarian support and continuing combat operations around the globe.

Today, our fighting force is purple. We conduct joint operations and training missions all of the time. We coordinate our efforts for the common goal...to help those who can't be helped.

Article One of the Code of Conduct states that I am an American, fighting in the forces which guard my country and our way of life. I am prepared to give my life in their defense.

Article Six states that I will never forget that I am an American, fighting for freedom, responsible for my actions, and dedicated to the principles which made my country free. I will trust in my God and in the United States of America.

I can't say it any better than that. We are that force of Freedom. Anytime. Anywhere. We'll be ready to do our jobs.

Have a great Armed Forces Day tomorrow. I salute you!

The Pulse

United States European Command Medical Advisory

By Lt. Angela Campbell
 Hospital PAO

On May 8, a medical advisory regarding Severe Acute Respiratory Syndrome (SARS) was issued by General Charles F. Wald, of the United States Air Force. SARS is a lung infection that affects people of all ages, although no deaths have been reported in persons younger than age 40. The diagnosis of SARS requires at least the three following findings: 1) temperature of more than 100.5 degrees Fahrenheit or 38 degrees Celsius, 2) clinical findings of respiratory illness, of cough or difficulty breathing and 3) travel within 10 days of the signs and symptoms of SARS appearing and contact with someone who has SARS.

The cause of SARS has been found to be a corona virus. Most cases of SARS involve those with close contact with ill people. The disease is acquired through direct contact with droplets or shared common objects, or may be spread by coughing. For example, a person without SARS touches a doorknob with germs from a person who has SARS. The most successful control measures are isolation of infected people, quarantine of persons exposed to SARS, and en-

forcement of universal infection control measures in hospitals. Universal infection control measures in hospitals include strict adherence to washing hands, properly disposing of needles, etc.

Treatment for SARS includes supportive care such as prevention of dehydration and supplemental oxygen. No antibiotic or antiviral treatment is proven to affect the course of the disease. The chance of a large global infection and impact to United States European Command (USEUCOM) forces is low. However, each person living within the USEUCOM is advised to take extreme care in avoiding catching the SARS virus. Be alert to travel advisories and/or travel restrictions to certain areas. To date, no EUCOM beneficiaries have been affected by SARS.

The following guidance is recommended:

- 1). Continue to make strict personal hygiene a practice, both at home and work or while deployed.
- 2). Any patients with a fever and respiratory symptoms will need to be asked a travel history and include locations in the world where SARS has been reported and/or contact with persons with suspected SARS.
- 3). Commanders should consult with supporting medical authorities before approving leave for personnel traveling to areas of the world where SARS is present.
- 4). Medical Treatment Facility Commanders are advised to work with referring medical labs on sample submission guidance. Medical Treatment Facility commanders are also advised to discuss case surveillance procedures with public health personnel.
- 5). Guidance for ground and air travel of patients diagnosed with SARS or suspected of having SARS can be found at the Centers for Disease Control website.
- 6). EUCOM will continue to work with staffs to provide timely updates and guidance as necessary.

See the following websites for more information:

www.cdc.gov or www.hq.osd.mil/
www.who.int

Divers from page 1

the proper time to decompress. "This guy went to deep for too long and ran out of air during his decompression time, so he came straight to the surface," said Vaughan. "When you miss 21 minutes, that's a lot of decompression. That means you're most likely going to have a problem."

"Basically, when you make a dive your body takes on nitrogen," said Vaughan. "As you come up, depending on how deep and how long you've been down, you have to come up in stages." By not coming up in stages, an onset of DCS can occur.

DCS, or "the bends" as it's called, happens when the atmospheric pressure is substantially increased due to a greater depth. A greater amount of nitrogen from the air we breathe will be dissolved in the blood due to the pressure. There will be no ill effects if the pressure is gradually brought back to normal. The nitrogen escapes safely from the blood if the decrease in pressure is slow, and is passed through the lungs to be exhaled. "If you come straight to the surface, what happens is if nitrogen doesn't come out of your body normally through your respiratory tract, bubbles will form in your joints," said Vaughan. Although the body is now under normal air pressure, expanding bubbles of nitrogen are present in the circulation and force their way into the capillaries, blocking the normal passage of the blood. This blockage starves cells dependent on a constant supply of oxygen and other blood nutrients. Some of these cells may be nerve cells located in the limbs or in the spinal cord. When they are deprived of blood, an attack of decompression sickness occurs.

"They were at 44.8 meters and their bottom time was 21 minutes," said Vaughan. "At 20 feet they should have stopped for four minutes. Then they should have come up to 10 feet and waited for 17 minutes," he said. They then could have surfaced after waiting at those intervals, but without enough air this was not possible. "The deeper you go or the longer you stay the more time you have to stay underwater off gassing."

Since the two divers who were involved had already been on the surface



for three to four minutes, they had to act fast. "We got them over to the side of the boat, grabbed their gear, and pulled them in the boat," said Vaughan. "Time is of the essence, you want to get them [to a hyperbaric chamber] as quickly as possible and back under pressure." The nearest chamber to their location was Cannizzaro Hospital in Catania. "We brought all their gear on board and did an assessment on them to see how they were doing," he said. "Neither one of them showed any symptoms at that time. The treatment is 100 percent oxygen so we gave them oxygen that we had in the boat."

Lt. Ahmik Jones, diving medical officer, and HM2 Joshua Hong, diving medical technician, then tended to the patients and started a neurological examination to make sure they didn't have pain, numbness, blurred vision or the many other things that can go wrong.

"At that point we started transiting back to the boat ramp where we had already positioned a vehicle like we do every time in case something does happen," said Vaughan. "We called back to shore and said get ready." They then loaded the divers up and started heading for the hospital.

"On the way to the chamber we still had them on oxygen," said Vaughan. "We were monitoring them and one guy started to develop a skin rash on both of his arms and across his back, which is a sign of DCS." Vaughan said this is a sign of 'Type I' DCS, which is not life threatening. 'Type I' includes symptoms such as pain, itching, swelling or skin rash and is called 'simple bends'. Type II is life-threatening DCS where the patient can endure anything from unconsciousness, nausea, or any type of neurological change in mental status. "For

him to start developing symptoms while on oxygen did kind of surprise me. But if he wouldn't have been on oxygen, he could have went downhill fast," he said. "It can go from a skin rash to the guy going completely unconscious in a matter of minutes, and that can happen as soon as you hit the surface or an hour later."

The other diver did not show any symptoms, yet would still have to see the chamber. "If you miss decompression like that, you have to go in the chamber and make up that time," he said. "Even if he doesn't have symptoms, we still have to treat it."

They made it to the hospital and turned the patients over to the Italian doctors. The doctors did more exams and then put them into the hyperbaric chamber and treated them on U.S. Navy Treatment Table Five, which is the protocol for how deep in the chamber you go and how long you stay in. The chamber shrinks the nitrogen bubbles by increasing pressure on the patients equal to the depth they were at originally, and then reduces the pressure at a safer rate. "It compresses those bubbles that could be trapped underneath your skin or in your joints back down," said Vaughan. "And they put you on a high percentage of oxygen to allow your body to off gas the nitrogen normally."

Everything turned out fine said Vaughan. "It's exactly what we go out and train for," said Vaughan. "That day it happened to be somebody else and not one of ours." The Italian divers were apparently involved in an instructional diving course. The divers of EODMU 8 were happy to help fellow divers, no matter what their experience. "It's just helping out another diver," he said.

"A lot of people go into a civilian course where you just get a 10-minute brief, and don't understand the ramifications that you can kill yourself diving if you don't know what you're doing," said Vaughan. "This was a good example of that, just not knowing what to do. As a Navy diver, I've been through 10 to 12 months of schooling throughout my career. We know what happens when you run out of air."

As Vaughan stated, these divers were "very lucky" EODMU 8 was there to help out. "They were delighted and they were very thankful," he said.

Gone in 60 seconds?

By Chaplain
Tommy Myhand
 Command
 Chaplain

"Look to this day for it is Life. The very life of life. For yesterday is already a dream and tomorrow is only a vision. But today, well lived, makes every yesterday a dream of happiness; and every tomorrow a vision of hope." Author unknown.

I cannot believe it! How fast time flies! It seems like only yesterday that we celebrated January 1st and brought in the New Year. It is now the middle of May and before we take our next breath we will be celebrating January 1st 2004! Life is such a rush. From the moment we get up in the morning it only seems just a few seconds that later we turn off the lights and another day has passed. Then we start the process all over again. I believe our society has some sort of fascination with a fast approach to life. Some people like fast cars. Automotive plants put out high performance vehicles that can cruise up to 120 mph, though the speed limit is 65 kph. So, what do you tell security when they hand you a ticket?

Did someone say Burger King? The Speed Line? Yep, fast foods. We've got to eat on the run! We can't take the time to sit down and enjoy a meal.

Perhaps we do eat at home — instant dinners straight from the microwave.

Not only are there fast cars and fast food, how about fast relationships? The ones that start fast and end quicker. The type of relationship that more often than not leaves us empty, used and confused. After it is over all, that is left is bitter memories.

Isn't it time we all do ourselves a big favor and just slow down? Does it really hurt us if we get behind two or three herds of geep between NAS I and NAS 2? Is this really a life-threatening event? Do we really have to eat and run? One of the greatest pleasures in life is sharing a meal with a friend, a co-worker or family member. You would be surprised all you can discover about someone in such a short period of time. Slowing down enables us to invest more of our life into other people's lives — that's where memories are made. This is what life is about.

One of the greatest problems we Americans face is that we spend so much time with the fast life, we forget how to live. Once again, I encourage you to make a memory. Let's be sure to allocate some of the seconds we are given into the lives of our co-workers, friends, and families. It may not be easy or convenient, but it will be well worth the cost.

Remember the old soap-opera— "As sand through the hour-glass so are the days of our lives." Take time!

NAS Sigonella Worship Opportunities

Catholic Mass

Saturday 5 p.m. Chapel (NAS II)
 Sunday 9 a.m. Chapel (NAS I)
 Sunday 9 a.m. in Italian 41st
 Stormo Chapel (NAS II)
 Sunday 11 a.m. Community Center (Mineo)

Protestant Traditional Worship

Sunday 9 a.m. Chapel (NAS II)

Protestant Worship

Sunday 9 a.m. Community Center (Mineo)
 Sunday 11 a.m. Chapel (NAS I)

Latter Day Saints

Sunday 1 p.m. Chapel (NAS I)

Church of Christ

Sunday 3:30 p.m. Chapel (NAS I)

Jewish Shabbat Service

Last Friday of the month 5 p.m.
 Chapel (NAS I)

Weekdays

Daily Catholic Mass 11:30 a.m.
 (NAS I & II Chapels)
 Wednesday Protestant Bible Study
 4:45 p.m. (NAS II Chapel)
 For more details, call 624-4295 or 624-2947.

SECURITY BLOTTER

CRIMESTOPPER'S HOTLINE
624-6389
May 5 - May 11

The following incidents were reported and categorized as follows:

- Traffic accidents without injuries - 13
- Traffic accident with injuries - 1
- Car break-ins - 5
- DUI - 0
- DUI's 2003 - 21
- DUI's 2002 - 35

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NAVY NEWS

Tactical Tomahawk Presses on with First Live Warhead Test

By Sandra Schroeder, NAVAIR Public Affairs, PEO(W)

CHINA LAKE, Calif. (NNS) — The U.S. Navy's new Tomahawk cruise missile, Block IV or Tactical Tomahawk, was launched May 8 from an Arleigh Burke-class destroyer, USS Stethem (DDG 63).

The event marked the second launch of the Tactical Tomahawk from an operational surface ship and the first live warhead demonstration.

The missile blasted from the vertical launching system and transitioned to cruise flight for the 760 nautical mile mission to target impact on San Clemente Island.

The missile flawlessly navigated the assigned mission through the use of global positioning satellite and Digital Scene Matching Area Correlator. The test successfully demonstrated the unique Block IV weapon system communication capability between Stethem and the in-flight missile. Using the Tomahawk Strike Network, messages were sent from the ship, successfully retargeting the missile and collecting bomb damage indication information. The missile performed a planned ter-

restrial air-burst maneuver and destroyed the satellite antenna target.

The Tomahawk missile is ship and submarine launched, and was first employed operationally during Desert Storm. Since then, the missile has been heralded for its accuracy and lethality in numerous operations. The Tactical Tomahawk boasts several enhancements as demonstrated today, which increase warfighter effectiveness and responsiveness, while significantly reducing acquisition and life cycle costs. The missile will become operational in the middle of 2004.

"I am extremely proud of USS Stethem's contributions to the Tactical Tomahawk program," said Cmdr. David Melin, commanding officer. "Every shot is a significant program milestone that gets us one step closer to fielding this next-generation force multiplier for the Navy's land attack warfare mission. The efforts of the 340 'steelworkers' of USS Stethem, program offices, land-based test sites and contractors are paying huge dividends, as evidenced by this second flawless launch from Stethem and fifth perfect flight of the Block IV missile."



U.S. Navy Photo

A U.S. Navy "Tomahawk" cruise missile launches from the Arleigh Burke Class guided missile destroyer's vertical launch system at the Naval Air Systems Command (NAVAIR) western test range complex. This test is part of the Tactical Tomahawk Weapons Control System (TTWCS) technical evaluation process.

Meeting Your Missions Security Requirements

Security. By Random House's College Dictionary the word security means "precautions taken to guard against theft, sabotage, the stealing of military secrets." But, to Naval Computer and Telecommunications Station, Sicily, security means being able to securely do your mission. To the Secure Internet Protocol Network (SIPRNET) Division, your job is their focus. You see, the Sailors and civilians that are a part of this mission critical Division work to make sure that your communications and operational commitments are met using secure technology. From dial-up connections to direct connects to base-wide firewall implementation and 24x7 customer support, the SIPRNET Division will see to it that your mission is met.

The SIPRNET division (N65) has been in place since 1997. At that time, all it consisted of was a few secret machines in the Communications Station and a handful of modems across the base. In six years, they've gone from being a three-man workcenter with one chief, an LPO and a technician, using limited resources, to a growing Division of one Division officer, one LPO and five technicians utilizing many tools and assets from various government resources, e.g. SPAWAR and General Dynamics.

Any day of the week, if you were to walk into their office, you probably won't find them there. That's because these technicians have their hands full administrating machines and customer accounts for 22 organizations and 11 Tenant Commands. Because of the jobs that must be performed across the base, the SIPRNET office is put on the front line each and every day to ensure that these commands can meet their goals of operational commitments. Whether it's troubleshooting user accounts or establishing a new circuit for a temporary command, the SIPRNET office is there for you and your command. The SIPRNET Help Desk can be reached at 624-6242 to answer questions or help solve problems.

Crib 4 Life Recall

In cooperation with the U.S. Consumer Produce Safety Commission (CPSC), Baby's Dream Furniture is voluntarily recalling their wooden convertible cribs manufactured from January to August 2001, to repair hinges on the drop gate.

The recalled cribs were sold under either Baby's Dream or National Baby Furniture labels, in five different models. The five models included in the recall are Always Crib, Crib 4 Life, Legendary Crib, Set 4 Life and Crib 2 College. The model name and date of manufacture appear in a label on the lower inside of the frame.

The only model that the NEX sold during this time is Crib 4 Life. This recalled model has run through its inventory at NEX. Customers that purchased this crib may have an affected unit.

Customers owning these cribs should call Baby's Dream at 800.835.2742 between 7:30 a.m. and 5 p.m., Eastern Standard Time, or visit the firm's Web site at www.babydream.com to receive a repair kit for hinges and/or latches, or for specific instructions for examining their latches. Consumers can also write to Baby's Dream Furniture Inc., at P.O. Box 579, Buena Vista, GA 31803-0579.

This recall notice will be posted in NEX's infant furniture department and at customer service.

The PTSA and student council of Stephen Decatur School want to thank the community for their generous donations of used books. We have collected a wonderful assortment of books from toddlers to adult. The sale will take place Sat. the 17th in front of the commissary from 10:00 a.m. to 4:00 p.m. All proceeds from this event go to support the school library/information center.

Drug Use in the Navy Continues to Decline, Data Shows

From Chief of Naval Personnel Public Affairs

WASHINGTON (NNS) — Fewer Sailors are using illegal drugs today, even as the Navy steps up testing efforts, according to data collected through the end of March.

The number of random drug tests administered Navywide in the first half of each of the last three fiscal years has risen steadily from 450,000 in 2001, to 515,000 in 2002, and 577,000 through March 31 of this year. Yet the number of positive test results from this screening has declined markedly from 3,472 in 2001, to 3,231 in 2002, to 2,722 in 2003.

In other words, according to officials with the Navy Alcohol and Drug Abuse Prevention Program, less than one half of 1 percent of all drug samples are now coming back positive.

"That's great news for our Navy," said Chief of Naval Personnel Vice Adm. Gerry Hoewing. "Our prevention triad of leadership awareness, random urinalysis and prevention education has proven very effective. We are clearly fostering an environment in which drug use is discouraged and in which Sailors can make informed decisions."

The ability of commanding officers and senior enlisted leadership to influence the actions of subordinates should not be underestimated, added Hoewing.

Successful command involvement takes several forms. Leadership should:

- Ensure policies are implemented, supported and posted.
- Hold members accountable.
- Ensure availability of education and treatment programs for all personnel.
- If providing alcohol at command events, provide non-alcoholic beverages also.
- Intervene early and refer members to screening for prevention or education programs.
- Ensure members involved in alcohol-related incidents obtain a Counseling and Assistance Center screening.
- Support referrals to appropriate education or clinical treatment programs.
- Be involved in the member's aftercare program.

"We all win when drug use keeps going down," said Hoewing. "There's nothing more critical to our operational readiness than a mentally sharp and physically fit Sailor. But we still have some work to do. One positive drug test is still one too many. We're going to keep the press on. We just can't afford not to."

The latest information on effective prevention efforts, best practices, and Navy Alcohol and Drug Abuse Prevention (NADAP) Conferences in fleet concentration areas is available at <http://navdweb.spawar.navy.mil>.

For related news, visit the Chief of Naval Personnel Navy NewsStand page at www.news.navy.mil/local/cnp.

From the PAO...

Anheuser-Busch announced it will give free, single-day admission to SeaWorld, Busch Gardens and Sesame Place parks to active duty military, active reservists, U.S. Coast Guard, National Guardsmen and up to four of their direct dependents, beginning the Friday of Memorial Day weekend and concluding Veterans Day, Nov. 11. The offer also has been extended to all coalition forces serving with U.S. troops in Operation Iraqi Freedom.

"Operation Salute" will give free admission at Busch Gardens Tampa Bay; Busch Gardens Williamsburg; SeaWorld Orlando; SeaWorld San Diego; SeaWorld San Antonio; and Sesame Place in Langhorne, Pa.

Anheuser-Busch has previously honored U.S. armed forces with free admission to its theme parks. Nearly one million service members and their families visited free during Yellow Ribbon Summer following the first Gulf War and during the Anheuser-Busch Salute to America's Heroes, a post-9/11 tribute that included all branches of the U.S. military.

THE ENERGY BLOCK

Folks, exterior lights being left on throughout the day is just unsat. Bills will get paid, but at the end of the year when Peter has to borrow from Paul, Paul is going to come up short. Which in this case will be NASSIG. Have no misconception, the little things add up. Especially when there are a whole lot of them. One 250watt bulb is a significant amount of watts if it were you or I flipping the bill. The man that I work for will say that the biggest energy saver that you have is the off switch, so please, lets turn them off when not in use. On a lighter side....

The no flush urinal. The first time I heard this I thought of Porta-Pottys. But actually these things have been around for years. Maybe you have seen one of these at a sports event or coliseum. To give a brief description, it is a specially designed urinal with a protective liquid seal that is lighter than urine.. This liquid seal is called "BlueSeal". It acts to stop bacterial growth and as a barrier to prevent vapors and odors from escaping into the head. The way it was explained to me is that the urine is heavier than the BlueSeal so that the urine flows underneath the BlueSeal through the trap then down the drain. After a minimum of 1,500 whizzes, the BlueSeal is simply emptied and refilled.

*DID YOU KNOW: In 1994, for the first time in history, the United States imported more than 50 percent of its petroleum, a level of dependence that aggravates the trade deficit and leaves the American economy vulnerable to oil price shocks

LETS USE, NOT ABUSE

News Briefs

Positions Available

Branch Dental Clinic Sigonella has two positions available for Contract full-time Dental Assistant.

Applicants must be U.S. Citizens, sponsored by Active Duty military and Qualified Dental Assistants.

For additional information Call DTC H. Pinkas at 624-4205.

Job Announcement from the Comptroller

Secretary, GS-0318-05/06, Comptroller Department, Administrative Division. Announcement number SIG03-016392. Closing date: 21 May 03.

Registration Begins

University of Maryland University College (UMUC) Maryland in Europe Term 5 registration begins May 26 and continues through June 6. Visit UMUC-Maryland in Europe online at www.ed.umuc.edu for a listing of career/technical, undergraduate and graduate courses available in a variety of formats including evening, weekend and Internet-based. Students can pursue course work leading to an associate, bachelors or master's degree. To enroll, contact the Maryland field representative at the local education center. Term 5 classes run June 9 through July 31.

Graphic Artist Wanted

MWR is looking for a graphic layout artist for the Marketing Department. Applications are available at HRO or on the Infosig website. The announcement closes on May 28.

Community relations project

Our Project will be to assist a Christian School in Acireale remove rocks from the property. Work will include moving rocks that are in the way of a road to be developed on the property — and other general spring cleaning projects!

We will meet across the street from the NAS 1 Chapel — in the Family Service Center Parking lot at 0800 and work until approx. 1300. Please bring any appropriate personal equipment you may have (i.e., wheel barrow, heavy work gloves). Also, please bring a bag lunch and water. If you need transportation to this event, please contact Chaplain Moore (x4295) no later than Wednesday, 28 May.

If you have any questions regarding this project or suggestions for future jobs, please call x4295.

Car Wash

There will be a Navy Ball car wash at the Public Works washing station on May 16 from 9 a.m. to 3 p.m. Washers, dryers and cookers are needed for this event. Call 624-2524 to volunteer.



SIGONELLA WEAPONS DEPARTMENT

**YOU'RE THE GREATEST!
THANK YOU FOR ALL YOUR
HARD WORK
THE LAST 3 1/2 YEARS!
WE WISH YOU THE BEST IN ALL
YOUR FUTURE ENDEAVORS
CDR & "Mom" Sassone**



By Alberto Lunetta
Signature Staff

Italian News

Sicilian culture and lifestyle

Religious festival and historic reenactment

As legend holds, a prodigious event occurred in 1091 during a furious battle between Christians and Muslims in Donnalucata near Scicli, a small picturesque Baroque town located on a valley in the province of Ragusa. Tradition tells that the Christians won a decisive victory despite being outnumbered by the Muslims thanks to the Virgin Mary's intervention. The *Madonna delle Milizie*, whose name literally translates to Italian "Virgin Mary of the Armies," as townspeople renamed her after the miracle, appeared in the battlefield on a white horse wielding a flaming sword. Encouraged by the apparition, the Christians bravely defeated the Muslim army and drove them out from Sicily. Since then, Scicli's townspeople have increased their fervent devotion to the Virgin Mary. A few years after the battle, a sanctuary was erected on the site of the fight to celebrate the legend of the intervention of *Madonna delle Milizie* to save the city from the invaders. The sanctuary was enlarged in 1391 and then restructured in 1721 after a terrible earthquake that destroyed the town in 1693.

Today, the prodigious events that occurred during the battle are brought back to life through a spectacular historic reenactment on May 31. The performance, with an accurate reconstruction of medieval costumes and background setting, begins at 8 p.m. in piazza Italia, the main square. The appearance of a precious 19th century papier-mâché statue representing the Virgin Mary on a horseback (a rather unique representation of the Sorrowful Mother) is the highlight of the show. The statue, which is permanently kept in Scicli's cathedral, was recently restored. The show also features the landing of the Saracen pirate ship named *Stambul* and spectacular battle scenes.

As Sicilian anthropologist Pitrè wrote, in the past, this festival was celebrated on the Saturday preceding the Palm Sunday. At that time, the statue used to be taken up to the sanctuary in Donnalucata.

On May 30, the actual religious festival begins in the morning with holy masses. Later on, a procession, during which the statue of the Virgin Mary is carried through out the city, leaves from the cathedral at 6 p.m.

Scicli can be easily reached by taking the Catania-Ragusa. Once in Ragusa follow directions for Modica and then Scicli. For more information call Scicli Tourist office at 0932-839111.



Picture courtesy of Dr. Luigi Nitosi

On May 31, Scicli a picturesque Baroque town in the province of Ragusa, will celebrate a folk-religious festival to honor the *Madonna delle Milizie* or Virgin Mary of the Armies. The festival will recreate medieval times with a spectacular historic reenactment featuring a furious battle between Christians and Muslims that occurred in 1091 in Donnalucata near Scicli. During the show, this precious 19th century papier-mâché statue depicting the Virgin Mary on a horseback appears on the stage to save the city from the invaders.

Medieval times come to life at Paternò Castle

Don't miss this exciting opportunity to see how life used to be at the Paternò castle during the Middle Age.

The *Batarnu*, a local medieval reenactment group will portray the year 1221, when Emperor Fredrick II of Swabia visited the castle, with accurate replica clothing, tools and utensils based on museum collections and period illustrations. On May 17 and 18, there will be two live reenacting shows beginning at 7 and 8:30 p.m. The Paternò castle is one of the best-preserved monuments built by the Normans throughout Sicily. Magnificently nestled high atop a volcanic hill, it overlooks the town of Paternò. It has a majestic square tower and a chapel with frescoes belonging to the 13th century. Earl Roger d'Hauteville built it in 1072, to protect the town from Muslim attacks. According to a Benedictine monk of the time, Roger also built fortresses all over the Sicily, such as in Motta S. Anastasia, Adernò, Troina, Nicosia, Rometta, Castoreale, Vicari, Mazara and Petralia. Yet, the tower of Paternò was built over a pre-existent Muslim fortification, to be used to attack the Muslim garrison in Catania. However, over the years, the castle, besides being a

Fortification, became the political, administrative, and economic hub of the area as well as an elegant residence that hosted several queens and kings until 1812. Earl Roger's plan was to create a large Christian settlement in the area to oppose the Islamic influence that was still very strong in central and western Sicily. He did that by encouraging urban growth and repopulating the area, where a few Christian Greek settlers lived, with immigrants from northern Italy. The visit paid to the castle by Emperor Frederick II of Swabia in the summer of 1221 still remains the most important event that has been recorded in the chronicles of the province of Catania.

In the 19th century the castle was also used as a prison. For more information on the reenactments and reservations, and tours of the castle call the City of Paternò's Cultural Office at 095-7970354.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
COMMUNITY CALENDAR						16 MAY Armed Forces School Yard Rules noon to midnight NAS II Ball Fields Call 624-2710	17 Paintball departs 8:30 a.m. Liberty Call 624-4331
18 Messina & Castle of Milazzo ITT Call 624-4396	19 Special Additions Community Bldg. 1-3 p.m. Call 624-4291	20 Beary Special Sibs 3 to 4:30 p.m. Indoc Class Room Call 624-4291	21 Youth Tee-Ball and Baseball Practice until May 5 Call 624-4054 Sig Pride Day	22 SDS Salute to the Military Base Theater 1 p.m.	23 Sunset Horseback Riding Liberty Call 624-4331	24 Tropea Mainland Italy Camping Trip AU Call 624-4271	
25 Cruise the Aeolian Island ITT Call 624-4396	26 Memorial Day Special Ten Pens Bowling Alley	27 Plant a Flower Garden 4 to 5 p.m. 205 Youth Center	28 Stamping & Scrapbooking 5 to 7 p.m. Golden Anchor Call 624-4416	29 Lentini Shopping ITT Call 624-4396	30 BBQ at the Beach Liberty Call 624-4331	31 Base ICR 8 a.m. to 3 p.m. ICR Class Room Call 624-4291	
1 JUNE Patti Shopping & Parco Jalari ITT Call 624-4396	2 Special Additions 1 p.m. to 3 p.m. Community Bldg rm 203	3 Beary Special Sibs 3 to 4:30 p.m. Indoc classroom Call 624-4291	4	5 Rainbow Playground 10 a.m. to 11 a.m. 205 Housing Call 624-4291	6 Agrigento Camping Trip until June 8 depart 3 p.m. AU Call 624-4271	7 Night of Champions Theatre time TBA Call 624-2710	
8	9	10 Boys & Girls of America Torch Club ages 10-12 3 to 4 p.m. 205 Youth Center	11 Scavenger Hunts 4 to 5 p.m. 205 Youth Center	12	13 Old School New School All Star Basketball Game 5 to 7 p.m. NAS II Gym	14	

Word Find

John Wayne Movies

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THE DECEIVER
THE FIGHTING
KENTUCKIAN
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BERETS
THE HORSE
SOLDIERS
THE LONGEST
DAY
THE QUIET MAN
THE SANDS OF
IWO JIMA
THE SEARCHERS
THE SHOOTIST
THE UNDEFEATED
THE WAR WAGON
THEY WERE
EXPENDABLE
TRUE GRIT

BACK TO BATAAN	ELDORADO	RIO BRAVO
BIG JAKE	FLYING LEATHERNECKS	RIO GRANDE
BIG JIM MCLAIN	FLYING TIGERS	RIO LOBO
BRANNIGAN	FORT APACHE	ROOSTER COGBURN
BROWN OF HARVARD	HATARI	SALUTE
CAHILL UNITED STATES MARSHAL	HELLFIGHTERS	SHE WORE A YELLOW RIBBON
CHISUM	MCLINTOCK	STAGE COACH
DONOVANS REEF	MCQ	THE ALAMO
	OPERATION PACIFIC	THE CONQUEROR
	RED RIVER	

TRIVIA

What is a group of owls called?
Lynx, Russian blue and Abyssinian are all breeds of what?
What is the proper thing to do with a chorizo?
In the TV series "The Six Million Dollar Man" who did Steve Austin report to?
How many record sales make a platinum record?
(Answers on page 9)

Movie Connection

MWF's Theater Schedule

Friday, May 16

5:30 p.m.
X2: X-Men United (PG-13) **

8:30 p.m.
Bringing Down the House (PG-13)

Saturday, May 17

2 p.m.
Anger Management (PG-13)

4:30 p.m.
Pool Hall Junkies (R)

7 p.m.
The Hunted (R) **

9:30 p.m.
Dream Catcher (R)

Sunday, May 18

1 p.m.
X2: X-Men United (PG-13)

4 p.m.
Chicago (PG-13)

6:30 p.m.
Old School (R)

Monday, May 19

5:30 p.m.
The Life of David Gale (R)

9 p.m.
Cradle 2 The Grave (R)

Tuesday, May 20

5:30 p.m.
Bringing Down the House (PG-13)

8 p.m.
Pool hall Junkies (R)

Wednesday, May 21

5:30 p.m.
Anger Management (PG-13) *

8 p.m.
Deliver Us From Eva (R)

Thursday, May 22

5:30 p.m.
Old School (R) *

8 p.m.
Tears of the Sun (R)

Friday, May 23

5:30 p.m.
The Core (PG-13) **

9 p.m.
X2: X-Men United (PG-13)

Shout

DoDDs students talk about what's happening in the community

SDS class of 2003 Valedictorians, Salutatorian

Fri. May 16

Test your billiard skills at Jox Sports Bar with a winner take all 8-ball tournament at 8 p.m. \$5 entry fee.

Sat. May 17

Have you ever admired the painting techniques on the traditional Sicilian horse carts? If you would like to learn about this ancient tradition, this trip is not to be missed. After the studio tour, have lunch and taste wine at a typical Sicilian restaurant on the foothills of Mt. Etna. Call ITT at x4396/x4777 for more information.

Go to the annual Noto Infiorata festival, celebrating the arrival of Spring. It features a display of fresh flower mosaics designed around a common theme. The entire town participates in this wonderful event, including a parade that takes place on Main Street. Have lunch at La Trota (Trout) Restaurant followed by a tour of the famous baroque town. Call ITT at x4396/x4777 for more information.

Sun. May 18

Explore the beautiful town of Messina, where you'll have the opportunity to see the Dome Bell Tower, housing the largest clockwork mechanism in the world. For lunch, visit Milazzo where you'll also visit the recently restored and reopened castle. Call ITT at x4396/x4777 for more information.

Mon. May 19

It's BINGO night at Live Wire at 5:30 p.m., games start at 6:30 p.m. Come early for a good seat.

Tues. May 20

Play in the Liberty Pool Tournament to find out if you have what it takes to sink the 8 Ball. 7 p.m. at Take 5.

NASSIG Dart League Night at 6 p.m. at JOX Sports Bar.

Thurs. May 22

Mmmm, It's National Strawberries and Cream Day. Stop by Take 5 to get your free Strawberry Crème Savors while supplies last.

"A Salute to the Military! Thank You For Securing Our Future"



On Thursday May 22, we cordially invite you to join us at the Base Theater on NAS I at 1 p.m. The children have worked very hard in preparing a very special tribute to the various branches of our military family. We know that you will be pleasantly surprised and hopefully honored.

We sincerely hope that our visiting reservists, and all service members from both NAS 1 and NAS 11 will attend. The children are very excited, and we would love to have a packed house!

Thank you again for all your support and sacrifices.

We love you!
Delores Jenkins, Isaiah Latham, and our kindergarten classes from Stephen Decatur Elementary School

This Week on

Sun. May 18 - NBA Playoffs
AFN Atlantic 7:00 PM

Mon. May 19 - 60 Minutes
AFN Atlantic 7:00 PM

Tue. May 20 - Movie: The Perfect Storm
AFN Atlantic 8:00 PM

Thu. May 22 - Country Music Awards
AFN Atlantic 7:30 PM

Fri. May 23 - The Bachelor (Season Premiere)
AFN Atlantic 8:00 PM

CHECK OUT AFN'S NEW INTERACTIVE WEBSITE AT AFNEUROPE.NET/SIGONELLA

TUNE YOUR RADIO TO ZFM 106.0 MONDAY - FRIDAY, 9 - 11 AM, FOR CRAIG'S COUNTRY WAGON

afneurope.net/sigonella

Trivia Answers

- 1) A Parliament 2) Cat
- 3) Eat it. It's a Spanish sauer
- 4) Oscar Goldman
- 5) I million

Safety from page 1

drinking or making bad decisions.”

“We live with risks everyday of our lives, and we have to accept them,” said Debra Beaven, safety stand down presenter from the City of Charlotte in North Carolina. “But we must learn to minimize those risks by following important safety rules and regulations.”

According to Beaven, 80 percent of all injuries in the workplace are caused by human error. “On a daily basis we have thousands of unsafe situations,” emphasized Beaven, “in every one-thousand unsafe situation seen each day, one person dies or is seriously injured.”

Beaven emphasized the importance of not becoming too familiar or complacent when recognizing safety hazards and working at fixing them.

From daily work duties to family concerns at home, Sailors face all types of stress each day. It’s stress that helps keep a Sailor focused and on track, but too much stress can have a negative impact on a sailor’s mental and physical well-being.

“Whether we like it or not, stress is a part of life and it’s definitely a part of adult military life,” said Command Chaplain Wesley Myhand. “From time to time it keeps us in check, but too much of it creates an unbalanced life.” The trick is to finding the right balance between the stresses of life and reducing stress by doing things you enjoy and staying healthy.

“You really need to find out what’s bothering you,” said Myhand, “and then decide what you can change—inside yourself and within your outside environment to make your life less stressful.”

Myhand emphasized to be wary of any warning signs, “Be alert and watch the people around you,” stressed Myhand, “Trust your gut instinct and take any threat seriously.”

HM2 Tori Parker emphasized to Sailors that they are in charge of their sexual health, especially when it comes to educating themselves about Sexually Transmitted Diseases (STDs).

“How do you know someone is clean?” asked Parker, “You don’t. There is no way to tell if someone has a STD—the person may not even know they have an STD because they have little or no symptoms of one.” Many STDs are not apparent to the carrier so they may inadvertently spread the disease to others.

What’s the best way to prevent STDs? “The only fool-proof way is abstinence,” said Petty Officer Parker, “the second best method to prevent STDs is monogamy and third is wearing condoms during any type of sexual activity.” She stressed that condoms only protect the area they cover, so transmission of genital warts, herpes, crabs, and other skin-to-skin contracted STD is highly possible.

About 1,700 service members attended the base-wide stand down.

Finances from page 1

command and can increase trust and morale with their leaders.

Nieves tries to concentrate more on issues dealt within the Sigonella community. “Basic budgeting is covered more than any other topic in the course because it seems to be among the most important problems Sailors and their families struggle with.”

Started in 1989 and updated in 2002, the Navy started the program to raise the awareness of financial security. Budgeting helps keep you in control of spending, instead of spending controlling your life. Being aware of other money matters can help minimize financial woes. Next time you have a money question or problem talk to someone who has been trained to help you; your command’s Financial Specialist.

Navy Day from page 1

At 5 p.m. we all boarded Old No. 57 again for our “cat shot” home to Sigonella. This time the crew wanted us to strap in even tighter and we had to put our feet up behind the seat in front of us because they said your feet are like weights on the end of a pendulum, so if your shin strikes the base of the seat in front of you, you can get a nasty bruise or break a bone. Then we were instructed to cross our arms over our chest, grab our shoulder straps tightly and bury our chin into our chest.

Again the crew let us know when to brace for the “cat shot” that propels this 28-ton airplane from 0 to 210 m.p.h. in about 300 feet.

The first thing that happened was the low deep sound, of the “boom” the steam catapult makes when it begins its stroke — then you receive the full five to seven “Gs.”

As the aircraft accelerates down the deck, the “G” forces were like you were suspended upside down from a rope then pulled up a very fast elevator for 60 floors. The cat shot lasted only 2.5 seconds but the force on your body was so great you think it lasts much longer.

On the way back, the pilots invited me to come up to the cockpit to observe the business end of this very complex operation then they showed me Mt. Etna over 90 miles away, but at this altitude it was clearly visible sticking out above the clouds. About 20 minutes later we were on final approach for an uneventful landing back at NAS Sigonella, Sicily.

As it turned out, and as I expected, it was a flight I shall never forget. The extraordinary respect and professionalism of this crew of officers and petty officers can’t be overstated. Naval Aviation is an inherently risky business but our methods of training our aviators ensures safety foremost at all times.