

The Signature

Sigonella, Sicily

Vol. 20 No. 29

July 25, 2003

CNRE movie theaters to charge admission

By Navy Region Europe Public Affairs and NASSIG Public Affairs

As Navy Region Europe prepares for budget cuts in Fiscal Year 04, service members, employees, and their families can expect to see change in many areas of base operations support. One of the more visible programs to be affected is Morale, Welfare, and Recreation (MWR). Beginning Friday, Aug. 1, 35mm movie theaters will return to charging admission, following four years of free entry.

Cost will be \$3.00 for adults and \$1.50 for children ages 6 to 12. The bases affected are: Naval Air Station Keflavik, Naval Station Rota, and Naval Support Activities Naples, Sigonella, and La Maddalena. All 8mm Navy motion picture sites, such as the theater in Bahrain and many Liberty Single Sailor facilities, will continue to provide free movies, both ashore and afloat.

Capt. Brendan Gray, deputy commander, Navy Region Europe, said budget cuts are necessary in Europe to free up money to help the Chief of Naval Operations Adm. Vern Clark recapitalize the Navy.

Earlier this year, Adm. Clark called on Navy leaders to be more efficient consumers of the resources provided by the American taxpayer. By aligning and optimizing the use of taxpayers' dollars, the

Movies, page 12

Hazardous materials entry team trains to keep Sig safe

Lt. j.g. Rebekah Johnson
Staff Writer



Sailors from EODMU 8 review manuals to determine proper action during a recent HAZMAT training drill.

The NASSIG Fire Department, Public Works Department and a newly developed hazardous materials entry team participated in a hazardous materials (HAZMAT) training drill on Thursday, July 17, at the NATO Weapons Compound. The HAZMAT drill, which was NASSIG's first exercise of this kind, was developed to train its members how to react and respond to any type of chemical, biological or radiological attack.

The drill represented the culmination of two weeks' intense training that taught students how to utilize new hazardous materials equipment donated by Battelle, a company that develops and commercializes technology for government and commercial customers. The \$280,000 worth of equipment, which arrived last month, includes entry suits, air packs, monitoring equipment and detection equipment.

"What we're doing right now is getting up-to-speed on the equipment," said John Cupell, assistant fire chief of training at NASSIG and the incident commander for the HAZMAT drill. Every team has been preparing for the drill on their own, but last week's exercise was an opportunity for the teams to

HAZMAT, page 12

Today's Hometown Weather

SHC(SW/AW) Donald Young, CMAA
McRae, GA.



High 89° F - Low 71° F
Scattered thunderstorms

Sig remembers



Cmdr. Michael Fitzpatrick, Helicopter Support Squadron Four (HC-4) commanding officer, speaks during the memorial for the four fallen Sailors of HC-4 who dies in a crash on July 16. Many came to pay their respects at the ceremony, which was held on Wednesday in Building 413, C-26 hangar.



Cmdr. Kevin Bianchi
July 15, 1963 -
July 16, 2003

Cmdr. Bianchi graduated from the U.S. Naval Academy with a Bachelor of Science degree in Applied Science. Following flight training, he was designated a Naval Aviator in 1987.

Cmdr. Bianchi served in HELSUPPRON THREE, HELSUPPRON EIGHT and as a department head in HELSUPPRON ELEVEN. His

Bianchi, page 8

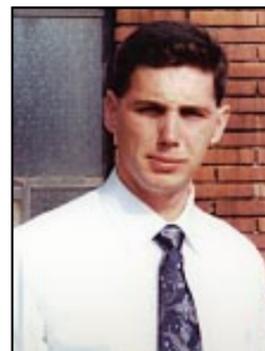


Lt. Peter Ober
Feb. 24, 1976 - July 16, 2003

Lt. Pete Ober was born in Charleston, South Carolina to Vince and Susan Ober. He was a member of the Class of 1998 at The Citadel and a Division I collegiate wrestler.

Lt. Ober majored in health, exercise and sports science. A member of Charlie Company, he was a varsity wrestler who was known for his tenacity and spirit; he was never pinned. Every year his wrestling coach recognized him by

Ober, page 8



AM1(AW/NAC) Brian Gibson
May 28, 1970 - July 16, 2003

AM1 Brian Gibson of Greenwood, Virginia, arrived at HC-4 in 1992 where he attained qualifications as Crew Chief, CDQAR and FCF. While at HC-4 he detached to such locations in Bahrain, Italy, Albania, Sierra Leon and Liberia where he participated in Operation Assured Response in 1996.

In 1998 he transferred to NAS Sigonella Operations to fly in the C-12 and C-26. He attained the

Gibson, page 8



AE3 Samuel Cox
May 4, 1982 - July 16, 2003

Samuel Cox, of Duluth, Minnesota reported to HC-4 in October 2002 after completing Recruit Training in July 2001, Naval Aircrew Candidate School in August 2001, Aviation Electrician's Mate A-School in March 2002, and Survival, Evasion, Resistance and Escape school in October 2002.

While in HC-4, Sam detached to Souda Bay, Greece, Rota, Spain and Fujairah, United Arab Emirates where he logged 334.0 hours

Cox, page 8

Direct Line



Capt. Tim Davison
NASSIG
Commanding Officer

On behalf of the entire Sigonella community, I'd like to personally express my sincerest sympathy to the families and members of Helicopter Combat Support Squadron 4 on their recent loss. I know the entire base is rallying around the family members and squadron personnel to provide the support they need. I know that it is deeply appreciated.

Thanks to all of you, whether American or Italian, that have provided your sincere condolences and emotional support. You might have made the difference in someone's life by offering the encouragement and compassion that was needed to help get through this tragic event.

Everyone goes through some type of grief process, and we all deal with tragedy differently. This accident has affected the entire base as a community and we are helping each other get through this.

Military flying, whether in a jet, plane or helicopter, is inherently challenging and perilous. Yes, there are risks every time we go up in the air, and pilots and aircrew are trained to mitigate those risks.

Unfortunately, accidents can happen. Tragedy has struck even our best and most experienced aviators. When we earn our "wings of gold," we are also made aware of the responsibilities and hazards of flight.

However, life still goes on. We must mourn, but the healing process has started and we must remember that we still have a vital job to do. I was impressed that CDR Mike Fitzpatrick, the HC-4 commanding officer, has the squadron flying again, keeping his people and machines ready to support our National Defense. In fact, he flew the first hop since the accident as pilot-in-command himself. That's true "Leadership by Example."

Ralph Waldo Emerson said that "what lies behind us and what lies before us are small matters compared to what lies within us." We are a strong community and we will prevail during this time of mourning and loss.

Letter to the editor

Dear Editor,

Please extend my sincere condolences and prayers to HC-4 in regards to the loss of lives when one of their aircraft crashed. I was a member of HC-4 from 1993-1996 and this news was very shocking. I enjoyed working on those aircraft and working with the Sailors in the squadron. There was something awesome about HC-4 that I've never forgotten. I feel very sad for the Squadron and for all of Sigonella during this time of mourning. I am so sorry that this has happened. I will be praying for you all.

Sincerely,
Michelle Latham
Geology student
Fairbanks, Alaska

Help! My household goods have been damaged

By **Barbara Perotti Casagrande**,
NLSO EURSWA

No need to panic! The NLSO Claims Office is available to assist you in filing your claim. Here is some general information that can assist you in the event you need to submit a claim.

Although you have two years from the date of delivery to file a written claim with the claims office, there are some earlier critical deadlines that you should be aware of. The claim that you need to file is what is referred to as a Personal Property Claim. A Notice of Damages must be provided to the carrier who moved your household goods within 70 calendar days of delivery. This is accomplished on the DD Form 1840/1840R (Notice of Loss or Damage). The delivering carrier of your household goods will give you this form. On the 1840 side of the form (front

page), the claimant, along with the delivering agent, should inspect and list all damages or missing items noted at the time of delivery. Damages noted after delivery must be placed on the 1840R side of the form (reverse side). You should include all proper inventory numbers, and return the form to the claims office within 70 calendar days. Failure to return the form within 70 days may result in your claim being denied. This is because after the 70 days have expired, the claims office loses the right to collect the money paid to you from the carrier.

The next form that you will need to complete is the DD Form 1842 (Claim for Loss of or Damage to Personal Property Incident to Service). The claimant is responsible for completing this form which must be signed by the military member who is listed on the government moving documents. If a power of attorney giving this right to another person is submitted, he/

she can sign the claim.

Now you are ready to complete the final form, which is the DD Form 1844 (List of Property and Claims Analysis Chart). You should be specific in describing the damage to each item claimed. Failure to complete this form may result in denial of the item claimed and may delay processing of your claim.

Some additional points to remember: If you have private insurance, you can decide if you want to file a claim with your insurance company or with the NLSO Claims Office. In case you file a claim with your insurance company, be aware that the claims office may reimburse you the deductible or those items that may not be paid by the insurance. In this case, a copy of your policy and any actions taken by your private insurance company need to be included in the claims package that you submit.

Household goods, page 13

The Pulse

Protect your eyes

by **Andrew M. Archila, OD, FFAO**
Optometrist
LT MSC USNR

It's summer again and that means more activities. What's important not to forget during a busy summer is eyewear protection.

At the beach, going for a passeggiata, or laying by the pool it is important to protect your eyes against ocular disorders caused by ultraviolet light by using sunglasses. And, you don't have to have a \$100 pair to do it. Most over-the-counter sunglasses adequately protect against UV light.

Every once in a while I'll perform an examination on a patient with a painful red eye. A common history is, "I was working on my car changing my oil". On magnification I see a foreign body, usually metallic surrounded by rust, sitting on the front part of the eye. Then, I carefully remove it. Unfortunately, the patient suffered needlessly. With proper protective eyewear including side shields, this type

of eye injury can easily be prevented.

A final type of eye injury is blatantly caused by ourselves. By wearing contact lenses while sleeping or pushing the limits to 20 hours a day of wear, we run the risk of corneal ulcers which threaten our sight. Beware of purchasing your contacts out in the economy without an exam, as the lens may not fit correctly also causing damage.

Most eye injuries are preventable. Our eyes are too valuable to take chances.

Fleet hospital eight heading home

By **JO1(SW) Stacey Moore**
Fleet Hospital 8 Public Affairs

ROTA, Spain (NNS) — After caring for almost 1,400 inpatients and performing more than 250 surgeries, Fleet Hospital (FH) 8 has pulled up stakes and is heading home. The tents and equipment have been crated up and stowed into shipping containers for transit back to the United States.

Fleet Hospital 8 is the first 250-bed Fleet Hospital deployed since the Gulf War. It provided medical support to sick and injured American warriors deployed in support of Operation Enduring Freedom and Operation Iraqi Freedom. Fleet Hospital 8 initially deployed Feb. 16.

"These American heroes," according to FH-8 Commanding Officer Capt. Pat Kelly, "deserved and got world-class healthcare and caring from a highly motivated team of professionals assigned to FH-8."

Drawing from 20 commands throughout the United States, FH-8 hit the ground running with the initial assembly of a 116-bed Expeditionary Medical Facility and later transitioned to a larger, more capable 250-bed Fleet Hospital. According to Kelly, "we were needed early on to establish an alternative medical treatment capability in the communication zone, and once established, continued with our original plan to build a more capable Fleet Hospital."

"What If ..."

By **Chaplain Tommy Myhand**
Command Chaplain



Recently, I had the opportunity to take the Metaonia Youth group to Etnaland Water Park. Everyone was having a great time going down the slides, riding the tubes, and catching some waves in the wave pool. If you have not been to Etnaland Water Park there are some great slides and boy, are they fast. I usually look down and wonder what in the world am I doing. Then I sit down and away I go often letting out a scream or two - then wham, my body hits the water! I generally feel like a rock that you skip over a pond! My body lets me know for a couple of days afterwards - what was I thinking? I am afraid I am not as young as I used to be.

Now some of the youth were really struggling with the idea of going down some of these slides. They were seated on the slides and with great fear holding on the rails for all they were worth. It seemed to me they had walked all the way up the hot stairs just to eventually get up, take a look and want to go back down the stairs! I kept hearing "I can't do this" or, "I'm scared," and "I think I'm going to go back down and try an easier ride." Actually, I was hearing "what -if?" Finally, after much encouragement and a whole lot of praying on my part, they would let go and with plenty of screaming slide down the tubes and land in the pool below. After, a few moments of catching their breaths, I would hear, "Hey, that was fun! Let's go again!" And the whole process would start again. Yes, the Lord answered my prayers; none of the youth got hurt. What I did notice was that none of the youth regretted going down the slides. I felt proud of the ones who attempted something they thought they could not do. Why? Because they did not leave room for and "what-if's?" later.

I believe this may apply to every one of us in some way or other. Are you somewhere in your life where it may be a "what -if?" moment? What if Thomas Edison had not tried one more experiment on that light bulb? We know today that he tried 9,999 times and they had all failed. Then he got it right! Now, would you have continued to try or would you have given up? What if Alexander Graham Bell had given up on his invention and we would not have the telephone today? Imagine no cell phones, no internet, no faxes. Life would be so dull without our modern communications! How does this apply to us now? What if I don't apply for the seaman to admiral program? What if I don't apply to go to college? What if I don't spend enough time with the family? These "what if's?" doubts are to me, the two saddest combined words in the English language. Why? Because it leaves too many questions unanswered, maybe dreams unfulfilled and expectations unmet.

I have a challenge for us today. May we live our lives in such a way that instead of saying "what-if?" and having all those unanswered questions nagging us the rest of our life. Why don't we put ourselves into a place where we can say "What's next?" To go through life knowing we did not miss any opportunities. Right now I can take the Metaonia youth group to the water park and they will try something new. But what about you? In life there are some significant challenges for each and every one of us. I will sum up this article with this: May we all learn to live life without regrets.

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)

Church of Jesus Christ of 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.



CRIME STOPPER'S HOTLINE

624-6389

July 7 - July 13

The following incidents were reported and categorized as follows:

- Traffic accidents without injuries - 11
- Traffic accident with injuries - 5
- Car break-ins - 3
- DUI - 1
- DUI's 2003 - 31
- DUI's 2002 - 35

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NAVY NEWS

Super Hornet final environmental impact statement released

From U.S. Atlantic Fleet Public Affairs

NORFOLK, Va. (NNS) — The Secretary of the Navy has released a Final Environmental Impact Statement (FEIS) for introduction of the F/A-18 E/F Super Hornet to the East Coast of the United States.

The document contains two preferred home basing alternatives, each recommending split basing of 10 Super Hornet squadrons at Naval Air Station (NAS) Oceana in Virginia Beach, Va., and at Marine Corps Air Station (MCAS) Cherry Point in N.C. The FEIS also recommends construction of an Outlying Landing Field (OLF) in Washington County, N.C., for use in practicing aircraft carrier landings.

Atlantic Fleet Commander, Adm. Robert J. Natter, has recommended the Secretary of the Navy select the alternative that calls for basing eight Super Hornet squadrons (96 aircraft) and one Fleet Replacement Squadron (24 aircraft) at Naval Air Station Oceana in Virginia Beach, Va., and two squadrons (24 aircraft) at Marine Corps Air Station Cherry Point in North Carolina. The second preferred alternative contained in the FEIS recommends basing six squadrons at NAS Oceana and four at MCAS Cherry Point. Both alternatives recommend construction of an OLF in Washington County, N.C.

The recommended basing alternative maximizes existing facilities and limits capital investment requirements at both NAS Oceana and MCAS Cherry Point, providing substantive mitigation of environmental impacts at both sites at an acceptable cost. The geographic proximity of the two bases allows for combined use of training ranges and OLFs by all Super Hornet squadrons, as well as other aircraft based in the area.

The Washington County OLF site was recommended, because it best fit the screening criteria the Navy used in considering candidate sites. These criteria included a low population density and a lack of airspace conflicts and obstructions (such as tall towers), as well as avoidance of extensive wetland complexes, public interest areas and ecologically sensitive areas. With its central location between MCAS Cherry Point and NAS Oceana, an OLF located in Washington County provides the greatest potential as a valuable training asset for current and future years.

The Navy considers the OLF essential to supporting fleet readiness. In order to meet national security requirements resulting from Operation Iraqi Freedom and the ongoing Global War on Terror, the Navy is now required to prepare multiple carrier strike groups for shortnotice deployments. Existing airfields at NAS Oceana and MCAS Cherry Point, and the Navy's OLF at Fentress, do not have the capacity to meet future shortnotice deployment — or surge — training requirements. This surge requirement makes a second OLF essential.



An F/A-18E Super Hornet assigned to the "Top Hatters" of Strike Fighter Squadron Fourteen (VFA-14) prepares for its next mission on the flight deck aboard USS Nimitz (CVN 68).

"This OLF is very important to fleet readiness. The War on Terrorism and the way we will prepare and deploy carrier strike groups in the future demand that we maintain a much larger portion of the fleet in a surge-ready status," said Natter. "The existing airfields at Oceana, Cherry Point and Fentress don't provide adequate capacity to do that in a way that is safe, responsive and sustainable. An additional OLF is essential to our ability to train our aircrews and surge our forces when directed by the Commander-in-Chief. A new OLF will also improve training quality. The Navy's present OLF at Fentress does not permit realistic carrier landing training due to residential growth around the airfield. Our pilots have had to adjust their flight pattern altitudes around existing homes, and experience degraded night training as a result of residential lighting. The proposed OLF will provide realistic carrier landing training in an environment free of such limitations."

The public will be allowed to review the FEIS for a period of 30 days in accordance with the National Environmental Policy Act. Following this review period, the Secretary of the Navy will issue a record of decision regarding Super Hornet homebasing and OLF site selection.

The Super Hornet is an evolutionary upgrade of the combat-proven F/A-18C/D Hornet, fully capable of conducting both air-to-air and air-to-ground combat missions. This includes air superiority, day and night strike with precision guided weapons, fighter escort, close air support, suppression of enemy air defenses, reconnaissance, forward air control and refueling. The Super Hornet has greater range, can carry a heavier payload, and has enhanced survivability and built in potential to incorporate future technologies. The aircraft performed superbly during Operations Southern Watch and Iraqi Freedom.

CNO Advances Four Sailors of Year to Chief

From Master Chief Petty Officer of the Navy Public Affairs

WASHINGTON (NNS) — The 2003 Sailors of the Year (SOY) were advanced to chief petty officer (CPO) July 17, by Adm. Vern Clark, Chief of Naval Operations, in a Pentagon ceremony.

Naval Reserve Force SOY, Chief Electronics Technician (SW) Mark Antoniazzi; Pacific Fleet SOY, Chief Machinist's Mate (SW/AW) Phillip Dennis; Chief of Naval Operations Shore SOY, Chief Machinist's Mate (SW) Marc Medina; and Atlantic Sea SOY, Chief Aircrew Survival Equipmentman (SEAL) Peter Musselman each received a Navy Commendation Medal prior to receiving their anchors.

Master Chief Petty Officer of the Navy (MCPON) (SS/AW) Terry Scott hosted the event, along with the week-long activities held in honor of the Navy's top performers.

Throughout the week, the four Sailors along with their spouses, met with Navy leaders, received key elements of CPO indoctrination training, and visited several historical sites in the Washington, D.C. area.

Scott explained the significance of being selected as a Sailor of the Year. "These are without a doubt, four of the best and brightest Sailors wearing the uniform today," he said. "But they didn't get here all by themselves. It's only from the support and strength of family, shipmates and leaders that we succeed as individuals."

"These Sailors have gone through at least three levels of competition to get to where they are today, and as such, they are here representing each of those groups of Sailors that are out there on the deckplates carrying out the Navy's mission," Scott said.

NMCB-7 Makes Schools Operational in An Nasiriyah

By Sgt. Christopher Carney, 367th Mobile Public Affairs Detachment

NASIRIYAH, Iraq (NNS) — While the headmasters from schools around Nasiriyah were attending a meeting in the auditorium of the Al-Goumhoria secondary school, members of Naval Mobile Construction Battalion (NMCB) 7 from Gulfport, Miss., were quietly working down the hall. The Seabees were here restoring utilities for the school.

Al-Goumhoria, like most Iraqi schools, is spartan compared to most western schools. It is a two-story brick and plaster building that offers space for classrooms but little else. Windows are missing. Doors are broken. Lights are gone.

The typical classroom has only desks, chairs and a blackboard. That is why the Seabees are here.

"We're putting up lights and fans, running electrical wiring and changing electric panels," said Construction Electrician 3rd Class Matthew Deyoe from Madison, Wis.

Al-Goumhoria is the third school that the NMCB-7 Seabees have repaired. They spend about three to four days per school improving them and bringing them up to a level where teaching is possible.

"We try to make it a little more comfortable for the teachers and students," said Construction Electrician 1st Class Eric Carpenter. "This means working on lighting, fans for cooling, and on the water."

The teachers agree that having the basics, like running water and lighting, makes a big difference. The average crew is about 15 workers, and they work between eight and 10 hours a day. "This is the largest school we have done. We will be here about six days," said Carpenter.

The Al-Goumhoria school is not only special because of its size, but for its reputation, as well. "It's the number one school in the area for producing scholars. It is a top school that puts out students with the highest test scores on entrance exams," said Lt. Jim Brown.

This helps to prove that looks can be deceiving. One classroom has three broken windows that have been barred up. The door is missing its handle. The walls are bare and plaster colored. There are 18 old wooden table and bench combinations that sit two people each. But on the worn blackboard is a chemical equation for the effect of ammonia on a complex carbon, hydrogen and oxygen molecule.

"We know that the environment doesn't create good students; teachers create good students," Brown said, which is why this school may receive special attention.

Al-Goumhoria might be improved to modern western standards, including possible air conditioning and computers. Then it would serve as a model for what other schools can become.

The only downside to this plan is that security in Nasiriyah may not be adequate to protect the school from looting.

"We want to make the schools attractive to students but not to invite thieves," said Brown. That is why improvements to schools are focusing on the essentials.

The Seabees also have to be careful when choosing the location of their project schools. They must not concentrate on one area of town and create ill feelings in the parts of town not being worked on.

The Seabees have a big job in front of them. There are 1,037 schools in the Dhiqar Province with 286,290 students attending. In Nasiriyah alone, there are 331 schools with between 150-600 students each.

While the Seabees may not get to all of the facilities, they want to "work on all the schools we can and make it better," said Brown. "We want to show the people what we can do."

News Briefs

Lifeguards needed

MWR is immediately hiring certified lifeguards. The position offers good pay and flexible hours.

For more information call Rich at 624-5335.

Donations needed

The Sigonella Animal Welfare Society (SAWS) are looking for donations of towels, blankets, misc. cat items, litter pans and food bowls. We are in desperate need of these items for our stray facility and foster animals. Donations may be left at the Base Veterinary Clinic. Call Jill Michalski at 624-4258 or 340-5039247.

Employment Opportunities:

If you currently have a Masters degree in Business, Education or Management and are interested in teaching, please forward your resume to denny.bates@phoenix.edu.

Marriage Seminar

Is the honeymoon over? Does your marriage need a boost? Join the four-part couple's group starting on August 7, from 5:45 to 6:45 p.m. in the Community bldg, NAS 1, Room 203. Call 624-4291 for more information.

School Sports Physical

There will be a Sports Physical Clinic for the upcoming school year on Aug 28. All middle and high school students planning to play sports during the school year can stop by the school cafeteria from 9 a.m. to noon. You can pick up the physical form at the hospital or SAO office and complete prior to clinic. Parents must be present with student unless he/she is already enrolled in teen clinic. No appointments are needed. First come first serve. Call 624-4281/4284.

UMUC Registration

University of Maryland University College (UMUC)-Europe Term 1 registration begins Aug. 4 and continues through Aug. 15. Visit UMUC-Europe online at www.ed.umuc.edu for a listing of 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's, bachelor's or master's degree. To enroll, contact the UMUC-Europe field representative at the local education center. Term 1 classes run Aug. 18 through Oct. 10.

Revolutionary new illuminating fire hose being developed at NAVAIR Lakehurst

From Naval Air Systems Command Lakehurst Public Affairs

LAKEHURST, N.J. (NNS) — It is estimated that about 38 percent of firefighter fatalities involve firefighters losing contact with their fire hoses and then running out of air. In most instances, the lifesaving hose line was only a few feet away.

With all the smoke, heat and confusion that can accompany a fire, it is very easy to see how these potentially fatal accidents can occur. Wouldn't it be tremendous if something could be done



Two Navy firefighters train to contain a fire during a night fire exercise at the NAS Whidbey Island Aviation Firefighting Training School.

to minimize or eliminate this

problem?

That's exactly what Fire Chief Richard Strasser and Roger Brown, both of the Naval Air Systems Command (NAVAIR) Lakehurst, N.J., Fire Division

thought when they came up with the idea of an illuminating fire hose. What started as a simple task of rolling-up a fire hose during a training session resulted in U.S. Patent 6,257,750 eventually being issued to Strasser and Brown.

Glancing down while rolling the hose, Strasser's eye was caught by the red stripe woven into the hose and he thought, "If this red stripe could be lit somehow, how might it impact fire service safety and efficiency?"

Strasser enlisted the help of fellow firefighter and friend Roger Brown, and together, they refined the concept and created a product that could well have a permanent positive impact on firefighting safety throughout the world.

"Moonlight Hose," named as a tribute to Strasser's late father, James Mooney, aka "Moon" (himself a 25 year veteran of the Bloomfield, N.J., Fire Department), is an illuminating fire hose that assists a lost and disoriented firefighter to quickly locate the hose, providing a lifeline to the outside. The illuminating fire hose also provides a means for the Firefighter Assistance and Search Team to follow a light path, and quickly locate a lost or trapped individual.

Another benefit of using the side-light fiber optic lighting system imbedded within the outer jacket of the hose line, is the fact that it can have a variety of color change options that would allow for communication via a color code system. The hose requires virtually no maintenance, can have multiple fixtures per light source, and produces no heat, gas or electricity.

According to Strasser, "This hose would be ideal for use aboard ships and boats, due to their maze-like configurations in very dark and close quarters. It would be very useful in guiding firefighters in and out of the danger zone." Strasser also stated that the hose is very functional outdoors at night, where firefighters in helmets and face shields can be prone to tripping over hoses in the dark. "With the Moonlight Hose, this problem is virtually eliminated," according to Strasser.

THE ENERGY BLOCK

Windows can be one of your home's most attractive features. Windows provide views, daylight, ventilation, and solar heating in the winter. During the summer, sunny windows make your air conditioner work two to three times harder. Windows with spectrally selective coatings on the glass reflect some of the sunlight, keeping your room cooler.

Window Tips

- Install white window shades, drapes or blinds to reflect heat away from the house.
- Close curtains on south and west facing windows during the day.
- Install awnings on south and west facing windows.
- Apply sun-control or other reflective films on south facing windows to reduce solar gain.
- Turning the thermostat up at night when you are sleeping; and 84 during the day when the house is unoccupied; only utilizing the air conditioner in the morning and evening are prime energy savers.
- By installing a programmable thermostat you can eliminate fooling around with the setting three or four times a day.

*DID YOU KNOW: Adding low-emissivity (lowE) coatings to all windows in the United States would save the equivalent of 500,000 barrels of oil per day—1/3 the amount of oil we import from the Persian Gulf

LETS USE, NOT ABUSE



By Alberto Lunetta
Signature Staff

Italian News

Sicilian culture and lifestyle

Jazz festival in Catania

Signonella's jazz buffs will enjoy the three concerts featured in the vibrant *Brass Group Summer Festival*

running through July 31. All concerts will begin at 9:30 p.m. and will be performed at the *Cortile Platamone*, a beautiful 15th century courtyard located in via Landolina n. 11 in the historic heart of Catania. The festival schedule is teeming with international jazz legends.

The Great Brazilian singer Marcia Maria, who is in summer tour with her new brand band *Brazii & Jazz*, will perform on July 27. Her concert features a tribute to the great jazz legend, the late Antonio Carlos Jobim. Jobim, a master songwriter, is credited with inventing a musical genre: the sensual, spiritual bossa nova marrying samba rhythm to jazz improvisation. Probably the finest jazz piece ever composed, "The Girl From Ipanema," is still the most favored song of all time.

Born in a small village near Rio de Janeiro. She grew up listening to traditional, rural Brazilian music. During her school years in Rio, Marcia sang in the church choir and performed at night in a Copacabana clubs. One night, a club owner was impressed with her talent and offered her a contract. Since then, she began a successful singing career in Brazil during which she has been awarded all sorts of prizes and overwhelmed with proposals to work in television. In 1982, she decided to go into exile in Europe, due to dissatisfaction with the military dictatorship. She settled down in Paris and she performed at most prestigious jazz festivals throughout Europe for over 30 years.

On July 28, four jazz virtuosos including Miroslav Vitous (double bass), Richard Drexler (piano and double bass), Danny Gottlieb (drums) and Jeff Berlin (electric bass) will join together to pay a tribute to Francesco Virlinzi, a producer and the owner of Cyclope Records, an independent Catania recording label.

Local audiences are eager to attend the concert that ten-time Grammy Award-winning artist Pat Metheny Trio will present on July 30 and 31. Pat Metheny, a genius Jazz guitarist/composer, and his Trio featuring Christian Mc Bride on bass and Antonio Sanchez on drums are world renowned for their outstanding musicianship and improvisational skills.

Pat Metheny was born in Kansas City on August 12, 1954 into a musical family. Starting on trumpet at the age of 8, Metheny

switched to guitar at age 12. By the age of 15, he was working regularly with the best jazz musicians in Kansas City. He made his debut as a leader with bassist Jaco Pastorius and drummer Bob Moses in 1975. The concert will feature a blend of different styles of music, most notably jazz and rock, but also borrowing from world music.

For more information and tickets call *Ticket Box Office* at 095-7225340 or *The Brass Group* at 095-7465174.

Musical to be held in Catania

Les dix commandements (The Ten Commandments), an epic musical by world renowned French stage director Elie Chouraqui will be held in Catania from July 26 through 28. This spectacular three-hour show features the story of Moses leading the Hebrews from captivity out of Egypt. All shows will be held at the *Villa Bellini* (Catania's public gardens) at 9 p.m. For more information and tickets call *Ticket Box Office* at 095-7225340.

Opera show in Catania

Don't miss this major outdoor operatic event. Italian composer Pietro Mascagni's *Cavalleria Rusticana* or Rustic Chivalry features a powerful tale of passion, adultery, jealousy, and violent revenge set in 19th-century Sicily. The show will be staged tonight and on July 27 at 9 p.m. at the *Istituto Sacro Cuore*, a religious institute situated in via del Bosco



Pat Metheny, one of jazz's modern guitar masters, will perform in Catania on July 30 and 31 with his trio featuring Christian Mc Bride on acoustic bass and Antonio Sanchez on drums, two masters of their instruments.

71. The cost of a ticket is 10 Euro. Tickets will be on sale at the institute every evening starting at 7:30 p.m. For more information call the institute at 095-338530 or the Catania Tourist Office at 095-7306233/222/279.

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

COMMUNITY CALENDAR

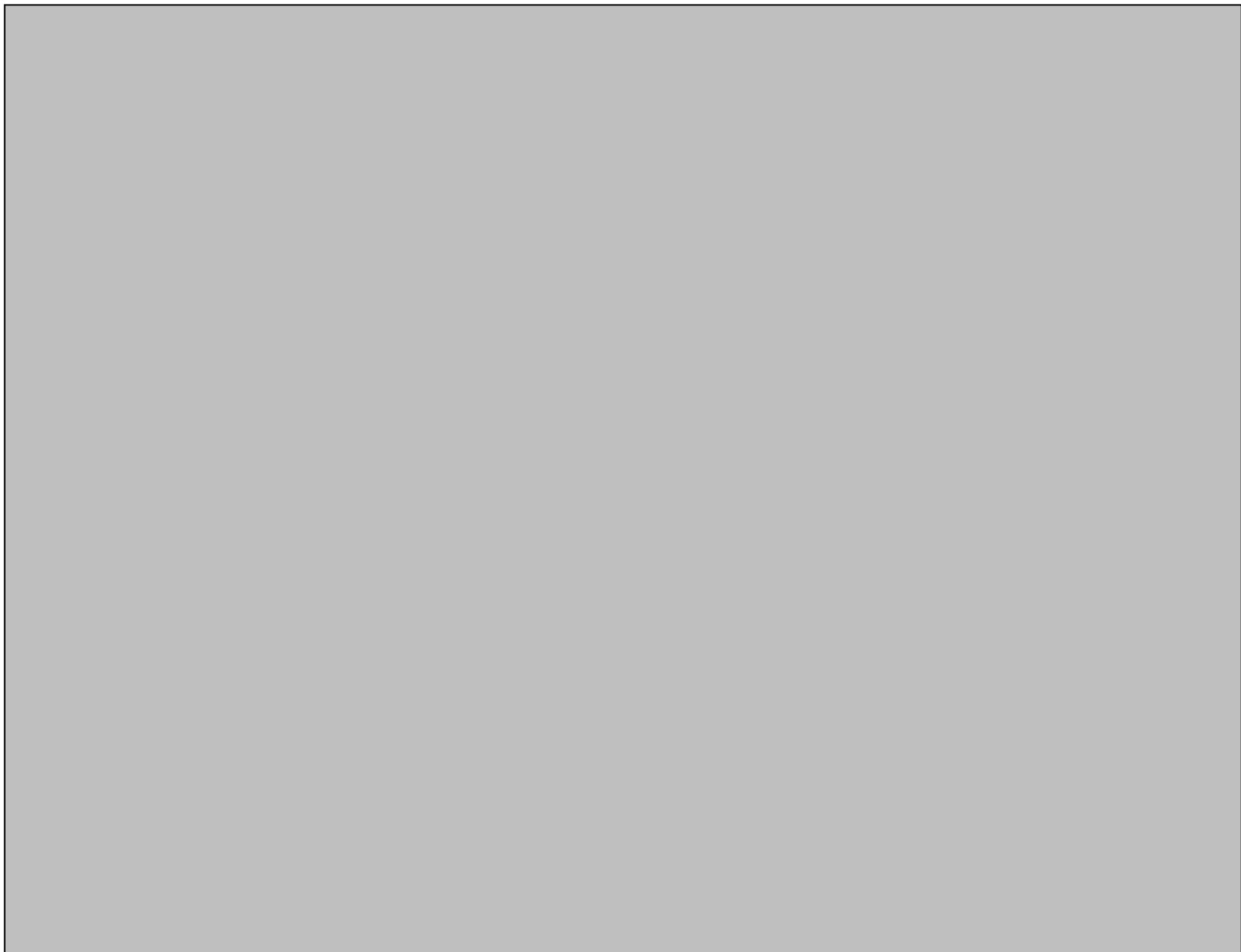
25
JULY

**Caltigirone
Candelighting
Festa di
San Giacomo**
Liberty
Call 624-5187

26
AUGUST

**Hike of the Month:
Pantallica Gorge
&
Anapo Valley**
Liberty
Call 624-5187

27	28	29	30	31	1	2
Noto, Vendicari & La Trota Resturant ITT Call 624-4396	Special Additions 1 to 3 p.m. Comm. Bldg room 203 Call 624-4291	National Hotdog Month half price dogs 11 a.m. to 3 p.m.	San Vito lo Capo Camping Trip AU Call 624-4271	Anger Management 5 to 6 p.m. Hospital 2A-111 Call 624-4291	Taormina & Giardini Naxos ITT Call 624-4396	Teen Water Day free Mineo Comm. Bldg Call 624-0046
3	4	5	6	7	8	9
Cefalu & Castelbuono Agrituristic Farm ITT Call 624-4396	Walleyball Clinic until Aug 8 Nas II Gym 5 to 6:30 p.m. Call 624-2710	Pool Tournament 7 p.m. NAS I Barracks #170 Call 624-5187	Siracusa and Beach ITT Call 624-4396	Troina: Madonna Dei Cerami Festival ITT Call 624-4396	Juggling Contest 12:45 to 1:15 p.m. Take 5	Trinacria Challenge 3-Club Golf Tourney tee time 9 a.m. IL Picciolo Golf Club Call 624-2710
10	11	12	13	14	15	16
Camp Trip to Southern Mt. Etna Liberty Call 624-5187	Amazing All-Star Replay Zone until Aug 15 Youth Center Call 624-3712	VA Representative Appointment 9 a.m. to 3 p.m. FFSC Call 624-4291	Community Flea Market 10 a.m. to 2 p.m. place TBA Call 624-4171 to sign up a table	Piazza Armenia and Medieval Festival ITT Call 624-4396	Summer Party in Giardini Naxos ITT Call 624-4396	
17	18	19	20	21	22	23
Palermo Trip ITT Call 624-4396		Pre-teen Twister Contest 4 to 5 p.m. Mineo Rec Center	Rainbow Playgroup 10 to 11 p.m. 205 Housing	Indoc (part one) every thur 8 a.m. to 4 p.m. Community Bldg Indoc room		Eraclea Mineo & Beach ITT Call 624-4396



Word Find

State Birds

Y N C E S B N B Q D C W H J N H K U E T H P S M H
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 R Z K J J V B Z F N A G I M R A T P W O L L I W F

PURPLE FINCH
 RHODE ISLAND
 RED
 RING-NECKED
 PHEASANT
 ROADRUNNER
 ROBIN
 RUFFED GROUSE
 SCISSOR-TAILED
 FLYCATCHER
 WESTERN
 MEADOWLARK
 WILLOW
 GOLDFINCH
 WILLOW
 PTARMIGAN
 YELLOWHAMMER

BALTIMORE ORIOLE
 BLUEBIRD
 BLUE HEN CHICKEN
 BROWN THRASHER
 CACTUS WREN
 CALIFORNIA SEA GULL
 CALIFORNIA VALLEY QUAIL
 CARDINAL
 CHICKADEE

COMMON LOON
 EASTERN BROWN PELICAN
 EASTERN GOLDFINCH
 GREAT CAROLINA WREN
 HERMIT THRUSH
 LARK BUNTING
 MOCKINGBIRD
 MOUNTAIN BLUE BIRD
 NENE

Snag some healthy snacks at the commissary

By Carrie Williams

Fort Lee, Va.—Snacking sometimes gets a bad rap. Our “junk food” culture instills in many people the idea that snacking is bad. In fact, if done wisely, snacking is the opportunity for our bodies to refuel in between meals.

A snack-savvy consumer will fill the pantry and refrigerator with this ideas from the commissary: cheese, nuts, cereal, granola, milk and yogurt, peanut butter and jelly, fresh fruits and vegetables, bread products including English muffins, frozen biscuits and bagels, and boxed gelatin.

For children, snacking can be not only nutritionally sound but also necessary. Children need to refuel their growing, active bodies many times throughout the day, and their small stomachs are suited for frequent, small portions.

Involve the children in the search for healthy items at the commissary. Let them pick out ingredients. Engage them in assisting with snack preparation in the kitchen.

Plan snacks as part of the daily food plan. Snacks should be mini-meals. They should be small, but satisfying. Serve small portions and provide more if they ask. Dole out snacks at the same time each day, but not too close to meal times. Use a clock or timer with your child to determine snack times; the benefit is twofold: the child learns to tell time and becomes mindful to the regularity of snack times. Midmorning and midafternoon are appropriate snack times.

Prepare extra servings at meal times to be saved for snacks later. Set aside a “snack spot” in the refrigerator and cupboard and keep it stocked with nutritious, ready-to-eat snacks.

Remember that your food habits set the example for your children. Make healthy snack choices for your family. Don't let children nibble all day long and never offer food as a reward for good behavior. Limit intake of sweet beverages and avoid caffeine-containing beverages such as coffee, tea and some sodas.

The healthiest snacks do not include a lot of refined sugars or carbohydrates such as chips, cookies and crackers, which are high in fat and low in protein. When using yogurt or other dairy ingredients in snack preparation, opt for the nonfat or low fat versions.

Here are some fun, healthy and quick snack ideas for the young or young at heart:

- Ants on a log: Wash and cut two celery stalks into pieces (about five inches long). Spread peanut butter in u-shaped part of the celery, from one end to the other. Press raisins into the peanut butter.
- Stuffed apple: Core and remove seeds from an apple. Stuff with peanut butter.
- Healthy “ice cream” sandwich: Spread yogurt between graham crackers, then wrap and freeze.
- Breakfast banana split: Top a split banana with yogurt or cottage cheese and sprinkle with toppings such as fresh berries and crunchy cereal.
- Tuna boat: Hollow out a peeled cucumber and fill with tuna salad. Hoist the sails using triangles of cheese on toothpicks.
- Rabbit rollups: Spread a creamy salad dressing on a large lettuce leaf and layer with meat, cheese and cucumbers sliced thin. Roll and serve.
- Sandwich shapes: Use a cookie cutter to make interesting shapes out of an ordinary sandwich, no matter the filling.
- Pizza faces: Spread a little prepared sauce on an English muffin and let children use toppings to make the faces. Bake for eight to 10 minutes.
- Fruit shakes: Blend ½ cup yogurt with ½ cup fresh fruit juice.
- Banana yogi-sicles: Peel a banana and stick a Popsicle stick in one end. Dip the banana in yogurt and roll in crushed breakfast cereal.
- Cereal parfait: Layer yogurt, fruit and whole grain cereal in a cup.
- Bunny bag: Slice and dice fresh fruit and vegetables such as carrots, apples, oranges and cauliflower. Put in a zip lock bag. The oranges will give everything a nice flavor and the citric acid prevents the apple slices from turning brown.
- Sweet potato chips: If a crunch is what you're after, slice two medium sweet potatoes and rub with vegetable oil. Sprinkle lightly with sugar and cinnamon and place on a lightly greased baking sheet. Bake at 400 degrees Fahrenheit for 20 minutes, turning midway.
- Plain old summer fruit: Watermelon, strawberries, kiwi, and pineapple. Wash it, slice it and serve. Healthy and easy.
- Classic frosty root beer float: Ever noticed diet root beer tastes virtually indistinguishable from regular root beer? Capitalize on the great taste and wide availability of sugar-free products: Add a scoop of “no sugar added” vanilla ice cream to a serving of cold sugar-free root beer and you've got a refreshing antidote to the summer heat.

Fri. July 25

Come on down to JOX Sports Bar and enter their winner-take-all 8-Ball Pool Tournament at 8 p.m. There is a fee to enter this tournament, and all participants will be entered in a drawing at the end of the month for a pool cue.

Sat. July 26

Hike the Pantalica Gorge and Anapo Valley with Liberty. Visit rock tombs dating back to the 13th Century B.C. and take pictures of the gorge which is situated 400 meters above sea level. Call Liberty at x5187 for more information.

Sun. July 27

Visit Noto, Vendicari, and the La Trota Restaurant with ITT. Known as the “Garden of Stone,” Noto is now a United Nations world heritage site. After lunch at the fresh-water fish restaurant “La Trota,” stop at the Vendicari Nature Reserve. As one of the few Mediterranean marshes remaining in Italy, it offers a unique chance to visit an ancient tuna fishery, a Swabian tower, a wonderful beach with dunes, and a large lagoon.

Mon. July 28

BINGO! Swing on by Live Wire for some Bingo action. Cards go on sale at 5:30 p.m., games start at 6:30 p.m. Come early for a good seat. Large jackpot each week.

Tues. July 29

Do you smell what Take 5 is cooking? Stop by Take 5 from 11 p.m. to 3 p.m. for half-price hotdogs! Call x5602 for more information on Take 5 events and services.

Join Liberty for some exciting rounds of spades at NAS I Barracks #170 at 7 p.m. Free to play and win.

Weds. July 30

Karaoke and All Request at 6:30 p.m. at JOX Sports Bar. Tired of singing in the shower? DJ Demon can help. Check out the songbook for the hottest tunes to sing along with.

Thurs. July 31

All-Request Night at JOX Sports Bar at 6:30 p.m. Request a song from the collection of tunes.

TRIVIA

Where is the world's largest swimming pool?
 According to the Bible how many stones did David carry into battle against Goliath?
 What is Barbie's last name according to her manufacturer, Mattel?
 How long is a bowling alley?
 Which movement was founded by the Rev. William Booth?

(Answers on page 11)

Movie Connection

MWIE's Theater Schedule

Friday, July 25

1 p.m.
Pirates of the Caribbean (PG-13) **

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

8:30 p.m.
Confidence(R)

Saturday, July 26

3:30 p.m.
Down With Love (PG-13)

6 p.m.
LXG: League of Extraordinary Gentlemen (PG-13) **

9 p.m.
T3: Rise of the Machines (R)

Sunday, July 27

1 p.m.
Sinbad (PG)

3:30 p.m.
Bruce Almighty (PG-13)

6 p.m.
The Italian Job (PG-13)

Monday, July 28

5:30 p.m.
Legally Blonde 2: Red, White & Blonde (PG-13)

8 p.m.
Wrong Turn (R)

Tuesday, July 29

5:30 p.m.
The In-laws (PG-13)

8 p.m.
The Hulk (PG-13)

Wednesday, July 30

5:30 p.m.
Charlie's Angels 2: Full Throttle (PG-13)

8 p.m.
T3: Rise of the Machines (PG-13)

Thursday, July 31

5:30 p.m.
Bruce Almighty (PG-13)

8 p.m.
The Matrix Reloaded (R) *

Friday, Aug. 1

5:30 p.m.
2 Fast 2 Furious (PG-13) **

8:30 p.m.
Bad Boys 2 (R) **

This Week on...

Mon. Jul 28 - 60 Minutes
 AFN Atlantic 7:00 PM

Tue. Jul 29 - Movie: The Hurricane
 AFN Atlantic 8:00 PM

Wed. Jul 30 - Boston Public
 AFN Atlantic 9:00 PM

Thu. Jul 31 - Will & Grace
 AFN Atlantic 7:25 PM

Fri. Aug 1 - Last Comic Standing
 AFN Atlantic 8:00 PM

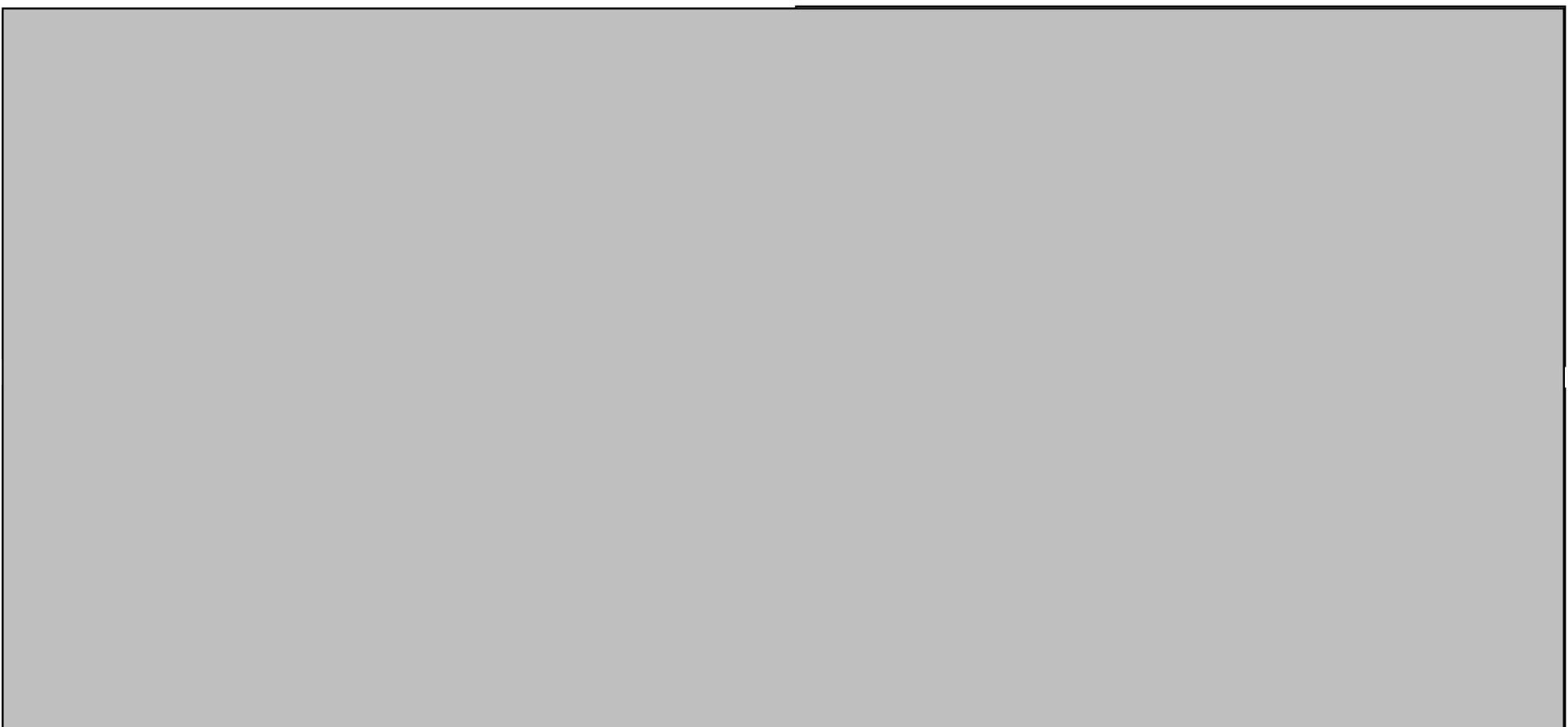
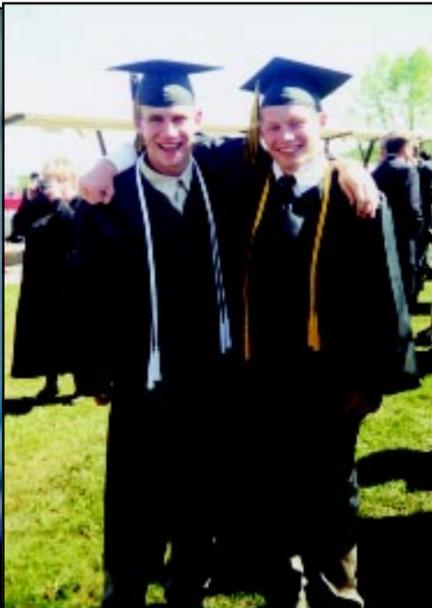
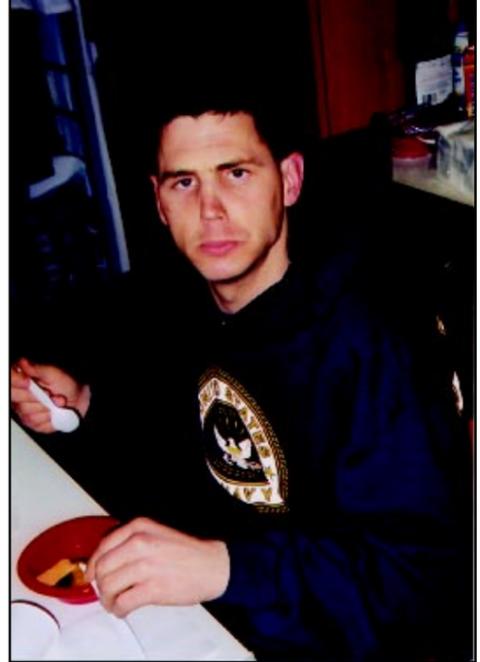
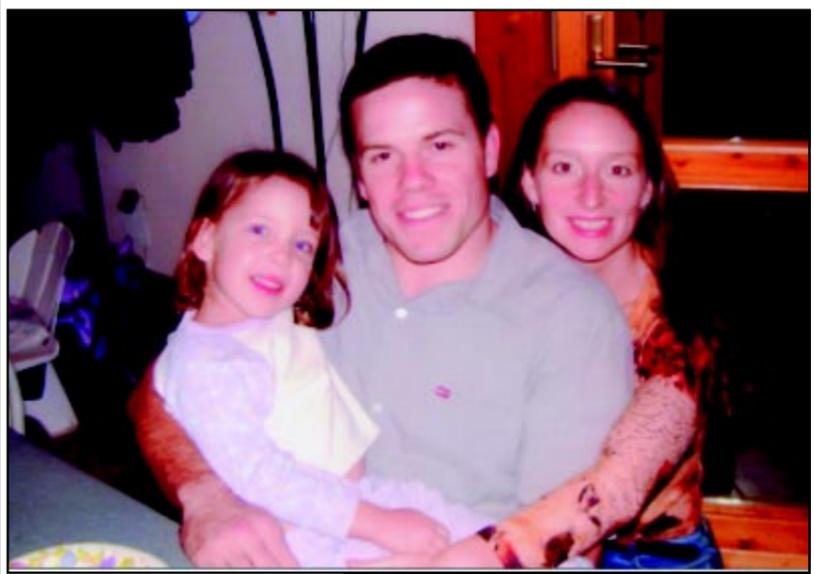
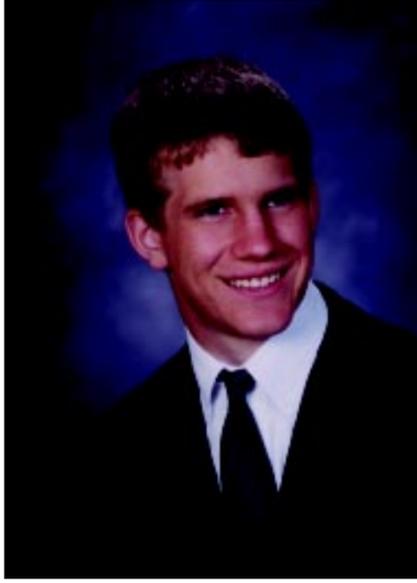
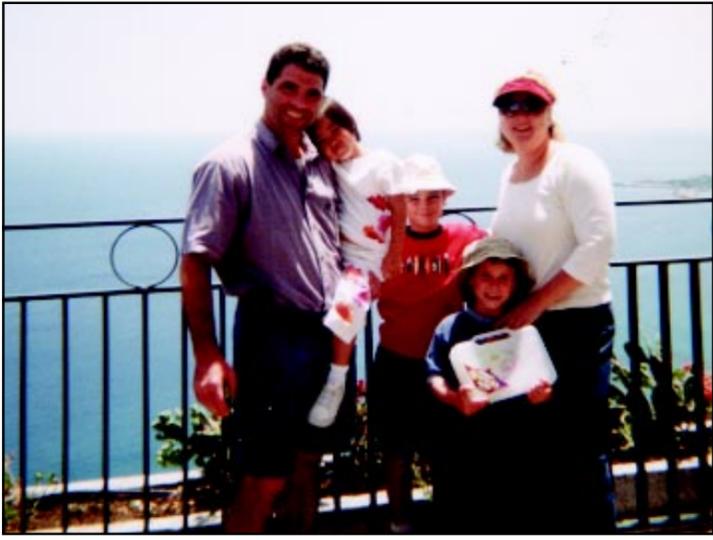
THE ROCK SHOW ON 106.0 ZFM WEEKDAYS FROM 3 PM - 6 PM

FOR LATEST NEWS HAPPENING IN THE COMMUNITY GO TO AFN SIGONELLA'S WEBSITE AT afneurope.net/sigonella/

*** Future Re-release **Sneak Preview *Last Showing

(All times and movies are subject to change. For more information on the schedule, call the movie hotline at

In remembrance of our fallen warriors



Seeking Help During Hard Times

JOSN Steve Weaver
Staff Writer

A lot can go through one's mind after the loss of a friend or loved one. Feelings of guilt, anxiety, fear, anger, and just about every human emotion can take hold and cause ill effects to mind and body.

There are things one can do, and people they can see, to help during these times. People needing someone to talk to, or help in coping with these emotions, can seek the help of a chaplain, the Fleet and Family Support Center, or a mental health professional.

Lt. Wesley Myhand, a Naval Air Station Sigonella Chaplain, maintains a "Presence Ministry" as a chaplain during times such as these. "It's not always what you say, it's being there during times of grieving," said Myhand. "Just being there to give them someone to lean on."

If the grieving person is apprehensive of talking to someone they don't know, Myhand suggests talking to a friend or confidant. "Offloading on a close friend sometimes helps," he said, "or someone they respect such as a chief or supervisor." Myhand said no one should be apprehensive about talking to a chaplain.

Friends of people going through rough times should be encouraging and supportive, but should refer them to others if they feel overwhelmed. "They can encourage [the grieving person] to see a chaplain, the FFSC, or a doctor if they can't handle it...if it's over their heads," said Myhand.

Lt. Cmdr. Brice Goodwin, NASSIG Mental Health department head, said there are normal reactions to unusual events. These include difficulty sleeping, appetite changes, anxiety, and lack of concentration. "The best thing is to get support, talk about it, and put it into perspective," said Goodwin. "If symptoms go on for a month or longer, they may want to see a mental health professional."

Goodwin sites psychiatrist Elisabeth Kubler-Ross and her five stages of grief to describe what happens. The first is shock and disbelief in what happened. The second is the anger stage, where irritation and blaming of others occurs. The third is a bargaining period, where the person feels vulnerable and makes deals, possibly with God, so that something similar will not happen again. The fourth stage includes depression, or feelings of tiredness and guilt. And the final stage is acceptance and moving on.

If someone is having trouble moving on and accepting what happened, Goodwin said there are ways others can recognize this and help. "If you see depression, or the person says they want to be with the person who has passed, these can be signs," he said. "Also isolation and not taking care of themselves." He said many will not seek help by themselves. "Most people won't do it on their own." He said a friend should suggest making an appointment to get help. Then actually make the appointment for the person, and

go with them on that appointment.

Friends need to give the grieving person space, but also be alert. "We can help out by being alert and aware," said Goodwin. He added that this includes a month or even two months after the difficult period.

Goodwin said those who are grieving can help themselves by maintaining a regular routine, going out with family and friends, and also allowing personal time.

"In a time like this, we all need to look out for one another," said Myhand. He said chaplains are always there to help. "It doesn't matter when or where, we are here to help and serve."

Kubler-Ross lists some helpful ideas on her website on grief and bereavement; www.elisabethkublerross.com.

- Attend support groups in your area.
- Seek therapy with a psychologist or other qualified mental health professional.
- Journal, or write about your feelings.
- Eat well, and take supplements.
- Exercise and get enough rest.
- Read and learn about death-related grief responses.
- For some, seek solace in the faith community, or seek comforting rituals.
- Allow emotions to come out.
- Avoid major changes in jobs, residence, or marital status.

Kubler-Ross also lists some helpful resources for grieving children on her website.

Bianchi from page 1

deployments include the USS Santa Barbara, USNS Sirius, USS Detroit, USS Nassau, where he qualified OOD, and the USS Tarawa.

During his shore tours he attended the College of Naval Command and Staff and the Naval Postgraduate School earning both a Master of Arts degree in National Security and Strategic Studies and a Master of Science in Information Systems Technology. He also attended the Armed Forces Staff College in Norfolk, Virginia, and completed the Navy MH-53E Fleet Replacement Pilot Syllabus in Norfolk, Virginia.

CDR Bianchi assumed the duties Executive Officer of HC-4 on 31 August 2002.

In addition to various service awards, CDR Bianchi has earned an Air Medal and Navy Commendation and Achievement Medals.

CDR Bianchi took a personal interest in every sailor exemplifying the Navy Core Values in both word and deed. He will be greatly missed.

CDR Kevin Bianchi is survived by his wife Rita Barrie and children Kevin, Christopher and Julia.

Gibson from page 1

qualification of NATOPS Petty Officer and compiled over 1200 hours in these aircraft. AM1 Gibson also earned a Bachelor's Degree in Professional Aeronautics with Honors from Embry Riddle University.

AM1 Gibson returned to HC-4 in November 2001 and re-qualified as Crew Chief, CDQAR and FCF Crewman. He was the Leading Petty Officer for Detachment Team Bravo.

Everyone that he worked with admired him. His knowledge of the aircraft and skill as a maintainer were recognized throughout the squadron. Those who knew him best said that they were lucky to have been given the opportunity to serve with him. He will be greatly missed.

Gibson is survived by his wife Daniela Giannone Gibson.

Ober from page 1

giving him the coach's award for tenacity and dedication. When he was a senior, the coach renamed the award in his honor. Riding, racing and repairing his motorcycle was his passion and his favorite hobby.

Lt. Ober was commissioned at Officer Candidate School in April 2000. He was designated a Naval Aviator in January 2001. Pete arrived at HC-4 in November 2001. While at HC-4, he earned designation as Helicopter Aircraft Commander, Section Leader and Division Officer for Team Charlie. His detachments included Fujairah, United Arab Emirates, Akrotiri, Cyprus, Rota, Spain, Naples and many others.

His fellow pilots regarded him as an excellent aviator and role model with exemplary knowledge of the MH-53E. He brought enthusiasm and determination to everything he did. He will be greatly missed.

He was awarded two NATO Medals (Former Yugoslavia and Kosovo), National Service Medal, Overseas Service Ribbon, and the Sea-Service Deployment Ribbon.

Lt. Ober is survived by his wife, Alicia and their four-year-old daughter, Madeline.

Cox from page 1

in the MH-53 E. He was awarded a Flag Letter of Commendation and was to depart for the University of Missouri in September for the Seaman to Admiral Program.

Though only at HC-4 for a short time, Sam demonstrated his desire and ambition to become an excellent crewman. Sam knew the knowledge and experience he acquired at HC-4 would help him realize his ultimate goal of becoming a Naval Aviator. He will be greatly missed.

Sam is survived by his father, Joseph Cox, his mother, Mary Jo, his sister, Anna and his brother, Jackson.

College fund established for children of fallen HC-4 Sailors

In response to the numerous inquiries from friends, family, HC-4, the base, and people across the United States who are looking for ways to offer support, a college fund has been established by friends and family of Cmdr. Kevin Bianchi to benefit the surviving children of our fallen shipmates. The children that will benefit from this fund are Madeline Ober, Kevin (K2) Bianchi, Christopher Bianchi, and Julia Bianchi. The accounts have been set up as 529 accounts, and all donations will be split equally among the four children. (AM1 Brian Gibson and AE3 Samuel Cox did not have children.)

Please make checks payable to:

**College Bound Fund
c/o James Donovan
527 Stuyvesant Ave
Lyndhurst, NJ 07071
phone - (201)694-1735**

HVAC shop helps keep Sigonella cool in summertime heat

JOSN Steve Weaver
Staff Writer

The sun's rays beat down on Naval Air Station Sigonella incessantly during these summer months. The temperatures rise outdoors, and people seek the cooling relief of the indoors.

But what happens when the temperatures on the indoors begin to rise...and there's nothing you can do to stop it?

There's a good chance you'll call on the Public Works' Heating, Ventilation, and Air Conditioning (HVAC) shop. They handle more than half of NASSIG's heating and cooling needs. With the rising temperatures during the summer months, this shop has their hands full cooling Sigonella.

"This is part of the peak season right now," said UT1 Brian Harrison, HVAC Shop supervisor. "The middle of July to the beginning of September is our peak season. This is because of the heat. A lot of these systems are not designed to withstand the heat load that we get around here, and they trip off on the high pressure. Therefore we have a lot more maintenance and trouble calls."

One of the jobs of the HVAC shop is preventative maintenance (PMs). This means they maintain equipment so it doesn't malfunction. But when the summertime hits, the shop does less of these PMs. "When we get a lot of trouble calls, PMs kind of go on the downside because you

have a lot of trouble calls to answer." Harrison said they've handled an average of 50 trouble calls a week this summer.

Many trouble calls in the summer are for air conditioning said Harrison, but some of these trouble calls may not be because there is a malfunction. "It may not be because of the maintenance. It may be an operator error, or that a breaker tripped...a lot of things can go wrong."

The HVAC shop has two different priorities for trouble calls. "The way we work it here in PW, we have what we call an 01 and an 02," said Harrison. "We have three days to respond to an 01 trouble call, and

we have 24 hours to respond to an 02." These priorities mean something may be a bit more important to get to than another, such as mission critical systems.

HVAC's main mission is to maintain and operate cooling systems for Computer and Telecommunica-

tions Station (COMSTA), the Base Level Communications Office (BCO), and Information Technology Department (ITD). "We handle all the AC for those departments because if the temperature goes up too high, there could be problems [with their equipment]."



A SeaBee installs an air conditioning unit into a Mobile Mine Assembly Unit 5 (MOMAU 5) refrigerator. The refrigerator used to store and keep lithium batteries cool.



A SeaBee removes a protective covering from a refrigeration unit. The Sailors from the HVAC shop are installing the unit for a refrigerator that stores lithium batteries for Mobile Mine Assembly Unit 5 (MOMAU 5).

said Harrison. This equipment includes computer networking and telephone equipment.

They also keep the two freezers and four refrigerators operating at the galley, and help out where needed, such a current collaboration with Mobile Mine Assembly Unit 5 (MOMAU 5). "We helped them out with two of their refrigerators that hold lithium batteries which have to be maintained at a

certain temperature."

The four Seabees and 13 local nationals at the shop work hand in hand to heat and cool Sigonella. "I have two guys here who are at their first duty station, and they're coming up to speed really well," said Harrison. "I try to team them up with a local national who's been here a while. He teaches him what he knows so they get a good grasp on every-



UT2 Stephen Hoffpauir installs an air conditioning unit into a Mobile Mine Assembly Unit 5 (MOMAU 5) refrigerator. The HVAC shop handles much of NASSIG's heating and cooling needs year round.



UTCA Andrew Guittard and UT2 Stephen Hoffpauir, both from Naval Air Station Sigonella Public Works Department HVAC shop, unload an air conditioning unit in order to install it in a Mobile Mine Assembly Unit 5 (MOMAU 5) refrigerator.

thing."

The skills garnered by working in this field can pay off for these Sailors later on. "They get a good working knowledge, and skills they can take with them to other commands, or if they want to get out [of the Navy], skills they can use on the outside."

These skills are presently keeping NASSIG cool in the summer months. Harrison urges those who are

waiting for a trouble call to be followed up on to be patient. "It's not that we don't want to do the work, it's always maybe something else that may be a little bit more important," he said. "Everyone's important, we're going to get to it."

Thanks to the efforts of these Seabees and local nationals, living and working on NASSIG in the summer will be a cool experience.

Trivia Answers

- 1) Toronto, Ontario, Canada
- 2) 5
- 3) Roberts
- 4) 60 feet
- 5) The Salvation Army

HAZMAT from page 1

work together from beginning to end, Cupell explained.

The drill was based on the following hostile situation: While five Sailors were loading up magazines to send to Iraq, two suitcases were thrown out of a passing car. One of the suitcases exploded, showering the Sailors with a liquid substance that caused burns and painful blisters.

The drill began at the point when the simulated "attack" ended. For the purposes of the exercise, two black suitcases had been placed outside of an empty bunker. One of them stood upright, unopened, while the suitcase that had "exploded" in the simulated attack lay open on the ground with a metal canister lying nearby. A command center and a decontamination area were set up at the opposite end of the long row of empty bunkers.

While the five volunteer "victims" – who had been pre-briefed on the situation and the physical effects of the explosion – yelled for help from the relative safety of a bunker, two Explosive Ordnance Disposal (EOD) technicians from EOD Mobile Unit Eight examined and took pictures of the unopened suitcase. The new equipment also enabled them to take X-ray photos of the suitcase's contents and develop the photos on-site, which helped them choose the most effective method to disarm the explosive device inside.

In the next phase of the drill, two members of the HAZMAT entry team donned blue entry suits and scanned the suitcases with a handheld device to determine the amount and type of agent that is present in the area. In this simulation, the device showed that the liquid substance was a mustard agent, and that levels were extremely high. After their return to the command center, two additional team members went to the site to retrieve samples.

Meanwhile, the EOD technicians escorted the "victims" back to the decontamination area, where they removed all traces of the substance from their shoes, skin and clothes; and received medical attention from the Fire Department's Emergency Medical Technicians (EMTs). In a real-world scenario, they would then have been transported to the hospital.

The victims weren't the only people to receive medical attention during the drill. Immediately upon returning to the command center, every team member was first run through the decontamination process and then received medical monitoring. They also had their vital signs monitored before they suited up and headed to the attack site, to make sure they were physically prepared for the tough conditions.

Two EMTs were on-hand during the entire exercise to ensure the medical safety of all the participants. In the summer's sweltering heat, the full-

body entry suits are hot and confining, even with the cooling packs that the entry team members wear close to their bodies. However, they can be dangerous for someone who is not in top physical shape. During the drill, one member of the entry team was not able to participate due to an elevated blood pressure.

"The suits are very claustrophobic," said SK3 Class Damion Barrett, who was part of the first blue-suited entry team that detected the presence of the mustard agent. "You have to be very courageous and focused to put that suit on. You have to support your partner."

The other Sailors at the drill expressed positive reactions about their training experience. "Since we carry a variety of hazardous materials, detection equipment comes in handy," said ABH1 Ian Daley.

"The training will make me a lot more aware of chemical and biological materials," added HT1 (SW) Curt Richardson.

The organizers of the drill were also extremely pleased with the outcome of the exercise. "It went really well," said Cupell. "Everyone who did this yesterday was doing it for the first time. We need to get the teamwork down a little more and make the process smoother, but that will come with practice."

According to Cupell, the newly developed HAZMAT entry team is composed of approximately 20 people, who serve on-call rotations. He hopes to get the entry team nationally certified by the International Fire Service Accreditation Congress. The training required for certification includes two days of awareness training, a week of operational training and two weeks of technician training – all of which can be completed at NASSIG by its two resident HAZMAT trainers.

Cupell said that the HAZMAT drill will be conducted at least twice a year, in addition to monthly training.

cuts are implemented.

The cost of admission is in line with Navy Personnel Command guidance on movie theater pricing and remains significantly less than theater prices back in the States. The Navy Motion Picture Service releases First-run Overseas Theater (FROST) movies to 35mm sites in the European circuit within one to two weeks of their debut in theaters in the States.

According to James Baker, MWR director, the 35mm movie program at NAS Sigonella is a very popular program and MWR's goal is to continue to offer a high quality product to the community. "The increased revenue will soften the impact the reduced funding will have on all the programs at our base," said Baker. "We are currently reviewing all MWR programs to identify efficiencies as we prepare for reduced funding next year and in Fiscal Year 05."

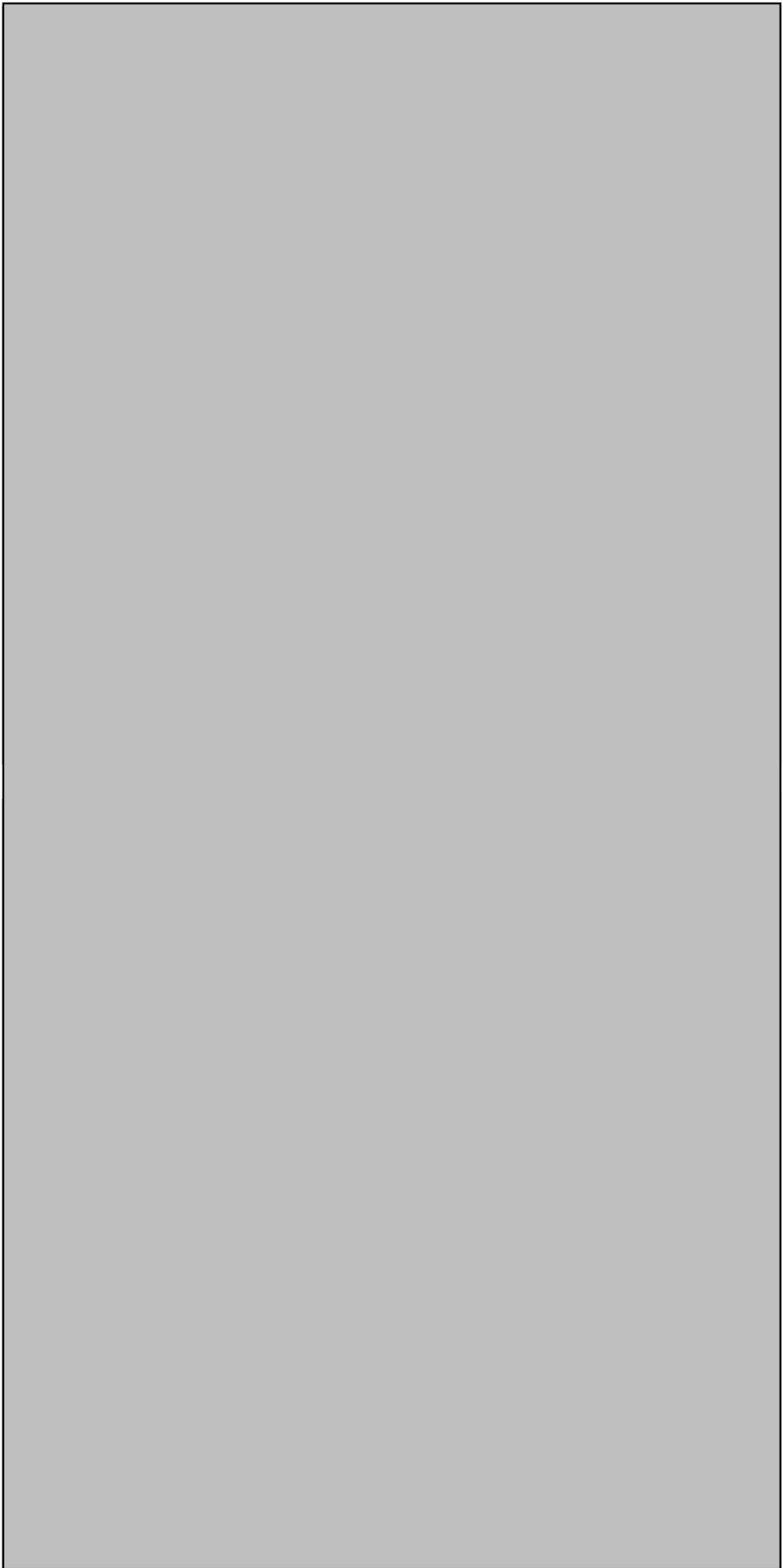
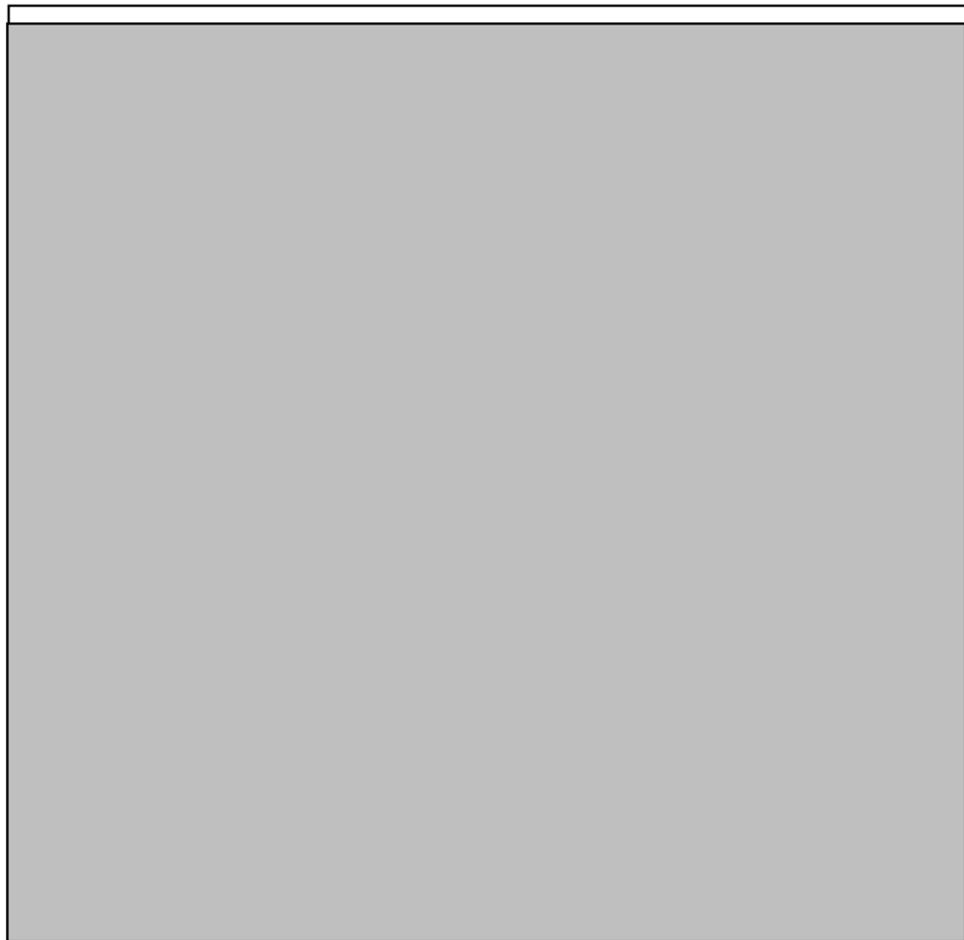


Members of the NASSIG Fire Department, Explosive Ordnance Disposal Mobile Unit Eight (EODMU 8), Public Works Department, and the newly developed Hazardous Materials (HAZMAT) Entry Team suit up for a HAZMAT training drill at the NATO weapons compound.

Movies from page 1

Navy will be able to generate resources to recapitalize, or reinvest, in warfighting capabilities. Service programs across the region, such as MWR, are being evaluated and reviewed to mitigate the impact of budget cuts on essential programs, according to Capt. Gray. The region decided to take this first step by charging 35mm movie admission to continue providing quality service in other areas.

Navy Region Europe's MWR Program Manager, Mr. Larry Warnken, said movies were free the past four years because of increased appropriated funds within the MWR budget. Prior to that, European naval bases had charged admission. "Now, MWR, like the rest of the Navy, has to find ways to deal with reduced funding," said Warnken. Having the customer pay a nominal admission fee ensures that commanding officers will have some funds to make up the difference as budget



New University to offer onsite Masters level courses in Sigonella

University of Phoenix will be offering onsite graduate degree programs here on Base, beginning in August.

Established in 1976, University of Phoenix was designed specifically for working professionals. Today, we are the largest accredited university in the United States, and a recognized leader in online education. For more information about our programs, please visit your University of Phoenix field representative starting August 4 at your local education center. Students currently enrolled in the University of Oklahoma or Cameron University M.B.A. and M.A.Ed. programs should contact us immediately to ensure a smooth transition.

The following programs will be offered on-site:

- Master of Business Administration
- Master of Arts in Education/Adult Education and Distance Learning
- Master of Arts in Education/Teacher Education (Secondary or Elementary specialization)

For more information on specific programs and locations, please visit our website at <http://www.uopxoverseasmil.com> or call 0434-749-694.

Employment Opportunities:

If you currently have a Masters degree in Business, Education or Management and are interested in teaching, please forward your resume to denny.bates@phoenix.edu.

Homeless veterans get a helping hand

By JO2 Susan Van Veen
Mobile Public Affairs Team 119

SAN DIEGO (NNS) — Hundreds of homeless veterans and their families enjoyed a brief respite from life on the streets in San Diego when they attended Stand Down, a three-day event that began July 11.

During the annual event, veterans had access to medical and dental care, transitional housing assistance, substance abuse and mental health counseling, legal assistance, employment and job search assistance, food, clothing and haircuts.

"It means everything in the world to me. The services are substantial and expeditious," said homeless former Army medic Mike Rickly. "Beyond the services provided, I get a feeling of well being. I'm glad I came."

What began in San Diego in 1988 by the Vietnam Veterans of San Diego (VVSD) as a means to help homeless veterans of all eras is now an annual event held in more than 250 cities nationwide.

"I do this because I'm a veteran and when you work with this population, you see the value in the people," said Andre Simpson, community reintegration director for the VVSD. The need is great, and many homeless veterans have substance abuse and/or mental problems.

Simpson also noted that the veterans needing help are getting younger, having been recently discharged from the service. They're also bringing more children with them. "They're worth the effort of saving them. They're somebody's mother, father, brother, sister or child."

A contingent of Marines began setting up tents, cots and showers several days prior to the event.

Household goods from page 2

All electronic items damaged require a written estimate of repair regardless of the repair amount claimed. Be sure that the repairman states on the form a professional opinion of the actual cause of the damages and whether or not it is repairable.

Written estimates may be required to substantiate your damage. Damages that exceed \$100.00 for any single item will require a written estimate of repair for that item. The repair estimate must be itemized, stating the damage done to each item. If a qualified repairman deems an item to be damaged beyond repair, or if the item is missing, a written replacement cost will be needed. The claimant should provide catalog quotes or written replacements from a catalog or dealer. Estimate fees are reimbursable if they have been paid in advance and are not credited to the cost of the repair.

Expensive items such as Hummels, Lladros, or original paintings will require proof of purchase and ownership. Photos, purchase receipts, canceled checks, credit card statements, or other similar proof may be required for these items.

Please, DO NOT DISPOSE of any damaged property without contacting the claims office. An inspection may be required by our office or the carrier to determine payment of salvage value. Failure to retain an item may result in denial or reduction of your claim.

The claims office is a component of the Naval Legal Service Office. If you have any questions or require assistance, please give us a call at 624-5258 or 624-6327.